GoGreenRoutes

A Natural Way to Foster Health and Well-being

Outline of the project

The project

GoGreenRoutes is a €11.4m EU-funded project sowing the seeds for increased nature-connectedness across Europe, Latin America and China

This project has received funding from the European Union's Horizon 2020 Innovation action programme under grant agreement no. 869764.

Our consortium

- **Project duration**: Sept. 2020-August 2024
- **Funding**: €11.14 million (EU+non-EU)
- 40 partner organisations across 18 countries
- More than 20 PhDs

Our partners

Project objectives

Implement green interventions

- **The project will create green corridors and shared walkways/cycle ways that connect grey, built-environment public spaces to green spaces and linear parks in GoGreenRoutes' Cultivating Cities**

Enhance environmental quality of green spaces

- **This will improve the environmental quality of green routes, thereby strengthening human-nature interactions and deepening people's connection with nature**

Promote health and well-being

- **Active travel on green routes, more physical activity and restorative spaces will reduce stress levels, fostering residents' health**

Generate co-benefits to the environment & the society

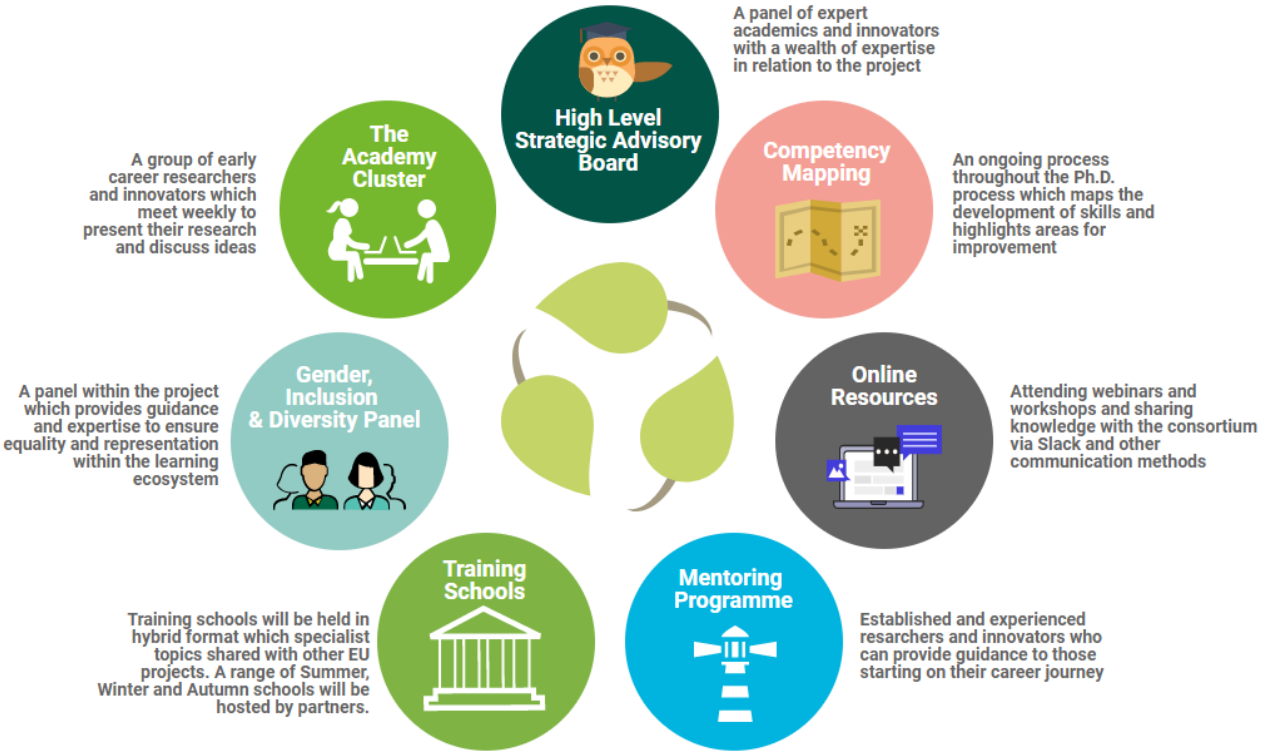
- **Improve public safety, enhance social cohesion and enrich biodiversity along the implemented green routes**

