

CYCLES



Young Lives in Seven Cities.
A Touring Exhibition.

**Christchurch, NZ • Dhaka, BD • Makhandia, SA • London, UK •
New Delhi, IN • São Paulo, BR • Yokohama, JP**



Young lives in seven cities. A Touring Exhibition.

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Preface

The sun that rises in São Paulo is setting now in Yokohama. Young lives across the world are beginning (or ending) another day.

‘A day in our lives.’

We asked young people in seven cities to describe this for us. To tell us about their hopes and fears, to talk to us about their needs and aspirations. We invited them to use images as well as words. To speak to us with drawings and photographs. This brochure—and the exhibition behind it—is the result of that invitation.

The sun that rises in São Paulo is already high overhead in Makhanda, South Africa. The great globe bears down and it is difficult to quench young thirst. Water is everywhere an issue. You can change a town’s name, as Makhanda did very recently, to divest yourself from an oppressive past. But still the town’s water supply may not be safe to drink. In New Delhi, Jagdamba Camp is cooling down from the searing heat but the communal taps are turned off again. In Christchurch, New Zealand, the once artesian water supply now tastes of chlorine. In Dhaka there is both too little and too much of the stuff. Waterlogged areas bring waterborne disease, undermining the simplest of freedoms, the freedom to play.

Climate breakdown will reach these young lives first. Soon their world may change for ever. But everywhere we went, light shone through the shadows. From São Paulo we heard of the ‘ease’ of urban living. In London, young people valued the richness of community events. In Yokohama, they took joy in shared meals. We asked what home is like for the young citizens of tomorrow. And they spoke of warmth and friendship and refuge. The emotional bedrock of family. They didn’t just tell us, they showed it to us. In the pages that follow you can see the images for yourself. They speak of uncommon beauty and of deep familiarity. Of simple tastes and exotic pleasures.

They speak of hope.

The sun that rises in São Paulo is setting now in Yokohama. In London, it is still yesterday; in Christchurch, it is already tomorrow. In seven cities around the world, young people face an uncertain future. These are their images. This is their story.

— Tim Jackson, CUSP

CYCLES | Young lives in seven cities—A Touring Exhibition.

Kia ora! Bem vindo! Wamkelekile, Swagaat! Sbagôtôm! Konnichi wa! Welcome! This exhibition of Young Lives in Seven Cities comprises images and text drawn from CYCLES (Children and Youth in Cities: Lifestyle Evaluations and Sustainability), a study funded by the UK Economic and Social Research Council (ESRC) as part of CUSP, the Centre for the Understanding of Sustainable Prosperity (www.cusp.ac.uk).

By 2050, seven out of ten young people will live in an urbanising area. Cities are also centres of consumption. Urban areas cover two percent of the world's land area, but they are sites of 70 percent of resource use and carbon dioxide emissions. Understanding what young city residents value and how we can support them to live well within the limits of our planet is a vital issue.

In CYCLES we have been asking young people what their everyday lives are like across the five lifestyle domains where we use the most energy (food; home heating, cooling and cooking; transport; leisure and entertainment; education or work/non-work). Against this background we wanted to know what they valued in their everyday lives in their city, and what they would like to change.

CYCLES involves research in seven cities that include some of the world's largest mega-cities with 10 million inhabitants or more, and small cities of fewer than 500,000 inhabitants, where more than half of the world's 4.2 billion urban residents live. The cities are:

- Christchurch, New Zealand—a city in transformation after devastating earthquakes.
- Dhaka, Bangladesh—the fastest expanding and most densely populated city in the world.
- Makhanda (formerly Grahamstown), South Africa—a small city in one of South Africa's most youthful provinces.
- Jagdamba Camp, New Delhi, India—in the heart of the capital of one of the world's youngest countries.
- Lambeth, London, UK—a diverse, densely populated borough with a relatively young age profile in an ageing city.
- São Paulo, Brazil—the South American mega-city home to 2.7 million young people.
- Yokohama, Japan—a planned eco-city and Japan's second largest city in an ageing society.



Celebrating ‘a day in our lives’

In each city small groups of young people, aged from 12–24, took photos or drew pictures to illustrate ‘a day in our lives’ and then discussed their images with us, focusing on what they valued and what they would like to change.

All research teams followed UNICEF’s guidelines for Ethical Research Involving Children (ERIC). However, details of how the research was carried out varied between the cities depending on available technology, cultural sensitivities and institutional requirements. For instance, in some cities participants were asked not to include photographs of identifiable people, while in others consent processes allowed for this, and the young people actually asked for it. How the images were produced also varied—some photographs were taken with participants’ mobile phones, some with disposable cameras and some with the researchers’ own cameras, while other participants drew pictures.

This exhibition celebrates everyday aspects of young people’s urban lives—yet issues emerged across our seven international cities which demand attention. Secure homes and rewarding relationships were identified as central to youth wellbeing, but the practicality of heating or cooling homes, and affording accommodation with space for intergenerational lifestyles is creating strain for many. Other issues emerged too: the need for secure streets and regular affordable public transport, access to green spaces, clean water and air. The pleasure that young people take from interaction with friends and the value they place on freedom to get around their city was evident. Education stress, precarious employment, loss of green space and youth mental health are key priorities, but so too is celebrating the places and activities urban young people value.

The exhibition is organised to take you through young people’s images, stories and perspectives on their homes and city lives, leisure, food and water, education and employment and transport.



Christchurch

New Zealand

What do we like about living in Christchurch

Many of the young people who took part in our study in Christchurch highly valued the natural environment within and around the city: the beaches, mountains, rivers, parks and plains. Our participants spoke about enjoying using these spaces actively for walking, biking, skiing or swimming, but also liked being able to observe them in their everyday lives, such as having a “nice view” from their bedroom or classroom window.

Many young people we spoke to also appreciated the “people” and “sense of community” within their local area. For instance, one student from a lower-income area described where she lived as “homey”—that it was “comfortable to be here” and that “you can talk to anyone”. They also liked having the “acceptance” and “respect” of others, including those from different cultures.

With the development of the city post-earthquake, some young people also said they enjoyed seeing new buildings and exploring spaces like the new Margaret Mahy playground. These young people valued these spaces for being free to access, that they were always changing (“there’s always something different”), and that there was the possibility for them to “do” something in those spaces, like work in community gardens.



“Normally we have something like a bit of meat and veggie and something else to, you know, mix together.”

Food and water

Many young people we spoke to in Christchurch reported high-meat and high-dairy diets. Breakfasts were typically cereal or porridge, lunch was bread often with some fruit or crisps, and dinner was described as “some sort of meat cooked in all sorts of ways” with vegetables. However, some young people told us that they had chosen to reduce their meat and dairy consumption, either due to cost, allergies or for animal welfare or environmental reasons.

Water was a controversial issue for the young people we listened to in Christchurch due to the recent introduction of chlorine into the city’s artesian water supply. While most young people said they still got their water from the tap, many noted that their families had recently changed their drinking practices, for instance buying bottled water from the supermarket, installing filters in their water supply, or collecting water from a local spring.





Home-life

Warmth of housing was a significant issue for many of the young people we spoke to in Christchurch, especially among those living in older houses. Many participants described heating only being used in a few rooms with “cold spots” throughout the rest of the house, or no heating at all and their family “piling on the blankets” to keep warm. A key concern identified by these participants was affordability, with parents or students worrying about the electricity bill each month. These participants for the most part lived in houses that were single glazed, with limited insulation and inadequate heating systems (for instance relying on mobile oil or fan heaters).

