

Web-Based, Crowdsourced, First-Person Narratives of Young People’s Daily Commutes as a New Method for Identifying Situations Impacting Their Subjective Wellbeing

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Appendix 2. Quotes corresponding to identified situations (English)

No.	Situation	Positive Mentions	Negative Mentions	Neutral Mentions
1	Feeling of harassment		“I live in [omitted], in the municipality of Envigado, so to get to my destination I must first leave my house and wait for a bus, where many times I have had to endure looks, comments and even that a car stops for its driver to tell me things that I prefer to ignore, or being already on the bus, Where the journey feels eternal when I have chores or a short shirt and a man stares at me so intently, that it's inevitable not to feel uncomfortable, then the stairs come to get to [omitted], which feel endless when you're wearing a dress and sometimes you can see how some man stays downstairs waiting to see what's under my skirt, Then enter the subway at rush hour, and feel how some men with the excuse that the train is too full move around you, touch you a little too much and act crazy when you find their hands in places where they simply shouldn't be.” S1001	
2	Car noise		“When you reach the transversal, the tender morning silence is broken. Cars and buses unleash an overwhelming metallic rumble.” Z9315 “I don't wake up with the sun, but with the turbulent flow of cars and dump trucks that connect [omitted] with the canalization. The din diminishes as the sun appears over the mountains and with this my life begins with you.” Z7343	“I have always lived in the center, contemplating the beauty and the feeling that I am in a living city, its proximity to the capital of Antioquia irrigates this municipality with personality, I walk through its central streets, I leave my house on [omitted], [omitted] in the morning, a sunny day where the noise of cars, The Mazamorra vendor, the sound of some sirens that cross at full speed in search of a call for help, give it that personal touch that big cities have.” O6229

3	Difficulty walking on steep streets	“The porter's lodge, too high for my liking, is the only entrance and exit of the residential unit, which means that every visit to my partner involves starting by climbing a hill that is not too steep but quite long.” MRO21 “So, to get there, I either cross with the blessing of some saint or I go down to the zebra and climb the hill again.” MRO21 “Don't get me wrong, I love Envigado, but there are too many hills that make me sometimes hesitate to go for a walk.” MRO21 “That's when the fun begins, maybe not for the weak-kneeled, but the road downhill, right next to a main street where vehicles are coming down in a bit of a hurry, and almost completely covered by some trees.” MRO21 “Life begins again after the little virgin who is on a corner right next to a hill that could well be a wall (I don't understand how there are people who go up and down that on foot).” MRO21 “My house is in the basin, you will understand that that hill with the afternoon sun is not so pleasant to climb.” O3222 “As I left and began my descent down your steep hill where I hardly hold my shoes, I sighed happily.” Z7343 “If there is one part that is difficult for me about this friendship, it is the promotion that takes me home again. The guayacanes and gualandayes are no longer in sight. What is it to reserve strength? I look at the asphalt beneath my feet, leaning at an angle that hurts me and that with the last strength of the day I am preparing to overcome.” Z7343 “Their excitement to play in open spaces, their barking and the cars focused on winning the battle against the climb, make that part of the journey a bit tragic, without forgetting the drops of sweat that run down my forehead due to the penetrating sun at eleven in the morning.” O7568	“Subway, bus, legs, to enter the group of houses at a slow pace.” J3306
4	Cars going down and up the slope with difficulty	“On rainy afternoons, I hear from the apartment the tires trying to hold up against the laws of physics or, on some occasions, the rumbles of a motorcyclist against the asphalt.” O7568 “Their excitement to play in open spaces, their barking and the cars focused on winning the battle against the climb, make that part of the journey a bit tragic, without forgetting the drops of sweat that run down my forehead due to the penetrating sun at eleven in the morning.” O7568 ““There you arrive from [omitted], on the right, ‘ is what I usually say to taxi drivers or friends who take me to my house, and then, I choose to keep silent because I know that there will be some reaction of surprise or a sigh that indicates that the hill towards [omitted] is not a friend of brakes or inexperienced drivers.” O7568	

