



GO GREEN
ROUTES

A natural way to foster health and well-being

Fostering green spaces to enhance health and well-being

Cities need more green space than ever – in particular **restorative areas** with high **environmental quality** that enable active travel and exercise, reduce residents' stress levels and promote good mental health.

Through inclusive collaboration, digital innovation and a multi-dimensional approach to health, the EU-funded Horizon 2020 project GoGreenRoutes is co-creating **Urban Well-being Labs** in six **Cultivating Cities**: Burgas (Bulgaria), Lahti (Finland), Limerick (Ireland), Tallinn (Estonia), Umeå (Sweden) and Versailles (France).

An Urban Well-being Lab is a space for experimentation: both a physical location, and a framework for engaging with local stakeholders. Each city's lab will support the creation of new green areas such as shared walkways, cycling lanes, parks or urban forests. They will strengthen people's connection with nature and benefit the environment by reducing air pollution, improving urban ventilation, enriching biodiversity and building resilience to climate change.

Active travel in green routes represents a climate-friendly means of transportation and an opportunity to improve physical health.



Inclusive participation and co-creation

Participatory activities with local communities will ensure that public spaces meet the needs and interests of different genders, ethnic groups and age groups, as well as accessibility criteria.



City of Lahti

Did you know?

Contact with nature, such as walking in green spaces, listening to birds and swimming in clean water, has been shown to help people who suffer from depression. It can also decrease anxiety and stress, increase concentration levels, balance a person's heart rate, improve immune systems, and more.

Our learning ecosystem

Training in GoGreenRoutes innovations and exchange between the project's **Cultivating Cities**, **Seed Cities** and **Cross-Pollination Network** will create a supportive arena for project partners to re-think, plan and implement urban greening measures, while also supporting local economies through nature-based enterprises.



The World Health Organisation recommends access to green spaces of at least 0.5-1 hectare in size, and no more than 300 meters from one's home (around 5 minutes' walk).

WHO Regional Office for Europe (2017): "Urban green spaces, a brief for action"

OUR CITIES

LIMERICK

LAHTI

UMEÅ

TALLINN

MUNICH

VERSAILLES

REGION OF MURCIA

BURGAS

GZIRA

BEIJING

CITY OF MEXICO

TBILISI



Cultivating Cities

Implementing GoGreenRoutes interventions



Seed Cities

Sowing the seeds for future interventions



Cross-pollination Network

Exchanging with cities outside the EU

OUR PARTNERS



Maynooth University
National University of Ireland Maynooth



UNIVERSITY OF LIMERICK
OLLSCOIL LUMNIGH



Trinity College Dublin
Coláiste na Tríonóide, Tríú-Áraí Clain
The University of Dublin



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LAB University of Applied Sciences



University of Antwerp



ISGlobal
Barcelona Institute for Global Health



UVSQ
UNIVERSITÉ PARIS-SACLAY



清華大學
Tsinghua University



VERSAILLES



UMEÅ KOMMUN



Comhairle Cathrach de Contae Suiséirigh
Limerick City & County Council



Burgas Municipality



LAHTI



Tallinn



Región de Murcia



Gzira Local Council



oppla



ICLEI
Local Governments for Sustainability
ICLEI



MCG Research & Innovation
Sustainability
Architecture/Urban Planning



MONSENDO



HELIX PFLANZEN



OrganoClick



Connect the Dots



ECOSTACK



Horizon Nua



ICEP europe
Institute of Child Education and Psychology



NUTRITIGS



VELICHENS



idewe
OPTIMISING WORK ENVIRONMENTS



GALA
Georgian Association of Landscape Architects



umweltbundesamt



MHE

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