THE IMPORTANCE OF URBAN GREEN SPACES

TeamPortugal





Erasmus+ Project: RootFut

Why are urban green spaces so important?

Green spaces are fundamental to human well-being. The benefits go beyond doing good for the environment, but also help with mental health.

What are green spaces?

Green spaces are large and public areas, but also smaller and private.

These are areas used to enjoy, value and care for the environment. Squares, parks, gardens and fields are some examples

In addition, we can create our own green space in our house. Vegetable gardens, flower pots and gardens are great options.

How are green spaces good for the environment?

Green spaces help to stabilize the climate and cool cities.

A recent study, carried out in the city of Lisbon, concluded, for example, that the temperature on streets with vegetation was, on average, 1°C cooler than on streets without vegetation, and these differences could reach 3.7°C.

Urban green spaces improve air quality

Urban trees can act as a filter for pollutants and fine particles, helping to reduce pollution.

How are green spaces good for the environment?

Green spaces reduce flooding and water pollution

Places without vegetation have great difficulty in absorbing water, which is why flooding is common in these areas. Wooded places absorb water more easily, avoiding landslides and other problems.

Green spaces reduce noise pollution

When sound waves encounter vegetation barriers, they curve around their structures, preventing them from continuing to propagate through the air. In parallel, the very sounds of vegetation help to camouflage less pleasant noises, such as cars passing or honking.

THE IMPORTANCE OF URBAN GREEN SPACES IN OUR LIFE

Urban green areas promote social interaction so people usually feel happier in these spaces.

These spaces offer therapeutic effects that favor well-being and quality of life. For example, the drop in hyperactivity in children who keep in touch with nature has been proven in scientific studies.

In these spaces it is possible to exercise outdoors, which is much healthier than in a gym.

The greenest cities in our world

10 Amsterdam (Netherlands) 9 Geneva (Switzerland) Frankfurt
(Germany)

Johannesburg
(South Africa)

Sacramento (EUA)

5 Durban (South Africa) 4 Cambridge (UK) 3
Vancouver
(Canada)

2 Sidney (Australia) Singapura (Singapura)

OUR FAVORITE GREEN SPACES IN OUR REGION

MARIA ELISA

I like this place because it is a huge park in the center of our town. The park contains a lake where ducks, swans and other animals live, as well as a vast network of exercise machines. It's a great place to spend an afternoon and take a relaxing walk.



MATILDE N

I like this beach in my region because it makes me feel calm and free. I love listening to the sound of the sea, sit on the sand, close my eyes and image fantasy worlds in my head.



MATILDE M

I like this place because I usually go there with my family, it's a great green area and it's close to a stream so it's a very fresh place. This is a forest in Laundos.



INÊS

This is the park of our city. I like it because here I can have picnics with my family, go for a walk, ride my bike and free myself from the stress of the daily life.



