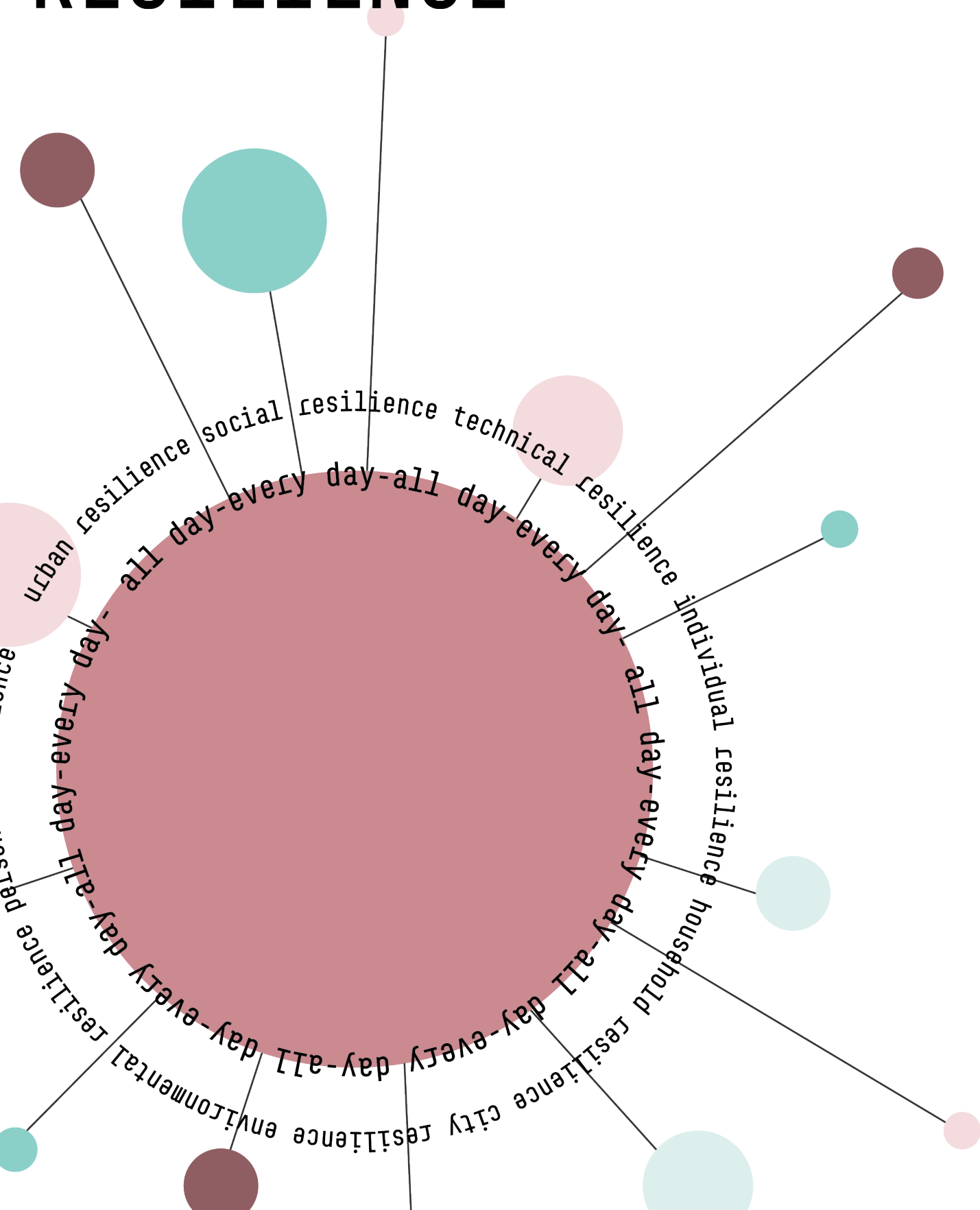


THE DAILY RESILIENCE



introduction

Nothing could be more different than what we expected these last five months! Even though we are not sure we can speak on behalf of the whole group about that previous statement, we confidently do so, when we say that it was a period full of new experiences and knowledge.

Five months altogether collecting information, ideas, and memories with people from around the world. We got to know each other and coexisted under many different circumstances. We talked about Resilience as a value, a theoretical framework, and a lifestyle, and we tried to make observations about it in our everyday lives. During these months we all had the chance to experiment with different research subjects and practical issues that concern us. But the most important thing is that we all had our personal, differentiated from the others', point of view.

This is the reason why we could not have predicted the outcome of my decision to take part in this minor program and this is exactly the point where "our journey" got interesting. Each one of us gave their own perspective. Not only on what Resilience means or how important it is in improving our world, but also on how we, as a group, can actively be part of this change.

All these experiences combined were the starting point for the creation of this magazine. This edition is our attempt to talk again about issues that concerned us during this minor and share our thoughts about them.

With such a diverse group we've really come to see the amazingly broad scope of resilience. It is for everyone, as is this magazine. You'll find something for yourself, your kids, your friends and their moms. So please read, think, share and enjoy. We did while making the magazine and in making life long international friendships :)

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Want the heat without the tan?
Try Rotterdam!

Ayla, Nienke, Mary

Everybody wants to go somewhere nice and warm on summer vacation, but did you know you can just stay in the Netherlands for the same experience? The climate is changing because of fossil fuels still being used. This leads to large amounts of carbon dioxide into the air, which traps heat in the atmosphere and causes our planet to become warmer.

A warmer planet is a problem for cities (or not if you like humid heat), because cities are warmer than rural areas surrounding them, also known as the urban heat island effect (UHI). Urban heat islands are caused by the construction materials used in cities, like concrete, that absorb heat during the day and releasing this at night. Another reason for heat islands is less wind in big cities as a result of the amount and height of buildings. The image of the heat stress map in the Netherlands shows that cities in the Netherlands experience a higher temperature (red dots) than their surrounding areas. In Rotterdam, the urban heat island effect can be as high as 8 degrees Celsius. This means cities are getting as warm as your favourite vacation destiny!