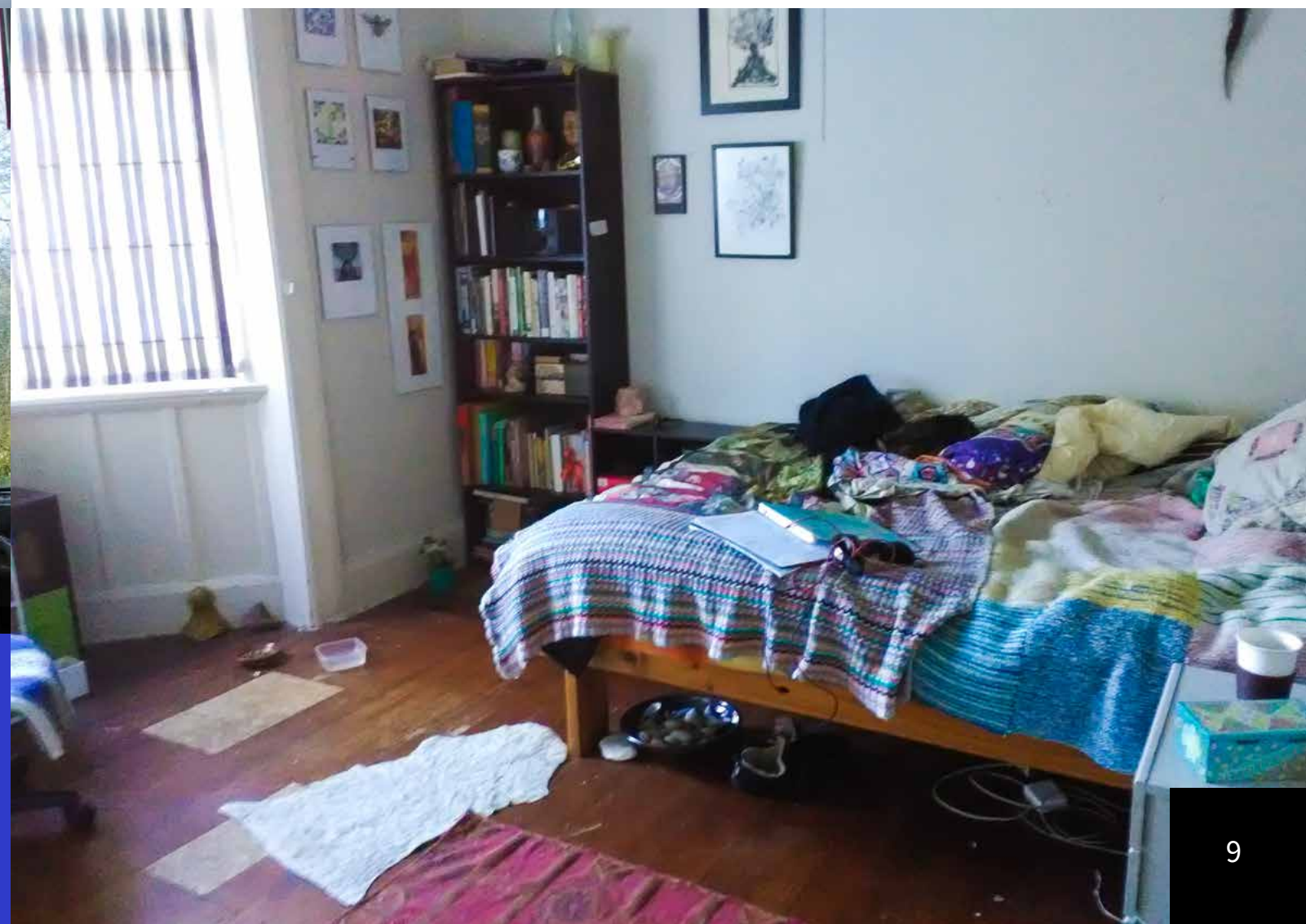
These accounts contrasted with those of students (usually from more affluent neighbourhoods) who spoke about their homes being “warm”, “new” and “modern”.



“

For us when it's cold we can't open or turn on the heaters because my Mum will complain, like, 'oh don't turn it on 'cos of the electricity bill'.

—Hazel, 15 years



Education and employment

From 9am to 3pm, most young people in Christchurch under 18 years are at school. However, the young people we spoke to reported quite different use of time outside of that. Especially at schools in higher-income neighbourhoods, participants reported that their time outside of school was quite structured with extra-curricular activities like sports, music and dance that could go on late into the evening. While these young people were appreciative of the opportunities, they also spoke about it being “hard to fit everything in” and having “no relaxing time”.

Work outside of school was mentioned more frequently among students from lower-income neighbourhoods. While some students were in part-time employment in factories or shops, many also spoke about work around the house, for instance caring for siblings, cooking or cleaning.



“

I spend a lot of time with my family. Most of the time I’ll be at home with them, and if we’re not at home then, you know, we’ll be going to the beach or doing something like that.

— Poppy, 14 years

Leisure

In their spare time, the young people we listened to in Christchurch described enjoying a range of activities, such as reading, walking, running or biking, listening to music, baking and “just chilling”. Time with family was very important (“you’ve got to make it last”), as was spending time with friends, such as going to movies or “wandering around”.

Many young people we spoke to were quite ambivalent about the use of digital devices. On the one hand, they valued the connection that it brought. However, participants also spoke about wanting some “balance” between technologies and spending time outdoors. Some were quite self-conscious about their levels of use: “I think we use it more than we’d like to admit”.

“

Most of my week I just come to school and then after school I end up shuttling my sisters round quite a bit and then go home and chill out.

— Male, 17 years





Getting around

Most students that we spoke to went to school independently, by walking, bus or bike. However, a significant minority relied on their parents to drive them to school. Almost all young people said they relied on their parents or relatives to drive them for “everything else”, that is, extra-curricular activities and weekend activities.

When asked about what they liked about how they got around, many participants spoke about enjoying forms of transport that were active—that gave exercise or put “the wind in my face”. Getting around was also valued almost as a leisure activity for some young people, either as a social activity to do with friends, or that it allowed “time to think”, to “chill”, “relax” or to “listen to music”.

In terms of ‘getting away’, some young people we listened to also reported high levels of national and international flights. Among students from schools in higher-income neighbourhoods, half reported having gone overseas in the past year, with an average of 2–3 trips per year with family (often to visit relatives) or as part of extra-curricular commitments.



“

I bus everywhere at the moment. Sometimes I’ll catch a ride, but it’s mostly the bus.

— Paige, 15 years

What we would like to change

The young people we spoke to tended to be quick to say that they were “lucky” to live in Christchurch, but noted aspects they would like to change about where they lived. Some also reported scepticism about whether political leaders would heed their concerns: “I feel like adults and like the government won’t listen to us, and they won’t take notice of us and what we’re trying to say” (Rosie, 14 years).

One concern related to physical security. Many young people we spoke to described desiring a community where “people can actually feel comfortable when they go out, and not feel like they’re being followed or harassed”. Some respondents (especially girls) identified gang violence and sexual assault as a problem in their community, and this was especially a concern for those who relied on walking to get around. Traffic and “Christchurch drivers” were also a concern for those participants who biked, walked or rode scooters. Some young people spoke about worries about violence in the home, and wanted there to be more support for those who had experienced domestic abuse.

Many of the young people we listened to also wanted a city with “more for our age to do”. While these participants felt there were many community and public spaces for children and for adults, they said there was much less for teenagers, and there was therefore a high reliance on commercial spaces like malls or McDonalds as places to go to spend time with friends. These respondents spoke about wanting public spaces nearby to their homes that were free, that they could get to autonomously, safely and cheaply, and where “no one can prohibit us” for staying there too long or being too loud”.



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What do we like about living in Dhaka

For many young residents, living in Dhaka is becoming more challenging every day, as evidenced by mass street protests around transport safety that erupted during this study.

The young residents we interviewed had a variety of living experiences which were highly dependent on their income level, gender and where they lived in the city.

We spoke to children and young people in Bachila, a densely populated low-income area, where homes are mostly comprised of tin shed buildings and slums. There is a shortage here of basic city services and utilities, yet many of the young people said their daily needs were met in local shops. Most said they liked living in Bachila as they were born there or had lived there with their family for a long time, and members of the community were well known to each other. They appreciated that they could celebrate cultural and religious festivals in their locality.

“I live in Bachila. The area is open and a good place to live. (Though) lots of people live here, the housing is overcrowded (and) there is (too) little space for play activities, we can (still) play cricket here, we love to play cricket very much, more than other sports” (Raton, 14 years).

In comparison, in the more affluent Uttara Residential Model Town, the young people interviewed said they enjoyed the planned area with its provision of basic city services:

“In this area the roads are wide and clean. The drainage system is also in good condition” (Junayed, 23 years).



“

My breakfast is handmade ruti and tea.

—Sahin, 12 years



Food, water and waste

The young people we spoke to had traditional Bangladeshi diets. For breakfast, they ate handmade bread (ruti) and vegetables fried with egg omelette and tea and liked to eat rice, vegetables, lentils and fish or meat for lunch and dinner. Those from the lower-income area mainly bought their food from small local shops and street vendors, while those with higher incomes usually shopped at a superstore and kitchen market. Participants told us that food bought from these places is sometimes contaminated, but the authorities fail to respond to this issue properly.

