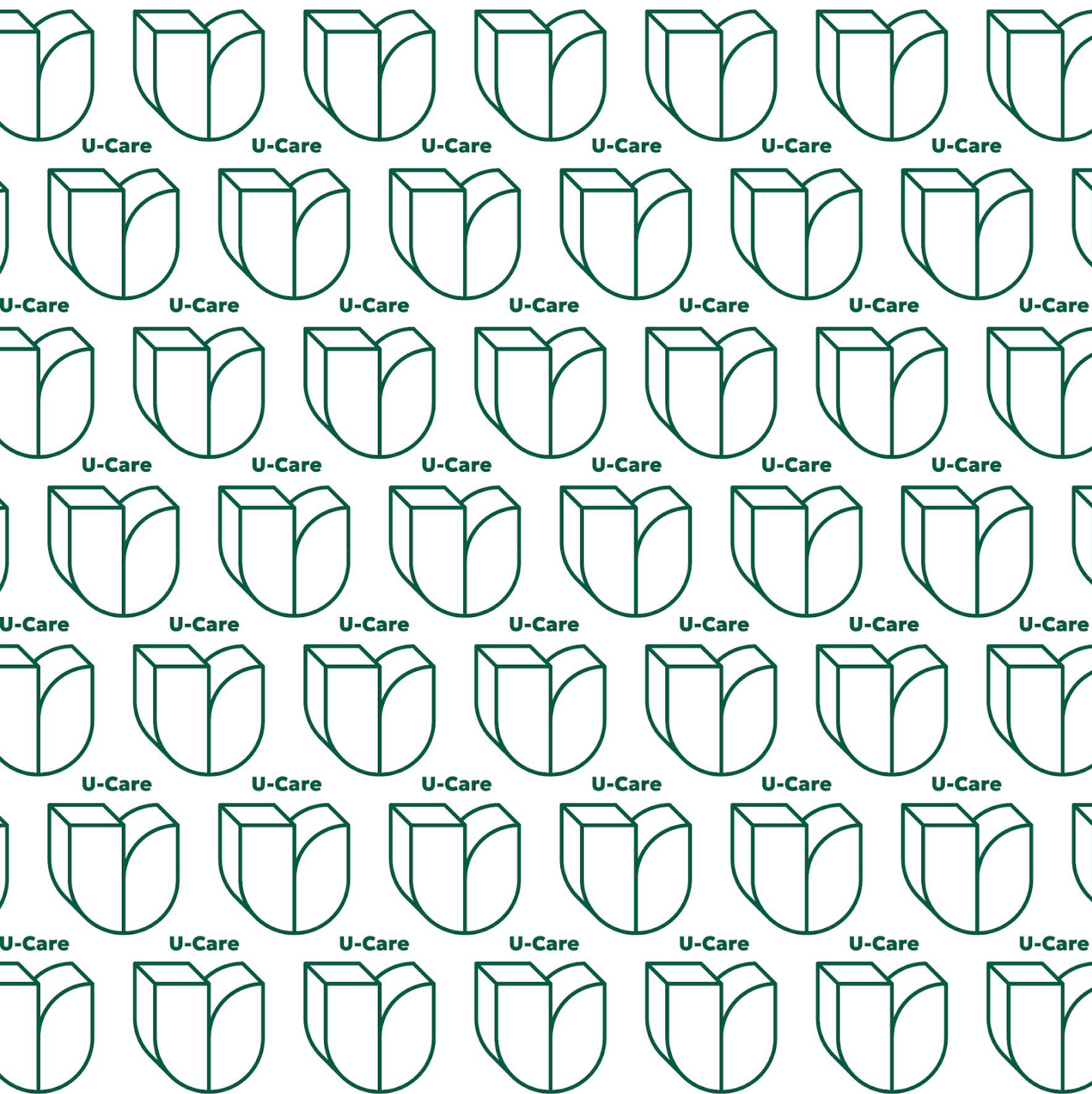




Newsletter

December 2025



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From Research to Action: Shaping Healthier Cities Across Europe

U-CARE NEWSLETTER

December 2025

Over the past year, the U-Care project has taken major strides. From hands-on community-focused workshops to transnational team meetings, academic research, and public awareness initiatives.

With our U-Care learning platform now live, we have entered an exciting phase of our project - empowering students, researchers, policymakers, and citizens to shape healthier and more inclusive cities.

Here's a glimpse of what we've been working on.

Community-Centred Urban Health Workshops Across Europe

This year, the U-Care team conducted workshops across Berlin, Gothenburg, Nicosia, and Florence, placing local communities at the heart of urban decision-making.

