

Master dissertation

EcoWellness in friluftsliv

Establishing a relationship between friluftsliv experiences, and the aspects in nature contact that promote holistic health

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Studium: MEI305. Masteroppgåve i helse og sosialfag
- meistring og myndiggjering

2020

Word Count: 34 956



HØGSKULEN
I VOLDA

Summary of thesis

The aim with this thesis was to study friluftsliv's health promoting aspects. To accomplish it, the recently developed model "EcoWellness" (EW) has been adopted for the first time in this context. Thus, it was desired to give answer to the study problem: *How is the relationship between friluftsliv experiences, and EcoWellness?*

The study is based on friluftsliv narratives. These were collected from open-access sources in the internet. To reflect friluftsliv's diversity, 15 narratives were grouped according to three contexts. The contexts Det Norske Turistforeningen (DNT), surfing (SURF), and adrenaline junkies (ADR), constitute friluftsliv (FRIL) in this study. The methodology included two narrative analysis conducted in parallel: one inspired in phenomenology to study the experiences, and the other one was an EcoWellness categorical research.

In the phenomenological analysis I made use of some of Bjørn Tordsson's phenomenological concepts to define the friluftsliv experiences, namely the situation, subjects, intentionalities, projects and nature. Inspired by Kristi Malterud's systematic text condensation, I produced 4 descriptions pertaining FRIL, DNT, SURF and ADR.

In the EcoWellness analysis I categorised narrative fragments pertaining the EW aspects: physical access, sensory access, connection, protection, preservation, spirituality and community connectedness. As the outcome of this analysis I mapped the patterns in the proportion of their expression (EWPs) in FRIL, DNT, SURF and ADR. Both visual and statistic tests have been performed to identify the EWP's features.

The answer to the study problem was obtained by discussing the FRIL's EWP in relation to the FRIL description; and discussing similarities and differences across DNT, SURF, ADR as reflected in their EWPs. The drawn conclusion was:

The relationship friluftsliv-EcoWellness is total but diverse. In friluftsliv it is generally found physical access, connection, and sensory access in great proportion and community connectedness and protection in lesser proportion. Otherwise friluftsliv should be nuanced, since certain aspects seem to be sensitive to experience features.

Sammendrag

Målet med denne studien har vært å studere helsefremmende aspekter ved friluftsliv. Dette er gjort på basis av den nylig utviklede modellen "EcoWellness" (EW) som er tatt i bruk innenfor friluftsliv for første gang. Studien gir svar på problemstillingen: Hvordan er forholdet mellom friluftslivopplevelser, og EcoWellness?

Studien baserer seg på narrativer om friluftsliv. Disse er innsamlet fra åpent tilgjengelige kilder. For å gjenspeile friluftslivets mangfold ble 15 narrativer hentet fra tre kontekster. Kontekstene Det Norske Turistforeningen (DNT), surfing (SURF) og adrenalinjunkier (ADR) utgjør friluftsliv (FRIL) i denne studien. Metodikken inkluderte to narrative analyser utført parallelt: en inspirert av fenomenologi for å studere opplevelsene, mens i den andre var basert på kategorier fra EcoWellness.

I den fenomenologiske analysen brukte jeg noen av Bjørn Tordssons fenomenologiske begreper for å definere friluftslivopplevelsene, nemlig situasjonen, subjektene, intensjonene, prosjektene og naturen. Inspirert av Kristi Malteruds systematisk tekstkondenseringen, produserte jeg 4 beskrivelser som gjaldt FRIL, DNT, SURF og ADR.

I EcoWellness-analysen kategoriserte jeg tekstfragmenter knyttet til EW-aspektene: fysisk tilgang, sensorisk tilgang, forbindelse, beskyttelse, vern, spiritualitet og tilknytningskap. Som resultat av denne analysen, kartla jeg mønstrene i andelen til EW aspekt-uttrykket (EWP) i FRIL, DNT, SURF og ADR. Både visuelle og statistiske tester ble utført for å identifisere EWPs kjennetegn.

Svaret på problemstillingen ble funnet ved å drøfte FRILs EWP i forhold til FRIL-beskrivelsen; og drøfte likheter og forskjeller på tvers av DNT, SURF, ADR som visst i deres EWP. Konklusjonen var:

Forholdet friluftsliv-EcoWellness er totalt, men mangfoldig. I friluftsliv er det generelt tilstede fysisk tilgang, forbindelse og sensorisk tilgang i stor andel, og tilknytningskap og beskyttelse i mindre andel. Ellers bør friluftsliv nyanseres, siden visse aspekter ser ut til å være avhengige av opplevelsens særegenhet.

Title: EcoWellness in friluftsliv. Establishing a relationship between friluftsliv experiences, and the aspects in nature contact that promote holistic health.

Keywords: Friluftsliv, Nature, EcoWellness, Health promotion, DNT, Surfing, Adrenaline junkie, phenomenology.

Subject code: MEI305

Type of thesis: Master dissertation

Study points: 45

Study name: Master in health and social sciences. Mastering and empowerment

Confidentiality: None declared

Contributions:

Mentor: Roar Stokken

Provided assistance: Project's conception and design

Type of data acquisition

Manuscript drafting

Critical revision of the intellectual content of the manuscript

Responsibilities Accept responsibility for and be accountable for the work as a whole.

Preface

I wish to dedicate this master dissertation to Roar, for all the advice, patience, availability, and good humour, which have been so valuable in this long term project.

To Volda University College, for the academic stimulation, and the possibilities that it granted to my development.

To my family, who planted in me the seed to love nature, and unconditionally supported me to become who I am.

To Maria, who being by my side makes me feel that everything is fine.

To Volda, for every experience lived here.

List of abbreviations

NC	Nature Contact
EW	EcoWellness
DNT	The Det Norske Turistforeningen subcontext
SURF	The surfing subcontext
ADR	The adrenaline seekers subcontext
FRIL	The friluftsliv context
EWP	The expressed EcoWellness pattern
Ch.	Chapter
p.	Page
PA	Physical access
SA	Sensory access
C	Connection
PRO	Protection
PRE	Preservation
S	Spirituality
CC	Community connectedness
No.	Number
SubNo.	Sub number
NNREC	Norwegian National Research Ethics Committee
SEC	The secondary aspects

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1. Introduction

In Norwegian, the word Friluftsliv -literally meaning life in the free air- has to do with experiencing nature, and it constitutes the most common form of physical activity in Norway. Many are the reasons for practicing friluftsliv, but it is generally considered as an excellent health promoting practice (St.Meld. nr. 18, 2015–2016). Hence, friluftsliv gains vast recognition in health promoting approaches undertaken by Norwegian authorities (Meld. St. 19, 2018-2019, p. 67-68).

Despite the certainty and societal relevance placed on such statements, it becomes challenging to nuance relevant aspects in the relationship between friluftsliv and health. For example, how the health promotion is produced, why, how and for whom these experiences are effective?. In research, the little attention paid to those questions is referred to as the "black-box" problem (Fernee, Gabrielsen, Andersen, & Mesel, 2017).

Over the therapeutic practices -like "friluftsterapi"-, already existing all over the world, now the concept "green prescription" is becoming increasingly popular. In UK there is now a £4m investment in a two-year pilot on green prescriptions as part of its post-COVID-19 recovery plan (Eustice, 2020). Now more than ever before it is of major relevance to cast light on the black-box.

A unique factor in friluftsliv that separates it from physical activity otherwise, involves experiencing nature. Some of the challenges faced in studying friluftsliv are common to those faced in the study field of nature contact (NC) and human health. When studying NC and human health, Frumkin et al.,(2017) explains that a necessary starting point is establishing definitions, and the scope in the relationship "NC-health outcomes".

Nowadays there is no agreement on an ultimate definition or measure of nature, let alone NC. However, according to Dr. Bjørn Tordsson, the way NC is subjectively experienced is very meaningful when addressing health benefits (Koksvik, 2009, p. 20-21). Therefore, when studying the relationship between friluftsliv and health, it is determinant to study how was the NC experienced in friluftsliv.

Regarding the health outcomes, there is again no final agreement on definitions nor measures. The WHO (World Health Organization, 1948) defines health as a state of

complete physical, mental and social well-being and not merely the absence of disease or infirmity. Holistic views like WHO's have the advantage of involving multiple dimensions, which helps to capture more elements of relevance for health promotion.

The advantages on studying NC in friluftsliv through the experiences, and adopting holistic views on health have been cleared. The remaining element to frame is the operationalization that links NC and holistic health. On this sense, EcoWellness (EW) is a very recent model, whose purpose is to aid practitioners and educators to identify aspects in NC which might be bolstered to promote positive health outcomes (Reese, Hadeed, Craig, Beyer, & Gosling, 2019).

EW would offer an extraordinary fit to study this relationship, because it is built on a holistic health conceptualisation, empirically derived from the NC-wellness research and associated nature theory. EW unifies many relevant elements of study under one framework. To the best of the researcher's knowledge, the connection between Friluftsliv and EW has not been yet established.

The researcher considers that studying friluftsliv experiences via EW would produce valuable information. This information would concern which aspects in NC related to holistic health appear in friluftsliv; how often do they appear; and it can also cast insight to the reasons why. This information will help to approach answers to the questions previously formulated involving friluftsliv and health promotion. Therefore, the Study Problem to be answered in this manuscript is:

How is the relationship between friluftsliv experiences, and EW?

To give answer to that question, this study must go through a number of key-points. The first one has to do with obtaining empiricism on friluftsliv experiences.

Phenomenology is considered as the science concerned on the emergence of experiences, and a common aim is to describe the essence of these experiences (Lisbeth Thoresen, Rugseth, & Bondevik, 2020, p. 23, p. 27-28). Thus a phenomenological analysis will be conducted to describe the essence of the friluftsliv experiences.

However, friluftsliv involves experiencing nature in countless different ways, so further framing of friluftsliv is a necessity. One strategy is to connect features like

practices, values, ideologies, etc. that appear together relatively often. They could be referred to as friluftsliv archetypes, or subcontexts.

An example is "Det Norske Turistforeningen" (DNT). The DNT experience can be said to promote a traditional approach, simple, and in close contact with nature (DNT, 2019f). Surfing (SURF) is another example associated to the hippie subculture. Harmony with nature, communal living, and artistic experimentation are considered as common traits in Surfing (Young, 2006, p. 189). A third example could be the so called "adrenaline junkies" (ADR). Referring to people who enrol in nature experiences driven by a crave of the excitement experienced in life threatening activities (García-Sáinz, 2002).

In summary, within what we could now call the friluftsliv Context (FRIL), uncountable subcontexts can be conceptualised. DNT, SURF, and ADR emphasize different aspects in experiencing nature, which makes them relevant study choices. Describing the essence of FRIL out of those subcontexts will provide a solid foundation to better understand EW in friluftsliv experiences. Then the first research question to answer will be:

What characterises the essence of FRIL, DNT, SURF and ADR experiences?

Once the experiences are framed, the second key-point is to analyse those experiences with specific EW glasses. For that a categorical narrative research centred in EW content will be conducted (Lieblich, Tuval-Mashiach, & Zilber, 1998, p.12). The aim is to study EW expressed in the narrated friluftsliv experiences.

The relevant outcome of this analysis is obtaining empiricism on which EW aspects, and which proportions are found in those narratives. We could be referring to those as an expressed EW pattern (EWP). Once the friluftsliv experiences are described, and the EWP for FRIL is obtained, it can be discussed how the EWP relates to the essence of the experiences. This information will constitute the main line to discuss the answer to the study problem. Thus, the second research question to answer will be:

How does the EWP in FRIL, relate to the FRIL experiences?

The third and last key-point concerns re-expressing the FRIL EWP into DNT, SURF and ADR EWPs. On such a way, all the EWPs will be compared with each other,

and the similarities and differences found can be discussed with the essence of the experiences previously described.

This last question is needed because it contextualises FRIL from constitutive subcontexts, and might point towards specific EW expressions within friluftsliv. The third and last research question to answer will be:

How does the choice of subcontext characterise the EW expression?

2. Theory chapter

In this chapter are described the theoretical foundations of the study. The study problem concerns the exploration of the relationship between two elements: friluftsliv experiences and EW. While for the part of the relation concerning the EW model, the theoretical foundation and justification is implicit, for the part of the relation concerning the experiences, it is not.

Phenomenology was introductorily referred as the theoretical foundation to study the friluftsliv experiences. This is because phenomenology is considered as the science concerned on the emergence of experiences (Lisbeth Thoresen, Rugseth, & Bondevik, 2020, p. 23, p. 27-28). Thus, to learn from and about friluftsliv experiences, this was the most appropriate theory choice. Now Phenomenology, and EW will be explained in greater detail.

2.1. Phenomenology

In order to learn from and about experiences, phenomenology can be divided into phenomenology as a philosophical tradition, and phenomenology as a methodology. To answer the first research question and the study question, both phenomenological uses will be needed.

In this chapter it will be mostly described the philosophical use. This is because as a philosophy, phenomenology will provide the terminology-tool-box required to analyse the friluftsliv experiences. However, both understandings are needed, and thus they will be introduced separately.

2.1.1. Phenomenology as a philosophy

As a philosophical discipline, phenomenology's subject is the investigation of the lived experience. However, there are countless expressions of lived experiences, as there are, and have been humans engaging on them. On that sense, phenomenology varies in topics, uses of concepts and orientations (Lisbeth Thoresen et al., 2020).

Specifying the philosophical anchoring is determinant. Phenomenological philosophy makes use of understandings and concepts to approach new understandings

of the experiences. In other words, when studying experiences, different authors will provide different fits for the understanding of the phenomenon.

For the present study it was decided to adopt phenomenological philosophies that will elucidate friluftsliv experiences. On that sense, Dr. Bjørn Tordsson was previously introduced as an advocate of studying the lived experience in order to understand the health benefits in NC.

In Chapter 3 of *Perspektiv på naturmøtets pedagogikk*, Dr. Tordsson presents a wide variety of examples and use of concepts to help explaining phenomenologically what NC does with us when experiencing friluftsliv (Tordsson, 2005). Tordsson's phenomenology is then considered as a phenomenon-specific framework, and hence choosing his perspective is justified.

Tordsson's phenomenology is not entirely original either, and has base on other classic philosophers like Maurice Merleau-Ponty (1908-1961), and Jean-Paul Sartre (1905-1980). He argues that those perspectives can complement each other. Now some main concepts that Tordsson makes use of are presented.

The subject and nature

Tordsson indicates that Maurice Merleau Ponty develop his perspective from a biological point of view. In this view, the subject's body is the fundamental to be in the world, and thus to understand the phenomenon. In this perspective the sensory dimension gets main protagonism.

The body is understood as a sentient entity, with both pre-reflexive, and reflexive consciousness. This differentiation is of major importance, because it recognises that the body can spontaneously act integrally on its own. The consciousness then processes the phenomenons which the body interacts with. The experienced phenomenons become to objects, and subjects that can be named with words, relate to concepts and categories.

An example here could be a nature element like the sea. First qualities of the sea are sensed -for example visually-, and then the consciousness recognises those stimuli as a sea.

The situation, intentionality and project.

On the other hand, Tordsson indicates that Jean-Paul Sartre's perspective is action based. He states that the body does not really interact with the word, but with a fragment of it -namely the "situation"-. This concept for Sartre is tightly linked with another concept named "project". The project can be said to arise as the interaction between the subject and the situation, and it can also be compared to the solution given to the situation. In other words, the project will determine which sides of the world - Situation- the subject will interact with.

In Sartre's philosophy, another important concept is the "intentionality". The project is considered as an intentional action, -i.e. there is implicit a meaning to the action-, and can be understood in existential terms. Intentionality would then be the interpretative meaning, or motivational driving force in the interaction between subjects and situations.

Summary

In summary, the Situation, Subject, Nature, Intentionalities and Projects are central concepts that Tordsson makes use to phenomenologically understand friluftsliv experiences. Those concepts are derived mainly from Ponty's and Sartre's philosophies. These concepts are the ones that will be used in the present study. Table 1 gives them overview.

Table 1

Summary of the phenomenological concepts selected for the study.

Concept	Philosopher	Description
Subject	Ponty	Is a human body, a sentient entity, with both pre-reflexive, and reflexive consciousness.
Intentionality	Sartre	This is the interpretative meaning, or motivational driving force in the interaction between subjects and situations.
Project	Sartre	Understood as the way to consciously and intentionally clarify the situation and give it an interactive answer.
Nature	Ponty	Elements in the Situation with natural qualities ^a .
Situation	Sartre	A fragment of the "Lifeworld" that the subject/s is/are interacting with in the narrative.

Note.

^aMultiple definitions of nature are appropriate for different studies. Here nature is considered in line with the definition used by the EW authors, defining it as a spectrum ranging from wilderness to cultural landscapes', inclusive of technological nature, urban nature, and remote nature (Reese et al., 2019, p. 1).

2.1.2. Phenomenology as a methodology

As a specific methodology, phenomenology's use can be to produce an extrapolative description capturing the essence of an experience (Lisbeth Thoresen et al., 2020, Ch. 4). The result of such a method can be a text which represents the analysed experience, and which is meaningful to the reader.

It can be said that there is unity in the goal of a phenomenological study, but there is however none in the methodological approaches. Thus it is acceptable that the

researcher uses the phenomenological thinking to inspire different researches, and different methods in order to bring forth the desired knowledge.

In the present study, the researcher has found inspiration from Kristi Malterud and her Systematic text condensation (Lisbeth Thoresen et al., 2020, p. 68). The main principle in this system concerns a systematic analysis of different essences in the subject's experiences with a phenomenon. A decontextualisation of the text's information is conducted through several analytical steps involving researcher's interpretation. By the end of the analysis, a recontextualisation with those essences result in a condensed text, which represents the experience's essence.

A final theoretical note is that in phenomenology there is a distinction made between descriptive and interpretive phenomenology. However in praxis there is always a bit of both (Lisbeth Thoresen et al., 2020, Ch. 5). Since there is a discussable degree of interpretation, phenomenology will naturally be permeated by a hermeneutical thinking.

Hermeneutics is a scientific approach concerned with interpretations. According to Svenaeus, hermeneutics are the natural development and continuation of phenomenology (Svenaeus, 2005, p. 85). Once again, hermeneutics can be considered as a philosophy and as a method. Here the reader is just informed that the hermeneutic thinking will be addressed methodologically. Further details on how that is done in this study will be given in the Methods chapter.

2.1.3. Summary

As a summary, when studying the friluftsliv experiences to relate to EW, it will be required a scientific treatment of the experiences. Phenomenology was identified as the most appropriate theoretical foundation, both to produce the terminology needed to study the experiences, and also the methodologies to analyse them.

In this study Tordssons phenomenological concepts have been chosen for being relatable to friluftsliv experiences. Methodologically, the analysis will involve a systematic text condensation. The result will be a description of the experiences that build on the concepts that Tordsson makes use to understand the friluftsliv experiences.

2.2. The EcoWellness model

The second theoretical block in this study concerns addressing the NC aspects that are associated to holistic health. For that the EW model was included, and its relevance as a framework guides the present study. Now EW is described in detail.

EW is defined as "*A sense of appreciation, respect for, and awe of nature that results in feelings of connectedness with the natural environment and the enhancement of holistic wellness.*". (Reese et al., 2019, p. 204). As it was introductorily stated, EW unifies the NC and holistic health under one framework. Thus this model is chosen.

As it happens with phenomenology, EW will be used both as a theoretical foundation, but also as an analytical tool. This subchapter will be again divided to present both uses.

2.2.1. EcoWellness as a theory

The EW model makes use of the nature-wellness research and associated nature theory to categorize empirical findings into derived dimensions. On such a sense, the EW model can be considered as an operationalization of the collected evidence. The authors differentiate between seven dimensions, or aspects: Physical access, Sensory access, Connection, Protection, Preservation, Spirituality, and Community connectedness.

1. Physical access (PA).

PA is defined as having direct nature proximity in one's life, whether that includes the potential to engage with nearby nature (i.e. at school, at home, or in one's recreational activities) or having access to wilderness settings. In short, PA refers to being able to be in or with what people consider as nature.

There is a wide scope of studies documenting evidence for positive health outcomes in direct contact with nature. The EW authors gathered some of those studies to support the PA formulation (Reese et al., 2019). Table 2 is made to point to gathered evidence that supported this aspect.

Table 2

Summary of evidence-based wellness benefits of NC for the PA.

No.	Wellness benefits	References
1	Improved focus and concentration	(Berman, Jonides, & Kaplan, 2008)
2	Reductions in ADHD symptomology	(Faber Taylor & Kuo, 2011)
3	Increased school engagement and academic performance	(Camasso & Jagannathan, 2018; Kuo, Browning, & Penner, 2018; Truong, Gray, & Ward, 2016)
4	Increased creativity	(Kochanowski & Carr, 2014)
5	Protection against the development of depression	(Bezold et al., 2018)
6	Reduction of sedentary behaviours	(Petraviciene, Grazuleviciene, Andrusaityte, Dedele, & Nieuwenhuijsen, 2018)
7	Lowered risk of cardiovascular disease	(Gascon et al., 2016)
8	Other physical health outcomes	(Frumkin et al., 2017; Markevych et al., 2014; Van den Berg et al., 2015)

Note. ADHD, attention-deficit hyperactivity disorder. The references in Table 1 are illustrative rather than exhaustive.

2. Sensory access (SA).

The SA refers to experiencing nature, and includes direct or indirect access to nature through one's senses. Either way there is documentation on health benefits.

Examples on direct stimulation include the evolutionary stress reduction theory (Ulrich, 1983). It theorizes that through exposure to nature it is experienced a pleasant affective response, leading to activation of the parasympathetic nervous system (which calms the body), and deactivates the sympathetic nervous system (which decreases the stress response).

A well known study of the same author showed that views of nature from an hospital room was associated to reductions in the surgery recovery time, and medicament use (Ulrich, 1984).

Technological nature has also been shown to impact positively perceptions of stress recovery (Kahn Jr et al., 2008), and diverse studies demonstrate that nature stimuli such as sounds (Alvarsson, Wiens, & Nilsson, 2010); aromas (Conrad & Adams, 2012); or virtual reality environments (Annerstedt et al., 2013) can reduce stress and promote relaxation.

3. Connection (C).

C refers to the level of affective and cognitive closeness with nature. According to the authors, this one is considered the most vital aspect of EcoWellness, aside from direct or indirect access to nature.

Some of their arguments include that the greater the nature connection experienced, the more they will access nature systems, and thus promote individual wellness. Table 3 is based on the compilation made by Reese et al. (2019), and it eases to identify research suggesting affective or cognitive positive impacts in relation to nature contact.

Table 3

Summary of evidence-based wellness benefits of nature contact for the connection aspect.

No.	Wellness benefits	References
1	People connected with nature tend to be happier and possess greater wellness	(Capaldi, Dopko, & Zelenski, 2014; Nisbet, Zelenski, & Murphy, 2011; Reese, Lewis, Myers, Wahesh, & Iversen, 2014; Zelenski & Nisbet, 2014)
2	Exposure to nature during childhood predicts greater connection with nature throughout the lifespan	(Chawla, 2007)
3	Place attachment theory and supporting research: People experience greater affiliation with nature spaces over built environments. Developing emotional connection and an identity pertaining to place, in relation to viewing the function of place as relevant to a person's needs or interests, and social bonding.	(Korpela, Ylén, Tyrväinen, & Silvennoinen, 2009; Ramkissoon, Weiler, & Smith, 2012)

Note. The references in Table 2 are illustrative rather than exhaustive.

4. Protection (PRO).

PRO, or nature self-efficacy includes a sense of confidence or felt sense of effectiveness when engaging nature. This aspect refers to the inclusion of nature in the lifestyle for security and nourishment. It gets realized for example through the practice of activities like building shelters in nature, or acquiring knowledge such as uses of plants for medicinal purposes.

Evidence related to this aspect and wellness is found in studies like the one Bettmann, Gillis, Speelman, Parry, & Case (2016), or White (2012) conducted. Those studies on Wilderness Therapy programmes show positive findings when relating to helping participants expand their survival skills, and how to work effectively with others.

5. Preservation (PRE).

PRE includes the perception of one having the ability to positively impact or care for elements of the natural world. It has to do with having and acting upon an environmental cause. Some examples here include initiatives like efforts to save a specific endangered species, or local efforts to care for the environmental needs of the community.

Supporting evidence on wellness include the studies of Binder & Blankenberg (2017), Kasser (2009), and Schmitt, Aknin, Aksen, & Shwom (2018), which associate greater perceptions and indicators of wellness, the more people care for nature.

6. Spirituality (S).

S refers to the experience of oneness with a higher power or life guiding force in nature. Roszak (1992) proposes that people have an inherent, spiritual kinship with nature, and that mental health challenges do emerge on account of a growing division between people and nature.

Some research suggests that in presence of nature, people have a greater ability to connect with others, transcend themselves, and connect with one's sense of spirituality (Schein, 2014). It is also empirically suggested that nature connection contributes positively to spirituality, and well being (Capaldi et al., 2014; Harris, 2016; Unruh & Hutchinson, 2011).

7. Community connectedness (CC).

CC refers to the experience of community and social cohesion with others in nature. A quasiexperimental study revealed that in presence of indoor vegetation, the

participants behaved more caring for others, in comparison to participants not exposed (Weinstein, Przybylski, & Ryan, 2009). Other research pointing to similar outcomes are the studies of Baklien, Ytterhus, & Bongaardt (2016), Younan et al. (2016), and Jirásek, Roberson, & Jirásková (2017), which found suggesting evidence pointing to reduced youth aggression, and increased social cohesion when exposed to nature.

2.2.2. EcoWellness as a methodology

The EW model is professionally used in therapy settings, and more specifically in Wilderness therapy. When operationalising EW in those settings, EW is to be measured with the instrument REI EW-inventory. This is a 61-items questionnaire that scores on those aspects (Reese, Myers, Lewis, & Willse, 2015).

The REI EW-inventory is not a viable option for this study because it is not compatible with narrative analysis. However, the REI-EW inventory offers a much more detailed set of statements that refer to the 7 EW aspects. In the present study those statements will be referred to as EW Subaspects. Table 4 summarises all the EW aspects, and Subaspects. There is benefit in using the subaspects, because they will reduce the researcher's subjectivity when analysing.

A last note pertains again the researcher's subjectivity. As argued before when explaining the Phenomenological anchoring, there will be a degree of interpretation involved also when analysing the EW. Thus the hermeneutical thinking will also be addressed methodologically. Further details on how this is done in this study will be given in the Methods chapter.

2.2.3. Summary

The EW's aspects PA, SA, C, PRO, PRE, S and CC are used to systematise the known aspects of NC that are related to holistic wellness. In the present study it is relevant to study their expression in the friluftsliv narratives. EW is typically measured via the REI EW-inventory, but in the present study this is unviable. Therefore, the subaspects of the same instrument will be used in the narrative analysis. The subaspects are presented in Table 4 below.

Table 4

Summary of EcoWellness aspects and Subaspects.

No.	SubNo.	Aspect and Subaspect
1.		Having physical access to nature.
	1.1.	Living, working, socialising, or recreating in, near, or with places or species that the individual considers nature
	1.2.	The ability to physically access nature at one's discretion
2.		Being close to nature through one's senses, even in the absence of physical access to nature
	2.1.	Being able to touch nature
	2.2.	Being able to smell nature
	2.3.	Being able to see nature
	2.4.	Being able to hear nature
3.		Connection
	3.1	Experience pleasant cognitions (including memories) while reflecting on one's relationship with nature
	3.2	Having positive emotions while reflecting on one's association with nature
	3.3	Having a special place (or places) in nature that elicit(s) positive emotions and cognitions
	3.4	Having at least one activity in, or with nature that one incorporates into a self-definition
4.		Protection
	4.1	Incorporating elements of nature into one's lifestyle that can be of benefit to one's survival.
	4.2	Taking precautions that would promote one's survival when in the presence of or near species or natural elements that can bring harm to the individual
5.		Preservation
	5.1	Taking action(s) related to an environmental cause
6.		Spirituality
	6.1	A perceived connection with one's conception of a higher power or life-guiding beliefs when in presence of nature.
	6.2	The ability to find inner peace when in presence of nature
	6.3	A sense of seclusion and being away from one's typical environment
7.		Community connectedness
	7.1	A greater sense of interconnectedness with the human and non-human community through contact with nature.
	7.2	Compassionate and generous acts towards others when exposed to nature

Note. The formulation of EW aspects and subaspects are obtained from (Reese, Myers, Lewis, & Willse, 2015 p. 139).

3. Methods

In this chapter are described the study context, the methodological decisions undertaken, the quality given to the research, and the ethical considerations.

In regards of the methodological decisions, the subchapters research design and methodology, data collection, data processing, and instruments will be addressed one by one. When addressing the research quality, the equivalents of validity, reliability and generalisability will be discussed.

3.1. Study context

This study is the result of a Master's dissertation program in the topics of health and social sciences, offered by Volda University College, in Norway. The study constitutes a fundamental stage in my academic development.

The type of research here conducted, including phenomenology and hermeneutics, is considered as interpretive research (Mingers, 2004). Here it is emphasized the meaningfulness of the social world, and it focuses on individual and group subjectivity. In the given situation, the description of the study context has to do in big extent with my own declarations on previous experiences and viewpoints.

Studying the social world, while being part of it involves risks of bias. The quality of the research will be increased by first generating awareness, and second generating transparency around my standing point (Noble & Smith, 2015). In this subchapter I generate awareness around my standing point in regards to the phenomenon and science.

When it comes to my relation to the phenomenon, I dutifully declare that I am not native from Norway. However, I spent the last 7 years in Norway, learnt the language, and occasionally worked as a nature guide, and lecturer in friluftsliv and health promotion work. The type of friluftsliv that I generally practice matches aspects of the three proposed subcontexts, but DNT expresses closest my personal relation to friluftsliv.

Concerning viewpoints on science, Filipe J. Sousa indicates that researchers should make metatheoretical commitments unambiguous (Sousa, 2010, p. 456).

Therefore I inform the reader that my positioning within the science meta-theories is the one of a critical realist.

In short, my ontological understanding is that the phenomenon EW in friluftsliv exists as such, independently on our knowledge about the phenomenon. That is that in friluftsliv experiences there is a holistic health benefit mediated by -potentially- 7 aspects of NC.

My epistemological understanding is that this phenomenon is at the moment largely unknown, and it can't be sensory accessed. However, it is possible to better understand the phenomenon through the development of case sensitive concepts and mechanisms. It is also my understanding that the experiences and EW can be studied empirically via those concepts and mechanisms.

I believe that in DNT, SURF, ADR, FRIL it is shared among their integrants relatively common and stable sets of ideologies, values, experiences and behaviours, which will characterise the friluftsliv experiences that are narrated. In the narratives, it should also be possible to identify information related to EW concepts. When that kind of information is consistently identified, a specific EWP will be conceptualised. Following the same logics, it is my preconception that different subcontexts will reveal particular EWPs.

On such a way, tentative relations "Experience-EWP" can be hypothesised, yet never claimed. This is because in social sciences I am dealing with mechanisms, which will have tendencies to behave on certain ways depending on the fleeting circumstances.

3.2. Research design and methodologies

In this subchapter I explain the choices and their reasons on the research design and methodology.

As declared, I understood that the phenomenon to be studied is complex, and fleeting. This is because it is subject to culture and time. Additionally the present study can be considered explorative in multiple senses. This is because the connection Friluftsliv-EW is not yet established, and the methodologies used are also novel in

several senses. Altogether, I consider the transversal design as the most appropriate (Rodríguez & Mendivelso, 2018).

As such, this design did not include any sort of intervention. It included one sample to be analysed simultaneously, and multiple variables were analysed only once.

On the other hand, the methodology used in this study is considered as Mixed methods. It was used an embedded study design (Edmonds & Kennedy, 2016, p.193-194), and a sequential exploratory strategy (Terrell, 2012, p. 264-265). It is considered as such because the collection and analysis of qualitative data was followed by the collection and analysis of quantitative data, which was used to expand the qualitative findings.

The overall analytical procedure involved that the accounts of the experiences were double analysed. First the phenomenological analysis took place. The aim was describing DNT, SURF, ADR, and FRIL. Then, as mentioned in the introduction, the second analysis was the categorical narrative research centred in EW content (Lieblich et al., 1998, p.12). These two analysis can be considered fundamentally qualitative.

However, the use of categories and their proportions found in the data were determinant to produce the results. For example, the production of a condensed text that described the essence of DNT, SURF, ADR and FRIL was formulated on the basis of proportions observed in the analysis. Also, the EWP are here defined by proportions in the EW aspects observed in FRIL, DNT, SURF, and ADR. Working with proportions, and comparing them is considered as a quantitative method.

To finish with the framing of the methodologies used in the study, the conducted analysis had more or less focus on qualitative or quantitative methodologies in different analytical stages. A detailed description on the used methodologies will be provided when describing the data processing (Ch. 3.4). What can be said here is that in summary, the study involved a transversal design and mixed methods.

3.3. Data collection

In this study there was only one data collection, aiming to obtain one sample of friluftsliv experiences. Multiple techniques could have been used to obtain the desired

empirical data. However, in this study it was decided as the best course of action to collect data from online narratives.

The reason is that nowadays a relatively common aspect in friluftsliv is that electronic and virtual technologies have gained a big role in mediating experiences (Bøe & Vik, 2018). By collecting online narratives targeted to the different subcontexts, the authenticity of the content was expected to be the highest.

This has to do on one hand on eliminating pollution sources in the interaction Subject-researcher, and on the other hand benefiting from experiences told from subcontext integrants and targeted to subcontext integrants.

Resting on those fundamentals, an online search took place, and the narratives were obtained from organisms considered as FRIL subcontexts' targets. The online search involved the use of keywords and the simultaneous use of the snowball method (Naderifar, Goli, & Ghaljaie, 2017). The keywords used in the search were:

DNT; Surf Norge; Surf Norway; Wingsuit Norge; Wingsuit Norway; Paraglide Norge; Paraglide Norway; Skydive Norge; Skydive Norway; BASE Norge; BASE Norway; BASE hopp Norge ; BASE hopp Norway.

Once a search was made, the results were selected or disregarded by the following criteria: Content, cohesion, extension, and date. Now the criteria are described.

1-Content; the narratives had to match with the context and subcontexts. For example, for the DNT narratives, the task was simple, as DNT's website includes a rich gathering of narratives (DNT, 2020a).

For SURF and ADR it was more challenging. Friflytt (Friflytt, 2020d) is a well known portal in Norway with multiple articles in equipment tests, guides, travel tips and latest news around multiple outdoor modalities. Some of them are Surfing, Snowboarding, free-ride skiing, or wingsuiting.

Hence Friflytt was used as the narrative source for ADR The author selected narratives perceived as displaying activities where the adrenaline component would be implicit and priming. Wingsuiting was considered as the optimal expression for this group. However, only one narrative was found.

Hence other "Adrenaline-friendly" modalities were considered. Snowboard, Splitboard, and Freeride Skiing were also included. In this step the pictures that followed with the texts justified the selection. For example pictures displaying aerial pirouettes.

For SURF, Friflytt provided again valuable texts that would suit this subcontext. However, to match the volume of narratives sat for the other two subcontextes, Friflytt was insufficient. The "Snowball" method was used whenever one of the internet searches would provide information referring to another source. That was the case for Magicseaweed (Magicseaweed, 2020), and Ivrigcamp (Ivrigcamp, 2020).

Magicseaweed is a free long range surf forecast on the web, it operates internationally and additionally they also share surf narratives. One of them was found to pertain Norway. The other portal was Ivrigcamp, which define themselves as a group of girls that practice outdoor activities otherwise dominated by men. They arrange activities and they also have a blog, where one narrative was found to fit with the criteria.

2- Cohesion; narratives with cohesive text in its totality were selected. Other texts like some interviews where the plot could not be identified were disregarded.

3- Extension; Finding balance in text extension leads to greater quality. The scope in this project included narratives from 400 to 3000 words. The Average document's length was 1227 words. Titles were not regarded whenever their information would be duplicated later on. Other analytical exceptions were text fragments belonging to a guiding battery of questions which would lead the narrative. Picture feet and other side notes were considered as analysable material.

4-Date; most recent narratives were prioritised.

With those keywords, searching methods, and criteria, the data sample was obtained. A summarisation of the studied narratives is shown in Table 5. Noting the narrative coding is important, because the narratives will be later on referred by those codes -for example DNT1, DNT2 etc.-.

Table 5

Summary of study sample.

Subcontext	Narrative	Extension	Reference
DNT	1- Med Gutta på tur	1367	(DNT, 2019b)
	2- Sommaren eg lærte å vandre	1885	(DNT, 2019e)
	3- Eit fjell i gave	1226	(DNT, 2019a)
	4- Psykt fin tur	2743	(DNT, 2019d)
	5- På ski mellom giganter	1101	(DNT, 2019c)
SURF	1- Noe av det beste jeg noensinne har sett her i Lofoten	854	(Friflytt, 2020b)
	2- Derfor er Lofoten et surfeparadis	1322	(Friflytt, 2020a)
	3- The lone surfer of Bear Island	683	(Magicseaweed, 2019)
	4- Ivrige Gunzilla	1021	(Ivrigcamp, 2018)
	5- Surf er mer enn bare teknikk	480	(Friflytt, 2017b)
ADR	1- Rekordrask ned fra fjellkongetoppene i Romsdal.	420	(Friflytt, 2018)
	2- Drømmedager med Markus Kleveland.	680	(Friflytt, 2017a)
	3- På splitboard i Tromsø med de råeste kjørerne.	1722	(Friflytt, 2019)
	4- Slik er frikjøringen på Gålå.	1740	(Friflytt, 2020e)
	5- Oppdal.	1158	(Friflytt, 2015)

3.4. Data processing

This subchapter aims to deepen in some of the points that have been previously made mention of. The reader is already aware that because of the interpretive nature of the study, a hermeneutical thinking has permeated through the different analysis conducted. The reader also knows that I strive to present those interpretations on a transparent way. Therefore the first section concerns the hermeneutic principles adopted.

The reader also knows that mixed methods are used to produce the results, but the reader does not know yet how the data processing is specific to each research question. The methods used on each research question will be consequently described.

3.4.1. The hermeneutic principles.

The present study involves the analysis of lived experiences retrieved from online narratives. This situation does not include contact "study subject-researcher". Therefore it forces the researcher to load the analysis with own interpretations. When taking a hermeneutical approach, I am in a better position to make more comprehensive interpretations. But for maintaining high quality in my research, adopting certain methodological principles is determinant. The undertaken approach involves three principles:

First, a truthful positioning towards the object of study to interpret is required. As we never meet the world free of preconditioned views, those become the base for our understanding and interpretations (Gilje & Grimen, 1993, p. 148). When describing the study context, I have already made declarations pertinent to my personal relation to the object of study, and the science theories. Thus, the reader can understand where the interpretations are coming from.

Second, to develop the study by working with untouched narratives in their written form. Since the narratives were obtained directly from the internet, no transcription was needed. The reader can read exactly the same narratives in the same format as I did. This helps to corroborate that the narratives did not experiment any alterations.

Third, it is crucial that the interpretative considerations about the original data will be described on a systematic, transparent and detailed manner, linking to the source that elicits the formulated interpretations. On such a way, the interpretations will be checkable, logical, and credible for the reader.

The second and third principles were inspired from Sølvik's doctoral thesis (Sølvik, 2013). Those principles have consequences in the data processing conducted in the phenomenological and the EW analysis. These analysis involved a vast volume of interpretations, which would overload this manuscript. Therefore, every interpretation in the analysis process is accessible in Appendix A for the phenomenological analysis, and Appendix B for the EW analysis.

3.4.2. Research question 1. The phenomenological analysis

As already indicated in the Theory chapter, I found inspiration from Kristi Malterud and her Systematic text condensation as a form to produce phenomenological results (Lisbeth Thoresen et al., 2020, p. 68). Now it is explained the undertaken steps.

In general, this analysis consisted on an intuitive and descriptive procedure by the means of decontextualisation and recontextualisation. A main feature in this method concerns a systematic analysis of key phenomenological concepts identified in the subject's experiences.

Those concepts are the situation, subjects, intentionalities, projects, and nature. Those concepts have been previously described, but here is presented how they were operationalised for the analysis:

Situation.

The first step in the analysis was to identify situations of interest for this study. This step was already implicit in the selection of narratives. Some narratives required however a refinement and exclusion of text regarding situations that do not pertain the studied context and subcontexts. The excluded text is also available in Appendix B-Table 18.

Subjects.

In this analysis it is included the narrator, and/or individuals and/or party members that appear in the analysed subcontext. This rule was not maintained when the subjects were portrayed on such a way that they would contradict the subcontext that they appear in. Descriptive information on the subjects was also collected and interpreted for the framing of this category whenever possible.

Intentionality.

Once the text was read repeated times, the overarching motives, ideas, plans, or goals steering the plot were identified and analysed as intentionalities.

Project.

Analysing the projects in friluftsliv meant to read the text repeated times and find the links between the subject/s, and the nature element/s on an action-base format.

Those actions would additionally steer the narrative plot. These projects also had to link with the intentionality/ies for the given text, resulting in conscious and intended action.

When analysing the projects, it was found that this concept is prone to be understood in micro- or macro-levels. This means that a project can involve also subprojects. On this sense, the task was approached on such a way that some projects worked as an umbrella. On that premise, the project scope was adapted to the narrative's content.

Nature.

In this analysis, nature is understood in the same line as the EW authors do. This is "*a spectrum ranging from wilderness to cultural landscapes', inclusive of technological nature, urban nature, and remote nature*". (Reese et al., 2019, p. 1). Elements interpreted as being defined by, or including nature qualities will be analysed.

Once the phenomenological concepts were operatively defined, the analysis took 4 steps until the results were produced. These 4 steps here described are *Identification, Formulation, Aggrupation, and Recontextualisation*. This system reminds in big degree Malterud's Systematic text condensation, because the principles applied are generally the same. However, some adaptations were conducted for the purpose of producing the desired knowledge.

The decontextualisation involved first the tasks of *Identification* of text fragments of importance. That was to read and interpret which information pertains the different phenomenological concepts.

It can be noted here that the methodology used is qualitative, and the scientific logic was deductive. That means that I deduced from the narratives the theoretical phenomenological concepts.

Formulation was the second step, but in practice it happened often simultaneously with *Identification*. Formulating involved writing with own words the information useful to the analysis of the phenomenological concepts. This led to the generation of a system of categories. This step can also be considered as a refinement of the identified raw text.

Again, the methodology used here was qualitative, but the scientific logic was inductive. That means that out of the collected information in the empiricism -i.e. the narratives- I interpreted and named different categories which would cover all the analysed meaning units.

The third step was *Aggrupation*. In this step, the information formulated in the previous step and that pertained single narratives was placed together in groups pertaining the Subcontexts and Context. That means for example that the information formulated for the subjects in DNT1-5, was grouped as DNT subject information; the information on SURF1-5, was grouped as SURF, etc.

Then the rearranged categorical information had to be formulated on such a way that the essence of the phenomenological concept for the given (Sub)Context was clear. Here the methodology used was quantitative, because the description of the phenomenological concepts was formed taking base on category-proportions seen within each concept.

The fourth and last step was the *Recontextualisation*, which involved the description of DNT, SURF, ADR and FRIL based on the information obtained in the previous step. This text is the final result, and it is considered as a condensation of the essence of the experiences. This methodology is qualitative.

Once the analysis was performed, the narrative, and the analysis information were reviewed together, to ensure that they match each other satisfactorily. This process would be repeated as many times as needed, leading to corrections until a faithful synthesis of the original text was achieved. As a reflection of the hermeneutical approach undertaken, all the steps are systematically presented in order in Appendix A.

Summary

In summary, the analysis is inspired by Kristi Malterud and her systematic text condensation. The concepts subject, intentionality, project, and nature will be analysed by following the steps identification, formulation, aggrupation and recontextualisation. As a result, texts will be produced with the essence of FRIL, DNT, SURF, and ADR. With those texts, it will be possible to answer the first research question, because the characteristics of the essence of the subcontexts will be described.

