



EcCoWell Seminar

20th March 2013

Triskel Arts Centre, Cork
Ireland



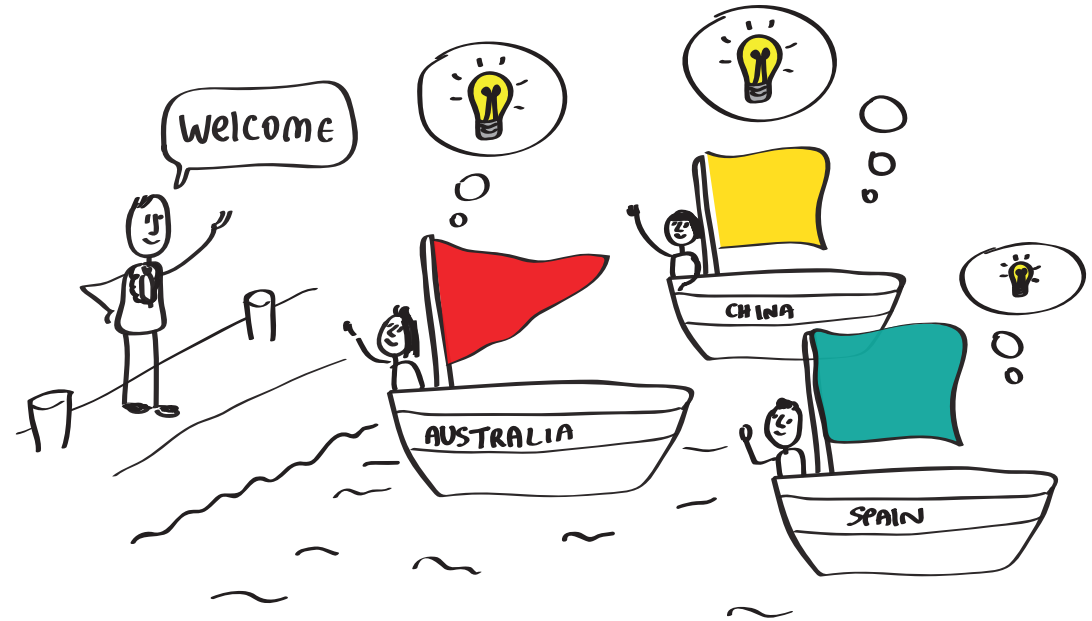
Why Cork?



Lord Mayor

“Safe harbour for all ships”

Share Ideas



Partnership

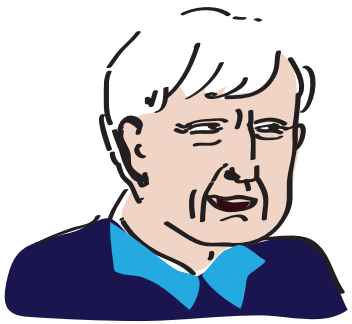


Do you know John?

he married my sister!

Good sized city

allowing multiple points of contact



Peter Kearns
PASCAL International
Observatory

Why there's a need for EcCoWell?

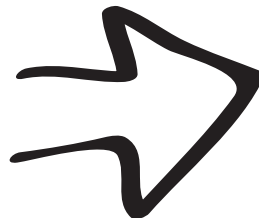
Cities are facing:

