

Sustainable Living

What is Sustainable Living?

Sustainable living means meeting our needs today **without damaging the environment** or **reducing the ability of future generations to meet their needs.**

It involves:

- Using resources wisely
- Reducing waste and pollution
- Protecting the environment and people



Freiburg, Germany

Freiburg is a great example of a sustainable city. It includes:

- Over 500km of cycle paths
- Energy-efficient housing with solar panels
- Reliable public transport (trams and buses)
- 40% of the city is green space

This helps reduce car use, cut pollution, and support biodiversity.

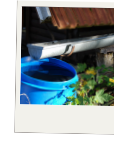


BedZED, London

BedZED (Beddington Zero Energy Development) is a low-carbon community in London:

- Houses use 81% less energy for heating
- Rainwater is collected and reused
- Car use is reduced through shared transport schemes

It shows how small neighbourhoods can live more sustainably.



Features of Sustainable Urban Planning

Key features of sustainable urban planning include:



- **Compact city design** - Homes, shops and schools built close together to encourage walking and cycling.
- **Mixed-use development** - Combining living, work and leisure spaces to cut travel.
- **Energy-efficient housing** - Well-insulated homes using renewable energy.
- **Green infrastructure** - Parks, trees and green roofs improve air and reduce flooding.
- **Sustainable drainage** - Ponds and permeable surfaces manage rainwater naturally.

How Public Transport Helps

Public transport cuts traffic and pollution by using:

- **Electric** or biofuel buses
- **Trams and trains** with renewable energy
- **Park and ride** schemes



Walking and cycling also reduce emissions and improve health.

Green Spaces and Recycling



Sustainable cities protect the environment through:



- **Parks and gardens** that clean the air and support wildlife
- **Recycling** to cut landfill waste
- **Composting** to reduce methane emissions

Urban planning should include nature and promote waste reduction.