# Appendix

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| **Interview Summary** |
| Interview number andFirst name (fictitious)NicknameType of engagement | **Gender, age, occupation, type of commitment** | **Concerns**  | **Behaviors**  | **Beliefs about solutions**  | **Well-being** | **Social, associative, and political involvement** | **Recruitment** |
| **Interview 1** **Estelle** "The social worker"Everyday commitment | Woman, aged 71, social worker. | Surprise, “anger”   | Adopting eco-actions Sorting waste, using public transport, limiting emails, no processed products, favoring local farms.  | Education, respect for life, a change of mindset, peace as an ideal, showing what works, working together to solve problems. | Exercise to get to the markets. Habits to develop, accepted by those around you, "we don't talk about it too much", retirement without existential worries. | Sign of initiatives, vote, sees associations as a "flash in the pan", past commitment to universal income; worn out of social work. |  |
| **Interview 2****Jean****"The philanthropist"** Protest | Male, 78, employed in a multinational, member of a “private” climate association, member of sports associations and local societies. | Almost every day. Serious, "disappointment", last minute, it's already too late.encouraged, but supported by the family.  | Adopting eco-actions Active in associationsActive in environmental associationsParticipating in Climate March Discussion within the family, collecting waste, paying attention to purchases and making certain products, cutting down on meat. | Contribute a little, as much as you can; little Switzerland that can't do anything, 1 billion people too many, better distribution of financial power. | Discussion within the family, during "cousinades", also with neighbors, comfort, "young people with their eyes open", meeting people, getting out of one's comfort zone. Doesn't feel | Candidate in municipal elections. Created a forum in Brazil, contacted federal councilors directly in writing. Town councilor, disgusted by the parties (UDC, PS). Signed petition, watched demonstrations in 2019, supported Extinction Rebellion.  | Got involved by signing a petition, through elected members of the municipality, informed of the demonstrations by the press. |
| **Interview 3****Marc****"The Colibri"** Associative commitment  | Male, 74 years old, engineer, health auxiliary, member of local societies (choirs, cor des Alpes) and supporter of a development aid association. | A reality that we can see, a fear for our children, a worry, a "concern"; it's going to be more complicated, more difficult. Privileged, spoiled, heartache for the grandchildren | Adopting eco-actions Active in associations We talk about it, limit our consumption needs, recycle. Isolation and energy work (but no boiler change); wants to keep car. Hummingbird image. | Education, learning to live with others. | "We're not going to play the policeman", as we get older we take much longer to do things. | Participates in votes, no demonstrations, no political involvement, passive member of Greenpeace. |  |
| **Interview 4****Jacqueline****"Already busy"**Associative commitment  | Woman, aged 73, teacher, member of associations (library, flutes) | We can see it, we can feel it; "I'm not panicking", there are other more serious issues (wars, dictatorships); what we can try to do so that it's not too violent. The climate is not our main concern. | Adopting eco-actions Active in associationsWalk to work, keep heating to a minimum, live frugally, don't waste, buy from producers, eat little meat, as often as possible organic, limit plastic and rubbish; "these small gestures that become a habit". | No support for local consumption from the local authority. Encourage young people to consume less (aircraft). Local and innovative initiatives. | "So many small local initiatives, so magnificent that it gives me hope in humanity.all the same". | I don't think I'm committing myself. The hummingbird, "we're not doing much, but it's something". Signs online petitions, votes for candidates who defend the climate. "I'm not someone who harasses others". Did not take part in the demonstrations. Financial support for climate associations. Active in cultural and leisure associations (library, flutes). | Already busy with other leisure activities. Admires those who get involved, not ready to do the same, not very active. Need to feel useful. |