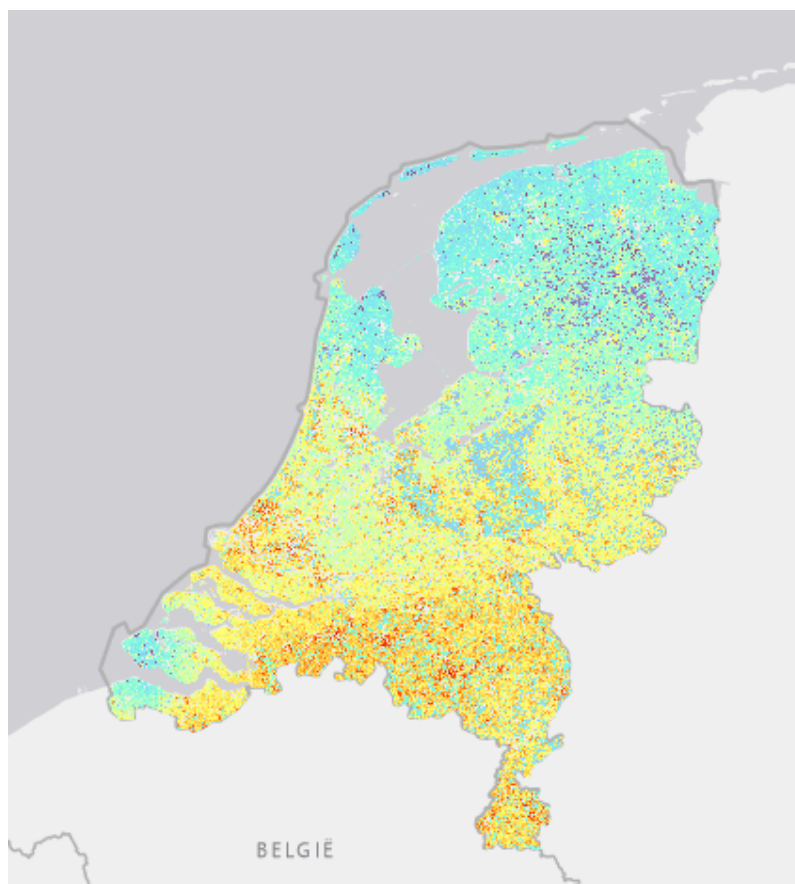
Urban resilience / What to do against the urban heat island?

“Urban resilience is the capacity of a city’s systems, businesses, institutions, communities, and individuals to survive, adapt, and grow, no matter what chronic stresses and acute shocks they experience.” (Resilience Cities Network, n.d.). Based on this definition of resilience you could state that a city should be able to adapt to the rising temperatures. Heat stress in the city can be reduced by planting trees. Their leaves create shadow and with respiration trees capture heat from its surroundings due to evaporation, which increases at night (Lopez, 2021). In addition, evaporation reduces the total amount of available energy from the sun that is used to heat air or materials. The cooling effect isn’t clearly tangible, as the cooled air mixes with the warmer air, this makes evaporation of trees most important on bigger scale (Hogeschool van Amsterdam, n.d.). Another positive thing from adding green is that it helps to reduce stress and makes people happier, improving mental and physical health. Creating greener cities is a win-win situation.

Car-ma: You & urban resilience are at risk

Archie

Crating more green areas would also help lower the ambient temperature. This can be done with green roofs and walls which also insulate the house, keeping the heat out during the summer and in during the winter. Another example of how you could contribute to greener cities is by getting rid of the tiling in your own backyard! An organization in the Netherlands started a national call for action to lift the tiles. So far, about 620.912 tiles have been lifted (NK-tegelwippen, n.d.).



I spend too much time on YouTube and putting off writing pieces like this. However, my procrastination isn't done in vain. It is because of it that I moved to the Netherlands for a year. And why, more relevant to this, I hold the firm belief that you don't need a car. "What does this have to do with resilience, you may ask?" Well dear reader, let me write a short love letter to my favourite YouTube channel (shout out to Not Just Bikes) and in the process tell you why the car (and possibly your dependency) is killing you and your city.

Let's start with you. It is common knowledge that cycling, or walking is good for you; you don't need a research paper to tell you that. What might not be so clear is when those activities are actively harmful. "But I'm doing exercise and my doctor says that that's good for me", you reply. I'm sorry to say that between you and your destination, you are putting yourself at great risk. Sure, car is synonymous with freedom, independence, and status. "Me like car go vroom vroom" (thank you NJB) is often a solid argument too. But when you compare those pro car-guements with the litany of motions against car dependency, you may start to use that dusty bike or transit card more.

Getting from A to B may not be as simple as hopping on your bike to get to the train station. In fact, "people cite fear of crashes as a reason for choosing not to cycle. Yet life years gained from regular cycling outweigh the years lost from crashes" according to a UK Public Journal of Health article. The article in question goes further by likening cars to tobacco, comparing lobbying patterns, and associated health risks. This isn't simply driving a car being bad for you. It is equally, commuting, sleeping, working, and general living beside car sprawl that has direct impacts on your physical and mental health. Over 500,000 car and pedestrian/cyclist deaths and injuries, globally, annually. High pollution levels create particulates to enter the body causing respiratory related illnesses. Increased High noise levels linked to poor sleep (which in itself is dangerous), hypertension, and "minor psychiatric illness". Social severing, due to poor walkability, leading to decreased social interactions, lower trust levels, and social participation. And climate change (do I need to explain this one...?).

"Okay", you say. "I get it. Being around cars is bad for my health. I'll just move to the suburbs". Sure, that may work short term, but then you would have to get a car to commute, if there are no solid options for your commute or livelihood. Why should this be an option though? If residential areas, including suburbs are designed well, all your daily needs should be met. As NJB puts it, you need to enhance your wellbeing through the "gym of life". This means being able to walk or cycle to collect groceries, gather socially, and therefore meet your daily 30 minutes of exercise. It might be hard to understand if you manage to live a lifestyle that doesn't regularly revolve around the use of a car. But when it is your only option, it puts pressure on governments to meet those requirements. And as the vicious cycle goes, the governments facilitate this lifestyle as that is supposedly what the people want.

Tips on how to stay cool!

Of course, you could wear nice sunglasses, but breathable clothing will do the trick! Try loose-fitting linen, silk, and 100% cotton materials. These materials breathe well and are much better for the planet than synthetic fabrics such as polyester or nylon.

Another tip is to always carry a (reusable) bottle with you, so you can stay hydrated. If you want to spice up your water, add some fruits or mint. It's also important to keep your minerals on point, so don't forget to eat during hot days.

