

URBAN THINKERS CAMPUS: URBAN HEALTH AND LIVEABILITY IN TROPICAL AUSTRALIA THROUGH URBAN DIARIES AND COMMUNITY ENGAGEMENT 8TH JUNE CAIRNS; 15TH JUNE TOWNSVILLE

Preparation for Urban Thinkers Campus in Cairns and Townsville

You are receiving this message as you have registered for the UTC (Urban Thinkers Campus) in Cairns or Townsville. To make this a productive day we would like to ask you to prepare an urban diary of your own view and experience of how urban planning and design influence public health and vice-versa.

In order to understand and improve cities today, personal observation remains as important as ever. This urban diary will emphasise your visual sense, the medium of photography, and the methods of urban observation contained in the book Seeing the Better City. The book brings our attention back to the real city right in front of us, focusing it once more on the sights, sounds, and experiences of place in order to craft policies, plans and regulations to shape better urban environments and how to catalogue the influences of active lifestyles, social inclusion and healthy eating. (Charles R. Wolfe, author of Seeing the Better City)

1. Five Tips to Prepare an Urban Diary: The LENS method

From *Seeing the Better City* (Wolfe, 2016):

- 1. Choose the diary tool and type.** For the purpose of the UTC we will use the medium of **photography**. To complete an urban diary using other media, you could author a journal, sketch, record audio, tweet, or do a combination of each. Generally, the LENS method calls for a medium that best fits your diary's purpose, whether your aim is to explore, document, or advocate for change.
- 2. Plan your path.** Decide whether to follow a prescribed path or wander. Where will you start and end? Will you walk, bike, use public transit, or drive? **Use maps** (paper or digital) to gain perspective and define initial goals.
- 3. Select what you will focus on.** For the UTC we will focused on the **impacts of urban planning and design on public health**, more specifically the impact on **active lifestyles, social inclusion and healthy eating**.
- 4. Use the LENS Method (Look, Explore, Narrate, and Summarize).** Based on your photographs, summarise the walk in one to two paragraphs: What were you looking at? Why is that important?
- 5. Finalise conclusions and use.** **Assemble and present photographs** in a way that will inspire and show what is possible and what might be adaptable to your city or neighbourhood. For this UTC, please **upload your photos with meaningful captions** on the relevant **Facebook page** OR **send to the email** addresses indicated on the next page (section 3). Here is an example of caption:

In this photo I am focusing on _____. The positive aspect identified is _____, a negative aspect identified is _____, and they affect health by _____.

2. UTC's urban diary

The UTC will focus on three main topics related to urban planning, urban design and public health: **active lifestyle**, **social inclusion** and **healthy eating**. Below are some tips to help you think about the influence of urban planning and design in each of these topics and the consequences for public health:

2.1. Active lifestyle: *What existing urban infrastructure and amenities promote or restrict active lifestyles? Examples include, but are not limited to:*

- Movement networks, transport modes and interrelationships – footpaths, crossings and corners, public transport, cycling infrastructure, separation and integration of transport modes
- Density of uses and amenities
- Local microclimates – shade, breezes, shelters
- Open space quality – greenery, seating, drinking fountains, water features, other attractive qualities.

2.2. Social Inclusion: *What existing urban infrastructure and amenities promote or restrict social inclusion? Examples include, but are not limited to:*

- Gathering spaces and seats in public areas
- Green spaces and 'pocket parks'
- Privacy
- Accessibility
- Safety and security
- Autonomy and independence
- Equality/Inequality
- Opportunities for education and training, work, and engaging in community activities

2.3. Healthy eating: *What existing urban infrastructure and amenities promote or restrict healthy eating? Examples include, but are not limited to:*

- Community gardens
- Proximity and availability of healthy foods
- Ease of access to take-away
- Proximity of indoor and outdoor seating

3. How to share your Urban Diary

Please upload your photos on the relevant Facebook page:

- Cairns: <https://www.facebook.com/groups/986256624858635>
- Townsville: <https://www.facebook.com/groups/193664187932481>

Or if you prefer, send them through email

- Chuck Wolfe: chuck@seeingbettercities.com
- Susie Lord: susie@plantztp.com

Note: Please note that by sharing your images via Facebook or the emails indicated above, you are providing us with copyright for these images to be used during the UTC events and in the UTC Report.

Thank you from the organising committee: Silvia Tavares, David Sellars, Nikki Huddy, Susie Lord and Chuck Wolfe.