| **Interview 5****Elise****“Ready to get involved”**Protest | 65-year-old woman, pastor, trained as a marriage counsellor, divorced, two children, active in social associations | "Catastrophized", Rejection of responsibility, not informed enough. If you can do something, it's your duty to do it. Not worried about yourself. Not as an anxiety but as a driving force for change. Pessimistic, difficult to correct. Children don't want to buy things any more, they feel their inconsistency. | Adopting eco-actions Active in associationsBoycotts I've been very green for a long time: no more washing powder, more and more organic. Reduce purchases, less plastic, less meat. Stop having a cleaning lady. Keep my car. I stopped flying two years ago. | Also social issues. Importance of heating and mobility. Political will and awareness. Voting and using illegal means. Need to support individual behavior (night trains, local shops). Simplicity and closeness to nature. | Talks little with friends, especially children. No opposition doesn't seek conflict. "Everyone I know does the same thing". Takes action to feel better about herself, quickly made to feel guilty. Does not deprive herself. | Signs petitions on the internet; votes for green parties. Willing to go to demonstrations (human rights demonstrations in the past), or even to stand as a local candidate. Would like to take part next time | No solicitations. Covid puts the brakes on the desire to get involved. Never had direct contact with such associations. Solicited by other associations, valuation of professional experience. |
| **Interview 6****Jacques****"The technicist"**Associative commitment  | Male, aged 80, banker, archaeological prospecting, active in heritage protection associations | Independent of our actions; "not against global warming", keeping temperatures pleasant; fear of a vertical drop in temperatures. "Worry" for children. | Adopting eco-actions Active in associations Replace lamps and choose appliances that consume less energy. No change in food consumption. Keep non-electric cars. Use a drone rather than a plane for archaeological research. | Not for him to do. Independent of our actions. Technical solutions to divert precipitation. Solar and wind energy. Raising awareness in families and schools. | Talks about social affairs as a family. The impression of "doing what I have to do". He does what he can, based on what he knows. | No political involvement, he leaves that to his son. Votes for the Greens. Does not take part in demonstrations. Will to dominate associations. More involved in "intellectual movements". Does not want to pay membership fees to associations whose role is to "sound the alarm". Participate by helping those who do, "it's for them that they do it". | A commitment linked to his skills in aerial archaeology |
| **Interview 7****Michel****"The systemicist"**Associative commitment  | Male, engineer, 78, active in Avivo, *Public Eye*, *Equiterre*, *Actares*; single, no children | A major problem, a 'problem', the measures taken are not enough; but a red rag to make us forget the other problems (privatization)? Not worried about us, but about the planet as a whole. Desire to act. Poverty makes action difficult. | Adopting eco-actions Active in associations Problem of grey energy, difficulty of traceability. Use objects as long as possible, don't waste, favor local products, no bottled water. Change windows, considering changing boiler. Wants to keep the car, but has given up flying (not really for the climate). Scattered family and second home in Greece. | Science can help solve the problem. Role of politics and legislation. Discussion of growth "ridiculous". Insists on the "global and distributive" aspect of the social problem. | "I'm not suffering, I'm happy". You don't take measures to improve the climate just to be better off. There's a lot of hope in young people, even those who are going to demonstrate. But it's too limited. | Vote "for the climate". A mistake to focus on the climate. Demonstrations are limited. | Involvement via a friend and colleague, a maths teacher. Little knowledge (Green Peace), "someone should tell me a bit more about what these movements do". Joined Grands Parents pour le Climat out of sympathy. |
| **Interview 8****Lucie****"The believer"**Protest | Woman, 70, medical secretary, migrant and refugee, husband and two daughters; UN civil society, spirituality group | "Worried about young people and what's next; believes in God, the end of the world, desolation. Multinationals. "These diseases that are coming is the world going in the wrong direction" and "Covid was made for Africa". If we continue to be stubborn, the world will end of the world. We're going to swallow ourselves. | Adopting eco-actions Active in associationsParticipating in Climate Marches Wants to keep the car. "I sort things, I avoid plastic, I don't know what else I can do". Not a lot of work, just routine. Has flown a lot for work in the past. | All