3.4.3. Research question 2. The FRIL EW analysis.

Here it is described the specific procedures to give answer to the second research question. As it was indicated in the introduction chapter, a categorical narrative research centred in EW content will be conducted (Lieblich et al., 1998, p. 12).

In this perspective, the original narrative is dissected, and fragments or single words belonging to a defined category are collected from the narratives. The procedure is conducted on every narrative on such a way that the analysed material can be grouped in subcontexts and context. This approach is relevant because the main object of study is the phenomenon EW, which is expected to be shared by certain groups of people.

The aim with this analysis is to study the EW expressed in the narrated friluftsliv experiences. This is done by producing an EWP, which informs on which EW aspects, and which proportions are found in those narratives. Now it is explained in detail the specific process.

In this analysis, the EW is assessed by identifying text fragments that I interpreted as fitting the descriptions given to the EW model. Every categorisation is considered in this analysis as an interpretation. To maintain the hermeneutic principles that I compromised myself with, every interpretation and every step are systematically presented in order in Appendix B.

This categorisation relied on the 18 EW subaspects shown in the theory chapter, Table 4. Later in the analytical process, those subaspects were grouped into the 7 main EW aspects, because that is the focus in the results and discussion.

It can be noted here that the methodology used is qualitative, and the scientific logic was deductive. That means that I deduced from the narratives that at least some of the EW subaspects would be identifiable.

The rules for text categorisation involved defining the characteristics of the text fragments that would be accepted as analysable meaning units. After preliminary testing, it was decided that the sentence would be the longest meaning unit. This decision was taken pragmatically, as it was found accurate in so that no information would be obviated, and it was reasonably operative.

However, it was common that some sentences were associated to several different subaspects of EW. In those cases the sentences were not addressed as a single unit, but split in as many parts as it was pertinent to gain accuracy.

Following the described procedure, I analysed all the narratives 3 full times, plus minor adjustments every now and then. The reason is that every time, after finishing the analysis, new insights would be arising. If the analysis was to be conducted once again, probably slightly different results would be obtained. However, the results did not change substantially from the second to the third time. This fact, together with a satisfactory revision of the content given in the Appendix B, helped creating an impression of solidity.

When the analysis was conducted, the categorised meaning units were given a quantitative treatment. Table 6 gathers the different formulas used for each step in obtaining the EWPs. The letters given to each formula are used to explain their use.

Table 6

Formulas used for obtaining the EWPs.

Use	Formula
A	$EWI = \Sigma (EWI_1) + (EWI_n)$
B	$Total. EW = \Sigma (EW1) + (...) + (EW7)$
C	$\%EW1 = 100 * (EW1 / Total. EW).$
D	$DNT\%EW1 = \Sigma (DNT1\%EW1 + ...) + DNT5\%EW1 / 5$
E	$FRIL\%EW1 = \Sigma (DNT\%EW1 + SURF\%EW1 + ADR\%EW1) / 3$

Note. Σ = Summation. %= Proportion. *= Multiplication sign. /= Division sign.

First, the meaning units categorised under each of the 18 subaspects were grouped under the 7 EW aspects (Formula A in Table 6). The next step was then generating the EWPs. For that, the amount of meaning units categorised under each EW aspect was turned into proportions. The advantage of using proportions is that it made the individual narrative data usable in the general framework of this study.

The proportions were calculated for each aspect as the amount of meaning units categorised for that aspect divided by the total amount of EW categorisations found in the given narration (Formula B in Table 6), and multiplied times one hundred (Formula C in Table 6).

This procedure allows also to generate the average proportion for every EW aspect on the subcontext (Formula D in Table 6), and context level (Formula E in Table 6). That means that EWPs can be obtained for DNT, SURF, ADR, or FRIL depending on the narratives that are selected.

Once the EWPs are generated, in order to produce results to discuss in the research question 2, the EWP in FRIL will be described. Relevant features to describe will be whether all the EW aspects obtained data or not, whether the aspects obtained relatively even percentages or not, and eventually which aspects obtained greater percentages.

With that, the ultimate goal for this analysis is accomplished, and it is expected that those results help establishing relationships between the EWP in FRIL, and the FRIL experiences.

Summary

In summary, the EW analysis involves a qualitative categorical narrative analysis based on the EW subaspects. The amount of categories found in the different groups allows for the use of proportions, and thus it is considered as a quantitative method. When the EWP in FRIL is produced, the features observed in the pattern will be used to contextualise the EW in FRIL. This treatment will allow to establish relations between the FRIL EWP and the phenomenological FRIL description.

3.4.4. Research question 3. The subcontexts' analysis

Here it is described the specific procedures to give answer to the third research question. In this research question it is desired to know how the choice of subcontext characterises the EW expression. Thus, this analysis involved using the information obtained in the previous analysis to compare subcontexts.

Finding differences and similarities across the EWPs is needed to argue how each subcontext contributes to FRIL. To map the differences and similarities in EWPs, I conducted analysis in 2 different levels.

The first analytical level involved to visually compare the EWPs with each other, and noting differences in exclusive features. No test was required for this comparison.

The second analytical level involved a set of statistic tests. The tests included first a Chi-Squared test for homogeneity. The aim with this test was to check if the EW proportions are homogeneous across the 3 subcontexts. The formula used was the one presented on (Franke, Ho, & Christie, 2012, p. 449), and the P-value was interpreted with the calculator available at Social Sciences Statistics, (2020). A significant result meant that the differences seen on EWPs are not explained on the basis of randomness. Then the last step involved localising these differences.

The second test was a One-Way-ANOVA test (Kim, 2017), to explore inter-subcontext differences in the EW aspects. That includes first, a Shapiro-Wilk test to explore the Normality of the data distribution.

The third test were the pertinent post-hocs. That included first Levene's test to explore variance homogeneity. Then Bonferroni's test was used for Post-Hoc comparisons on variables with variance homogeneity, and otherwise Tamhane's T2 (Tamhane, 1979).

Summary

In summary, the answer to the third research question will be argued based on the similarities and differences found in the two analytical levels here described. First a visual assessment, and then the statistical tests Chi-Squared, One-Way-ANOVA and the post-hocs.

3.5. Instruments

Both narrative analysis were performed using the software MAXQDA18 (VERBI Software, 2020). The Chi Squared test of homogeneity was performed manually. Otherwise any other statistical data processing was performed on SPSS 20 for Windows (IBM Corp, 2020). Significance level was sat at .05 for every hypothesis test.

3.6. Research quality

The research quality is most often discussed on the basis of the validity, reliability and generalisability of the research and its findings. However, those concepts are typically associated and make most sense in quantitative research. Noble & Smith, (2015) argue that comparable terms but with better fit for qualitative research are "truth value", "consistency", "neutrality", and "applicability". Since my research is built from qualitative research, then I will discuss those terms instead.

3.6.1. Truth value

Validity has to do with how suitable the specific tests are to study a particular phenomenon. In the present study, the selection of methodologies has been justified with scientific literature. However, I have played a central role in conducting those analysis. In qualitative research, the term validity is associated to the truth value. The way I ensured to care for the truth value has been double sided.

On one hand, the reader is provided information to identify potential sources of biases. This was approached in Ch 3.1. by showing reflection on my own perspectives. Also I systematically provided documentation on all the decision-points for the research, and a reasoning for those decisions. Moreover, the research has been supervised by a mentor, who has acted as a peer-review assistant. Having a second subjective element involved in those critical points, increases the truth value, as it helps to reveal personal biases or assumptions whenever they could appear.

Additional project supervision came in seminars with other teachers and students attending the same study program. This additional support was interrupted due to disturbances related to the COVID-19 pandemic. However, the project benefited from this support up to the original formulation of the study problem, and research questions.

The second strategy has been to maintain high representativeness on the findings in relation to the phenomenon. The realisation of this aspect concerned using the original texts produced by the narrators. The original texts were used to produce analytical content, and to repeatedly be revised. The aim was to remain true to the participant's accounts. To reinforce this endeavour, the reader is provided clear instructions for how to access the narratives in their original form, and the analysed data is also provided in the Appendix A, and B. The reader is encouraged to make personal judgements.

A weakness relevant to the truth value is that the study findings were not communicated to the subjects in the narratives. This task fell out of my power. Because of this, the protagonists of the accounts did not provide feedback.

Altogether, I still consider that my research has been tested multiple times, and that the ultimate outcome is considered valid.

3.6.2. Consistency and neutrality.

In qualitative research, the reliability ideal is connected with the consistency and neutrality practiced in researching.

I strived for auditability by being consistent in my work. I provided a transparent and clear description of the research aims and process from start to end. Whenever challenges were faced at any given point in this process, it has been stated the decision/s that were taken, striving to hold consistency in the line that links the study's aims, up to the study's outcomes.

Other strategies involved complete test repetitions. The repetitions led to a better understanding of the analysis elements on such a way that the obtained results became consistent and more robust to further testing. Additionally the analysis were retro-tested when the content in the Appendix was reviewed for flaws in the link category-analysed content.

The neutrality was realised by the means of repeated discussions with peers -members of the researching community in Volda in Social sciences research-. It was then sought to test emerging themes and challenge my own presumptions.

All in all, I consider that my research has been conducted on a consistent, double-checked, and neutral manner, and on such a way all the decisions and interpretations here presented have been given as much quality as it was possible. However, the final outcome of this research is a high quality interpretation of a social phenomenon, and thus the reliability must be accordingly contextualised.

3.6.3. Applicability

In qualitative research, the applicability refers to the possibility of generalisation of the findings to other contexts. In the present study this potential is facilitated by the production of results building on the EW model, and providing specific and rich data. My understanding is that this research can produce applications through naturalistic generalisability, transferability, and analytical generalisability (Smith, 2018).

First, the data is specific in so that the narratives, subcontexts and context have been described out of their own constitutive elements, and thus grounded on empiricism. The data is considered rich in so that each analysis has been constructed upon a wide base of aspects, and large in-text information has been retrieved, and the full original sources are easily accessible.

These qualities facilitate the reader's consideration for how and when the study observations could be transferable to other instances. On that sense naturalistic generalisability can occur, because the specific and rich data facilitates that readers recognise similarities and differences in the narrative accounts which can be perceived familiar.

Second, it can also be transferable, and this is because this research allows the implementation of the produced knowledge to other contexts, like for example health policy-making in Norway.

And third, it can generate analytical generalisability because the study builds in big extent on the EW model. The results were obtained here through a novel methodology. Hence these methods and the data obtained can be generalised to the EW model because of the common framework. At the same time it contributes to develop EW's theoretical foundation.

In summary, obtaining specific and rich data, and adopting the EW model as a framework allows the occurrence of naturalistic generalisability, transferability, and analytical generalisability.

3.7. Research ethics

The development of this project has been designed and conducted bearing on every stage of its development the guidelines for research ethics in the social sciences, humanities, law and theology in the NNREC (Norwegian National Research Ethics Committee, 2019). It is now presented the ethical considerations in three blocks: In regards to the research society, the study subjects, and the dissemination of research.

3.7.1. Research society.

This manuscript is a Master's dissertation in the subjects of Health and Social sciences, offered by Volda University College. I originally designed and conducted it, while being mentored by a study program's teacher. Otherwise I conducted the study independently from Volda University College.

I declare that the overarching principle steering this manuscript is an honest and accurate pursuit of truth around the study questions. Any outcome -closer, or further to that ideal- will be tintured by my skills and interpretations. Therefore I provided insight on my own standing point (Ch.3.1). Additionally, every undertaken decision and interpretation has been documented and justified.

I also consider myself responsible for the consequences that the release of the study can lead to. Accordingly I ensure that the present document does not violate any law or regulation, nor leads to risk of harm to people, society or nature. On this sense, Volda University College aids me to double secure this endeavour.

3.7.2. Study subjects.

The academic aims in this study have been balanced to respect the subject's interests, and integrity. No sensitive data related to vulnerability generally speaking, is particularly issued in this manuscript. The analysed situations have been nevertheless

treated with great caution and responsibility, and presented on a neutral and respectful manner.

Ethical values regarding the privacy of the data has been realised in the extent of reasonability for the data that has been processed. It is a wide prerequisite to inform the individuals from which data is collected, and to register the study in institutions such as the Norwegian centre of research data NSD (NSD, 2020).

This study can be considered as an exception, because it was conducted on material willingly posted on the internet, and open to wide public. The specific guidelines for internet research has been read, and respected, leading to the undertaken decisions. The reasoning is that open to the public information shared on the internet is usable for researchers as a main rule (NESH, 2019, p.11). On such a way the subjects -being treated as public figures- must expect the public aspects of their lives to be subject of research (NNREC, 2019, p.14).

Additionally, this research does not imply direct contact with the participants, the data is not regarded as sensitive, and the utility value of this research is expected to exceed any disadvantage for the individuals involved (NNREC, 2019, p. 16).

3.7.3. Dissemination of research.

The formulation of the authorship for this manuscript was performed according to the 4 criteria needed for rightful naming, based on the international committee of medical journal editors (NNREC, 2019, p. 27). Thus the names, and task distributions appear clearly by the head of this manuscript.

In regards to ethical positioning towards the work of other authors, every intellectual contribution used to the forming of this manuscript has been referenced. The American Psychological Association rules for referencing documents has been selected as the format of choice.

Consequently to the elaboration and dissertation of this project, the results are aimed to be shared with the research community. In regards to ethical positioning towards the interests of other parties, the researcher states impartiality. This study carries no conflict of interests.

4. Analysis and results.

In this chapter, the reader is provided with descriptions of the analytical process and the results obtained for each research question. The chapter is organised on such a way that the analysis and the results are clearly separated one from the other. As a final note pertaining the analysis, a limited selection of examples have been presented in this chapter. For an extensive review on the analytical processes, the reader must be directed to the Appendix A and B.

4.1. The phenomenological analysis

In this section it will be presented an overview of the analysis process. It will be presented samples that help the reader understand how the data has been processed, until obtaining the findings.

As explained in the methods, the analysis followed steps leading to a decontextualisation and consequently a recontextualisation. The steps were identification, formulation, aggrupation, and recontextualisation. The Recontextualisation is considered as the final outcome and result of the analysis.

4.1.1. Identification

Identification involved to read and interpret which information pertains the different phenomenological concepts. In this step, the information is generally appearing literally as it is in the original narrative. It is meant generally because a slight modification had to be taken for the phenomenological concept "nature". Now examples on every phenomenological concept are given.

Identification of the subjects.

For the Subjects, in-text fragments such as this one were selected:

DNT5: *"Aleksander, broren og faren hans"*
"alle tre får nyttig drahjelp av hver vår ivrige alaska husky"

They were selected because the researcher interpreted that it referred to information on the subjects of the experience such as the main narrator, or people in the party.

Identification of the Intentionalities.

After reading the text several times, and understanding the overarching motives, then the researcher selected the text fragments that would elicit the interpretations. An example is given now:

DNT2: "*Då forstod eg at eg måtte ta grep, eg måtte omfamne ein ny måte å gå i fjellet på. I staden for fjelltur, måtte eg no starte med fjellvandring.*"

In the example, the subject experienced a realisation that explains the direction seen in the rest of the narrative.

Identification of the Projects.

In this case, for a text fragment to be selected, it had to link to a specific intentionality, on the same narrative. Here it is presented an example connected to the previous intentionality.

DNT2: "*No skulle eg prøve meg på sjølve vandringa, fem dagar gjennom Rondane.*"

Because there is an intention linked to mastering a skill, the project identified is to exercise that particular skill, in this case mountain trekking during 5 days through Rondane.

Identification of the nature.

For the nature elements, text fragments such as this one were analysed:

DNT1: "*Sauene på utsiden av vinduet breker høyt. Vi er på Dindalshytta og sola titter så vidt over fjellene på østsiden av dalen.*"

In the example, we can identify Sauene-Sheep; Dindalshytta-Cabin; Sola-Sun; Fjellene-Mountain; Dalen-Valley. Each of those words would be addressed as nature elements. In this analysis Identification and Formulation were addressed simultaneously. In the next section it is explained in detail.

4.1.2. Formulation

This step has to do with making the information obtained in Identification operative for the next analytical steps, via generating a system of categories. It involved writing with own words the information useful to the analysis of the phenomenological concepts, and leading to a refinement of the identified raw text.

Formulation of the Subjects.

For the Subjects, the Identified text fragments would be reformulated on such a way that relevant features could be addressed. In this analysis, the categories that were possible to evenly identify across narratives were: if the protagonist is alone or in group, if the group is a family, or friends, or people that just met, how many people were involved, their gender, and if they had animals with them or not. An example is shown in a fragment of the Appendix A-Table 1.

Fragment of Appendix A- Table 1

Identification and Formulation of the Subjects per narrative.

Narrative	Identification	Formulation
	<i>"Aleksander, broren og faren hans"</i>	
DNT5	<i>"alle tre får nyttig drahjelp av hver vår ivrige alaska husky"</i>	A family (3 males and 3 dogs).

Formulation of the Intentionalities.

Formulating intentionalities required a general interpretation to include the overarching motives in the narrative into the formulation. However the formulation took a form that would be relying mostly on the text fragments selected.

Some narratives could have more than one intentionality, and then they would be specified and named differently. An example is presented below. DNT2.1 is an intentionality and DNT2.2 is a different one. Appendix A-Table 3 displays these interpretations.

Fragment of Appendix A-Table 3

Identification and Formulation of the Intentionalities per narrative.

Narrative	Identification	Formulation
DNT2	<i>"Då forstod eg at eg måtte ta grep, eg måtte omfamne ein ny måte å gå i fjellet på. I staden for fjelltur, måtte eg no starte med fjellvandring."</i>	DNT2.1.To master mountain trekking
	<i>"Tur for meg har alltid handla om toppar."</i> <i>"Nokre vil kanskje heller kalle det ein omveg, sidan du også kan gå ei enklare rute gjennom dalen, men eg var aldri i tvil."</i>	DNT2.2. To balance the trekking experience with something else more familiar and appealing

Formulation of the Projects.

The logic in this step is the same as with intentionalities, but an additional condition was that each project had to be linked with a specific intentionality. In the example given in Appendix A-Table 5, there is an added column "Int.", which links to the previous step.

Fragment of Appendix A -Table 5

Identification and Formulation of the Projects per narrative.

Na.	Int.	Identification	Formulation
	DNT 2.1.	<i>"No skulle eg prøve meg på sjølvve vandra, fem dagar gjennom Rondane."</i>	1-To be trekking through Rondane during 5 days.
	DNT 2.2.	<i>"Tur for meg har alltid handla om toppar."</i> <i>"I dag skal eg til topps!"</i>	2-To Reach/to be on a top for a day trip

Note. Na. = Narrative; Int. = Intentionality.

Formulation of the nature.

For the nature elements, the information was not presented exactly on the same fashion as the other phenomenological concepts. This analysis had to combine the identification and the formulation steps together.

The reason is that this category would involve most often only one word, and sometimes it would be repeated in many occasions. Their repetition was found to be informative, as some elements would provide extra information related to how many times they are referred, and how many narratives included the same nature element.

The procedure then involved identifying words and using them as categories on themselves. On such a way, if the word fjell -mountain- would be referred to in any way, including variations such as "fjellene" or other given name, then they would be counting in the fjell/mountain category.

This analysis presented a few challenges. One of them was categorising several words which could be considered synonyms. Another challenge involved the translation of the nature vocabulary to obtain the ultimate list of elements in English.

The approach was to present the information both in Norwegian and English, and merge together the categories corresponding to elements that could be considered as synonyms. These categories would be addressed later, either in their English form, or as their unifying name given in an aggregated category named as "Category 1".

Additionally, the elements would be included in one out of four categories of a higher order (Referred to as "Category 2" in Appendix A). As an example, categories such as "cabin", or "mountain roads" would be added to a "cultural nature" category. Categories such as "sheep", or "birds" would belong to "biosphere". Categories such as "sun" or "clouds" would belong to "meteorology". And categories such as "mountains" or "sea" would belong to "geography".

Those 4 categories of a higher order were intuitively selected because they have base in the natural sciences, offered a good balance of analytical complexity, and succeeded in classifying every element satisfactory. The final identification-formulation system is presented in Appendix A-Table 7-8. Here it is presented a fragment of those tables.

Fragment of Appendix A-Table 7

Identification and Formulation of Nature elements in the narratives.

Identification			Formulation		
Element in Norwegian	Element in English	C	Category 1	C	Category 2
Fjell	Mountain	70		70	
Topp	Top	49		49	
Tind	Peak	30		30	
Skråning	Slope	1			
Li	Hill side	4	Mountain side	6	
Fjell face	Mountain face	1			
Heng	Hanging wall	1		1	Geography
Kant	Edge	1		1	
Gap	Gap	1		1	
Dropp	Drop	1			
Fall	Fall	1			
Skrent	Cliff	1	Cliff	9	
Klippebånd	Cliff	1			
Klippe	Cliff	5			

Note. C= Counts

Fragment of Appendix A-Table 8

Identification and Formulation of Nature elements. Identification of elements distributed across the narratives, and divided by subcontext.

Element in English, or Category 1	D1 D2 D3 D4 D5					S1 S2 S3 S4 S5					A1 A2 A3 A4 A5					Relative frequency
	Cliff	1				1								1	4	
Landing area														2	1	
A Bowl														3		

Note. D= DNT; S=SURF; A= ADR. The numbers 1-5 refer to the narratives selected for the subcontexts. (F)= Means that the element is relatively frequent in FRIL with $\geq 8/15$ narratives. (D)= Means that the element is relatively frequent in DNT with $\geq 3/5$ narratives. The same criteria is applied for SURF = (S); and ADR= (A).

4.1.3. Aggrupation

This step has to do with placing the information formulated in the previous step and that pertained single narratives, together in groups pertaining DNT, SURF, ADR, and FRIL. This information is still centred on the phenomenological concepts.

At this time, the proportions obtained in the previous step helped to summarise each phenomenological concept. This step again involves another degree of abstraction and condensation, which placed the resulting information further away from the original narrative.

Aggrupation of the Subjects.

The data was combined on such a way that every narrative/subcontext/context could be assessed under the same features or categories. The category system used provided the information contained in Appendix A-Table 2.

Appendix A-Table 2

Aggrupation of the subjects.

Subject's variables	DNT	SURF	ADR	FRIL
N	29	18	23	70
Gender	20 M (69%)	8 M (44%)	22 M (96%)	50 M (71%)
Alone	1/5	1/5	1/5	3/15
Friends	1/5	2/5	0	3/15
Family	2/5	0	0	2/15
Shared interest	1/5	2/5	4/5	7/15
Dogs inclusion	2/5	1/5	0	3/15

Note. N= Sample size; M= Males.

When using this system, it is possible to argue that for example the DNT experience is most often portrayed as a group experience (4/5 narratives).

Aggrupation of the Intentionalities.

Here it is presented an example on how this task was done for DNT. The procedure was to gather all the intentionalities formulated for the DNT narratives together. With those it was aimed to summarise the subcontext. It was indicated which intentionalities were specifically considered when formulating the summary.

Here a new inductive step was taken to get the main lines represented. For example, categories such as "To be on a Boys-tour together for the first time"; " To give as a present a meaningful nature experience with the family"; " To use friluftsliv therapeutically for someone else with challenged mental health."; or " To have a family winter tour in Visdalen"; were perceived to do with a social component, and thus the category that would gather them was named as " Intentionalities oriented to social connection". An example of this task is shown in the fragment of Appendix A-Table 4.

This procedure helped to see what type of intentionalities are predominant in the subcontext, as for example the social connection category gathered 4/6 intentionalities and thus it was the main feature in DNT.

Once this task is done on each Subcontext, a similar exercise was performed for FRIL, including then all the intentionalities in the 3 subcontexts.

Fragment of Appendix A-Table 4

Aggrupation of the intentionalities.

Nar.	Formulation	Aggrupation
DNT1	1/6. DNT1.1. To be on a Boys-tour together for the first time	4/6 Intentionalities oriented to social connection: (DNT1.1, DNT3.1, DNT4.1, and DNT5.1)
DNT2	2/6. DNT2.1. To learn/master mountain trekking 3/6. DNT2.2. To balance the trekking experience with something else more familiar and appealing	
DNT3	4/6. DNT3.1. To give as a present a meaningful nature experience with the family	1/6 Intentionalities oriented to personal development (DNT2.1)
DNT4	5/6. DNT4.1. To use friluftsliv therapeutically for someone else with challenged mental health.	1/6 Intentionalities oriented to enjoyment (DNT 2.2)
DNT5	6/6. DNT5.1. To have a family winter tour in Visdalen	

Note. Nar. = Narrative.

Aggrupation of the Projects.

This task was comparable to the previous one. Here it would also be indicated which projects were considered when formulating the summary. The difference in this analysis is that the new categories were formed based on the amount of narratives that shared the same type of projects -at least two-. This criteria lead to a better balance of information that would help portraying FRIL, DNT, SURF and ADR. An example of this task is shown in the fragment of Appendix A-Table 6.

Fragment of Appendix A-Table 6

Aggrupation of the projects.

Narrative	Formulation of the Project	Aggrupation of projects
DNT1	1-To be on an adventure 2-To explore the northern part of Dovre 2.1- To go through classic Norwegian cultural landscape 2.2- To go through 3 cabins 2.3- To experience historical farming settlements 2.4- To experience fabulous waterfalls 3-To have low intensity hiking tour stages	5/5 Walking or (cross country) skiing as a baseline project (DNT1-5: 1.3; 2.1; 3.1; 4.1; 5.6)
DNT2	1-To be trekking through Rondane during 5 days 2-To Reach/to be on a top for a day trip	2/5 To explore a new area (DNT1 and 5: 1.2; 5.5)
DNT3	1-To take a skiing trip to Snønippa 2-To have marzipan cake on the top	2/5 Reaching a mountain top (DNT2-3: 2.2; 3.2)
DNT4	1-To go on a ski trip into nature 2-To sleep outside during the winter 3-To have therapeutic talks	2/5 Reaching a mountain top (DNT2-3: 2.2; 3.2)
DNT5	1-To take pictures 2-To have tenting overnights 3-To have pulling dogs 4-To have plenty of food and equipment 5-To explore Visdalen 6-To ski for three days	2/5 Tenting (DNT 4-5: 4.2; 5.2)

In this example, each of the following projects was observed in a different DNT narrative: "To have low intensity hiking tour stages"; " To be trekking through Rondane during 5 days"; "To take a skiing trip to Snønippa"; " To go on a ski trip into nature"; and " To ski for three days". All of those were considered as having in common that they involved "walking or (cross country) skiing as a baseline project".

The same procedure was conducted with any other project and subcontext. Then a similar exercise was performed on the Context level, including then all the intentionalities in the 3 subcontexts.

Aggrupation of the nature.

This aggrupation was organised in two different ways. Out of Appendix A-Tables 3-4, it was possible to calculate proportions of elements identified in the narratives. Those were specific to each Subcontext and FRIL. This takes the shape seen in Appendix A-Table 9 and Appendix A-Figure1.

Fragment of Appendix A-Table 9

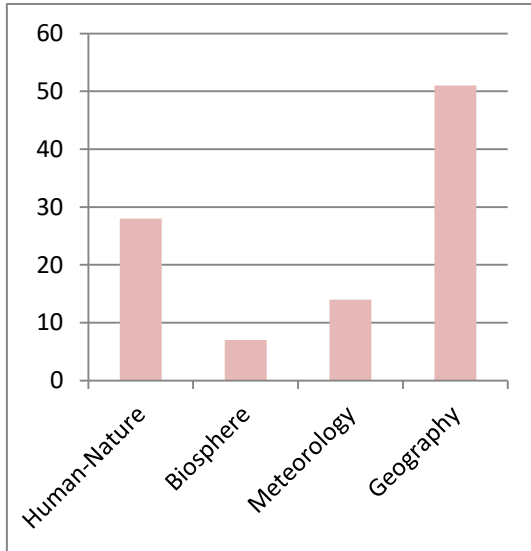
Proportions of Nature elements when performing the Aggrupation by Subcontexts and Context.

(Sub) Context	Category	Counts	Percentage relative to the Total
DNT	Cultural nature	116	28%
	Biosphere	27	7%
	Meteorology	57	14%
	Geography	209	51%
	DNT Total	409	100%

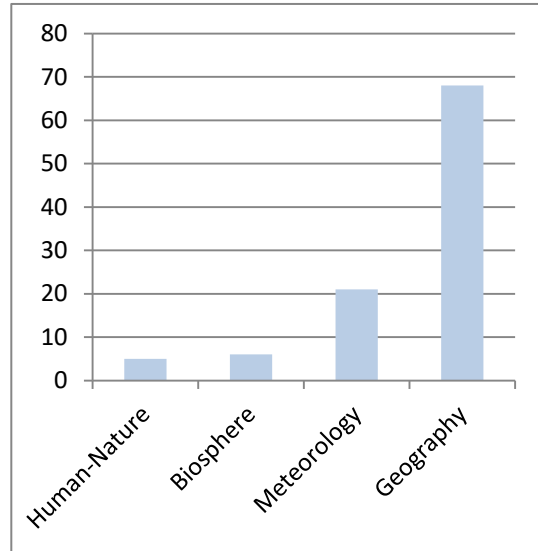
Fragment of Appendix A-Figure 1

Proportions of nature elements found in DNT, SURF, ADR, and FRIL.

DNT



SURF



Additionally, it was considered relevant to observe how consistently certain nature element was appearing. When a subcontext displays a nature element in $\geq 3/5$ narratives, then the element is relatively constant in the subcontext. For FRIL, the criteria was $\geq 8/15$ narratives. Appendix A-Table 8, displays the elements satisfying those criteria and they are marked as (D), (S), (A), or (F) depending on which (sub)context they tend to appear in. The resulting information summarised is presented in Appendix A-Table 10.

Fragment of Appendix A-Table 10

Aggrupation of nature elements. Nature elements with higher distribution for the Friluftsliv Context, and the Subcontexts DNT, Surf and ADR.

(Sub)Context	Nature Element	Distribution ^a
DNT	Mountain	5/5
	Tour	5/5
	Area of Natural Interest	5/5
	Top	4/5
	Valley	4/5
	Cottage	4/5
	Sun	4/5
	Lake	4/5
	Landscape	3/5
	Cloud	3/5
(Mountain)Road	3/5	

Note.

^aThis is calculated as the number of narratives in the (Sub)Context including the element/total amount of narratives pertaining the (Sub)Context.

4.1.4. Recontextualisation

This step involves making use of the information obtained for the four phenomenological concepts (subjects, intentionalities, projects, and nature) in the aggrupation step, and implementing this information into a new text that serves as a description of FRIL, DNT, SURF, and ADR. The texts were written bearing in mind the proportions found in the aggrupation analysis. The recontextualisations are the final outcome of the analysis, and they will be presented in the next section.

As a way to summarise the phenomenological analysis, Table 7 has been created to show a simplified overview of the analysis process.

Table 7

Simplified overview of the process of condensing the narratives into the resulting descriptions.

Narrative	Decontextualisation			Recontextualisation
	Identification	Formulation	Aggrupation	
DNTX ".....""	Subject: "....." Nature: "....."	Subject: Two friends and a dog Nature: Mountains (x10) Valley (x6)	DNT Subjects: Friends meet together, sometimes with their dogs	DNT: According to this analysis, the essence of the DNT experience seems to be about friends that meet in the mountains.
DNTY ".....""	Subject: "....." Nature: "....."	Subject: Four friends Nature: Mountains (x5) Forest (x3)	DNT Nature: Mountains	

Note. The examples presented here are fictitious.

4. 2. The phenomenological descriptions

Now it is presented the last stage of the phenomenological analysis. In this recontextualisation the FRIL, DNT, SURF, and ADR are described out of the information synthesised from the narratives.

This information will be referred to later in this manuscript. Therefore the researcher has generated the results in table format (Tables 8-11), and advises the reader to notice the codes given to every description paragraph. Those codes were created with the initials of the (sub)context and the phenomenological concepts. For example for FRIL and subjects, the code "F.S" is used; while for SURF and Intentionalities, the code "S.I." is used.

Table 8

Phenomenological description of FRIL experiences.

Context	Code	Description
	F.S.	According to this analysis, the essence of the FRIL experiences seems to be about people, most often men, that meet with others. Their groups are most often formed upon shared interests for the experiences, but sometimes they are based on friendships, or family.
	F.I.	These subjects most often are oriented in their experiences to gaining personal growth, as in learning skills, to obtain professional development, or to become something greater.
FRI	F.P.	To achieve that, they engage in various forms of physical activity conducted on settings with natural qualities. In relation to those activities a richer diversity of projects is generally found, like for example producing media content from their experiences.
	F.N.	In their experiences, the geography and cultural nature obtain the most attention. It is usually talked about taking tours around valleys. The mountains and the sun often gain recognition.

Table 9

Phenomenological description of DNT experiences.

Subcontext Code Description

Subcontext	Code	Description
DNT	D.S.	According to this analysis, the essence of the DNT experiences seems to involve often groups of people, most often men, that meet with others. Their groups are most often formed by family members, but they can also be friends, or share the same interests. In occasions they are also accompanied by their dogs.
	D.I.	These subjects most often are oriented in their experiences to connecting with the other people,
	D.P.	and for that they engage in activities that involve commuting in nature, like hiking, or cross-country skiing. In occasions those also serve as a mean to explore natural areas together, tenting, or reaching mountain tops.
	D.N.	In their experiences, the geography and cultural nature obtain the most attention. It is usually talked about taking tours in areas of natural interest like national parks, where mountains are referred the most, and many other elements are also frequently referred like valleys, lakes, landscapes, the sun, clouds, mountain roads and cabins.

Table 10

Phenomenological description of SURF experiences.

Subcontext	Code	Description
SURF	S.S.	According to this analysis, the essence of the SURF experiences seems to involve often groups with a fair balance of gender participation. Their groups are sometimes based on friendship or formed upon shared interests.
	S.I.	Surfers seem to be oriented in their experiences to gaining personal growth, as in obtaining professional development, living the life they desire, overcoming difficulties, or learning skills.
	S.P.	To accomplish those aims, they engage in surfing, and sometimes they combine surfing with other activities like photographing surfers, or acting upon environmental causes.
	S.N.	In their experiences, the geography obtain the most attention, and noticeably the cultural elements are relatively uninteresting. There is usually talk about the waves, sea water, beaches and the sun.

Table 11 Phenomenological description of ADR experiences.

Subcontext	Code	Description
ADR	A.S.	According to this analysis, the essence of the ADR experiences seems to almost always involve groups of people, formed almost exclusively by males who meet others with the same shared interests for the experiences.
	A.I.	These subjects seem to be oriented in their experiences to personal enjoyment, and gaining personal growth, as in becoming something greater, or obtaining professional development.
	A.P.	To realise those goals they would engage in searches for good conditions in the nature, and conducting activities involving air time such as flying, or performing stunts. The settings also seem to facilitate social learning, and occasionally producing media content.
	A.N.	In their experiences, the geography and cultural elements obtain the most attention, and the elements of the biosphere seem to be uninteresting. It is usually talk about the mountains, and the sun. Other frequently referred elements are the tours in areas with valleys, mountain tops, terrain elements like cliffs, ski facilities and the weather.

4.3. The FRIL EW analysis

In this subchapter it is presented an overview of the categorical narrative research centred on EW subaspects. It is presented examples and explanations that help the reader understand how the data has been processed. For a complete listing of text fragments included in each subaspect, the reader should be directed to Appendix B.

4.3.1. Physical Access (PA).

PA1- Living, working, socialising, or recreating in, near, or with places or species that the individual considers nature

This subaspect is in the researchers opinion the most inclusive one. To begin with it involves "living", and hence, a vast degree of information was understood to fit on this subaspect. The researcher included text fragments that referenced being by nature, like in :

DNT1: " Vi er like ved Vangshaugen, ved foten av Mardølhøa."

The definition includes also "socialising". Hence, whenever the subjects engaged in dialogs, then it was also considered. An example here is

DNT1: "– Stakkars skolebarn, sier Sander"

The analysis was also sensitive to "work", as seen in SURF1 " *Overall en god dag på jobben!*"

; or "recreating" like in

DNT1: " Etter noen timer på sti og over tørrlagte bekkefar, når vi Gammelsetra,"

PA2- The ability to physically access nature at one's discretion

The nuance that this subaspect gives to the analysis is that it refers to a potential given in the situation. i.e. that the subject has the possibility of easily accessing nature. An example here is :

ADR 5: "Han og Kristian Møller har fått låne jobbens leilighet som ligger rett ved bakken"

4.3.2. Sensory Access (SA).

SA1- Being able to touch nature

Here it was categorised information pertaining sensing temperature, like in
DNT2: "Hendene mine er pinnestive av kulde"

; or other times the information referred to the actual body contact with a nature element, involving for example the appreciation of steepness, like in:

DNT2: "eg står i tjukkaste og brattaste steinrøysa".

SA2- Being able to smell nature

This was categorised either when it was specified the action as in:

DNT3 "Onkel luktar fjell"

, or when a description that could fit smell information was given, like in:

DNT3 " ei aning vår i lufta".

SA3- Being able to see nature

This was categorised when it was specified the action, like in:

DNT2: "Eg siktar meg ut ein flekk i fjellsida ved Fremre Illmannstjønne, dog med meir innsyn enn eg set pris på"

, or when a visual description was given, like in:

DNT1: "Fjellene bølger gjennom landskapet ved Veggasætra og innsjøene er langstrakte."

SA4- Being able to hear nature

This was categorised when in the text was explicit the appearance of a sound, like in:

DNT1: "Sauene på utsiden av vinduet breker høyt"

; or the absence of it, like in:

DNT4: "Stillhet, fred og ro."

4.3.3. Connection (C).

C1- Experience pleasant cognitions (including memories) while reflecting on one's relationship with nature

In this category it was selected text fragments that included features which the researcher interpreted that involved a cognitive processing of the situation, and that were additionally positively toned. An example here is:

DNT1 *"Voldsomme daler, heftige fossefall og setre som tatt rett ut av eventyrene".*

The researcher interprets that "Voldsomme", "heftige" and "som tatt rett ut av eventyrene" are features that can not be directly sensed, but that required that the subjects interpreted them as such. Those adjectives are considered as positively toned.

C2- Having positive emotions while reflecting on one's association with nature

This category was selected either when it referred directly to positive emotions like excitement:

DNT1: *" så en viss spenning er det"*

, or when in a dialog, it is indirectly implicit an emotion, like for example again excitement:

DNT1: *"– Endelig en utfordring! sier Simon bråkjekt."*

C3- Having a special place (or places) in nature that elicit(s) positive emotions and cognitions

This category was selected when it was expressed a powerful emotion or cognition that would link the subject and the nature element. Some examples are:

DNT2: *"Eg skal vere ærleg med deg Rondane, Jotunheimen har alltid stått mitt hjarte nærast, men her og no er du jammen fin, du også"*

, or in:

DNT3: *"Og ein fjelltopp frå barndommens rike."*

C4- Having at least one activity in, or with nature that one incorporates into a self-definition

This category was selected most often when words were used to refer to subjects and linked to the activities that they practice. For example:

DNT2: "*Det er tross alt knytt visse forventningar til ein DNT-representant*"

SURF2: "*surfere*" and "*surfefotograf*"

ADR2: "*snowboarderen*".

4.3.4. Protection (PRO).

PRO1- Incorporating elements of nature into one's lifestyle that can be of benefit to one's survival.

No text fragment was found to fit this subaspect.

PRO2- Taking precautions that would promote one's survival when in the presence of or near species or natural elements that can bring harm to the individual

This category was selected when it was referred to hazards such as for example the danger of encountering polar bears or snow avalanches:

SURF3: "*A spot check with a rifle on your back and a polar bear lookout on land isn't everyday life for most surfers.*",

ADR5: "*Vi får også se en massiv bruddkant på vei opp i heisen, så vi har fått klare tegn om å være forsiktige.*",

4.3.5. Preservation (PRE).

PRE1- Taking action(s) related to an environmental cause

This category was selected when actions like picking plastic by the sea, or in acting local were identified, such as in SURF 3 and 4:

SURF3 : "*We've decided to do what we can and remove as much plastic as possible, while we're here*".

SURF4: "*De lokale har også vært viktige på Stad*" ; "*Vi har spist lokal, kortreist mat*"; "*Dagsfersk fisk og kjøtt fra lokale dyr*".

4.3.6. Spirituality (S).

S1- A perceived connection with one's conception of a higher power or life-guiding beliefs when in presence of nature.

This category was selected when a guiding beliefs in connection to nature was interpreted. Some examples are:

DNT4: *"Vi er skapt for å være ute,"*

; or

SURF4: *"Livet er et usikkert prosjekt, men en ting jeg er sikker på her i livet, det er at jeg skal fortsette å surfe så lenge jeg lever."*

S2- The ability to find inner peace when in presence of nature

This category was selected when finding peace was identified:

DNT2: *"Finne roen, ikkje haste med å gå vidare"*

, or

DNT4 *" Nå klarer jeg også virkelig å falle til ro på lange turer."*

S3- A sense of seclusion and being away from one's typical environment

This category was selected when the narration referred to a seclusion like in:

DNT2: *"Men no har fjellet mi fulle og heile merksemd."*

Or when referred to being away from the typical environment, like in

DNT4: *"Jeg fikk oppleve en helt annen virkelighet enn de siste månedene"*.

4.3.7. Community Connectedness (CC).

CC1- A greater sense of interconnectedness with the human and non-human community through contact with nature.

This subaspect relied on the researchers interpretation of what makes a "greater sense of interconnectedness". The researcher interprets that when it becomes highlighted the condition of belonging to a specific group, then the group allows

conceiving themselves as part of a fellowship, and thus, this criteria would qualify.

Most often this involved connecting with humans, like in:

DNT1: *"Er det noe vi kan, er det å være på guttetur."*,

but sometimes it could also be with animals, like in

DNT5: *"Min kompanjong er fem år gamle Taiga."*

Over that, other interpretations had to do with subject interactions when two subjects would think the same thing, and know it, as it was expressed in

DNT1: *"Hæ? Sander og jeg ser på hverandre og begge tenker det samme:"*

The last type of interpretation happened when a text fragment would deal with a nature element which the subject feels connected to, as in

DNT3: *"og den blå skuggen inne på breen vart ein del også av vår barndom."*

CC2- Compassionate and generous acts towards others when exposed to nature

The last subaspect was selected when it was referred to favours, like in :

DNT1 *"Erik tar oss med bort til et utkikkspunkt på gården og peker med en lett dirrende finger mot den andre siden av dalen."*

,this is categorised because that subject had no duty on helping the group. Some other actions, like showing affection was also considered here. For example hugging someone, as in :

DNT2: *"Eg veit ikkje om eg nokon gong har fått ein så god klem som den eg uventa og brått tar del i like utanfor Rondvassbu morgonen etter"*.

The last type of generous act considered was giving presents, as in:

DNT3: *"Kva er vel betre gåve enn ein familietur til Snønipa?"*

As a concluding mark; it took 3 full rounds of analysis until reaching the final understanding presented, and the final text fragments selection. The final sample of text fragments is found in Appendix B-Tables 1-17. Summarisation tables are also provided under the names Appendix B-Tables 19-20.

4.4. The FRIL EWP.

The formulas displayed in Ch. 3.4.3, Table 6, were used to produce the EWPs. Here it is only shown the final outcome, and the findings description. To ease the visualisation of the findings, they are presented in Table 12, and Figures 1 and 2.

Table 12

EWP for FRIL. Refined and arranged from Appendix B-Table 20.

EW aspect	Mean percentage	(Standard deviation)
Physical access	38.38	(±9.34)
Sensorial access	21.38	(±12.07)
Connection	31.54	(±9.94)
Protection	0.87	(±2.14)
Preservation	1.68	(±4.76)
Spirituality	2.28	(±5.01)
Community connectedness	3.88	(±3.89)

Figure1

Cake diagram representing the EWP obtained for FRIL.