The best thing you can do against the heat is to stay away from the sun, so wear a cute cap or cool bucket hat and stay in the shade during the hottest hours of the day, which are between 12:00 and 15:00. Don't forget to wear sunscreen at all times, preferably reapply every 2 hours with at least SPF 30, to prevent burning. A quick relief is taking a cold foot bath or running your wrist under the cold tap.

Resilience: making nature stronger through technological advancement

Maria, Pelle

Immemorial who doesn't know it? We all live it. So do the trees. They have always been present and an integral part of life and we are unable to remove them from thought. The way we value them has evolved and changed over the years. Centuries ago, trees were initially valued as an aesthetic addition to the urban environment. Years later, they were found to help counteract certain effects of climate change.



One consequence of climate change that they particularly effect and fight is air pollution. This is a massive problem, especially in urban areas, and it is becoming more and more relevant as urbanization increases. Since it is too late to stop the processes of urbanization and air pollution, cities must learn to adapt and thrive in the face of difficulties; they must learn how to build resilience in an ever-changing world with constant new challenges.

Currently, the focus is on making cities future-proof and adaptive. This can be achieved through resilience, a leading concept and issue in urban development. When cities were developed, people did not consider the concept of resilience. Now they do, and that requires (re)development of urban areas.

Peter Sanger had the same thought. During his travels through Europe, he realized that fresh air in cities is by no means a self-evident fact. His later co-founder, Zhengliang Wu, had similar experiences in his hometown of Shanghai. Both were confronted with air pollution and severe warming in metropolitan areas. As they met at university and exchanged their stories, a common ambition emerged to develop an ecological and at the same time economical solution to this global problem. As a result, they founded the startup Green City Solutions. As its vision, the startup cites "a world in which people in cities can live healthy lives. We want to create living conditions that enable everyone worldwide to breathe cleaner air over the long term".

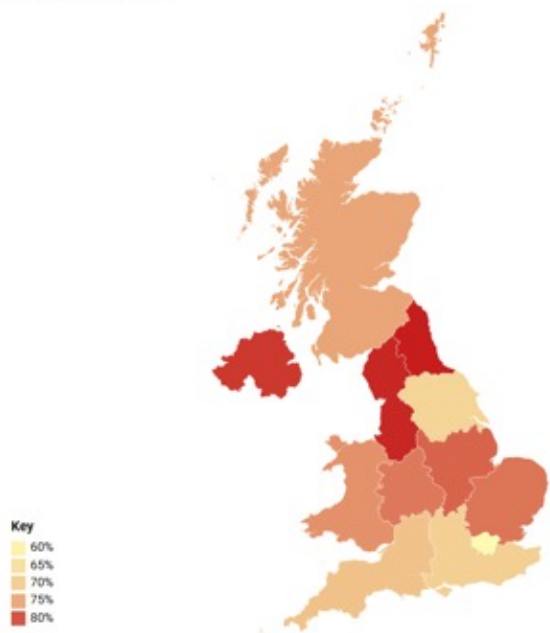
This leads to valuable city space being turned into parking garages, lots, and roads. If money by a municipality is spent on facilitating private urban driving, this often fuels the need for cars. This money is spent on building and maintaining roads. By 2050, it is expected that 70% of the global population will live in cities. If every one of the almost 5.6 out of 8 billion people own a car, then our cities will crumble. Instead, to meet the growing city population, the density, and ergo housing development should mimic this. Don't develop outside of the city.

Implicitly, it might now be obvious how this links to urban resilience. Adapting to shocks and stresses are of course the core concepts and is mostly what people gravitate towards solving. But the idea that a city should be self-sustaining and meet the people's physical and social needs starts with enabling freedom in a sustainable and fair way. This means developing strong local transport networks that regularly connect suburbs.

Building systems that don't revolve around a sole inefficient transport method will inherently improve the resilience of a city. A city needs to be flexible and yet reactive. If the weather is bad and I woke up late then I don't have to cycle, I can take the train. At the end of the day, it's about facilitating choice. If I want to drive, that is my choice. But those that don't should not be punished or exposed to disproportionate risks if they don't have the means or desire to drive. I shouldn't need a multifaceted death box on wheels to seek independence. The city should have the decency to give me an option and not suffer prematurely if I choose unwisely.

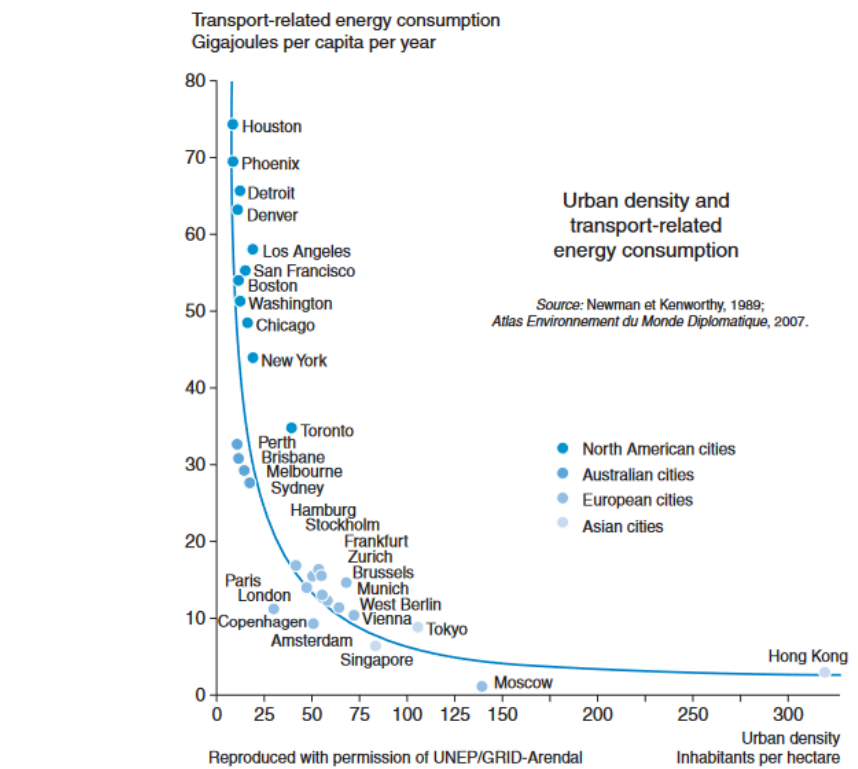
Proportion of drivers who would find it very difficult to living without a car

Darker colour = more difficult



Key
60%
65%
70%
75%
80%

Map: Rod Dennis, RAC - Source: RAC Report on Motoring 2019



Transport-related energy consumption in gigajoules per capita per year, and urban density in inhabitants per hectare.