you must do is think about it and work on it. They only think of themselves, the economic and political elites. Educating parents and the importance of school. We need to raise awareness. We can live simply. | Prayer is what keeps her going. Health-related travel on foot. "I participate in the well-being of the world, those who arrive must help those who don't". Groups with the same opinion and the same way of seeing things. | Votes left, green, does not sign petitions (she believes this right is linked to obtaining political rights). Committed to migrants. Has taken part in demonstrations (but not in 2019). | If there's an opportunity she'd go. "If there's anything I can contribute, I'd be happy to do it. I wasn't active before because I was working." |
| **Interview 9****George****"The specialized activist "**Protest | Male, aged 75, environmental chemist, married, two children, Noé21, Grandparents for the Climate; board member of a public company, brass band; former member of the Labor and Solidarity Party. | Clearly, we are now in a phase of adaptation. Refugees, world wars. Chills. Pleasant in winter, but fires. "I'm going to die long before all that". Young people, for them it's the real future, it's real life. If all these disasters happen, I'm afraid my children will be "refugees". | Adopting eco-actions Active in associations Active in environmental associations Limited travel, but a son in Fiji. No more cars, but also for health reasons. Less meat, but no change in diet. Buy organic food whenever possible, but at the supermarket (demand for CO2; fairness...). Train for the climate, and it's prettier too. One less room to heat. Heat pump too complicated to install. Buy an energy-saving freezer rather than do without one. | No solutions. Against the idea of growth. Global action. We're forgetting about grey energies. Through politics, via the people, "things are starting to change". Reduce working hours to waste less. Political support too abstract, the state should impose standards. If everyone did what they did... | Directly in daily life, doesn't feel much, "the coronavirus affects us more". With the measures taken, "we can still live as we like". Disagrees with her brother, avoids the subject. Friends agree, all on his side. Doesn't feel held back. | Vote in favor of social and climate issues. Participates in events with his brass band. Passive member of GPC. On the committee of Noé21 since retirement, an association "looking for solutions to curb global warming"; "what I do in my little corner". Collects signatures for initiative. | Health problems, reduced activity. Recruited by his former boss. "A place where he can apply his knowledge". |
| **Interview 10****Odette****"The Welcomer"**Everyday commitment  | Woman, 76, teacher, migrant, passive member of WWF. Public Eye, former active member of Amnesty International, which she is only now funding. | Day by day. The seasons are changing. Some very serious things need to be done very quickly. Desperate that the powerful should deny the need to act. Not guilt, but responsibility. | Adopting eco-actions.Sorting, recycling, repairs, minimizing waste. Turning off the water when brushing your teeth, buying a new pressure cooker. Lots of organic food, less meat, no change in diet. Flies twice a year to England (family). Eco gestures come naturally and are "recognized by everyone". | Agreeing a global strategy. Governments, big business, each in their own way. Vote for governments that want to do something. Solidarity. | "People who get together to change things, who think the way I do". Talk about it with friends. Try to stay positive and tell yourself that there are people "who recognize the need to do something".something". Adapts, can't say she suffers from it. | In his vote, the climate "comes into play". Signing petitions. Involvement with refugee associations. | Can't get around easily. Would have liked to join a group that looks after refugees but couldn't because of the distance. |
| **Interview 11****Maria****"** **The socio-climatic activist "**Associative commitment  | Woman, aged 69, sales representative, involved with the Socialist Party and *Chemins du bio*, retired in 2016, two grandsons | I think about it almost all the time. A virtually permanent topic, with the family too. Expanded theme, climate, and migration. It's the last moment. We're inundated with information. More dramatic consequences elsewhere. Responsibility in everyday actions and political commitments. "We're making efforts, on a modest scale, and then some countries like Brazil, we say to ourselves, we'll never make it". | Adopting eco-actions Active in associations Active in environmental associations Sorting, buying in