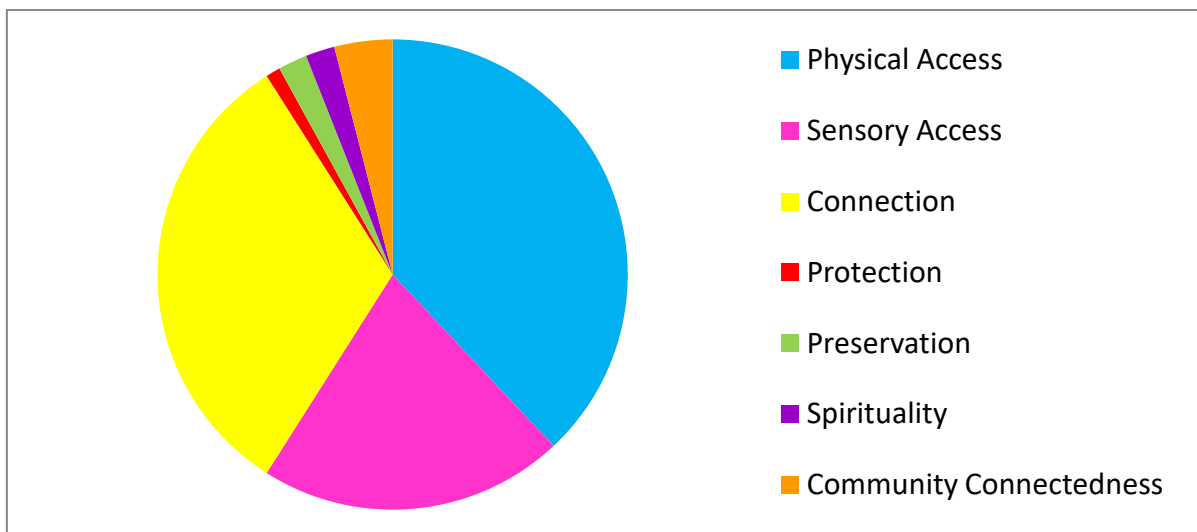
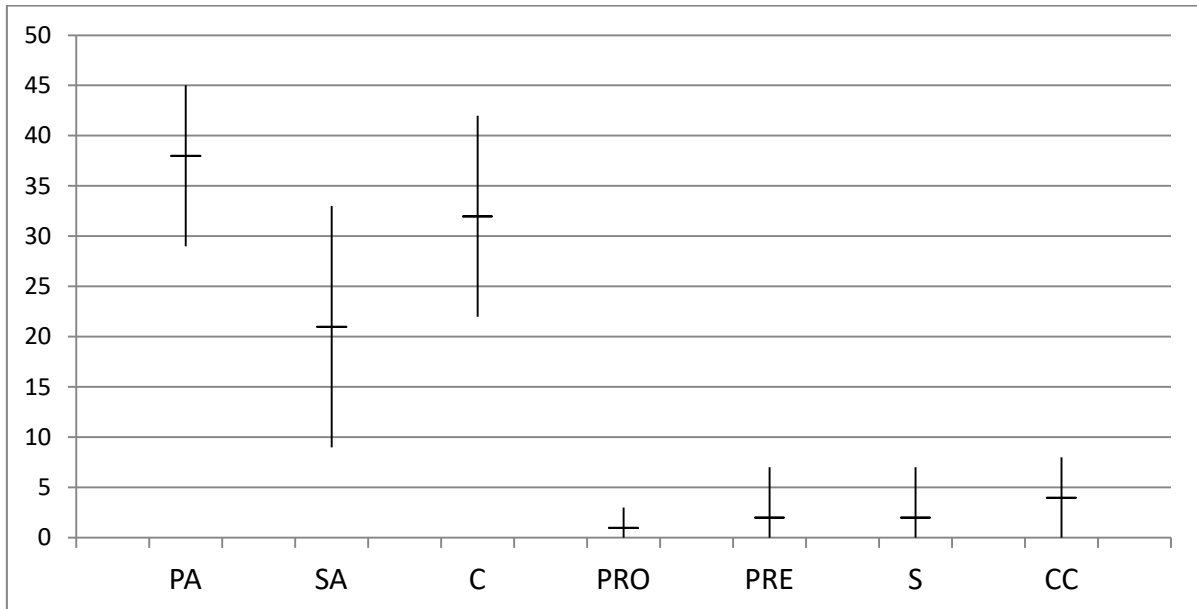


Figure 2

Representation of the mean percentage per EW aspect and standard deviation in FRIL.



Note. In the X axis is listed the EW aspects. The Y axis is graded by percentages. The thick horizontal line over each EW aspects represents the mean percentage of the EW aspect. The thin vertical and perpendicular line represents the standard deviation for the same EW aspect.

As a summarisation of the visual features observed, it is referred to three findings:

1. Overall EW distribution: The 7 EW aspects gather information. However, the volume of information was not fairly distributed among aspects. It was noticed that the EW aspects might be scoring on two different levels.

2. Primary aspects: The first three aspects cover 91% of data. In this first block, PA was the most prominent (38%), then C (32%), and last SA (21%).

3. Secondary aspects: The second block gathered thus 9% of data. In this block, CC takes relative protagonism with a 4% of data, followed by S and PRE with a 2% each, and finally PRO with a 1%.

4.5. The EcoWellness in the subcontexts analysis

This subchapter concerns the analysis conducted to map the differences and similarities in EWPs. Two main types of analysis were conducted, a set of analysis based on the EWPs visual features, and a statistical set of analysis. Each type of analysis is now described.

4.5.1. The pattern's visual features

To conduct this analysis, first the EW information obtained in the previous analysis had to be re-expressed. On such a way EWPs like the one seen before for FRIL were generated for each subcontext. The formulas described in Ch. 3.4.3, Table 6 were used to produce the EWPs. When splitting the EW data by subcontext, new data and proportions were obtained. Once again, to ease the visualisation of the analysis, the data is presented in Table 13, and Figure 3.

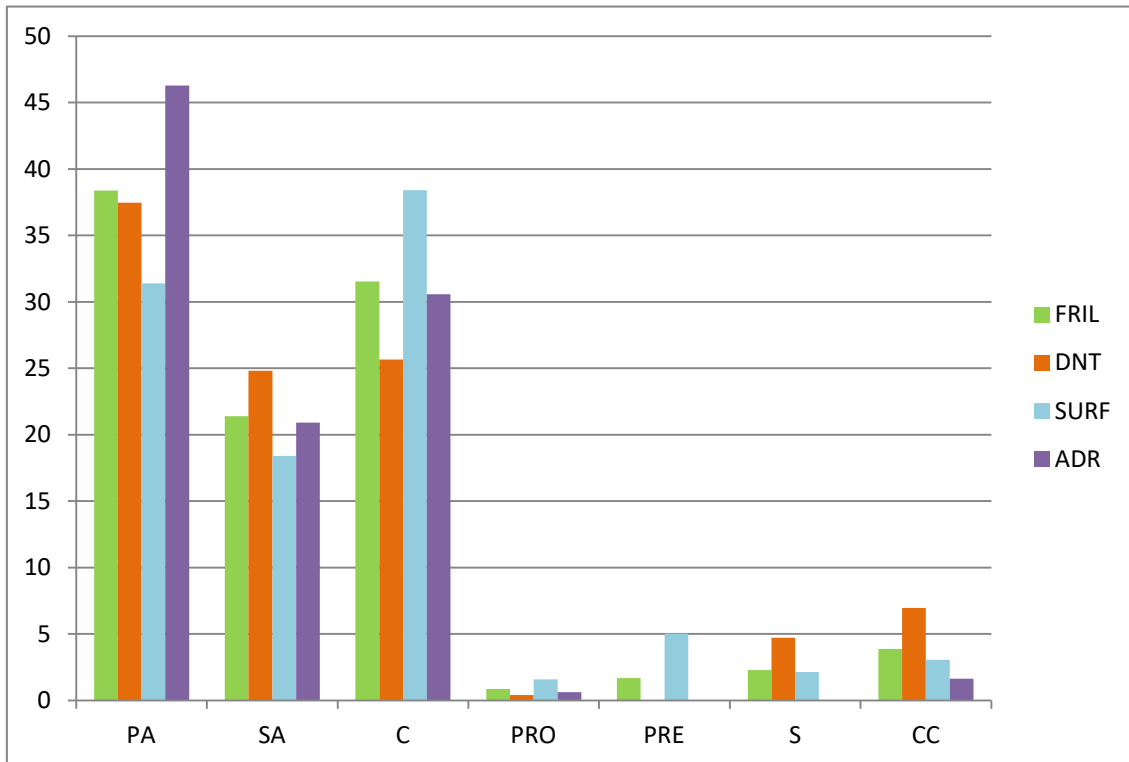
Table 13

EWP for FRIL, DNT, SURF, and ADR. Obtained from Appendix B-Table 20.

Mean percentage of the EW Aspects	FRIL	DNT	SURF	ADR
Physical Access	38.38	37.46	31.38	46.28
Sensorial Access	21.38	24.80	18.41	20.91
Connection	31.54	25.65	38.41	30.57
Protection	0.87	0.41	1.58	0.62
Preservation	1.68	0	5.03	0
Spirituality	2.28	4.71	2.13	0
Community Connectedness	3.88	6.96	3.06	1.63

Figure 3

Representation of the mean percentage of the EW in FRIL, DNT, SURF and ADR.



Note. In the X axis it is listed the EW aspects. The Y axis is graded by percentages.

4.5.2. The statistical analysis

The next step involved a statistical processing of the data. A general rule when applying statistics is that there is little interest in analysing a great amount of variables which gather relatively little information.

It was considered that since the aspects shared the same scale, for this stage of the analysis the aspects PRO-PRE-S-CC would be merged into a single variable called "secondary aspects" (SEC). This grouping, and the nomenclature is later discussed in Ch. 6.1.1. The resulting set of variables would be PA, SA, C, and SEC. A new display of the variables is shown in Table 14 and Figure 4.

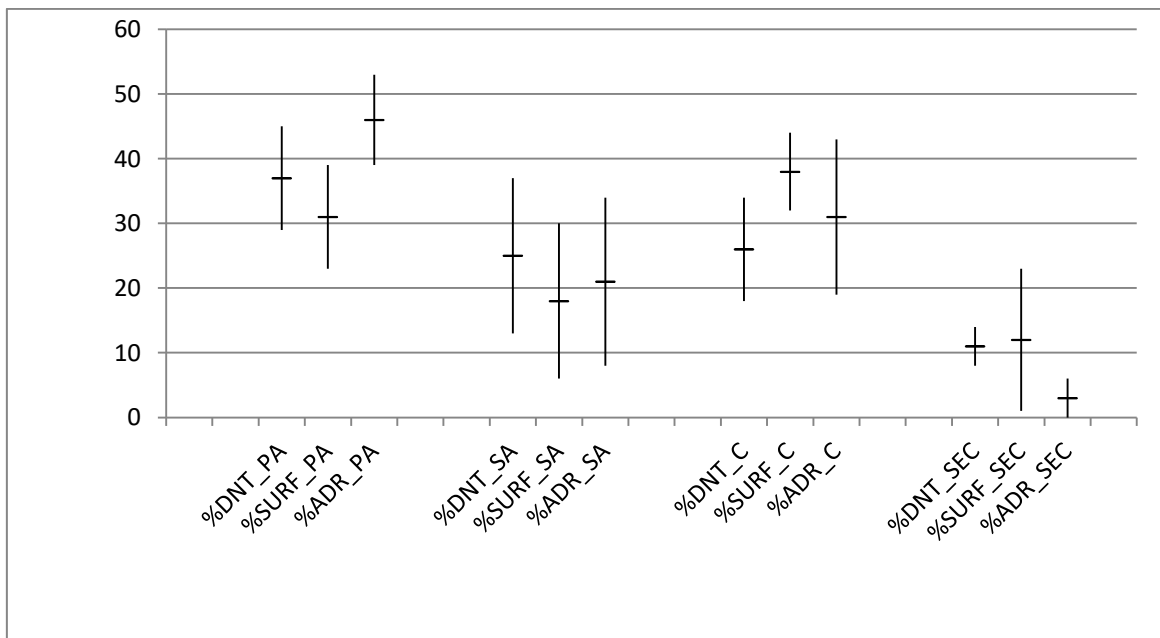
Table 14

Variables used in the statistical tests, and descriptive statistics mean and standard deviation, grouped by DNT, SURF, and ADR.

EW Aspect	Mean percentage and (standard deviation)		
	DNT	SURF	ADR
%Physical Access	37.46 (+-7.79)	31.38 (+-7.8)	46.28 (+-6.61)
%Sensory Access	24.80(+-12.32)	18.41 (+-12.30)	20.91 (+-13.45)
%Connection	25.65(+-7.56)	38.41 (+-6.21)	30.57 (+-12.12)
%Secondary aspects	11.02(+-3.16)	12.22(+-11.42)	2.55(+2.62)

Figure 4

Representation of the mean percentage per EW variable and standard deviation in DNT, SURF and ADR.



Note. In the X axis is listed the EW variables. The Y axis is graded by percentages.

The thick horizontal line over each EW variable represents the mean percentage of the EW variable. The thin vertical and perpendicular line represents the standard deviation for the same EW variable.

Then, three types of analysis were conducted in this block to reveal potential inter-subcontexts differences. A Chi-Squared test for homogeneity, a one-way-ANOVA, and the post-hocs. Now each of them are described.

The Chi-Squared test for homogeneity

With the re-expressed data, the Chi-Squared test for homogeneity was conducted. Table 15 displays the observed and expected data needed to conduct the test, and the test result.

Table 15

Chi-Squared test for homogeneity.

Type of data	Variables	DNT	SURF	ADR	Total
<i>Observed</i>	$\bar{x}\%PA$	37.46	31.38	46.28	115.12
	$\bar{x}\%SA$	24.80	18.41	20.91	64.12
	$\bar{x}\%C$	25.65	38.41	30.57	94.63
	$\bar{x}\%SEC$	11.02	12.22	2.55	25.79
	<i>Total</i>	100	100	100	300
<i>Expected</i>	$\bar{x}\%PA$	38.37	38.37	38.37	115.12
	$\bar{x}\%SA$	21.37	21.37	21.37	64.12
	$\bar{x}\%C$	31.54	31.54	31.54	94.63
	$\bar{x}\%SEC$	8.6	8.6	8.6	25.79
	<i>Total</i>	100	100	100	300
	X^2_{exp}	<i>Degrees of Freedom</i>		<i>Significance</i>	
	12.983	6		.04*	

Note. \bar{x} % = Mean percentage

* $p < .05$.

The One-Way- ANOVA

The One-Way ANOVA is a parametric test, which means that it relies on the condition of samples having normal distributions. The Shapiro-Wilk test showed a p-value > 0.05 , meaning that the test could not state that the distributions were A-normal.

It is however worth mentioning that the sample size used for these analysis is very limited (Context $n=15$, Subcontexts $n=5$). Therefore it is harder for the test to state that the distribution is non normal. A greater sample size could reveal it to be otherwise. Nevertheless, it was deemed acceptable to continue. This result and other results linked to the ANOVA test are presented in Table 16.

The post-hocs

To analyse pairs of comparisons and explore inter-subcontext differences, the post-hocs were performed. The first step was to test the variance homogeneity. Levene's test revealed that all the variables, but SEC., showed variance homogeneity (%SEC; $p=0.016$; Table 16). This observation has implications in the type of post-hoc tests to be undertaken. For %SEC. it was used Tamhane's T2, while for the rest it was used Bonferroni.

4.6. The EcoWellness in the subcontexts results

This subchapter aims to summarise the main lines seen in the two types of analysis performed to compare subcontexts. The structure is therefore the same as in the previous subchapter.

4.6.1. The pattern's visual features

From Figure 3, a number of observations are to be made. Those are summarised under the following 4 blocks.

First, the same pattern seen in FRIL concerning PA, SA and C that obtained big volume of data, and PRO, PRE, S and CC that obtained much lower volume.

Second, paying attention to the aspects with big data volume, it was observed a difference on the Subcontext patterns in relation to FRIL. The pattern PA-C-SA is not observed in the SURF subcontext (C-PA-SA). It is noted that SURF ranked the highest

in C and lowest in PA. The rest of these aspects do otherwise behave on the same fashion as observed in FRIL.

Third, paying attention to the remaining aspects, it is noted that some aspects were not found on every subcontext. The EW aspects that appeared in every subcontext are CC and PRO. The exclusive aspects were S and PRE. S was found in DNT and SURF, and PRE only in SURF.

Fourth, the pattern seen in Friluftsliv for Secondary aspects (CC, S, PRE, PRO), is not always seen in the subcontexts -DNT (CC, S, PRO, ~~PRE~~). SURF (PRE, CC, S, PRO). ADR (CC, PRO, ~~PRE~~, S)-.

4.6.2. The statistical tests

Now the results of the three types of statistical tests performed are presented.

The Chi-Squared test for homogeneity

In Table 15, we saw that the P-Value makes us discard the null hypothesis ($p = .04$). It is then determined that the observed data is consider heterogeneous, as it differs too much from what is an expected homogenous model.

The One-Way- ANOVA

The One Way ANOVA test revealed that statistical differences were found for the variable %PA ($P= 0.025$). No other statistical differences were found for %SA, %C, or %SEC at this stage of the analysis. However, for SEC, the P value revealed the differences to be somewhat close to significant ($P=0.099$)

The post-hocs

Focusing on the variable %PA, Bonferroni revealed significant differences between the subcontexts SURF and ADR ($P=0.024$). This observation is contextualised with Figures 3-4. ADR showed a higher score in %PA (ADR=46 ; SURF= 31).

Concerning %SEC, statistical differences were found when analysing Tamhane's T2 ($p=0.006$). Those differences involved DNT and ADR. Contextualising with Figure 4, DNT showed a higher %SEC that ADR (DNT%SEC= 11 ; ADR%SEC= 3).

SEC Involves 4 EW aspects, so it is convenient contextualising this observation. It was seen in Table 13 and Figure 3 that DNT presents a much greater score in CC (DNT=7% ; ADR=2%), and S (DNT=5%; ADR=0%). None of those subcontexts present data on PRE, and the only aspect in which ADR scores minimally higher than DNT from SEC is PRO (ADR=0.62%; DNT=0.41%).

A last observation concerns the scores on SEC in SURF. In Table 14 , we saw that SURF had even higher score than DNT (SURF=12.22; DNT=11.02) ; yet no significant differences were found in between SURF and ADR. The likely explanation for the lack of this finding concerns the far superior standard deviation that SURF present for SEC (SURF = ± 11.42 ; DNT= ± 3.16).

Summary

With that last observation, all the results have been presented. As a summary, the Primary/Secondary pattern was observed on every subcontext. However the specific order in proportions observed in FRIL is not common to the subcontexts. Additionally, some aspects were found only in some of the subcontexts.

The Chi-Squared test revealed different proportions in the EWPs; and the ANOVA and post-hoc tests revealed differences between ADR-SURF in PA; and between DNT-ADR in SEC. Table 16 is presented below with the summary of results obtained for the analysis and results of the One-way-ANOVA and post-hocs.

Table 16

Statistical Tests performed to explore subcontext differences in their EWPs and their significance values.

<i>Test</i>	<i>Variable and comparison</i>		<i>Significance</i>	
<i>Normality Test. Shapiro-Wilk.</i>		%PA	0.960	
		%SA	0.658	
		%C	0.282	
		%SEC	0.138	
<i>Variance Test. Levene.</i>		%PA	0.956	
		%SA	0.877	
		%C	0.78	
		%SEC	0.016*	
<i>Inter-Subcontext differences . One Way ANOVA.</i>		%PA	0.025 *	
		%SA	0.732	
		%C	0.119	
		%SEC	0.099	
<i>Inter-Subcontext differences Post-Hoc.</i>	<i>Bonferroni</i>	%PA	DNT-SURF	0.659
			DNT-ADR	0.255
			SURF-ADR	0.024 *
	<i>Bonferroni</i>	%SA	DNT-SURF	1
			DNT-ADR	1
			SURF-ADR	1
	<i>Bonferroni</i>	%C	DNT-SURF	0.134
			DNT-ADR	1
			SURF-ADR	0.580
	<i>Tamhane's T2</i>	%SEC	DNT-SURF	0.995
			DNT-ADR	0.006 **
			SURF-ADR	0.346

* P < .05. ** P < .01.

5. Discussing the essence of the experiences

By the end of this chapter, it will be presented a reflected answer to the first research question: *What characterises the essence of FRIL, DNT, SURF and ADR experiences?*

There are multiple ways to discuss the empiricism. The one approach that it is taken here concerns discussing the findings with other information available pertaining FRIL, DNT, SURF and ADR.

This decision is taken because the outcome of such a discussion relates to the findings' representativeness. When relating the EW model to the descriptions, it is important to know in which ways the descriptions can be extrapolated.

For this task, the phenomenological descriptions presented in Ch. 4.2. Tables 8-11 will be discussed. The reader is reminded that when following the upcoming discussions, the codes provided in tables 8-11 will be useful.

5.1. Discussing the FRIL experiences

In this subchapter the FRIL results, found in Table 8 are discussed.

5.1.1. The subjects in FRIL.

The results indicated in Code F.S. were:

"According to this analysis, the essence of the FRIL experiences seems to be about people, most often men, that meet with others. Their groups are most often formed upon shared interests for the experiences, but sometimes they are based on friendships, or family."

From that description, the discussion can cover the information obtained in regards to gender, and group.

Gender in FRIL

When it comes to gender participation in FRIL, the analysis of empiricism has portrayed FRIL as being male dominated . However, previous efforts on mapping friluftsliv's participation in Norway has revealed that this topic is sensitive to the type of activity. For activities like tour-going there is no reason to point to gender differences.

Other activities like fishing seem to belong more to the male side; while berry or mushroom picking to the female side (Sandvik & Holseter, 2018) .

Sandvik & Holseter's findings are solid both in empiricism and logic, but their statement does not consider the balance on how many friluftsliv activities are generally practiced mostly by one of the genders.

As Marianne Singsaas exposed in her master thesis, when the cultural aspects, are taken, it is evidenced that the discourse limits women participation in Friluftsliv (Singsaas, 2004, p. 157). This phenomenon can be compared to situations seen in other expressions of physical activity, such as in sports, which also is generally dominated by men (Senne, 2016).

All in all, there are good reasons to believe that the sampling conducted in this study did in fact favour the masculine overrepresentation, but I think that it is safe to consider that FRIL is in general more practiced by men.

The groups in FRIL

When it comes to groups in FRIL, there are two aspects to discuss. One of them concerns whether FRIL is generally an activity conducted in groups, and secondly, what kind of groups are most often found. The first discussion is important, because the data might induce to think that experiencing friluftsliv alone is rare.

Portraying friluftsliv generally as a group activity could be realistic. Being in groups when going outdoors has implications on safety (leksikon, 2020), and it is well documented that NC might stimulate prosocial behaviour (Frumkin et al., 2017).

However, the "alone" type of narrative was found across all the subcontexts (Appendix A-Table), which makes the researcher be cautious when portraying friluftsliv just as a group activity. Moreover, Sandell (2019) observed that nature in friluftsliv seems to be used among students both as a social arena and as an arena to escape from socializing. Thus both uses seem to generally apply.

The study findings are perhaps then influenced by the fact that the empiricism was gathered from narratives published online. I think that a narrative involving groups, and thus, several characters is more rich and entertaining than a narrative

involving only one main subject. The obtained results might then have been influenced by narrative conditions.

In summary, the researcher considers that based on the empiricism gathered, and its contextualisation, it is safe to maintain that Friluftsliv is often about groups of people. However it is prudent to leave the description open.

The last observation was related to the type of group bonds. It was observed that most often the people in the group met sharing common interests for the experience. This finding can be said to match with other FRIL portrayals, describing FRIL as a suitable arena to develop social skills (Jensen, 2010; Sandell, 2019; Sølvi, 2004).

Nevertheless, this data should be contextualised with the choice of narratives. It was seen in tables 8-11, that the subcontexts differed in these proportions. For example, no family group was observed in the ADR narratives, and only one of the DNT narratives portrayed groups formed on shared interest.

It is known that cultural trends have an impact on the type of social relations and the groups to be found in FRIL. Nowadays the FRIL-family association is being challenged with new ways of pedagogisation (Dahle, 2003). This could indicate that given other subcontexts, FRIL would have been portrayed differently.

It seems anyways clear that modern friluftsliv is challenging traditional social models, and thus there is a shift in the type of groups formed, favouring the description provided in the present study.

Summary

As a last summary of the information presented in the code F.S., both the gender participation, and social expressions in FRIL are sensitive to the specific FRIL experiences. However the empiricism seem to be reflecting general cultural trends concerning FRIL, and therefore I think that the description succeeds in representing FRIL.

5.1.2. The intentionalities in FRIL.

The results indicated in Code F.I. were:

" These subjects most often are oriented in their experiences to gaining personal growth, as in learning skills, to obtain professional development, or to become something greater."

From that description, the discussion can cover the information obtained in regards to personal growth.

Personal growth in FRIL

A feature noticed in modern friluftsliv is that nature is generally perceived as a place where one can find the real "self" (Tordsson, 2010; Sakkestad & Samuelsen, 2012). There is also evidence pointing out that people feeling more connected to nature tend to have higher levels of self-reported personal growth (Pritchard, Richardson, Sheffield, & McEwan, 2020).

On that sense, it seems that the phenomenological description has captured a main feature seen in modern FRIL. However, it is convenient also to keep in mind that such a formulation is very wide, and very much can be placed in this statement. A critic of the description given is that it oversimplifies the intentionalities in FRIL. In reality, the motifs are likely to be many and complex.

Still, I think it is useful and informative to describe the intentionalities as such. This is because the description can be applied to many different instances, yet already pointing towards an orientation, which is all in all supported by other sources.

Summary

To summarise, describing FRIL intentionalities as oriented towards personal growth simplifies the phenomenon in big degree, but all in all considered adequate for description purposes.

5.1.3. The projects in FRIL.

The results indicated in Code F.P. was:

" To achieve that, they engage in various forms of physical activity conducted on settings with natural qualities. In relation to those activities a richer diversity of projects is generally found, like for example producing media content from their experiences."

From that description, the discussion can cover the information obtained in regards to physical activity and media content production.

Physical activity in FRIL

When it comes to portraying FRIL projects as physical activity conducted on natural settings, this information can be contrasted with other FRIL definitions. The Norwegian authorities in their parliamentary documents defined FRIL -in my own translation- as:

« Stay and physical activity in the outdoors in the free time, with views on environmental change and nature experiences » St.meld. nr. 39, (2000-2001)

Hence, the phenomenological description does directly match an official friluftsliv definition, and thus it can be considered accurate.

However, this depiction is once again very open, and countless expressions of physical activity can be included here. As with the intentionalities, that can be considered both strength and weakness.

Media content production in FRIL

In the code F.P.'s description is given an example, namely "*producing media content from the experiences*".

The inclusion of this project in a FRIL description can be defended. As exposed by Bøe & Vik (2018), in the modernity, electronic and virtual technologies have gained a big role in mediating experiences. That was in the first place a central reason for conducting this study on online narratives. On such a way, this finding can be considered as a reaffirmation of the argument. It seems then that the given description is widely accurate to modern conceptualisations of friluftsliv.

Indeed, in Tables 10 and 11 we saw that this project was related to SURF and ADR. In DNT this type of project was found too, only that not in too big proportion to be generalised. Still, according to Dahle (2003, p. 249) even in more traditional conceptualisations of FRIL, photography seems to be a common project.

Summary

To summarise, describing FRIL projects as involving physical activity in nature, and the example of producing media content seems to be appropriate.

5.1.4. The nature in FRIL.

The information gathered in Code F.N. was:

"In their experiences, the geography and cultural nature obtain the most attention. It is usually talked about taking tours around valleys. The mountains and the sun often gain recognition."

From that description, the discussion can cover the information obtained in regards to the geography and cultural nature elements, the tours, valleys, mountains and sun. Discussing nature while taking as a reference point other specific research was found to be challenging. A rough contextualisation can be taken with an online search with the word "friluftsliv". By doing so, the elements here referred will be apparent in the search results.

Furthermore, the researcher understands that there is logic in these findings, and thus they will be contextualised from own argumentations. Still, those are just my own thoughts, and other explanations could be as well proposed.

The geography and cultural nature elements in FRIL

It is safe to say that humans rely on the immediate surroundings or scenario, which we use both for interaction and reference. Example-wise many Norwegian places that people interact with are also defined in their names by geographic elements. As an example we can take Grimsdalen (Grims-valley).

When it comes to cultural elements, it is also well known that humans are responsible for adapting the environments to our own preferences. It makes sense then

to use our own modifications. On that sense those elements can serve as guiding elements that facilitate the experience. For example by making it safer, or helping to save energy.

I think then that it makes sense that those elements become central in FRIL, and that they are referred the most.

Tours, valleys, mountains and sun in FRIL

The tours are generally speaking the core of FRIL. They are a fundamental form of physical activity which allows the subjects to interact with nature located in the various physical environments that they meet on their way.

Some of the elements most referred were the valleys and mountains. Those elements constitute approximately 7% of Norway's area (SSB, 2020). Additionally, that type of geography could be considered as Norwegian nature icons, since their features are even referred in Norway's national anthem.

The sun on the other hand is directly or indirectly needed to all life on this planet. In Norway, its latitude determines among other things the length of the days, which is very uneven throughout the year. In friluftsliv, much of the activities happen without a roof, so it makes sense that the sun and events related to sun obtain much attention.

Summary

To summarise, it was challenging to find literature to contrast the given description. However, the researcher finds sense in the elements here portrayed.

5.1.5. Summarising FRIL

Putting all the elements together, the descriptions have been discussed with other sources and generally it can be said that the FRIL description matches with other sources.

It is relevant to mention that FRIL expressions seem to be sensitive to the type of particular experiences. Moreover, the intentionalities and projects are likely to be

oversimplified. Those situations will be nevertheless discussed in further detail in the upcoming discussions on the subcontexts.

The next discussions will take the same structure as in the previous one. The features that match with the main lines already described in FRIL will be obviated, and the researcher will focus instead on the subcontexts particularities.

5.2. Discussing the DNT experiences

In this subchapter the DNT results, found in Table 9 will be discussed. In doing so, it will be often referred to DNT's statements on their institutional vision, values and strategies (DNT, 2019f). That is because that document helps to contextualise many referred aspects.

5.2.1. The subjects in DNT.

The results indicated in Code D.S. were:

" According to this analysis, the essence of the DNT experiences seems to involve often groups of people, most often men, that meet with others. Their groups are most often formed by family members, but they can also be friends, or share the same interests. In occasions they are also accompanied by their dogs. "

Here the general lines are the same described as in FRIL. The DNT particularities to be discussed concern the type of bond between subjects; and the inclusion of dogs in their groups.

The groups in DNT

DNT is here portrayed primarily as a family-subcontext, even when the rest of bonds are also found. This description can be said to reflect DNT's value system, which states that the DNT endeavour will be inclusive (DNT, 2019f). Accordingly, DNT activities will be including for all ages and social groups, and that children, youngsters and families are prioritised.

Dahle (2003) notices that there is a shift in the traditional way of pedagogising friluftsliv, which typically had involved informal social relations and family. Considering that DNT's approach deals with experiencing nature on traditional ways, there are good reasons to consider the D.S. description accurate.

The inclusion of dogs in DNT

Continuing on the same line of reasoning, the second particularity on D.S. can also be understood. In DNT it was also seen that in occasions the subjects are accompanied by their dogs.

It is worth pointing out that having dogs on tours is a practice rooted in tradition, as dogs are likely the very first specie ever domesticated by humans (Zeder, 2008). Dogs are integral elements in traditional nature experiences such as hunting, farming, or sledding. It could then be that DNT experiences favour the inclusion of dogs in friluftsliv.

Summary

To summarise, DNT's institution strives for mediating friluftsliv on the more traditional sense. On such a way, the expression of having inclusive groups, typically involving families and occasionally dogs, seem to fit the subcontext.

5.2.2. The intentionalities in DNT.

The results indicated in Code D.I. were:

" These subjects most often are oriented in their experiences to connecting with the other people."

From that description, the discussion will cover the social orientation in DNT.

The social orientation in DNT

The social orientation is in this study an exclusive characterisation seen in DNT. It is relevant then to understand why this connection between DNT-social orientation is found.

An explanation can be found in the group composition for DNT. We saw that the type of bonds in DNT groups are the most diverse among the 3 subcontexts (Tables 9-11). We saw that the most common bond type was family, and then friends.

DNT seem to often involve subjects which know each other for a long time, and that probably have shared meaningful experiences together. I think that it makes sense that contributing to those meaningful relationships becomes a common intentionality.

In any case, as expressed by Dahle (2003, p. 248), the motifs in traditional FRIL are many and complex, but to be sociable is picked as a representative example.

Summary

In summary, the intentionalities in DNT, as in traditional FRIL generally link with the social aspects in the experience. The inclusiveness feature in DNT, prioritising families might be accounting for the characterisation, as meaningful relationships are found in this subcontexts.

5.2.3. The projects in DNT.

The results indicated in Code D.P. were:

" and for that they engage in activities that involve commuting in nature, like hiking, or cross-country skiing. In occasions those also serve as a mean to explore natural areas together, tenting, or reaching mountain tops."

From that description, the discussion can cover the information obtained in the different projects seen.

Dahle (2003, p. 248-249) previously had synthesised some key projects to describe the essence of traditional friluftsliv. He mentions that when the typical Norwegian person goes out, it is often by foot or skis on winter, looking at plants and birds. He also indicates that another important part of the culture is to engage in overnight trips in tents or cabins.

DNT's mission is formulated as working for a simple, active, and nature friendly friluftsliv while securing the cultural heritage (DNT, 2019f). Thus it can be considered that the projects identified in the DNT narratives fit with a traditional conceptualisation of FRIL, and that they are good representations of the subcontext.

Summary

In summary, the information given in code D.P. seems to fit projects which mediate a traditional relationship subject-nature, and thus it is considered accurate.

5.2.4. The nature in DNT.

The results indicated in Code D.N. were:

" In their experiences, the geography and cultural nature obtain the most attention. It is usually talked about taking tours in areas of natural interest like national parks, where mountains are referred the most, and many other elements like valleys, lakes, landscapes, the sun, clouds, mountain roads and cabins also gain recognition."

An observation is that DNT's description is the one including the most nature elements consistently referred in the experiences. From that description, the discussion can cover the areas of natural interest, lakes, landscapes, clouds, mountain roads and cabins.

Once again, finding specific research to contextualise the findings is challenging. The reader is encouraged to take an internet search with the term "Det norske Turistforeningen" to contrast the findings. Here I present my own interpretations.

Areas of natural interest, landscapes and lakes in DNT

DNT is characterised by an affinity towards nature. A central value in DNT is to be nature-friendly, and one of their goals is to ensure the natural and cultural foundation of Friluftsliv through their experiences (DNT, 2019f).

On that sense, it is understandable how these elements gain recognition when they are taking tours in the Norwegian geography.

However, it must be noted that the formulation "areas of natural interest" was analytically speaking, a constructed combination of other categories. This can also explain how it gathered a big volume of information.

The sun and the clouds in DNT

As explained earlier, the sky and its changes are relevant when people are spending long time without a roof. When analysing the results, it seems that the central element is the sun, for being the one referred by the majority. In DNT it seems to be generally more speak of the clouds than in other contexts. My own interpretation is that in this subcontext, the clouds have implications on experiencing the sun, and of course the weather.

Mountain roads and cabins in DNT

The roads and cabins are some of the DNT's trademarks, as they proudly offer 500 cabins, and approximately 20 000 km of tour tracks throughout the country (DNT, 2020b). Thus this data is actually quite informative, because it could define quite accurately what the DNT experience is about.

Summary

To summarise, in DNT it was described the richest diversity of nature elements in this study. This could be partially understood by DNT's value on promoting nature affinity. Moreover, the identified elements are argued to be meaningful in the subcontext.

5.2.5. Summarising DNT

Putting everything together, the given description does match with central aspects that the DNT institution self-portray. It seems that the main aspects that could condition the experiences are the focus on tradition, inclusiveness, and nature affinity. Those aspects can explain how the given description in Table 9 is found accurate. It is noteworthy that the analysed narratives were obtained from DNT's website. It is then logical that the narratives reflect the institutional image that they wish to portray.

5.3. Discussing the SURF experiences

In this subchapter the SURF results, found in Table 10 will be discussed.

5.3.1. The subjects in SURF.

The results indicated in Code S.S. were:

"According to this analysis, the essence of the SURF experiences seems to involve often groups with a fair balance of gender participation. Their groups are sometimes based on friendship or formed upon shared interests."

From that description, the discussion can cover the information obtained in regards to gender, and group.

Gender in SURF

In SURF, there are reasons to believe that this information is not entirely reliable. In the narrative SURF5 it is found this statement:

SURF5: "Det er gøy å surfe med en gruppe jenter, ofte er det nesten bare gutter i lineupen, sier Weidemann."

That statement is in certain ways the introduction to the main narrative's plot. There was a surf camp only for women, because the waves are otherwise filled with men. Additionally, Ivrigcamp, which was one of the platforms where SURF narratives were retrieved from, portray narratives of female subjects as a way to inspire others in activities that seem to be dominated by men (Ivrigcamp, 2020).

Being that considered, it is prudent to regard this data with scepticism.

The groups in SURF

Concerning the information pertaining groups in SURF, they are described as most often involving friendships or shared interest.

Emmelin, Fredman, & Sandell (2005) explain that modern friluftsliv is characterised by specialised profiles and equipment. Such specialisation in profiles could characterise the experiences as more exclusive ones.

Bearing in mind that surfing is not rooted in the Norwegian culture, it can be further sustained that the activity itself involves certain aspects -e.g. need for specific areas with waves, equipment, techniques and physical conditions- that differs vastly from what is ordinary and expectable among people in the country.

Dahle (2003) also points a contrast between traditional FRIL and contemporary trends, which in his opinion influence the social relationships found in FRIL - traditionally involving informal relationships and the family-.

It seems then clear that the group composition described might be reflecting a more general cultural feature influencing FRIL, and thus be accurate.

Summary

As a summary, the description obtained might not be accurate when it comes to gender participation, but it seems accurate when it comes to the group bonds. Possibly finding out that groups are most often based on friendships and shared interests is a reflection of contemporary cultural trends influencing FRIL.

5.3.2. The intentionalities in SURF.

The results indicated in Code S.I. were:

" Surfers seem to be oriented in their experiences to gaining personal growth, as in obtaining professional development, living the life they desire, overcoming difficulties, or learning skills."

From that description, the discussion would again be related to personal growth.

Personal growth in SURF

As it was discussed on F.I., linking modern friluftsliv with these motifs is in line with other sources (Tordsson, 2010; Sakkestad & Samuelsen, 2012).

Thus, I think that the same arguments apply in this subcontext. Perhaps the professionalization and specialisation seen in FRIL in the more recent times contribute to the interpretation of nature as the place to grow, as seen in the S.I. description.

Summary

In summary, SURF's intentionalities match with FRIL, and seems to go in line with modern expressions of friluftsliv. On such a sense, the description is found accurate. However, it is once again convenient to remember that this way of portrayal oversimplifies the intentionalities.

5.3.3. The projects in SURF.

The results indicated in Code S.P. were:

" to accomplish those goals, they engage in surfing, and sometimes they combine surfing with other activities like photographing surfers, or acting upon environmental causes."

The first project found in the description, surfing, does not need to be discussed, because it was the selection criteria for the subcontext. From that description, then it can be discussed the projects photographing, and acting upon environmental causes.

Photographing in SURF

When it comes to photographing, it was previously discussed in FRIL how in the modernity electronic and virtual technologies have gained a big role in mediating experiences. Thus conducting these projects seem as a reflection of the trend.

However, it is noteworthy that the narratives presenting that project (SURF 1 and SURF 2) share the same main subject. This is a potential source of bias towards this project. Still I think that the photographic aspect in surfing is a relevant one to consider.

The reason is that in the process of gathering narratives, it became at times challenging to find narratives in text format, but instead it was most often easy to access galleries of pictures that would summarise the experiences that were to be conveyed. Some examples here to refer to a few are (Friflytt, 2020a; Ivrigcamp, 2020; Magicseaweed, 2020).

It could seem that the visual aspect is a very central one in the surf subcontext, at least when it comes to sharing the experiences with other people. Perhaps this reflects once again traits of experiencing friluftsliv in the modernity, linking with the digital world, and self portrayal.

Acting upon environmental causes in SURF

As it was introductorily mentioned, surfers have been often associated with the hippie movement, characterised by being in harmony with nature (Young, 2006, p. 189). It is possible that this cultural influence favours that Surfers get concerned with environmental causes.

Additionally, when spending long time in the Norwegian coasts is nearly unavoidable to witness ecological problems such as waves of plastic litter (HoldNorgeRent, 2020; Rydde, 2020). Hence it is logical that surfers interact with the problem directly, and thus they care.

Concluding that surfers have a greater affinity towards caring for nature could nevertheless lead to misconceptions. It is good remembering that the study analysis was conducted on narratives. That means that the subcontexts are portrayed upon their stories, and not their actual experiences.

It is also noteworthy that the analysis was only partial. On that sense, projects like cleaning up coasts in Norway got attention, but others like travelling by plane around the world to ride waves, did not. The travelling aspect is nevertheless mentioned in most of the SURF narratives here analysed (SURF 2-5).

Hence I think that as a characterisation it is acceptable to say that there is talk about acting upon environmental causes, but there are good reasons to regard the relation discourse-reality as separate.

Summary

To summarise the discussion on the projects, it can be said that the main features generally match with other portrayals of surfers. However, when addressing the projects related to environmental causes, the results should be contextualised.

5.3.4. The nature in SURF.

The results indicated in Code S.N. were:

" In their experiences, the geography obtain the most attention, and noticeably the cultural elements are relatively uninteresting. There is usually talk about the waves, sea water, beaches and the sun."

From that description, it is relevant discussing the low interest in cultural elements, the waves, sea water, and beaches.

The cultural elements in SURF

A unique feature in SURF is that the cultural nature elements played comparably a very limited role in the experience (5% for SURF, 28% DNT, 28% ADR; Appendix A-Figure 1).

My own explanation for this data could be that when the subjects are surfing, they do not need any cultural nature element for their activity. It could be said that their contact with nature is more direct and arguably less adapted by/for humans.

The waves, sea water, and beaches in SURF

Their relevance is easy to understand, because the three of them are required nature elements for practicing surf. On that sense surfers are more limited and specialised than subjects in other subcontexts.

Summary

The nature in SURF was contextualised with own explanations, but the description is considered as logical and accurate.

5.3.5. Summarising SURF

Putting everything together, there are many aspects in the description that seem to be accurate. Generally, it seems that SURF might be very influenced by contemporary trends in FRIL, which could have influenced the type of social relations to be found, intentionalities, and projects.

There are however some descriptions that deserve further contextualisation, and that indicate methodological biases. On one hand, the gender balance might not be reliable due to a narrative sampling favouring the female participation. Additionally, the type of analysis conducted produce descriptions based on the narrative accounts, not on facts. Hence SURF can be portrayed as more ecologically engaged than they in reality might be.

5.4. Discussing the ADR experiences

In this subchapter the ADR results, found in Table 11 will be discussed.

5.4.1. The subjects in ADR.

The results indicated in Code A.S. were:

"According to this analysis, the essence of the ADR experiences seems to almost always involve groups of people, formed almost exclusively by males who meet others with the same shared interests for the experiences."

From that description, the discussion can cover the information obtained in regards to gender, and groups formed on shared interests.