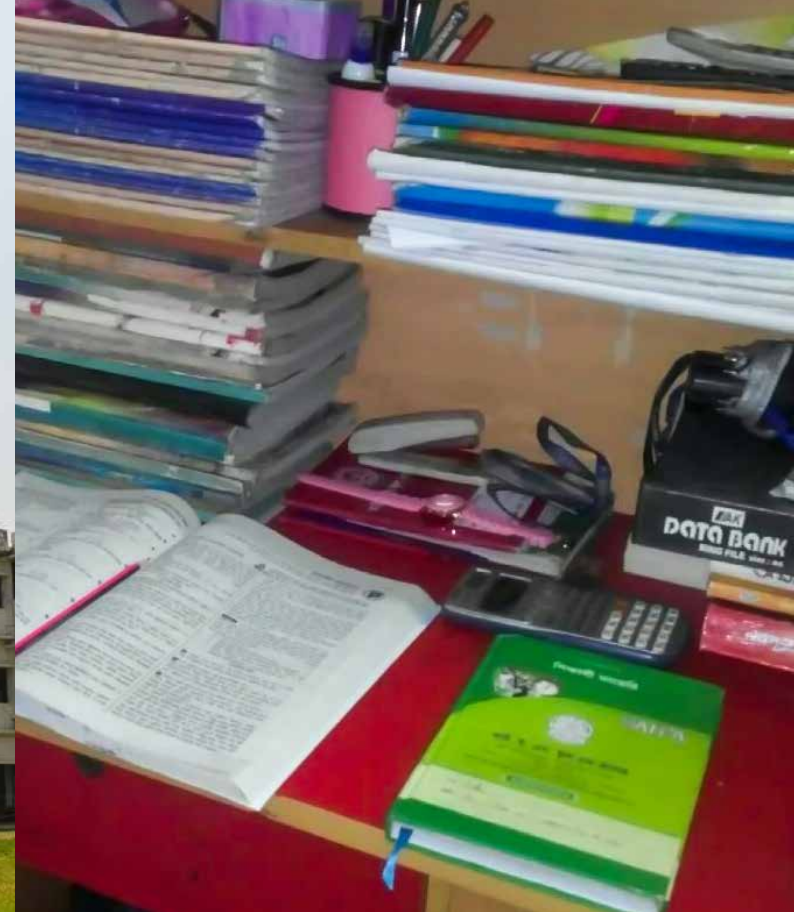
At weekends and in the evening, more affluent young people love to visit restaurants to taste different foods (Chinese and Thai). In low-income areas, young people enjoy eating street foods such as Mustakim’s Chop (beef kebab), Fusca and Chotpoti (boiled chickpeas with spices).

The water supply in Dhaka is not safe to drink. Water supply lines are in a very poor condition, often having been damaged by construction of roads and other service facilities resulting in leaks. Across the whole city, residents have to boil the water and use a filter for purification. Waste management is also a big concern. All kinds of waste are typically put into one dustbin or drum in the ground floor of a house, with no facility for any recycling or composting.

Education and employment

Young people in Dhaka are busy all day studying and many are stressed by the education system. In middle-income and high-income families in particular, young people study for long hours in order to improve their prospects in the job market. Many students attend coaching after school, often until 9pm, to achieve better results in exams. Young people in high-income families reported that they face pressure from their guardians to achieve excellent academic results to maintain their social status.

Government jobs are considered especially attractive to young people because of their security and high salaries. Students at university spoke about spending their time preparing for job interviews, rather than on their undergraduate and postgraduate courses, as it is a common reality that students rarely obtain a job which reflects their degree. In addition to studying, some of them work as private tutors to earn money for living expenses and for recreation.



I have no time to spend any time hanging out because I have to maintain the schedule of coaching straight after finishing school. Then again complete reading or preparing homework.

—Sadia, 16 years



Getting around

Transportation is a big problem for people in Dhaka. Towards the end of this study young people spontaneously took to the streets to protest about road safety and traffic management. It is a regular occurrence for many young people to spend the whole day on the street trying to reach their destination. It was reported that traffic congestion is also a particular concern for older people who worry about the difficulty of getting to hospital quickly in an emergency.

The choice of transport depends on the availability and cost of renting vehicles. Young people in low-income areas typically walk or take a rickshaw, laguna (small van) or bus, and sometimes use CNGs (3-wheeled motorised auto rickshaws). In high-income planned areas, young people go by foot and take rickshaws to reach school or college; some go by car, share an Uber, or take a CNG or bus for longer distances.

Home-life

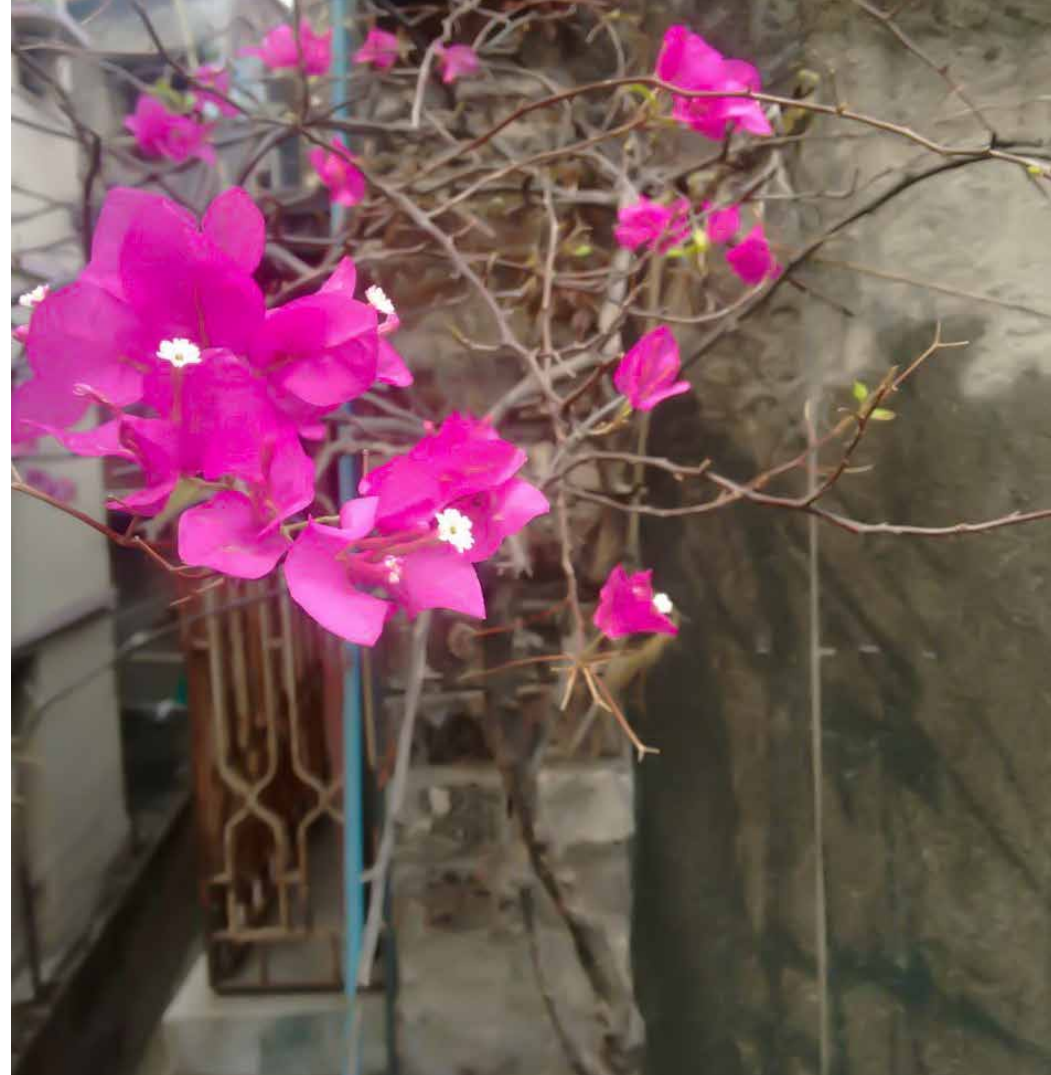
With the growing demand for housing, Dhaka has become increasingly multi-storied—but with minimal building codes which can make residences unsafe. Young people in low-income areas also said that the dense housing meant little light and air entered the buildings. They suffer from hot and humid weather in the summer, and noise and dust from the streets can also be a problem.

Waterlogging within the city means that many housing projects in low areas can fill up with ponds and water.

Many young people, especially from high- and middle-income families, spend much of their time at home, as they are busy studying and with private tutors. Most of the young girls, and women in this study said they found home to be a safe place for spending quality time with family as they faced teasing or harassment on the streets. This was particularly true in the higher-income community where it is less common for women to be on the streets.