- Inequality
- Urbanisation
- Globalisation
- Sustainability issues



Holistic Approach
EcCoWell

Dealing with issues in a
silo-ed way doesn't
work

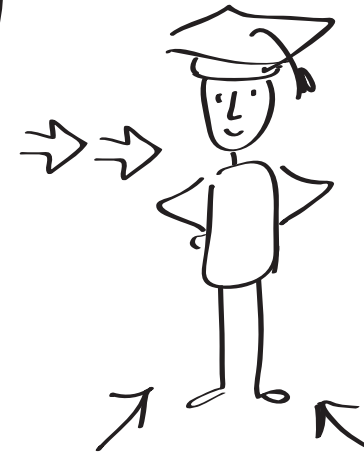
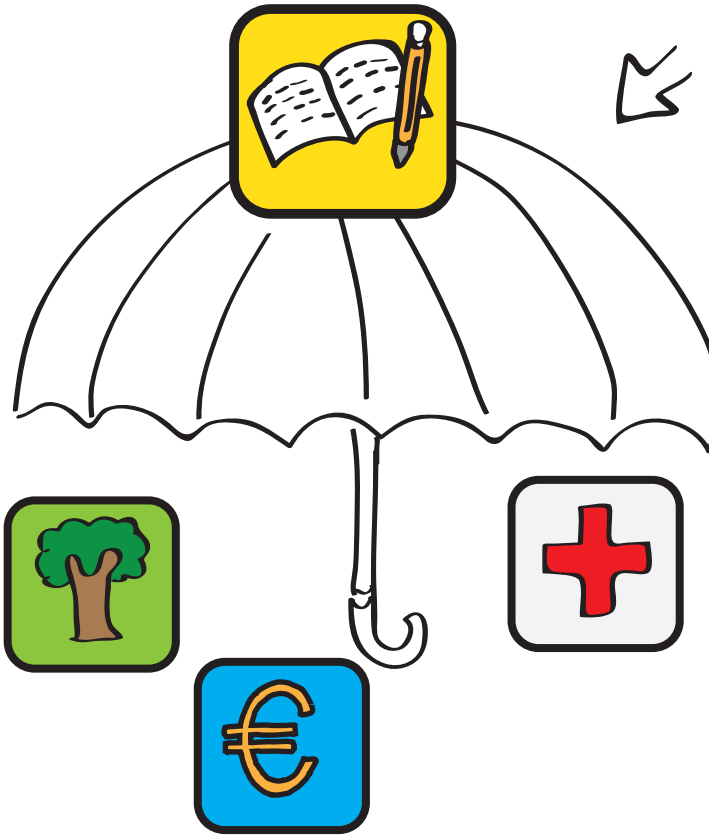


Connecting Strategies

The learning environment is the over arching framework for healthy, green, economic learning cities

