**COURSE SCENARIO**

***Interdisciplinary Approaches to Nature in Urban Setting***

**CLASS 7**

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| **TOPIC** | Green cities, nature in city: Urban Forestry and Biodiversity 1 |
| **LEARNING CONTENT - DETAILED CHARACTERISTICS** | During this class students will explore how urban forestry contributes to environmental sustainability, human well-being, and community resilience. By examining the benefits of integrating nature into cities, we aim to uncover the multifaceted advantages that urban forestry offers to both residents and the environment. |
| **KEY WORDS** | Urban forestry, trees, green spaces, urban ecosystems, environmental sustainability. |
| **SUGGESTED TOOLS** | Computer with internet connection and Microsoft Office or similar. |
| **TIPS / METHODOLOGICAL REMARKS****(If applicable)** | During the class, students are engaged with visual aids like images and diagrams showcasing examples of urban forestry. Encouraged critical thinking by prompting discussions on the challenges and potential trade-offs associated with urban greening initiatives. |
| **IMPLEMENTATION OF THE CLASSES**  | **STEP 1** | Lecture begins by introducing the concept of urban forestry and its significance in urban planning.Short brainstorming and discussion on how trees and green spaces contribute to a city's ecological balance and quality of life. |
| **STEP 2** | Lecturer discusses the ecosystem services provided by urban trees, such as air purification, temperature regulation, and stormwater management.Students contribute from their reflections on how trees contribute to biodiversity and create habitats for urban wildlife. |
| **STEP 3** | Lecturer highlights the impact of urban forestry on human health and well-being.Discussion on studies linking green spaces to reduced stress, improved mental health, and enhanced social interactions. |
| **STEP 4** | Description how urban forests enhance a city's resilience to climate change and natural disasters.Discussion on economic benefits, including increased property values and reduced energy costs due to strategic tree planting. |
| **STEP 5** | Presentation of few case studies of cities that have successfully implemented urban forestry initiatives:Singapore's urban forestry initiatives are internationally acclaimed for transforming the city into a lush "City in a Garden," blending urban development with extensive greenery. Portland, Oregon, is known for its comprehensive Urban Forest Master Plan, which outlines strategies for sustainable urban forestry management.Starting an interactive discussion on potential challenges, such as species selection, maintenance, and ensuring equitable distribution of urban greenery. |

**ADDITIONAL MATERIAL 4 WORK CARD (Studies about green spaces and improved health)**

1. Urban Green Spaces and Health: A Review of Evidence

This review article published in the journal "Urban Forestry & Urban Greening" analyzed a wide range of studies to explore the connections between urban green spaces and health outcomes, including mental health.

The review found consistent evidence that exposure to urban green spaces is linked to lower levels of stress, anxiety, and depression. Access to green areas was associated with improved mental well-being and a sense of relaxation.

The review underscores the potential of urban green spaces as valuable resources for enhancing mental health and mitigating the negative effects of urban living.

2. The Relationship between Nature Connectedness and Happiness: A Meta-analysis

This meta-analysis published in the journal "Frontiers in Psychology" explored the relationship between nature connectedness and happiness, encompassing studies from various urban and natural settings.

The analysis revealed a strong positive association between nature connectedness and subjective well-being, including reduced stress and increased happiness. The presence of urban green spaces played a role in fostering this connection.

The study suggests that fostering a sense of connection with nature, facilitated by urban green spaces, can have a significant impact on individuals' psychological well-being.