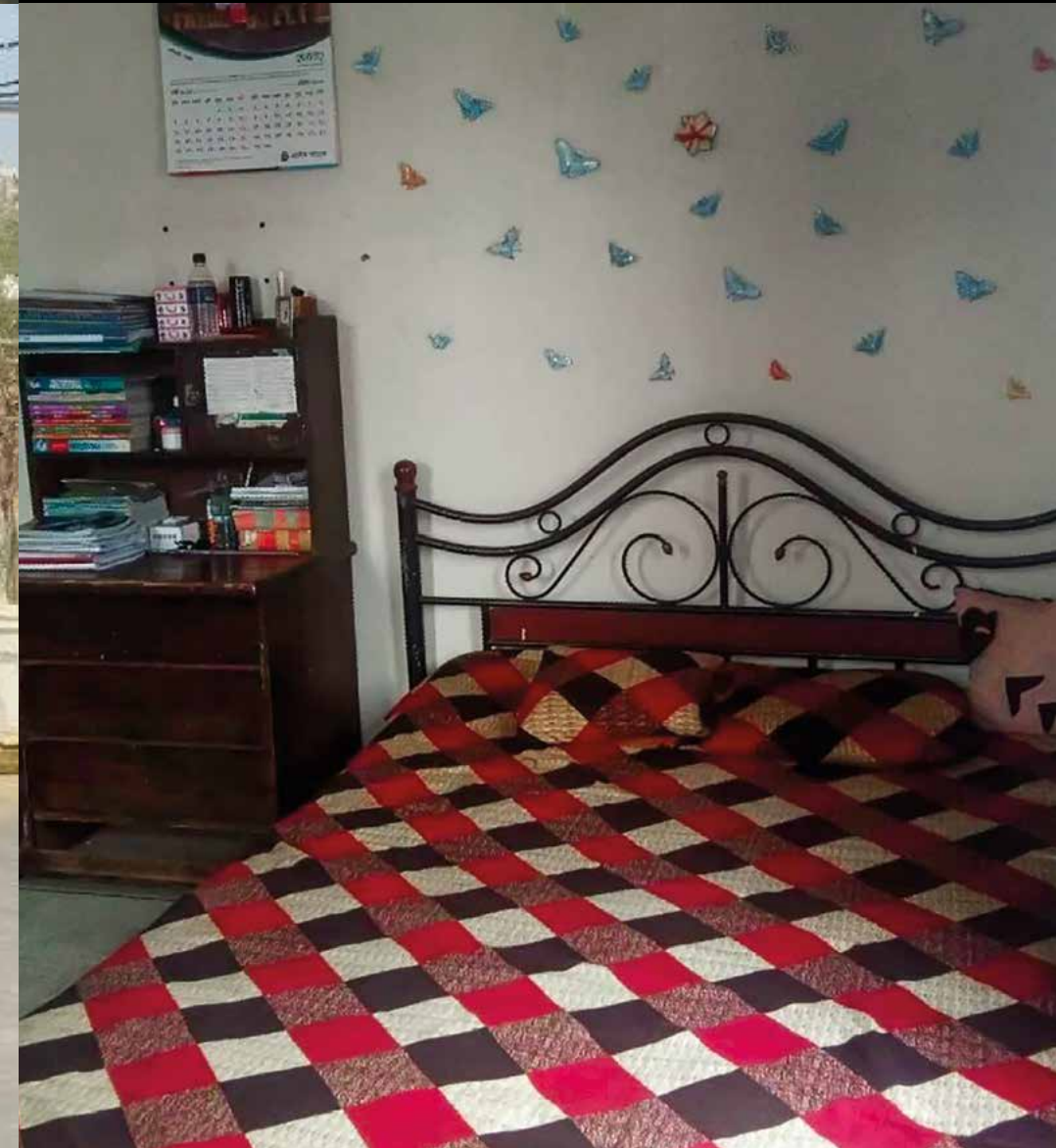
“ All day (from 5am to 11pm) I am under pressure. So I have a garden on the balcony and pass some time in the afternoon there.

—Afrin, 17 years



“ I live on the first floor of a seven storied building. The house is close to the road. Noise pollution and dust is a daily routine here. We also have an electricity problem in summer.

—Zulkar, 18 years





“ Literally there is no playground now. We played mini cricket in the vacant plot but now they are using this space for building.
—Shoeb, 14 years

Leisure

In Dhaka, young boys enjoy passing the time playing cricket. However, as one of the most densely populated cities in the world, there is a lack of green space in the city. In low-income areas, some young people are able to visit nearby parks and playgrounds, but many are only able to play on the streets: “The playground is (far) away from our house. There is no green space to play here” (Forkan, 14–16 years).

In high-income areas, young people have more options of either visiting parks and playgrounds, or going to watch movies in a Cineplex or hanging out with friends in their cars. Diya bari in Uttara Model Town, with its lake and places to cycle, is a favourite leisure spot. Young women described enjoying spending time in rooftop gardens with friends and family. However, girls often have very restricted access to outdoor areas.



What we would like to change

The city faces many problems and issues regarding liveability for young people. Lack of drainage and water logging were described as one of the main problems. Water logging not only hampers young people's daily life but they are also affected by waterborne diseases and face the risk of serious illness such as Dengue and Chikungunya fever from mosquitos.

Young people also need a safer, cleaner and more efficient road network.

The current public transport service is inadequate and unsafe for young citizens. Bus driving is increasingly aggressive in Dhaka with many drivers not having legal licences and failing to follow the rules and regulations. Young people have little faith in the police to address such problems and often feel that there is little point in reporting on street incidents. Young women in particular face police harassment if they try to file cases.

Young people would like safe and secure green spaces and playgrounds with places to sit, water taps and washrooms and separate areas for boys and girls.



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Makhanda*

South Africa

What do we like about living in Makhanda

In Makhanda (South Africa), the young people who took part in discussion and photo diaries of a 'day in my life' said they liked living in a town that had "clean air" where we can "breathe in oxygen". Some young people considered Makhanda to be relatively safe compared to larger cities, which they partly attributed to its small size and a community where "everyone knows each other", although others disagreed and felt unsafe on streets or on their own.

Young people in Makhanda told us they valued their community, which they described as "warm", "nice" and "friendly". One participant said: "the members of the neighbourhood help each other, we look after each other and we protect one another", while another told us that "I like being associated with a vibrant community, I mean people are full of life".

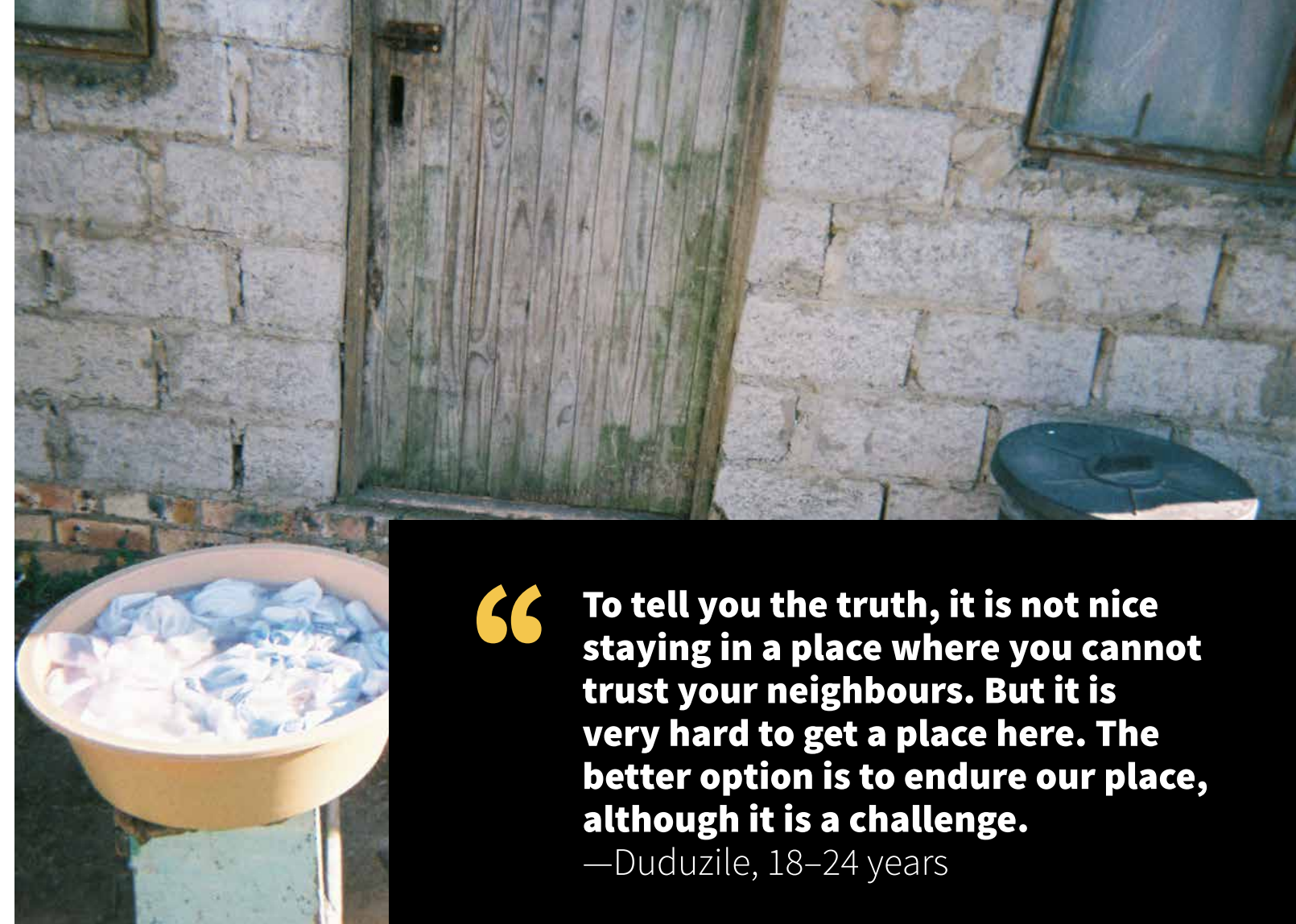
In discussions, young people told us they appreciated that their city offered free education and had social housing. They also liked that Makhanda is a "creative city" that hosts national science and arts festivals, "so we do not need to spend money attending these events in other towns".

