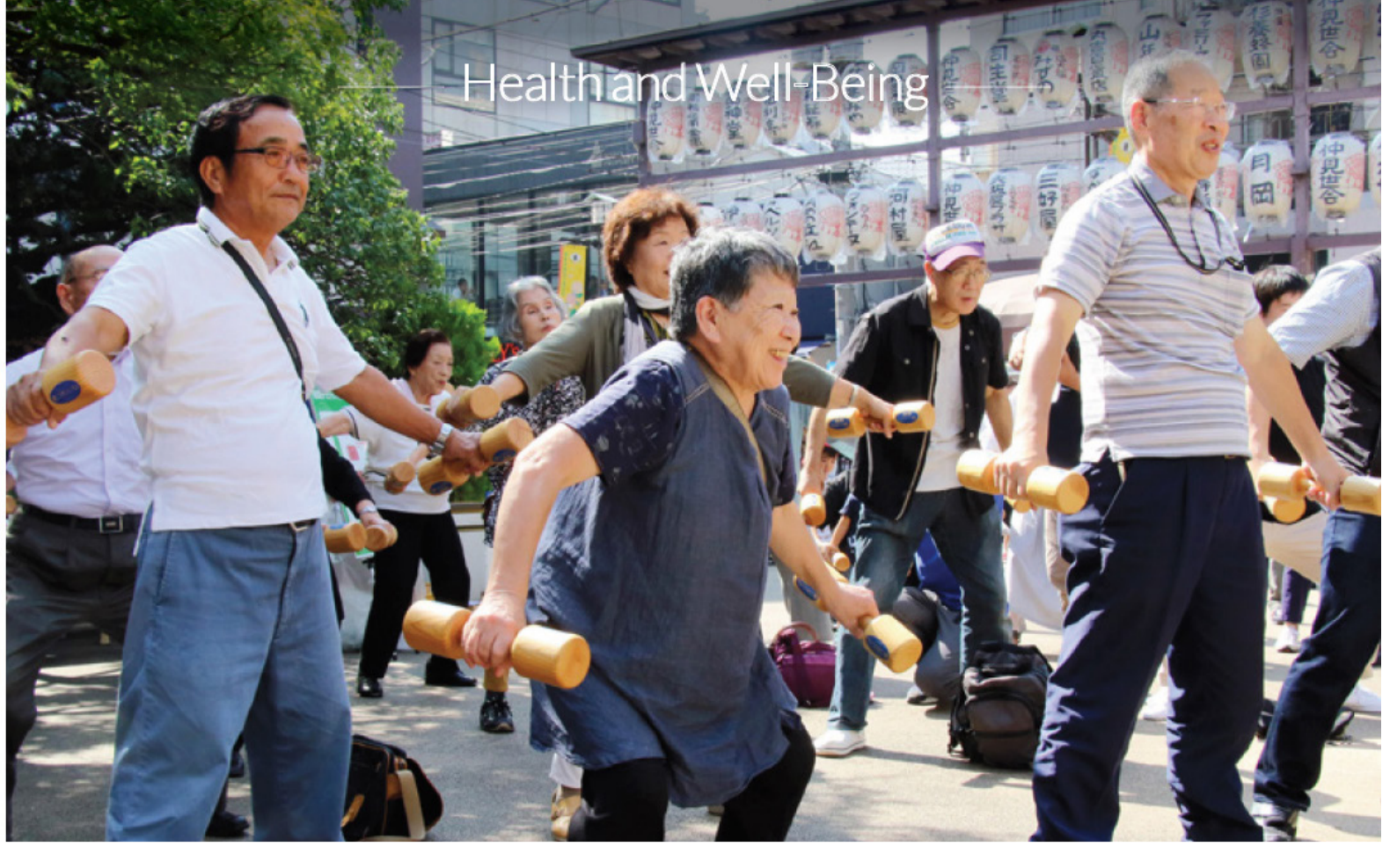


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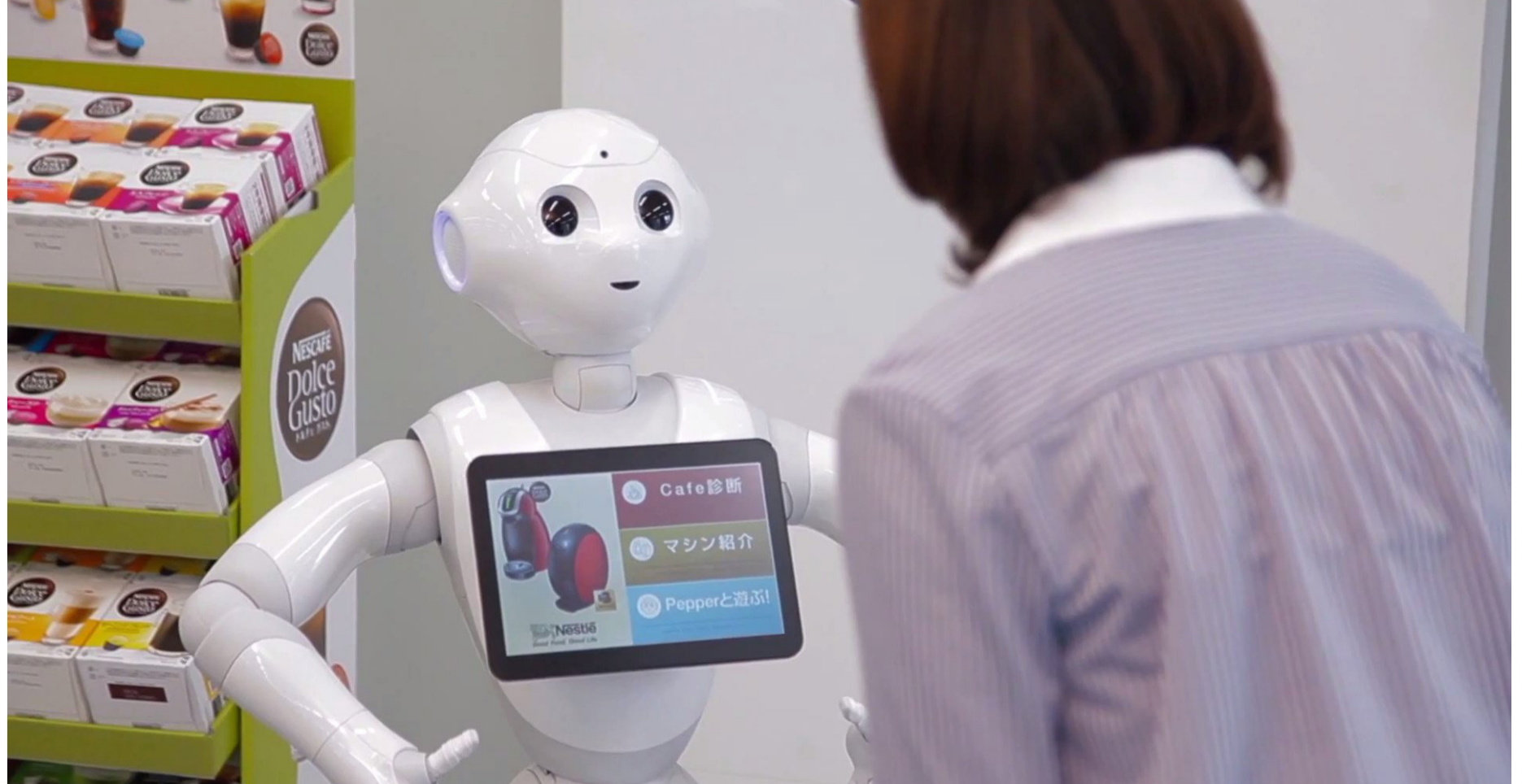


Health and Well-Being

All Roads Lead to Health

Cities across the world are improving the health of urban life by encouraging play, walk and more. Find out more in the latest Urban Solutions issue on “Health and Well-Being”.

[Read →](#)



Source: Nestlé, Flickr

Tokyo's Past, Present and Future

From hiring robots to redistributing the population, the capital of Japan is embracing a variety of solutions to tackle its ageing population and shrinking workforce, explains Dr Hiroo Ichikawa, Professor Emeritus of Meiji University.

[5 min | Read →](#)

INTERVIEWS

Take an Art Walk Downtown

“Our art walks re-energise downtown Kingston and strengthen Jamaica’s creative eco-system.”

Kim-Marie Spence
Director, Kingston Creative

[3 min | Watch →](#)



Icon of the Future

“With the second Suez Canal, Egypt’s new capital city will be a hub for international trade and industries.”