5	Difficulty when crossings streets		“So, to get there, I either cross with the blessing of some saint or I go down to the zebra and climb the hill again. Honestly, I prefer to cross with the blessing of some saint; There's always a good Samaritan who gives way to me (or almost always), and I cross with that unsteady speed of crossing streets, that clumsy step of ‘I don't want to get in the way, but I don't want to fall.’” MRO2I “Finally the last descent, that is another of the famous hill-walls, and right where it ends is the final boss: the most complicated crossing of Envigado, obviously excluding the one that is in front of the glory of Gloria. The "mound" of [omitted]”. MRO2I	
6	Buses with reckless drivers that frighten passengers		“I have always considered myself someone very methodical, and knowing that, for reasons that I do not know, these white buses (which are sometimes my downfall) pass quite often in front of my house, I always let the first one pass, since it is always full and, honestly, I do not have the strength at that time of the morning to hold on to the bus in case the driver is one of those who love speed.” LO0603 “I get off the bus always with a ‘thank you’ addressed to the speed lover who is in the chair in front, and I go up the stairs preparing for my favorite moment of my morning.” LO0603	
7	Buses with reckless drivers that frighten pedestrians		“This journey to the station brings with it bad memories, the last time I was 20cm away from a hospital visit; apparently drivers lose the ability to turn them on due to the spirit of the turn signals, the poor pedestrians, including me, have to play Frogger to avoid being stepped on between the three streets that must be crossed.” T0536	
8	Accessing bus without paying	“Bus that I take in a peculiar way since I do it without paying, many people know it as asking for coleus, which in other words is asking to get on, but without paying. Bus that I take in a peculiar way since I do it without paying, many people know it as asking for coleus, which in other words is asking to get on, but without paying.” O3222		

9	Time unpredictability of buses		“But when I get to my station I hurry to leave, run up the stairs cross the bridge and take the feeder, that's when it is defined if I will be late for work, if I am lucky I arrive just when the feeder is about to leave and I go up standing at the end for the next 15 minutes until I reach my destination, if not then I go up to an almost empty one where should I wait for it to fill up so that I can leave blaming me for not being able to get up a couple of minutes earlier and avoid this martyrdom” J2005 “In my days traveling this same route I have realized the quantum nature of transport, the faster you want to reach your destination and look at the clock with greater intensity, the slower that snail will slide along the paved road, with its natural parsimony; go to have a two-hour advantage and suddenly the driver becomes a participant in Formula One.” T0536 “I'm usually on time, so I wait patiently for the subway bus while I caress a few leaves from a tree, because I found that the more hurry I get, the longer it takes for the bus to appear around the corner.” J3306 “I cross the park in search of the bus that, at times, seems to prolong my wait as if time itself mocked my nerves.” A2546	“Therefore, I usually have 10 minutes to catch the white bus that leaves me at the bridge of [omitted].” Z7343. “At [omitted] am, I head to the [omitted] bus stop. The journey becomes an invaluable time for reflection, as I watch the streets come alive with the morning activity.” SCI808
10	Sun	“As the sun begins to slowly descend toward the horizon, the mountains become living canvases, ready to be adorned with the colors of twilight. The sky is tinged with warm tones ranging from soft pink to fiery red, while the clouds turn to brushstrokes of gold and bronze.” G1001 “In the evening, the sun glides gently towards the horizon, dyeing the sky with golden and pink hues.” L3333 “I enjoy an ice cream while watching the sun slowly say goodbye on the horizon, tinting the sky with warm and vibrant tones.” SCI808 “I can feel his loving embrace in every ray of sunlight that caresses my face and in every whisper of the wind that surrounds me.” G1001	“My house is in the basin, you will understand that that hill with the afternoon sun is not so pleasant to climb.” O3222 “Their excitement to play in open spaces, their barking and the cars focused on winning the battle against the climb, make that part of the journey a bit tragic, without forgetting the drops of sweat that run down my forehead due to the penetrating sun at eleven in the morning.” O7568 “I choose which sidewalk I will walk on, depending on the position of the sun, if it is on my right then I will walk on the sidewalk on the right and so the shade of the houses favors me and if the sun is on my left then I walk on the sidewalk on the left.” D9118	“Continuing the journey, it is approximately 7:30 am, early, and even so, the incandescent sun is already making me sweat.” Z9315 “The din diminishes as the sun appears over the mountains and with this my life begins with you.” Z7343 “With one hand I cover the sun that hits my face and with the other I put a hearing aid in my ear that does not face the track.” D9118 “The sun is rising and a pale glow through the window tells me that it is time.” E2862 “As I run, I watch as the sunlight begins to illuminate the landscape, painting the sky with gold and pink hues that herald the new day.” SCI808
11	Table Games			“Some grandparents without fail playing almost always dominoes, sometimes they are cards and very rarely another game that I do not know, from my door I only see a plastic table with a tablecloth and they sit around, but when I go up to my house, from the fourth floor, when I look out on the balcony I can see better that table with the game and the coins with which they bet on one side waiting for the winner.” M8364