In order to achieve this, they developed their first product, the CityTree. But what exactly is meant by a CityTree? What does it do and how does it work? The CityTree is actually exactly what it says it is - A "tree" which was developed for urban areas. However, this does not refer to a tree as we know it from the forest, but a product that - like a tree - filters, cleans and cools air. The startup has achieved this through a combination of nature, more precisely moss, and technology. Moss is already a very resilient and durable pioneer within an ecosystem and can withstand a lot of shocks and stresses. Combined with technological features the CityTree offers, the mosses become even better in their abilities and durability and can survive outside their natural habitat. To achieve



the required filter effect, the natural property of mosses to bind and metabolize fine dust is used. In this process, the mosses used never become "full", as they convert the fine dust into biomass. The process of filtering, cleaning and cooling the air consists of three steps. First, the warm and polluted air is sucked into the vents of the CityTree. Then the air passes through the moss layers where it is purified and cooled. Once the air is well cooled and purified, the final step comes into play: returning the clean air to the city and its inhabitants so they can use it and thrive. Meanwhile, the integrated sensor system controls the moss supply at every moment, measuring performance and environmental data.

In addition to this function, however, the technology built into the CityTree enables a lot of Add-Ons to the filtering and cooling effect of the CityTree. It can provide the user with specific services like Wi-Fi-hotspots, electric charging stations, advertising/information boards, environmental sensors and pedestrian or car counters. In addition, the CityTree can function



as a seating spot and provide a space to relax. Because of the above mentioned technology inside the CityTree, the product also has great potential in relation to digitalization and smart building concepts.

It is often said that nature knows best. But if trees were the perfect solution, why does almost the entire world's population breathe air that exceeds WHO quality limits and endangers their health? Why is there air pollution? The response is found in the simple fact that it is not just a matter of nature. The issues of urbanization and rising air pollution have been created by the increasing industrialization of humankind, and thus are not a problem caused by nature. Nature is reacting to it and will probably survive the problem somehow by adaptation and will keep on existing. The problem is that humans cannot continue to live indefinitely unless solutions are found to the above problems. There is probably no panacea, but with our collective efforts, the knowledge of the modern world, and combining that knowledge with approaches from nature, it is possible to develop effective solutions.

In short, the CityTree from Green City Solutions is part of a future generated from long time known knowledge, generated from the past

so to speak. Peter Sanger and Zhengliang Wu learned from their experiences and used knowledge from the past to apply it to future city development.

By using moss as a natural fine dust filter, the startup Green City Solutions shows how biology and technology can be smartly connected. This makes GCS not only a visionary, start-up, but also a pioneer in the sector of GreenTech. The startup demonstrates an ingenious way to solve the growing problem of air pollution and paves the way to healthier air for all.

If the company succeeds in achieving its self-imposed goal of providing filtered and fresh air to more than half a billion people by 2030, clean air for everyone could cease to be a vision in the foreseeable future and become a reality. Green City Solutions could thereby take on a forerunner role worldwide, helping to actively and progressively shape a resilient future.

All in all it can be said: nature does know best; we just have to know how to use its knowledge. This is an important step towards becoming resilient and preserving our planet for future generations.

fact sheet

The CityTree...

- reduces up to 82% of particulate matter in the air
- offsets up to 355 kg of CO2 and CO2 equivalents annually
- cools the ambient air by up to 4 degrees

You want more concrete information? Okay, here you go. A CityTree

- compensates CO2 and CO2 equivalents like 44 young trees and needs only about 3 % of the space they occupy
- cools the same amount of air as 67 young trees, using only about 2% of the space they require.
- Over a period of 5 years, the total cost of planting and maintaining these 67 trees, including the value of the land, will be around €699,000 whereas a CityTree as a pilot project, including care and maintenance, will cost €52,861

You're still asking for something more specific? Challenge accepted.

Every hour...

- a CityTree filters 5,000 m3 of air, which corresponds to a breathing volume of approx. 10,000 people

Within 5 years the CityTree can ...

- clean 120,000,000 m3 of air, which is equivalent to the volume of more than 30,000 hot air balloons and
- filter 1,800 g of particles from the air, which is equivalent to about 150,000 cigarettes or 400,000 km of car driving

Housing and the Health & Wellbeing of Communities

Tobias



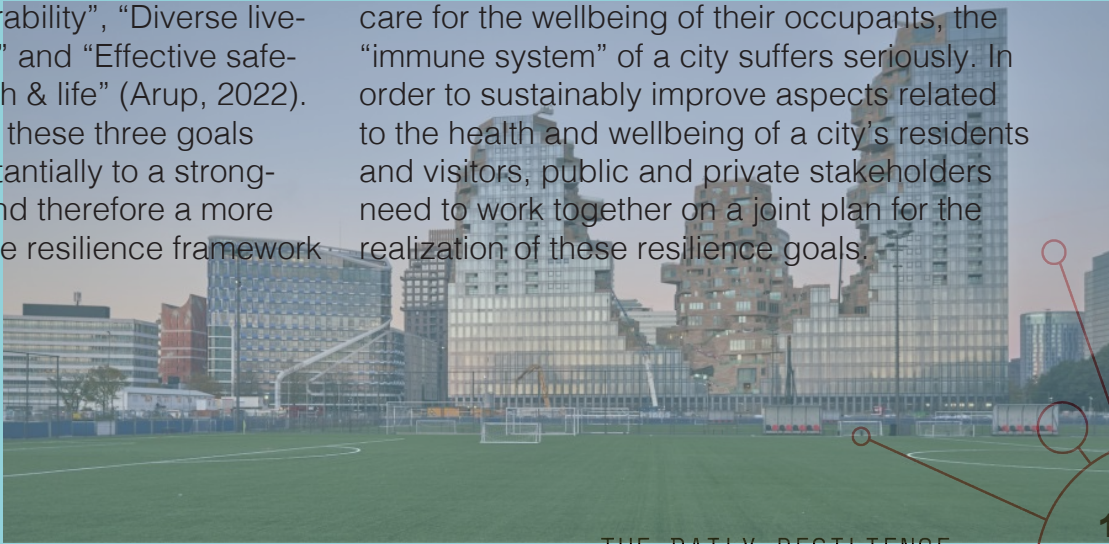
Whether in European, North American, or other metropolitan areas around the world, housing markets have heated up drastically in recent years. In many of these markets - taking the city of Rotterdam as an example - there is a great shortage of affordable housing. The corona pandemic, the war in Ukraine, and rising inflation rates have only contributed to the issue. This state of emergency has negative influences on the health and wellbeing of residents in the affected metropolitan areas and consequently weakens the resilience of these communities. Residents of these metropolises are under the pressure of paying rents that sometimes make up for more than half of their monthly income. Especially lower income groups struggle with the demanding conditions of their landlords.