Work package structure

- WP1 - Coordination and Management
- WP2 - FORAGING: Design of Data Management Structures
- WP3 - Cultivating: Re-/Co-Design, Co-Creation, and Co-Ownership
- WP4 - GROW: Innovation Training and Development
- WP5 - MOVE: Enhancing Sustainable Lifestyles
- WP6 - FEEL: Connecting Citizens with Nature-Based and Digital Innovation
- WP7 - KNOW: Awareness of Human-Nature Interactions and Sustainability
- WP8 - HARVESTING: Monitoring, Assessment and Evaluation
- WP9 - Communication and Dissemination
- WP10 - Ethics Management
- WP11 – Ethics Requirements

Project flow

Our learning ecosystem



Project structure

And clustered projects

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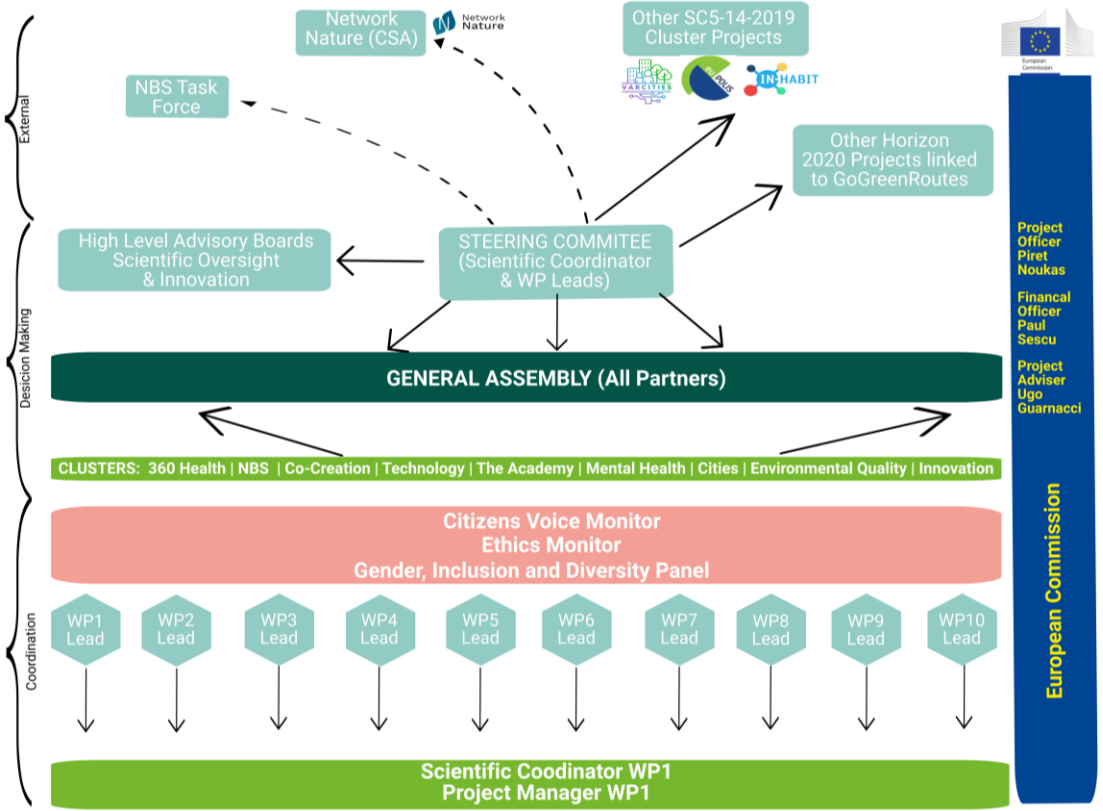