bulk from organic producers, limiting the use of the car (can't do without it), talking about elections, raising children's awareness. Old oil-fired house doesn't heat all the rooms. Fewer unnecessary pleasures with age.. | In terms of legislation, pressure from the street helps. More participative politics at local level, more relaxed meetings. Parties "put people off". Young people should be left to their own dev | Commitment increases concern. Exchanging with friends, there are people who can share their experience. Pleasure of commitment, meeting people. Rewarded by exchanges and contacts. Family shares political orientation (except daughter). No need to justify, nobody ignores. Stand by young people, support them. | Involved with the Socialist Party and a climate association; takes part in demonstrations. Association set up by organic farmers to raise awareness. | "More freedom of thought", "ingrained lines" in her head. A militant family, but the only one involved in politics. |
| **Interview 12****Pierre****"The convener"**Protest  | Male, aged 72, teacher; seven grandchildren, not involved in a climate association,Involved in public education foundations, involved in politics | Not an existential preoccupation; he's lived his life, he's a transmitter. Comes from a rural environment where the rhythm was conditioned by the climate. Great change in public opinion. Not an obsession but always present, we're overwhelmed with information. Town and country mismatch. Falling hard on carefree youth. Demands sacrifices, renunciations. Questions about what awaits future generations. Things are going so fast, "we're no longer talking about change, we're talking about degradation". A lot of sadness. | Adopting eco-actions Active in associationsParticipated in the climate marches. Can't understand the eco-balance of electric cars. Get informed, limit car use; but large house. Heat less, buy appliances that consume less. Don't give up travelling for ecological reasons. Buy local and seasonal produce. Be careful when buying clothes. | One issue among many. Education. The powerlessness of the international community. A liquefied society. There is no incentive to give up a certain level of comfort. Constraints on supply. Re-learning to consume locally, the family economy. A fair and united global society; | "My life as an activist has been a joy". In the family: "If I went to the end of my reasoning, it would create conflicts". Physical, cognitive and mental wear and tear. The satisfaction of working on a project. | Involved in politics for 50 years. Participation in demonstrations. Support for civil disobedience actions. Letters to the editor. Votes for environmentalist parties, is elected. Not just financial support for associations. | Former involvement in religious movements. |
| **Interview 13****Giselle****"**T**he initiator"**Protest | Woman, aged 70, nurse, founding member *of Grand parents pour le climat*, member of the Socialist Party, *magasins du monde*, *Association Transport Environment*, and association *Terre d'accueil* | An emergency, we no longer have a choice. Inequality between those who will suffer the consequences and those who can do something about it. Sadness, concern, revolt. Biodiversity change. Christian values and human rights Worried about "the great disasters that are going to happen". Fear for grandchildren who are not ready.. | Adopting eco-actions Active in associations Active in environmental associationsParticipated in the climate marches.Buying organic, local producers, giving up flying, travelling by train. Not considered a renunciation.  | More incentives. Mobilize civil society. The discourse has changed. At municipal level: environment commission, public lighting, planting, waste management. | We feel useful. Underlying value: "Feeling part of a group with the same values motivates us". Legitimized by science. Friendships as strong as families. Children receptive on one side of the family and resistant on the other, depending on upbringing. Mutual support. Economic arguments of people of his generation. | Involved with the Socialist Party and associations: *les magasins du monde* and *Grands parents pour le climat*. Signs petitions and initiatives and has taken part in and organized demonstrations. Grandparents for the climate too centralizing. |  |