Mohamed Abdelhamid Ibrahim Higazy
Advisor to the Minister for International Cooperation
Ministry of Local Development, Egypt

[3 min | Watch →](#)



COMMENTARY



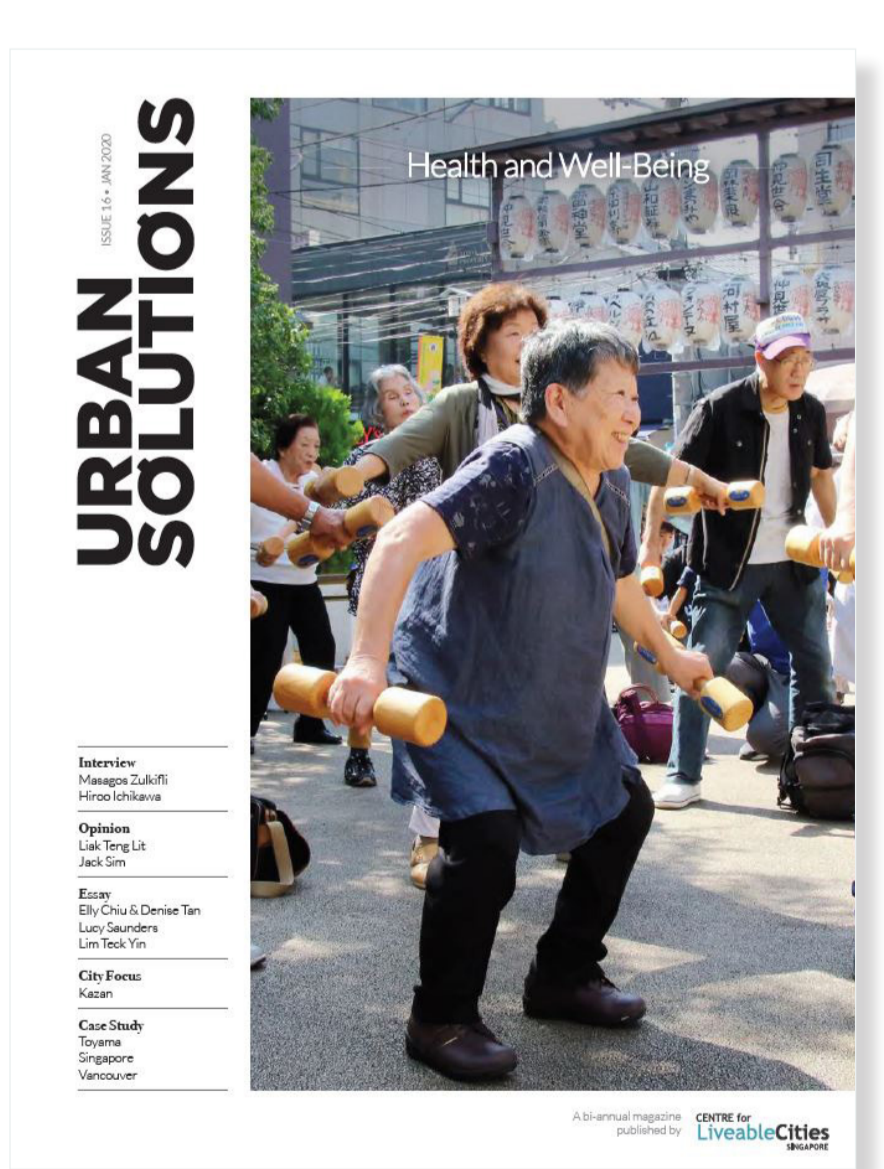
Source: Chuwa (Francis), Flickr

Going on the Right Track

Singapore is moving towards a car-lite future not only by improving its public transport, but also expanding the active mobility infrastructure to promote cycling and the use of personal mobility devices.

[Read →](#)

Urban Solutions Issue #16: Health and Well-Being



Source: Парки Татарстана, Даниил Шведов

A New State of Play

Kazan, the capital of the Republic of Tatarstan, overcame a history of violence and poor public health through policies and urban planning that promote healthy lifestyles amongst its citizens.

[7 min | Read →](#)



Source: National Parks Board

At Play in Nature

Harnessing the power of play and nature, the Nature Playgarden in Singapore’s HortPark uses biophilic principles to enhance the growth and health of young children.

[7 min | Read →](#)