Thus, it has become one of the top priorities of cities such as Rotterdam and Amsterdam to take pressure off the local housing markets. In order to do so, different tools are available to the municipalities. They can make use of the principles and concepts of resilience; we have learned about during our “Creating Resilient Cities” program. These theories can be applied to the housing market and improve existing circumstances that are not favorable to its stakeholders, especially property users. For instance, the Rotterdam Resilience Strategy shows how the city anchors its “Woonvisie” in its efforts to make the city more resilient: As a part of this “Living vision”, Rotterdam aims to create favorable living environments for different population groups by including and balancing the interests of these groups (Gemeente Rotterdam, 2016).

With its “Woonvisie”, the municipality targets the three goals out of the category “Health & wellbeing” in the resilience framework, put together by professional services firm ARUP: “Minimal human vulnerability”, “Diverse livelihoods & employment” and “Effective safeguards to human health & life” (Arup, 2022). An accomplishment of these three goals would contribute substantially to a stronger “immune system” and therefore a more resilient Rotterdam. The resilience framework

and the seven lenses of resilience give the municipality and its housing initiatives, private housing owners, and operators ideas on which paths they need to follow to optimize the health- and wellbeing-related aspects of their housing offers. For example, municipalities and housing investors can minimize the vulnerability of the users and occupants of their facilities and buildings by creating safe, friendly and green spaces. If residents of a neighborhood or tenants of a building complex are offered such amenities, it can increase their wellbeing substantially (Edge, 2022). Additionally, public and private landlords may alleviate the pressure on households by increasing their rents slower, calculating additional expenses (i.e. lawn care, janitor service, ...) more fairly, and repairing building facilities reliably when necessary.

The abovementioned links show how tightly connected a healthy housing market, quality living environment and the resilience of a city such as Rotterdam are. If municipality, housing initiatives, owners, and operators do not care for the wellbeing of their occupants, the “immune system” of a city suffers seriously. In order to sustainably improve aspects related to the health and wellbeing of a city’s residents and visitors, public and private stakeholders need to work together on a joint plan for the realization of these resilience goals.

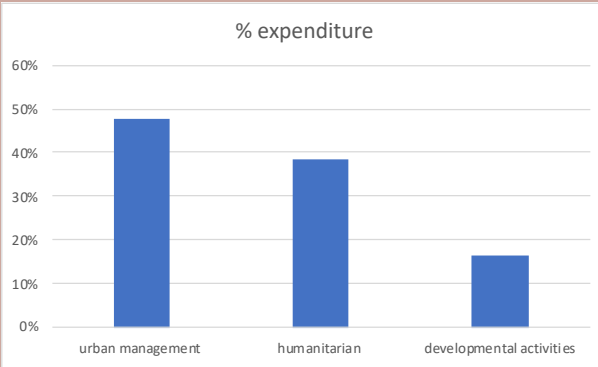


Homelessness: to soothe or to solve

Katherine

Adrian became homeless after his career as a football player went downhill. He lived with others on the slopes of Table Mountain in Cape Town, South Africa. During the COVID-19 lockdown, law enforcement removed homeless people from the street and temporarily relocated them to a shelter in Strandfontein. During this traumatic time, he lost contact with many friends. In a chance meeting a few months later he found a friend, John, who had been able to overcome being homeless. A day later, his friend was able to help him with a place to stay, and later he was able to enroll in a course studying business management. Today Michael hopes to open his own coffee shop. The power of relationships and of a network cannot be exaggerated. Combine it with a place in which to grow, heal and learn, and you may have a winning formula. A few organizations in Cape Town are tapping into this, after they realized that short term solutions just weren’t cutting it anymore.

An estimated 14 357 people are homeless in Cape Town, with one of the highest rates of chronic homelessness globally (Hopkins et al., 2020). A collaborative report calculated the cost of homelessness to be around R 50 000 (3000 euros) per homeless person per year (Hopkins et al., 2020). A large proportion was used in punitive charges such as incarceration for petty offences, second compassionate support from the public and a fraction spent on developmental activities.



The bottom line? Cape Town has an unsustainable and expensive approach to homelessness. While the need for shelters and soup kitchens is undeniable, perhaps the money would be better spent if the goal was to address homeless through long-term programs rather than temporarily removing the problem from sight.

There may be a solution. Many organisations who work to address homelessness in Cape Town through long-term initiatives, wanted to create a bigger impact by working together. One example is the U-voucher. A Cape Town-based organization, U-Turn, pioneered a voucher that members of the public could purchase and give to beggars in the street as an alternative to giving out money (which is more often used for drug abuse). The vouchers could be exchanged for meals, shower or clothes but also brought people to a place to build networks and community. This was one of the first steps of starting a journey out of homelessness. This program, like others, focuses on rehabilitation, skills training, therapy and finding employment. Shortly these vouchers will be able to be used across networks in Cape Town, magnifying the impact of sustainably addressing homelessness.



New Hope started when a group of people, who lived in homes, started hanging out with some guys who did not have homes. They met on the street, took turns cooking for each other. They shared their experiences. There they realized the importance of relationships. This grew into a weekly Community Dinner in which guests and volunteers sat at the same table, sharing the highs and lows of the week. Some drew or painted, others played games, others spoke and some stayed silent.



Today, there is a New Hope House in Muizenberg. It is a place where previously homeless individuals live and receive sheltered work, counselling services and connection rehabilitation centres. The house, unlike a shelter, aims to create community, financial independence, emotional, psychological and physical healing and spiritual growth. Connecting homelessness and resilience

Bounce back, thrive in adversity, adapt. A quick Google search reveals resilience is a well-known concept. We have an idea of a resilient immune system or person. But not so much when it comes to cities. Imagine describing a city as one that bounces back, adapts, is interconnected and inclusive. Instead, cities are often a place where people can slip through the cracks, their lives on the periphery are marked by trauma and survival.

