Recap: Tourism, Health and Well-Being

4

Landscapes and tourism...

Tourism landscapes....

Tourists in natural landscapes

Tourists in cultural landscapes

2

Which landscape elements are relevant for tourism in your region or case study area?

wetlands

Attractions

bike paths

natural richness

River Necker

monuments

Culture

Swabian Alb

1

11

Which landscape elements are relevant for tourism in your region or case study area?

The urban parks, lakeside promenades, and green corridors

social/cultural/natural nodes

the River, the wildlife that comes with it

Dwelling

forests and rolling agricultural fields

rolling loess hills

Wildlife, heritage industrial facilities, museums, and old town/CBD

Viewpoints and scenic byways

1

11

Which landscape elements are relevant for tourism in your region or case study area?

heritage church

cultural and religious landmarks

agriculture

urban and built environments

Greenery and Nature(Parks) Infrastructure (Malls,Game station,snow house etc) Heritage sites (Historical)

The relevant landscape elements for tourism in the Butembo region include natural features such as hills and rivers, as well as specific sites like the Vuhesi Reserve Park,

which are currently viewed as under-exploited assets.

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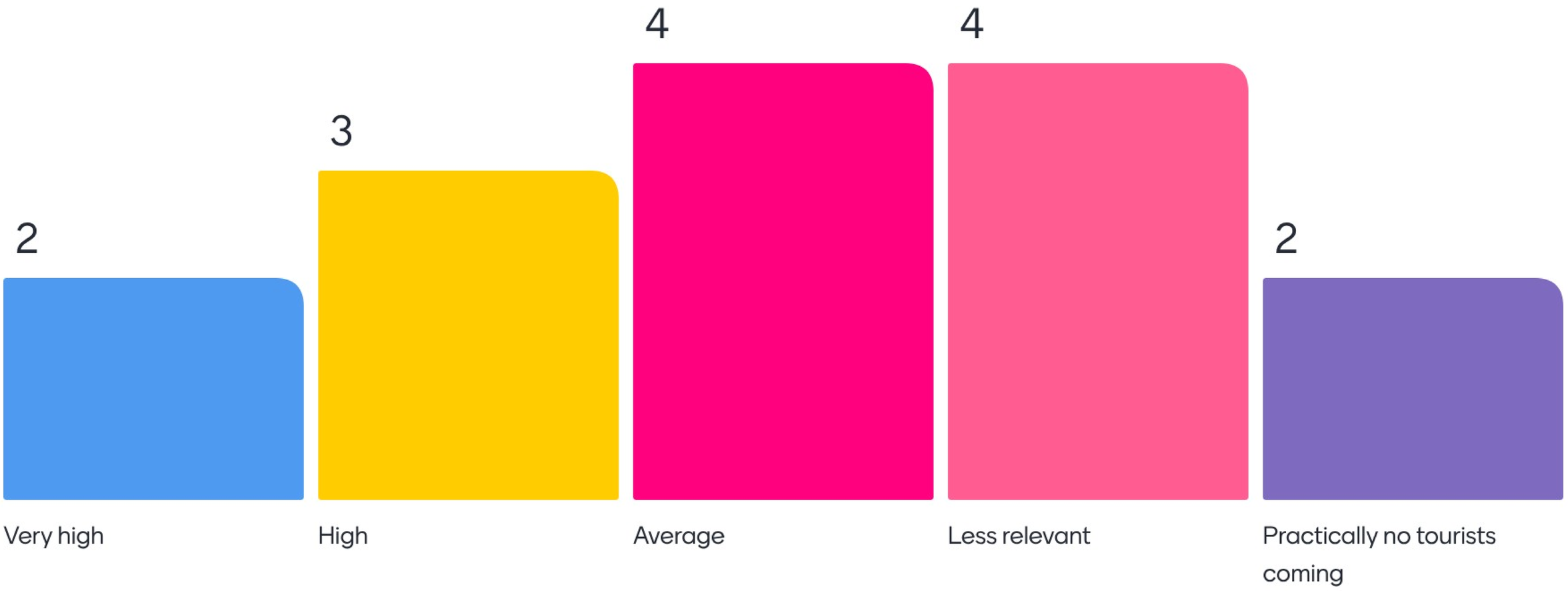
How would you evaluate the economic importance of tourism in your landscape?



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15

Please describe some of the **values** tourism is creating in your landscapes

Economic

Economic Value Social Interaction

aesthetic and emotional

supporting local conservation efforts, strengthening the local economy, and raising awareness of the landscape's natural and cultural heritage

Enviromental problems

Business opportunities and local job creations

Income from lodging, cafes, guiding, art sales, festivals, and scenic tours supplements farm economies that are otherwise vulnerable to weather and global commodity cycles.

