



# 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.

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# 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



# 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

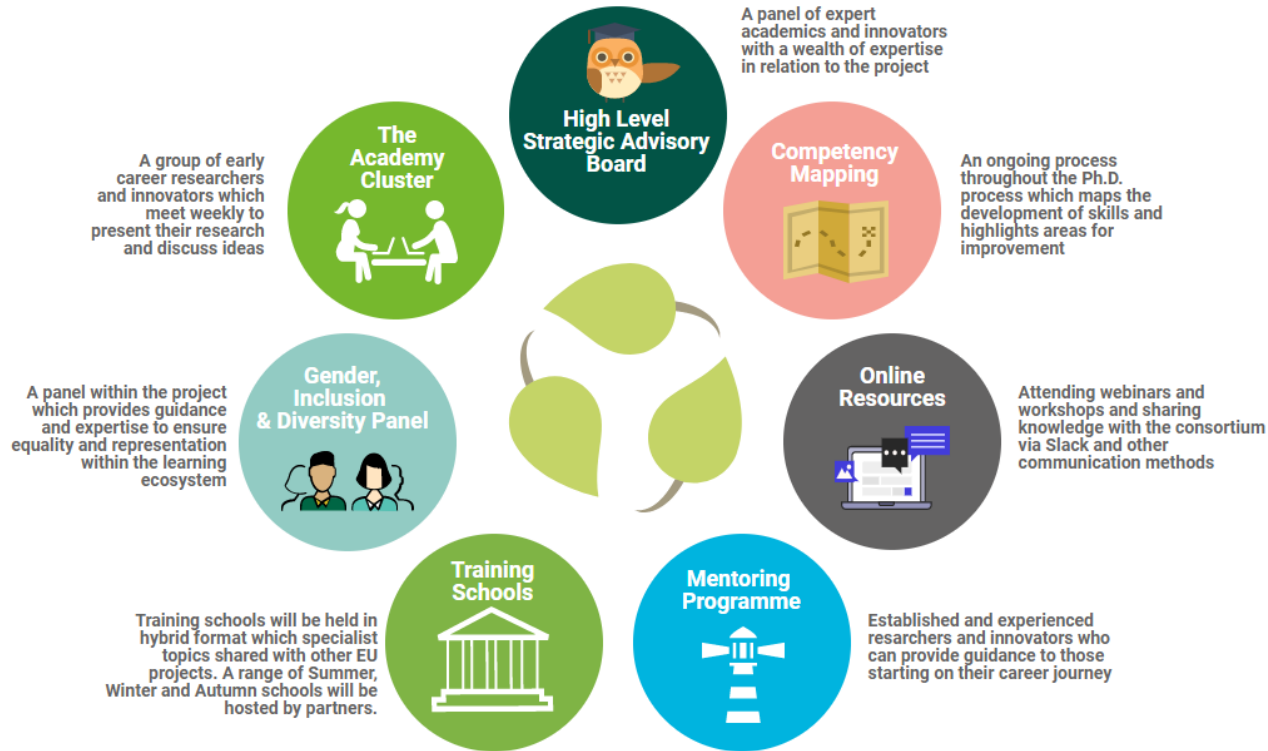
WP10 - Ethics Management

WP11 – Ethics Requirements



Project flow

# Our learning ecosystem



# Project structure

## And clustered projects



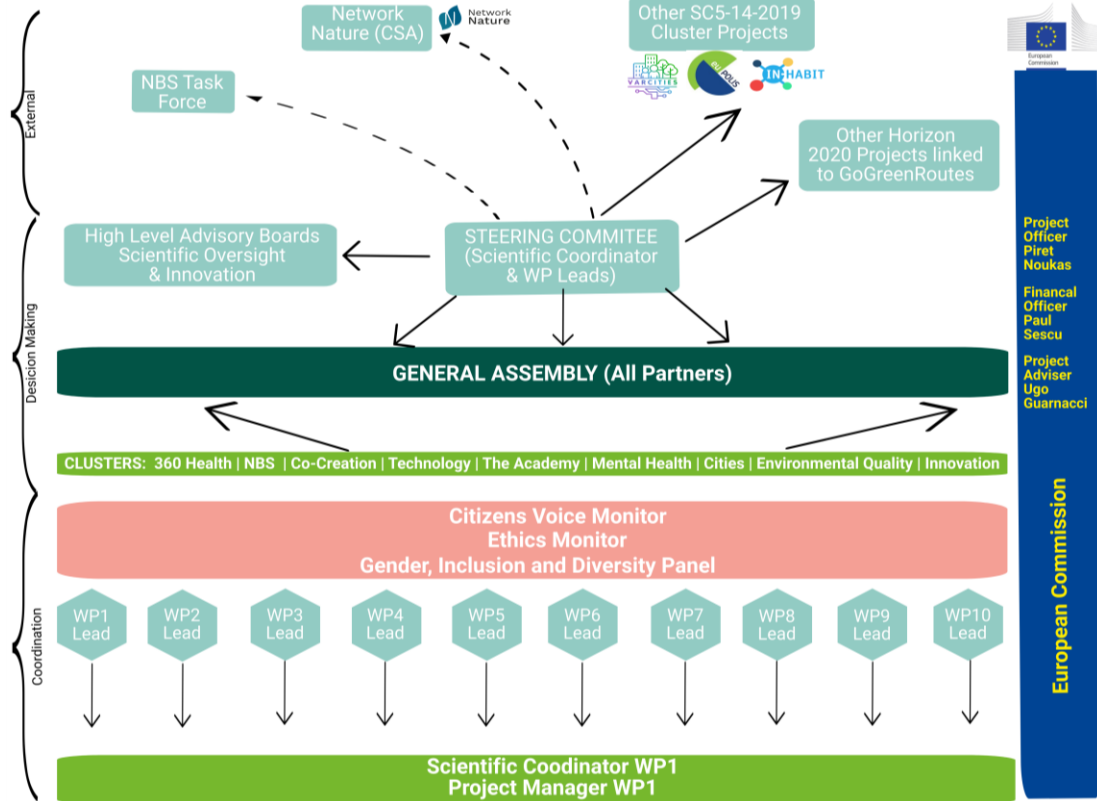
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# Work Package Leads