Resilience in urban contexts means individuals, communities and cities can grow and thrive no matter the circumstances they face. The 100 Resilient Cities Network partners with cities around the globe to make this a reality. It focuses on building cities that are flexible, inclusive and robust. Often however, in individualistic societies, the notion of building networks and interconnectedness is sometimes forgotten when building resilience. The intertwined relationship of network and resilience cannot be ignored. In difficult times, having a network, feeling supported, a friend who can help you out can be far more life giving than a handout. And people facing homelessness especially know the pain of being ignored and on the periphery of society, to be without a network.



What can you do practically?

- Consider researching what similar initiatives, like the U-voucher or New Hope House vouchers exist in your city.
- Purchase goods or gifts from initiatives that uplift others, such as these planter boxes or macrame from the New Hope Shop.
- Treat homeless people as you would like to be treated, greeting and smiling goes a long way .
- Be inspired by Ricky's Story and Natalie's Story. Donate to organizations making a difference.



Macrame (without pot)
R 250.00 R 300.00

Recommended Places to Visit

Natasya

Speicherstadt

The largest warehouse district in the world, Speicherstadt was built in 1883 on various river islands, connected by bridges. This beautiful district is located right next to the water and is notable for its colourful red bricks and neo-Gothic architecture. This is perfect for those who love taking photos, chasing UNESCO sites, and admiring the architecture. In addition, you can visit some special attractions such as Spicy's Gewürzmuseum, Speicherstadtmuseum, and Miniatur Wunderland.

Lawang Sewu

This robust building which was built in 1904 is a historic building from the Dutch colonial heritage and is located in the heart of the Semarang City. The unique architectural style and the interesting history of this building make Lawang Sewu one of the tourist destinations in Semarang City. Besides being able to learn about the history of the railway in Indonesia, you will find many aesthetic photo spots that are worth a try.

Markthal

Markthal (Market Hall), one of the most popular buildings in Rotterdam, which opened in 2014, is a gathering place for people from all over the world. Here, you can not only communicate with each other comfortably but can also taste typical food from various countries.

Travel to resilient cities

Konstantina, Vaia, Sokratis, Kadir

Around the world there are thousands of cities, but only a few of them can stand out from the others, in terms functionality and high resilience standards. There are only a few cities around the world that manage to reach these high standards and in the next 4 articles we will analyze 4 of them that people can visit, study and learn from their methods.

Trikala, The Smart City!

Trikala, one of the oldest cities in Greece, is the ultimate resilient destination to book your next tickets. The so-called homeland of Asclepius, the father of medicine, with a history of 5000 years, Trikala is located in the heart of Greece. With a population of 80,000, the mayor of the city states that "the city is always on the side of the citizens". I know what you're thinking ... it is another statement of a man in power. False! Dimitris Papastergiou, Mayor of Trikala since 2014, means every word and does not hesitate to prove it.
Eleftheria Alavanou (2017)

The primary concept in the city's vision is digital transformation. An idea that, in terms of resilience, offers absolute flexibility and inclusiveness. The main goal of this project is for all citizens to participate in public life and political decision-making. Finally, ... a little transparency! Tele-healthcare, e-government, and digital infrastructure make citizens' lives an easy and interactive (tele)game. All of this became real through the platform of e-Trikala.

Of course, the agricultural tourist sector could not be missing from such a city. Supporting the small businesses, the local economy is based on agricultural activities and creative industry.

In fact, did you know that Trikala is part of the business Bio-Canteens? Probably not. Through this business, sustainable school meals are distributed, so that young children can be informed and get in touch with the agricultural sector.

And of course, the transportation system. Easygoing and bike-friendly Trikala has bike paths and sidewalks spread across the city, making your walk environmentally friendly and relaxing. The city, in contrast to the largest part of Greece, is flat, so don't worry if you are not a professional cyclist, you can still do it!

For these and many more reasons, Trikala is considered one of the 21 top smart cities in the world, and the smartest in Greece.

And if you want to learn more about this amazing resilient city, you can always do it while taking a walk near Lithaios River, because guess what... the city has a free Wi-Fi network throughout the whole city!

So, do not waste your time... book your tickets now!

Helsinki

Climate change is one of the most important variables impacting people's quality of life across the world. It affects everyone, and it won't be up to a small group of people to oppose it - or gain from it. The world will change, and every one of us will be a part of that transition. Cities must allow new ways of thinking and living to flourish. Changes in mobility are influenced by climate change.

In order to contribute to climate neutrality plant Helsinki has constructed a solar power on the roof of the terminal. The buses that run between the terminal and the planes are powered exclusively by waste and scrap diesel. Furthermore, the airport's smaller vehicles are primarily powered by electricity. Over the last ten years, emissions have been lowered by 3% per passenger. Also, Helsinki found a new way for moving with uber for boats. Bout connects people who need boat trips with people who offer them, making it easier to get about Helsinki's archipelago and coastal areas. Bout's business is like an 'Uber for boats,' in that it allows small boat excursions to be ordered flexibly and economically through a smartphone app. Owners of small boats provide the rides. Bout provides the infrastructure for ordering and arranging rides, and the boat owners operate as small-scale entrepreneurs. Tourists and residents can use the service to book boat rides to over 50 pre-determined pick-up places in Helsinki and Espoo's archipelago and coast. Another solution that contributes to climate adaptation is bicycle tours with audio navigation. Vapaus Bikes and Route Pepper's electric bicycle tours with audio navigation give a new dimension to Helsinki's tourist season. The program creates remarkable routes to well-known tourist locations in a variety of languages. Customers can hire one of the high-quality electric bicycles and use the audio navigation, which eliminates the need to know the route ahead of time and allows you to focus on the traffic. One further example of Helsinki's massive efforts is the creation of a new smart town. The Skaft-

kärr project aims to create a 6000-person energy-efficient residential area. It included energy efficiency into all aspects of spatial planning, developed innovative solutions and working methods, and pioneered energy-efficient urban design in Finland. The project's findings were confirmed by the development of the Skaftkärr area: a successful result is linked to the entire chain, from general plans to construction planning, building and living. Collaboration is required for a good use of land, as it allows everyone to commit to similar goals. This applies to major goals, such as energy efficiency, the city's image, environmental quality, and traffic control and other practical issues. The success of the aspirational Skaftkärr project has inspired the City of Porvoo to establish a flexible action plan that will gradually move Porvoo closer to carbon-free housing. In the Finnish context, such a significant and serious investment in energy efficiency is unprecedented. Energy efficiency is now one of the municipality's strategies top focuses.