Work Package Leads

WP1 - Coordination
Dr. Tadhg MacIntyre
Maynooth University

WP2 - Foraging
Dr. John Gallagher
Trinity College Dublin

WP3 - Cultivating
Julia Gäckle
RWTH

WP4 - Grow
Isobel Fletcher
Horizon Nua

WP5 - Move
Prof. Alan Donnelly
University of Limerick

WP6 - Feel
Dr. Rossanno Schifanella
UNITO

WP7 - Know
Stephen Smith
ICEPE

WP8 - Harvesting
Prof. Mark Nieuwenhuijsen
ISGlobal

WP9 - Communication
Priscila Jordão
ICLEI

WP10 - Ethics Management
Prof. Helen Sooväli-Sepping
Tallinn University

Our cities

Burgas, Bulgaria

10km-long green route connecting the three lakes of the city's wetland complex, one of the most significant complexes for congregations of waterfowl along the Bulgarian Black Sea coast

Lahti, Finland

The city will develop and pilot the concept of a “health forest” next to the healthcare centre in the Kintterö nature conservation area to support well-being and recovery.

Our cities

Limerick, Ireland

Creating linkages between green infrastructure and improving greenways to offer opportunities for active travel and recreation

Tallinn, Estonia

Co-designing a new urban garden and outdoor recreational fields in Vormski park for happier, more sociable residents

Our cities

Umeå, Sweden

Redesigning the Bölevägen street to fight air pollution and encourage active travel all year round while considering gendered mobility patterns

Versailles, France

Redesigning public spaces through green elements to support outdoor activities and offer freely accessible sport facilities

Our introduction video

All about GoGreenRoutes in three minutes

High-Level Strategic Advisory Board (HSLAB)