12	Armed Attack		“Following the road, I recognize the sidewalk where I was once approached by two strangers, unknown entities who, playing with my senses and the lack of a reactionary attitude, leaned a sheet of metal on me, and with an antique revolver, stripped me of everything, even the coca that my mother had made for me.” Z9315 “We were forced to climb higher than the [omitted], threatened by an invisible but implicit weapon. I considered running, but worry about my friend's safety kept me paralyzed.” A1745	
13	Shor-time kidnapping		.”We were forced to climb higher than the [omitted], threatened by an invisible but implicit weapon. I considered running, but worry about my friend's safety kept me paralyzed. The young man separated us, leaving me with the bottle of Hatsu and no news of my best friend. Fearful, I considered looking for him, but I feared the consequences. After waiting a few agonizing minutes, I broke the bottle to defend myself and set out in search of it. I found him apparently unharmed, but those responsible never returned. Desperate, I asked if he was okay and we ran away, full of uncertainty.” A1745	
14	Restaurants as Milestones	“The bus always passes by the Gloria de Gloria, that emblematic place where its chicharrón is so famous and that is one of the few where standing in line to eat is always worth it.” LO0603		

15	Nature	“Other times there are the yellow guayacans in bloom, other times they are the pink ones, because I have noticed that they do not bloom at the same time, and I can only think that I am the luckiest woman in the world to live among all that; among yellow guaduas, guacharacas that wake me up, ravines that never cease to impress me, and next to a ravine that attends without fail the welcome that Envigado gives me every day, and talks to me in a thousand different ways until I get home.” S2730 “I detail your spaces starting from an Oasis of green.” A5873 “After waking up, I get ready to get ready quickly to leave, I delight from my balcony with your yellow guayacanes and green gualandayes.” Z7343 “The sun goes down, as do the blinds in my room when I get ready to go to bed, but not before looking out on the balcony again, to appreciate the contrasting landscape.” Z7343 “So I leave the group of houses and walk up the hill towards the bus stop, the green panorama is beautiful, pleasant and for a moment allows me to get rid of my chronic feeling of loneliness.” J3306 “I love to go out with friends and enjoy, feel the sun and breeze, observe the landscapes and listen to life go by around me.” S1001		“Like almost all envigado, very well forested.” MRO21
16	People on the street that says hello	“Almost reaching the end of my block there is always the taxi driver cleaning the car to go to work and he tells me "Good morning my girl", I return the greeting with kindness, the fact of knowing that I am going to meet him there every morning and that his greeting emits a certain unknown affection makes me feel in a safe place.” M8364 “It is curious that these streets, although similar in structure, are differentiated by their respective premises and shops and of course the faces of those behind them, who smiling and warm, with a shake of their heads, greet you cordially.” Z7343		