Genders in ADR

As seen before, the gender participation seem to be sensitive in most cases to the type of projects conducted. When analysing ADR activities, many parallelisms are found between their projects and the type of activities conducted in extreme sports. It is widely evidenced that sports have in general being traditionally associated with "a man's thing" (Gieseler, 2012).

Norway doesn't seem to be an exception on this. Snowboarding in Norway has been indicated as one example for a male dominated activity (Sisjord, 2005). Snowboarding, and derived activities like split-boarding constitute the biggest part of the body of activities in the narratives here analysed.

Thus, this observation seem to fit general cultural trends, and hence I think it is an adequate description.

Groups formed on shared interests in ADR

The information obtained on the ADR group bonds seem to go in the same line as it was explained on SURF. Modern friluftsliv is characterised by specialised profiles and equipment. Such specialisation in profiles could characterise the experiences as more exclusive ones.

This logic can explain why all the narratives in ADR involved either people alone, or groups formed on shared interests. The highly specific equipment, skills and

conditions might make this subcontext into a highly specialised one. On that sense, it might be the activity the one bringing people together, and possibly on those settings they can become friends.

Summary

In summary, the given description can be sustained with other sources. The essence of ADR experiences typically involve being part of groups of people, formed by males and meeting because of shared interests.

5.4.2. The intentionalities in ADR.

The results indicated in Code A.I. were:

"These subjects seem to be oriented in their experiences to enjoy themselves, and gaining personal growth, as in becoming something greater, or obtaining professional development."

From that description, the discussion can cover the information obtained in regards to personal enjoyment and personal growth.

Personal enjoyment in ADR

The enjoyment intentionality seems to be a more unique feature of this subcontext. It is a very relevant finding when it is also supported by other sources.

Klinar, Burnik, & Kajtna (2017) have worked on comparing personality traits in high risk sports and recreational athletes. They argue that some unique traits among people that are engaged in high risk sports are generally seeking for joy, pleasure, themselves, their personality, and personality confirmation.

Personal growth in ADR

It is the researcher's understanding that this feature goes in the same direction observed in FRIL and SURF. Additionally, Klinar, Burnik, & Kajtna (2017) also made a point on the ADR concerns related to their personality and personality confirmation. Thus the description in A.I. is widely supported.

Summary

This analysis cleared to portray at least the concern on enjoyment and seek for personal growth, both of which have been supported by other sources. Hence I consider that the description given in A.I. is adequate.

5.4.3. The projects in ADR.

The results indicated in Code A.P. were:

" To realise those goals they would engage in searches for good conditions in the nature, and conducting activities involving air time such as flying, or performing stunts. The settings also seem to facilitate social learning, and occasionally producing media content."

From that description, the discussion can cover the information obtained in regards to searching for good conditions in the nature, air-time activities, social learning and producing media content. As it happened with SURF, the researcher played a role in selecting narratives portraying air-time activities and associated projects like performing stunts, or searching for the good conditions in nature. Therefore those will not be discussed.

Social learning in ADR

The social learning is a specific project seen in ADR. While it was challenging to find contextualisation linked to the more specific experiences here analysed, it was possible to find contextualisation in comparable experiences.

The social learning seems to be a common feature in Parkour experiences. In Parkour it is common that their practicants rely on their interactions with "crew" members for motivation to keep training, learning and progressing (Clegg & Butryn, 2012).

I think that the crew structure, and the pursue of self challenging on acrobatic ways are two aspects easily identifiable in several of the narratives here analysed (ADR2,4,5). It might then happen that these experiences share some common traits associated to their social structures and behaviours.

Producing media content in ADR

Projects related to producing media content have been previously discussed in FRIL and SURF. This finding could reinforce the argument that subcontexts rooted on modernity are more prone to connect their experiences to the digital world.

Additionally, when understanding that an important drive in these subcontexts involve personal growth, and personality reaffirmation, then it is understandable how self portrayal via media content is a relevant project.

Summary

In summary, the experiences here analysed are very heterogeneous, and justifying how all of them belong under one single subcontext, namely ADR is a very discussable matter. Putting aside that issue, the projects here observed have been contextualised with other sources. When abstracting the ADR concept it can be said that the projects generally are made sense of, and on that premise, the description in A.P. is acceptable.

5.4.4. The nature in ADR.

The results indicated in Code A.N. were:

" In their experiences, the geography and cultural elements obtain the most attention, and the elements of the biosphere seem to be uninteresting. It is usually talk about the mountains, and the sun. Other frequently referred elements are the tours in areas with valleys, mountain tops, terrain elements like cliffs, ski facilities and the weather."

From that description, the discussion can cover the biosphere elements, mountain tops, terrain elements like cliffs, ski facilities and weather.

The biosphere elements in ADR

In the analysis, ADR doesn't refer at all to biosphere elements.

A tentative explanation is that their experiences are so centred on the projects, that they subjects might end up immersed in a tunnel state, where many elements become irrelevant and come totally unnoticed. Another possible explanation is that in the more artificial settings like parks and resorts, the elements from the biosphere can be

removed, or have it harder to thrive. Combinations of these, or maybe other reasons could be accounting for this observation.

However it must be noted that elements like forests are occasionally mentioned in ADR. Those were considered as a geography element because it is not referred to the individual living beings (the tree), but instead the structure that they conform.

The terrain elements, mountain tops, cliffs and ski facilities in ADR

As discussed, in ADR there is concern on projects related to scouting the area for good conditions. The elements here mentioned can provide the conditions that they need, comparably to the waves for the surfers.

The mountain tops and cliffs are elements that once taken to use, the subjects can achieve speed and flight time, which are central projects in these narratives. It is then logical that because of the very specific conditions needed for their experiences, they also turn to elements like the ski facilities. The narratives ADR 2, 4 and 5 are indeed happening mostly on this type of environments. On such sense, prepared nature terrain with the specific purpose to produce, or enhance the terrain, cliffs, jumping platforms, etc. might constitute optimal scenarios.

The weather in ADR

When in ADR there is as a general project to search for good conditions, it is understandable how the weather plays a big role. Changes in the weather can favour settings, sometimes also generating a more esthetical experience, and some other times turn the situation into an unappealing or even an uncontrolled one.

Summary

In summary, the description on nature is thought to fit with the description given to the subcontext otherwise.

5.4.5. Summarising ADR

Putting everything together, it is again clear how contemporary trends in FRIL characterise the information obtained in the social relations, intentionalities and projects. The descriptions are generally considered adequate. However, it is important to

contextualise that the formulation ADR has lead to a very heterogeneous selection of experiences, and thus, generalising the data requires much consideration.

5.5. Summary

To conclude with this chapter, most of the information reviewed was generally supported or justified. Thus the results were considered arguably generalizable with some exceptions noted. Some descriptions are however over simplistic, wide and some information might be skewed. With those discussion outputs in mind, it is answered now the first research question:

What characterises the essence of FRIL, DNT, SURF and ADR experiences?

To answer the question, the descriptions presented in Ch 4 Tables 8-11 were edited with the pertinent adjustments in line with the presented discussions. To facilitate accessing the information in the following chapters, the information will be again presented in table format in Tables 17-20, and addressing the information with codes.

Table 17

Discussed phenomenological description of FRIL experiences.

Context	Code	Description
FRI	F.S.	After the revision, the essence of the FRIL experiences seems to be about people, most often men, that meet with others. Their groups are most often formed upon shared interests for the experiences, but sometimes they are based on friendships, or family. However, the specific FRIL experience will determine the social profile.
	F.I.	Making an oversimplification, it can be said that these subjects most often are oriented in their experiences to gaining personal growth, as in learning skills, to obtain professional development, or to become something greater.
	F.P.	Simplifying again, they engage in various forms of physical activity conducted on settings with natural qualities. In relation to those activities a richer diversity of projects is generally found, like for example producing media content from their experiences.
	F.N.	In their experiences, the geography and cultural nature obtain the most attention. The tours, mountains, valleys and the sun often gain recognition.

Table 18

Discussed phenomenological description of DNT experiences.

Subcontext	Code	Description
	D.S.	After the reviewed analysis, DNT experiences seem to involve often groups of people, most often men, that meet with others. Their groups are most often formed by family members. In occasions they are also accompanied by their dogs.
	D.I.	Making an oversimplification, these subjects most often are oriented in their experiences to connecting with the other people.
DNT	D.P.	For that they engage in activities that involve commuting in nature, like hiking, or cross-country skiing. In occasions those also serve as a mean to explore natural areas together, tenting, or reaching mountain tops.
	D.N.	The geography and cultural nature obtains the most attention. It is usually talked about taking tours in areas like national parks, where elements such as the landscapes, mountains, valleys, lakes, mountain roads, cabins, the sun and clouds often gain recognition.

Note. The essence of the DNT experiences seems in line with the DNT institution's image, and the experiences generally reflect concern for tradition, inclusiveness and nature affinity.

Table 19

Discussed phenomenological description of SURF experiences.

Subcontext	Code	Description
	S.S.	After the reviewed analysis, SURF seems to involve often groups sometimes based on friendship or formed upon shared interests.
	S.I.	Surfers seem to be oriented in their experiences to gaining personal growth, as in obtaining professional development, living the life they desire, overcoming difficulties, or learning skills.
SURF	S.P.	To accomplish those goals, they engage in surfing, and sometimes they combine surfing with other activities like photographing other surfers, or engaging in environmental causes.
	S.N.	In their experiences, the geography obtain the most attention, and noticeably the cultural elements are relatively uninteresting. There is usually talk about the waves, sea water, beaches and the sun.

Note. The essence of the SURF experiences seems to be influenced by contemporary trends seen in FRIL, involving profile specialisation and self-reaffirmation.

Table 20

Discussed phenomenological description of ADR experiences.

Subcontext	Code	Description
ADR	A.S.	After the reviewed analysis, the essence of the ADR experiences seems to be highly influenced by contemporary trends seen in FRIL involving profile specialisation, and self-reaffirmation. ADR almost always involve groups of people, formed almost exclusively by males who meet others with the same shared interests for the experiences.
	A.I.	Oversimplifying, ADR subjects seem to be oriented in their experiences to enjoy themselves, and gaining personal growth, as in becoming something greater, or obtaining professional development.
	A.P.	To realise those goals they would engage in searches for good conditions in the nature, and conducting activities involving air time. The settings also seem to facilitate social learning, and occasionally producing media content.
	A.N.	In their experiences, the geography and cultural elements obtain the most attention, and the elements of the biosphere seem to be uninteresting. It is usually talk about the tours in areas with valleys, mountain tops, terrain elements like cliffs, ski facilities, and they pay attention to the sun and weather.

Note. ADR is an heterogeneous subcontext, and as such much consideration is required when making generalisations.

6. Discussing a relation between FRIL and the FRIL EWP.

By the end of this chapter, it will be presented a reflected answer to the second research question: *How does the EWP in FRIL, relate to the FRIL experiences?*

To give an answer, first the main results on the EWP in FRIL (Chapter 4.4) will be discussed with the EW literature. This is an important step, because the researcher has no knowledge on such an EWP approach being done before. Therefore reviewing the results with theory-glasses is appropriate. Afterwards, the EWP in FRIL will be again discussed, this time with the phenomenological elements in FRIL that were previously discussed in Chapter 5. On such a way it will be explored the possible relationships between the EWP and the FRIL description.

6.1. Discussing the EWP in FRIL

The results obtained in chapter 4.4 were divided in 3 blocks. One pertaining the overall EW distribution, and two other pertaining EW aspects ranged by proportions. The same structure is used to discuss the findings.

6.1.1. The overall EW distribution.

The first informative observation was that all the EW aspects seemed to play a role in different proportions to the overall EW in FRIL.

This is the first time that this type of analysis is conducted, and thus no source was found to contextualise the finding. However, friluftsliv is widely associated to health promotion (St.Meld. nr. 18, 2015–2016), and as such it was expectable that at least some of the EW aspects would be expressed in the narratives.

In order to maximise the odds of obtaining a rich and diverse EWP, it was chosen a diverse sampling of subcontexts, intended to include very different experiences, and on such a way increase the diversity in FRIL. This could be a factor that helps explaining this result, and it will be explored later in the next chapter when the subcontexts are studied.

In any case, there is big relevance in this finding, because it associates FRIL with EW in its totality.

Moving from the overall EWP, the rest of the results are also very meaningful. This is because it gives a very specific shape to EW in FRIL. It seemed that the proportions in the 7 EW aspects were generally unbalanced. It was seen that some EW aspects were much more referred than others (21-38% of the data, contra 1-4%) , and that the pattern seemed divided (Figure 1 and 2). To address this unbalance, the nomenclature primary/secondary aspects was used.

6.1.2. The primary aspects

In the first block, PA was the most prominent (38%), then C (32%), and last SA (21%). Once again, finding comparable results in the literature is not possible, because this is a new way of producing empiricism.

However, the EW authors state that the most vital factors of EW are access to nature -including PA and SA- and connection (Reese et al., 2019, p. 206). It can then be argued that the EW authors support the EWP findings on the primary aspects.

Even when this statement can generally support the finding, it informs little concerning why those aspects are also the most vital factors in the EWP. It seems likely that there is something to the primary aspects that could explain the unbalance.

When reviewing the definitions of these aspects, it is noted that they are fairly similar to what it is generally referred to as human functions. In the literature, it is often referred to a physical or motor function, a sensory function and a cognitive function (Freedman & Ibos, 2018; Mang et al., 2019; Martin et al., 2018).

I think that the physical aspect is semantically linked to the physical or motor function, and that the sensory access is semantically linked to the sensory function. I also think that connection is linked to the cognitive function, but this association requires further insight.

When reviewing the constitutive subspects in the Connection aspect (Reese et al., 2015, p. 139), we find:

3. Connection:

3.1- Experience pleasant cognitions (including memories) while reflecting on one's relationship with nature

3.2- Having positive emotions while reflecting on one's association with nature

3.3- Having a special place (or places) in nature that elicit(s) positive emotions and cognitions

3.4- Having at least one activity in, or with nature that one incorporates into a self-definition

The subaspects 3.1, and 3.3, are substantially building on cognitive functioning, because they refer to positive cognitions. And the subaspects 3.2, and 3.3 are substantially building on emotional functioning, because they refer to positive emotions.

On a neurological perspective, it is recently pointed out that cognitions and emotions are inextricably linked mental state representations (Salzman & Fusi, 2010). On that sense the researcher takes the assumption that this third EW aspect would be tightly related to what we could understand as a mental or cognitive human function/ing.

Setting all the arguments together, three assumptions are proposed. Those assumptions involve associating the 3 first EW aspects to human functions, namely physical, sensory and mental. In making these associations, it helps understanding the role that these EW aspects have in the experience, and consequently in the narration of the accounts. They help understanding why they obtain a much bigger proportion.

6.1.3. The secondary aspects

The second block of EW aspects gathered in total 9% of the EW data. To contextualise this observation, it is helpful to look at these aspects again from the perspective of human functions.

The primary aspects have been here associated to human functions, and thus it is understood that the subjects must engage the three functions in order to experience FRIL. But as Reese et al. (2019) propose, there is more wellness in NC over the primary aspects.

A way to understand the observation made on the secondary aspects is to consider them as specific expressions of the human functions in contact with nature. As an example, we can take the EW aspect #4. PRO (Reese et al., 2015, p. 139). PRO makes reference to:

4.1- Incorporating elements of nature into one's lifestyle that can be of benefit to one's survival.

4.2- Taking precautions that would promote one's survival when in the presence of or near species or natural elements that can bring harm to the individual.

According to the proposed explanation, in order to experience the EW Protection, it is first required a combination of physical, sensory, and mental functioning. Otherwise the action would just not take place. When the primary aspects are engaged in nature, it then enables to obtain PRO, but only when the conditions described in the subspects are met.

When following this logic, it seems that the secondary aspects could be considered as aspects that come to expression once a combination of the primary aspects are on place, and the subject interacts with the natural environment on specific ways.

6.1.4. Summary

In this subchapter was argued that the complete relation between the EWP and FRIL was understandable considering the already well known relation between FRIL and health promotion. It was also argued that the diverse choice of subcontexts could have contributed to a diverse FRIL EWP.

However the aspects were not balanced in their percentages, and a hypothesis has been proposed to explain the observation. When relating the so called primary aspects to human functions and the secondary aspects to specific expressions, it helps to theoretically understand the unbalance.

This hypothesis should however be accepted by the scientific community before being relied. For practical reasons, this differentiation is anyways maintained in the rest of the study to give structure to the findings and discussions.

Now the EWP in FRIL is going to be discussed taking as a reference the description of the FRIL experiences. Possible associations will be discussed that might help understanding the proportions obtained in every EW aspect.

6.2. Discussing the relation between the EWP in FRIL and the FRIL experiences.

The next discussion is intended to contextualise the proportions of the different EW aspects together with the phenomenological description of FRIL. By doing so, the researcher will be able to provide an answer to the second research question: *How does the EWP in FRIL, relate to the FRIL experiences?*

It is now reviewed the EW aspects in an order based on their proportional contribution to the overall EW, starting with the aspects that scored highest.

6.2.1. Physical Access

PA gathered the biggest volume of EW information (38%, Table 12). To better understand this proportion is important to consider the subspects formulation which constitutes PA.

The building blocks of this aspect are "*Living, working, socialising, or recreating in, near, or with places or species that the individual considers nature*" and "*The ability to physically access nature at one's discretion*". (Reese et al., 2015, p. 139).

From a phenomenological point of view, I think that the concept that most closely relates to those subspects is the project. This is because the descriptions refer to different actions -living, working, socialising etc.-.

The project is a concept extracted from Sartre's phenomenology. In Sartre's perspective, the action is considered as the core of the lived experience (Tordsson, 2005, p.41). The action, in this case referred to as the project, determines which situations the subject will interact with, and thus what kind of an experience the subject will experience.

Adopting this perspective helps us understanding how the PA obtained the biggest volume of EW information. When reviewing the description of the projects in FRIL (Ch.5 Table 17, code F.P.), it was summarised that the subjects engage in various forms of physical activity conducted on settings with natural qualities.

I think that a relation becomes recognisable, because an essential feature in FRIL is accessing nature physically -i.e. engaging in physical activity in nature-.

Summary

To summarise, it was observed a direct relation between the essence of the projects in FRIL and the PA aspect. In relation to Sartre's phenomenology, the project is the fundamental in the experience, and thus it can help understanding how this aspect obtained the greatest proportion.

6.2.2. Connection

Connection was the second aspect that gathered most EW information (32%, Table 12). To better understand this proportion it is important to consider the subaspects formulation which constitutes C.

The building blocks of this aspect include subaspects that relate to positive cognitive, emotional, and identity statements (Reese et al., 2015, p. 139). The question then is why these positive mental dimensions are so often referred in the narratives?

A possible explanation is that in the narrative, the text fragments that relate to C provide the reader with insight relevant to how the protagonist was subjectively interpreting the situation. Taking an example, when narrating an episode, it can be described that the subject conducted a project, or how the project was conducted. But such descriptions do not inform about how conducting the project was mentally perceived.

In the narrative it is relevant to make the reader empathise with the subject's inner world, or mental states. With that understanding it is possible to explain why there are so many references to these mental aspects in the narrative.

It is also noted that among the references to cognitions, emotions and identity, the C aspect is positively toned. In the context of these narratives, the narrators probably wanted to make the reader understand that the experiences were often being perceived as positive. In other words, the narrators communicate that they had a good experience.

Now, understanding why those subjects often interpret that their experience is positive can be easier when taking a phenomenological perspective. In Sartre's perspective, the Intentionality concept refers to the interpretative meaning in the

interaction between subjects and situations (Tordsson, 2005, p. 41). This concept contributes in the sense that the subject gives meaning to the experience.

A possible understanding then is that when the FRIL experiences have a positive relation to the intentionalities, then positive mental states (hence C aspect) are reflected in the narrative. In the particular case of FRIL experiences, the description involved most often gaining personal growth, as in learning skills, to obtain professional development, or to become something greater (Ch.5 Table 17, code F.I.). Perhaps in the narrated experiences, those intentionalities were in big extent realised.

However, this is just a simplifying interpretation, and as such it involves flaws. For example, it is not certain whether those intentionalities were matched. Also it is possible to have positive cognitions and emotions in situations that do not match the intentionalities originally given.

Still, this explanation rooted in phenomenological philosophy helps approaching an understanding to the results.

Summary

In summary, it has been proposed that a reason for the high percentage of C in the FRIL EWP could have to do with the Intentionality concept. Given that the FRIL experiences related positively to the subjects intentionalities, then they would express in the narrative statements pertaining the C aspect.

6.2.3. Sensory access

The third aspect to be discussed is SA, which gathered 21% of the EW data (Table 12). The type of information that SA gathers is related to the sight, hearing, smell, and touch senses in relation to nature (Reese et al., 2015, p. 139).

From an EW perspective, this data is not surprising. In EW, PA and SA are tightly linked (Reese et al., 2019, p. 204). Obtaining a high score on PA probably facilitates obtaining as well a high score on the SA.

On a phenomenological perspective, it also makes sense. Ponty's phenomenology is understood biologically and it is centred in the senses (Tordsson,

2005, p. 41). In his worldviews, to be a body is to be in the world, which is explored sensory. Thus to be, and to sense are two parts intimately linked.

I think that given that FRIL's project involved being physically- and practicing physical activity- in nature, then it is logical that the sensory access is also scoring high. However, a theoretical remark must be made here. Ponty makes a differentiation in sensing.

On one hand, Ponty considers sensing as a conscious action, by placing attention on particular senses, or stimuli. In this case, sensing can be more closely understood as a "project" in Sartre's phenomenology. Some examples here related to FRIL are projects like "producing media content from their experiences " (Ch.5 Table 17, code F.P.). In those projects, the subject actively pays attention to the visual (and sometimes hearing) senses, in order to portray the desired picture or video.

When understood on this way, it can be argued that for a nature element to appear in the narration, the subject must have been aware of the presence of such element. In the experiences analysis, this is the case when the valleys, mountains and the sun often gain recognition (Ch.5 Table 17, code F.N.).

On the other hand, Ponty also understands sensing as an pre-reflexive biological state. In that state we are constantly receiving information from the world through our senses. In theory, the processed conscious sensing conforms a very small fraction out of the total reflexive sensing (Tordsson, 2005, p. 36-38).

With this understanding, it becomes impossible to determine the SA in the experiences out of the analysis here conducted. This is because the analysis is not sensitive to unconscious sensing. This is a noteworthy observation, because the proportions obtained in this analysis are likely inaccurate, and undervalued.

Summary

To summarise the presented points, the EW result on SA was supported both from the EW and phenomenological theory approaches. Empiricism obtained on nature elements identified in the experience also grant fundament to the observation. However, it is noted that the EW analysis is not sensitive to unconscious sensing. This means that the result obtained on Wellness is likely inaccurate and modest.

6.2.4. Community Connectedness

The fourth aspect that gathered most information was community connectedness (4%, Table 12). This aspect makes reference to the sense of connectedness both with human and the non-human communities, and engaging on compassionate or generous acts towards others (Reese et al., 2015, p. 139).

From a phenomenological point of view, I think that the concept that most closely relates to those subaspects is the subjects. This is because CC refer to subjects experiencing connection with others -may be humans or not-.

The subject in this study is a concept extracted from Ponty's phenomenology. In Ponty's perspective the subject is considered as a sentient body with prereflexive and reflexive consciousness. But the body in Ponty's perspective has unique connotations.

In Ponty's understanding, the body is not an object or a thing, it is an experiencing entity, and as such it does not end in the skin. Through our senses we are connected to the world and it is not clear then what lays "inside" and "outside" (Tordsson, 2005, p. 37).

I think that when taking this perspective it is easier to understand how in FRIL, the subjects experience connectedness with others. My suggestion is that the subjects most often engage in the experiences together as groups (Ch.5 Table 17, code F.S.), and thus it facilitates feeling connected to each other.

Ponty also understands that the repeated sensory experiences throughout life generates in the body spontaneous automated patterns of behaviour (Tordsson, 2005, p. 37). When taking that understanding, it also helps explaining how actions such as "engaging on compassionate or generous acts towards others" can occur in FRIL.

Perhaps when people have been part of groups throughout their lives, they could have developed automated responses that predispose their kind acts towards the others.

These logics could help understanding how the CC aspect is relatively important in FRIL. However, the volume of data obtained was much lower than for the other EW aspects discussed.

CC has been considered as a secondary aspect. As such, connecting with others is not a necessity in FRIL, but engaging physically, mentally and sensorially seems to be. Being so, the data makes more sense.

Still, it is important remembering that this is just an interpretation, and that other reasons could explain better the findings.

Summary

In summary, CC has been associated to the FRIL experiences through the Subjects concept, which most often participate in FRIL as groups. Being in groups would arguably facilitate the incidence of fellowship feelings. As a group becomes a unity, it can facilitate both feeling connected to others, and participating on generous acts to each other. The much lower proportion on CC is explained by pointing out that being in groups is not a necessary condition.

6.2.5. Spirituality, Preservation and Protection

The remaining EW aspects gathered the lowest volume of data. Spirituality gathered 2%, Preservation 2%, and Protection 1% (Table 12).

Spirituality makes reference to the perception of connection to a higher power or guiding belief in nature, finding inner peace, or being away from one's typical environment. Preservation refers to taking actions related to ecological causes. Protection refers to either including nature in the life, or taking precautions against nature to survive (Reese et al., 2015, p. 139).

In the analysis of the experiences, the observations that could relate to S, PRE and PRO, probably had to link either to a project, or an intentionality. For example, the subject might engage in projects related to perceive a connection to a guiding belief in nature, like in a ritual (S); or engage in plastic picking by the sea (PRE); or engage in an activity such as fishing (PRO), or to intend to do any of those.

After revisiting the description of the essence in FRIL experiences, it was not found any observation that would substantially relate to those EW aspects. The lack of a direct relation to the essence of the FRIL experiences helps understanding how their proportions are the lowest.

Still, the absence of a direct relation between the description of FRIL here provided and the aspects, is far from a conclusive argument. Many other possible reasons could be influencing the relation.

For example, one of the reasons has to do with the type of analysis conducted. The analysed intentionalities had to be explicitly conscious in the narratives. The analysed projects had to link with the intentionalities, so they also had to be intended.

On that sense, unintended thoughts, perceptions or projects would not obtain recognition. The EW analysis goes beyond that rule. As a result, it could happen that there was EW identified on unintentional experiences.

Examples here would involve finding themselves unintentionally in a situation in nature where life is in danger, and where the protection aspect would contribute. Another example could involve finding themselves in an unexpected situation in nature where an spiritual episode takes place.

Another possible explanation is that experiences related to S, PRE, and PRO happen, but when the subjects narrate the stories, these aspects are not perceived as relevant enough to be talked about. Since this was an analysis of the narratives, many aspects of the experience are inaccessible.

Moreover, arguing that those aspects are relatively rare in FRIL is a risky statement. For example, when it comes to spirituality, (Hellenes, 2018) proposes friluftsliv activities to specifically explore this aspect. When it comes to preservation, Arne Naess can be mentioned as an example of a friluftsliv practicant driven by philosophical principles related to nature preservation (Drengson, 1995). When it comes to protection, both surviving nature , and using nature for survival, are widely related to some friluftsliv expressions as for example the national hunting and fishing association (leksikon, 2020; Norges jeger og fiskerforbund, 2020).

Those can be considered as specific examples of friluftsliv subcontexts that would target those EW aspects. Those were none of the studied subcontexts, and then it is a question concerning generalisability how well the obtained study findings relate with friluftsliv in its widest plurality.

Summary

In summary, in the obtained FRIL picture, S, PRE and PRO seem to account to EW, but their contribution in this study is marginal compared to the other aspects. No direct relation between these aspects and the description of the FRIL experiences was found. The lack of a direct relation is argued as a possible factor involved in their low expression.

However, the researcher's understanding is that the type of analysis conducted could have contributed to a lowered expression of these aspects, and the relatively reduced selection of subcontexts limit the generalisability of the findings.

6.2.6. Summary

In this subchapter the EWP in FRIL has been related to the description of the essence of FRIL. It was argued that PA is the aspect with the highest proportion because it relates to the projects in FRIL, namely to practice physical activity in the nature.

Then it was proposed that in the narratives, the narrator opens her/his subjective world to the reader, so that the reader can empathise with the mental processes in the experience. It was also proposed that when the FRIL experiences related positively to the Intentionalities, then frequent expressions related to C would be facilitated.

It was then interesting to note that SA, which is intimately linked with PA came on the third place. It was argued that the subjects are both reflexive and pre-reflexive beings, and as such, this analysis is limited to the mentally processed experiences. As such, the relationship between subjects and nature in the present analysis is truncated.

The fourth aspect discussed was CC. This one was associated to the subjects, and it was argued that when being in groups, they would more easily feel connected to each other and be predisposed to act kindly. Because this is a secondary aspect, and thus not a necessity, the much lower contribution to the overall EW was contextualised.

The aspects S, PRE, and PRO were not directly related to the description of FRIL. An indirect relation to the essence of FRIL could have favoured their relatively low expression. However, this finding might be related to methodological implications, and thus it has to be regarded carefully.

6.3. Summary

To conclude with this chapter, the EWP was contextualised with the available EW literature, finding some support for the general pattern found. Additionally, many of the EW aspects were possible to relate to the essence of the FRIL experiences. With those discussion outputs in mind, it is answered now the second research question:

How does the EWP in FRIL, relate to the FRIL experiences?

The empiricism analysed in the present study, and the discussions here presented led to several suggestions. First, FRIL experiences relate to some EW aspects considered as primary, and that are reflections of human functions, namely physical, sensory and mental. The associated EW aspects are PA, SA and C. Those were the ones obtaining the most data, likely because the functions that they relate to are fundamental in the experience.

It was then argued that PA relates to the physical activity in nature, which is the main project in FRIL. C relates to the mental interpretations of the experience. It was proposed that a positive relation between the intentionalities -interpretative meaning of the experience-, and the actual experience could be an explaining factor for the great expression of C. Then SA relates to both PA, and the subjects. Since PA and SA are extrinsically related, when the subjects engage in FRIL, they often sense nature. However, it is noted that this result is an undervalued aspect, because the subject also has a pre-reflexive consciousness which is not included in this analysis.

The FRIL experiences also related to the rest of EW aspects, but in much lower degree. Those were considered as secondary aspects because they come to expression once the primary aspects are first engaged on specific ways. It was noteworthy in this block the CC aspect, which was related to the subjects in FRIL, often participating as groups. It was proposed that group participation would favour feelings of connection and occurrence of kind actions. The remaining aspects S, PRE and PRO, also contribute to EW in FRIL. However, based on the subcontext selection made in this study, they seem to have a marginal role.

Summarising the findings even more, it can be said that EW relates to the FRIL experiences in its totality, but mainly through PA, C and SA. In much lesser degree it relates to CC, and marginally to S, PRE, and PRO.

7. Discussing how the Subcontexts characterise the EWPs

By the end of this chapter, it will be presented a reflected answer to the third research question: *How does the choice of subcontext characterise the EW expression?*

To give an answer, the discussions will take the same structure as in Ch. 4.6., where the results were presented. Those results will be discussed together with the discussed descriptions of the essence of the DNT, SURF and ADR experiences in Tables 18-19. In this discussion it will be discussed possible relations between the EWPs and the subcontexts' descriptions. Those relations will be taken as examples to answer the research question.

7.1. Discussing the EWPs' visual features with the essence of DNT, SURF and ADR

In this subchapter it will be discussed the results in Ch.4.6.1. concerning visual features in Figure 3. Four observations were made, and now each of them will be contextualised.

7.1.1. The general primary and secondary aspects pattern

The first observation made was that the main feature seen in FRIL's EWP, placing the aspects PA, SA and C as the ones gathering the most volume of data, is again repeated on every Subcontext. Across the subcontexts, the primary aspects gather 88-97% of the EW data.

In Ch. 6 it was discussed the use of the nomenclature "primary/secondary aspects", and it was proposed that PA, SA and C were associated to universal human functions, namely physical, sensory and mental (Freedman & Ibos, 2018; Mang et al., 2019; Martin et al., 2018; Salzman & Fusi, 2010).

Finding the same contrast between Primary/Secondary aspects and involving the same aspects on every subcontext, does reinforce the argument that no matter the experiences that are analysed, the same feature will be observed.

Summary

In summary, the data supports the consideration that a distinction between primary and secondary aspects can be made. The suggested explanation is that the primary aspects associate to universal human functions, and that the secondary aspects come to expression given certain conditions.

7.1.2. The primary aspects pattern

The main observation made regarding the primary aspects was that the FRIL trend (PA-C-SA) was generally found across the subcontexts, except for SURF (C-PA-SA). In SURF, C had a bigger proportion than PA.

This finding is valuable, because C is considered as one of the most important EW aspects in a health perspective (Reese et al., 2019). Finding relations can reveal new pathways to C, such as the ones proposed by Cosgriff (2011), or Lumber, Richardson, & Sheffield (2017, 2018). The aim with this discussion is to explore possible relations between the experiences and EW in the empiricism.

When discussing C in FRIL in Ch.6.2.2, it was proposed an association between the C aspect, and the Intentionality concept. This relation is far from certain, and any further observation has to be also understood as such. Still, this association helped in relating the phenomenological concepts with the EW model. Taking this potential relation as a starting point, the observation made on the SURF pattern can be now contextualised.

Figure 3 shows that SURF presents the highest proportion of C (38%), then ADR (31%), and finally DNT (26%). When reviewing the information retrieved in the intentionalities for the three subcontexts, a matching trend is found.

According to the discussed description of the experiences (Tables 18, 19, and 20, codes S.I., A.I., D.I.), the essence of SURF experiences seem to be fully oriented to their personal growth. In ADR, it seems to be oriented both to personal enjoyment, and personal growth. In DNT, it seems to be oriented most often to connecting with the other people.

When taking the intentionalities as a relating factor, we see that a trend in proportions of intentionalities oriented to personal growth correspond with the same trend of proportions in C. That is, the more the subcontext is oriented to personal growth, the greater proportion of C is found in the subcontext. In the empiricism the relationship must take that order, because the experience happened before the story was narrated.

In the literature, it is suggested that personal growth experiences could contribute to identity development (Rowell & Benshoff, 2008). When taking that personal growth has a role in building identity, then a relation to the EW literature is also found. According to Reese et al., (2019), C addresses the connection perceived between the subject and nature, which can be understood as an identity trait. That means that the perceived connection to nature contributes to the subject's sense of identity.

A way to understand this relation in the context of the present study is that experiencing personal growth in nature could contribute to build a sense of identity in connection to nature (C). Furthermore, this C identity would make people express more C-related messages -or text fragments-.

Another way to understand the findings involves considering the relation the other way around, meaning that those that experience greater C will tend to be more oriented to their personal growth. When taking this understanding, support is also found in the literature.

Pritchard et al., (2020) conducted a very recent meta-analysis that reviewed the relationship between nature connectedness (C) and eudaimonic wellbeing. In this study it was noted that those who felt more C tend to have higher levels of self-reported personal growth.

Perhaps both ways might apply in reality, and that the potential relation could be bidirectional. That would mean in the study context that those who perceive great C tend to be oriented to their personal growth, and those who achieved personal growth in nature tend to express themselves on ways that reflect their C.

Summary

Taking all together, the empiricism could point to a bidirectional relation between intentionalities of personal growth and C. This relation finds some support in the literature. However more research is needed before concluding anything. Studying this potential relationship in further detail is relevant, because C is considered as one of the most important aspects in a health perspective.

7.1.3. The common and exclusive secondary aspects

The third observation when analysing the EWP in the subcontext's was that some EW aspects were only found in some subcontexts. CC and PRO were present in every subcontext, but S was only present in DNT and SURF, and PRE was only present in SURF.

The common secondary aspects

The observation on the common secondary aspects is meaningful, especially when it comes to PRO.

It can be said that CC goes in the same line as previously discussed in FRIL. This information can be understood because every subcontext is in essence defined by experiences involving groups of people (Table 18-20, codes D.S, S.S, A.S.). Thus, as explained in FRIL, being in groups would arguably facilitate the incidence of fellowship feelings and participating on generous acts to each other.

However, when it comes to the PRO aspect, no substantial relation was found between the DNT, SURF and ADR descriptions and PRO. Finding that every subcontext has a small, yet constant percentage (0.5 - 2%, Table 13) makes us reconsider PRO's role in FRIL anyways. Perhaps then PRO is not often referred to in the narratives, but it is anyways a relatively stable contribution in FRIL.

Partial support for such a FRIL conceptualisation is found in the literature. In Friluftsterapi, friluftsliv experiences closely related to DNT are intentionally used with therapeutic aims (Gabrielsen & Fernee, 2014). In that method, it can be said that it relies on nature experiences that contain group activities and conversations -thus CC-; and activities directed to master friluftsliv skills and knowledge -thus PRO-. It can be

argued that similar principles are applied in therapeutic SURF programs (Hignett, White, Pahl, Jenkin, & Froy, 2018; Walter et al., 2019), or therapeutic ADR programs (Makarowski, Makarowski, & Kamiński, 2016).

In summary, it seems relatively safe to assume that CC and PRO will play a stable role in the FRIL experience. Probably in most subcontexts, the experience will be typically shared in group, and offer a palette of situations where (nature) knowledge and skills are mastered. The finding on PRO is particularly relevant, because it makes reconsider the FRIL discussion.

The exclusive secondary aspects

This discussion pertains S and PRE. Finding exclusive EW aspects is one of the most important findings, because it points towards distinctive characterisations in FRIL. In DNT and SURF we find S, and only in SURF we find PRE. Now both S and PRE are discussed.

Spirituality makes reference to the perception of connection to a higher power or guiding belief in nature, finding inner peace, or being away from one's typical environment. When reviewing the descriptions of DNT and SURF, again no direct relationship between S and the essence of the experiences was found.

In the literature it is sustained that certain profiles might have great spiritual affinity. Taylor (2007) argues that surfers generally recognise this practice on spiritual ways, and it leads to beliefs of nature as powerful, healing and sacred.

Perhaps due to this affinity, surfers might be more prone to experience wellness through spirituality. On that affinity-sense, it was noted however that DNT and SURF might be portrayed as more nature-attuned than ADR.

For example, in DNT dogs are occasionally group members, and it is displayed a great interest for the natural world (Table 18, codes D.S., and D.N.). In SURF, the cultural nature elements are relatively uninteresting, and their experiences spin around nature elements like the waves, sea water, beaches and the sun (Table 19, code S.N.).

In Ch. 6.2.5., it was proposed that a possible explanation for the missing direct link between the description of the experiences and S could be that S is unintentionally

experienced. Perhaps being more attuned or concerned with nature makes it more likely that spiritual experiences in nature take place.

Naturally, this does not mean that there is no place for S in ADR. In fact, when it is considered that these experiences could be happening unintentionally, then there is more reason to believe that they could also occur in other subcontexts. What seems clearer is that ADR was not particularly related to S.

In summary, the empiricism shows that S is found in DNT and SURF. The essence of experiences does not directly relate to S, but it is proposed that DNT and SURF are more attuned to nature, which might favour experiencing spiritual episodes in nature.

Then, Preservation refers to taking actions related to ecological causes, and in this study it was exclusively found in SURF. Finding a direct link between the description of the SURF experiences and this aspect was possible. One of the projects that characterised only SURF was that surfers engage sometimes in environmental causes (Table 19, code S.P.).

This finding gets support from other depictions of SURF in the literature. In the study of Hignett et al. (2018), it is presented a health programme where participants are taught to surf, but also about issues related to the Preservation aspect.

Another interesting and opposite angling that is worth consideration is that the results obtained in the present study are based on subjectively constructed narratives. On that sense, and as previously indicated, the SURF subcontext might be perceived as a more ecologically engaged because of their relation to the discourse on ecological activism. However, this discourse informs little about how ecologically engaged the SURF subcontext is in reality. As indicated in the narratives SURF 2-5, surfers are well known for often using planes to ride waves around the globe.

Altogether, what can be said is that there is enough support in empiricism and literature to associate SURF to talking about projects on Preservation. Once again, this does not mean that there is no place for PRE in DNT or ADR. However, the link does not seem that clear.

Summary

In summary, the common secondary aspects (CC, and PRO) seem to be stable pillars in the study empiricism, and support is found in the literature. In particular finding that PRO is a stable contribution is relevant because it makes reconsider the FRIL discussion.

Among the exclusive secondary aspects (S, PRE), it was discussed that those could be more related to specific profiles. S might be related to profiles with spiritual affinity with nature. In such case it was noticed that DNT and SURF seem to display a greater interest for the natural world than ADR. Perhaps that feature facilitates the occurrence of spiritual episodes in nature. When it comes to PRE, in SURF was identified specific projects that related to this aspect. This association SURF-PRE finds also support in the literature.

As a final remark, it is noteworthy that those aspects indeed could contribute to every subcontext, even though it has not been found evidence in the present study.

7.1.4. The secondary aspects pattern

The next discussion links with the previous one. When analysing the EWP in the subcontext's, it was observed that the pattern seen in FRIL for Secondary aspects (CC, S, PRE, PRO), is not always seen in the subcontexts -DNT (CC, S, PRO, ~~PRE~~); SURF (PRE, CC, S, PRO; ADR (CC, PRO, ~~PRE~~, S)-.

This difference in pattern occur because in DNT, expressions of PRE were not found; and in ADR, expressions of PRE and S were not found either. Then the discussion concerns SURF, because PRE expressions are found more often than CC, and S.

While it is hard to make a claim, this observation can be contextualised with phenomenological theory. In Sartre's philosophy the action or project is considered as the core of the lived experience (Tordsson, 2005, p. 41).

In that sense, it can be argued that finding projects that directly relate to PRE in SURF can explain why surfers express more messages pertaining PRE than pertaining CC and S.

On the other hand, most SURF narratives analysed involved group experiences, and thus, it could also be argued that being in groups is a more stable and defining trait than conducting PRE projects. Maybe a factor here concerns that while being in groups favours the CC, it does not necessarily produce CC experiences.

Another possible explanation has to do with the type of analysis conducted. Perhaps in SURF narratives it is more expectable or relevant to talk about Preservation projects, as if they were a hot-topic; while talking about CC is perceived as less relevant. In such a case, it would be again evidenced the substantial difference between studying experiences and studying the narrative accounts of those experiences.

Summary

In summary, multiple reasons can help understanding this observation. In the study context, it has been proposed that a higher percentage of PRE might have to do with the relation between PRE and the project concept in Sartre's phenomenology. However, other reasons could also apply, and thus making claims is not possible.

7.1.4. Summary

In the subchapter 7.1. it has been discussed the EWPs' visual features together with the descriptions of the essence of DNT, SURF, and ADR. After this discussion it is possible to point to elements in the different experiences that could have implications on the EWP.

To start with, every subcontext displayed EWPs that reflected the primary/secondary aspects distinction. This is found expectable and meaningful to reinforce the proposed human functions argument in respect to PA, SA and C. However, it was found within the primary aspects, that the proportions of C might be sensitive to differences in the subcontext's intentionalities pertaining personal growth. Such a link finds some support in the literature.

In the secondary aspects, it seemed that no matter the subcontext, both CC and PRO are stable pillars. This observation makes re-contextualise the previous discussion on FRIL's EWP. Over that it was proposed that certain profiles might indeed be more oriented to specific traits which could favour the expression of S and PRE. When it

comes to PRE in particular, it seems that expressing involvement in environmental causes is particularly relevant in SURF.

7.2. Discussing the statistical results with the essence of DNT, SURF and ADR

In this second subchapter will be discussed the results obtained after conducting the statistic tests. Those were the chi-squared test for homogeneity, the one-way-ANOVA, and the subsequent post-hocs. These discussions will be grouped in two blocks, the first one pertaining the homogeneity and ANOVA, and the second one pertaining specific Subcontext's comparisons.

7.2.1. Chi squared and One way ANOVA

The chi-squared test, and the ANOVA test were performed on the three subcontexts at once, and their results do not pertain specific inter-subcontexts differences. Therefore their discussions are grouped under this section.