One last case which rely on climate neutrality is the creation of a new business based on bioeconomy. The project's purpose is to construct a world-class industrial hub in the Kilpilahti industrial park by generating new business from bioeconomy and circular economy. The industrial park's growth begins with a shared vision: to become a world-class industrial powerhouse for the circular economy. The regional development initiative, called Pobi - Porvoo Kilpilahti, aims to turn business parks into bio - business parks, and attracting investors.



San Francisco

San Francisco is known as the Golden City because of California's Gold Rush during the late 1840s and early 1850s. Today it's part of an international connectivity network and is one of the innovative centers of the world.

San Francisco together with San Jose and Oakland form the San Francisco Bay Area. This area in total gathers an implacable amount of elite level facilities and services. The biggest and most known example is the Silicon Valley where many high-profile companies have their headquarters. This provides the city with a lot of new innovative technology and ideas that others cannot access as easily. It also comes with a lot of economic benefits that gives the to the city the opportunity to plan the future with way more freedom and risks.

Until today San Francisco and Oakland are part of the 100 Resilient Cities network and they happen to be two of the biggest supporters of resilient planning. San Francisco's resilience strategy plan is one of the most detailed and completed with a clear target and careful planning. Finally, this resilience strategy plan of the city comes with the 'San Francisco 2050' that sets the following goals for the long-term future of the city:

1. The Heart of San Francisco—seeking to inspire design for our city's public realm.
2. A Resilient Waterfront—considering access to and growth along the waterfront, and the threat of sea level rise.
3. Next Generation San Francisco—seeking to shape and connect the growth in Southeast San Francisco.
4. A City of Neighborhoods—looking at the diverse and distinct character of our city's neighborhoods.
5. Bridging the Bay—collaborating across the Bay to develop a shared vision.

San Francisco has two important traits that stand out.

Firstly, the innovative transportation system. The San Francisco Bay is populated by approximately 10 million people. In cooperation with the Silicon Valley, smart mobility is encouraged. Other than the metro and the buses that support the whole city, there are many new innovations like electric vehicles, Uber and other nowadays trends that are getting their first trial in many cities, including San Francisco. This gives the chance for the tourists to travel along the Bay and try many new transportation systems.

The second trait is the waste management of the city. For the past two decades, San Francisco has managed to be one of the leading cities on environmental space quality. Back then one of the biggest innovations that the city had done was 'the fantastic three', which was basically 3 waste bins with different colors (blue for recycling, green for composting and black for disposing of trash). The long-term goal is zero waste, which means that no discards go to high temperature distraction or the landfill. Because of this a lot of money is saved, the land used for the landfills is being decreased, the climate is protected, and natural resources are embraced. San Francisco is one of the few supporters where this target is feasible and the new strategy towards this goal is cooperating with producers that become responsible for their products to be completely recycled.



If we speak about resilient cities, Singapore will definitely be a part of the conversation. Singapore is considered to be one of the pinnacles in resilient cities because of the developments throughout the years. Living circumstances in the 1960s were anything but ideal. Today's condition is significantly different. Singapore's quality of life has substantially improved: everyone now has access to a clean and green environment, and everyone can live in an inclusive society with equal possibilities.

Singapore's journey is as much about resilience as it is about sustainable urban growth. Only 50 years ago, a newly independent Singapore faced major urban issues, including congested slums, poor sanitation and public health, and insufficient infrastructure to service a burgeoning population. The city's population was a little less than two million people back then. The population of Singa-

pore has since grown to about 5.6 million people without a major increase in geographical area. Despite the fact that the population has tripled, the city has become much more liveable. Singapore was acutely conscious of the need to adapt and evolve to continuously changing conditions as a tiny city-state with few natural resources. As a result, the city is concentrating on long-term urban planning as well as establishing contingency plans for various situations. This is accomplished in a comprehensive, integrated way, including many stakeholders and collaborating across several sectors to achieve a sustainable and liveable Singapore.

It's not only about having a strong physical infrastructure; it's also about collaborating closely with communities and stakeholders. For example, the city not only creates buildings but also organizes programs to bring inhabitants closer together and



promote strong community relationships in order to provide inexpensive and high-quality public housing. Neighbours can form stronger support networks as a result of this process, which they can rely on during difficult times. Singapore, therefore, views water management as more than merely a supply issue. Through initiatives like the Active, Stunning, Clean Waters program (ABC) and the Park Connector Network, the city recognized an opportunity to innovate and expand its water businesses while simultane-

ously creating beautiful blue-green recreational places (PCN) where, as a traveller, you could experience the city resilience at its best. So you could say that Singapore has come a long way in a short amount of time in terms of creating a resilient city. As a traveller you would be amazed by how far the resilient principal is integrated into the city's texture. That's why it is strongly advised for travellers to experience this resilient city, absorb its innovation and get inspired by the city.



resilience inspired cooking

Eleanna, Elenodora, Dimitra

Life can bring us a huge number of challenges, both big and small. If we are resilient enough, we have the flexibility to meet these challenges quickly without long-term damage. Unfortunately, many people face challenges when their health is already weakened. This could hinder our ability to overcome these difficulties and affect our well-being. Consuming healthy food with, helps to prevents health issues in the future.

Consider the durability of a health checking account. You want to boost a large amount of savings that you can simply use in case of an emergency without being heavily charged. Many healthy habits contribute to resilience of the body, including stress management, exercise, sleep and more. In this article, we will focus on the most effective foods for resilience and how a nutrient-rich diet can create your health checking account (Academy Of Culinary Nutrition, 2021).

Why a healthy diet is very important

A healthy diet is what makes our body function in the best way and builds an overall healthier lifestyle. It's an unshakable argument to indicate how important a healthy diet is. There is a wide variety of benefits coming from a healthy diet to list (if you are not yet convinced): physical and mental well-being, mood, weight maintenance, disease prevention, and healthy interpersonal and social relationships (LiveScience, 2022).

