

# PPI UL Mapathon

## Participation Option 2

1

Click anywhere on this picture to download our instructions for **participation option 2**



2



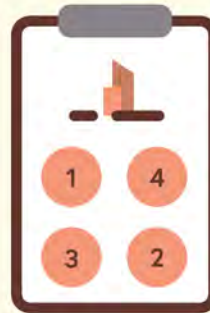
Print the instructions

3



Read the participation sheet and fill in the informed consent form

4



Locate places in the map where you like to spend time and mark them with a number. (e.g. 1, 2, ...)

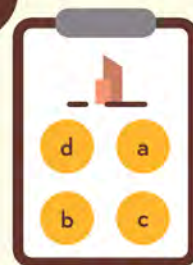
6



Share your results with us:

Locate places in the map where you do not like to spend time and mark them with a letter. (e.g. A, B, ...)

5



Finished!

Take a digital picture of the maps, notes and filled informed consent and email it to:  
[ulmapathon@gmail.com](mailto:ulmapathon@gmail.com)

or send by post to:  
C/O Cristiano Storni,  
CS2032 - CSIS Building  
UL Campus, Plassey,  
Limerick V94 T9PX



## Information Sheet

### Mapping spaces in UL that support wellbeing and inclusion





You are invited to take part in a study exploring wellbeing and inclusion in the University of Limerick's campus. We want to know where you enjoy spending time and why. We also want to know where you do not like to spend time and gather ideas on how to improve UL's campus.

We are interested in the views of everyone who uses the campus. That includes staff and students, and members of the local community who spend time on campus for various reasons.

#### Who is on the research team?

This research is being carried out by the Autism@UL Special Interest Group. We are a group of people who are interested in autism and have a connection to UL. We include many members of the autism community – autistic people, family, friends, researchers, lecturers, local autism groups and the wider local community.

This study is led by:

			
<p>Ms. Michelle O'Donoghue (Lecturer in Speech and Language Therapy, UL)</p>	<p>Dr. Cristiano Storni (Lecturer in Interactive Design, UL)</p>	<p>Ms. Caoilinn Shinnars-Kennedy (Student Support Officer, UL)</p>	<p>Mr. Keith Enright (CEO of Limerick Autism Group)</p>

## CONSENT FORM

EHS Research Ethics Committee Approval: 2020\_10\_07\_EHS



**Title of Project:** Mapping spaces in UL that support wellbeing and inclusion

**Purpose:** To gather, collate and disseminate information on how people engage with the University of Limerick campus to support their wellbeing, and develop ideas for how to enhance existing structures in order to inform inclusive campus developments.

**Should you agree to participate in this study please read the statements below and if you agree to them, please tick each box.**

- I have read and understood the information sheet.
- I have had an opportunity to ask questions, all of which have been answered to my satisfaction.
- I understand what the project is about and what my results will be used for.
- I understand that what the researchers find out about this study may be shared with others but that my name will not be given to anyone in any written material developed.
- I am fully aware of what I will have to do and of any risks and benefits of the study.
- I know that my participation is voluntary and that I can withdraw at any stage before final submission of the questionnaire without giving any reason to the researchers and without any negative consequences for me.

If you have agreed with these statements and consent to taking part in this research study please proceed to the map and questionnaire.

## Section A: Places I like on the University of Limerick (UL) campus

In this section we ask you to pick up to 4 places on the UL campus map where you like to spend time (a place where you feel good). Next we ask you questions about why and when you like this place.

**Question: Is there a place in UL where you like to spend time (a place where you feel good)?**

Please identify this place (up to 4) on the map by marking with a pen (1, 2, 3, 4)



If you do not wish to pinpoint the exact spot on the map, please describe the place in words in the table below. For example, 'the walkway alongside Dromroe village'.

1	
2	
3	
4	

**Question: Why do you like this place 1?** Tick all of the options that apply to your choice(s) and/or you can tell us why in your own words using the 'Other' text box.

Reason why	1
I have good memories of this place	
I feel like I belong here	
I feel relaxed here	
I feel good when I am here	
It is a place where I can engage in my hobby/interest	
I feel safe and secure here	
I grow as a person when I am here	
I like the light here	
I like the noises here	
I like the smells here	
I feel understood here	
It is easy to exit when I need to	
I am entertained here	
I feel connected to nature here	
I can get food/drink here	
I like the privacy of this place	
I like spending time with the other people in this place	
This place is beautiful	
I like the textures here, e.g. the way the ground feels underfoot	
I like the colours here	
This place is always the same	
It is easy to access	
Other: _____	

When do you most like to go to this place? For example, in the early morning, before lunchtime, during campus holidays?

