

BACKGROUND MATERIALS



Lecture 5 - Urban Development and Planetary Health

SUGGESTED MATERIALS



I've Seen a Future Without Cars, and It's Amazing

This article by the New York Times visualizes how different Manhattan could look without cars.

tiny.cc/ny_times



TransMiCable cable car system

This is the video about the project presented by Olga Sarmiento.

tiny.cc/TransMiCable

ACTIVITY

Your neighbourhood

We want you to take a closer look at your own street/neighbourhood and think about the following questions:

- What in my street/neighbourhood makes people healthy?
- What harms health?
- What could be changed to promote health and the environment?

We suggest two different possibilities on how to do so:

a) Go for a walk

You can go for a walk around your street/neighbourhood. If you want, you can call someone else who is talking a walk in a different area and explain to them what is surrounding you.

b) Look at a map of your city

You can also do a digital version of this by looking at a map of your city. We suggest you either print it out or use a coloring program in your laptop. Draw on the map to visualize which changes you would make in your street/neighbourhood for health and environment.

Finally, you can do a quick search on the internet to see whether there are initiatives in your neighbourhood already advocating for such changes.