

## Faculti Summary

<https://faculti.net/connecting-cities-and-nature/>

This video discusses the importance of nature in urban environments, emphasizing the concept of biophilia, which is our innate desire to connect with the natural world. It presents evidence that being around nature enhances cognitive abilities, reduces anxiety and stress, and promotes generosity and cooperation among humans.

The speaker advocates for "biophilic urbanism," where nature is integrated throughout cities, not just as a one-time visit, but as a daily part of life, highlighting the need for trees, birds, and other natural elements to be present in urban environments.

This video also addresses urban design and how to make cities friendlier to wildlife, including birds. It mentions practical strategies like using bird-safe glass in buildings and creating green rooftops to provide habitats for birds, and cites the decline in bird populations due to urbanization. The speaker reflects on personal experiences with nature and discusses approaches taken by various cities to enhance their natural landscapes, like Singapore's planning policies to increase greenery.

Rewilding urban spaces is presented as an essential agenda, encouraging the return of wildlife to city areas, citing successful examples such as native wetlands in Perth. The speaker acknowledges the challenges and fears related to integrating wildness in cities but insists that nature is essential for improving urban life quality.

Furthermore, the text highlights case studies from different cities, illustrating successful biophilic initiatives. Ultimately, it argues that embracing nature in cities can enhance well-being, increase life quality, and inspire awe and wonder in urban living.