Eating for resilience

1. Fill half your plate with veggies and a quarter each of protein and grains for a balanced dinner.
2. Frozen vegetables, full grain pasta and rice, and frozen chicken are all good to have on hand.
3. Pre-chopped fruit, ready-to-use seasonings, and precooked protein alternatives help you save time.
4. For homecooked meals that are available whenever you want them, use a slow cooker and freeze leftovers.



Spinach is high in antioxidants like vitamins A, C, and E, which boost the immune system and reduce inflammation. It contains a variety of B vitamins that boost energy and help us deal with stress, and phytonutrients that have anti-cancer properties (Academy Of Culinary Nutrition, 2021).



Avocado is high in nutritious fats that aid to regulate blood sugar, mood, and hormones, as well as improve nervous system performance. It also includes vitamin B5, often known as pantothenic acid, a stress-relieving B vitamin that aids in stress management (Academy Of Culinary Nutrition, 2021).



Quinoa is a great source of fiber and is high in antioxidants. This means that it may lower the risk of intestinal cancer. It contributes to lower cholesterol and blood sugar levels, reducing the risk of diabetes and heart disease. A high-antioxidant diet has been related to a lower risk of heart disease (Brennan, 2020).



Asparagus are a good source of vitamin K, a substance that helps with blood clotting and bone health. Furthermore, asparagus is high in folate, a nutrient that is essential for a healthy pregnancy as well as a variety of bodily activities such as cell growth and DNA creation. Antioxidants minimize your risk of chronic disease by preventing the formation of damaging free radicals (Coyle, 2018).

Spinach Green Smoothie

Portions: 2, Execution: 5 minutes

Ingredients

- 2 cups baby spinach leaves (or half spinach, half kale)
- 1 cup frozen pineapple (or mango)
- 1/4 cup water (or milk)
- 1 banana
- 3 tbsp. yoghurt
- 1-2 tbsp. honey
- 1 tbsp. chia (or flaxseed) seeds

Instructions

Put all your ingredients in the blender and blend them for the spinach smoothie.

1. Vegetables are rich in vitamins, fiber and will give a perfect green color to your morning smoothies.
2. Pineapple, orange, honey and banana will give their dessert to the healthy smoothie with vegetables and fruits.
3. Frozen fruits will give "body" to the smoothie.
4. Yogurt will give you the necessary protein to start your day.
5. The seeds will satisfy your appetite.
6. You will be full until the time of the next meal.
7. Do not hesitate to play with the ingredients and adapt them to the fruit you love or have at home.



Quinoa

Ingredients

- Salt
- 1 cucumber (40 gr.)
- 1 lemon (30 gr.)
- 1 tomato (30 gr)
- 3 cloves of garlic (3 g)
- 1/4 white onion (5 g)
- 2 cups water (400 ml)
- 1 cup of quinoa (200 gr.)
- 1 cup broccoli (100 gr.)
- 1 yellow pepper (30 gr.)
- 1/4 teaspoon black pepper (2.5 g)

Instructions

1. First, rinse the quinoa by placing it in a colander under the tap. Then drain the quinoa.
2. Next, pour the quinoa and 2 cups of water into a saucepan with 1/4 onion, a clove of garlic and a teaspoon of salt.
3. Boil the mixture. Once the water starts to boil, lower the temperature and cook for about 15 minutes or until the water boils.
4. Then, cut the broccoli into small pieces and immerse them in boiling water for 1 minute. Drain and keep for later.
5. Peel a squash, grate it and chop it into small cubes. Do the same with the tomato.
6. To prepare the vinaigrette, mix the olive oil with the juice of one lemon, two cloves of chopped garlic, salt and black pepper in a bowl. Stir until well combined.
7. Once the quinoa has cooled, mix in a bowl with the broccoli, cucumber and tomato.
8. Spray with the vinaigrette and put it in the fridge.



Chicken with asparagus

Portions: 4-6, Execution: 40 minutes

Ingredients

- 4 chicken legs with skin, cut in half
- 500 gr. asparagus, peeled
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 100 gr. peas
- 1 lemon, cut into thin slices
- 1 tbsp. oregano
- 100 ml chicken broth
- 100 gr. Cherry tomatoes
- Salt
- Pepper
- Olive oil

Instructions

1. Preheat your hot air oven to 180 ° C.
2. In a fireproof dish, add the chicken legs, asparagus, onion, garlic, peas, lemon, oregano and broth. Season with salt and pepper, sprinkle with a little olive oil and cover the pan with foil.
3. Bake for 30 minutes, remove the foil, add the cherry tomatoes and bake for another 20-25 minutes, until the chicken is reddish and serve.



Brownie with avocado

- Ingredients
- 450gr. avocado kernel, very ripe (about 2 medium avocados)
 - 115gr. cocoa (1 package)
 - 80gr. flour for all uses
 - 4 eggs
 - 350gr. sugar
 - 2 vanilla powder
 - 2 teaspoons butter soup
 - ½ teaspoons of baking soda

Instructions

- Put the avocado kernel with the sugar and butter in a bowl and mix it with the mixer until the mixture is homogeneous. Make sure that the avocados are very ripe, so that no lumps form during the mixing.
- Add the eggs one by one and continue beating.
- Add all the remaining ingredients and continue beating until it becomes a uniform and smooth mixture.
- Place the mixture in a pan, the base of which you'll need to cover with baking paper and bake in a preheated oven for 20 minutes at 180°C. Leave to cool and serve plain or with ice cream.



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Bees
Biodiversity
City
Cold
Earth
Ecology
Environment
Flower
Formula
Fun
Function
- Future
Globalisation
Green
Heatstress
Lake
Leaf
Mail
Mobility
Moon
Nemo
Neon
Pollution
Rain
- Recycle
Reduce
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How it works: fill in each sub-box of 3 x 3. Every box needs a number from 1 until 9. Every row, column and 3x3 box can only have the numbers 1 until 9 once.



Hibiscus rosa sinensis



Camellia japonica





Answer:
Acknowledging

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| 2 | 9 | 8 | 1 | 6 | 4 | 5 | 3 | 7 |
| 7 | 3 | 4 | 5 | 9 | 2 | 1 | 6 | 8 |
| 5 | 1 | 6 | 8 | 3 | 7 | 9 | 4 | 2 |

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