



Enhancement of Human Health and Wellbeing through Nature-Based Solutions

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Grand Societal Challenges



Climate Change



Disaster Risk



Food Security



Human Health



Water Security



Economic and Social Development



Climate change - induced risks

Paris, heat stress



Copenhagen, flooding



London, air pollution



Human Health and Wellbeing



- Depression
- Obesity
- Diabetes
- Little human to human interactions
- Pandemics such as COVID-19



What are Nature-Based Solutions?

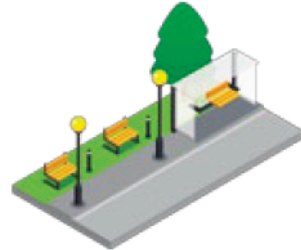


- Living solutions inspired and supported by nature that simultaneously provide environmental, social and economic benefits and help to build resilience
- Solutions that bring more nature and natural features and processes into cities, landscapes and seascapes, through locally adapted, resource-efficient and systemic interventions

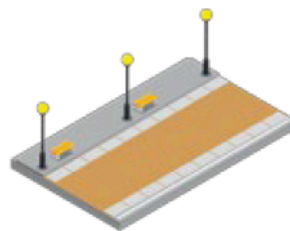
Nature-Based Interventions in Public Spaces

Interventions in the public space

Street furniture



Pervious pavements



Comfortable urban places



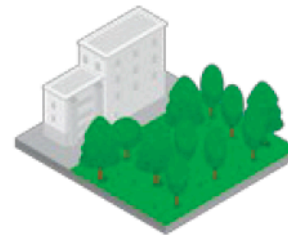
Urban micro-climates



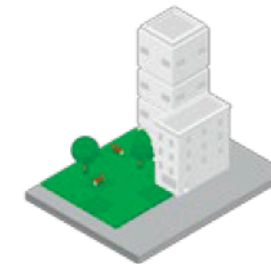
Allotment gardens



Urban parks and urban forests



Renaturing abandoned areas and opportunity plots



Stakeholders involved in their installation and maintenance: urban design teams, local authorities, private owners' association, garden maintenance companies.

Process in which to consider it: public space regeneration, urban land renewal and design plans of new public-living areas.

Văcărești Natural Park, Bucharest, Romania

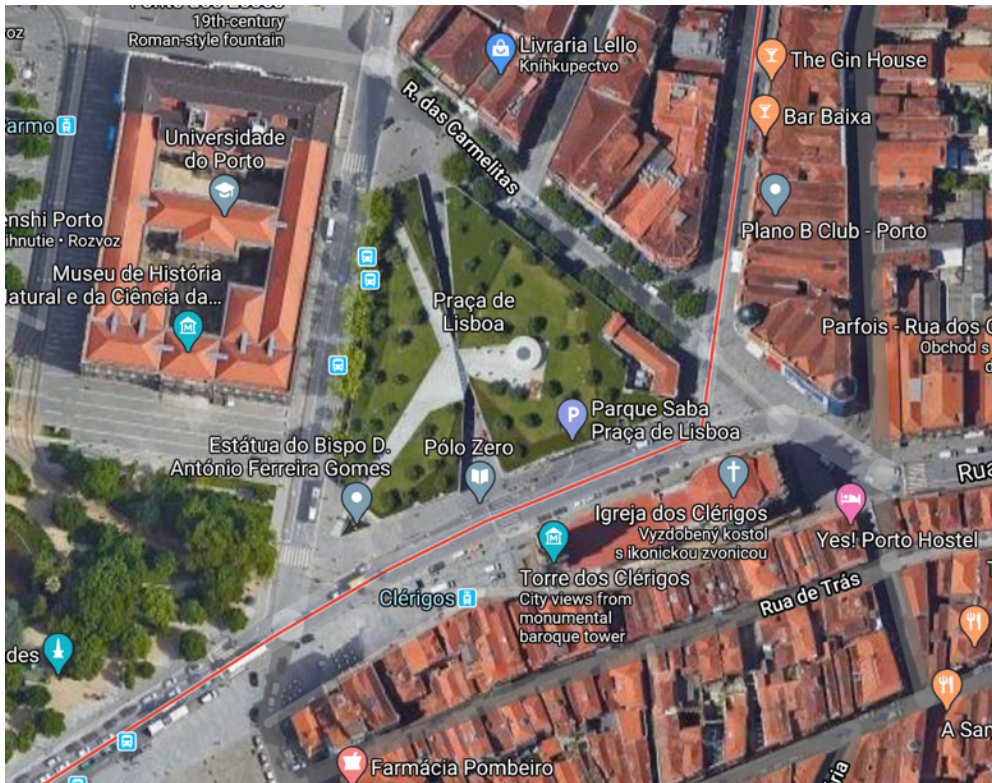


Changing Climate: Increased Heat



Credit: J. Jurik

Porto, green roofs



Credit: Google Maps



Credit: J. Jurik

CASE STUDY 4: Zürich, Münsterhof



Credit: Google Maps



Credit: Stadt Zürich

Tiny Forest – a small wilderness for biodiversity boost



Credit: Tiny Forest Zaanstad, Wageningen University & Research (front page photo)

What is a Tiny Forest®?

- A dense native woodland the size of a tennis court.
- These miniature forests grow rapidly and become more biodiverse more quickly than monoculture or isolated trees.
- 3,000 Tiny Forests® have been planted globally, with 97% success rate.
- Based on an established forest management method developed in the 1970s by Dr Miyawaki.

A scenic view of a park path. In the foreground, a man in a dark jacket sits on a wooden bench, looking towards the right. Another person wearing a grey flat cap is visible in the bottom center. The path is paved and lined with trees on the left and a grassy slope with purple flowers on the right. In the background, a large white building with columns is visible through the trees. The overall atmosphere is peaceful and bright.

Thank you

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