The results obtained in Ch. 4.6.2 informed that in this study, the proportions seen in the EWP were not homogeneous (Table 15, $p = .04$), and in fact, statistical differences are found between the subcontexts (Table 16, %PA, $p < .05$).

These observations will be discussed in greater detail when addressing specific differences in the next manuscript section. However it can already be said that this finding is important in the study, because it indicates that different FRIL subcontexts express different EWPs.

This finding was an expectable one, as the three subcontexts were chosen intentionally to reflect the diversity found in FRIL. FRIL's diversity has been documented in the phenomenological analysis, and discussed in Ch. 5, and hence it seems clear that different FRIL experiences could influence our health in various ways.

Summary

Altogether, it seems clear that different FRIL subcontexts could influence our health in various ways. In a health promotion context, FRIL might need to be further specified in the elements of the experience whenever it is desired to address holistic health outcomes.

7.2.2. The post-hocs

Two comparisons revealed statistical differences in the present study, one concerning PA, and another one concerning the secondary aspects. Now each of them will be discussed.

Physical access in ADR and in SURF.

In Ch. 4.6.2, the post-hoc tests revealed differences between ADR-SURF in PA. According to the results, ADR presents statistically greater %PA than SURF (Table 16, ADR=46 ; SURF= 31, $P < 0.05$).

A first important note to be made is that these analysis are performed on the proportions of the expression of the EW aspects found in narratives. Being that said, this result means that taking the total EW expressions, in ADR there is proportionally more expressions of PA than in SURF.

To understand this data, attention must be paid to the EWPs in ADR and SURF. When observing both EWPs, it is clear that the SURF pattern is more diverse. This is because every EW aspect is expressed (Figure 3), and additionally, a great volume of expressions is found on the %SEC (Figure 4). On the other hand, in ADR only 5/7 aspects are expressed, and also presented the lowest expression of SEC.

A possible explanation for this finding is that PA obtained greater proportion in ADR because ADR scored low in the Secondary aspects. Still, that explanation does not inform about why in particular PA got a greater expression.

According to all the main theories in this study, PA is the most fundamental aspect. From a phenomenological perspective, PA was associated to the projects, which in Sartre's philosophy is considered as the core of the lived experience (Tordsson, 2005, p. 41).

Additionally, the EW authors stated that the physical access to nature is the most vital aspect (Reese et al., 2019, p. 205). Moreover, in the EW analysis PA was argued to have the most inclusive formulation of subspects.

When those factors and theoretical observations are considered, it makes sense that the less diverse the EWP is, and the lower the proportion of SEC, then the greater the rest of the aspects. Given the centrality of PA, it can explain how ADR's PA was very high.

Summary

To summarise, it is suggested that perhaps in the EWPs, ADR has greater PA than SURF because ADR presents a less diverse EW pattern. Their narratives are more filled with references to PA because PA is considered under every theoretical model used in this study the main aspect.

Secondary aspects in DNT and ADR

The other statistical difference revealed in Ch. 4.6.2, was between DNT and ADR in respect to the SEC. According to the results, DNT presents statistically greater proportion of SEC than ADR (Table 16, DNT%SEC.= 11 ; ADR%SEC.= 3, $p < 0.01$).

The same principles used to contextualise PA apply in contextualising this finding. This difference means that out of the total EW expressions, in DNT there is proportionally more expressions of SEC than in ADR.

Finding in the essence of the experiences of DNT and ADR a single observation that could explain this finding is very unlikely. However, it can be argued that DNT and ADR reflect different orientations, which could help understanding the data.

As an example, in Table 18, DNT was described as a subcontext concerned about inclusion, tradition and nature affinity, and their main intentionalities are oriented to connecting with other people. On the other hand, ADR was described in Table 20 as a modern FRIL expression concerned with specialisation, self-reaffirmation, and the main intentionalities are oriented to their experiences of joy and personal growth.

When taking those characterisations together, it can be appreciated in DNT a much more outwards and generalist orientation, while ADR relates to a more inwards and specialised one. Perhaps an outwards orientation favours to realise the conditions needed to contribute to SEC, and when having an inwards orientation, realising those aspects becomes challenged.

A very similar distinction in relation to wellness is found in the literature. According to Fahlberg & Fahlberg (1997), wellness is prone to be understood under different philosophies. On that sense the author argues that the consciousness disciplines can enrich our wellness understanding.

In those disciplines it is proposed that some stages of consciousness can be transcended to obtain greater wellness. A common stage of consciousness is the ego identity. This one is self centred, and relates to conceptualisations of individualistic boosting of wellness. Fahlberg & Fahlberg (1997) argues that the ego identity is a common conception, but not the endpoint of wellness development.

When the ego is transcended, it is then referred to a transpersonal stage. This one is characterised by a deep sense of being one with life, and shifting from independence to interdependence. It is theorised that the full potential of wellness can be realised in this stage.

When applying these concepts to the study findings, it is noted that the EW aspects generally have a transpersonal tone because of the implicit link to nature. Still it can be argued that some aspects are more ego-centred than others.

In the EW literature, the aspects S and CC are considered aspects that build on a dimension of "transcendence" (Reese & Myers, 2012, p. 402). This dimension refers to experiences in nature in which individual can reach beyond themselves to connect with others, and the world, bringing feelings of interconnectedness and unity with all things.

Perhaps it is safe to say that S and CC refer to what Fahlberg & Fahlberg (1997) call as the transpersonal stage. When taking this understanding, and reviewing the DNT and ADR data in the SEC, it is noted in Table 13 that none of the subcontexts expressed at all PRE, and the expressions of PRO were very comparable (DNT PRO= 0.41; ADR PRO= 0.62). That means that the differences in SEC between DNT and ADR concern precisely S and CC.

I think that the results would reflect that there is a difference between DNT and ADR in the expression of the aspects building on the EW transcendence dimension. Thus, it could be argued that DNT might stimulate a transpersonal stage of consciousness, which favours that DNT relates to a more complete wellness potential, as noted in a greater expression of SEC.

Summary

In summary, in the wellness literature is found a distinction between consciousness' states, which limit or expands the potential of human wellness. Taking this understanding, it was suggested that DNT stimulates more a transpersonal stage of consciousness due to features such as inclusiveness, and nature affinity, which could favour the expression of the secondary aspects.

7.2.3. Summary

After the statistical findings have been discussed, a number of key ideas have been pointed out.

First, it was confirmed that different subcontexts would produce different EWPs, as expressed by heterogeneous proportions, and differences in EW aspects. This difference was expected all along, because it was intended to study very diverse subcontexts. It is suggested that the different experiences contribute to the expression of the EW aspects differently.

It was found that the statistical differences concerned PA and SEC. In this study it was proposed that differences in the experience orientation pertaining the self, as in inwards- or outwards-self-orientation, might help explaining those differences. In an inwards orientation -as argued for ADR- the conditions for the realisation and expression of SEC would be challenged. This situation of less diversity in EW aspects might contribute to a greater PA, because PA seems to be the most fundamental aspect.

7.3. Summary

To conclude with this chapter, multiple similarities and differences have been indicated both by simple visual comparisons and statistic comparisons, throughout the EWPs. Those observations have been discussed together with the descriptions of the DNT, SURF and ADR experiences. By doing so, it is now possible to give an answer to the third research question:

How does the choice of subcontext characterise the EW expression?

Once all the discussions have been taken, it can be said that the subcontexts seem to contribute to EW differently, yet both similarities and differences can be found.

The similarities can be considered as generic features in FRIL. It is considered that no matter the subcontext, it is likely to find narratives expressing a marked unbalance in the proportions pertaining the so called primary aspects in respect to the secondary aspects. The aspects that most likely will be found regardless the subcontext are PA, SA, C, PRO, and CC.

Over those common features, the subcontexts will likely present diverse proportions in the common aspects, and sometimes include some other aspects. For example, it was observed that different proportions of C might be found. It was then suggested that intentionalities oriented to personal growth might relate to greater proportions of C. It was also found that the aspects S and PRE seem to be more profile-sensitive, and that SURF and DNT could be more suited to express those EW aspects.

Finally, it was noted that the orientation pertaining the self, as in inwards- or outwards-self-orientation could contribute to the EWPs. Accordingly, a more inwards orientation -as in subcontexts displaying specialisation, self-reaffirmation, and a guiding interest to experience personal joy and growth- like ADR might more likely produce less diverse EWPs and favour particularly greater proportions of PA.

On the other hand, a more outwards orientation -as in subcontexts displaying inclusiveness, nature affinity, and a guiding interest to connect with others- like DNT might more likely favour the expression of the SEC, and thus a full wellness potential.

8. Discussing how is the relationship between friluftsliv experiences and EW

In this last chapter it will be discussed the answer to the study problem. For that, the highlights in the previous chapters concerning the three research questions will be integrated. After that, it will be pointed to the strengths and weaknesses in the knowledge generated in the study, and relevant future questions in this field of studies.

By the end of the chapter, a concluding section presents the study contribution. This will be a reflected answer to the question:

How is the relationship between friluftsliv experiences, and EW?

As a recapitulation, the present study succeeded in empirically and theoretically relating friluftsliv experiences with the EW model. By analysing and reviewing narrated FRIL experiences and EW together, the researcher has produced knowledge about this relationship. The knowledge is synthesised now.

8.1. A total relationship

In the narrative analysis conducted it was found expressions of every EW aspect in the FRIL experiences (Ch.6.1.1.).

In the literature, it is well documented that NC relates to holistic health. With the EW model it is aimed to systematise the "how" NC and holistic health relate. A gap in the literature was then found when the relationship friluftsliv-EW was missing.

Plenty of research presented throughout this manuscript was already conducted on friluftsliv, and similar relations had been previously established between the concepts in EW and the friluftsliv experiences. Thus, this was all in all an expectable finding.

Still, this empiricism is unique in the sense that every EW aspect was assessed under the specific formulations given by the EW authors. As such there was implicit a degree of uncertainty, and this study has shed light on it.

An implication of this finding is that now it can be said that a total relationship has been established between the two concepts, and from now on further research has

already a paved foundation. This is expected to be especially relevant on the theoretical base of the EW model, as it grants growth potential to this very recent study field.

Summary

Altogether, the expression of every EW aspect has been found in the narratives, and thus the relation can be considered as total.

8.2. The EWPs are unbalanced

In the narrative analysis conducted it was found that the expressions of PA, C and SA were far superior than the rest of the EW aspects (Ch. 6.1.2. and 6.1.3.). This feature in the EWPs was additionally identified in every FRIL subcontext (Ch. 7.1.1.).

In the literature, the EW authors pointed out that some aspects are more vital than others. Further, they indicated that those aspects are PA, SA, and C.

Hence, the obtained results can be said to match the literature. Additionally it was proposed a reasoning that can help understanding why those in particular obtain a much greater expression in the narratives.

It was proposed that the formulation of the subaspects in PA, SA, and C are intrinsically related to the physical, sensory and mental human functions. Because these are human functions, they are expected to contribute in great degree in every experience. Then, the remaining EW aspects PRO, PRE, S and CC were argued to be aspects that come to expression only given certain conditions.

Thus, the formulation primary aspects and secondary aspects has been proposed to address this unbalance in the EWP proportions.

An implication of this finding is that now it can be better understood which aspects of NC might be the ones producing the most benefit when engaging in friluftsliv. Also, it reinforces a theoretical claim made in the EW study field.

Summary

Altogether, friluftsliv seem to contribute to the EW in different proportions. The formulation primary/secondary aspects has been proposed to refer to this phenomenon.

8.3. There are common aspects in FRIL

In the narrative analysis conducted it was found that in every studied FRIL subcontext, there were some aspects that seem to be common. This might indicate that when engaging in friluftsliv, some aspects seem more likely to contribute to the experience. These are PA, C, SA, CC, and PRO. PA, C and SA are the primary aspects, but the finding on CC and PRO required further contextualisation (Ch. 7.1.1. and 7.1.3).

This observation was contextualised with the literature. Whenever the studied subcontexts are being used with therapeutic purposes, it was identified that the interventions rely precisely on these two EW aspects.

Further, it was argued that when analysing the narrated FRIL experiences, every FRIL subcontext is most often portrayed as a group experience. It was argued that experiencing friluftsliv in groups favours the feelings of connection to fellowships, and thus CC. Additionally, the friluftsliv experiences are thought to inherently involve a relation to nature in which certain skills and knowledge are required to maintain safety. Thus the PRO aspect is expected to contribute in the experience.

This is an important finding with major implications in a health promotion context, because it establishes a baseline of what can be generally expectable EW aspects and proportions in friluftsliv experiences. Thus, when green prescriptions are being popularised, it is expected that in Norwegian friluftsliv the main health aspects expressed would be the ones mentioned here, in comparable proportions.

Summary

Altogether, it is expected that mostly the aspects PA, C, SA, will be consistently expressed, and the aspects CC and PRO will be also consistently expressed in much lower proportions.

8.4. Differences were noted across FRIL subcontexts

In the narrative analysis conducted it was found that over the aspects that have been indicated as common, there are a number of differences to be noted. First, the aspects S and PRE are not found on every FRIL subcontext. And second, among the common aspects, different proportions are found in PA and SEC (Ch. 7.1.3. and 7.2.).

After further literature visitations, it was proposed that some subcontexts might favour different expressions. Examples have been found in the literature of previous associations between SURF and both PRE and S. In DNT, it was proposed that a greater affinity for the natural world might account for a predisposition to experience S in nature.

The conception of subcontexts that could favour different aspects was reinforced with the observation that some subcontexts might present different orientations in the experience. It was argued that some subcontexts like DNT might display an outwards, or transpersonal orientation, which would favour the SEC -especially S and CC-. On the other hand subcontexts like ADR might be more inwards, or ego oriented, which would favour greater expressions of PA.

This is an important finding in a health promotion context, because it evidences that friluftsliv should not be used as a generic word. Instead further specifications should follow which would address specific friluftsliv expressions, or aspects in the friluftsliv experience.

Summary

Altogether, different subcontexts should not be considered indistinctively when it comes to their EW expression, for differences were registered.

8.5. Some features in the experiences might favour the certain EW aspects

FRIL, DNT, SURF and ADR have been described on the basis of the phenomenological concepts: subjects, intentionalities, projects and nature. The descriptions were reviewed with other sources to provide an accurate and more generalizable description. The descriptions are nevertheless limited, and attention must be paid when generalising. The reviewed descriptions were provided in Tables 17-20.

The reviewed descriptions have been used to help understanding the proportions found in the EWPs. For example, in the case of the already mentioned relationship between PA-SEC , PRE, or CC. Additionally, it was found another relation concerning intentionalities in the experiences oriented to personal growth and different proportions in the expression of C.

While claims can't be made, the relation between personal growth and C has been previously issued in the literature. It was proposed that experiences oriented to personal growth in nature could favour nature identity development, which in turn would result on greater narrative expressions of C. Additionally it might also be the case that greater feelings of nature identity, as reflected by C expressions, could predispose a personal growth orientation.

The implications of this finding are also important. On one hand, descriptions based on empiricism have been produced, whose relevance exceeds the health promotion contexts, and concern for example also cultural contexts.

Moreover, this set of findings already provide 3 different health-related profiles in respect to friluftsliv. Each of them is depicted with vast information, and tentative relations to the EW model have been pointed out. With this information some of the uncertainty concerning the "black-box" problem can be approached (Fernee, Gabrielsen, Andersen, & Mesel, 2017). Because instead of producing knowledge on health outcomes, it has been mapped information with implications on how the health promotion is produced, why, and for whom friluftsliv could be effective.

Summary

Altogether, it seems that some features in the EWPs can be better understood when phenomenological concepts have been used to study the narrated FRIL experiences. This information is believed to contribute to cast light on the black-box problem. However, no claims can be made yet.

8.6. Study strengths

The researcher recognise three important features in the study that are considered as strengths.

The first one is that the qualitative character and the narrative analysis allowed to explore the EW phenomenon in a deep way. This is because with the chosen methods rich data pertaining subjective meanings was accessible.

The second one is that there was no contact between the subjects and the research context. On that sense, it can be said that the results produced were completely unaltered, and genuine.

The third one is that the data was already originally produced in text format by the study subjects themselves. This situation completely avoided potential data alteration in transcription processes. Moreover, the original sources are available to the open public, on such a way that they can be accessed by the reader at any time.

8.7. Study limitations

A number of limitations must be also noted. The first one concerns the type of sampling conducted. In this study, convenience sampling was performed to target the study subcontexts, and the narratives that would match with the selection criteria.

While it was a necessity to perform this type of sampling to obtain narratives that would fit the subcontexts, a randomized sampling involving other subcontexts might also have worked. This would have been wise, especially when seen that ADR as a subcontext required great interpretation, and resulted in very heterogeneous narratives. Additionally, the researcher's interpretations were not communicated with the subjects in the narratives.

Another observation is that meanwhile the narratives allowed to access data on the subjective meanings of the experience, the results obtained must be accordingly contextualized. The stories narrated are subjective compositions that reflect the events on the way that were perceived by the subject, and not necessarily matching reality. Moreover, it is not possible to know when did the subjects recall their memories of their experiences. This is an important consideration, since the memories are prone to get distorted in time.

Further limitations come when relatively small amount of experiences were analyzed. While for FRIL, the 15 narratives produced abundant qualitative material, for each subcontext, 5 narratives produced a much more limited picture. This is particularly important to consider when comparisons between the subcontexts have been conducted.

8.8. Future research

After conducting the study, multiple new questions arise, and it is recognised potential for valuable knowledge. Here two future lines of research are proposed.

First, it is recognised that producing results in friluftsliv with the use of the REI-EW instrument would produce valuable discussions and knowledge. Such study would link two different methodologies on the same phenomenon and thus would benefit the EW theoretical body. Additionally, it would shed further light in the study of friluftsliv and health promotion, now that the framework has been explored in this context.

Another interesting line of research that was revealed in the present study is the one linking the C aspect with intentionalities of personal growth. As previously indicated, studying this potential relation might produce knowledge on pathways to C, which is in the study field NC-health one of the most important ones to consider.

8.9. Conclusion

To conclude with the present study, the contribution is formulated as:

The friluftsliv-EW relationship is total but diverse. In friluftsliv it is generally found PA, C, and SA in great proportion and CC and PRO in lesser proportion. Otherwise friluftsliv should be nuanced, since certain aspects seem to be sensitive to experience features.

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Summary of tables and figures

For a quick access to the information, it is repeated here the tables (1-20), and afterwards the figures (1-4), in order of appearance in the main manuscript.

Table 1

Summary of the phenomenological concepts selected for the study.

Concept	Philosopher	Description
Subject	Ponty	Is a human body, a sentient entity, with both pre-reflexive, and reflexive consciousness.
Intentionality	Sartre	This is the interpretative meaning, or motivational driving force in the interaction between subjects and situations.
Project	Sartre	Understood as the way to consciously and intentionally clarify the situation and give it an interactive answer.
Nature	Ponty	Elements in the Situation with natural qualities ^a .
Situation	Sartre	A fragment of the "Lifeworld" that the subject/s is/are interacting with in the narrative.

Note.

^aMultiple definitions of nature are appropriate for different studies. Here nature is considered in line with the definition used by the EW authors, defining it as a spectrum ranging from wilderness to cultural landscapes', inclusive of technological nature, urban nature, and remote nature (Reese et al., 2019, p. 1).

Table 2

Summary of evidence-based wellness benefits of NC for the PA.

No.	Wellness benefits	References
1	Improved focus and concentration	(Berman, Jonides, & Kaplan, 2008)
2	Reductions in ADHD symptomology	(Faber Taylor & Kuo, 2011)
3	Increased school engagement and academic performance	(Camasso & Jagannathan, 2018; Kuo, Browning, & Penner, 2018; Truong, Gray, & Ward, 2016)
4	Increased creativity	(Kochanowski & Carr, 2014)
5	Protection against the development of depression	(Bezold et al., 2018)
6	Reduction of sedentary behaviours	(Petraviciene, Grazuleviciene, Andrusaityte, Dedele, & Nieuwenhuijsen, 2018)
7	Lowered risk of cardiovascular disease	(Gascon et al., 2016)
8	Other physical health outcomes	(Frumkin et al., 2017; Markevych et al., 2014; Van den Berg et al., 2015)

Note. ADHD, attention-deficit hyperactivity disorder. The references in Table 1 are illustrative rather than exhaustive.

Table 3

Summary of evidence-based wellness benefits of nature contact for the connection aspect.

No.	Wellness benefits	References
1	People connected with nature tend to be happier and possess greater wellness	(Capaldi, Dopko, & Zelenski, 2014; Nisbet, Zelenski, & Murphy, 2011; Reese, Lewis, Myers, Wahesh, & Iversen, 2014; Zelenski & Nisbet, 2014)
2	Exposure to nature during childhood predicts greater connection with nature throughout the lifespan	(Chawla, 2007)
3	Place attachment theory and supporting research: People experience greater affiliation with nature spaces over built environments. Developing emotional connection and an identity pertaining to place, in relation to viewing the function of place as relevant to a person's needs or interests, and social bonding.	(Korpela, Ylén, Tyrväinen, & Silvennoinen, 2009; Ramkissoon, Weiler, & Smith, 2012)

Note. The references in Table 2 are illustrative rather than exhaustive.

Table 4

Summary of EcoWellness aspects and Subaspects.

No.	SubNo.	Aspect and Subaspect
1.		Having physical access to nature.
	1.1.	Living, working, socialising, or recreating in, near, or with places or species that the individual considers nature
	1.2.	The ability to physically access nature at one's discretion
2.		Being close to nature through one's senses, even in the absence of physical access to nature
	2.1.	Being able to touch nature
	2.2.	Being able to smell nature
	2.3.	Being able to see nature
	2.4.	Being able to hear nature
3.		Connection
	3.1	Experience pleasant cognitions (including memories) while reflecting on one's relationship with nature
	3.2	Having positive emotions while reflecting on one's association with nature
	3.3	Having a special place (or places) in nature that elicit(s) positive emotions and cognitions
	3.4	Having at least one activity in, or with nature that one incorporates into a self-definition
4.		Protection
	4.1	Incorporating elements of nature into one's lifestyle that can be of benefit to one's survival.
	4.2	Taking precautions that would promote one's survival when in the presence of or near species or natural elements that can bring harm to the individual
5.		Preservation
	5.1	Taking action(s) related to an environmental cause
6.		Spirituality
	6.1	A perceived connection with one's conception of a higher power or life-guiding beliefs when in presence of nature.
	6.2	The ability to find inner peace when in presence of nature
	6.3	A sense of seclusion and being away from one's typical environment
7.		Community connectedness
	7.1	A greater sense of interconnectedness with the human and non-human community through contact with nature.
	7.2	Compassionate and generous acts towards others when exposed to nature

Note. The formulation of EW aspects and subaspects are obtained from (Reese, Myers, Lewis, & Willse, 2015 p. 139).

Table 5

Summary of study sample.

Subcontext	Narrative	Extension	Reference
DNT	1- Med Gutta på tur	1367	(DNT, 2019b)
	2- Sommaren eg lærte å vandre	1885	(DNT, 2019e)
	3- Eit fjell i gave	1226	(DNT, 2019a)
	4- Psykt fin tur	2743	(DNT, 2019d)
	5- På ski mellom giganter	1101	(DNT, 2019c)
SURF	1- Noe av det beste jeg noensinne har sett her i Lofoten	854	(Friflytt, 2020b)
	2- Derfor er Lofoten et surfeparadis	1322	(Friflytt, 2020a)
	3- The lone surfer of Bear Island	683	(Magicseaweed, 2019)
	4- Ivrige Gunzilla	1021	(Ivrigcamp, 2018)
	5- Surf er mer enn bare teknikk	480	(Friflytt, 2017b)
ADR	1- Rekordrask ned fra fjellkongetoppene i Romsdal.	420	(Friflytt, 2018)
	2- Drømmedager med Markus Kleveland.	680	(Friflytt, 2017a)
	3- På splitboard i Tromsø med de råeste kjørerne.	1722	(Friflytt, 2019)
	4- Slik er frikjøringen på Gålå.	1740	(Friflytt, 2020e)
	5- Oppdal.	1158	(Friflytt, 2015)

Table 6

Formulas used for obtaining the EWPs.

Use	Formula
A	$EWI = \Sigma (EWI_1) + (EWI_n)$
B	$Total. EW = \Sigma (EW1) + (...) + (EW7)$
C	$\%EW1 = 100 * (EW1 / Total. EW).$
D	$DNT\%EW1 = \Sigma (DNT1\%EW1 + (...)+DNT5\%EW1)/5$
E	$FRIL\%EW1 = \Sigma (DNT\%EW1 + SURF\%EW1 + ADR\%EW1)/3$

Note. Σ = Summation. %= Proportion. *= Multiplication sign. /= Division sign.

Table 7

Simplified overview of the process of condensing the narratives into the resulting descriptions.

Narrative	Decontextualisation			Recontextualisation
	Identification	Formulation	Aggrupation	
DNTX ".....""	Subject: "....." Nature: "....."	Subject: Two friends and a dog Nature: Mountains (x10) Valley (x6)	DNT Subjects: Friends meet together, sometimes with their dogs	DNT: According to this analysis, the essence of the DNT experience seems to be about friends that meet in the mountains.
DNTY ".....""	Subject: "....." Nature: "....."	Subject: Four friends Nature: Mountains (x5) Forest (x3)	DNT Nature: Mountains	

Note. The examples presented here are fictitious.

Table 8

Phenomenological description of FRIL experiences.

Context	Code	Description
	F.S.	According to this analysis, the essence of the FRIL experiences seems to be about people, most often men, that meet with others. Their groups are most often formed upon shared interests for the experiences, but sometimes they are based on friendships, or family.
	F.I.	These subjects most often are oriented in their experiences to gaining personal growth, as in learning skills, to obtain professional development, or to become something greater.
FRI	F.P.	To achieve that, they engage in various forms of physical activity conducted on settings with natural qualities. In relation to those activities a richer diversity of projects is generally found, like for example producing media content from their experiences.
	F.N.	In their experiences, the geography and cultural nature obtain the most attention. It is usually talked about taking tours around valleys. The mountains and the sun often gain recognition.

Table 9

Phenomenological description of DNT experiences.

Subcontext Code Description

Subcontext	Code	Description
DNT	D.S.	According to this analysis, the essence of the DNT experiences seems to involve often groups of people, most often men, that meet with others. Their groups are most often formed by family members, but they can also be friends, or share the same interests. In occasions they are also accompanied by their dogs.
	D.I.	These subjects most often are oriented in their experiences to connecting with the other people,
	D.P.	and for that they engage in activities that involve commuting in nature, like hiking, or cross-country skiing. In occasions those also serve as a mean to explore natural areas together, tenting, or reaching mountain tops.
	D.N.	In their experiences, the geography and cultural nature obtain the most attention. It is usually talked about taking tours in areas of natural interest like national parks, where mountains are referred the most, and many other elements are also frequently referred like valleys, lakes, landscapes, the sun, clouds, mountain roads and cabins.

Table 10

Phenomenological description of SURF experiences.

Subcontext	Code	Description
SURF	S.S.	According to this analysis, the essence of the SURF experiences seems to involve often groups with a fair balance of gender participation. Their groups are sometimes based on friendship or formed upon shared interests.
	S.I.	Surfers seem to be oriented in their experiences to gaining personal growth, as in obtaining professional development, living the life they desire, overcoming difficulties, or learning skills.
	S.P.	To accomplish those aims, they engage in surfing, and sometimes they combine surfing with other activities like photographing surfers, or acting upon environmental causes.
	S.N.	In their experiences, the geography obtain the most attention, and noticeably the cultural elements are relatively uninteresting. There is usually talk about the waves, sea water, beaches and the sun.

Table 11 Phenomenological description of ADR experiences.

Subcontext	Code	Description
ADR	A.S.	According to this analysis, the essence of the ADR experiences seems to almost always involve groups of people, formed almost exclusively by males who meet others with the same shared interests for the experiences.
	A.I.	These subjects seem to be oriented in their experiences to personal enjoyment, and gaining personal growth, as in becoming something greater, or obtaining professional development.
	A.P.	To realise those goals they would engage in searches for good conditions in the nature, and conducting activities involving air time such as flying, or performing stunts. The settings also seem to facilitate social learning, and occasionally producing media content.
	A.N.	In their experiences, the geography and cultural elements obtain the most attention, and the elements of the biosphere seem to be uninteresting. It is usually talk about the mountains, and the sun. Other frequently referred elements are the tours in areas with valleys, mountain tops, terrain elements like cliffs, ski facilities and the weather.

Table 12

EWP for FRIL. Refined and arranged from Appendix B-Table 20.

EW aspect	Mean percentage	(Standard deviation)
Physical access	38.38	(±9.34)
Sensorial access	21.38	(±12.07)
Connection	31.54	(±9.94)
Protection	0.87	(±2.14)
Preservation	1.68	(±4.76)
Spirituality	2.28	(±5.01)
Community connectedness	3.88	(±3.89)

Table 13

EWP for FRIL, DNT, SURF, and ADR. Obtained from Appendix B-Table 20.

Mean percentage of the EW Aspects	FRIL	DNT	SURF	ADR
Physical Access	38.38	37.46	31.38	46.28
Sensorial Access	21.38	24.80	18.41	20.91
Connection	31.54	25.65	38.41	30.57
Protection	0.87	0.41	1.58	0.62
Preservation	1.68	0	5.03	0
Spirituality	2.28	4.71	2.13	0
Community Connectedness	3.88	6.96	3.06	1.63

Table 14

Variables used in the statistical tests, and descriptive statistics mean and standard deviation, grouped by DNT, SURF, and ADR.

EW Aspect	Mean percentage and (standard deviation)		
	DNT	SURF	ADR
%Physical Access	37.46 (+-7.79)	31.38 (+-7.8)	46.28 (+-6.61)
%Sensory Access	24.80(+12.32)	18.41 (+-12.30)	20.91 (+-13.45)
%Connection	25.65(+7.56)	38.41 (+-6.21)	30.57 (+-12.12)
%Secondary aspects	11.02(+3.16)	12.22(+11.42)	2.55(+2.62)

Table 15

Chi-Squared test for homogeneity.

Type of data	Variables	DNT	SURF	ADR	Total
<i>Observed</i>	$\bar{x}\%PA$	37.46	31.38	46.28	115.12
	$\bar{x}\%SA$	24.80	18.41	20.91	64.12
	$\bar{x}\%C$	25.65	38.41	30.57	94.63
	$\bar{x}\%SEC$	11.02	12.22	2.55	25.79
	<i>Total</i>	100	100	100	300
<i>Expected</i>	$\bar{x}\%PA$	38.37	38.37	38.37	115.12
	$\bar{x}\%SA$	21.37	21.37	21.37	64.12
	$\bar{x}\%C$	31.54	31.54	31.54	94.63
	$\bar{x}\%SEC$	8.6	8.6	8.6	25.79
	<i>Total</i>	100	100	100	300
X^2_{exp}		<i>Degrees of Freedom</i>		<i>Significance</i>	
12.983		6		.04*	

Note. \bar{x} % = Mean percentage

* p < .05.

Table 16

Statistical Tests performed to explore subcontext differences in their EWPs and their significance values.

<i>Test</i>	<i>Variable and comparison</i>		<i>Significance</i>	
<i>Normality Test. Shapiro-Wilk.</i>		%PA	0.960	
		%SA	0.658	
		%C	0.282	
		%SEC	0.138	
<i>Variance Test. Levene.</i>		%PA	0.956	
		%SA	0.877	
		%C	0.78	
		%SEC	0.016*	
<i>Inter-Subcontext differences . One Way ANOVA.</i>		%PA	0.025 *	
		%SA	0.732	
		%C	0.119	
		%SEC	0.099	
<i>Inter-Subcontext differences Post-Hoc.</i>	<i>Bonferroni</i>	%PA	DNT-SURF	0.659
			DNT-ADR	0.255
			SURF-ADR	0.024 *
	<i>Bonferroni</i>	%SA	DNT-SURF	1
			DNT-ADR	1
			SURF-ADR	1
	<i>Bonferroni</i>	%C	DNT-SURF	0.134
			DNT-ADR	1
			SURF-ADR	0.580
	<i>Tamhane's T2</i>	%SEC	DNT-SURF	0.995
			DNT-ADR	0.006 **
			SURF-ADR	0.346

* P < .05. ** P < .01.

Table 17

Discussed phenomenological description of FRIL experiences.

Context	Code	Description
FRI	F.S.	After the revision, the essence of the FRIL experiences seems to be about people, most often men, that meet with others. Their groups are most often formed upon shared interests for the experiences, but sometimes they are based on friendships, or family. However, the specific FRIL experience will determine the social profile.
	F.I.	Making an oversimplification, it can be said that these subjects most often are oriented in their experiences to gaining personal growth, as in learning skills, to obtain professional development, or to become something greater.
	F.P.	Simplifying again, they engage in various forms of physical activity conducted on settings with natural qualities. In relation to those activities a richer diversity of projects is generally found, like for example producing media content from their experiences.
	F.N.	In their experiences, the geography and cultural nature obtain the most attention. The tours, mountains, valleys and the sun often gain recognition.

Table 18

Discussed phenomenological description of DNT experiences.

Subcontext	Code	Description
	D.S.	After the reviewed analysis, DNT experiences seem to involve often groups of people, most often men, that meet with others. Their groups are most often formed by family members. In occasions they are also accompanied by their dogs.
	D.I.	Making an oversimplification, these subjects most often are oriented in their experiences to connecting with the other people.
DNT	D.P.	For that they engage in activities that involve commuting in nature, like hiking, or cross-country skiing. In occasions those also serve as a mean to explore natural areas together, tenting, or reaching mountain tops.
	D.N.	The geography and cultural nature obtains the most attention. It is usually talked about taking tours in areas like national parks, where elements such as the landscapes, mountains, valleys, lakes, mountain roads, cabins, the sun and clouds often gain recognition.

Note. The essence of the DNT experiences seems in line with the DNT institution's image, and the experiences generally reflect concern for tradition, inclusiveness and nature affinity.

Table 19

Discussed phenomenological description of SURF experiences.

Subcontext	Code	Description
	S.S.	After the reviewed analysis, SURF seems to involve often groups sometimes based on friendship or formed upon shared interests.
	S.I.	Surfers seem to be oriented in their experiences to gaining personal growth, as in obtaining professional development, living the life they desire, overcoming difficulties, or learning skills.
SURF	S.P.	To accomplish those goals, they engage in surfing, and sometimes they combine surfing with other activities like photographing other surfers, or engaging in environmental causes.
	S.N.	In their experiences, the geography obtain the most attention, and noticeably the cultural elements are relatively uninteresting. There is usually talk about the waves, sea water, beaches and the sun.

Note. The essence of the SURF experiences seems to be influenced by contemporary trends seen in FRIL, involving profile specialisation and self-reaffirmation.

Table 20

Discussed phenomenological description of ADR experiences.

Subcontext	Code	Description
ADR	A.S.	After the reviewed analysis, the essence of the ADR experiences seems to be highly influenced by contemporary trends seen in FRIL involving profile specialisation, and self-reaffirmation. ADR almost always involve groups of people, formed almost exclusively by males who meet others with the same shared interests for the experiences.
	A.I.	Oversimplifying, ADR subjects seem to be oriented in their experiences to enjoy themselves, and gaining personal growth, as in becoming something greater, or obtaining professional development.
	A.P.	To realise those goals they would engage in searches for good conditions in the nature, and conducting activities involving air time. The settings also seem to facilitate social learning, and occasionally producing media content.
	A.N.	In their experiences, the geography and cultural elements obtain the most attention, and the elements of the biosphere seem to be uninteresting. It is usually talk about the tours in areas with valleys, mountain tops, terrain elements like cliffs, ski facilities, and they pay attention to the sun and weather.

Note. ADR is an heterogeneous subcontext, and as such much consideration is required when making generalisations.

Figure1

Cake diagram representing the EWP obtained for FRIL.

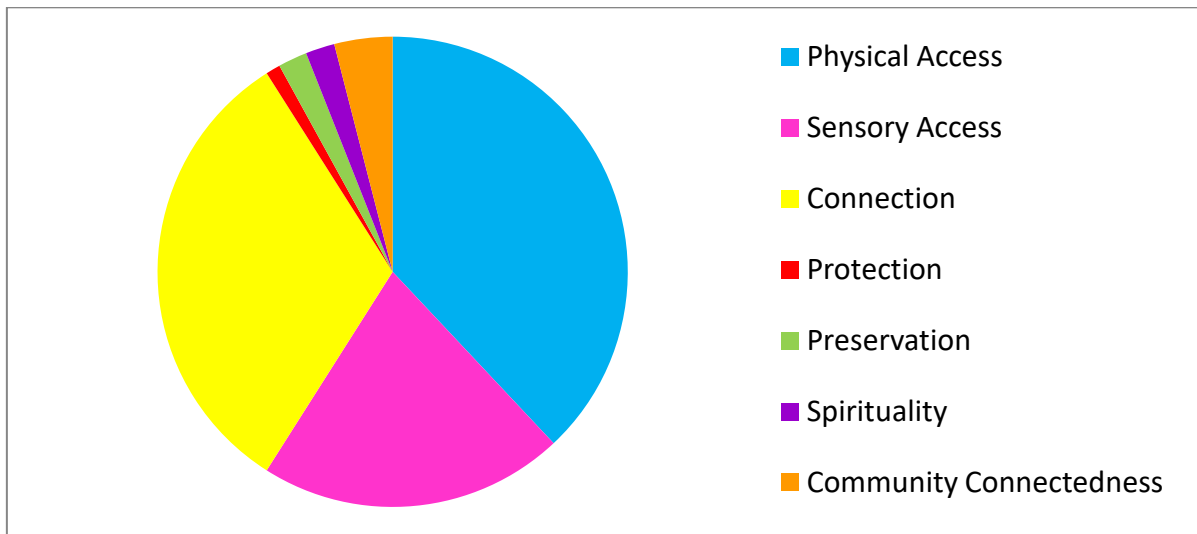
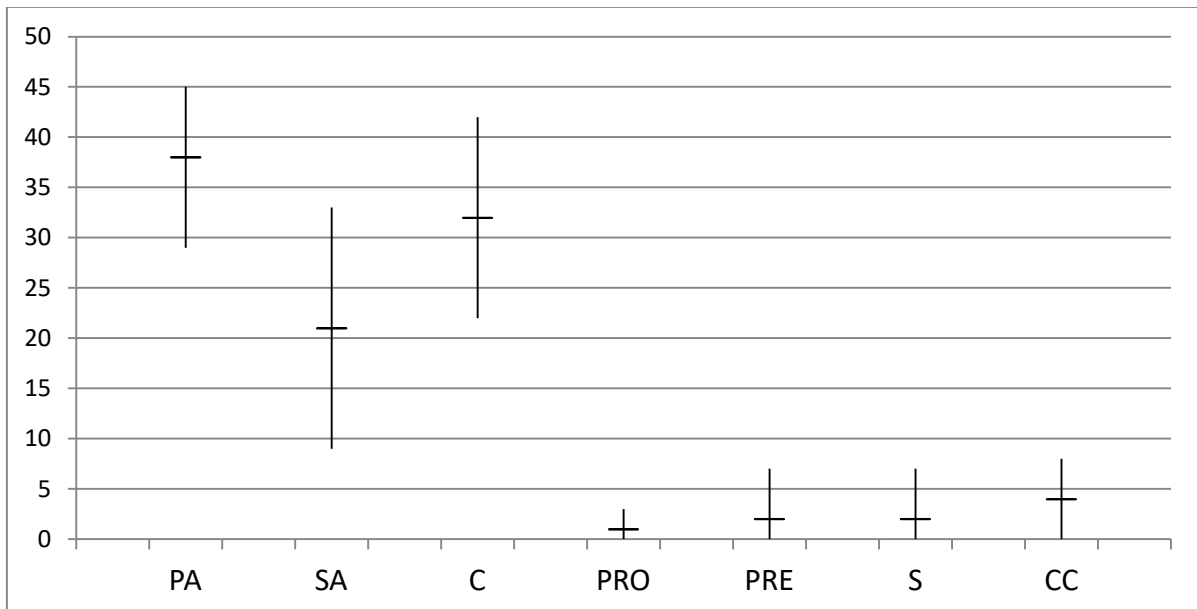


Figure 2

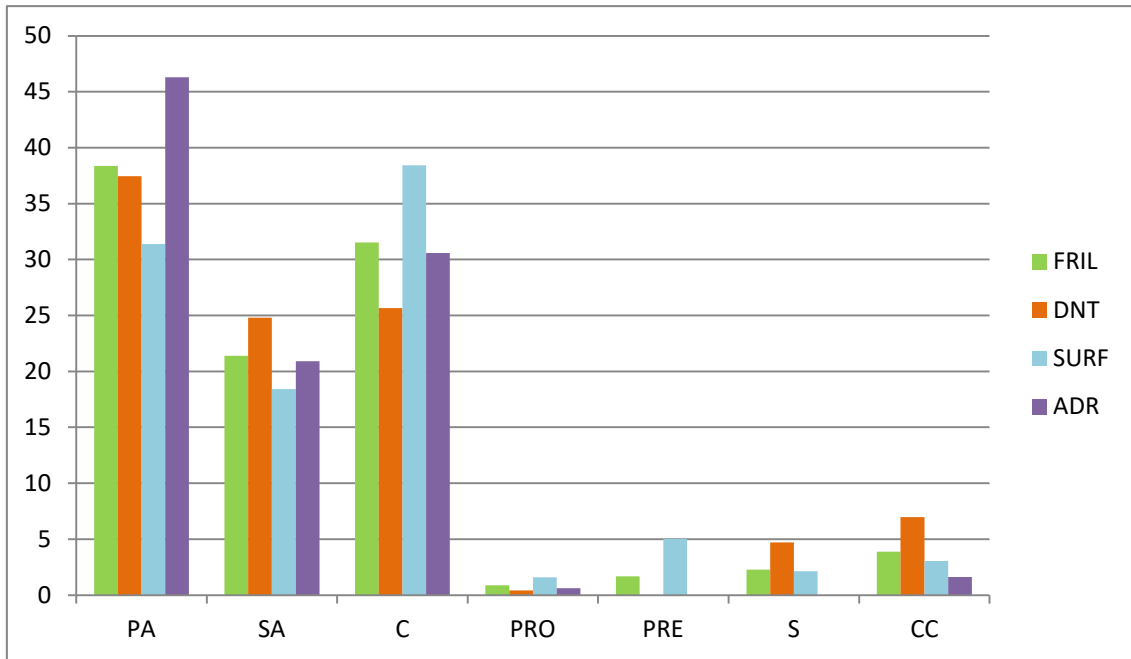
Representation of the mean percentage per EW aspect and standard deviation in FRIL.



Note. In the X axis is listed the EW aspects. The Y axis is graded by percentages. The thick horizontal line over each EW aspects represents the mean percentage of the EW aspect. The thin vertical and perpendicular line represents the standard deviation for the same EW aspect.