*As of 4 Oct 2018, the city formerly known as Grahamstown is officially called Makhanda. This name change is in keeping with the ongoing project in South Africa to remove remaining symbols of a painful colonial history.

Home-life

“Home is where my heart is ... and home is where my people are”. Many young people we spoke to in Makhanda emphasised that family was a source of strength and a place where change begins, reporting they felt a sense of belonging and security when they were around their family members. Many young people live in homes with multiple generations: parents, siblings, grandparents, uncles/aunts and cousins. Grandparents often played an important role in young people’s lives: “At home the relationship doesn’t seem as if we live with our grandparents. It’s like we live with our parents”.

Almost all young people reported they had responsibilities at home. “Niyababona bancinci kodwa banezabo aba zenzayo izinto nabo” (You see they are young but they also have their own responsibilities or things they have to do too).



“ To tell you the truth, it is not nice staying in a place where you cannot trust your neighbours. But it is very hard to get a place here. The better option is to endure our place, although it is a challenge.
—Duduzile, 18–24 years



“ HOME ... this is where my roots start to grow and where my motivation is built ... where everyone has their own space.
—Somikazi, 18–24 years





“ We always eat together. We are about four or five friends. Where? Everywhere. —Duduzile, 18–24 years



Food and water

Many young people interviewed in Makhanda reported they preferred home-cooked meals, as they were “cheaper”, “tastier” and “healthier”. “My grandmother uses our social grant and hers to buy food... We eat African salads, rice mixed with cabbage, potatoes, dumplings”. Many families buy takeaways on pay days and eat at home to save the taxi fare to take the whole family out.

Water is a fraught, political issue for young people in Makhanda. The Municipality’s drinking water supply is not safe for human consumption and is only used for bathing and other household chores: “Long ago, when I was still a toddler tap water used to be clean but now, since there is a water shortage, it comes whitish and brownish in colour like it has mud in it, so we don’t drink it anymore”. Water for drinking is either fetched from spring water or bought in bottles.



Getting around

Most young people we spoke to usually get around by walking. Because of its small size, Makhanda was considered to be “a perfect place to get around on foot” as “everything is a walking distance from each other”. They also enjoyed the exercise they got from walking. However, most school students said they walked to school in groups because of fear of being harassed on their way and some young people also mentioned that they are not comfortable walking at night as there have been cases of robbery. Some also use transport arranged by their parents for safety reasons (for instance a taxi) or if they live further away from school.

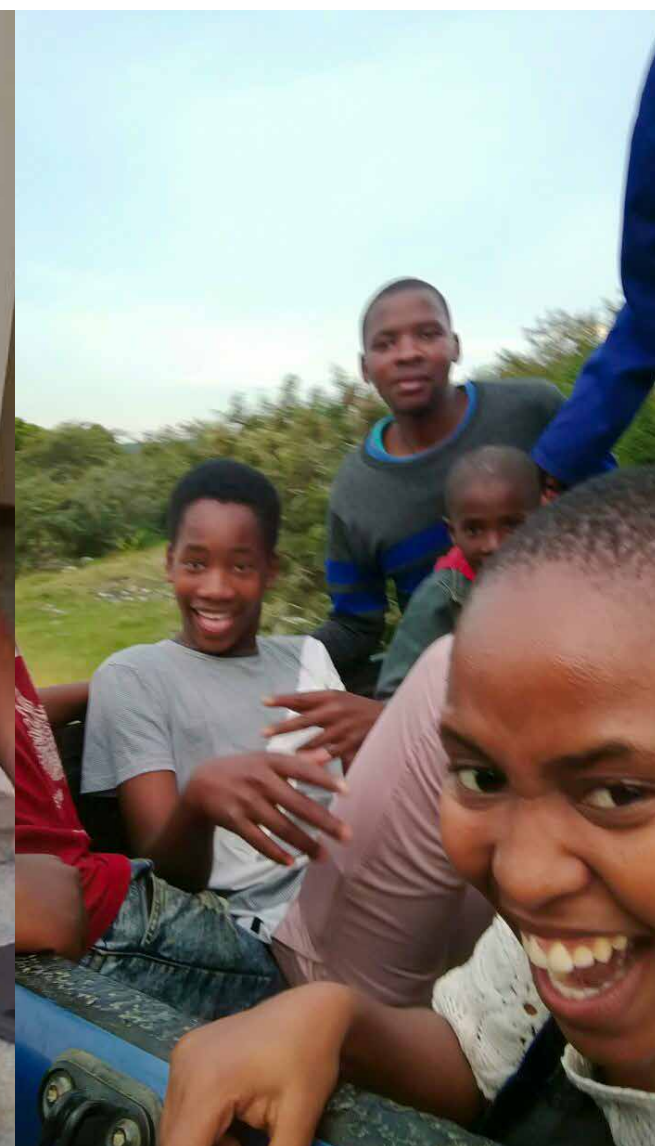
Older participants said they drive around at times, and some aspired to own a car, although they noted that the roads have potholes and the cars are damaged if they move at full speed. These young people also said that they sometimes catch a lift on donkey carts. One participant noted how a recent taxi strike disrupted many people’s routines.

“ When I am coming to school it depends if I have someone to go with. If there are I will walk, but if I do not have anyone I will use taxi since I am afraid to walk alone. —Girl, 12–14 years

Leisure and communication

In their spare time, many young people we interviewed said they liked spending time on their own—reading, listening to music, watching TV, drawing or on social media. Sleeping was mentioned by a number of students as something that they do in their free time. Many also played with their siblings or cousins at home.

Young people also said they enjoyed spending time with friends. There are very limited recreational facilities for young people to go to in Makhanda, so time was often spent “roaming the streets” or sitting on the grass. Several mentioned that it would be nice if they had a mall in Makhanda.





“ I spend most of my time at school learning, reading my books and helping others where I can. I like all the activities we do at school, but I don’t like the fact that our school has a shortage of textbooks and sharing books is a challenge.
—Boy, 12–14 years



Education and employment

The young people mentioned that they spend most of their time reading and studying. There is a good sense of team work among learners and the younger students seem to enjoy the courses that they are doing, with one of the students describing her courses as a “hobby”. Recently there has been no water in the tanks at school, so young people have to bring their own water in.

Some of the young people we spoke to, who had left school, were involved in charity work, volunteering at orphanages and children’s homes. Others were involved in part-time work.