Exposure for local artists

13

Please describe some of the **values** tourism is creating in your landscapes

livelihood of the people

Pollution

more for economic value: local economy through guided tours, visitor services, and eco-friendly activities.

educational value

tourism encourages growth of the small businesses like kiosks, food stands and local river crafts

Infrastructure dimension socio-cultural value (Diverse people interaction and culture sharing)

economic value for retail and small businessues

Infrastructure Development

13

Please describe some of the **values** tourism is creating in your landscapes

recreational and wellbeing value

Tourism is creating value by promoting eco-cultural activities, integrating health services, and supporting urban renewal.

Political leverage

economic value : generates income for some local businesses (hotels, transport, artisans)

it has helped maintain our traditional cooking styles and food - culture I think

social value and cultural value

and most of all environmental value

Job creation High economy

13

Please describe some of the **values** tourism is creating in your landscapes

Economic, Environmental ,Cultural and social value

diversity

Tokenization of culture, water consumption, and excess medication left by the tourists that are not properly disposed

13

Please name sustainability problems and challenges arising from tourism in your landscapes:

Soil disturbance and erosion risk

Pressure on remnant ecosystems

Waste Management(increased waste segregation)

Infrastructure strain

Pollution and Traffic

Limited management capacity

income

disturbance of the wildlife

2

13

Please name sustainability problems and challenges arising from tourism in your landscapes:

Environmental degradation Presure of natural resource

Loss of privacy

Waste accumulation

Disturbance of wildlife

seasonal economic imbalance

nature is recognized as important

accessibility, poor environment, prone to natural disasters

Soil erosion from informal access

2

13

Please name sustainability problems and challenges arising from tourism in your landscapes:

tourism creates sustainability challenges such as trampling of fragile wetland vegetation, wildlife disturbance, and increased waste and traffic. the demand for infrastructure can fragment habitats..

Disturbance to rare prairie remnants

with no formal waste management plans in my landscape, the river could be polluted

Local infrastructure pressure and waste management gaps

lack o infrastructure plannig, environmental degradation,

degraded infrastructure, weak planning and investment, and persistent insecurity.

social inequality

Housing shortage

2

13

Please name sustainability problems and challenges arising from tourism in your landscapes:

Lack of waste management

since access sometimes is dependant on flood seasons, tourism is an unreliable and an unstable source of livelihood

there is also the risk of creating tourism activities that don't benefit the residents

Working with tour agencies to develop new visiting routes that are less explored and less strenuous on local capacity

2

13

Let's find now some ideas: How could tourism in your region become more sustainable?

directing access, not expanding it.

sustainable mobility

Agri-tourism agreements

Encourage poeple by sustainable products and cultivation

focus shift toward lowimpact activities such as walking, cycling, and guided nature interpretation.

Cultivation

collective visitor stewardship

Regulation

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Let's find now some ideas: How could tourism in your region become more sustainable?

The capacity of Landscape has to be controlled

promote agro-tourism instead of mass tourism like fruit picking, bir watching farm tours

By aligning tourism with environmental care, cultural respect, and local empowerment, Butembo can develop a resilient and attractive tourism model.

Guided access rather than open wandering Education replacing enforcement alone Slow tourism over mass visitation Mobility alternatives to car dependence Farmer–tourism partnerships Local business-cent

Butembo tourism is constrained by poor infrastructure and insecurity but has potential in integrated health and eco-tourism.

Implementing managed and limited tourism Using methods such as responsible tourism Experiential tourism and agritourism