Residents were invited to:

- take part in discussions about urban health challenges in their neighbourhoods
- share feedback and lived experiences
- test the **UrbanCare app**, using scientific data and analytics to explore how heat, flooding, green space access, and other factors affect their cities.



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These workshops emphasised the need to involve endusers in the design of urban planning solutions as their contributions can provide invaluable insights for ongoing research.

Piloting the U-Care Curriculum: Training Future Urban Planners and Architects

U-Care piloted its learning modules at the University of Florence and the University of Cyprus, with participation from students in architecture and spatial planning. The curriculum will also be implemented at Chalmers University in the upcoming months.

The aim of these modules is to:

- translate U-Care's core research topics into practical learning,
- integrate data management, environmental health, and spatial planning,
- introduce students to the UrbanCare methodology,
- include participatory activities with local communities.

Each module runs for 6–7 weeks, awarding ECTS credits and preparing students to address the global climate and health crises in urban environments through evidence-based design.



By the end of the pilot phase, 3 courses will have trained 40-60 students across partner universities - a major step toward creating inclusive, interdisciplinary urban curriculums in Europe. As these students enter the future workforce, these trainings will shape their contributions to urban planning efforts, prioritising the urban health of cities and their citizens.



The U-Care Learning Platform is Live!

A major milestone for the project: the U-Care platform is now publicly available on our website.

Visitors - including academics, students, researchers, and urban professionals - can now access the U-Care learning modules and training material. The platform will also be updated with tools and resources used in the methodology as well as case studies and insights from the four pilot cities.

The platform standardizes the use of the UrbanCare approach and provides an evidence-based environment for design research and practice, while making it accessible to academics, scholars and urban planners across the world.

Explore the platform now at ucareproject.eu!

Community Participation in Action: What Makes Your City (Un)Healthy?





In September and October, U-Care partners in Cyprus participated in numerous local events, including Access For All Festival, Erasmus+ Festival, and YouthTalks, bringing awareness to the project's mission.

As part of European Mobility Week, U-CARE also joined the “Laou Laou” event in Limassol on the 20th of September 2025, led by Limassol Municipality, Friends of the Earth Cyprus and OPU Collective.

As part of the event, we hosted a hands-on activity: Mapping Urban Health in Limassol. Citizens contributed by marking a giant interactive map with insights about:

- Walkability
- Accessibility
- Green spaces
- Flood risks
- Heat protection



An anonymous poll also invited participants to share their views on what makes a city healthy. This activity helped highlight public priorities and challenges through the UrbanCare lens, while amplifying local voices and insights on problem areas across the city of Limassol.



U-Care Consortium Meetings in Florence and Nicosia

In March and October 2025, the U-Care partners met in-person in Florence and Nicosia, respectively, to review their progress and next steps.

These transnational meetings play a vital role in:

- Ensuring the project's objectives remain on track.
- Sharing knowledge, best practices, and technical expertise.
- Strengthening collaboration between leading research institutions across Europe.

The consortium is set to meet next in Gothenburg during the summer of 2026.



International Seminar: Urban Health in Mediterranean Cities

In October 2025, U-Care hosted the seminar “Urban Health in Mediterranean Cities” in Nicosia, bringing together leading voices in public health and urban planning

Speakers included:





- **Chrystalla Kaifa**, Ministry of Health (Cyprus)
- **Professor Mark J. Nieuwenhuijsen**, ISGlobal (Spain)
- **Dr. Fotoulla Hadjipapa**, Lakatamia Municipality (Cyprus)
- **Dr. Christos Gkartzonikas**, MaaSLab (Cyprus)

Topics ranged from climate risks and mobility challenges to public health impacts and urban resilience strategies.



What's Next for U-Care?

2026 will be a major year for the project, with several key milestones ahead:

Local Awareness Actions

Happening in Cyprus, Italy, Sweden, and Germany throughout summer and autumn 2026 to engage and inform the public about the U-Care project.

Scientific Publications

Articles detailing the UrbanCare methodology and project findings are due to be released soon across academic publications.

U-Care Manual

A comprehensive manual summarizing project procedures, learning materials, and research results will be published by summer 2026 and made available to the public on the U-Care platform.





Final Conference in Berlin

A large-scale closing event in October 2026 will bring together academics, urban planners, researchers, architects, students, and citizens to discuss findings and the future of urban health in Europe.

Stay Connected!

Follow our progress and upcoming activities:

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Visit ucareproject.eu for more information.