“ I am not working. It is very hard to get a job in [Makhanda]. I did everything to look for a part-time job, but I also think that I am putting an unnecessary pressure over myself.
—Duduzile, 18–24 years

What we would like to change

In Makhanda we asked young people to imagine they were designing a brand new city, with an unlimited budget—what would it look like? These are some of their responses:

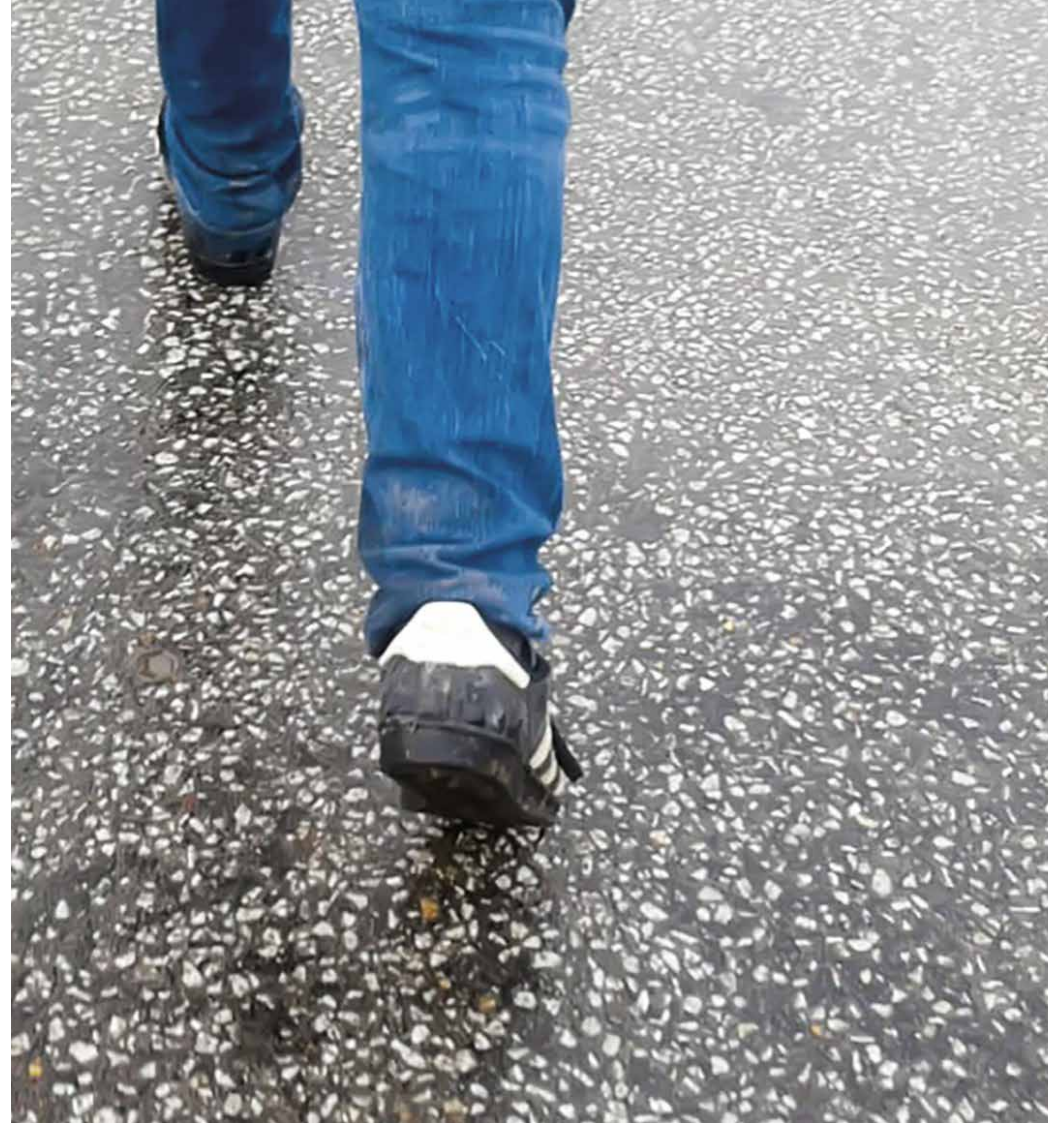
“I would like to create a lot of jobs because there are shortages of job opportunities and an increase in crime. If there are jobs created, people would get jobs and decrease crime, especially in youth” (Girl, 12–14 years).

“I would have a clean environment without land pollution and remove and clean up the dumping sites” (Boy, 12–14 years).

“I would like each and every house to have a water tank. ... And all the roads in every street should not be gravel where people live, as dust is too much” (Boy, 16–17 years).

“I will build a multi-racial city with equal housing where all the locations have the same housing plans” (Girl, 16–17 years).

“It should be a green city with more trees, which will use more public transport ... and fully resourced public libraries” (Boy, 16–17 years).



RHODES UNIVERSITY
Where leaders learn

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Jagdamba Camp

New Delhi, India

What do we like about living in Jagdamba, New Delhi

For many of the young residents who took part in this study, Jagdamba Camp simply “feels like home”.

Located in central New Delhi right next to the wealthy and influential mall district of Malviya Nagar, this Camp is valued by the young people we spoke with as a source of community support and encouragement to pursue their personal aspirations.

When asked what they liked about the camp, many reported that they enjoyed the time people spent together, especially the sense of unity that comes during festivals when people “celebrate with each other”.

Although there could be disagreements among residents, young people said they also valued the “mutual respect” for each other within the community.

Home-life

Young people considered the people they lived with to be the most important part of their home life, including their parents, siblings, grandparents, uncles and aunts. However, some participants spoke about frequent fights among family members which could disrupt the peace of their home: “for me, understanding between the family members and a sense of equality is extremely crucial in any family, which is not always present”.

There was also gender disparity in the sharing of household work. Most of the household chores are done by women, often without recognition. As one participant said, “Household work is not considered work, even when it is a lot of work included like washing utensils, taking care of children, cleaning the house and making food”.



“

I love the bond that we all share as a family. Regardless of the fights and arguments that we may have, everyone gets together during the time of need.

—Girl, 18 years



“ **One meal is cooked during the afternoon and the other at night. Breakfast is usually tea and bread with biscuits.**

—Boy, 14 years



Food and water

Most meals in Jagdamba Camp are eaten at home. It is a largely vegetarian diet. Breakfast is often chai with toast, and lunch and dinner is mostly rice, pulses, and vegetables. Because many members of the community are on low incomes, they get their food from ration shops which provide staples like cereals at discounted prices. Meat tends to be eaten every other Sunday.

Young residents of Jagdamba Camp spoke about several problems accessing food. Girls described having less access to food than their male siblings (for instance, no milk). School lunches are available, but many young people did not want to eat them because of their poor quality (“it sometimes has insects in it”). Young people also said they sometimes missed dinner, as it was not eaten until their father came home from work—which was sometimes as late as 10pm, after they had gone to bed.

Some young people reported that food prices in the Camp were thought to be higher than outside the community, because shopkeepers know that people do not want to travel to get their food.

Access to secure drinking water is an ongoing issue in Jagdamba Camp. The Camp originally grew up around a drain and the open drain and flooding continue to pose risks. The community shares communal taps which are turned on for some periods of the day.



“

**As a girl I’m
not usually
allowed to go
on my own.**
—Girl, 16 years



Getting around

Young people in Jagdamba Camp say they use a variety of private and public transport to get to work and to school. Many of the older participants had bikes, although there is little space to store them in the community, and there are concerns about theft if they are left outside the camp.