infrastrure improvement

link tourism to local conservation like adopting a riverbank etc

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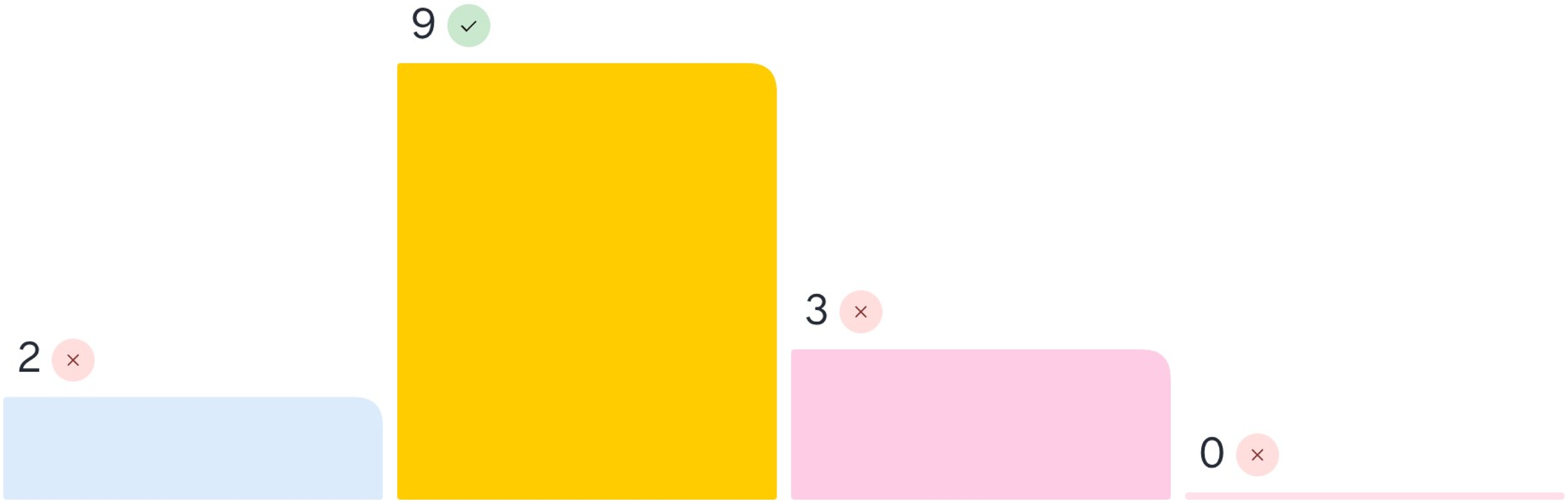
Recap: Health & Well-Being

Health provision in the landscap

Which of the following best captures the definition of the One Health approach?



Human health comes first, even if at the expenses of our planet.

Human, animal, and environmental health are interconnected.

The health of our Natural Capital is more important than human recreation.

The health of a single person does not matter.

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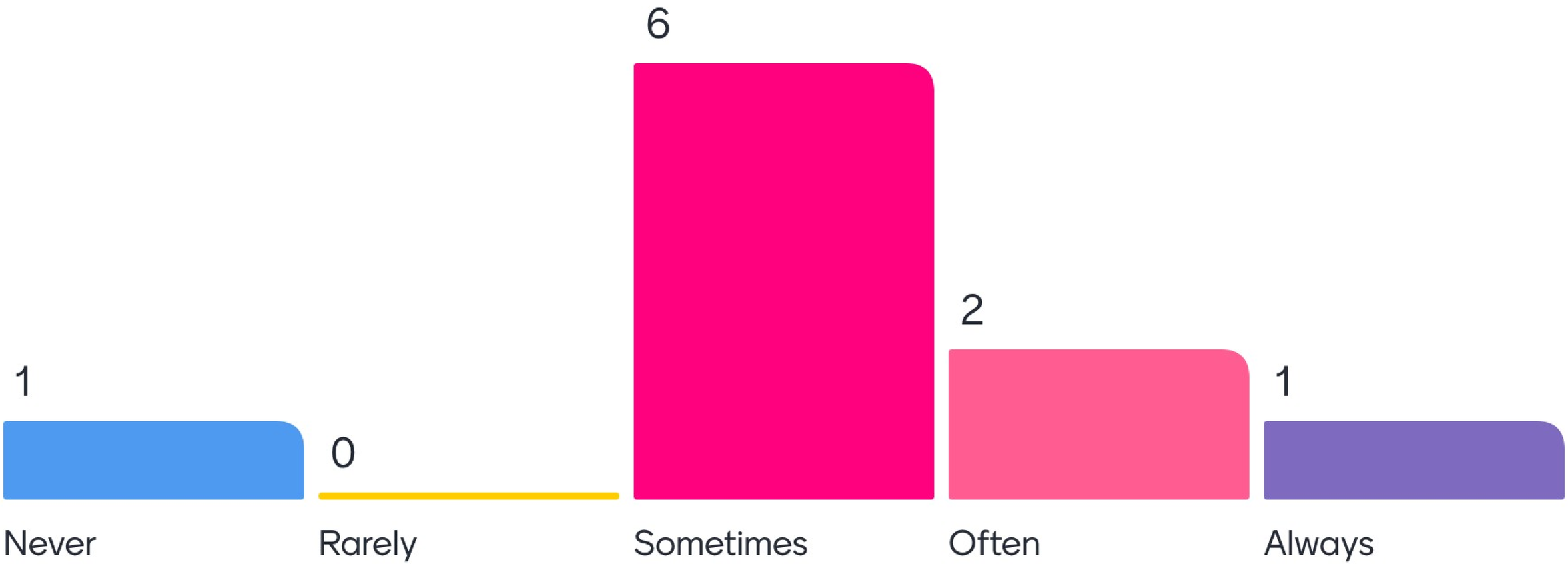
How often do you consider the One Health approach in your planning/design projects or studio work?