Yes \_\_\_\_\_

No

Do you have suggestions for how to make this place even better?

Yes \_\_\_\_\_

No

**Question: Why do you like this place 2?** Tick all of the options that apply to your choice(s) and/or you can tell us why in your own words using the 'Other' text box.

Reason why	2
I have good memories of this place	
I feel like I belong here	
I feel relaxed here	
I feel good when I am here	
It is a place where I can engage in my hobby/interest	
I feel safe and secure here	
I grow as a person when I am here	
I like the light here	
I like the noises here	
I like the smells here	
I feel understood here	
It is easy to exit when I need to	
I am entertained here	
I feel connected to nature here	
I can get food/drink here	
I like the privacy of this place	
I like spending time with the other people in this place	
This place is beautiful	
I like the textures here, e.g. the way the ground feels underfoot	
I like the colours here	
This place is always the same	
It is easy to access	
Other: _____	

When do you most like to go to this place? For example, in the early morning, before lunchtime, during campus holidays?

Yes \_\_\_\_\_

No

Do you have suggestions for how to make this place even better?

Yes \_\_\_\_\_

No

**Question: Why do you like this place 3?** Tick all of the options that apply to your choice(s) and/or you can tell us why in your own words using the 'Other' text box.

Reason why	3
I have good memories of this place	
I feel like I belong here	
I feel relaxed here	
I feel good when I am here	
It is a place where I can engage in my hobby/interest	
I feel safe and secure here	
I grow as a person when I am here	
I like the light here	
I like the noises here	
I like the smells here	
I feel understood here	
It is easy to exit when I need to	
I am entertained here	
I feel connected to nature here	
I can get food/drink here	
I like the privacy of this place	
I like spending time with the other people in this place	
This place is beautiful	
I like the textures here, e.g. the way the ground feels underfoot	
I like the colours here	
This place is always the same	
It is easy to access	
Other: _____	

When do you most like to go to this place? For example, in the early morning, before lunchtime, during campus holidays?

Yes \_\_\_\_\_

No

Do you have suggestions for how to make this place even better?

Yes \_\_\_\_\_

No

**Question: Why do you like this place 4?** Tick all of the options that apply to your choice(s) and/or you can tell us why in your own words using the 'Other' text box.

Reason why	4
I have good memories of this place	
I feel like I belong here	
I feel relaxed here	
I feel good when I am here	
It is a place where I can engage in my hobby/interest	
I feel safe and secure here	
I grow as a person when I am here	
I like the light here	
I like the noises here	
I like the smells here	
I feel understood here	
It is easy to exit when I need to	
I am entertained here	
I feel connected to nature here	
I can get food/drink here	
I like the privacy of this place	
I like spending time with the other people in this place	
This place is beautiful	
I like the textures here, e.g. the way the ground feels underfoot	
I like the colours here	
This place is always the same	
It is easy to access	
Other: _____	

When do you most like to go to this place? For example, in the early morning, before lunchtime, during campus holidays?

Yes \_\_\_\_\_

No

Do you have suggestions for how to make this place even better?

Yes \_\_\_\_\_

No



## Section B: Places I do NOT like on the UL campus

In this section we ask you to pick up to 4 places on the UL campus map that you do not like and/or avoid (a place where you do not feel good). Next we ask you questions about why and when you do not like this place.

**Question: Is there a place in UL where you do not like to spend time (a place where you do not feel good)?**

Please identify this place (up to 4) on the map by marking with a pen (A, B, C, D)



If you do not wish to pinpoint the exact spot on the map, please describe the place in words in the table below. For example, 'the walkway alongside Dromoe village'.

A	
B	
C	
D	

**Question: Why do you NOT like this place A?** Tick all of the options that apply to your choice(s) and/or you can tell us why in your own words using the 'Other' text box.