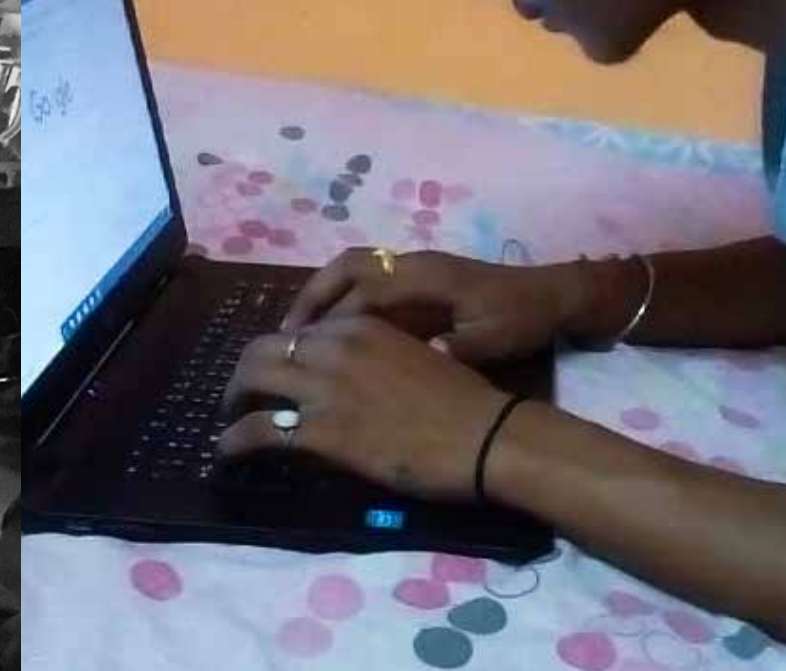
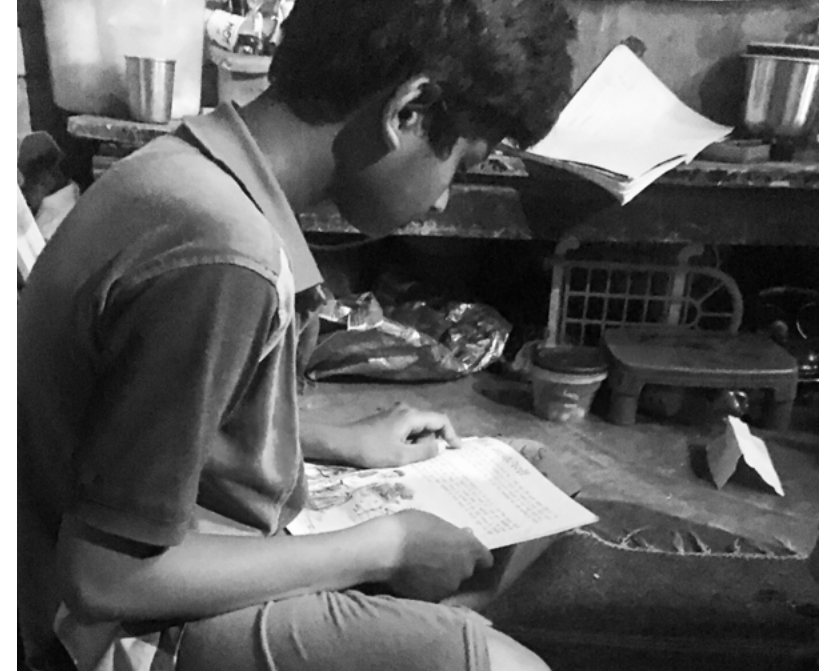
Women tend to walk and there is a growing concern about women’s security. A lot of young people were of the view that women could not drive, but noted that some women were starting to ride bicycles. Young girls were especially restricted in their mobility, and were “not usually allowed to go alone” or had to “go everywhere with my mother”.

Education and employment

Many young people in Jagdamba Camp have high aspirations for their future. They spoke about desires to be teachers, photographers, singers or dancers. One we spoke to was planning to change schools so that they could get a better education. However, drop-out of schooling is a significant issue for the community. Sometimes this is because of illness, but also poor nutrition can make it challenging for children to concentrate.

Many young people were also employed in addition to their study. Boys often worked in nearby offices until late at night, and several said that they also had to travel for up to an hour a day to get to the better schools or job opportunities.

Younger girls also participated in housework: “sweep, clean, wash utensils, cook food, fill water”.



“ We want to continue studying. Opportunities can be found in Delhi itself but like an hour or so from the Camp.

—Boy, 17 years

Leisure and communication

Leisure time is often spent inside the house watching TV, eating, or playing carrom (a card game). In all focus groups, young people spoke about enjoying “sleeping” as a way to relax and had many naps throughout the day. Young boys also spent a lot of time “roaming around”, often to nearby parks with their friends. The older cohorts described meeting up with friends to go shopping, to eat out or just spending time together in well-known places in Delhi.



“ Often we roam around. We go out with our friends to places like India Gate and enjoy our time.

—Boy, 13 years

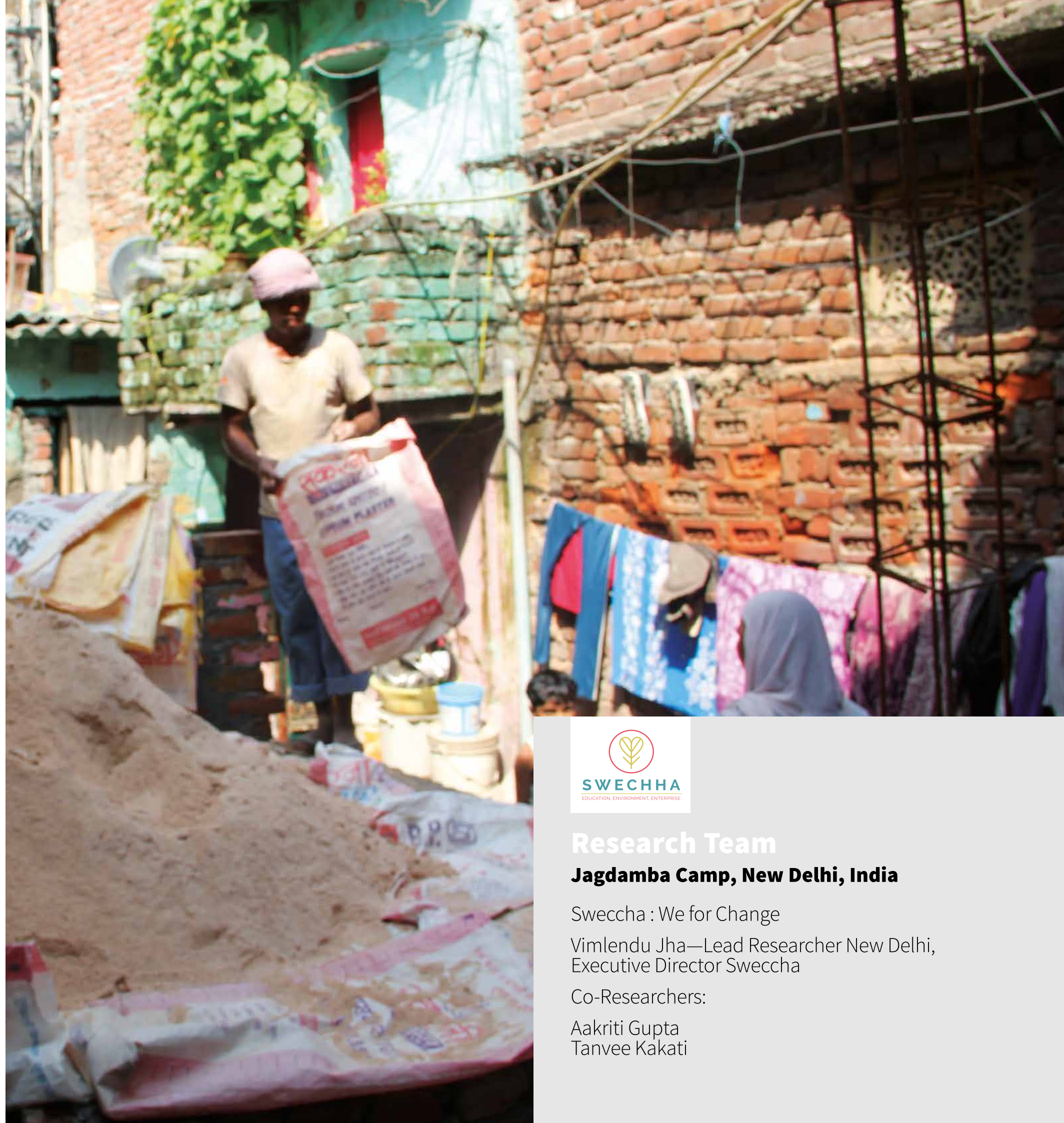


What we would like to change

Young people were concerned about the number of alcoholics and drug addicts in their locality, many of whom would steal car parts to support their addiction: “usually they steal the lights, tyres and brakes to sell them, and get money for alcohol”. Alcohol and drugs were also easily available: “these days even the children know about every form of intoxicant which is available in the market”. The older participants felt a personal responsibility to speak to the young men (and to their parents) who were involved in drinking and taking drugs about what they were doing: “Nobody listens to us when we try to tell them they should not do it. They become argumentative and begin fighting”.

The dirtiness of the streets in Jagdamba Camp was a further concern. Young residents often contrasted the “messy” streets with their hard work to keep their own houses clean: “I clean the house in the morning after my sisters leave for school and then fill water. I clean the dishes and prepare breakfast and lunch. I do some reading, sleep, watch TV, cook dinner, do cleaning”.

Recently there have been demolitions of houses in Jagdamba Camp, which are part of ‘in-situ upgrading’ initiatives by the Delhi Development Authority. Young people in Jagdamba Camp were initially enthusiastic about these schemes, as a way to solve some of the drainage problems within the Camp and create some more room (“an open area to breathe”). However, the rubble from the demolished buildings was never cleared and in some cases made the waterlogging worse. Young people’s excitement has been replaced with frustration at what can be done now.