Figure 3

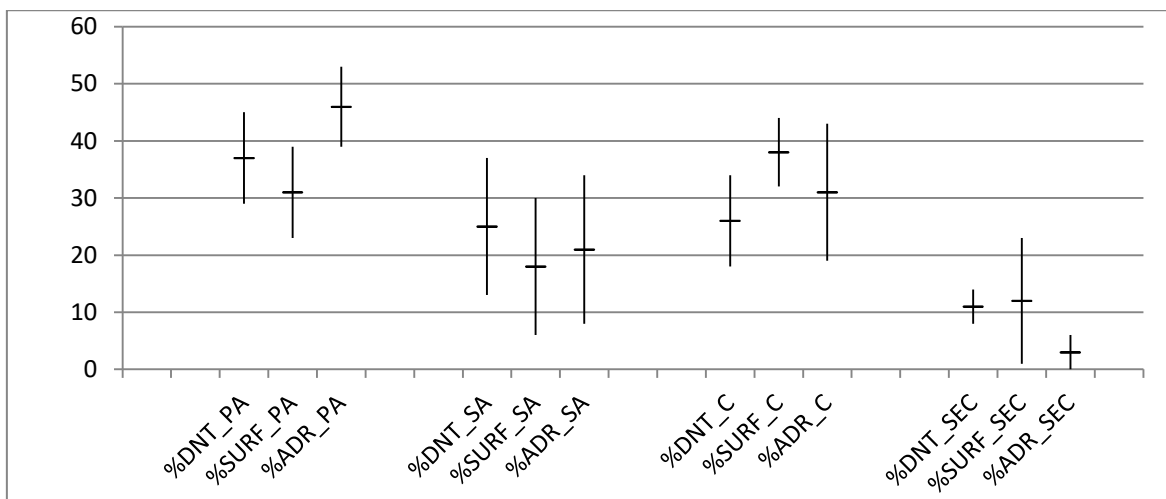
Representation of the mean percentage of the EW in FRIL, DNT, SURF and ADR.



Note. In the X axis it is listed the EW aspects. The Y axis is graded by percentages.

Figure 4

Representation of the mean percentage per EW variable and standard deviation in DNT, SURF and ADR.



Note. In the X axis is listed the EW variables. The Y axis is graded by percentages.

The thick horizontal line over each EW variable represents the mean percentage of the EW variable. The thin vertical and perpendicular line represents the standard deviation for the same EW variable.

Appendix A.

Phenomenological analysis based on narrative fragments, and including the steps identification, formulation, and aggrupation.

Table 1

Identification and Formulation of the Subjects per narrative.

Narrative	Identification	Formulation
DNT1	<i>"Jeg har med meg to veltrente karer, men de er uerfarne fjellvandrere"</i> <i>"Jenstad gård. Gårdseieren, Erik Jenstad"</i> <i>"Kona Randi støtter seg til dørkarmen bak ham"</i> <i>"et gårdsbruk, og bonden"</i>	A group of 3 male friends 3 farmers(2 males) on their way.
DNT2	<i>"Line er utdanna fotojournalist frå OsloMet og jobbar no i DNT"</i> <i>"folk"</i> <i>"eit ungt par"</i> <i>"ein far med tre unge gutar"</i> <i>"nokon eg møtte på Grimsdalshytta"</i> <i>"han og kjærasten"</i> <i>"ein av kompisane hans"</i>	1 woman 9 other people (7 males)
DNT3	<i>"Heile familien"</i> <i>"Bondefamilie"</i> <i>"tre søsken, mor og far, to søskenbarn og ein onkel."</i>	A farmer family (8 people, 4 males).
DNT4	<i>" Vi er to mennesker og en hund, Juster"</i> <i>"Une Cecilie"</i> <i>"Marius Dalseg Sætr"</i>	A group of a woman and a man with a dog.
DNT5	<i>"Aleksander, broren og faren hans"</i> <i>"alle tre får nyttig drahjelp av hver vår ivrige alaska husky"</i>	A family (3 males and 3 dogs).
SURF1	<i>" SURFER: Shannon Ainslie"</i> <i>" Foto: Hallvard Kolltveit"</i>	A group of 2 males.
SURF2	<i>"Hallvard Kolltveit"</i> <i>"(...) for en surfefotograf"</i> <i>"utallige kaffekopper med gamle"</i>	A group of friends: 1 male surfer-photographer, and 7 other surfers (4

	<p>og nye venner" "Sturla Fagerhaug" "Kristine Tofte" "Sturla Fagerberg" "Stephanie Gilmore" "Mick Fanning" "Tim Matley " "Guro Aanestad"</p>	<p>males).</p>
SURF3	<p>"except for Kristine Tofte, her surfboard and a rifle" "Perfect companion." "nine people who live on the island"</p>	<p>1 surfer woman, with her rifle and dog in a lonely island.</p>
SURF4	<p>"Gunhild" "Jeg har kreft, jobber i bolig og studerer til å bli sexologisk rådgiver." "broren til bestevenninnen min dro oss med"</p>	<p>A group of friends: 1 surfer woman, her best friend (female) and the brother of the friend.</p>
SURF5	<p>"I juni arrangerte Runa Weidemann, gjennom IN Surf, surfecamp (...) for jenter på Stad" "her møttes en rekke entusiaster i ulike aldere og med ulikt ferdighetsnivå" "En av jentene i helgen sa" "vi har hatt lokal surfeinstruktør" "Akka Surf som har overnatting inkludert surfemamma"</p>	<p>A group of arrangers and participants of a girl-only-surfing camp (4 people mentioned)</p>
ADR1	<p>"Tom Erik Heimen besteg alle sju fjellkonge-toppene i Romsdal i helga på under 23 timer"</p>	<p>1 male wingsuiter</p>
ADR2	<p>"Marcus Kleveland" "en X Games-vinner" "freeskitalentet Vebjørn Gråberg (13)" "snowboarderen Odin Røhrt (12)" "I bakken dukker også Ståle Lien opp. Et kjent snowboardnavn 15 år tilbake."</p>	<p>A group of: 2 young freeriders(males) together with both 1 current, and 1former Snowboarding stars (males).</p>
ADR3	<p>"Isak Olof Dalsfelt" " jeg ville bare kjøre snowboard og ta bilder."</p>	<p>A group of: 1 male photographer that joined 4 other males producing a</p>

	<i>"Krister, Eirik og vår finske venn Joonas"</i> <i>"Andreas Storvoll Strømseth,"</i>	splitboard film
ADR4	<i>"Leif Juster"</i> <i>"Brynjar Åmot"</i> <i>"Vilde Fimreite"</i> <i>"Espen Berg-Johnsen"</i> <i>"Bendik Øye"</i> <i>"Vegard Breie"</i>	A group of 6 freeskiers (5 males), and a photographer.
ADR5	<i>"Peter Gløersen"</i> <i>"Joacim Nyhaugen"</i> <i>"Eirik Skjellfjord."</i> <i>"Torgeir Eikeli"</i> <i>"Kristian Møller"</i> <i>"Petter Kristiansen og Torgeir Bergrem."</i> <i>"et gap Morten Vigeland har satt sitt navn på etter noen tricks i Playboard-intervjuet hans fra 2001"</i>	A group of 7 male snowboard freeriders, and another rider that had previously claimed a gap/cliff in the area.

Table 2

Aggrupation of the subjects.

Subject's variables	DNT	SURF	ADR	FRIL
N	29	18	23	70
Gender	20 M (69%)	8 M (44%)	22 M (96%)	50 M (71%)
Bonds				
Alone	1/5	1/5	1/5	3/15
Friends	1/5	2/5	0	3/15
Family	2/5	0	0	2/15
Shared interest	1/5	2/5	4/5	7/15
Dogs inclusion	2/5	1/5	0	3/15

Note. N= Sample size ; M= Males.

Table 3

Identification and Formulation of the Intentionalities per narrative.

Narrative	Identification	Formulation
DNT1	<i>"Vi er tre kompiser som skal på vår første ordentlige fjelltur sammen." "Er det noe vi kan, er det å være på guttetur"</i>	DNT1.1. To be on a Boys-tour together for the first time
DNT2	<i>"Då forstod eg at eg måtte ta grep, eg måtte omfavne ein ny måte å gå i fjellet på. I staden for fjelltur, måtte eg no starte med fjellvandring." "Tur for meg har alltid handla om toppar." "Nokre vil kanskje heller kalle det ein omveg, sidan du også kan gå ei enklare rute gjennom dalen, men eg var aldri i tvil."</i>	DNT2.1. To learn/master mountain trekking DNT2.2. To balance the trekking experience with something else more familiar and appealing
DNT3	<i>"Kva er vel betre gåve enn ein familietur til Snønipa?"</i>	DNT3.1. To give as a present a meaningful nature experience with the family
DNT4	<i>"– Hva er det du er redd for, spesifikt? Nå er det ikke hennes psykiske helse hun prater om. Det er min, og det er derfor hun foreslår å snu. – Jeg er redd for å besvime, svarer jeg. "</i>	DNT4.1. To use friluftsliv therapeutically for someone else with challenged mental health.
DNT5	<i>"Nå som vi er voksne, 18 og 21 år, og far er 45 år, er vi glad for at han endelig kan utfordre seg selv fysisk på tur med sine to sønner."</i>	DNT5.1. To have a family winter tour in Visdalen
SURF1	<i>"Overall en god dag på jobben!"</i>	SURF.1.1. To do his profession
SURF2	<i>"Hit måtte jeg komme meg før skjegget ble for langt " "Jakten på den perfekte bølgen tar aldri slutt, men for meg finnes den i vår egen bakgård" "Lofoten er som en våt drøm for en surfefotograf."</i>	SURF.2.1. To live in Lofoten (as a surfer and photographer)

SURF3	<p><i>"Kristine, how is it to live and work in a place like this? "</i></p> <p><i>"Bear Island differs from them all. A spot check with a rifle on your back and a polar bear lookout on land isn't everyday life for most surfers."</i></p>	SURF.3.1. To live (as a surfer) in the conditions of Bear Island
SURF4	<p><i>"Jeg har surfet i snart 13 år, og det er min beste terapi."</i></p>	SURF.4.1. To use surfing therapeutically for herself
SURF5	<p><i>"På IN Surf for jenter lærer de alle aspektene ved surfing."</i></p> <p><i>"Samtidig er det noe spesielt med en ren jentegruppe. En av jentene i helgen sa "when girls come together and feel safe, magic happens". Jeg spør alltid jentene om de skulle ønske det var en blandet gruppe og hva som eventuelt er fordelene med en ren jentecamp. Alle er enige; jentecamp er bra! Det er lettere å åpne seg når det bare er jenter. Det føles trygt og det blir mindre konkurransepreget. Det er gøy å surfe med en gruppe jenter, ofte er det nesten bare gutter i lineupen, sier Weidemann."</i></p>	SURF.5.1. To learn and enjoy surfing on Girl-Solo-conditions
ADR1	<p><i>" Tom Erik Heimen besteg alle sju fjellkongetoppene i Romsdal i helga på under 23 timer – godt hjulpet av fallskjerm og vingedrakt på vei ned fra fem av fjellene"</i></p> <p><i>"Dette er de sju fjellene som må bestiges for at man skal kunne kalle seg Fjellronning eller Fjellkonge i Romsdal"</i></p>	ADR.1.1. To become "mountain king" in less than 24h thanks to Wingsuiting
ADR2	<p><i>" Drømmen gikk i oppfyllelse for freeskitalentet Vebjørn Gråberg (13) fra Trondheim og snowboarderen Odin Røhrt (12) fra Oslo"</i></p>	ADR.2.1. To enjoy a "dream made true"
ADR3	<p><i>" Som snowboardkjører og fjellmann har jeg ikke så mye erfaring, men jeg har fotografert i mange år, i senere tid også profesjonelt, og ville kombinere mine to pasjoner."</i></p> <p><i>" Nå hadde jeg mye fritid og ingen planer, jeg ville bare kjøre snowboard og ta bilder"</i></p>	ADR.3.1. To combine his two passions
ADR4	<p><i>" I 1957 meldte Leif Juster i «Fjols til fjells» at Gålå Høgfjellshotell var fullbooket frem til påske. Hva har Gålå å melde i dag?"</i></p>	ADR.4.1. To explore a promising new

"Gååå. (...) Dit må vi dra"

*"Kommer hjem om to dager, kan vise dere rundt!
Mye kul kjøring og mange klipper med flate
landinger."*

free-riding area

ADR5

" Det er 15 år siden sist Playboard hadde reportasje fra Oppdal. Da var det Einar Johansen som tok bildene og redaktør Monica Kvaale skrev om OST (Oppdal Snowboard Team), seige oppdalinger og skifolket som ikke var det spor interessert i pudder (vi lever nye tider). Truls Gran la noen fine puddersvinger og Stein Roger Rokkones gikk høyt i det som blir beskrevet som en av Europas beste piper. I dag er pipen for lengst borte og OST dominerer ikke lenger landslaget med Rennander-familien & co. Det meste gjelder allikevel fremdeles: Oppdal er stort, det snør når lavtrykkene kommer fra nord- vest og de lokale får fremdeles ha all snøen for seg selv i ukedagene. Ikke minst er det masse bra kjøring bare et steinkast fra heisen. Og folk fra Dombås er fremdeles rånete."

ADR.5.1. To
make a new
reportage for a
snowboard
magazine about
Oppdal

"Han står på parkeringsplassen til Oppdal skisenter etter sin siste tur for dagen og kan melde om at gårsdagens bunnløse pudder har blitt tungt og <<suppette>>. Forholdene som han raver om har vi allerede opplevd gjennom facebook og instagram. Det er derfor vi har tatt turen fra Oslo."

ADR.5.2. To
enjoy good Free-
snowboarding
snow conditions

Table 4

Aggrupation of the intentionalities.

Nar.	Formulation	Aggrupation
DNT1	1/6. DNT1.1. To be on a Boys-tour together for the first time.	
DNT2	2/6. DNT2.1. To learn/master mountain trekking. 3/6. DNT2.2. To balance the trekking experience with something else more familiar and appealing.	4/6 Intentionalities oriented to social connection (DNT1.1, DNT3.1, DNT4.1, and DNT5.1)
DNT3	4/6. DNT3.1. To give as a present a meaningful nature experience with the family.	1/6 Intentionalities oriented to personal growth (DNT2.1)
DNT4	5/6. DNT4.1. To use friluftsliv therapeutically for someone else with challenged mental health.	1/6 Intentionalities oriented to enjoyment (DNT 2.2)
DNT5	6/6. DNT5.1. To have a family winter tour in Visdalen .	
SURF1	1/5. SURF.1.1. To do his profession .	
SURF2	2/5. SURF.2.1. To live in Lofoten (as a surfer and photographer).	
SURF3	3/5. SURF.3.1. To live (as a surfer) in the conditions of Bear Island.	
SURF4	4/5. SURF.4.1. To use surfing therapeutically for herself.	5/5 Intentionalities oriented to personal growth (SURF1-5)
SURF5	5/5. SURF.5.1. To learn and enjoy surfing on Girl-Solo-conditions.	
ADR1	1/6. ADR.1.1. To become "mountain king" in less than 24h thanks to Wingsuiting.	
ADR2	2/6. ADR.2.1. To enjoy a "dream made true".	3/6 Intentionalities oriented to enjoyment (ADR2.1, ADR4.1, and ADR5.2)
ADR3	3/6. ADR.3.1. To combine his two passions.	3/6 intentionalities oriented to personal growth (ADR1.1, ADR3.1, and ADR5.1).
ADR4	4/6. ADR.4.1. To explore a promising new free-riding area.	

ADR5 5/6. ADR.5.1. To make a new reportage for a snowboard magazine about Oppdal.

6/6. ADR.5.2. To enjoy good Free-snowboarding snow conditions.

FRIL 9/18 Intentionalities oriented to personal growth (DNT2.1, SURF1-5, ADR1.1, ADR3.1, and ADR5.1).

5/18 Intentionalities oriented to enjoyment (DNT2.2, SURF5.1., ADR2.1, ADR4.1, and ADR5.2).

and 4/18 Intentionalities oriented to social connection (DNT1.1, DNT3.1, DNT4.1, and DNT5.1).

Note. Nar = Narrative

Table 5

Identification and Formulation of the Projects per narrative.

Na.	Int.	Identification	Formulation
DNT 1	DNT 1.1.	<i>"som skal på vårt eget eventyr"</i> <i>"og utforske de nordlige delene av Dovre."</i> <i>"Turen vi har planlagt går innom tre hytter gjennom klassisk norsk kulturlandskap med historiske setre, fabelaktige fossefall og enkelt overkommelige dagsetapper."</i>	1-To be on an adventure 2-To explore the northern part of Dovre <ul style="list-style-type: none"> • 2.1. To go through classic Norwegian cultural landscape • 2.2. To go through 3 cabins • 2.3. To experience historical farming settlements • 2.4. To experience fabulous waterfalls 3-To have low intensity hiking tour stages
DNT 2	DNT 2.1.	<i>"No skulle eg prøve meg på sjølvvandrings, fem dagar gjennom Rondane."</i>	1-To be trekking through Rondane during 5 days.
	DNT 2.2.	<i>"Tur for meg har alltid handla om toppar."</i> <i>"I dag skal eg til topps!"</i>	2-To Reach/to be on a top for a day trip
DNT 3	DNT 3.1.	<i>"Gje henne ein skitur til Snønippa"</i> <i>"Med heile fjellverda frå Sogn til Sunnmøre rundt oss, og utan eit menneske i sikte nokon stad. Og opp frå sekken dreg veslesyster ei stor marsipankake til ære for jubilanten"</i>	1-To take a skiing trip to Snønippa 2-To have marzipan cake on the top
DNT 4	DNT 4.1.	<i>"Kulde og utrivelige skidager som barn gjorde at Une ikke våget seg ut på vinterturer før i 2017. Siden har det blitt mange."</i> <i>"Jeg snur meg sidelengs. Forsiktig. Vi er to mennesker og en hund, Juster, i tremannsteltet i Bymarka i Trondheim. To og en halv kilometer fra parkeringsplassen."</i> <i>"Å sove ute vinterstid handler for min del mest om overnattingen."</i>	1-To go on a ski trip into nature 2-To sleep outside during

		<p><i>"– Hva er det du er redd for, spesifikt? Nå er det ikke hennes psykiske helse hun prater om. Det er min, og det er derfor hun foreslår å snu. – Jeg er redd for å besvime, svarer jeg. " "– Jeg møter mange som er så desperate etter å få det bedre at jeg forsøker å være nøktern nok til å vite at min måte å håndtere psykiske utfordringer på ikke er en fasit, og jeg er alltid litt redd for å skrive om det. Redd for å trække noen på tærne, eller gjøre noen situasjoner verre, sier Une. – Men åpenhet, det er viktig? – Åpenhet er viktig."</i></p>	<p>the winter 3-To have therapeutic talks</p>
DNT 5	DNT5 .1.	<p><i>"For meg som naturfotograf er det dette øyeblikket jeg har ventet på."</i></p> <p><i>"vi begynner å se oss om etter en telt plass. "</i></p> <p><i>"Alle tre får nyttig drahjelp av hver vår ivrige alaska husky"</i></p> <p><i>"vi er lastet med alt vi trenger av utstyr og mat, og"</i></p> <p><i>"å utforske nye områder der vi ikke har vært før."</i></p> <p><i>"Denne gangen har valget falt på Jotunheimen og Visdalen"</i></p> <p><i>"tre dager på ski i vinterfjellet"</i></p>	<p>1-To take pictures</p> <p>2-To have tenting overnights</p> <p>3-To have pulling dogs</p> <p>4-To have plenty of food and equipment</p> <p>5-To explore Visdalen</p> <p>6-To ski for three days</p>
SURF 1	SURF .1.1.	<p><i>"Hallvard Kolltveit fikk tatt en rekke bilder av Shannon Ainslie i nærmest drømmeforhold i Lofoten."</i></p>	<p>1-To take pictures of a professional surfer in great conditions in Lofoten</p>
SURF 2	SURF .2.1.	<p><i>"Flere sier at høsten i år har vært den beste på lenge, men jeg har ingenting å sammenligne med, så for meg er Lofoten et bølgeparadis 24/7, 365 dager i året. Varmt vann, fint vær, Lofoten Masters og utallige kaffekopper med gamle og nye venner er bare med på å finpusse på</i></p>	<p>1-To do surfing</p>

førsteintrykket "

" Det er noe helt spesielt å svømme blant surferne og prøve å fange et millisekund av et øyeblikk

mens man balanserer mellom å bli påkjørt av surferen og bli kastet rundt av bølgen."

"Lofoten er som en våt drøm for en surfefotograf"

2-To work as a surfer photographer

SURF SURF "Kristine, how is it to live and work in a place like this?" 1-To live and work in Bear Island
3 .3.1.

"how does it really feel to surf these arctic waters?"

"What's at stake when surfing at places like this?"

2-To surf in Bear Island

"A spot check with a rifle on your back and a polar bear lookout on land isn't everyday life for most surfers."

3- To take look outs for polar bears

"We've decided to do what we can and remove as much plastic as possible, while we're here."

4-To remove as much plastic as possible from Bear Island while there

SURF SURF "det gikk derfor en stund før det ble skikkelig kontinuitet i surfingen " 1-To surf constantly
4 .4.1.

"jeg skal fortsette å surfe så lenge jeg lever."

"Så etter et halvår uten å surfe, var det en tung vei opp igjen. Jeg følte jeg måtte begynne helt fra scratch, noe som var ganske sårt"

1.1. To progress in performance

" så var jeg ute på strendene hver dag. "

2-To be by the sea
2.1. To live close by the sea

"For tiden bor jeg på nord-Jæren og veien er kort ut til strendene. Ønsket er en dag å kunne få et hus rett ved stranda, slik at jeg kan sjekke surfen fra huset."

"Mye av tiden min bruker jeg opp og ned kysten på leting etter bølger"

3-To check for waves in the coast

SURF SURF "Stad-campen varte i tre dager" 1-To have a 3 days surfing camp just for girls
5 .5.1. "vi har hatt lokal surfeinstruktør"

		<i>"I juni arrangerte Runa Weidemann, gjennom IN Surf, surfecamp for jenter på Stad. Der møttes en rekke entusiaster i ulike aldre og med ulikt ferdighetsnivå. Campen inneholder store mengder aktivitet, og de jobber også mye med det mentale."</i>	1.1. To train surfing 1.1.1. To have local surf instructor 1.1.2. To have focus on the mental aspects of surfing
		<i>"Vi bodde på Akka Surf som har overnatting inkludert surfemamma så det har blitt va~er, markblomster, rabarbrapai, gode senger og klemmer."</i>	1.2. To have overnights in Akka Surf (Bred-and-breakfast with a S.mamma)
		<i>"Yogaen har vært med Bygda Yogaskule"</i>	1.3. To practice Yoga
		<i>"Vi har spist lokal, kortreist mat"</i>	1.4. To eat local food
ADR 1	ADR. 1.1.	<i>"Først Kongen, så videre til Dronninga, hoppa fra kona til Kongen. Så opp til Store Trolltind, og luftetur ned i Romsdalen. Videre gikk turen til Gjuratind via traversen fra Gjurafjellet, klatra ned igjen traversen til Gjurafjellet og fløy derifra og ut i Grøvdalen. Så hjem for å pakke to fallskjermer. Opp i Vengedal og satte kursen mot Kvanndalstind og videre til Store Vengetind. Fløy ned i Vengedal før jeg gikk opp på Romsdalshorn og fløy ned igjen til Romsdalen og senga mi."</i>	1-To hike Kongen 2-To hike Drønninga 3-To fly back to Kongen 4-To hike Store Trolltind 5-To fly to Romsdalen 6-To hike to Gjuratind, and go back down to Gjurafjellet 7-To fly to Grøvdalen 8-To pack two paraglides at home 9-To hike to Vengedal 10-To hike Kvanndalstind 11-To hike Store Vengetind 12-To fly to Vengedal 13-To hike to Romsdalshorn 14-To fly to Romsdalen
ADR 2	ADR. 2.1.	<i>"Tenk deg et skianlegg som du har helt for deg Selv"</i> <i>"Nattens kuldegrader gjør det rimelig hardt, men kombinasjonen av solen og Eivind Klevelands organisering av tråkkemaskiner sørger for at rundt klokka 2 er det klart for kjøring."</i> <i>"sol, vindstille"</i> <i>"å få kjøre en hel dag med en X Games-vinner."</i>	1-To have a specialised Ski centre just for themselves 2-To chose the day with "perfect" weather/tracks conditions 3-To spend such a day with a globally popular snowboarder.

		<i>"Runde på runde kjøres og det store, «lille» hoppet med en flate på minst 15 meter blir tatt i bruk. Marcus setter raskt standarden med en trippel, og de unge kjørerne pusher seg selv til det lengste."</i>	4-To have an acrobatic training day
ADR 3	ADR. 3.1.	<i>"Et større videoprojekt om splitboarding i Nord-Norge, som gikk over hele sesongen. (...) Så jeg spurte om de ville ha meg med på tur for å dokumentere det hele. Han nølte litt, men trodde at det ville gå bra."</i>	1-To join a big documentary project
		<i>"tur opp på breen for å sjekke linjer og snø."</i>	1.1. To scout the area for good gliding lines and conditions
		<i>"Planen var å utgå fra en basecamp og kjøre så mye som mulig i fjellene rundt omkring."</i>	1.2. To be on winter camping tours
		<i>"De skulle på tur til en isbre i Lyngen fredagen derpå, med to overnattinger."</i>	1.3. To ride as much as possible around
		<i>"Jeg fikk mine bilder og kjørerne fikk sin beste linje den sesongen – du kan se den i tredje episode av Higher Latitude."</i>	1.4. To record video clips/pictures of advanced split-boarders
ADR 4	ADR. 4.1.	<i>"– BJ! Vi er gira på å stikke til Gålå! Veit du om noen som kunne vært gira på å vise oss rundt? – Halla! Er i Japan akkurat nå. Ræva nett her! Kommer hjem om to dager, kan vise dere rundt!" "Espen viser vei"</i>	1-To get a person to guide them
		<i>"Hvor er den kuleste kjøringa her da, Espen?" "Svartløypa er også fet når den ikke er preparert."</i>	2-To find the coolest riding areas
		<i>"Under stolheisen er det en del klipper, med ganske flate Landinger" "Vilde Fimreite var én av de første jentene til å lande backflip i en frikjøringskonkurransse i Norge. Her gjør hun det igjen, utenfor konk, men på Gålå"</i>	3-To take jumps 3.1. To perform pirouettes
ADR	ADR	<i>"I dag er pipen for lengst borte og OST"</i>	1-To make some

5	.5.1.	<p><i>dominerer ikke lenger landslaget med Rennander-familien & co. Det meste gjelder allikevel fremdeles: Oppdal er stort, det snør når lavtrykkene kommer fra nord- vest og de lokale får fremdeles ha all snøen for seg selv i ukedagene. Ikke minst er det masse bra kjøring bare et steinkast fra heisen. Og folk fra Dombås er fremdeles rånete."</i></p> <p><i>"Før undertegnede rekker å få stilt inn kamera riktig "</i></p>	<p>experiences and impressions to talk about</p>
			<p>2-To take some camera-shots</p>
	ADR. 5.2.	<p><i>"(...) fra en local (selv om det helt sikkert er som å banne i kirka å kalle en som egentlig er fra Orkdal local i Oppdal)."</i></p> <p><i>"Skjellfjord inviterer oss til å bo med dem. "</i></p> <p><i>"og starter letingen, sultne på å finne det vi var blitt lovet på internett for noen dager siden"</i></p> <p><i>"så vi har fått klare tegn om å være forsiktige."</i></p> <p><i>"får kjørt noen store og fine svinger"</i> <i>"har enpuddersulten Nyhaugen sendt dagens fineste sving"</i></p> <p><i>"Hælen tåler kanskje ikke store hopp ennå, men trønderpudder skal gutten fra Klæbu klare."</i> <i>"Jocim Nyhaugen millerflipper."</i> <i>Nyhaugen, indy tailbone"</i></p>	<p>3-To have a local person to guide them</p> <p>4-To live with that person</p> <p>5-To look for good powder-conditions</p> <p>6-To be cautious in regards to snow avalanches</p> <p>7-To snowboard and take nice turns</p> <p>8-To take hops and tricks</p>

Note. Na. = Narrative; Int. = Intentionality.

Table 6

Agrupation of the projects.

Na.	Formulation	Agrupation
DNT 1	1-To be on an adventure 2-To explore the northern part of Dovre 2.1- To go through classic Norwegian cultural landscape 2.2- To go through 3 cabins 2.3- To experience historical farming settlements 2.4- To experience fabulous waterfalls 3-To have low intensity hiking tour stages	5/5 Walking or (Cross country) skiing as a baseline project (DNT1-5: 1.3; 2.1; 3.1; 4.1; 5.6) 2/5 To explore a new area (DNT1 and 5: 1.2; 5.5)
DNT 2	1-To be trekking through Rondane during 5 days 2-To Reach/to be on a top for a day trip	
DNT 3	1-To take a skiing trip to Snønipa 2-To have marzipan cake on the top	2/5 Reaching a mountain top (DNT2-3: 2.2; 3.2)
DNT 4	1-To go on a ski trip into nature 2-To sleep outside during the winter 3-To have therapeutic talks	2/5 Tenting (DNT 4-5: 4.2; 5.2)
DNT 5	1-To take pictures 2-To have tenting overnights 3-To have pulling dogs 4-To have plenty of food and equipment 5-To explore Visdalen 6-To ski for three days	
SUR F1	1-To take pictures of a professional surfer in great conditions in Lofoten	5/5 To surf (SURF1-5: 1.1; 2.1; 3.2; 4.1; 5.1).
SUR F2	1-To do surfing 2-To work as a surfer photographer	2/5 Picture-taking (Surf 1-2: 1.1; 2.2)
SUR F3	1-To live and work in Bear Island 2-To surf in Bear Island 3- To take look outs for polar bears 4-To remove as much plastic as possible from Bear Island while there	2/5 Acting upon environmental causes (Surf 3 and 5: 3.3; 5.1.1.1; 5.1.4)
SUR F4	1-To surf constantly 1.1. To progress in performance 2-To be by the sea 2.1. To live close by the sea 3-To check for waves in the coast	

SUR F5	<ul style="list-style-type: none"> 1-To have a 3 days surfing camp just for girls <ul style="list-style-type: none"> 1.1- To train surfing <ul style="list-style-type: none"> 1.1.1- To have local surf instructor 1.1.2- To have focus on the mental aspects of surfing 1.2- To have overnights in Akka Surf (Bred-and-breakfast with a S.mamma) 1.3- To practice Yoga 1.4- To eat local food 	
ADR 1	<ul style="list-style-type: none"> 1-To hike Kongen 2-To hike Drønninga 3-To fly back to Kongen 4-To hike Store Trolltind 5-To fly to Romsdalen 6-To hike to Gjuratind, and go back down to Gjurafjellet 7-To fly to Grøvdalen 8-To pack two paraglides at home 9-To hike to Vengedalen 10-To hike Kvanndalstind 11-To hike Store Vengetind 12-To fly to Vengedalen 13-To hike to Romsdalshorn 14-To fly to Romsdalen 	<p>4/5 Searching or looking for good conditions (ADR 2-5: 2.2; 3.1.1; 4.2; 5.5)</p> <p>4/5 Projects with air time (ADR1,2,4,5: 1.3; 2.4; 4.3;</p>
ADR 2	<ul style="list-style-type: none"> 1-To have a specialised Ski centre just for themselves 2-To chose the day with "perfect" weather/tracks conditions 3-To spend such a day with a globally popular snowboarder. 4-To have an acrobatic training day 	<p>5.8)</p> <p>4/5 Social learning</p>
ADR 3	<ul style="list-style-type: none"> 1-To join a big documentary project <ul style="list-style-type: none"> 1.1- To scout the area for good gliding lines and conditions 1.2- To be on winter camping tours 1.3- To ride as much as possible around 1.4- To record video clips/pictures of advanced split-boarders 	<p>(ADR2-5: 2.4; 3.1; 4.1; 5.3)</p> <p>2/5 Media producing</p>
ADR 4	<ul style="list-style-type: none"> 1-To get a person to guide them 2-To find the coolest riding areas 3-To take jumps <ul style="list-style-type: none"> 3.1- To perform pirouettes 	<p>(ADR3 and ADR5: 3.1.4; 5.2)</p>
ADR 5	<ul style="list-style-type: none"> 1-To make some experiences and impressions to talk about 2-To take some camera-shots 3-To have a local person to guide them 4-To live with that person 5-To look for good powder-conditions 6-To be cautious in regards to snow avalanches 7-To snowboard and take nice turns 	

8-To take hops and tricks

- FRIL 1. Practice of physical activity conducted on settings with natural qualities
(3 subcontexts; 15/15Narratives):
- Walking or (Cross country) skiing as a baseline project (DNT1-5: 1.3; 2.1; 3.1; 4.1; 5.6)
 - To surf (SURF1-5: 1.1; 2.1; 3.2; 4.1; 5.1).
 - Scouting or looking for good conditions (ADR 2-5: 2.2; 3.1.1; 4.2; 5.5)
 - Projects with air time (ADR1,2,4,5: 1.3; 2.4; 4.3; 5.8)
2. Producing media from the experiences (2subcontexts;4/15 Narratives):
- Picture-taking (Surf 1-2: 1.1; 2.2)
 - Media producing (ADR3 and ADR5: 3.1.4; 5.2)
-

Note. Na. = Narrative.

Table 7

Identification and Formulation of Nature in the narratives.

Identification		Formulation			
Element in Norwegian	Element in English	C	Category 1	C	Category 2
Tur	Tour	56		56	
(Ski)kjøring	Skiing	7		7	
Hopp	Jump	8		8	
En sving	A turn	4		4	
Runs	Runs	1		1	
Cruising	Cruising	1		1	
Barrel (surf technique)	Barrel (surf technique)	2		2	
Park	Park	3	Park	4	
Railpark	Rail Park	1			
(Ski) anlegg	(Ski) facility	9		9	
Pipe	Pipe	1		1	
Kicker	Kicker	2		2	
Linje	Line	9		9	
Løype	Skiing track rack	3		3	
Spor	Ski Track	1		1	
Barnetrekke	Children's lift	1	Lift	13	
Poma-heis	Poma-lift	1			
Heis	Lift	3			
Stolheis	Chairlift	8			
Ferge	Ferry	1		1	Cultural nature
Parkeringsplass	Parking place	6		6	
Telt	Tent	11		11	
Teltplass	Tent spot	2		2	
Bål	Campfire	4		4	
Leir	Camp	1	Camp	3	
Basecamp	Base Camp	2			
Kulturlandskap	Cultural landscape	1		1	
Jorbruksland	Crop land	1		1	
Støl	Settlement	6	Mountain farm	15	
Gårdsbruk	Mountain farm	1			
Setre	Mountain farm	8			
Fedrift	Livestock	1		1	
Åker	Cropfield	2		2	
Bro	Bridge	1		1	
Varde	Cairn	1		1	
Hytte	Cottage	26		26	
Sti	Path	8		8	
(Fjell) vei	Mountain road	3		3	
Utsikspunkt	Viewpoint	1		1	

Cultural nature total			208	
Markblomster	Wild flowers	1	1	
Høy	Hay	1	1	
Bjørk	Birch	2	2	
Blad	Leaf Blade	1	1	
Bregner	Fern	1	1	
Tre/trær	Tree(s)	3	3	
Furu	Pine tree	1	1	
Lav	Lichen	1	1	
Reinlav	Reindeer moss	1	1	Biosphere
Rype	Grouse	1	1	
Fugler	Birds	2	2	
Fuglekvitter	Bird chirps	1	1	
Isbjørn	Polar bear	4	4	
Hund	Dog ^a	13	13	
Sau	Sheep	1	1	
Lokale dyr	Local Animals	1	1	
Biosphere total			35	
Temperatur	Temperature	5		
Iskald	Ice cold	1		
Kulde	Cold	4	Temperature	13
Nattens kuldegrader	The cold of the night	3		
Morgen	Morning	1	1	
Vinternatt	winter night	1	1	
Skygge	Shade	5	5	
Mørk	Dark	4	4	
Mørketid	Polar Night	2	2	
Lys	Light	4	4	
Sesong	Season	7	7	
Sommer	Summer	3	3	
Vinter	Winter	9	9	Meteorology
Vår	Spring	1	1	
Høst	Autumn	2	2	
Vær	Weather	10	10	
Forhold	Conditions	7	7	
Himmel	Sky	6	6	
Sky	Cloud	7	7	
Nordlys	Northern Lights	1	1	
Snør	Snowing	8	8	
Regn	Rain	2	2	
Slør	Veiling	1	1	
Fukt	Moisture	1	1	
(Snø) Føyk	Blown snow	1	1	
Whiteout	Whiteout	1	1	

Tåke	Fog	2		2
Vind	Wind	3		3
Vindstill	Windless	3		3
Lavtrykk	Low pressure	1		1
Dønning	Swell	1		1
Tidevann	Tide	1		1
Stjerneklar	Starry	2		2
Stjern	Star	1		1
Sollys	Sunlight	1		
Midnattsol	Midnight Sun	1		
Soloppgang	Sunrise	1	Sun	24
Solnedgang	Sunset	5		
Sol	Sun	16		
Meteorology total				135
Fjell	Mountain	70		70
Topp	Top	49		49
Tind	Peak	30		30
Skråning	Slope	1		
Li	Hill side	4	Mountain side	6
Fjell face	Mountain face	1		
Heng	Hanging wall	1		1
Kant	Edge	1		1
Gap	Gap	1		1
Dropp	Drop	1		
Fall	Fall	1		
Skrent	Cliff	1	Cliff	9
Klippebånd	Cliff	1		
Klippe	Cliff	5		
Snøpute	Snow pillow	1		
Landing	Landing	2	Landing area	3
Bowl	A Bowl	3		3
Vidde	Plateau	1		1
Kul	A bump	1		1
Bruddkant	A snow edge	1		1
Skred	Snow avalanche	3		3
Skavl	Cornice	1		1
(Is)bre	Glacier	20		20
Bresprekk	Glacier crevasse	1		1
Brearm	Glacier arm	1		1
Brefall	Glacier falls	4		4
Snø	Snow	12		12
(Snø)flate	Snow surface	4		4
Pudder (snø)	Powder snow	4		4
Frikjøringsområder	Freeride Areas	1		1
Spot	Spot	3		3
Terreng	Terrain	10		10

Geography

Land	Land	1		1
Parti	Land section	1		1
Grønne omgivelser	Green surroundings	1		1
Skog	Forest	10		10
	Nature park	18	Area of natural interest ^b	32
	Natural area	14		
Natur	Nature (Place)	19		19
Landskap	Landscape	10		10
Dal	Valley	49		49
Gjel	Canyon	1	Canyon	2
Glup	Canyon	1		
Bakke	Ground	10		10
Stein	Stone	6		6
Berg	Rock	2		2
Jord	Soil	3		3
Ur	Scree	1		1
Vann	Lake	3	Lake	6
Tjern	Pond	3		
Vannmasse	Water Mass	1		1
Renne	Chute	1		1
Bekkefar	Creek	1		1
Elv	River	2		2
Fossefall	Waterfalls	4		4
Vann (Sjø)	Sea water	7		7
Hav	Ocean	2		2
Havbunn	Seafloor	1		1
Strøm	Current	1		1
Skjær (bergrygg i vann)	Reef	1	Reef	2
Rev (reef)	Reef	1		
Kyst	Coast	2		2
Vik	Bay	1		1
Kystlinje	Coastline	1		1
Strand (vann)	Beach (water)	2	Beach	9
Strand (land)	Beach (land)	7		
Fjord	Fjord	2		2
Øy	Island	9		9
Bølge	Wave	23	Wave	28
(Bølge) seksjon	Wave section	5		
Geography total				467

Note. C= Counts

^aOne of these references refers to a picture in the narrative SURF3.

^bThis category is generated as a combination of names pertaining Norwegian locations, that are characterised by their natural qualities.

Table 8

Identification and Formulation of nature. Identification of elements distributed across the narratives, and divided by subcontext.

Element in English, or Category 1	D1	D2	D3	D4	D5	S1	S2	S3	S4	S5	A1	A2	A3	A4	A5	Relative frequency
Tour	8	9	11	5	9	1					1		10		2	(D)(A)(F)
Skiing														4	3	
Jump												7		1		
A turn					1										3	
Runs															1	
Cruising														1		
Barrel -surf technique-						2										
Park												1		2	1	(A)
Ski facility												2		2	5	(A)
Pipe															1	
Kicker														2		
Line													9			
Skiing track rack														2	1	
Ski Track			1													
Lift														10	3	
Ferry													1			
Parking place				1			3							1	1	
Tent				4	7											
Tent spot				1	1											
Campfire				4												
Camp													3			
Cultural landscape	1															
Crop land			1													
Settlement																
Mountain farm	6		4											3	2	

Livestock	1														
Crop field	2														
Bridge	1														
Cairn	1														
Cottage	3	17	1	4						1				(D)	
Path	7	1													
Mountain road	1		1	1										(D)	
viewpoint	1														
Cultural nature total	31	28	19	15	23	2	4	0	0	0	1	10	24	28	23
Wild flowers										1					
Hay			1												
Birch		2													
Leaf blade		1													
Fern	1														
Tree(s)	2	1													
Pine tree	1														
Lichen		1													
Reindeer moss		1													
Grouse				1											
Birds				1			1								
Bird chirps				1											
Polar bear															
							4								
Dog			7	5			1								
Sheep	1														
Local Animals										1					
Biosphere total	5	6	1	8	7	0	0	6	0	2	0	0	0	0	0
Temperature				1	7			2			1	2			
Morning				1											
Winter night					1										
Shade					1							1	3		
Dark				2		1	1								

Polar Night					1	1									
Light		1				1				2					
Season										5	2				
Summer		1		1		1									
Winter			1	1	1	1				5					
Spring										1					
Autumn						2									
Weather		1				3	1			1	2	2	(A)		
Conditions					2					1	4				
Sky		1		4							1				
Cloud		1	1	2						3			(D)		
Northern Lights						1									
Snowing		7									1				
Rain		2													
Veiling		1													
Moisture		1													
Blown snow											1				
Whiteout			1												
Fog	1	1													
Wind		1		1						1					
Windless										3					
Low pressure												1			
Swell						1									
Tide						1									
starry				1	1										
Star					1										
Sun	1		2	2	5	1	1	3		1	6	1	1	(F) (D)(S)(A)	
Meteorology total	2	8	13	10	24	8	8	8	2	0	1	11	24	5	11
Mountain	6	11	17	2	7		2	1			6	8	7	3	(F)(D)(A)
Top	2	12	7		4						17	4		3	(D)(A)
Peak					6						20	4			

Mountain side					1				1	4		
Hanging wall										1		
An edge										1		
A gap										1		
Cliff	1				1				1	4	2	(A)
Landing area										2	1	
A Bowl									3			
Plateau					1							
A bump										1		
A snow edge										1		
Snow avalanche										3		
Cornice										1		
Glacier					11					8		
Glacier crevasse					1							
Glacier arm					1							
Glacier falls					4							
Snow					2					3	6	
Snown surface					2			1		1		
Powder (snow)											4	
Freeride Areas											1	
Spot											3	
Terrain					1				1		6	2 (A)
Land								1				
Land section	1											
Green surroundings											1	
Forest	2				4					2	2	
Area of Natural Interest	2	4	4	8	3	5	6					(D)
Nature (As a place)					14			2	2		1	
Landscape	3	2	4					1				(D)

Valley	8	4	4	10	2		10	1	10	(D) (A) (F)					
Canyon		1					1								
Ground	1		3			1	1		4						
Stone		5		1											
Rock						1			1						
Soil	1			1					1						
Scree			1												
Lake	1	2		1	1		1			(D)					
Water Mass	1														
Chute							1								
Creek	1														
River	1			1											
Waterfalls	4														
Sea water						2	1	2	2	(S)					
Ocean							1	1							
Seafloor							1								
Reef						2									
Coast								1	1						
Bay								1							
Coastline							1								
Beach						1	2	2	4	(S)					
Fjord			2												
Island							1	7		1					
Wave						9	10	4	4	1	(S)				
Current								1							
Geography total	35	41	64	31	38	17	29	24	15	1	57	1	35	26	53

Note. D= DNT; S=SURF; A= ADR. The numbers 1-5 refer to the narratives selected for the subcontexts. (F)= Means that the element is relatively frequent in FRIL with $\geq 8/15$ narratives. (D)= Means that the element is relatively frequent in DNT with $\geq 3/5$ narratives. The same criteria is applied for SURF = (S); and ADR= (A).