| **Interview 14****Jeanne****"The teacher"**Associative commitment  | 71, former social worker, teacher/researcher, single, no family; French lessons, Protestant Church parish council, member of Association Transport Environment and WWF, Avenir social, Camarada, Autonomia | A serious problem and something has to be done about it. I'm sorry it's not getting through at political level. I'm delighted and impressed that young people are getting involved. Migratory flow to come. | Adopting eco-actions Active in associations No more car, public transport, but no merit because in the city center. Does not drink mineral water. Consume organic and local (but supermarket), recycle, no change of diet. "Small gestures that don't cost anything". Privileged, not for everyone. | A mix of state measures and individual responsibility. Measures at all political levels. Support organic farming. Need for nature, "less of always more". Paying attention to social and gender inequalities | Movements getting underway, a growing awareness. Friendships and places to socialize. Faith. Can talk about it with friends; surprised by the behavior of younger people. Crying about her lack of commitment. | Sign petitions, go to demonstrations, but not the climate strike. Give French lessons to migrants. Votes "in favor of the climate". Sympathy for the actions of the climate strike and extinction rebellion, "we see the pressure at the ballot box". | Doesn't say she's very militant, for lack of courage. Lack of time, energy and health, if she were "15 years younger"... More to do with migration than climate. |
| **Interview 15****Guillaume****"**T**he Christian democrat"**Protest | 83-year-old man, economist, Noé21; Christian Democratic Party; board of directors of a public company | Frequently, but not on a daily basis. Life about to get complicated". Need for a break. New difficulties ahead: forests, nature, animals. "With my ant-like power, I'm trying to move things forward." | Adopting eco-actions Active in associations Active in environmental associationsCivil disobedience Live more frugally. Wants to keep car. Buy local (but strawberry). Long conversion. Change light bulbs. Heat pumps too expensive, solar panels impossible to install. Few plane trips. | Pressure from the street. Civil society drives the parties forward. Green electoral gains, crowd movements as a stimulus. Binding obligations and incentives. Bringing causes together. | Has not seen the transition to retirement. Contributes to a common cause, modestly. "Little children are trained in this direction. We talk about the topics, we rather agree". Make ourselves available to act with. No false, combative. I never meet people like that where I am". | Political and associative commitments. Will to ecologize the Christian Democrat Party. Active on the board of a public energy company. Noé 21 Association: no professional qualification, but a place that makes people think. Leading association, taken as a place of training. Support initiatives and was demonstrated with the climate strike. Excursions" with Extinction Rebellion. It stimulates awareness and will. | Active since very young in the parish and student unionism. Dream of politics without party. |
| **Interview 16****Arthur****"The Marxist"**Protest | Male, aged 74, chemist,, doctorate, former head of department; *Grandparents for the climate*; *Fédération Romande des Consommateurs* (agriculture and food commission), participatory grocery shop. *Innovage*, married | Constant concern. Worrying situation, Co2 law and status quo. Depressed, pessimistic. OK with 2-3 degrees local scale. Democracy will pay the price: minorities defending its privileges. Not giving up, but not responsible for the situation. Towards a succession of collapses and the end of a 200-year-old model. | Adopting eco-actions Active in associationsActive in environmental associationsParticipated in the climate marchesAir travel (sister-in-law lives in the USA). Emission reduction. No car for 10 years and car sharing. General subscription SBB; tenant and non-owner, take showers rather than baths. Not very convinced. Organic food, plane trip for holidays, repair (coffee shop). | "We are not mature", no technological solutions, we should "change model". Street pressure is not enough (CO2 law). Many things in the short term, but far from changing the model. No political will and no willingness to sacrifice. Revolution and Marxist analysis. | Not optimistic. Spends time in the forest, in nature. Tries to bring his skills in agriculture and food. Don’t deprive yourself. They’ve become friends; "I’m involved in things I enjoy". Keep in touch, meet new people. Be recognized for skills. Likes confrontation with conflicting opinions. Challenging, daring to counter false truths. For fear of what others think. | Former activist, no more elective term. Sign "one petition per week" and active within a support committee for an initiative. Boycott "bring your strawberry back". A lot of participation in demonstrations. Vote. Scientific and political groups Grandparents for the climate. No political party; an active citizen in the community. Grandparents for the climate: based on scientific value. Show that seniors still have a role to play". Audition by a committee of the council to the States | Grandparents for the Climate; commitments made after retirement; instead of political activities within the Socialist Party. Engaged in the Grandparents for the Climate through a former colleague of *Innovage*, where he had joined following a newspaper article. Admission to the *Fédération Romande des Consommateurs*, via a State Councilor.  |