17	Earphones use	“All this journey I prefer to do with music in my ears, which becomes the refuge to avoid hearing the things that men shout, that when one is strong enough and confronts them.” S1001 “Most of the time, my journey is made up of walks through the same streets as always, from the park of Envigado, to the street of good food, or if I am in the mood and I take my headphones, until a little beyond the border, then I return on the side of [omitted] and end up on the road that leads to the Débora Arango library.” H2013 “Because I love to be touring you with music that contrasts?” Z7343	“Like a personal ritual I put on my headphones and roll down the street... I look back, you are never quite sure when you walk alone through such desolate places.” T0536 “With one hand I cover the sun that hits my face and with the other I put a hearing aid in my ear that does not face the track.” D9118 “The noise of the subway is the only thing I hear through my headphones, while I imagine a different world through the eyes of each person.” E2862 “Waiting in the corner of the bakery so I can cross, I pull down my headphones for a moment; they're birds, they're people, they're greetings, they're welcome, they're farewells, and for favors.” A5873
18	Neat streets	“On that block where my walk ends, if I'm not a little late, I see the shipping cart passing by cleaning the streets, which by the way, are always very clean.” M8364	
19	Presence of people on the street	“The route always starts by taking the canalization, which is already quite active from early on, you see people exercising in the outdoor gyms, you see people waiting for the bus while ordering an arepa or a chicken pot pie and so I continue to see people who give life to the street throughout the journey.” M8364 “People gather in the park, sharing laughter and lively conversations, creating an atmosphere of community and connection that fills me with joy and gratitude.” SCI808	

20	Sculptures of Virgin Mary		"The route between [omitted] and the Virgin that marks the ascent to the [omitted] school is rural and solitary, except for a porter's office at the entrance that has on the entire [omitted]. Life begins again after the little virgin who is on a corner right next to a hill that could well be a wall (I don't understand how there are people who go up and down that on foot), the road continues with a couple of houses that have as many years as you want, little houses that remain among the tall and imposing buildings that have taken over the sector." MRO21 "I continued to go down and the Blue Virgin, also blue; my block's, not his; She smiled at me, all full of colored lights, as if it were Christmas. It was April." A1303 "I passed, also without stopping, the other Blue Madonna, now the one on your block, and I went up the church of San Mateo, as I no longer believed in anything, I did not give myself any blessing." A1303 "I go up the grotto of the Virgin, I am not someone very religious but it fills me with joy to feel the fervor of those who fill plaques of gratitude to her." O6229
21	Neighborhood Stores		"I passed the yellow tent, I left the red one far behind; The blue one - which is on the street parallel to the bus stop I use every morning - was also full of old men playing parquet or cards, I have no idea." A1303 "And a block away next to another corner store, with a little brown roof, also with old people drinking and playing, is your building." A1303 "As I walked up the other street, the one on the corner of your house, the one with the store with the narrow balcony, I saw the usual young people on the sidewalk." A1303 "My partner's house is right on the corner before a neighborhood store that is more expensive than the Éxito." MRO21 "I remember when I started my university internship buying my first books and the ones I love the most, which is the whole Harry Potter saga on the corner of this street where there is a book store and coffee." J0482 "He passed by a restaurant, three shops, a canteen, an urban clothing store, a café, two stationery stores, a chemical store, a pizzeria, a gym, two schools, a car workshop, an old man's office, a veterinary clinic, a playground, a tattoo studio, a pharmacy, a bakery, a skating rink and an enclosed recreational complex." D9118 "Finally he passed by the corner store where there are always plants on display, so I try to have willpower and not look so as not to buy anything." D9118 "Time passes, it's time to leave, we cross the street and go to our favorite store, it's quite cheap compared to others, we go almost daily and we say the okay." O3222