Table 9

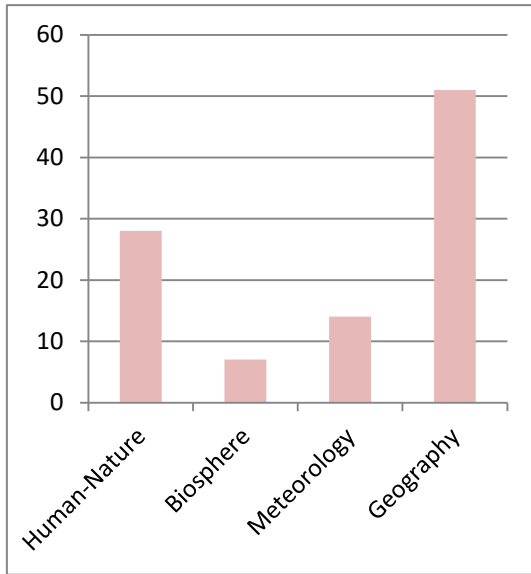
Proportions of Nature when performing the Aggrupation by subcontexts and context.

(Sub) Context	Category	Counts	Percentage relative to the Total
DNT	Cultural nature	116	28%
	Biosphere	27	7%
	Meteorology	57	14%
	Geography	209	51%
	DNT Total	409	100%
SURF	Cultural nature	6	5%
	Biosphere	8	6%
	Meteorology	26	21%
	Geography	86	68%
	SURF Total	126	100%
ADR	Cultural nature	86	28%
	Biosphere	0	0%
	Meteorology	52	17%
	Geography	172	55%
	ADR Total	310	100%
FRIL	Cultural nature	208	25%
	Biosphere	35	4%
	Meteorology	135	16%
	Geography	467	55%
	FRIL Total	845	100%

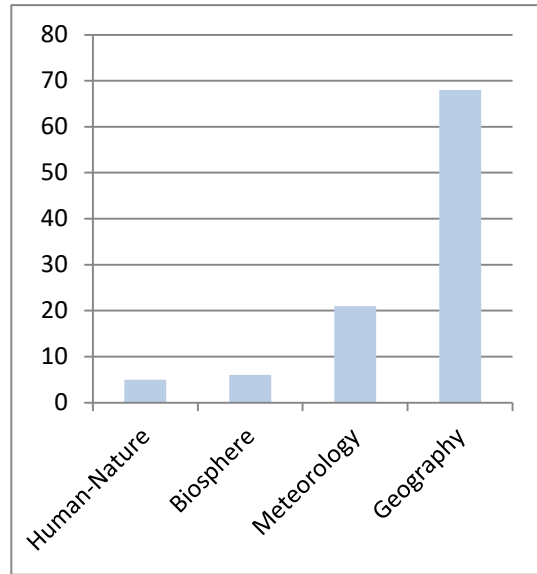
Figure 1

Proportions of Nature found in DNT, SURF, ADR, and FRIL.

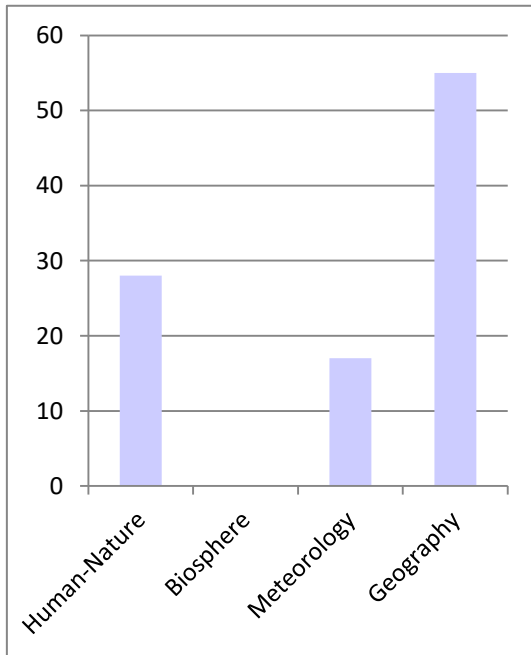
DNT



SURF



ADR



FRIL

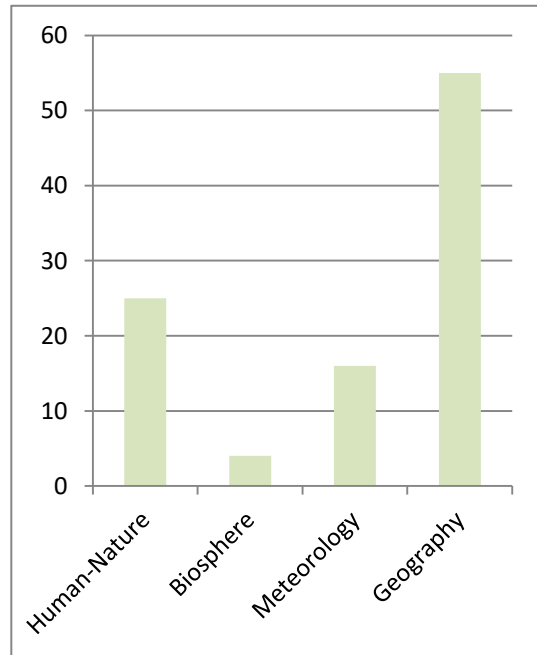


Table 10

Aggrupation of Nature. Nature elements with higher distribution for FRI, DNT, SURF and ADR.

(Sub)Context	Nature Element	Distribution^a
DNT	Mountain	5/5
	Tour	5/5
	Area of Natural Interest	5/5
	Top	4/5
	Valley	4/5
	Cottage	4/5
	Sun	4/5
	Lake	4/5
	Landscape	3/5
	Cloud	3/5
	(Mountain)Road	3/5
SURF	Wave	5/5
	Beach	4/5
	Water (Sea)	4/5
	Sun	3/5
ADR	Mountain	4/5
	Sun	4/5
	Tour	3/5
	Top	3/5
	Valley	3/5
	Terrain	3/5
	Weather	3/5
	Cliff	3/5
	(ski) facility	3/5
Park	3/5	
FRIL	Mountain	11/15
	Sun	11/15
	Tour	9/15
	Valley	8/15

Note:

^aThis is calculated as the number of narratives in the (Sub)Context including the element/total amount of narratives pertaining the (Sub)Context.

Appendix B

EcoWellness analysis based on narrative fragments.

1. Physical Access.

Narrative fragments that pertain the EcoWellness aspect Physical Access. Include 2 subaspects (1.1 and 1.2).

Physical Access 1.1.

Living, working, socialising, or recreating in, near, or with places or species that the individual considers nature.

Table 1

Physical Access 1. 1. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	<ol style="list-style-type: none">1. Den siger sakte unna mens vi går2. Vi er på vei ned fra snaufjellet og inn i tett furuskog3. og trasker nedover dalen mot broene som går over de frådende vannmassene4. Vi er like ved Vangshaugen, ved foten av Mardølhøa.5. Etter noen timer på sti og over tørrlagte bekkefar, når vi Gammelsetra,6. Men dette er første gang vi er i fjellet sammen,7. Idet vi når toppen puster vi som blåsebelger, og svetten drypper fra nesetippen.8. Mot slutten av dagen kommer vi oss endelig fram til Vangshaugen9. Tidlig neste morgen er vi på stien igjen.10. Etter lunsj oppe på Mardølhøa og et kjapt nakenbad i Mikkeltjønna, dykker vi ned i dalen på andre siden: tusen høydemeter ned på to kilometer.11. Det er en utfordring i seg selv å gå nedover når det er så bratt som her.12. Ut av ingenting mister vi stien og må fortsette uten manus13. Det tar bare et par minutter før vi kommer til14. fortsetter vi.15. og vi er nede.16. Gårdseieren, Erik Jenstad, hilser oss fra balkongen.17. kommer det plutselig fra Simon.18. FULLTREFFER: Dovrefjell ligger framfor våre føtter på vår første ordentlige fjelltur sammen19. Vi er tre kompiser som skal på vårt eget eventyr og utforske de nordlige delene av Dovre20. Vi er på Dindalshytta og21. Turen vi har planlagt går innom tre hytter gjennom klassisk norsk kulturlandskap med historiske setre, fabelaktige fossefall og enkelt

- overkommelige dagsetapper.
22. Er det noe vi kan, er det å være på guttetur.
 23. Morgenens etter våkner vi til tåke
 24. Vel framme ved fossen poserer gutta som seksten år gamle jenter.
 25. Har dere gått langt? spør han
 26. – Fra Blokkhus.
 27. – Ikke så langt da, kommer det kjapt fra den eldre karen, og det kjennes nesten litt flaut.
 28. Erik forteller om seter- og fedriften som har foregått siden 1500-tallet på gården i dalsiden på Åmotan.
 29. Kona Randi støtter seg til dørkarmen bak ham.
 30. forteller Erik
 31. forteller Randi stolt
 32. Erik tar oss med bort til et utkikkspunkt på gården og peker med en lett dirrende finger mot den andre siden av dalen.
 33. Framme på Brennan
 34. – Stakkars skolebarn, sier Sander
 35. – Å gå opp her hver dag i mange år ... de må ha fått den sykeste kondisen, kommer det fra Simon
 36. Jeg har med meg to veltrente karer,
 37. Hæ? Sander og jeg ser på hverandre og
 38. Keen på flere helgeturer i høst? spør jeg.
 39. – Har dere kommet over fjellet? Fant dere stien?
 40. Bonden forteller
 41. mumler Sander.
 42. sier Simon
 43. legger Sander i og gir meg et litt skjevt blikk
 44. smeller det fra Simon,
 45. – Bra vi bare skal være her én natt, sier han
 46. – Jeg hadde ingen forventninger, men dette her er jo faktisk kult!
 47. – Lett!
 48. idet vi strener over åkeren.

-
- 2 1. Gleda ved å gå opp, gleda ved å gå ned
 2. Motivasjonen følgjer i same spor; først gler du deg til å kome opp, deretter til å kome ned
 3. når eg står i tjukkaste og brattaste steinrøysa
 4. Men brått står eg ved inngangen til Dørålglopen og har funne dei.
 5. I starten er det spanande å gå gjennom den tronge passasjen i fjellet
 6. medan eg pustar, klyv og balanserer meg opp over steinane
 7. Like fort som eg kjem opp, startar eg på turen ned.
 8. Stein, stein, stein, og ned, ned, ned, før det går bittelitt opp og eit seigt stykke bortover til Bjørnhollia.
 9. No skulle eg prøve meg på sjølve vandringa, fem dagar gjennom

Rondane.

10. eg gjekk seks timar frå Gjevilvasshytta til Jøldalshytta
11. først går du opp på ein topp, deretter går du ned igjen,
12. Her sleng du frå deg sekken, tek fram matpakka, krokanrullen, kanskje ein boks Pepsi Max på ein god dag
13. I Trollheimen fann eg meg sjølv gåande bortover i fjellet
14. der eg i midten av august ligg på magen og studerer reinlav gjennom makrolinsa på kameraet mitt
15. Eg følger i spora til eit ungt par som startar berre nokre minutt før meg
16. På stien frå Bjørnhollia gjennom Illmandalen til Rondvassbu,
17. Eg passerer ein far med tre unge gutar, idet han står og matar dei med smågodt
18. Vil du ha ein du også? spør han
19. for kvar 500. meter stoppar dei i det rufsete vêret for å fylle på med rask energi.
20. idet eg stoppar og skal ta av meg sekken
21. Eg stirrer intenst på tommel og peikefinger
22. Med hjelp frå den andre handa poppar omsider klipsen frå kvarandre
23. Vidare følger ein serie av desperate manøvrar for å opne brystreim, regnbukse og den jækla buksa under der igjen, samtidig som eg utfører den velkjende tissatrengt-dansen.
24. Vi sat i hytteveggen og prata
25. I Lønsdalen vinka eg farvel
26. spør vi kvarandre
27. Medan han er på veg inn i fjellheimen på sin årlege guttetur, er eg på veg ut
28. seier ein av kompisane hans
29. forlet eg fjellet

-
- 3 1. Heile familien legg i veg på tur til Snønipa i april
 2. Første del av turen går på nedsnødd veg opp til Haugastøylen, det er berre å følgje sporet etter klabbane til onkel
 3. Idet vi bevegar oss inn på breen og er ferdige med den første oppstigninga,
 4. Første del av turen var prega av tett snøvêr, men det stoppa ikkje gjengen.
 5. Som ei lang åme buktar vi oss framover i snøvêret
 6. Spesielt når ein går i blinde
 7. han er kvitt klabbane under skia og har slått over i dobbeldans, det er berre å følgje på.
 8. På toppen av Snønipa, det høgste fjellet i Jølster, 1827 meter over havet
 9. dei gamle, som fylgjer oppoverspora
 10. Vidare ber det ned gjennom brefallet, her gjeld det å kome seg

gjennom labyrinten og unngå bresprekkene ved hjelp av sving- og bremseteknikkar frå både nyare og eldre lærebøker

11. som vi glir gjennom.
12. Heilt ned til aprilvåren nede i dalen glir vi
13. Mor i godt driv etter å ha passert brefallet
14. Bror og onkel trakkar spor
15. Sjølv om det vart mange fjellturar, kanskje i overkant mange for nokre av oss, og små campinghytter og pølser på primus i steinurder langs vegen.
16. Og her er det altså turen vår startar e
17. og vi samlar oss
18. Anne Marie sit på huk i sirkelen
19. Vi har bestemt oss for å halde fram
20. Vi er trass alt gjennom sjølve brefallet
21. Bror min går fremst og trakkar spor
22. sit på toppen av eit fjell
23. og til slutt står vi der faktisk
24. den yngre generasjonen tek direktevegen frå toppen
25. står og ventar på oss idet vi kjem ned bakken vår
26. Men vi har vore oppe

-
- 4
1. a hun noe motvillig fulgte fastlegens råd om å komme seg ut.
 2. Kom deg ut og tenn et bål,
 3. Vi kan snu. Gå tilbake. Late som vi var ute. Det er helt fint for meg
 4. – Hva er det du er redd for, spesifikt?
 5. -- Jeg er redd for å besvime, svarer jeg.
 6. At jeg ligger kortpustet i teltet og jobber for å få kontakt med reptilhjernen.
 7. Jeg snur meg sidelengs.
 8. Vi er to mennesker og en hund, Juster, i tremannsteltet i Bymarka i Trondheim.
 9. Dette er faktisk lengre enn jeg pleier å gå, sier Une Cecilie og finner fram kokeapparatet.
 10. Å sove ute vinterstid handler for min del mest om overnattingen
 11. Da parkerer jeg klokken ti og finner en teltplass 500 meter inn i skogen.
 12. 27 år gamle Oksvold har brukt friluftsliv som terapi siden 2016
 13. (Jeg ble så sur. Da jeg vokste opp, likte jeg ikke friluftsliv. Jeg hatet det.) Det var enda en arena hvor jeg ikke var like flink som de andre, sier hun.
 14. -- Men naturen har ikke kurert meg. Noen tror at det er det jeg skriver om, og en stund trodde jeg kanskje det selv også. Men jeg har fortsatt angst.
 15. Men du klarer kanskje å hente deg inn når du ligger her?

16. – Ja, men ikke alltid. Ofte er det etter tur. Hjemme.
17. -- Fordi da er du fornøyd med deg selv?
18. – Stolt?
19. – Ja.
20. Hvorfor tar du ikke bare med deg hunden din opp i marka, tenner et bål og setter opp et telt?
21. Nå klarer jeg også virkelig å falle til ro på lange turer
22. å oppholde seg i grønne omgivelser
23. Det å sove alene ute var en stor prøvelse for Une Cecilie.
24. Hun dro på mange dagsturer med sekk, telt og mat for å finne fine teltsteder og lære hvordan utstyret fungerte.
25. Og nå ligger det altså en friluftsjournalist i et telt i Bymarka.
26. Når jeg går ut, får jeg puste igjen.
27. Jeg har gått ut, pushet grenser
28. – Jeg lar lyset være på, jeg, om det er ok? Une Cecilie peker på lysene som henger fra teltåpningen og innover i teltet.
29. -- Det er min lille luksus. Kall det gjerne «glamping», men jeg er ikke så glad i mørket. Da har jeg det mye heller slik, sier hun og smiler.
30. I sin egen lille sovepose, ved beina hennes, ligger Juster, en fem år gammel Jack Russell Terrier.
31. Ta med deg teltet og bikkja og fyr opp et bål.
32. – Fikk du tent bål, da?
33. – Nei, jeg visste jo ikke hvordan. Ikke hadde jeg telt heller. Jeg smurte en brødskive med leverpostei, tok med meg en flaske, gikk femti meter inn i marka og satte meg ned ved et vann.
34. du bare må stoppe opp
35. Jeg blir så lykkelig inni meg, sier Une
36. mens hun stryker Juster over ryggen.
37. og den firbeinte skapningen ligger nå pent dandert utenfor teltet.
38. pakker soveposer og rydder vekk siste rest av frokosten
39. Da våkner jeg med et rykk klokka halv fire.
40. – Men åpenhet, det er viktig?
41. – Åpenhet er viktig.
42. Une, Marius og Juster våkner til en ny dag med nye utfordringer.

-
- 5 1. Aleksander, broren og faren hans fikk en spektakulær overnatting i telt foran det karakteristiske fjellet Kyrkja (2032 moh.) i Jotunheimen.
 2. Tre karer, tre hunder og tre dager på ski i vinterfjellet.
 3. Med pulk og telt la vi ut på ferd gjennom fantastiske Visdalen i bitende kulde.
 4. Vi har gått topturer om sommeren og turer fra hytte til hytte om vinteren
 5. Fars interesse for fugler har også ført oss til fuglefjellet Runde i Møre

og Romsdal syv år på rad.

6. Min far, Dagfinn, har tatt ansvar for provianten og bærer en stor ryggsekk i tillegg til pulk
7. Han er vant til å trekke tungt og viser ingen tegn til misnøye med fordelingen.
8. Vi er lastet med alt vi trenger av utstyr og mat, og skulle vi ende opp i energitrøbbel, ville det være som å sulte med kjøleskapsdøra åpen
9. Kristoffer går også med pulk, mens jeg selv bærer en velfylt sekk
10. Alle tre får nyttig drahjelp av hver vår ivrige alaska husky –
11. Vi glir innover den skyggelagte dalen i et jevnt, men ikke forhastet tempo
12. PÅ TUR OPP: Gjengen syntes det var overraskende varmt å bevege seg oppover fjellsida da sola sto på sitt høyeste, i sterk kontrast til nettene da temperaturen sank lavere enn 20 kuldegrader.
13. og vi begynner å se oss om etter en teltplass
14. Det bør være et sted med en del snø, mener far
15. Jeg vil gjerne slå opp teltet på et sted som ser bra ut på bildene, skyter jeg inn.
16. vi setter fra oss børen og trekker fram posen med det røde og gule fjellteltet.
17. – Kan du sette deg inn i teltet med hodelykta på? spør jeg faren min
18. Han har allerede bidratt til fotograferingen ved å drasse med seg et stativ på tre og en halv kilo, men kryper villig inn.
19. I over en halvtime blir han sittende, mens jeg fotograferer teltet fra flere ulike vinkler.
20. Samtidig koker han opp vann til kveldsmaten.
21. sitter gjerne med krokboyd rygg i et telt så lenge det er behov for det
22. Mens jeg tar bildene,
23. Før vi får kommet oss ned i soveposene,
24. Neste morgen våkner vi til en sol som varmer godt på teltduken
25. vi starter dagen med en solid porsjon havregrøt,
26. Dagens første etappe går videre ut dalen mot turisthytta Leirvassbu.
27. Uten tunge sekker på ryggen og med hjelp fra uthvilte hundepoter går den siste strekningen unna i en fart.
28. For et føre! utbryter Kristoffer mens vi fyker av gårde.
29. Ja, dette var noe helt annet enn starten i går! svarer jeg.
30. Vi stopper ikke på hytta, men suser videre sørover mot fylkesgrensa til Sogn og Fjordane for så å fortsette noen kilometer nedover Gravidalen
31. Ved foten av Surtningstinden (1997 moh.) tar vi oss en god pause i skråningen.
32. Å sitte stille i vinterfjellet blir kaldt i lengden, så vi lar det bli med en kort vestlandstur denne gangen.
33. Kursen peiles tilbake mot teltet, og etter en bedre middag bestående av pasta bolognese, pannekaker fra Toro og varm fruktsuppe til dessert

- har vi samlet krefter til dagens skitur nummer to.
34. Stadig flere høydemetre samles mens vi går i sikk-sakk med kurs mot Visbreen.
 35. å utforske nye områder der vi ikke har vært før.
 36. PÅ TRYNET: Nedturen går ikke alltid som planlagt.
 37. Det fikk Dagfinn Myklebust erfare på vei ned fra dalsida nedenfor Visbreen
 38. Før vi kryper ned i soveposene
 39. Jeg sover sjelden så godt som når det er iskaldt og jeg ligger med åpningen tett
snurpet sammen rundt ansiktet.

-
- SUR 1
F
1. så man kan utnytte bølgene til det fulle.
 2. Shannon Ainslie som nyter forholdene i Lofoten.
 3. Da han endelig hoppet utti
 4. men akkurat store nok til at han }kk pumpet inne i bølgen, og i flere av sekvensene har jeg 30-40 bilder på rad hvor han er helt dekket inni.
 5. Jeg valgte å stå på land,
 6. Shannon avslutta sessionen med tre barrels på samme bølge
 7. han var helt dekket en stund, før han stallet seg høyreist inn i en firkanta en, og så avslutta med en liten cover up på innsiden.
 8. Overall en god dag på jobben!
 9. Hallvard Kolltveit fikk tatt en rekke bilder av Shannon Ainslie
 10. jeg ankom Unstad
 11. På de siste bølgene måtte jeg senke lukkertiden og få litt motion blur i bildene
-
- 2
1. Sturla Fagerhaug lekser seg i bølgene i Unstad
 2. Samtalene går høyt blant den lille gjengen med surfere på parkeringsplassen på Unstad
 3. Det er noe helt spesielt å svømme blant surferne og prøve å fange et millisekund av et øyeblikk mens man balanserer mellom å bli påkjørt av surferen og bli kastet rundt av bølgen.
 4. vurderer kveldens forhold.
 5. Det er noe helt spesielt å surfe blant høye fjell og vill natur.
 6. Tim Matley og Guro Aanestad gjør seg klar for session før Lofoten Masters, hvor de gikk hele veien og vant hver sin klasse.
 7. På parkeringsplassen har gruppen med surfere skvist seg ut av våtdraktene og inn i innpakningen av klær
 8. En mener at høyra er for rask i dag, mens en annen påpeker at 8 av 10 bølger på midten closer ut.

9. hit måtte jeg komme meg før skjegget ble for langt
10. Tilbake på parkeringsplassen på Unstad snakkes det høyt om bølgene som har vært og som kommer.
11. for å oppleve- og ta bilder og film
12. den siste bilen lukker grinda etter seg og kjører ut av dalen

-
- 3
1. (the beaches are empty). Except for Kristine Tofte, her surfboard and a rifle.
 2. Understanding how the current moves, where to paddle, mind surfing the thing right in front of your eyes, just minutes before you're actually tripping down the line for the first time
 3. The joy of watching waves break
 4. A spot check with a rifle on your back and a polar bear lookout on land isn't everyday life for most surfers
 5. My polar bear lookout isn't wearing a wetsuit, so it's not easy to get any help in the sea.
 6. We've decided to do what we can and remove as much plastic as possible, while we're here
 7. nine people who live on the island

-
- 4
1. eg har surfet i snart 13 år,
 2. Mye av tiden min bruker jeg opp og ned kysten på leting etter bølger
 3. så var jeg ute på strendene hver dag
 4. Det var terapeutisk å bare være der
 5. Jeg avsluttet permisjonen med et lenger opphold på Stadt,
 6. Jeg avsluttet permisjonen min med et lenger opphold i Hoddevik, hvor jeg har tilbragt mye tid de siste årene
 7. å stå i bitende kulde å kle på seg vådrakten
 8. Du har sjekka-
 9. Ferdig påkledd og du løper,
 10. Så hopper du uti,
 11. så er du ute og klar for å charge.
 12. Første bølga, du kikker ned.
 13. Det er langt ned, men du padler og får den
 14. Du kikker ut og padler ut igjen.
 15. Uansett, er jeg ofte ute og sjekker og du finner meg oftest uti med ett av mine nydelige og rosa longboard.
 16. jeg skal fortsette å surfe så lenge jeg lever.

-
- 5
1. På IN Surf for jenter lærer de alle aspektene ved surfing.
 2. På de fleste surfecamper lærer man hvordan man skal padle og reise seg.
 3. Der møttes en rekke entusiaster i ulike aldre og med ulikt

ferdighetsnivå

4. I juni arrangerte Runa Weidemann, gjennom IN Surf, surfecamp for jenter på Stadt
5. Campen inneholder store mengder aktivitet, og de jobber også mye med det mentale.
6. Jeg spør alltid jentene om de skulle ønske det var en blandet gruppe og hva som eventuelt er fordelene med en ren jentecamp
7. Det er gøy å surfe med en gruppe jente
8. På starten av denne sommeren arrangerte de camp i Norge
9. Vi har spist lokal, kortreist mat
10. Vi bodde på Akka Surf som har overnatting inkludert surfemamma så det har blitt vafler, markblomster, rabarbrapai, gode senger og klemmer.

ADR 1

1. REKORDRASK NED FRA FJELLKONGE- TOPPENE I ROMSDAL
2. Tom Erik Heimen besteg alle sju fjellkonge- toppene i Romsdal i helga på under 23 timer – godt hjulpet av fallskjerm og vingedrakt på vei ned fra fem av fjellene
3. Tom Erik Heimen på vei ned fra Store Vengetind, da han i helgen gjorde unna alle sju Fjellkonge-toppene i Romsdal på under 23 timer
4. da jeg fløy ned Vestgjelet fra Vengetind.
5. Bare stupe på og følge renna inn i solnedgangen, også flate ut og fly ned til Vengdalsvatnet,
6. Han brukte 22 timer og 50 minutter på å bestige Kongen, Dronninga, Store Trolltind, Gjuratind, Kvanndalstind, Store Vengetind og Romsdalshorn
7. Tom Erik Heimen underveis, her på Store Trolltind.
8. Fløy ned fra fem av sju
9. Så mange timer i eksponert terreng med hopping fra fem av toppene; Dronninga, Store Trolltind, Gjuratind/Gjurafjellet, Vengetind og Romsdalshorn.
10. Haakon Lundkvist var med på Kongen, Dronninga, Kvanndalstind og Vengetind
11. Inger Birgitte Tandstad var med på Store Trolltind, Geir Undhjem til Gjuratind, og Ola Hovdenak var med til Kvanndalstind og Vengetind.
12. Romsdalshorn avslutta jeg med aleine sammen med en pærebrus, forteller Tom Erik Heimen,
13. KLAR FOR NEST SISTE FLYTUR: Tom Erik Heimen like før han flyr ned fra Store Vengetind.
14. Avslutta solo på Romsdalshorn med pærebrus
15. Først Kongen, så videre til Dronninga, hoppa fra kona til Kongen.
16. Så opp til Store Trolltind, og luftetur ned i Romsdalen.
17. Videre gikk turen til Gjuratind via traversen fra Gjurafjellet, klatra

- ned igjen traversen til Gjurafjellet og fløy derifra og ut i Grøvdalen
18. Opp i Vengedalen og satte kursen mot Kvanndalstind og videre til Store Vengetind
 19. Fløy ned i Vengedalen før jeg gikk opp på Romsdalshorn og fløy ned igjen til Romsdalen

-
2.
 1. STJERNE: Marcus Kleveland viste triksbaggen på Dombås.
 2. S AMLET: Odin Røhrt, Marcus Kleveland og Vebjørn Gråberg.
 3. I bakken dukker også Ståle Lien opp.
 4. Med et alderspenn fra 12 til nærmere 40 år gjør gutta seg klare
 5. sier Marcus og et unisont nikk
 6. Runde på runde kjøres og det store, «lille» hoppet med en flate på minst 15 meter blir tatt i bruk
 7. Marcus setter raskt standarden med en trippel, og de unge kjørerne pusher seg selv til det lengste
 8. Det er helt rått å se hvordan Marcus setter vanskelige triks så lett, sier Odin.
 9. Vebjørn kjører ski i Oppdal til vanlig
 10. Etter litt innkjøring på hoppet sitter triksene og stilen.
 11. – Marcus dro på med syke triks.
 12. rett før man selv skal hoppe
 13. Praten gikk om buer, fart og hvilke triks man skulle forsøke på
 14. I en kort pause prepper Marcus brettet sitt
 15. å få kjøre sammen med en så dyktig kjører alene
 16. Selv om vi ble veldig slitne var det bare å holde ut, sier Odin og Vebjørn.
 17. Det var kjørere fra 12 til 40 år på Dombås
 18. Når han er hjemme å cruiser er det også fint å ha noen å stå sammen med
 19. Marcus svever inn i solnedgangen
 20. Vebjørn og Odin henger på så godt de kan.
 21. Dette var helt rått, men nå orker jeg ikke mer, sier Odin.

-
3.
 1. PÅ SPLITBOARD I TROMSØ
 2. Bilden er tatt i retning sør-sørvest fra toppen på Ololsatinden, fjellet i bakgrunn er de statlige Jægervasstindane
 3. Krister, Eirik og vår finske venn Joonas hiker runt bowlen på Steinfjellet i Nord-Lenangen
 4. når vi skulle sitte der i teltet
 5. og traff Eirik Verlo og Krister Furnes Kopala på ferga
 6. Vi gikk opp på et par timer og satte opp campen.
 7. Etter det tok vi en tur opp på breen for å sjekke linjer og snø
 8. De ba meg om å ta bilder av fjellene for å se på dem

9. De ba meg om å ta bilder av fjellene for å se på dem, og vi så ikke noe annet enn gode ting, så vi dro tilbake til leiren og skrudde på alarmen.
10. Neste morgen var vi tidlig oppe,
11. En fantastisk dag å leve.
12. Eirik og Jussi gikk begge for en linje på nordsiden av Store Kjostinden (1488 moh),
13. Det tok en time å gå opp, så en kjapp selfie og en Kvikkklunsj på toppen, før vi rigget om de kjørte ned – Jussi først, så Eirik.
14. Jeg satt klar med kameraet, lettere nervøs, på en klippe cirka 300 meter unna, sammen med Krister, som fløy drone
15. Andreas satt på en topp på den andre siden av breen med filmkameraet
16. Det gikk sykt fort.
17. Så var det over.
18. Jeg fikk mine bilder og kjørerne fikk sin beste linje den sesongen –
19. Hadde de vært på en lang tur til Senja.
20. I flere dager hadde de prøvd på en rekke linjer, men måtte gi opp og snu på grunn av usikre forhold
21. På Rottenvikbreen, under min første tur, fikk vi kjørt fire linjer på to dager, og da vi dro tilbake en uke senere, til Lyngen og Strupbreen, var vi der i to dager uten å få kjørt noe.
22. Så vi fortsatte å dra ut og søke opp de beste og feteste alternativene der og da, fortsatt i Lyngen.
23. Den siste lange turen vi dro på var til Nord-Lenangen, på nordvestkysten av halvøya
24. og leide en hytte der i et par dager.
25. Det vi endte opp med å gå for var et par linjer på nordvestssiden av en stor bowl på Steinfjellet (1121 moh).
26. Lysforholdene var gode, så jeg var glad, og det var ikke så ille å stå på snowboard der heller.
27. Jeg og Jussi sto på den andre siden av bowlen, på Ololsatinden (954m) og dokumenterte
28. alle var spredt utover store områder, men på et eller annet vis klarte vi likevel å kommunisere over fjellet.
29. Til slutt sto Krister klar på toppen av sin linje, og alle kameramenn på sine posisjoner
30. Vi begynte å telle ned fra 30
31. På 30 beveget han hendene i den klassiske sirkelen over hodet og akkurat da han vinklet brettet nedover
32. Krister kjørte en syk linje
33. Der og da fikk også jeg mine beste bilder den sesongen,
34. Og nå er vi i gang med en ny sesong.

2. Dit må vi dra
3. Det er på denne siden av anlegget, Valsfjell, man finner mest terreng.
4. NYTT TERRENG: Selv om Bendik Øye er bosatt på Lillehammer, var dette første gangen han besøkte Gålå.
5. 9km etter forespørselen om sjokkis kjører vi inn på Gålå Alpin sin parkeringsplass
6. en det skal være mer under overflaten, det nevnte Espen
7. – Hvor er den kuleste kjøringa her da, Espen?
8. Vi må på Valsfjell-siden
9. Under stolheisen er det en del klipper, med ganske flate landinger
10. Svartløypa er også fet når den ikke er preparert.
11. Så har du jo Skaret og Sætrin.
12. Sætrin?
13. Ja, terrenget over setrene på ski høyre er fint.
14. Det er også en perfekt spot for å bygge kicker.
15. – Det er bare litt kjedelig at Valsfjell-siden åpner så sent på sesongen
16. Det er her den bra kjøringa er.
17. Det må du ta med i saken, kanskje de blir flinkere til å åpne den tidligere.
18. vi spørre pent om de kan sveive i gang heisen, slik at vi får tatt en titt på det Espen har lyst til å vise oss.
19. – Morten kænn kjøre døkk opp han!
20. Før vi setter utfor mimrer Espen tilbake til Gålå sin gullalder.
21. Espen viser vei, og vi får fin kjøring i svartløypa og cruising når vi når skogen.
22. og det tar ikke lang tid før Hallingdølen finner noe tiltalende.
23. Bakkern-spot deluxe her da, dudes
24. Vilde og Bendik trækker til inrun, og blir skutt mot månen
25. På veien ned igjen fra Gålå viser Espen oss en railpark

-
- 5 1. Joacim Nyhaugen, bs shifty i Vangslia.
 2. Dere skulle vært her i går, sier Eirik Skjellfjord.
 3. Han står på parkeringsplassen til Oppdal skisenter etter sin siste tur for dagen og kan melde om at gårsdagens bunnløse pudder har blitt tungt og <<suppette>>
 4. Bergrem med en method på vestsida.
 5. Nyhaugen, indy tailbone
 6. Med på turen er nemlig Joacim Nyhaugen, Petter Kristiansen og Torgeir Bergrem
 7. Vi våkner til ti centimeter med fersk snø og starter letingen
 8. Det er gått skred til <<måsa>>, forteller han med streng tone
 9. Ådalen er første stopp
 10. får kjørt noen store og fine svinger.
 11. har enpuddersulten Nyhaugen sendt dagens fineste sving, en surfaktig

- bakside spray
 over en liten kul før han forsvinner ned i et heng
12. Petter Kristiansen aka. Mr. Nesbru spruter snø.
 13. Torgeir Eikli, en erfaren frikjører fra Oppdal slår følge med oss.
 14. og nyter en hverdag i bakken
 15. Kjellfjord nikker hyggelig og forklarer hvor de bør dra.
 16. Skjellfjord og Møller viser oss noen fine runs
 17. Joacim og Petter finner en pillow til et lite dropp under området som kalles <<paradis>>
 18. Mens Joacim holder på med en millerflip
 19. - Det var bare jeg som prompa, sier Petter
 20. Joacim Nyhaugen millerflipper.
 21. Skjellfjord vil vise oss et gap
 22. Vi tar oss heller over til Vangslia og skal prøve oss på den lekne kjøringen som er å finne der.
 23. før man ender ut på noen jorder, eller kutter inn igjen i bakken.
 24. Når vi bikker over kanten kommer vi i ly

Note. Sub= Subcontext; N=Narrative number.

Physical Access 1.2.

The ability to physically access nature at one's discretion

Table 2

Physical Access 1. 2. Identification of text fragments.

Sub	N	Narrative fragment
DNT	4	1. Nå har hun Bymarka i Trondheim som nærmeste nabo.
SURF	2	1. For meg finnes den i vår egen bakgård
	4	1. For tiden bor jeg på nord-Jæren og veien er kort ut til strendene 2. Ønsket er en dag å kunne få et hus rett ved stranda, slik at jeg kan sjekke surfen fra huset
ADR	5	1. Han og Kristian Møller har fått låne jobbens leilighet som ligger rett ved bakken

Note. Sub= Subcontext; N=Narrative number.

2. Sensory Access.

Narrative fragments that pertain the EcoWellness aspect Sensorial Access. Includes 4 subspects (2.1, 2.2, 2.3, and 2.4).

Sensory Access 2.1.

Being able to touch nature

Table 3

Sensory Access 2. 1. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	<ol style="list-style-type: none">1. over tørrlagte bekkefar2. Det er bratt3. Veldig bratt.4. til et glatt parti
	2	<ol style="list-style-type: none">1. Stein, stein, stein, og ned, ned, ned, før det går bittelitt opp og eit seigt stykke bortover til Bjørnhollia2. det er kaldt3. Hendene mine er pinnestive av kulde4. Vinden piskar regnet i alle retningar, og det superlette regntøyet resignerer skuffande kjapt.5. eg står i tjukkaste og brattaste steinrøysa6. Hjelpes så hjelpelaus ein blir med stivfrosne fingrar.
	3	<ol style="list-style-type: none">1. ei aning vår i lufta2. i ny og urørt snø3. Første del av turen går på nedsnødd veg opp4. Som ei lang åme buktar vi oss framover i snøvēret.5. Blant glitrande, urørte snøflater og nedsnødde brefall6. Dessutan fell snøen stille og mjukt
	4	<ol style="list-style-type: none">1. Kulde2. når vinden blåser deg i ansiktet
	5	<ol style="list-style-type: none">1. i bitende kulde2. Vi glir innover den skyggelagte dalen3. Gjengen syntes det var overraskende varmt å bevege seg oppover fjellsida da sola sto på sitt høyeste, i sterk kontrast til nettene da temperaturen sank lavere enn 20 kuldegrader.4. Temperaturen synker også fort,5. Mens jeg tar bildene, merker jeg godt på fingrene at temperaturen har sunket dramatisk i løpet av kvelden

6. har gradestokken krøpet ned til 20 kuldegrader.
7. en sol som varmer godt på teltduken.
8. Å sitte stille i vinterfjellet blir kaldt i lengden
9. opplevelsen av ski, snørekjøring og fartsfylt frikjøring i dalsida fortsatt i kroppen

SURF	2	<ol style="list-style-type: none"> 1. Varmt vann, 2. Det kribler allerede i pekefingeren
	4	<ol style="list-style-type: none"> 1. å ikke utsette kroppen for mye kulde og stress 2. stå i bitende kulde å kle på seg vådrakten. 3. Første duck-dive og du får en bankende brainfreeze. 4. Så hopper du uti, og vannet er iskaldt mot ansiktet
ADR	2	<ol style="list-style-type: none"> 1. Nattens kuldegrader gjør det rimelig hardt 2. Vindstille
	3	<ol style="list-style-type: none"> 1. være kalde og slitne. 2. til 10 minusgrader i skyggen, null grader i solen og relativt lite vind 3. med fresh topping 4. Igjen på grunn av været og ustabil snø.
	4	<ol style="list-style-type: none"> 1. FROSSEN STOLHEIS:
	5	<ol style="list-style-type: none"> 1. gårsdagens bunnløse pudder har blitt tungt og <<suppette>> 2. dessuten er det fremdeles litt for varmt her. 3. Petter Kristiansen aka. Mr. Nesbru spruter snø. 4. en surfaktig bakside spray 5. på flankene finner vi god snø og får kjørt noen store og fine svinger 6. Vi våkner til ti centimeter med fersk snø og starter letingen 7. det kjennes ut som om bakken rister 8. toppen føyer det så mye

Note. Sub= Subcontext; N=Narrative number.

Sensory Access 2.2.

Being able to smell nature

Table 4 Sensory Access 2. 2. Identification of text fragments.

Sub	N	Narrative fragment
DNT	3	<ol style="list-style-type: none"> 1. Onkel luktar fjell 2. ei aning vår i lufta

Note. Sub= Subcontext; N=Narrative number.

Sensory Access 2.3.

Being able to see nature

Table 5

Sensory Access 2. 3. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	<ol style="list-style-type: none">1. Fjellene bølger gjennom landskapet ved Veggasætra og innsjøene er langstrakte.2. Den siger sakte unna mens vi går,3. Landskapet endret karakter fra dovent og bølgete til steilt og stupbratt.4. Voldsomme daler, heftige fossefall5. sola titter så vidt over fjellene på østsiden av dalen6. Morgenen etter våkner vi til tåke7. De grønne åkrene i dalsidene blir flere og tettere og bølger seg gjennom landskapet8. trærne som en gang stod og viste vei med røde T-er på stammene, har råtnet og ligger på bakken9. Store bregner har grodd over stien10. Men plutselig åpner skogen seg11. vi er på vei ned fra snaufjellet og inn i tett furuskog når vi får øye på Jenstad gård12. de frådende vannmassene13. ser vi hvor bratt og langt det er faktisk er til toppen.14. like foran en skrent på et par meter
	2	<ol style="list-style-type: none">1. Så ser du utover,2. Legg dei merke til at hausten så vidt har banka på døra og farga nokre av blada gule?3. Etter kvart som dei mektige Rondetoppene dukkar opp i horisonten,4. Frå rommet på Øvre Dørålseter ser eg dei alle saman stå og flotte seg i kveldslyset5. Alt er kvitt,6. Medan Storronden lettar på sløret og Rondvatnet glitrar,7. Opp gjennom bjørkeskogen og over det som verkar som eit uendeleg teppe av lav og dvergbjørk,8. Tåka som trugar med å legge seg på toppane, kjem stadig nærare9. Med hyppige pausar snur eg meg for å sjå utover, og eg blir stadig meir spent på utsynet som ventar på toppen.10. Eg siktar meg ut ein flekk i fjellsida ved Fremre Illmanntjønne, dog med meir innsyn enn eg set pris på11. Men joda, plutselig strekk Rondane ut armene12. Eller at det grønne landskapet13. Her i Grimsdalen er det frodig.

14. Det blir meir steinete innover i Rondane
15. Rom med fjellutsikt på Øvre Dørålseter
16. Der, der er varden!
17. Men kor er resten av verda?
18. Her er det stein.

-
- 3 1. Mor har sett på dette fjellet sidan ho var lita.
 2. Frå Rosetstøylen i Nordfjord stikk det opp som eit skjær i synsranda, langt inne på den ubrotne snøflata til Myklebustbreen.
 3. Ein blå skugge langt der inne,
 4. flatt jordbruksland omkransa av høge fjell og brearmar
 5. Vi ser breen og brefallet i det fjerne, og over oss anar vi store, kvite fjellsider.
 6. WHITE OUT: Første del av turen var prega av tett snøvêr
 7. Som ved eit trylleslag lettar snøvêret, eit enormt kvitt og heilt urørt brelandskap glitrar i sola, og midt imot: Snønipa
 8. Som kjølen på eit velta vikingskip stikk toppen opp frå breen.
 9. Blant glitrande, urørte snøflater og nedsnødde brefall
 10. det er ei aning grønt på markane
 11. det snør tett og vi ser ikkje fjella.
 12. Dessutan fell snøen stille og mjukt
 13. Men snart byrjar landskapet å bli større
 14. er det heilt tett rundt oss.
 15. Vi anar så vidt sola som ein lysare flekk ein stad der oppe, men det har byrja snø
 16. Men det er mykje slak bre
 17. Spesielt når ein går i blinde
 18. Det verkar ikkje som vi flyttar oss i det heile i forhold til fjellveggane rundt oss.
 19. «Blå himmel!
 20. Det verkar så nært.
 21. Men igjen vert vi lurte av brelandskapet.
 22. Lyset skiftar heile tida, fjella rundt oss er drivkvite og plastra med snø, og dels løynde av skyer som stadig flytter seg og opnar nye, kvite rom
 23. i det store kvite.
 24. den blå skuggen inne på breen
 25. inngangen er så smal
 26. Som kjølen på eit velta skip som stikk opp av breen framfor oss.
 27. Det er berre den siste, lange bakken att til toppen.
 28. Med heile fjellverda frå Sogn til Sunnmøre rundt oss
 29. Dessutan er det skiterreng i verdsklasse rundt oss på alle kantar.