**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 Sooyäli-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

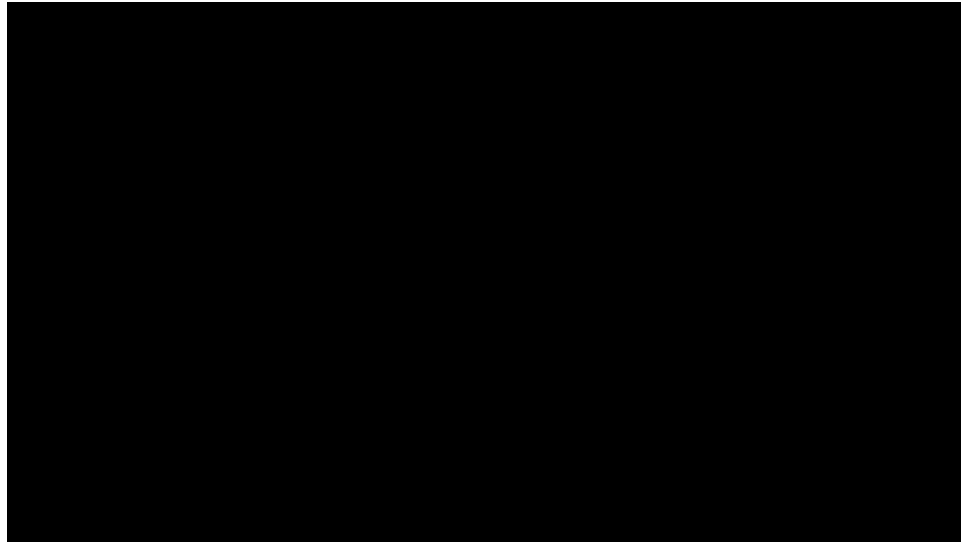
## Versailles, France



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



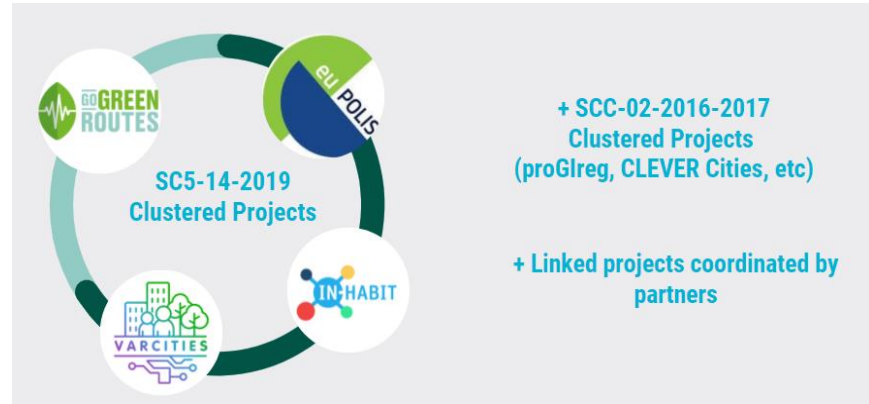
Sustainable physical activity