| **Interview 17****Isy****"The new activist"**Protest | Woman aged 66, biology teacher, adoption, Green Party, *Fédération Romande des Consommateurs*, *Groupe pour une Suisse Sans Armée*. | Sensitized to problems since the age of 20 and studies in biology. Survival of humanity, impacts for everyone. Very "anguished". "Hangover" votes and the Covid that broke hopes for a start of a new society (2019). How do you reach the undefeated? Pessimistic, desperate.  | Adopting eco-actions Active in associations Active in environmental associations Adopting eco-actions Active in associationsActive in environmental associationsParticipated in the climate marchesGiving up having children, adoption. Student up to age 30, no overconsumption; living below their means. Deprives himself of the plane since retirement ("coming out"). Has a car. Makes compost. Consumes 2.2 planets. Buy organic, local, grocery. No change of boiler room. Stresses that migrant women do not have the same means. | Concern for all countriesemerging and especially migrants. Wars, at the limit of what it can tolerate, prefers not to think about it. Social networks that transform youth. A total unknown. A privileged opportunity to be able to act at the very concrete level of local politics. | Greater anxiety, but local political commitment and concrete actions- to counterbalance its deep anxiety. + Meet other people and exchange. Associations "as an antidote to this despair, eco-stress or eco-anxiety". Something was happening in 2019, thanks to the young; the "happiness of being an activist". Values not shared by his daughter: avoid confrontation. lets him live his life. The "lives almost well, focus on the happiness of walking, on the little flowers". Personal circle that allows me to counterbalance anxiety- Cordial, warm, "beautiful people". Kindness and mutual sympathy. Don’t try to make others feel guilty.  | Participates in demonstrations, invested in associations and the Green Party since retirement. Admission to the Grandparents for the climate bya colleague, a friend. A militant father. | Active since retirement. Considering reducing commitments to 70. A new phase of life. Retirees have time. When you are active you are quickly led to take over presidencies". |
| **Interview 18****Estelle****"The early"**Protest | Woman aged 65, architect/teacher, married, three children, still works in her architect's office. Member of parliament at the age of 16. Swiss solar energy companies. Advice on energy renovations. Socialist Party, elected. *Transport and Environment Association*. professional architecture association. | A concern for a very long time, but not framed in terms of Co2. Al Gore’s film helped to open the eyes. We can go to total extinction. Totally concerned with the future of children and grandchildren. Food, water, fire, fear of racing. Need a massive awakening, delayed. neo-liberalism, victim and accomplice. 50/50 optimistic/pessimistic | Adopting eco-actions Active in associationsActive in environmental associationsParticipated in the climate marchesProfessional energy advice. Against wind turbines. Eco-renovation of his house; little travel by plane, only professional car, consumes local, no food change. Reduced need for household appliances.  | Policy: budget, mobility, buildings | "I was not deprived". "The pleasure of being together, that is what is very motivating, exciting". Pressure of urgency and depressive climate. Many friends who have the same vision, sons even more pessimistic. No need to punish yourself.  | Active in the Socialist Party, Environment Committee. Participated in all climate strikes. Always a bigger problem in politics"; need street pressure. Extinction Rebellion "to awaken, but that is not enough". Simply be a member, "more willing to take action". Importance of transmission. The same people are still active in the associations. | Uncle and sister to the Socialist Party, elected "by chance" (he lacked people). "There are walls everywhere in politics". Activist one day, activist always. This is essential for me, but not for the committee." Balance of power that must go in the right direction. Bring resilience. Place to young people! |