-
- 4 1. Det er fremdeles mørkt

2. eller når skyene endelig letter og solen kommer ut.
3. Det har blitt morgen
4. etter en lang stjerneklar natt

5 1. MELLOM GIGANTER

2. – det trange dalføret som strekker seg mellom Norges to høyeste fjelltopper.
3. Galdhøpiggen (2469 moh.) reiser seg vest for dalen
4. Den betjente turisthytta Spiterstulen ligger midt i dalen, ved veiens ende
5. Startskuddet går ved elva Visa like nedenfor Spiterstulen
6. Skyene henger lavt over de omkringliggende toppene, og skillet mellom himmel og jord er nesten visket ut.
7. den skyggelagte dalen
8. etter hvert gløtter sola fram fra sin skjulte tilværelse.
9. bare de høye tindene som fremdeles ligger badet i sollys.
10. og vi begynner å se oss om etter en teltplass
11. på et sted som ser bra ut på bildene,
12. Det finner vi i nordenden av Kyrkjjetjønne
13. Det siste kveldslyset klorer seg fast
14. Rundt oss ligger Semelholstinden (2147 moh.), Visbretinden (2234 moh.) og den karakteristiske profilen av Kyrkja (2032 moh.) som perler på en snor
15. Sola tar kvelden, og skyene på himmelen har seilt av gårde.
16. Det gjør at stjernene får skinne over det opplyste teltet
17. bakgrunnen ruver profilen av Kyrkja som en spektakulær bakgrunnskulisse
18. faren min peker begeistret på en rype oppe i fjellsida.
19. Den mektige Visbretinden troner mot den blå himmelen, o
20. Sammen får vi oppleve en ny blåtime etterfulgt av stjerneklar himmel

-
- SURF 1 1. Det var absolutt en god størrelse på bølgene denne torsdagen, men det var på ingen måter enormt
2. Det var en ganske perfekt størrelse hvor det ikke var for mange sett som vasket over hele høyrebølga, men de fleste bare rullet nedover pointet.
 3. er det noe av det beste jeg noensinne har sett her i Lofoten
 4. Det er også sykt deilig å se sola titte over horisonten igjen
 5. Shannon Ainslie hadde allerede tatt en titt på bølgene
 6. Jeg tror jeg talte omkring ti barrels
 7. De var ikke gigantiske,
 8. Det ble sabla mørkt etter hvert
 9. en litt rotete seksjon hvor han var helt dekket en stund, før han stallet seg høyreist inn i en firkanta en, og så avslutta med en liten cover up

på innsiden
10. bølgene var så lange

-
- 2
1. Høye fjell og vakker natur er med på å skape en uslåelig stemning i bildene.
 2. vurderer kveldens forhold.
 3. 8 av 10 bølger på midten closer ut
 4. For en fotograf byr Lofoten på (for) mange bildemuligheter og det finnes et forsidebilde i enhver retning til enhver tid
 5. linjer i solnedgangene i snøfylte februar.
 6. Mørket senker seg nok en gang over Unstad

-
- 3
1. the weather is ever-changing and the beaches are empty
 2. The joy of watching waves break
 3. mind surfing the thing right in front of your eyes,
 4. spot check with a rifle on your back and a polar bear lookout on land
 5. Never a dull sight.
 6. My polar bear lookout isn't wearing a wetsuit,
 7. Empty waves, spectacular scenery, exotic unlike anywhere else
 8. The nature is jaw dropping with steep mountains rising directly from the ocean floor.
 9. Arctic birds, spectacular light.
 10. I especially remember the first sunset after months of midnight sun

-
- 4
1. leting etter bølger.
 2. . Du har sjekka- og bølgene peeler bortover, før de dunderer mot stranda
 3. slik at jeg kan sjekke surfen fra huset

ADR 1 1. i solnedgangen

-
- 2
1. Strålende vær og to gigantiske hopp
 2. det store, «lille» hoppet med en flate på minst 15 meter
 3. å se noen gjøre en trippel
 4. Solen er i ferd med å gå ned

-
- 3
1. , fjellet i bakgrunn er de statlige Jægervasstindane
 2. for å sjekke linjer og snø
 3. og vi så ikke noe annet enn gode ting
 4. cirka 300 meter unna
 5. Andreas satt på en topp på den andre siden av breen
 6. Det gikk sykt fort
 7. Så var det over.
 8. på grunn av usikre forhold

9. Igjen på grunn av været og ustabil snø.
10. søke opp de beste og feteste alternativene der og da
11. Vi hadde sett en rekke mulige linjer o
12. Lysforholdene var gode,
13. En sky dekket kjørerne.
14. Skyen hang der fortsatt
15. da han vinklet brettet nedover forsvant skyen.
16. på grunn av lyset og været

-
- 4 1. Stedet som havner i skyggen av Hafjell og Kvittfjell hvis du kommer sørfra
 2. I skyggen av Bjorli hvis du kommer fra Sunnmøre.
 3. I skyggen av Oppdal hvis du kommer fra Trondheim
 4. FROSSEN STOLHEIS:
 5. til venstre ser vi Blåbærfjell-siden, med barnetrek og Poma-heis
 6. til høyre ser vi Valsfjell og en stolheis.
 7. Under stolheisen ser vi klippebånd og ganske mye terreng
 8. Under stolheisen er det en del klipper, med ganske flate landinger
 9. vi får tatt en titt
 10. Du ser mye morsomt terreng fra stolheisen
 11. foto-Breie ser seg om etter egnede spots
 12. bygd i tre på dognad midt inne i skogen

-
- 5 1. Lovende utsikt
 2. Mellom bakkar og berg
 3. Oppdal er en liten bygd klemt inn mellom fjellene i Trøndelag, og anlegget er delt opp i fire deler: Vangslia, Hovden og Stølen ligger på rad og rekke, med Ådalen litt bak oppe i fjellet.
 4. Det åpner for et massivt stykke terreng med fjellsider i alle himmelretninger o
 5. Det blåser på toppen
 6. Vi våkner til ti centimeter med fersk snø og starter letingen
 7. og dermed ganske oppkjørt allerede.
 8. Vi får også se en massiv bruddkant på vei opp i heisen,
 9. Her er det åpent terreng og vindblåst på toppen, men på flankene finner vi god snø
 10. en surfaktig bakside spray over en liten kul før han forsvinner ned i et heng
 11. Petter Kristiansen aka. Mr. Nesbru spruter snø.
 12. Joacim og Petter finner en pillow til et lite dropp under området som kalles <<paradis>>.
 13. På Vestsida er det noen fine mindre klipper og morsom skog
 14. På toppen føyer det så mye at det knapt går an å se noe som helst.
 15. etter hvert åpner til og med himmelen seg så solen får gløtte frem.
-

Note. Sub= Subcontext; N=Narrative number.

Sensory Access 2.4.

Being able to hear nature

Table 6

Sensory Access 2. 4. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	<ol style="list-style-type: none">1. Sauene på utsiden av vinduet breker høyt2. hører vi brusset fra den første av de fire store fossene vi skal innom i dag: Linndalsfallet.3. Elva som i går dysset oss i søvn med sitt monotone brus, renner fremdeles i bakgrunnen og fyller lydbildet.
	4	<ol style="list-style-type: none">1. Stillhet, fred og ro
ADR	5	<ol style="list-style-type: none">1. drønner det skikkelig

Note. Sub= Subcontext; N=Narrative number.

3. Connection

Narrative fragments that pertain the EcoWellness aspect Connection. Includes 4 subspects (3.1, 3.2, 3.3, and 3.4).

Connection 3.1.

Experience pleasant cognitions (including memories) while reflecting on one's relationship with nature

Table 7

Connection 3.1. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	<ol style="list-style-type: none">1. Voldsomme daler, heftige fossefall og setre som tatt rett ut av eventyrene2. fabelaktige fossefall3. et setertun som hentet rett ut av Askeladden-eventyren4. Siste etappe går opp en bratt, men hyggelig kneik på fire hundre høydemeter5. MEKTIG: Landskapet endret karakter fra dovent og bølgete til steilt og stupbratt

-
- 2
1. Frå rommet på Øvre Dørålseter ser eg dei alle saman stå og flotte seg i kveldslyset
 2. minner om pistasjis?
 3. Men joda, plutselig strekk Rondane ut armane
 4. Er det mogleg å sjå seg mett på fjell?
 5. fjellet og denne forunderlege bobla kor alt kan skje

-
- 3
1. Som ved eit trylleslag lettar snøvêret, eit enormt kvitt og heilt urørt brelandskap glitrar i sola, og midt imot: Snønipa
 2. Stardalen i Jølster er vakker
 3. Turen frå Haugastølen går gjennom eit mektig brelandskap
 4. Neste morgon hjelper det ikkje at Stardalen er vakker,
 5. Det er nesten for fint her oppe
 6. Dessutan er det skiterreng i verdsklasse rundt oss på alle kantar.
 7. HERLEG: Mor i godt driv etter å ha passert brefallet
 8. resten av turen er ein komposisjon av Edvard Grieg
 9. SOM PERLER PÅ EI SNOR:
 10. eit Soria Moria for draumane.
 11. det høgste fjellet i Jølster
 12. utan eit menneske i sikte nokon stad
 13. i ny og urørt snø

-
- 4
1. PSYKT FIN TUR
 2. naturen er pusterommet
 3. Siden har det blitt mange.
 4. Tre år senere er det annerledes.
 5. Selv om det er fysisk krevende, kommer jeg bort fra tankekjøret
 6. Det hjelper
 7. Jeg utfordrer meg selv hver gang jeg drar ut
 8. Friluftsliv er bra for oss.
 9. For det første har det seg slik at natur har en positiv effekt på den psykiske helsa vår.
 10. Studier viser at opphold i natur gir oss lavere angstnivå, flere positive følelser og gjør at vi tenker mer konstruktivt rundt problemene våre.
 11. Videre er det sånn at selve hobbyen friluftsliv inneholder elementer vi vet kan gjøre at vi tåler livets nedturer bedre.
 12. Vi vet at mange opplever mestring, tilstedeværelse og positive følelser når de holder på med friluftsliv.
 13. Natur har en positiv effekt på den psykiske helsa vår, og opphold i naturen kan gi oss lavere angstnivå, sier psykolog og friluftsentusiast Johanne Refseth
 14. Vi er laget slik at angstsysteemet går litt ned i naturen
 15. mens inntrykkene i naturen faller naturlig for oss.

16. De er lettere å behandle
17. Samlet viser de at det å oppholde seg i grønne omgivelser gir et redusert stressnivå sammenlignet med å oppholde seg innendørs eller i urbane områder.
18. var en stor prøvelse for Une Cecilie
19. opplevd at jeg mestrer noe
20. Isteden opplevde jeg at jeg ikke tenkte på noe som helst.
21. Jeg fikk oppleve en helt annen virkelighet enn de siste månedene
22. Det var et sterkt øyeblikk, og det har skjedd mange ganger siden også.
23. Slår du sammen dette med den nyere forskningen som viser at det å oppholde seg i naturen er positivt i seg selv, også når man ikke er i bevegelse, så nærmer vi oss tidenes mirakelkur.
24. en behagelig myk soloppgang.
25. en ny dag med nye utfordringer

5 1. MELLOM GIGANTER

2. Aleksander, broren og faren hans fikk en spektakulær overnatting i telt foran det karakteristiske fjellet Kyrkja (2032 moh.) i Jotunheimen.
3. fantastiske Visdalen
4. det trange dalføret som strekker seg mellom Norges to høyeste fjelltoppene
5. mens Glittertinden (2457 moh.) troner i øst
6. og er et perfekt utgangspunkt for både vinter- og sommerturer i flere retninger.
7. ser bra ut på bildene,
8. Rundt oss ligger Semelholstinden (2147 moh.), Visbretinden (2234 moh.) og den karakteristiske profilen av Kyrkja (2032 moh.) som perler på en snor
9. bakgrunnen ruver profilen av Kyrkja som en spektakulær bakgrunnskulisse
10. det dette øyeblikket jeg har ventet på.
11. For et føre!
12. dette var noe helt annet enn starten i går!
13. Faren vår er også i sitt rette element når han kan lange ut under disse forholdene.
14. Den mektige Visbretinden troner mot den blå himmelen, og på kjøpet får vi en nedtur som inkluderer både vakre svinger og et spektakulært fall.
15. Jeg sover sjelden så godt som når det er iskaldt og jeg ligger med åpningen tett snurpet sammen rundt ansiktet.
16. Vi er heldige, vi tre, som kan dele dette med hverandre.

-
- SURF 1 1. i nærmest drømmeforhold i Lofoten.
2. FANTASTISKE FORHOLD:

3. Det var en ganske perfekt størrelse hvor det ikke var for mange sett som vasket over hele høyrebølga, men de fleste bare rullet nedover pointet.
4. På mange måter er det noe av det beste jeg noensinne har sett her i Lofoten
5. Vinteren har faktisk vært veldig bra!
6. SPEKTAKULÆRT: Lofoten har levert fantastisk surf.
7. Overall en god dag på jobben!
8. Det var absolutt en god størrelse på bølgene denne torsdagen
9. Det passet for så vidt bra, for Shannon avslutta sessionen med tre barrels på samme bølge; først en litt rotete seksjon hvor han var helt dekket en stund, før han stallet seg høyreist inn i en }rkanta en, og så avslutta med en liten cover up på innsiden.

-
- 2 1. Jeg kaller det et luksusproblem.
 2. Det er noe helt spesielt å svømme blant surferne og prøve å fange et millisekund av et øyeblikk mens man balanserer mellom å bli påkjørt av surferen og bli kastet rundt av bølgen
 3. Lofoten er som en våt drøm
 4. Høye fjell og vakker natur er med på å skape en uslåelig stemning i bildene.
 5. så bra bølger - bedre enn noe annet sted innenfor landegrensene. D
 6. et bølgeparadis
 7. fint vær,
 8. en surfespot som er helt unik
 9. for en fotograf byr Lofoten på (for) mange bildemuligheter og det finnes et forsidebilde i enhver retning til enhver tid
 10. Likevel forbindes denne lille dalen ofte med det aller beste av surfemuligheter som finnes i Norden og med både consistency og periode nok til å gjøre selv den mest bortskjemte Portugiseren eller Franskmannen sjalu.
 11. Sleng på litt nordlys, toppturer og et hav av muligheter blant rev, skjær og strender Lofoten rundt og du har deg selv en fullt verdig surfeeventyr for din neste reise
 12. Høyrebølgen på Unstad er den man oftest ser bilder av i sosiale medier, men både beachen og venstre er også helt fantastiske på de riktige dagene.
 13. er bare med på å finpusse på førsteintrykket.

-
- 3 1. Never a dull sight.
 2. Empty waves, spectacular scenery, exotic unlike anywhere else
 3. Bear Island might sound like an arctic paradise
 4. The nature is jaw dropping with steep mountains rising directly from the ocean floor

5. Arctic birds, spectacular light
6. Still, I've had some epic days by myself
7. this stunning coastline.
8. Life on Bear Island is great
9. 360 degrees of stunning coastline.
10. Perfect companion.

-
- 4 1. det er min beste terapi.
 2. gårsdagens sorger og morgendagens bekymringer var bort
 3. Rett før gifta var jeg på et fint nivå
 4. Jeg var snart tilbake der jeg slapp.
 5. Det var en opplevelse for livet!
 6. havet er en diger lekeplass
 7. Det er få ting som er bedre enn det å stå i bitende kulde å kle på seg våtdrakten.
 8. Det er da du kjenner at du lever!
 9. Surfen gi meg livsmot og motivasjon,

-
- 5 1. SUKSESSFULL: Det ble en herlig Stad-helg for campen
 2. Vi bygger på en ide om at surf er mer enn bare teknikk
 3. Samtidig er det noe spesielt men en ren jentegruppe
 4. En av jentene i helgen sa "when girls come together and feel safe, magic happens".
 5. jentecamp er bra!
 6. det blir mindre konkurransepreget
 7. Vi bodde på Akka Surf som har overnatting inkludert surfemamma så det har blitt vafler, markblomster, rabarbrapai, gode senger og klemmer.

-
- ADR 1 1. REKORDRASK NED FRA FJELLKONGE- TOPPENE I ROMSDAL
2. HØYDEPUNKT: Tom Erik Heimen på vei ned fra Store Vengetind, da han i helgen gjorde unna alle sju Fjellkonge-toppene i Romsdal på under 23 timer
 3. – Det absolutt råeste var nok da jeg føy ned Vestgjelet fra Vengetind.
 4. Sju majestetiske fjell
 5. Likevel gjør fallskjermhoppinga at Tom Erik Heimens tur er noe helt eget.
 6. – En sjukt rå dag!
 7. En komplett fjelltur på en perfekt dag med ulikt turfølge underveis
 8. – imponerende bare det –
 9. Det var en rå opplevelse fra start til slutt!
-

-
- 2 1. Tenk deg et skianlegg som du har helt for deg selv, et par perfekte shapede hopp, railpark, sol, vindstille og å få kjøre en hel dag med en X Games-vinner.
 2. Drømmen gikk i oppfyllelse for freeskitalentet Vebjørn Gråberg (13) fra Trondheim og snowboarderen Odin Røhrt (12) fra Oslo.
 3. Sol og vindstille på værmelding og to gigantiske hopp stod klar på Dombås da gutta møtte opp på Dombås mandag ettermiddag.
 4. Tirsdag morgen viste anlegget seg fra sin beste side.
 5. Strålende vær og to gigantiske hopp
 6. Jeg har aldri hoppet på et hopp med så mye airtime.
 7. Det er ganske spesielt
 8. Kanskje kan det bli noe ekstra tøft i solnedgangen.
 9. Det er ganske spesielt å få kjøre sammen med en så dyktig kjører alene.
 10. Dette var helt rått

-
- 3 1. og vi så ikke noe annet enn gode ting
 2. En fantastisk dag å leve.
 3. Snøen var stabil
 4. Det gikk sykt fort.
 5. og kjørerne fikk sin beste linje den sesongen
 6. Det ble en vellykket tur,
 7. og det var ikke så ille å stå på snowboard der heller.
 8. Det ble seriens beste klipp
 9. Krister kjørte en syk linje
 10. det ble en fin avslutning på vinteren,

-
- 4 1. Det som mange kanskje ikke vet, er at de også har mange fine frikjøringsområder.
 2. Svartløypa er også fet når den ikke er preparert.
 3. Ja, terrenget over setrene på ski høyre er fint.
 4. kanskje Norges råeste DIY- park
 5. Solbråsetra som ligger ganske langt ski høyre kan by på mer enn bra skikjøring og fin kicker-spot.
 6. det er her den bra kjøringa er.
 7. SKILEIK: Du ser mye morsomt terreng fra stolheisen
 8. tillegg skal det finnes mye snadder på skikjørers høyre, over sætrin.
 9. vi får fin kjøring i svartløypa og cruising når vi når skogen.
 10. Hallingdølen finner noe tiltalende.
 11. Bakkern-spot deluxe her da, dudes
 12. det som må være Gålås mest naturlige spretthopp
 13. Gålå melder.
-

-
- 5 1. og store sjanser for gode forhold.
 2. dagens fineste sving,
 3. Vi har nok å kose oss med i skogen
 4. Ikke minst er det masse bra kjøring bare et steinkast fra heisen.
 5. På Vestsida er det noen fine mindre klipper og morsom skog
 6. Det skal bli kaldere, komme mer snø, og deler av anlegget, som har vært stengt siden snøværet slo inn, åpner
 7. på den lekne kjøringen som er å finne der
-

Note. Sub= Subcontext; N=Narrative number.

Connection 3.2.

Having positive emotions while reflecting on one's association with nature.

Table 8

Connection 3.2. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	<ol style="list-style-type: none"> 1. – Endelig en utfordring! sier Simon bråkjekt. 2. – Jeg hadde ingen forventninger, men dette her er jo faktisk kult! 3. Seier. 4. så en viss spenning er det 5. forteller Randi stolt 6. – Nå koser jeg meg! 7. – Lett! 8. Men fy så deilig det er å være nede! 9. gliset hans er verdt mer enn tusen ord 10. De har digga det,
	2	<ol style="list-style-type: none"> 1. Gleda ved å gå opp, gleda ved å gå ned 2. Motivasjonen følgjer i same spor; først gler du deg til å kome opp, deretter til å kome ned 3. I starten er det spanande å gå gjennom den tronge passasjen i fjellet. 4. eg blir stadig meir spent på utsynet som ventar på toppen 5. Men joda, plutselig strekk Rondane ut armane og ønsker deg velkommen. 6. Er det mogleg å sjå seg mett på fjell? 7. Vi blir ramma av ei gjensynsglede eg trur ingen av oss skjønar noko av, for vi kjenner jo egentleg ikkje kvarandre. 8. like overraska begge to.
	3	<ol style="list-style-type: none"> 1. Mor lyser som ei sol 2. Vi får ny vind i segla

3. FEIRING PÅ 1827 MOH
4. Dette er ein slik dag

-
- 4 1. Det var noe som løsnet
 2. og mestring.
 3. (Fordi da er du fornøyd med deg selv?)
– Ja.
 4. (--Stolt?)
--Ja
 5. men her ute måler jeg meg bare med meg selv, og da blir det bare bedre og bedre.
 6. Klumpen i magen», for å bruke et folkelig uttrykk, den slipper taket når jeg er ute.
 7. en det er nok først og fremst en måte å lade batteriene på.
 8. Jeg glemmer at jeg er redd.
 9. glemmer at jeg er bekymra
 10. Det er en restart, og jeg er så ufattelig glad når jeg kommer hjem igjen.
 11. Jeg fungerer 100 prosent,
 12. Det er en følelse som både er gjenkjennelig og etterlengtet der jeg ligger.
 13. likevel var det noe som løsnet.
 14. Jeg blir så lykkelig inni meg, sier Une og smile
 15. Da har jeg det mye heller slik, sier hun og smiler
 16. BEHAGELIG: En lyslenke og varmeflaske med varmt vann er viktige deler av en behagelig natt for Une Cecilie.
 17. vi blir aktivt belønnet av vår egen kropp når vi omgir oss med fuglekvitte, fjell og vidde.

-
- 5 1. hans voldsomme turglede
 2. er vi glad for at han endelig kan utfordre seg selv fysisk på tur med sine to sønner.
 3. peker begeistret på en rype
 4. For et føre!
 5. dette var noe helt annet enn starten i går!
 6. Alle tre synes det er spennende å utforske nye områder der vi ikke har vært før.

SURF 1 1. Det er også sykt deilig å se sola titte over horisonten igjen

-
- 2 1. Det er noe helt spesielt å svømme blant surferne og prøve å fange et millisekund av et øyeblikk mens man balanserer mellom å bli påkjørt av surferen og bli kastet rundt av bølgen.

2. Det er noe helt spesielt å surfe blant høye fjell og vill natur.

3 1. The joy of watching waves break
2. it's mind blowing to surf a place where almost no one ever has surfed.

4 1. ELSKER jeg å surfe
2. og føler meg ganske trygg i bølgene.
3. Jeg ble bitt av basillen
4. Heldigvis er surfing så motiverende i seg selv
5. uansett alder og funksjonsnivå har alle glede av den.
6. Farten, spenningen og adrenalinet!
7. For en deilig følelse!

5 1. feel safe
2. jentecamp er bra!
3. Det føles trygt
4. Det er gøy å surfe med en gruppe jente

ADR 1 1. SPREK PILOT: Tom Erik Heimen underveis, her på Store Trolltind.
2. – En sjukt rå dag!
3. Det var en rå opplevelse fra start til slutt!

2 1. Dugnadsånd, entusiasme og glede over å delta i barnas aktiviteter er verdier som står i sentrum.
2. – Shredde? sier Marcus og et unisont nikk
3. FORNØYD: De tilreisende var svært fornøyde med hoppet
4. Man blir inspirert!
5. Han er strålende fornøyd
6. – Marcus har gledet seg til vi skulle komme.

3 1. En fantastisk dag å leve.
2. så jeg var glad

4 1. Torgeir Eikeli gjorde lurt i å ta seg fri fra jobben.^a
2. føles det som vi er de eneste her i dag
3. Vangslia gir den lekne kjøringa
4. Skjellfjord er imidlertid optimistisk for morgendagen

Note. Sub= Subcontext; N=Narrative number.

^aThis fragment has to be contextualised with the picture that comes with the text.

Connection 3.3.

Having a special place (or places) in nature that elicit(s) positive emotions and cognitions.

Table 9

Connection 3.3. Identification of text fragments.

Sub	N	Narrative fragment
DNT	2	1. Eg skal vere ærleg med deg Rondane, Jotunheimen har alltid stått mitt hjarte nærast, men her og no er du jammen fin, du også 2. det er ingen tvil om at toppen er noko spesielt.
	3	1. Og ein fjelltopp frå barndommens rike. 2. Men ho har ein gammal draum om eit fjell i Jølster 3. dette fjellet ho alltid hadde drøymt om? 4. eit fjell ein har drøymt om sidan barndommen
	4	1. (når skyene endelig letter og solen kommer ut.) Det er småting, men jeg får frysninger når jeg prater om det.
SURF	2	1. for meg er Lofoten et bølgeparadis 24/7, 365 dager i året. 2. Jeg har i hvert fall funnet mitt Shangri-La. 3. Jakten på den perfekte bølgen tar aldri slutt, men for meg finnes den i vår egen bakgård.
	3	1. I especially remember the first sunset after months of midnight sun 2. Bear Island (...) differs from them all

Note. Sub= Subcontext; N=Narrative number.

Connection 3.4.

Having at least one activity in, or with nature that one incorporates into a self-definition.

Table 10

Connection 3.4. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	1. Simon har fått øya opp for friluftsliv, 2. Disse gutta, de blir med på tur igjen.
	2	1. Dei har sett T-en på ulltrøya mi, og eg kjenner på presset. 2. Det er tross alt knytt visse forventningar til ein DNT-representant 3. Du må vere stødig på kart og kompass og sterk i oppoverbakkane. 4. Då forstod eg at eg måtte ta grep, eg måtte omfamne ein ny måte å gå

i fjellet på.

5. I staden for fjelltur, måtte eg no starte med fjellvandring.
6. i fjellet blei vi kjent som likesinna turgåarar

-
- 3 1. Men far og mor peika alltid på Snønipa frå støylen i Nordfjord, og den blå skuggen inne på breen vart ein del også av vår barndom.
2. Og ein fjelltopp frå barndommens rike.

-
- 5 1. Så lenge jeg kan huske, har faren min vært en aktiv pådriver for å få med seg oss barna ut på tur
2. For meg som naturfotograf

-
- SURF 2 1. surfefotograf
2. surfere
 3. surfere

-
- 4 1. Surfen gi meg livsmot og motivasjon, den gir meg mening og identitet.

-
- ADR 1 1. Dette er de sju fjellene som må bestiges for at man skal kunne kalle seg Fjelldrønning eller Fjellkonge i Romsdal
2. som bor ikke bare er født og oppvokst i Romsdal, men også en av verdens beste og mest erfarne basehoppere.

-
- 2 1. Det var kjørere
2. en X Games-vinner
 3. freeskitalentet
 4. snowboarderen
 5. en av verdens beste snowboardere.
 6. så dyktig kjører
 7. tidligere aktiv skikjører

-
- 3 1. MED DE RÅESTE KJØRERNE
2. som snowboardkjører og fjellmann
 3. kjørerne

-
- 5 1. en erfaren frikjører fra Oppdal
2. Morten Vigeland har satt sitt navn på etter noen tricks i Playboard-intervjuet hans fra 2001

Note. Sub= Subcontext; N=Narrative number.

4. Protection.

In-texts fragments that pertain the EcoWellness aspect Protection. Includes 2 subaspects (4.1, and 4.2).

Protection 4.2.

Taking precautions that would promote one's survival when in the presence of or near species or natural elements that can bring harm to the individual.

Table 11

Protection 4.2. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	<ol style="list-style-type: none">1. (Det tar bare et par minutter før vi kommer til et glatt parti like foran en skrent på et par meter. Simon trækker feil og sklir utfor. – Shit!) Vi iler til og ser at han har skrappt opp siden av hånda, som silblør.2. Det blir noen hektiske minutter, men vi klarer å plastre ham sammen.
SURF	3	<ol style="list-style-type: none">1. My polar bear lookout isn't wearing a wetsuit, so it's not easy to get any help in the sea.2. A spot check with a rifle on your back and a polar bear lookout on land isn't everyday life for most surfers.3. we always wear a rifle whenever we leave basecamp
ADR	5	<ol style="list-style-type: none">1. Vi får også se en massiv bruddkant på vei opp i heisen, så vi har fått klare tegn om å være forsiktige.2. Samma det, du må heldigvis ikke kjøre noe bratt for å ha det gøy.

Note. Sub= Subcontext; N=Narrative number.

5. Preservation.

In-texts fragments that pertain the EcoWellness aspect Preservation. Includes 1 subaspect (5.1).

Preservation 5.1.

Taking action(s) related to an environmental cause

Table 12

Preservation 5.1. Identification of text fragments.

Sub	N	Narrative fragment
SURF	3	1. Kristine has more than waves on her mind when it comes to protecting this stunning coastline.
		2. (there's so much garbage on these beaches.) But we do our best to contribute to removing it
		3. We've decided to do what we can and remove as much plastic as possible, while we're here
5	1.	1. De lokale har også vært viktige på Stad
		2. Vi har spist lokal, kortreist mat
		3. Dagsfersk fisk og kjøtt fra lokale dyr
		4. Yogaen har vært med Bygda Yogaskule og vi har hatt lokal surfeinstruktør
		5. Vi bodde på Akka Surf som har overnatting inkludert surfemamma så det har blitt vafler, markblomster, rabarbrapai, gode senger og klemmer.

Note. Sub= Subcontext; N=Narrative number.

6. Spirituality.

In-texts fragments that pertain the EcoWellness aspect Spirituality. Includes 3 subaspects (6.1, 6.2, and 6.3).

Spirituality 6.1.

A perceived connection with one's conception of a higher power or life-guiding beliefs when in presence of nature.

Table 13

Spirituality 6.1. Identification of text fragments.

Sub	N	Narrative fragment
DNT	4	<ol style="list-style-type: none">1. (Når vi er ute, er vi nærmere urmennesket). Det er dette vi er skapt for.2. Vi er skapt for å være ute,
SURF	4	<ol style="list-style-type: none">1. Jeg skal i hvert fall aldri slutte å surfe,2. Surfen gi meg livsmot og motivasjon, den gir meg mening og identitet.3. Livet er et usikkert prosjekt, men en ting jeg er sikker på her i livet, det er at jeg skal fortsette å surfe så lenge jeg lever.

Note. Sub= Subcontext; N=Narrative number.

Spirituality 6.2.

The ability to find inner peace when in presence of nature.

Table 14

Spirituality 6.2. Identification of text fragments.

Sub	N	Narrative fragment
DNT	2	<ol style="list-style-type: none">1. Finne roen, ikkje haste med å gå vidare2. Så ser du utover, og på eit vis blir skiljet frå kvardagen og karusellen der nede så fysisk og konkret.
	4	<ol style="list-style-type: none">1. naturen blitt et sted for hvile, positive tanker2. Selv om det er fysisk krevende, kommer jeg bort fra tankekjøret3. Nå klarer jeg også virkelig å falle til ro på lange turer.4. Ideen om natur som et sted for å hvile hodet er ikke unik for Une Cecilie.5. noe som igjen kan bidra til roen mange opplever når de er ute, sier hun.

6. Når jeg går ut, får jeg puste igjen.
7. En pause fra sitt eget hode, en pause fra noe man ikke kan løpe fra.
8. Isteden opplevde jeg at jeg ikke tenkte på noe som helst.
9. Det jeg fikk, var et blankt lerret.
10. Jeg tenkte ikke på en skit, og jeg var overhodet ikke forberedt på det
11. Roen kommer mer frem i naturen

SURF 4 1. gårldagens sorger og morgendagens bekymringer var bort

Note. Sub= Subcontext; N=Narrative number.

Spirituality 6.3.

A sense of seclusion and being away from one's typical environment

Table 15

Spirituality 6.3. Identification of text fragments.

Sub	N	Narrative fragment
DNT	2	<ol style="list-style-type: none"> 1. og på eit vis blir skiljet frå kvardagen og karusellen der nede så fysisk og konkret 2. i mitt hovud symboliserer vandring ei form for tilstand kor «her og no» er det viktigaste 3. Men no har fjellet mi fulle og heile merksemd.
	4	<ol style="list-style-type: none"> 1. Turen blir et fristed 2. Bort fra alt som er vanskelig 3. stillhet, fred og ro 4. Jeg fikk oppleve en helt annen virkelighet enn de siste månedene 5. Det jeg fikk, var et blankt lerret. 6. Jeg tenkte ikke på en skit, og jeg var overhodet ikke forberedt på det 7. Jeg opplever at naturen hjelper oss til å være tilstede istedenfor å være inne i våre egne bekymringer.
	5	<ol style="list-style-type: none"> 1. det lett å glemme dagliglivet og være til stede her og nå.
SURF	4	<ol style="list-style-type: none"> 1. gårldagens sorger og morgendagens bekymringer var bort og jeg var i nuet.

Note. Sub= Subcontext; N=Narrative number.

7. Community Connectedness.

In-texts fragments that pertain the EcoWellness aspect Community Connectedness.

Includes 2 subspects (7.1, and 7.2).

Community Connectedness 7.1.

A greater sense of interconnectedness with the human and non-human community through contact with nature.

Table 16

Community Connectedness 7.1. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	<ol style="list-style-type: none">1. Er det noe vi kan, er det å være på guttetur.2. Hæ? Sander og jeg ser på hverandre og begge tenker det samme:3. og jeg har fått meg en ny turkompis
	2	<ol style="list-style-type: none">1. Vi blir ramma av ei gjensynsglede eg trur ingen av oss skjønner noko av, for vi kjenner jo egentleg ikkje kvarandre2. (– Vil du ha ein du også? spør han) Entusiastisk plukker eg eit kirsebær frå ziplock-posen3. Truleg kunne dei vore foreldra mine, men i fjellet blei vi kjent som likesinna turgåarar4. spør vi kvarandre, like overraska begge to.
	3	<ol style="list-style-type: none">1. For vi vaks heller ikkje først og fremst opp i ein turfamilie, men ein bondefamilie.2. og den blå skuggen inne på breen vart ein del også av vår barndom.3. og står og ventar på oss
	4	<ol style="list-style-type: none">1. Han er alltid med på tur.
	5	<ol style="list-style-type: none">1. er vi glad for at han endelig kan utfordre seg selv fysisk på tur med sine to sønner.2. Min kompanjong er fem år gamle Taiga.3. Alle tre synes det er spennende å utforske nye områder der vi ikke har vært før.4. Vi er heldige, vi tre, som kan dele dette med hverandre.
SURF	2	<ol style="list-style-type: none">1. utallige kaffekopper med gamle og nye venner
	3	<ol style="list-style-type: none">1. Perfect companion.

-
- 5 1. En av jentene i helgen sa "when girls come together and feel safe, magic happens".
2. Alle er enige
-

- ADR 3 1. viktigere for meg: jeg fikk en ny gjeng kompiser.
2. på starten av min mine nye vennskap.
-

- 4 1. I bunn blir det delt ut knuckles og high-fives.
-

Note. Sub= Subcontext; N=Narrative number.

Community Connectedness 7.2.

Compassionate and generous acts towards others when exposed to nature

Table 17

Community Connectedness 7.2.. Identification of text fragments.

Sub	N	Narrative fragment
DNT	1	<p>1. Erik tar oss med bort til et utkikkspunkt på gården og peker med en lett dirrende finger mot den andre siden av dalen.</p> <p>2. – Dere må gå opp den gamle skoleveien fra hundre år tilbake.</p> <p>3. Vi takker for praten</p> <p>4. Dette kommer til å bli tungt for dem, tenker jeg.</p> <p>5. Jeg legger merke til at gutta har blitt stille.</p> <p>6. Vi iler til og ser at han har skrappt opp siden av hånda,</p> <p>7. men vi klarer å plastre ham sammen</p>
	2	<p>1. Vil du ha ein du også? spør han</p> <p>2. Eg veit ikkje om eg nokon gong har fått ein så god klem som den eg uventa og brått tar del i like utanfor Rondvassbu morgonen etter</p> <p>3. Dei gav meg skyss vidare til Saltfjellet og spanderte is på vegen</p> <p>4. og etter nok ein klem tar vi farvel på ny</p>
	3	<p>1. Og opp frå sekken dreg veslesyster ei stor marsipankake til ære for jubilanten</p>

2. Kva er vel betre gåve enn ein familietur til Snønipa?
3. Kva kunne vere betre gåve enn å gje henne ein skitur til Snønipa,
4. Marsipankake er sjølvsagt når ein fyller 60

-
- 5 1. Han har allerede bidratt til fotograferingen ved å drasse med seg et stativ på tre og en halv kilo, men kryper villig inn.
 2. Han har i alle år vært opptatt av å legge til rette for sine barn og sitter gjerne med krokboyd rygg i et telt så lenge det er behov for det.
 3. Denne gangen lar vi hundene hvile.

SURF 5 1. og klemmer.

ADR 4 1. Vi måtte ha hjelp av kjentmann Espen Berg-Johnsen for å finne frem.

5 1. Skjellfjord inviterer oss til å bo med dem

Note. Sub= Subcontext; N=Narrative number.

8. Excluded text fragments

In-texts fragments that do not take place in Norway, and therefore are excluded.

Table 18

Excluded text fragments

Sub	N	Narrative fragment
SURF	2	1. Etter å ha blitt introdusert til surfeverdenen blant John Johns og Kellys på Hawaii har denne brettsporten tatt meg verden rundt og til (meget) midlertidige hjem i blant annet Portugal, Bali og Marokko. Surfebrettet ligger dog igjen i en sliten kjeller på Oahu, men kameraet er både oppgradert og }njustert for bølgene man møter på veien.
	3	1. Kristine has travelled the world, she's visited some of the most famous spots in the world, she's done the traditional road trips and surf adventures. She's done Hawaii. She's explored Europe
	4	1. Og i 2017, fikk jeg et av mine største ønsker oppfylt. Jeg fikk 6 måneders permisjon fra jobb og brukte denne på å reise og surfe. Jeg begynte 1 måned i Australia, deretter 2 måneder i Indonesia for så å

være 2 måneder i Sør Afrika.

2. Jeg fikk surfe verdenskjente bølger, som for eksempel Kirra, Burleigh, Uluwatu, Lakey Peak og Supertubes. Til tider var det ganske store og kraftige bølger, noe som blant annet førte til et par lettere skader, som diverse reef- cuts og forslåtte ribben. Heldigvis ingenting alvorlig.
3. Læringskurven gikk loddrett oppover og psyken fikk en skikkelig boost. Det gjorde så godt for kropp og sjel å få surfe hver dag, være i varmen og være rundt gode mennesker. Jeg sitter igjen med mange og gode opple

-
- 5 1. På Bali kan deltakerne vente seg ti dager stappfulle av surfing
 2. Nå venter flere i surfeparadiset Bali i Indonesia. Der gir de også mye tilbake til de lokale. På Bali jobber vi med lokalmiljøet i landsbyen hvor vi holder til og vi håper at vi i fremtiden får mulighet til å gjøre enda mer av det. Vi har så vidt begynt på et prosjekt med de lokale jentene, det er ingen jenter som surfer i landsbyen vår nå, men vi har møtt flere som har lyst. Vi samarbeider også med den lokale boardriders klubben. Sammen arrangerer vi beach cleanups, konkurranser og jobber for et bedre søppelinnsamlingssystem. Vi drømmer om å ha et program med de lokale barna, med blant annet engelsktimer som hovedsatsning. Jentene som kommer på camp blir involvert i de sosiale prosjektene våre så de kan være med å gi noe tilbake til samfunnet som er vertskap for oss, sier Weidemann.

Note. Sub= Subcontext; N=Narrative number.

9. Summarisation tables

To summarise all the information presented in this appendix, two more tables have been created. **Table 19** was created to summarise how many text fragments were identified on each subaspect. Because the results that will be presented and discussed build on the aspect level, and they are given in percentages, then an additional table (**Table 20**) is shown next.

Table 19

Summarisation of the amount of text fragments categorised per narrative.

Nar.	Number of narrative fragments identified on the EW suspects																		T
	PA1	PA2	SA1	SA2	SA3	SA4	C1	C2	C3	C4	Pro1	Pro2	Pre	S1	S2	S3	CC1	CC2	
DNT1	48	0	4	0	14	3	5	10	0	2	0	2	0	0	0	0	3	7	98
DNT2	29	0	6	0	18	0	5	8	2	6	0	0	0	0	2	3	4	4	87
DNT3	26	0	6	2	29	0	13	4	4	2	0	0	0	0	0	0	3	4	93
DNT4	42	1	2	0	4	1	25	17	1	0	0	0	0	1	11	7	1	0	113
DNT5	39	0	9	0	20	0	16	6	0	2	0	0	0	0	0	1	4	3	100
SURF1	11	0	0	0	10	0	9	1	0	0	0	0	0	0	0	0	0	0	31
SURF2	12	1	2	0	6	0	13	2	3	3	0	0	0	0	0	0	1	0	43
SURF3	7	0	0	0	10	0	10	2	2	0	0	3	3	0	0	0	1	0	38
SURF4	16	2	4	0	3	0	9	7	0	1	0	0	0	3	1	1	0	0	47
SURF5	10	0	0	0	0	0	7	4	0	0	0	0	5	0	0	0	2	1	29
ADR1	19	0	0	0	1	0	9	3	0	2	0	0	0	0	0	0	0	0	34
ADR2	21	0	2	0	4	0	10	6	0	7	0	0	0	0	0	0	0	0	50
ADR3	34	0	4	0	16	0	10	2	0	3	0	0	0	0	0	0	2	0	71
ADR4	25	0	1	0	12	0	13	0	0	0	0	0	0	0	0	0	1	1	53
ADR5	24	1	8	0	15	1	7	4	0	2	0	2	0	0	0	0	0	1	65
T	363	5	48	2	162	5	161	76	12	30	0	7	8	4	14	12	22	21	952

Note. Nar.= Narrative; T= Total

Table 20

Agrupation of the subcategories into the 7 EW aspects, and their percentages relative to the total.

Nar.	Fragments per EW Aspect							EW percentage relative to the total						
	PA	SA	C	Pro	Pre	S	CC	%PA	%SA	%C	%Pro	%Pre	%S	%CC
DNT1	48	21	17	2	0	0	10	49	21	17	2	0	0	10
DNT2	29	24	21	0	0	5	8	33	28	24	0	0	6	9
DNT3	26	37	23	0	0	0	7	28	40	25	0	0	0	8
DNT4	43	7	43	0	0	19	1	38	6	38	0	0	17	1
DNT5	39	29	24	0	0	1	7	39	29	24	0	0	1	7
SURF1	11	10	10	0	0	0	0	35	32	32	0	0	0	0
SURF2	13	8	21	0	0	0	1	30	19	49	0	0	0	2
SURF3	7	10	14	3	3	0	1	18	26	37	8	8	0	3
SURF4	18	7	17	0	0	5	0	38	15	36	0	0	11	0
SURF5	10	0	11	0	5	0	3	34	0	38	0	17	0	10
ADR1	19	1	14	0	0	0	0	56	3	41	0	0	0	0
ADR2	21	6	23	0	0	0	0	42	12	46	0	0	0	0
ADR3	34	20	15	0	0	0	2	48	28	21	0	0	0	3
ADR4	25	13	13	0	0	0	2	47	25	25	0	0	0	4
ADR5	25	24	13	2	0	0	1	38	37	20	3	0	0	2

Note. Nar.= Narrative