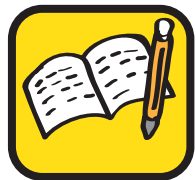


Community coming together around environmental issues



Better mental health

Live longer



- ✓ Sense of self
- ✓ Sense of belonging
- ✓ Identity
- ✓ Self esteem

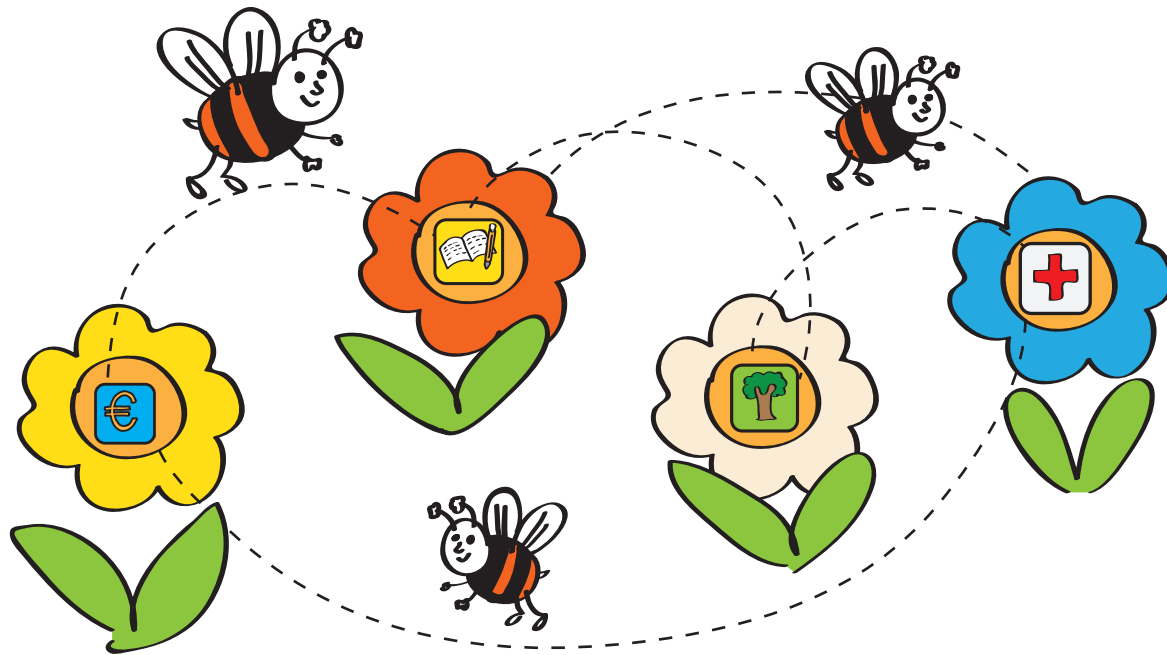


Resilience
Greater sense of well-being
Coping with adversity

Benefits of EcCoWell Approach

● Cross-fertilisation of ideas

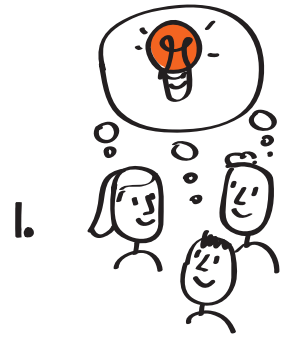
● Reframing our perspectives



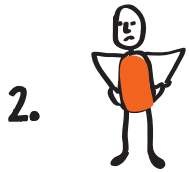
● The Medici effect

● Diversity as a source of creativity

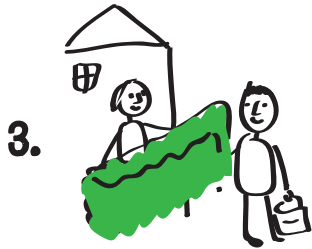
EcCoWell 10 Tips



1. Have shared vision



2. Address Deprivation & inequity



3. Divide the city into urban villages



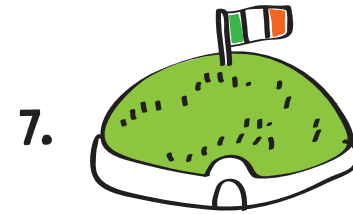
4. Involved & Active society



5. Be Strategic



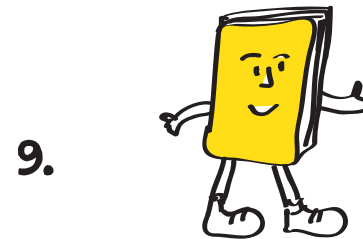
6. Use environmental projects to bring communities together



7. Heritage is important
Make it live



8. Global and Local



9. Build learning into every stage of development



10. Enlarging our idea of what a city is to include well-being & happiness

Key points from groups' feedback



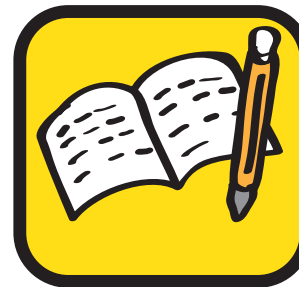
Broad definition of health:
Health is more than the
absence of illness



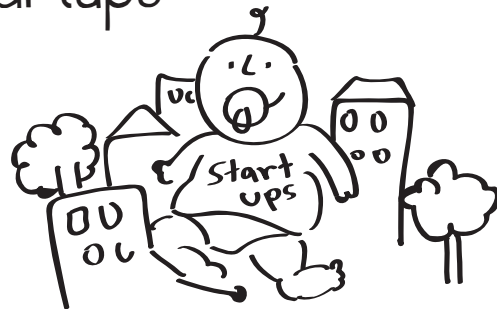
Creating spaces that
cater for diverse needs
Example: Libraries
providing safety and
warmth as well as
access to knowledge



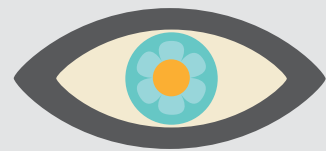
incubation city,
replicate Boston creating
ecosystem for business
startups



Music Generation
project - social
inclusion through
music



Visual Harvest by



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