

A CALL FOR STORIES: **Inclusive and healthy cities**

According to the UBC Inclusive and Healthy Cities Commission, an inclusive city means a city governed by the whole community, while a healthy city is the one that is well-designed, well-connected and safe. All together they make a well-functioning, developing organism based on sustainability, participation, dialogue, transparency and knowledge. That's the vision the cities should strive for.

Cities are the centres of growth. The urbanization creates opportunities, moves the economy forward. But at the same time inequalities and exclusion are still a challenge. How can we prevent them and how can we ensure social, spatial and economic inclusion?

The Commission promotes the idea of the Open Social Space. It is a place where people can meet, work and play together, talk to each other and discuss matters important for the community. This is also a place where common actions, projects and solutions develops, that can make the community a better place to live. Open public spaces provide an opportunity for networking, unexpected meetings, joint initiatives, etc.

Inclusive and healthy cities

The Editorial Board would like to invite the cities to share their experiences on how they approach the vision of inclusive and healthy city.

- What are the most important challenges concerning social or economic inequalities in your city? How does your city address the problems?
- What does your city undertake to prevent marginalization? How does it help to lift people out of exclusion and improve lives?
- What makes inclusiveness stronger?
- How does your city encourage local community to work together? What are the NGOs statuses?
- Does your city provide any space for common activities? Is there any meeting place for people of different backgrounds, age, etc.?

As usual, apart from the main theme, we are looking forward to receiving stories on interesting events and daily news from our member cities.

Please forward this message to your city officials and specialists who work with social issues.

Looking forward to your reply,



Paweł Żaboklicki
UBC Secretary General

Please follow these guidelines when submitting your story:

- Deliver the story by e-mail to: anna.dargiewicz@ubc.net in MS WORD format. Please remember to kill the viruses before sending it. Please expect confirmation of reception. Lack of confirmation means that the message is not delivered.
- Each member city may submit two articles - one related to the cover theme and one to the chapter "News from Member Cities". All stories shall be sent in English.
- Each article may have max 400 words, no more than 1 page A4, font TimesNewRoman 12pt. The editorial board sometimes needs to shorten the stories in order to include more stories into the Bulletin. It is also important to include the author's name and contact details for any follow-up questions related to the story.
- Please make all efforts to include a smashing photo or a digital picture to illustrate the article (JPG format, min. 300 ppi, one e-mail - one picture, the file should not exceed 3 MB).
- The deadline for stories to the Bulletin is **15 September 2016**. Please respect this timetable as we are unable to print out stories received after this deadline.

If you have interesting issues to report, please do not hesitate to send them. The bulletin is distributed in around 4000 copies all around the Baltic Sea Region to over 200 Baltic cities and numerous key organizations and institutions, including the EU.