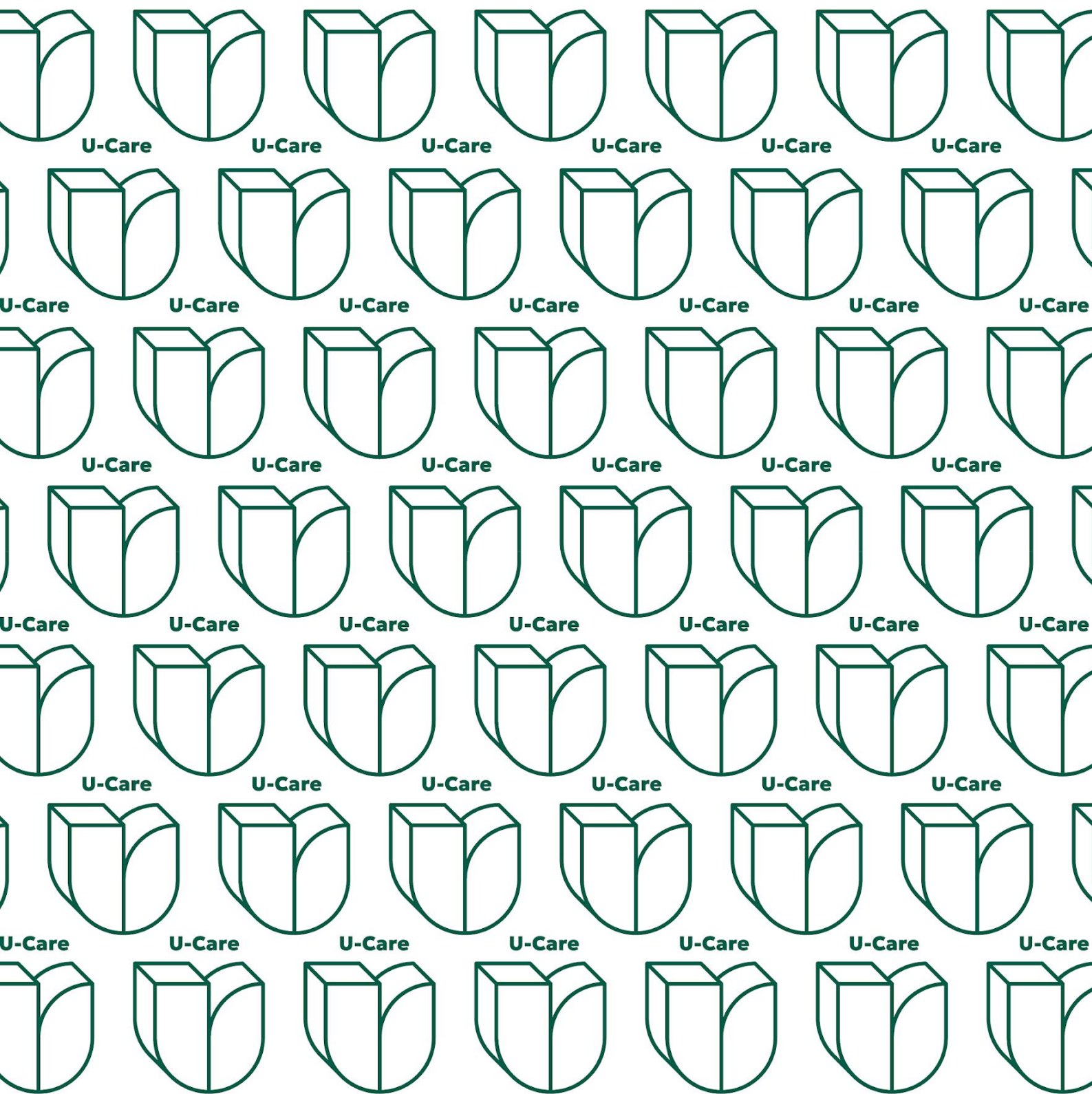




U-Care Press Release

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European Project "U-CARE" Aims to Transform Urban Health Through Innovative Spatial Planning and Research

[City], [Country], [Date] – The recently launched U-CARE project, co-funded by the European Union, is set to tackle the pressing health and climate challenges of modern urban environments.

Coordinated by **Technische Universität Berlin** and supported by five leading academic and research institutions across Europe, U-CARE will develop pioneering tools and methodologies to enhance urban health through spatial planning.

The Urban Health Gap

Urban health is recognised as a crucial factor in sustainable city development, particularly in light of the global climate crisis. Despite this, research and professional guidance in the field remain fragmented, resulting in significant delays in the implementation of evidence-based solutions. According to the European Commission's Science and Knowledge Service, this gap poses a major obstacle for the achievement of the **United Nations' Sustainable Development Goals (SDGs)**.

Reimagining Urban Health through a Comprehensive Approach

The U-CARE project will introduce the **UrbanCare 3-step methodology** as part of its innovative approach, which includes:

- **Urban health research** to assess urban environmental risks in neighbourhoods.
- **Neighbourhood diagnostics** to help with investigation of urban structures, their dynamics and their possible impacts on the environment and population health.
- **Decision-making workshops** aimed at involving citizens, policymakers, and professionals in the planning process and in the creation of strategies and action plans.

Through these steps, U-CARE will establish new learning modules at higher education institutions (HEIs), aiming to shape the next generation of urban planners, architects, and public health professionals who are better equipped to address the demands of future green labour markets.





Key Project Activities

The project will implement a variety of actions across four European cities—**Florence, Gothenburg, Berlin, and Nicosia**—including:

- The development of **Urban Health Indicators** for monitoring and improving urban living conditions.
- Conducting **mixed-methods research** at the four pilot sites to gather data on key urban health challenges.
- Organising **Decision-Making Workshops** in each city to visualize and discuss the research findings, identify site-specific challenges, set goals for the locations, and refine neighbourhood design solutions to improve urban health.
- Building a user-friendly **U-Care Web Platform** to make urban health data and resources accessible to all.
- Creating and managing five key databases focused on **spatial inequity, urban heat, surface runoff, biotope loss, and user needs**.

Engaging a Wide Range of Stakeholders

The U-CARE project will engage multiple target groups:

- **Students and academics** from the partner universities, who will benefit from new training materials and research opportunities.
- **Professionals** in urban planning, public health, and environmental sciences, who will contribute their expertise and develop their capacity to address climate change issues.
- **Policymakers, decision-makers and local governments**, who will gain new insights to drive policy changes aimed at improving urban health.
- **Citizens**, especially vulnerable groups, who will be active citizen science participants helping ensure that urban health interventions address real community needs.
- **NGOs and civil society** who can contribute to solutions, in particular local stakeholders of participating cities.



Partners and Collaboration

The U-CARE consortium brings together renowned institutions from across Europe, including:

- **Technische Universität Berlin** (Germany) – Project Coordinator
- **BHL Building Health Lab UG** (Germany)
- **University of Cyprus** (Cyprus)
- **Università degli Studi di Firenze** (Italy)
- **Chalmers University of Technology** (Sweden)
- **RESET Ltd** (Cyprus)

This pan-European collaboration emphasizes the importance of cross-sectoral and interdisciplinary efforts in addressing the complex challenges of urban health and climate change.

Funding by the European Union

The U-CARE project is funded by the European Union as part of its Erasmus+ initiative. For more information about the U-CARE project, visit the partner websites or contact [\[contact details\]](#).

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