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Health and Landscape

How would you define the relation between human health and the urban landscape?

interconnectet; humans are responsible

through the quality, accessibility, and experience of green and blue spaces... which affect stress, physical activity, social interaction, and overall wellbeing

Urban landscapes act as a daily "health environment," shaping how people move, breathe, rest, think, and connect.

a healthy urban landscape supports a healthy population, while poorly designed urban environments can lead to chronic illness, stress, and social inequality.

because of the quality of life and well-being and air quality

The quality of the urban environment (e.g. air & water) directly impacts the quality of its inhabitants

Directly interrelated. If the urban landscape detereriorates (e.g through pollution) human health will deteriorate

Urban landscape can play an important role in mental health, its connection to social interactions in each area.

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How would you define the relation between human health and the urban landscape?

healthy landscapes support healthy people

a dynamic, two-way street, where city design profoundly shapes well-being, fostering both positive outcomes (like green spaces for mental health, walkable areas for physical activity)

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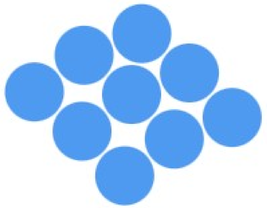
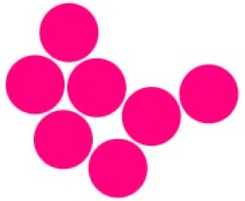
Climate change is impacting our health and the health of our landscapes due to several dynamics. Tick the correct statements:

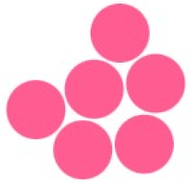


9 Climate change is determining adverse microclimatic conditions in many cities around the globe (e.g., heath waves).



7 Strong rain events, including abrupt shifts between wet and dry extremes, can cause large adverse impacts on human and natural systems.

6 Droughts are a consequence of climate change that more frequently affect regions with higher poverty rates.



6 Climate change worsens wildfires that destroy our forested landscape.

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12

Please describe/give an example, how health, mobility and landscapes are related:

Walkable sidewalks, bike lanes, smooth pathways, and accessible public spaces make it easier for people to walk, cycle, or use mobility aids

mobility barriers limit access to healthcare

landscapes condition human health, humans condition mobility infrastructure, and mobility infrastructure has impacts on the landscape

A well designed landscape supports mobility...increased mobility improves health... healthier people engage more with their landscapes

1. Mobility → Health: The presence of walkable paths and bike lanes encourages people to walk or cycle instead of using motorbikes or cars. This improves physical fitness and reduces air pollutio

Mobility in the landscape can invite the audience to move around our site, thereby creating social interactions.

landscape can create corridors that connects different spaces where people could also use as a walkways that help their health

Landscape → Health: Green areas reduce stress, cool the environment, improve air quality, and offer space for physical activity, all contributing to mental and physical health.

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Please describe/give an example, how health, mobility and landscapes are related:

As more people flow into a landscape, there is need to create better mobility which can use up more of the land available in the landscape which may have a negative impact such as deforestation

These three systems are deeply connected because the landscape shapes how people move, and mobility affects health outcomes. At the same time, health conditions influence how people use the landscape.

Health, mobility, and landscape are woven together in a simple cause-and-effect loop: the way landscapes are designed shapes how people move, and how people move shapes how healthy they are.

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How much would you agree with the following statements?

Exposure to natural landscapes supports health by reducing stress, boosting mood, sharpening cognition, and lowering chronic disease risk.

While all landscapes provide some benefit, people values landscapes for very different reasons, and conflicts may arise.

Attractive and accessible landscapes encourage physical activity like walking, hiking, and gardening, which benefits physical health.

Studies have shown that both large rural areas and small urban green spaces are vital for mental well-being. We need all sort of landscapes.

Dense vegetation may have a negative association with mental health.

Landscapes shape our sense of place, linking to memories, community history and identity, all strongly supporting human health.

Strongly disagree

Strongly agree