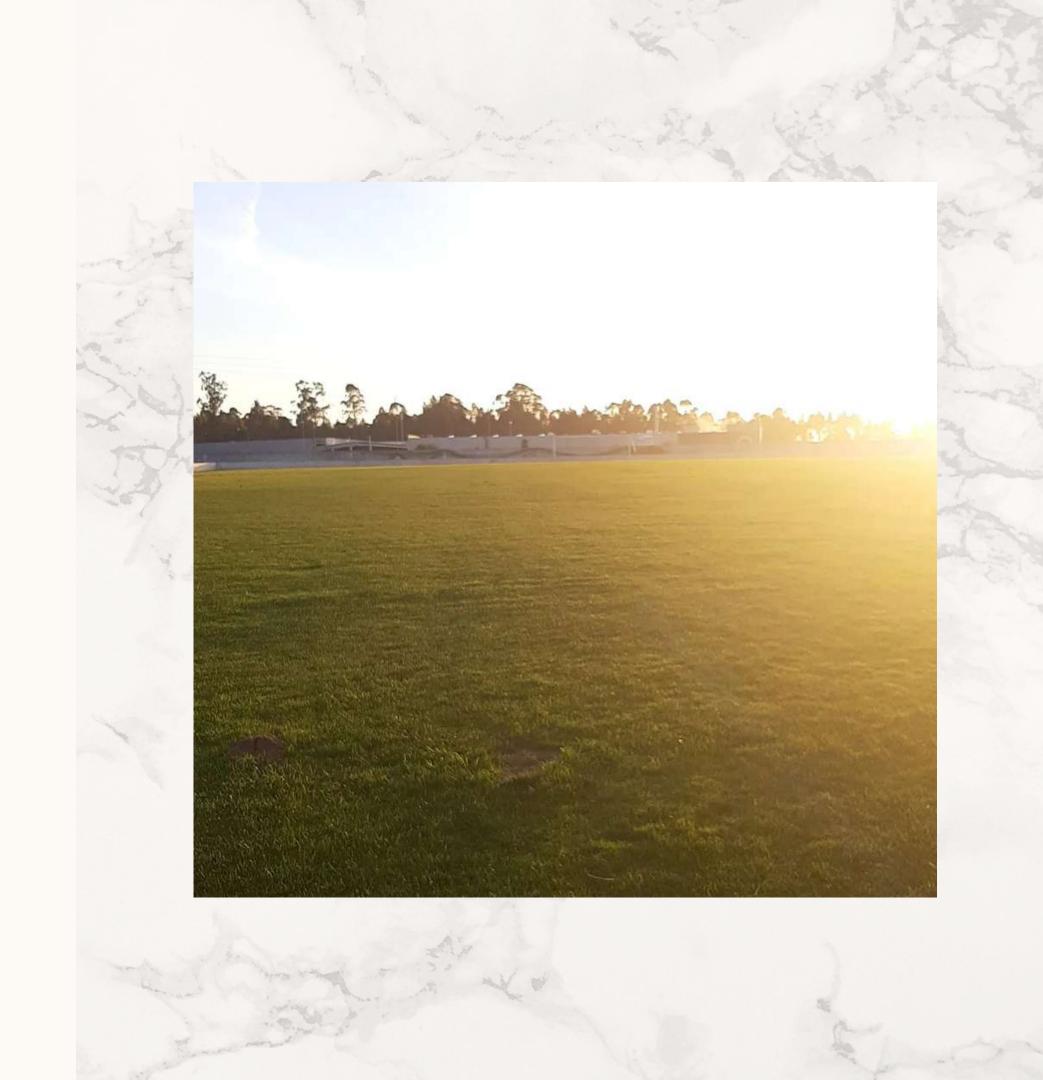
SÉRGIO

This is a very peaceful place where you can go for a walk and relax. There are also picnic tables, so it's great to have a picnic with friends and family. It's a huge green area near our school.



QUÉVIN

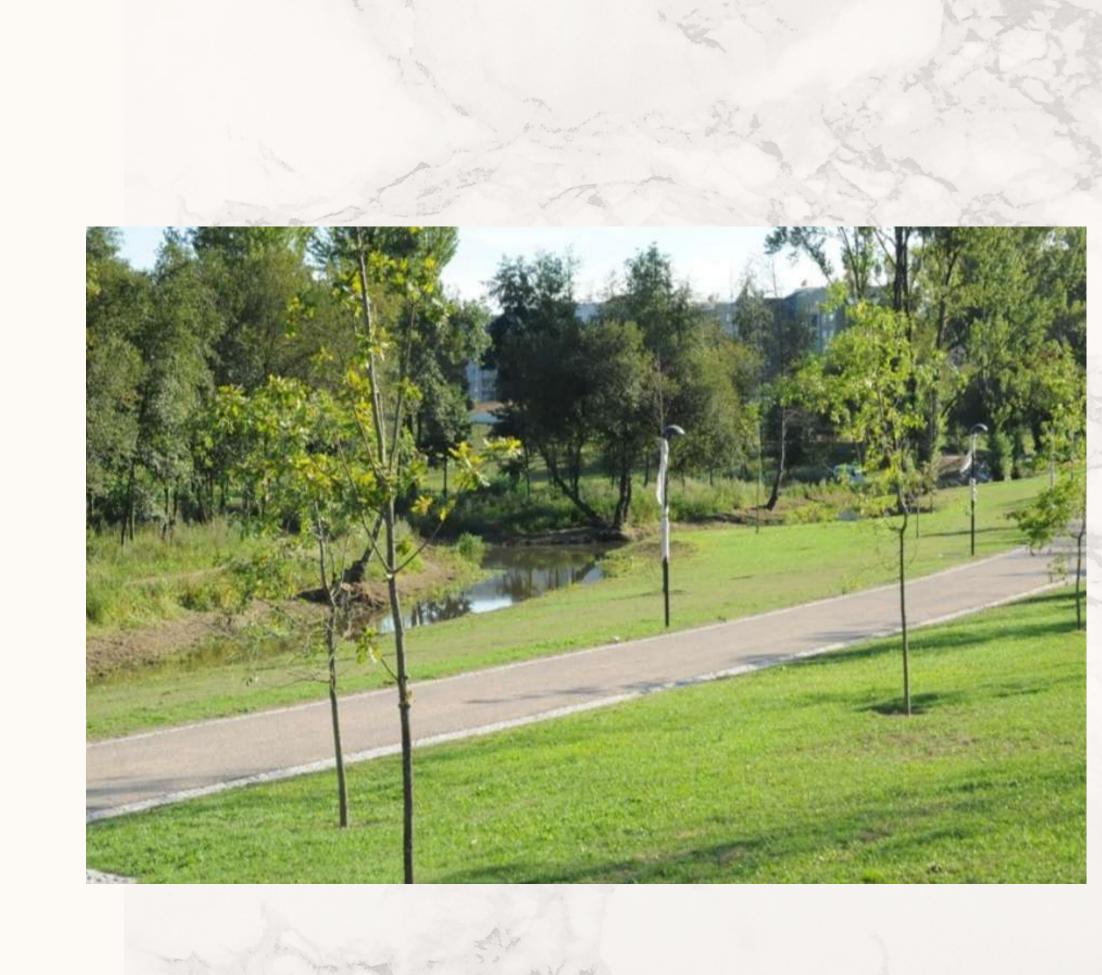
I like this place, near my house, because here I feel happy, relaxed as it helps me forget about my problems. I really like to spend my free time in this place.



