



## **IMMERSIVE NATURE VIDEO PROJECT**

Reference Number: *D21/233*

360° videos are watched by people around the world for immersive entertainment. Those videos can create realistic experiences where viewers feel as if they are in the real place such as a forest, a park or on a beach. Our research looks at the benefits that immersive 360° nature videos can provide to people that may have more limited access to nature experiences. To do this we will produce and test a short 3-5 minute 360° video that participants can experience on a Virtual Reality headset. The project is conducted by Dr Wiebke Finkler, Professor Yolanda van Heezik and Professor Debra Waters from the University of Otago.

Each participant will be asked to assess through a survey both before and after viewing the video to evaluate the experience/feeling of “being there”, overall user experience, feeling connected to nature, and any impact on wellbeing related to mood. These surveys will take about 15-20 minutes before and after viewing the video (30-40 minutes total). This whole session should take between 45-60 minutes maximum.

To find out more information please contact Dr Wiebke Finkler, University of Otago,  
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