

Nature-based solutions and cities



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Competitiveness



Psychology

Psycho-social adaptation

“city dwellers have a 20% higher risk of anxiety disorders and a 40% higher risk of mood disorders as compared to people in rural areas. People born and raised in cities are twice as likely to develop schizophrenia”

Bratman et al (2015) Nature experience reduces rumination and subgenual prefrontal cortex activation. PNAS 112



A literature review for The Wildlife Trusts:
By the University of Essex

Wellbeing benefits from natural environments rich in wildlife



Protecting Wildlife for the Future

Design fusion



“in the early days, promoting ecological sustainability in the building sector involved extensive cooperation. Everyone was a novice”

Finnish Ministry for Environment on Viikki

ECOLOGY



URBANISM



ECOLOGICAL
URBANISM