Innovation and Scientific Panels

Chair: Innovation Oversight Panel

Terri Morrissey
Founding Director
This is…

Chair: Scientific Oversight Panel

Prof. Claudio R. Nigg
Chair of Health Science Department
University of Bern

HSLAB

Policy

Enterprise

Urban development

Climate change

Nature-based solutions and sustainability

Mental health

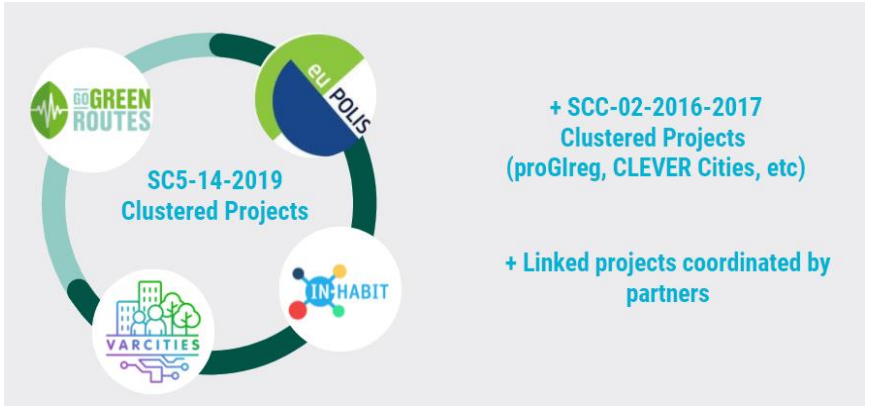
Nature and health

Sustainable physical activity

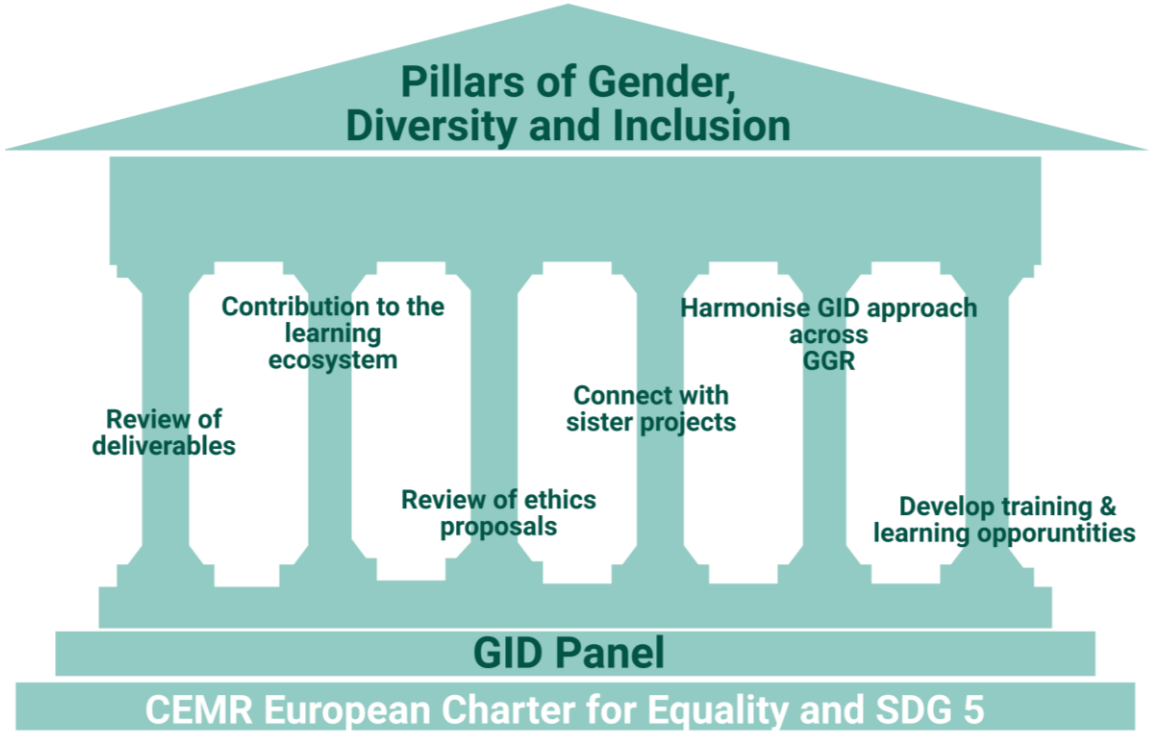
Cross-project collaboration

Joint events, training and conferences

Joint deliverables and initiatives



Gender, Diversity and Inclusion



Gender, Diversity and Inclusion Panel

Eleanor Chapman
Senior Officer
ICLEI

Carina Aschan
Project Manager
City of Umeå

Jonas Bull
Research and Policy Officer
Mental Health Europe

Prof. Hans Keune
Senior Researcher
University of Antwerp

Dr. Lorraine D'Arcy
Senior Lecturer
TU Dublin

Dr. Eibhlís O'Connor
Lecturer
University of Limerick

GoGreenRoutes Innovations

360-Health approach

Multi-dimensional health model

- Objective measures combined with self-report
- 24 activity cycle
- New measures of Environmental Quality (Person Perception)
- Novel measure of Urban Nature Connectedness

Co-Creation

PARTICIPATORY PROCESSES

1. Urban Well-Being Lab
2. Challenge Workshops
3. Engaged Citizen Science
4. Walking Interview Methodology
5. Citizen's Voice Monitoring

EVIDENCE EXPERIENCE

CO-CREATED KNOWLEDGE

KNOWLEDGE SUPPORTING INNOVATIONS

CITIZEN DECISION-MAKING

PRIMARY OUTCOMES

1. 360-Health
2. Connection to nature
3. Sense of ownership of city
4. Social connection
5. New engaged citizen science