22	Considering Envigado as beautiful	“My city is beautiful, but even so traveling in it is not easy, so I can only hope that one day it will be as safe for everyone as it is beautiful.” S1001 “I am filled with stories and pride when I think that I live clearly, in one of the best living places in Colombia.” O6229 “Envigado is Envigado, a small town when it wants, a city when it wants, with its colors, with the lights, whether it is that of the sun itself or that of its reflectors in some corner, with passive traffic and its unstoppable passers-by, or with its quiet and familiar corners, its gardens full of flowers and the sound of birds as the only melody, a place that does not stop, but always rests, a place where still, among so many things, you can be, and you can be at peace.” H2013 “Despite my youth, I don’t know the fear of an assault in this quiet municipality. Envigado stands as a bastion of serenity in the midst of the turmoil that plagues other Colombian lands. It is as if the violence, so common in these latitudes, vanishes when I cross the threshold of this idyllic place, transporting me to a lost corner of Europe, where peace reigns in every corner.” L3333		
23	Loneliness		“Yes, sometimes this routine feels a little lonely.” E2862 “So I leave the group of houses and walk up the hill towards the bus stop, the green panorama is beautiful, pleasant and for a moment allows me to get rid of my chronic feeling of loneliness.” J3306	“As soon as the class ends I leave, I don't have to stay, throughout my semesters studying I was left without friends, I think I was always there for them but, who is for me? I don't want to sound lonely, or sad, just that my philosophy of life is to have people who contribute to you and that you feel that they are there.” E2862
24	Desire to escape from everything		“I find myself immersed in a kind of limbo between dream and reality, fighting against the temptation to stay in bed and thus run away from everything.” M2571 “Every step I take to the bus stop is like a reminder that I'm moving towards a destination I don't want. My mind fills with self-critical thoughts and internal questioning. Why do I feel this way? Why can't I find happiness in what I do? Why is it not enough?” M2571	
25	Feeling of despair		“I'm so desperate.”. A1303	
26	Depression		“Everyone welcomes me with a smile that I can hardly return because I feel that I can barely handle my life and the crisis of 20.” J3306	
27	Anxiety		“Every morning, in Envigado Señorial, my daily dance begins. I go out to face the world with courage, even if anxiety accompanies me like an incessant shadow.” A2546	

28	Routine	“This makes me wake up from my lethargy and realize how lucky I am to have been born in a womb, in a little piece of heaven, as some of my elders say, called Envigado, a place where everyday life and daily routine stop being tiring, to become the promise of always being a better day.” Z1879 “I walk to [omitted] field, where my morning jogging routine awaits me. Every step I take is imbued with the essence of Envigado: the calm, tranquility and natural beauty that characterize it.” SCI808 “On weekends, my routine expands to new horizons. From Envigado, I travel to [omitted] and then board a metro bus that will take me to [omitted], where my friend lives.” A2546	“In the daily life of our lives we are used to being on automatic. We "live" each day the same as the other, in an endless routine.” D9118 “The loneliness of my mind while listening to the teacher, feels very normal, because the routine is repetitive, I know that I will be sleepless nights trying to fulfill my duties.” E2862 “There are times when I realize how lucky I am, that maybe bad days are part of the routine, life with all its moments, every day becomes a miracle, sometimes the connection starts from loneliness.” E2862 “The sun goes down and I start to listen to the crickets, I know it's time to end the routine, I did the best I could and I just want to rest. Looking at the ceiling I wonder if one day the routine will change, but in the meantime all that remains is to breathe.” E2862 “Yes, sometimes this routine feels a little lonely.” E2862	“I get dressed, get ready and have a cup of tea for breakfast./ My gaze lost in a distant image / Remain silent, surrendered to my routine, I get ready to go out,/ All calmly. I make sure I don't forget anything And I go out.” E2862 “As I prepare for my morning routine, I hear the birds chirping outside my window, a melody that seems to greet me and motivate me to start the day with energy and enthusiasm.” SCI808 “When I return home, I immerse myself in the daily routine, but not before taking a moment to enjoy a comforting breakfast while planning my day ahead.” SCI808 “The sun goes down and I start to listen to the crickets, I know it's time to end the routine, I did the best I could and I just want to rest.” E2862 “‘It doesn't matter that I force my feet to stop, time is still running, with or without me, that forces me to have to move, and it's only Monday.’ Finally he entered.” J3306
29	Tranquility/lack of fear	“Despite my youth, I don't know the fear of an assault in this quiet municipality.” L3333		
30	Resilience			“Yes, I have been roughly trampled on like a main avenue, Time has worn me down and left me with deep cracks to be remedied. Things come and go, they flow slowly or even slowly, and sometimes you don't know what weather it will wake up in, I have flooded to the point of overflowing. The afflictions have come like avalanches that strongly hit my tranquility with their great rocks, the strong sun of worries has also dried up my flow, until I almost fainted... But despite everything, new leaves are always born, much more colorful, more vibrant and resistant. And the roots do not move from their place, they sustain against all odds, any wind or storm.” A7505 “The trip takes me to [omitted], where every step toward college becomes a challenge for my restless mind. The classes become a battle stage where I fight against my own fears and the pressure to participate.” A2546