# Cross-project collaboration

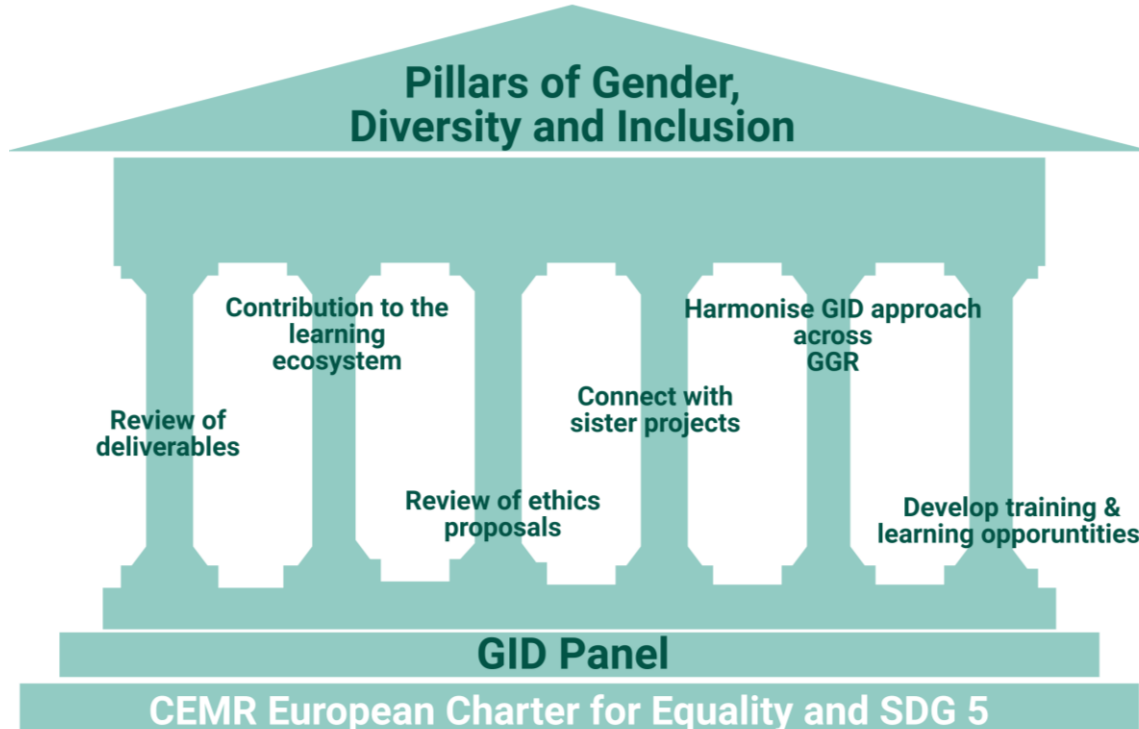


Joint deliverables and initiatives





# 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



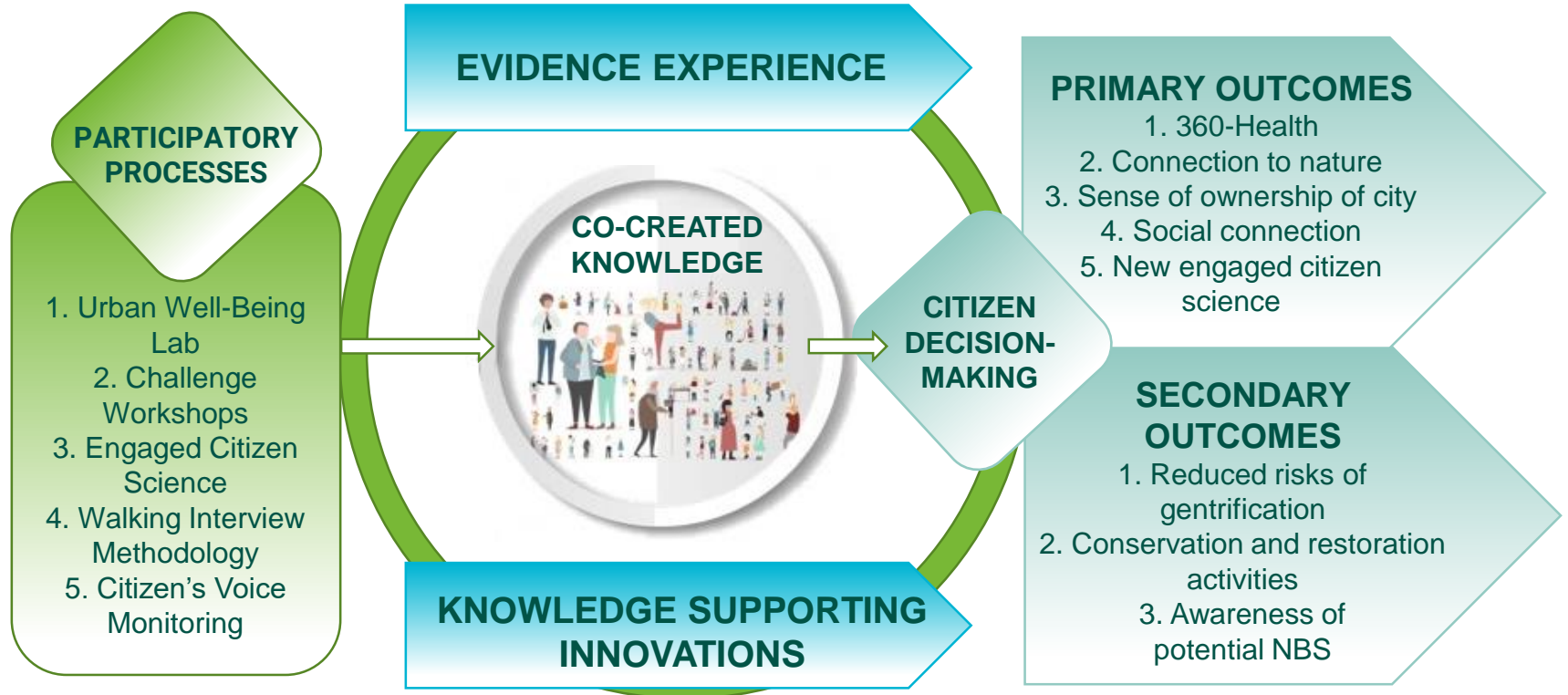
# 360-Health approach

## 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



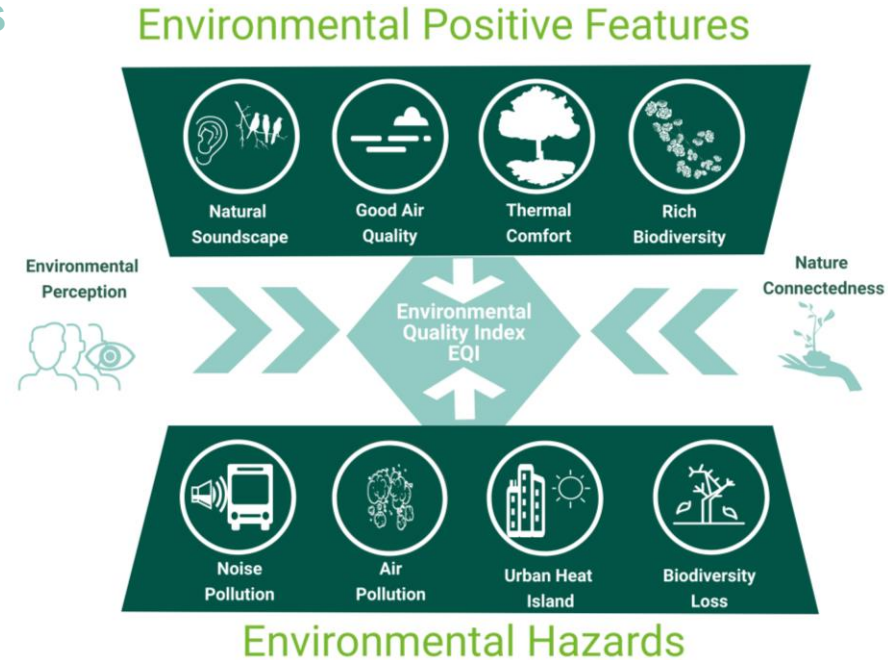
# Co-Creation



# 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

- Objective:
- Activepal
- Observation
- Walkability & Bikeability Scores
- Biolimpedance
- Analysis
- Scale
- Stadiometer
- Subjective:
- 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



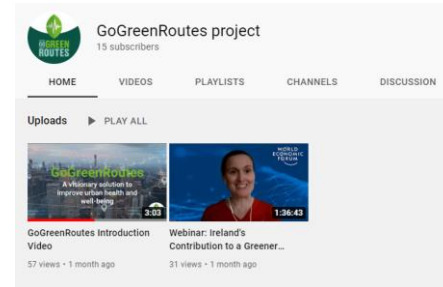
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