

Title of Sustainable Development Goal:

11 - Make cities and human settlements inclusive, safe, resilient and sustainable

Sustainable Cities and Communities

Short Description of SDG:

This SDG is about making cities and communities more safe, inclusive, sustainable and resilient. You can undertake actions related to sustainable mobility, sustainable infrastructure and public space and participation to support your community to become more sustainable.

Action Area 1

Sustainable mobility

Question 1

Do you use sustainable transportation (walking, cycling, public transport, carpooling etc.) methods when possible?

1	<i>Never</i>
2	<i>Less than once a week</i>
3	<i>At least once a week</i>
4	<i>Almost every day</i>

Question Feedback:

Transportation has a big impact on the air pollution in your city (which is bad for your health) and on your ecological footprint because it is a big greenhouse gas emitter. Other benefits of sustainable transportation are reduced traffic congestion, reduced dependence on non-renewable energy sources, reduced transportation costs, a healthier lifestyle because you have more physical activity and more social interaction.

Question 2

If you have to buy a car, a motorcycle or any other means of transport, do you take into account the pollution that it is going to produce or that has been produced by its creation?

1	<i>Never, I don't care</i>
2	<i>Sometimes I do take into account other factors.</i>

3	<i>I try although it is not always possible.</i>
4	<i>Always, environmental impact is my priority</i>
Question Feedback:	
<p><i>"Transportation is one of the most significant contributors to climate change, accounting for 27% of global CO2 emissions, and is the fastest growing source of greenhouse gas emissions"(ec.europa.eu). In order to reduce the sector's impact on climate change it is important to be aware of your transport mode's ecological impact and to try not to be too dependant on fossil fuel vehicles.</i></p>	

Question 3	
<i>If you have to organise a trip or even a daily commute, which are your priorities?</i>	
1	<i>I'm just interested in getting there as soon as possible</i>
2	<i>For me it is essential to be independent in order not to waste precious time</i>
3	<i>I am looking for alternatives that can lower the costs of my travel</i>
4	<i>I find solutions that have a minimal impact on the environment</i>
Question Feedback:	
<p><i>Some solutions can give you many advantages at the same time. For example with car sharing or car-pooling, we save time, money and lower our impact on the environment promoting social relationships. Have a look on the Internet to find car sharing or carpooling initiatives in your region.</i></p>	

Action Area 2
Sustainable and inclusive infrastructure

Question 1	
<i>Do you live in a well insulated house?</i>	
1	<i>I do not know if my house is insulated</i>
2	<i>My house is partially insulated (e.g. only the roof or walls or some windows)</i>
3	<i>Most of my house is insulated to the current construction norms (at least two important elements e.g. roof/walls/floors/windows)</i>

4	<i>My whole house is insulated to the current construction norms</i>
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Question Feedback:

The insulation of your house has a big impact on your ecological footprint because insulation positively impacts your energy use. A 'passive house' for example, refers to the energy efficiency in a building and the building's ecological footprint. This type of housing requires little energy for heating and cooling.

Question 2

Do you grow your own food?

1	<i>No, I don't and I am not interested to learn it</i>
2	<i>I would like to learn it and have some plans to start growing my own food</i>
3	<i>I have already done some attempts and plan to do it more in the near future</i>
4	<i>I produce most of my foods myself</i>

Question Feedback:

"Industrial farming is hugely responsible for the ecological destruction of the planet, for the extinction of thousands of species and for the ruin of millions of small farmers. It takes part in the depletion of water resources and widely contributes to global warming. Livestock farming is responsible for 18% of the greenhouse gas emission." (demain-lefilm.com) Sustainable urban farming can be part of the response to solve this issue, by making people more aware of what they eat, making them more independent, limiting the negative impact of industrial farming and logistics and making cities and communities greener.

Question 3

Do you take actions to improve the public space in your neighbourhood?

1	<i>No, I don't and I am not interested to do anything about it</i>
2	<i>I would like to and have some plans to participate in existing actions</i>
3	<i>I have already done some attempts and plan to initiate some actions in the near future</i>
4	<i>I have already initiated and completed several actions</i>

Question Feedback:

As an individual you can set up actions to improve the public space in your community, in order to make it greener and accessible for everyone. This is a great way to protect local trees, wildlife, natural and cultural heritage areas. It also helps to get to know your neighbours and to welcome new people. A nice example of an action is to transform your neighbourhood into a vegetable garden. For inspiration take a look at the 'green guerilla' mouvement.

Action Area 3

Community Participation

Question 1

Do you dare to stand up for your opinion in class?

1	No, never
2	Sometimes
3	Most of the time
4	Always. I dare to stand up for my opinion and I formulate it in a respectful way.

Question Feedback:

Standing up for your opinion and values is essential to take part in decision-making processes. although it is good to be assertive, do not forget to stay respectful, empathic and to listen actively to other people's thoughts and opinions.

Question 2

When you see an elderly or disabled person having difficulties crossing the street or entering public transport, what do you do?

1	I pass them by so I do not have to wait
2	I cross or enter when it is my turn
3	When I see no one else is helping them, I give them a hand
4	I actively ask if I can help

Question Feedback:

SDG 11 is about sustainable and inclusive communities. Inclusive means it is adapted to everybody's needs. Also to the needs of more vulnerable people. You can contribute to this SDG by demonstrating empathy and social behaviour, helping the more vulnerable people in your community.

Question 3

Do you participate in local politics or do you do community work in your town?

1	No never and I am not interested in it either
2	No, but I am interested and have plans to participate in local politics or some community work

3	<i>I have already participated in local politics or community work in the past</i>
4	<i>I have already participated in local politics or community work in the past and have plans to continue in the near future</i>
Question Feedback:	
<i>Participating in local politics or in community work is a great way to do some service to society and to contribute yourself to a more sustainable and inclusive community.</i>	

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