**CLASS 7**

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| **TOPIC** | Promoting Biodiversity in Urban Areas: Urban Protected Areas | |
| **LEARNING CONTENT - DETAILED CHARACTERISTICS** | The focus of this class are Urban protected areas as designated spaces within urban environments that are set aside and managed for the conservation of natural, cultural, or historical heritage. These areas provide valuable green spaces, wildlife habitats, recreational opportunities, and educational experiences for urban residents. Urban PAs have a fundamental importance for Promoting Biodiversity in Urban Areas by creating habitats for native flora and fauna in the city, and urban wildlife management and conservation strategies | |
| **KEY WORDS** | Urban Protected Areas, Recreation, Education | |
| **SUGGESTED TOOLS** | Interactive lecture  Power-point presentation  Videos and readings  Handouts for analysis in groups  Discussion | |
| **TIPS / METHODOLOGICAL REMARKS**  **(if applicable)** | …………………………… | |
| **IMPLEMENTATION OF THE CLASSES** | **STEP 1** | Presentation: Urban protected areas - Purpose and Benefits, Ecosystem Services, Recreation and Well-being, Education and Awareness, Climate Resilience. Types of Urban Protected Areas - Urban Parks, Nature Reserves, Wildlife Sanctuaries, Cultural Heritage Sites. |
| **STEP 2** | Video: Largest Urban Forest: Tijuca National Park | Rio de Janeiro, Brazil<https://www.youtube.com/watch?v=yD-vxGqF3Yc> |
| **STEP 3** | Students undertake independent internet research for Table Mountain NP, South Africa  Discussion: urban protected areas may be the only opportunity for city dwellers to connect with nature  Work Card 1 |
| **STEP 4** | Seminar: Exploring Urban Protected Areas: Preserving Nature in the Concrete Jungle  Work Card 2 |

**ADITIONAL MATERIAL 1 - WORK CARD**

**WORK CARD 1 - URBAN PROTECTED AREAS MAY BE THE ONLY OPPORTUNITY FOR CITY DWELLERS TO CONNECT WITH NATURE**

1. Do internet research for **Table Mountain NP, South Africa**
2. Based on the information provided, rank bellow in order of importance the following main benefits provided by urban protected areas to city residents:
   1. Access to Natural Areas: In densely populated cities, access to natural areas outside the urban environment may be limited. Urban protected areas provide accessible green spaces within the city where residents can experience nature without the need for extensive travel.
   2. Proximity and Convenience: Urban protected areas are typically located close to residential areas, making them easily accessible by foot, bike, or public transportation. This proximity allows city dwellers to connect with nature conveniently, even during short breaks from their daily routines.
   3. Health and Well-being Benefits: Numerous studies have shown that exposure to nature has positive impacts on mental and physical well-being. Urban protected areas provide opportunities for stress reduction, relaxation, and physical activity, contributing to improved mental health and overall quality of life for city residents.
   4. Educational Opportunities: Urban protected areas often offer educational programs, interpretive trails, and guided tours. These activities provide valuable learning experiences about local ecosystems, wildlife, and conservation efforts. By visiting urban protected areas, city dwellers can expand their knowledge of the natural world and develop a deeper appreciation for environmental conservation.
   5. Biodiversity Conservation: Urban protected areas play a crucial role in preserving biodiversity within urban environments. They provide habitats for a variety of plant and animal species, including rare or endangered ones. By visiting urban protected areas, city dwellers have the opportunity to observe and learn about local flora and fauna, contributing to their understanding and appreciation of biodiversity conservation.
   6. Climate Resilience and Urban Heat Island Mitigation: Urban protected areas help mitigate the urban heat island effect by providing shade, evaporative cooling, and reducing surface temperatures. These areas contribute to climate resilience by providing green infrastructure that absorbs rainfall, reduces stormwater runoff, and helps alleviate flood risks. By visiting urban protected areas, city dwellers can experience the cooling effects of green spaces and witness firsthand the benefits of nature-based solutions in urban environments.
   7. Community Engagement and Social Interaction: Urban protected areas often serve as gathering places for community events, outdoor festivals, and recreational activities. They create opportunities for social interaction, community engagement, and the strengthening of social bonds among city residents. Visiting urban protected areas fosters a sense of belonging and community connection through shared experiences in nature.
   8. Inspiration for Sustainable Living: Urban protected areas can inspire city dwellers to adopt more sustainable lifestyles. By experiencing the beauty and serenity of these natural spaces, individuals may be motivated to make environmentally conscious choices in their daily lives, such as conserving resources, reducing waste, and advocating for sustainable urban development.

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**ADITIONAL MATERIAL 2 - Activity - Seminar**

**Seminar: "Exploring Urban Protected Areas: Preserving Nature in the Concrete Jungle"**

Seminar Objectives:

1. Understand the concept and importance of urban protected areas in the context of sustainable urban development.
2. Explore the ecological, social, and cultural values of urban protected areas and their benefits for urban residents.
3. Examine the challenges and opportunities associated with managing and maintaining urban protected areas.
4. Learn about successful case studies of urban protected areas from around the world.
5. Engage in discussions and critical thinking about the future of urban protected areas and their role in creating sustainable and livable cities.

Seminar Outline:

1. Introduction (10 minutes):
   * Significance of urban protected areas for biodiversity conservation, ecosystem services, and human well-being.
   * Importance of Urban Protected Areas Overview
2. Challenges and Management of Urban Protected Areas (10 minutes)
   * Urbanization pressures and threats to urban protected areas.
   * Balancing conservation goals with urban development and human activities.
   * Sustainable management practices, stakeholder engagement, and community involvement in urban protected area management.
   * Strategies for addressing conflicts and ensuring the long-term viability of urban protected areas.
3. Group Activity: Designing an Urban Protected Area (30 minutes)
   * Divide participants into small groups.
   * Assign each group the task of designing an urban protected area for a hypothetical urban setting.
   * Groups discuss and brainstorm key elements such as habitat preservation, recreational amenities, cultural integration, and community involvement.
   * Groups present their designs and engage in a group discussion about the diverse approaches and considerations.
4. Wrap-up and Conclusion (10 minutes)
   * Summary of key insights and takeaways from the seminar.
   * Importance of continued support for urban protected areas and their role in creating sustainable and resilient cities.
   * Encouragement for participants to further explore the topic and contribute to the field of urban conservation.