Reason why	A
I feel anxious in this place	
I feel trapped here	
I have bad memories here	
There are too many people here	
I do not like the people here	
It is too dark	
I do not like the noises here	
I do not like the smells here	
I do not feel understood here	
I feel overwhelmed here	
I feel stressed here	
I feel unsafe here	
I feel alone here	
It is too bright	
I do not like the textures here, e.g. the way the ground feels underfoot	
I do not like the colours here	
This place is unpredictable	
It is not easily accessible	
Other (please specify)	
I feel anxious in this place	
I feel trapped here	
I have bad memories here	
Other: _____	

Are there particular times when you do not like to go to this place? For example, at lunchtime?

Yes \_\_\_\_\_

No

How could this place be improved?

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**Question: Why do you NOT like this place B?** Tick all of the options that apply to your choice(s) and/or you can tell us why in your own words using the 'Other' text box.

Reason why	B
I feel anxious in this place	
I feel trapped here	
I have bad memories here	
There are too many people here	
I do not like the people here	
It is too dark	
I do not like the noises here	
I do not like the smells here	
I do not feel understood here	
I feel overwhelmed here	
I feel stressed here	
I feel unsafe here	
I feel alone here	
It is too bright	
I do not like the textures here, e.g. the way the ground feels underfoot	
I do not like the colours here	
This place is unpredictable	
It is not easily accessible	
Other (please specify)	
I feel anxious in this place	
I feel trapped here	
I have bad memories here	
Other: _____	

Are there particular times when you do not like to go to this place? For example, at lunchtime?

Yes \_\_\_\_\_

No

How could this place be improved?

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**Question: Why do you NOT like this place C?** Tick all of the options that apply to your choice(s) and/or you can tell us why in your own words using the 'Other' text box.

Reason why	C
I feel anxious in this place	
I feel trapped here	
I have bad memories here	
There are too many people here	
I do not like the people here	
It is too dark	
I do not like the noises here	
I do not like the smells here	
I do not feel understood here	
I feel overwhelmed here	
I feel stressed here	
I feel unsafe here	
I feel alone here	
It is too bright	
I do not like the textures here, e.g. the way the ground feels underfoot	
I do not like the colours here	
This place is unpredictable	
It is not easily accessible	
Other (please specify)	
I feel anxious in this place	
I feel trapped here	
I have bad memories here	
Other: _____	

Are there particular times when you do not like to go to this place? For example, at lunchtime?

Yes \_\_\_\_\_

No

How could this place be improved?

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**Question: Why do you NOT like this place D?** Tick all of the options that apply to your choice(s) and/or you can tell us why in your own words using the 'Other' text box.

Reason why	D
I feel anxious in this place	
I feel trapped here	
I have bad memories here	
There are too many people here	
I do not like the people here	
It is too dark	
I do not like the noises here	
I do not like the smells here	
I do not feel understood here	
I feel overwhelmed here	
I feel stressed here	
I feel unsafe here	
I feel alone here	
It is too bright	
I do not like the textures here, e.g. the way the ground feels underfoot	
I do not like the colours here	
This place is unpredictable	
It is not easily accessible	
Other (please specify)	
I feel anxious in this place	
I feel trapped here	
I have bad memories here	
Other: _____	

Are there particular times when you do not like to go to this place? For example, at lunchtime?

Yes \_\_\_\_\_

No

How could this place be improved?

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## Section C: Your Dream Campus

Think about your dream UL campus. Is there any place, resource or amenity that you would like to see on campus to support your wellbeing and sense of inclusion? Please use the following area to write about your idea, but also to draw or sketch or add a picture if you prefer.

## Section D: Personal Information

These brief questions will provide us with general information about who has completed the survey.

### What is your age?

- 18-25
- 26-35
- 36-50
- 51-65
- 65+
- I would rather not say

### What is your connection to the UL campus?

- I am an undergraduate student at UL
- I am a postgraduate student at UL
- I am a staff member at UL
- I visit the UL campus for work
- I visit the UL campus for leisure
- Other (please specify)

### Which of the following best describes your connection to the autism community?

- I do not have any connection with the autism community or inclusion
- I do not have any connection to the autism community but am interested in inclusion
- I am autistic/ I have autism
- I have a child/children who have a diagnosis of autism
- My partner has a diagnosis of autism
- I have a sibling who has a diagnosis of autism
- I have a friend/friends who are autistic/have autism
- I work with autistic people/people with autism
- I would like to work with autistic people/ people with autism
- I am involved in research about autism
- Other (please specify)