DINIS

This is the bike path that runs through our entire region.

I like this place because in my free time I ride my bike there and enjoy the nature that surrounds me.

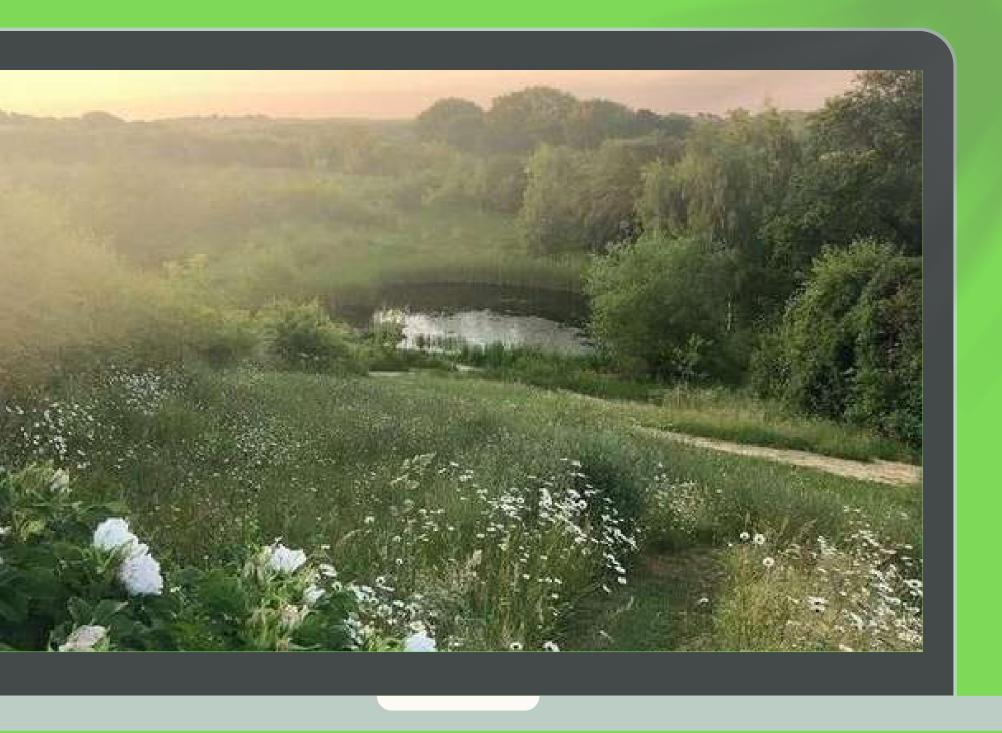


JOÃO

The field near our school is a great place to relax. I like this place because it's quiet, big and has great sun exposure.

In my spare time, I love to hang around there.





THE END!

Any Question?

Portuguese Team