



Greening Cities

with Cecil Konijnendijk

Episode 2



*Cecil Konijnendijk
Urban forester*



Cecil is one of the world's leading urban forestry experts with more than 30 years of experience studying, teaching, and advising on the topics of nature-based solutions and urban forestry.

He is from and currently living in the Netherlands, but has previously lived, worked and educated others on urban forestry all over the world. His work as an academic has him ranking among the top 2% of scientists in the world. He has co-founded the Nature-based Solutions Institute (NBSI).

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Visual green: Seeing at least three large trees from where you live/work/study.

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Climate green: Having at least 30% tree canopy cover in each neighbourhood.

300

Recreational green: Having public, high quality green spaces (with a size at least of 0.5 hectare) within 300m of your home.

Planting trees in cities can have many positive benefits, ranging from aesthetics to an increase in the mental health of a population. They also play a very significant role in climate adaptation (e.g. shading, cooling), in water regulation, in capturing air pollution, and in carbon sequestration. They perform all of this while and through being a vital host of biodiversity.

Tree planting and long-term management

- **Focus on stewardship:** Long-term management is crucial in urban forestry as trees must reach 35+ years to provide full benefits.
- **Policies** should focus both on protecting trees by making removal difficult, as well as ensuring accessibility to all (e.g. in areas with vulnerable populations lacking green cover).

Urban adaptation

- **Evolving cities:** Cities change and must adapt to become climate-resilient and healthy.
- **Targeted green spaces:** Prioritise areas where vulnerable populations overlap with a lack of green and tree cover.

Recommended Resources

[The Threes Rules website](#)

[Yggdrasil project and handbook](#)

[The 3:30:300 Rule for Urban Harmony TEDxVarese](#)