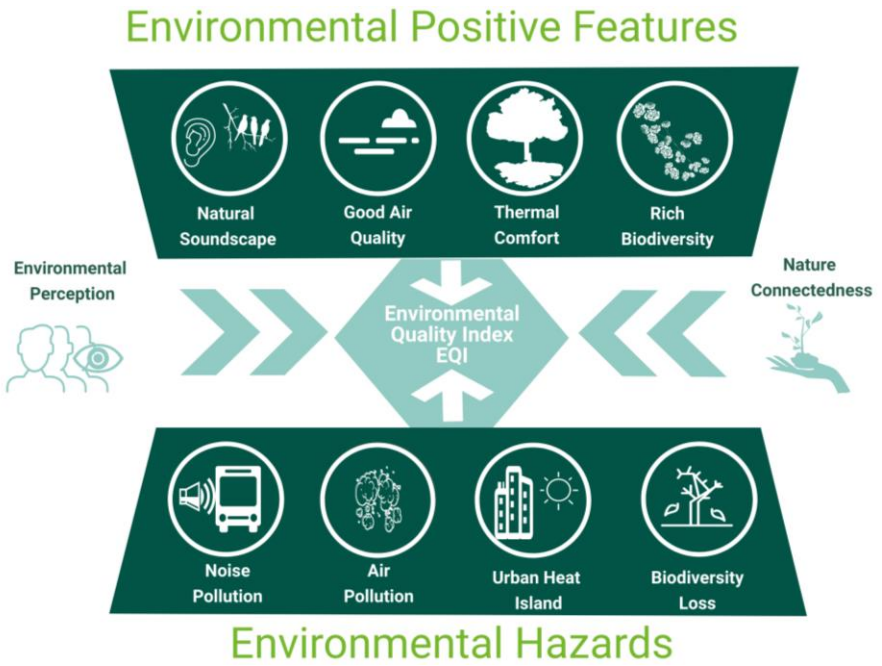
SECONDARY OUTCOMES

1. Reduced risks of gentrification
2. Conservation and restoration activities
3. Awareness of potential NBS

Environmental Quality

A new index that has both + and - factors

- Consider the range of different environmental challenges which are unique to different cities.
- Develop novel environmental quality (EQ) indicators to help inform tailored green routes.
- Apply these indicators in the design process to deliver green routes with better overall EQ.
- Create green routes that meet the needs of their users.



Sample measures

Components

- Active travel
- Green exercise
- Restorative spaces
- Recreational areas

Target Groups

- Children
- Teenagers
- Adults
- Women
- Elderly

Assessment

- <u>Objective</u>:
- Activepal
- Observation
- Walkability & Bikeability Scores
- Biolimpedance
- Analysis
- Scale
- Stadiometer

- <u>Subjective</u>:
- Online questionnaires
- Walking interviews
- Green routes usage diary

Outcomes

- Physical activity
- Sedentary behavior
- Sleep time
- Purpose of green routes usage
- Perception of the environment
- Body Composition
- BMI
- Well-being
- Cognitive abilities

SDG mapping

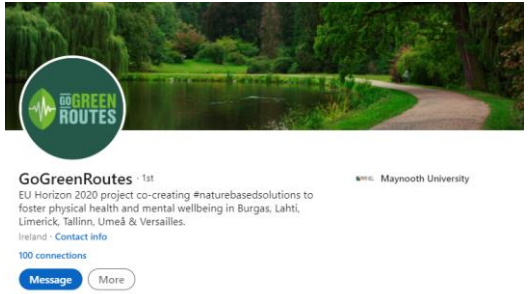
All actions are mapped by related SDG's and targets

For example, target 11.7 focuses on the availability of greenspace for citizens

Action on physical activity can contribute to achieving 8 SDGs

Don’t miss our updates!

Website



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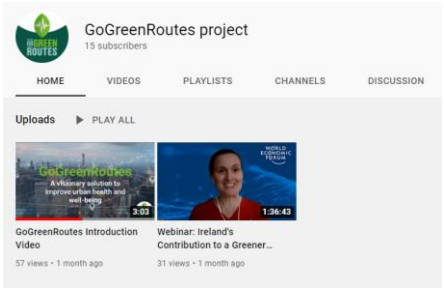

YouTube

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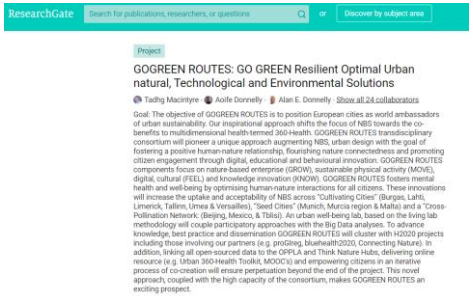

ResearchGate

Newsletter

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