Introduction 1

Cities are important. They are increasing in number and expanding; they account for a major share of global economic output, are gradually gaining more political influence, and can leverage action to combat climate change and protect the environment. Cities are markets whose overall needs should be identified and incorporated in solutions. Cities are above all living spaces—for a steadily growing number of people. That is why they should be designed to provide a sustainable and livable environment for all of their residents.

A city is comparable to a human organism in which many substances, agents, and processes interact to keep the body functional. A city needs to be nourished, cleaned, cultivated, and nurtured in order to thrive and grow. The care and attention it receives will give it self-confidence and protect it from different types of threats. As it matures, a city becomes capable of identifying its needs and finding ways to satisfy them, of being creative and generating new life. In the following, we will develop a deeper understanding of what characterizes a healthy city of the future.