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Lambeth

London, UK

What do we like about living in Lambeth

Lambeth is an inner-city area in South London that reflects both the challenges of inequality and opportunities for promoting wellbeing that many established post-industrial cities experience. Lambeth has a young population with an ethnically diverse profile and a mix of deprived and affluent neighbourhoods. It has several distinctive neighbourhoods, including Vauxhall, Brixton and Clapham and in spite of its population density, has a number of parks and open spaces.

The young people we spoke to in Lambeth liked the large local parks where they can play and relax, but also valued the smaller green areas near where they live. For them, green spaces were not just visually appealing within the heavily built up, congested streets, but also important as sites where they could socialise, meet friends, play games and access free entertainment. They also appreciated the variety of ways they could get around the city—such as bus, tube, car and walking—and found much of London easily accessible. They explained that everything they need is close by in Lambeth, not only the parks, but supermarkets, other shops, and forms of entertainment. They felt that Lambeth has the advantage of being close to central London, yet the parks help to make it feel less like living in a big city.

“

It's a good thing I like about this area too is the chicken and chips shop. Kids, they go to the park and then they're hungry, so it's a good thing that there's a chicken and chip shop right there, so then people can get fast food very quickly. It costs like £1, otherwise, it's like £2 or £3 – way higher, can't afford that.

—Bob, 12–14



“

I like to actually grab something fast, and the Starbucks is just across from my station. So, I actually order it from my app, and by the time I get there, it's already done, like that. I get it, and I leave.

—Andrew, 18–24

Food

Lambeth is an ethnically diverse borough and its food shops, markets and restaurants reflect its cultural diversity. Having a variety of food from around the world available locally was something which the young people we spoke to and their families, valued. The borough also has a large number of fast food takeaway restaurants, with most of the schools in Lambeth being within 10 minutes' walk of at least one of these. Many of the young people told us that they regularly visited takeaways because they were convenient, affordable and the food was enjoyable. They were also important as places where they could enjoy independent time with their friends. Eating out at restaurants in London is very costly, so most of the young adults shopped for their food at large local supermarkets, and cooked at home.





“

That is Xbox, video games ... So I like playing Xbox. The top one is the new one, I mostly play on the X-box 1, it has better games. Something important, in my house, is keeping my house tidy.

—Sophie, 12–14



Home-life

Finding suitable and affordable housing in Lambeth is a particular challenge for young people. Nearly all of our younger participants lived with their families in flats within tower blocks, while the young adults rented rooms within shared flats. Living high up gave them interesting views of the city, and helped them to feel connected, not only to their local community, but to London itself. They also liked it when members of their immediate community, from their own tower block, got together to have social events like barbecues. Having their own personal space in their homes was important to them if that were possible—for the younger participants this might be a space where they could play on their games consoles, or watch TV. Some of the young adults talked about the items they had in their homes which held sentimental value for them, such as books that friends had given them.

“

So, this one is the view from my building, and you can see, like, that is a community centre that's right next door, then you can see Elephant & Castle and The Shard—I just think it's quite a nice view. I see it, like, every day when I go home. Yes, it's just quite typical of Lambeth, I think, that you could see all of that just from, like, the first floor of my building.

—Alice, 18–24

“It’s actually a struggle sometimes because you don’t know when cars are going to come in and out and it’s a huge struggle it’s very annoying.
—Yao-sama, 12–14



“So, to get from Streatham to Brixton, it’s not a long trip, so it’s actually quite quick as well, so yeah, and everywhere’s just easy to get to.
—Addie, 18–24

Getting around

Transport for young people in London is either free or discounted. The young people of Lambeth have a number of options for getting around the borough, and the city, including walking, cycling, using the underground, trains and buses. eCars and taxis were rarely used by our participants because of the easy access to public transport. The young adults, who mostly worked in central London, usually travelled by tube, however the London underground can be very busy and uncomfortable so some preferred to walk when the weather is nice. The younger participants usually took the bus or walked to get to school, although sometimes the traffic makes the buses late and the roads difficult to cross so they are late for school.

Several of the younger participants had travelled to other countries including Tanzania, Portugal, Saudi Arabia and Ethiopia during their school holidays in order to visit close family members who lived there. Most of the young adults were unable to afford to travel for holidays.



“I took this photo because I got stuck on the tube for 25 minutes underground, one of three big delays, none of the trains were running. —
Emma, 18–24





Education and employment

Several of the younger participants felt that the local schools varied in quality, with some of the schools having problems with fighting, crime, gangs and cyber-bullying. They recognised that they need a good education in order to get a decent job, but didn't like that they sometimes had to travel a long way to get to a good school. They appreciated some of the local opportunities for extra help outside of school to help them towards improving their chances of obtaining decent work in the future. Of the young adults who were working, all but one travelled to central London for work. This was partly because they felt there were few locally available employment opportunities, but also because they couldn't afford to live in central London.



“ Brixton is one of the most cultural places in England and basically there are lots of cultures like African cultures and stuff.... We go to Brixton market any time, it's very party-ish – it's very expensive as well. One or two cupcakes costs £5. —Totoro 12–14

“ This park is the perfect park for me — it has basketball courts, trees, and benches. There is a playground right outside my house for kids... which is perfect. I love it, that it is just outside my window. —Alex, 18–24



Leisure and communication

A lot of the young people's leisure time revolved around the parks in the borough, with those of all ages meeting friends there to play sports, walk or simply relax. They appreciated that Lambeth Council puts various community events on in the parks, and especially that these were mostly free to attend. Young people in Lambeth also connect with their friends through technology, using their mobile phone to access WhatsApp, Instagram and Facebook, but also connecting online through their games consoles. Most of the young people we spoke to said that they liked to go shopping with their friends as a social activity, quite often going into central London, but also to local markets, such as the ones at Brixton. The young adults particularly favoured Clapham for nights out, but also often socialised in bars in central London after work.

What we would like to change

Lambeth is a diverse urban area, with easy access to other parts of London. The young people we spoke to were generally pleased to be living there and found it hard to think of things they would like to change.

One complaint, however, was that Lambeth, and the rest of London is very busy and noisy and they recognised that air pollution is a problem which needs to be addressed. They also commented that the "busyness" of the city, and the effort involved in getting around it was also very tiring. While they felt that things had generally improved in Lambeth, many of the young people expressed concerns about crime in the borough, and the city in general, and were concerned about what it meant for the status of their community that so much crime was reported in the media.

The young adults did not feel that they had much say in what the local council did for the community, but also acknowledged that they should become more personally involved in community activities. The youngest participants wanted the schools to improve so they could have a chance of getting a good job, and the older participants were aware of the competition for jobs, leaving them feeling uncertain about their future employment.



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São Paulo

Brazil

What do we like about living in São Paulo

Many of the young people who took part in the focus groups and photo diary exercises in São Paulo, felt positive about their communities and the places where they live.

For many young respondents we listened to, family and community was considered a “source of refuge” and of “warmth and security”. Conviviality with friends was also highly valued, as well as the complicity, pleasure and gratification of “playing, talking, joking”, having “fun”, or just sharing “moments” and important experiences. Our respondents valued friendships and pointed out how much they helped them in building a sense of identity and a feeling of inclusion and belonging.

The people who took part in the focus groups also said that they valued having the things they need “close by”, which revealed that they value a sense of “ease” primarily related to convenience, practicality, autonomy and optimization of their time in everyday life, rather than sustainability per se.

Home-life

The family was considered the main “emotional bedrock” for many young people we spoke to in São Paulo. Regardless of age or social class, many expressed a strong appreciation of time spent together with the family.

Most young people in this study lived with their families, and for young people from lower-income areas, family also includes grandparents, uncles and cousins. The idea of being financially alone raised many fears and insecurities. Even older participants said they had no intention of leaving their parents’ house due to financial insecurity.

Within an intergenerational home, bedrooms were described as the main place of refuge, despite the fact that some participants shared them with siblings. Bedrooms tended to be the favourite space of the house for ensuring greater tranquillity, freedom, and privacy.



“ Without my family, I am nothing. ... With my daily rush, I can’t see my family as much as I like, but we always find a way and an hour to touch base with each other.
—Jorge, 19 years



“ I like my room because there’s my bed, my computer, my router, my TV. That’s where I lock myself: I close the door and no one will be nagging me. I can think better, you know?
—Julia, 16 years

“ In the working days, I feed myself. During the weekend, I eat.
—Jorge, 19 years



“ Food to go—a healthy routine during weekdays.



Food and water

In the São Paulo study, younger participants said they mostly ate food prepared by their mother at home and that, in itself, carried a perception of being healthy.

Older groups (18–24 years) reported that, in the rush of their daily routines, they tended to feed themselves on what was “available” by having most meals outside home on the go.

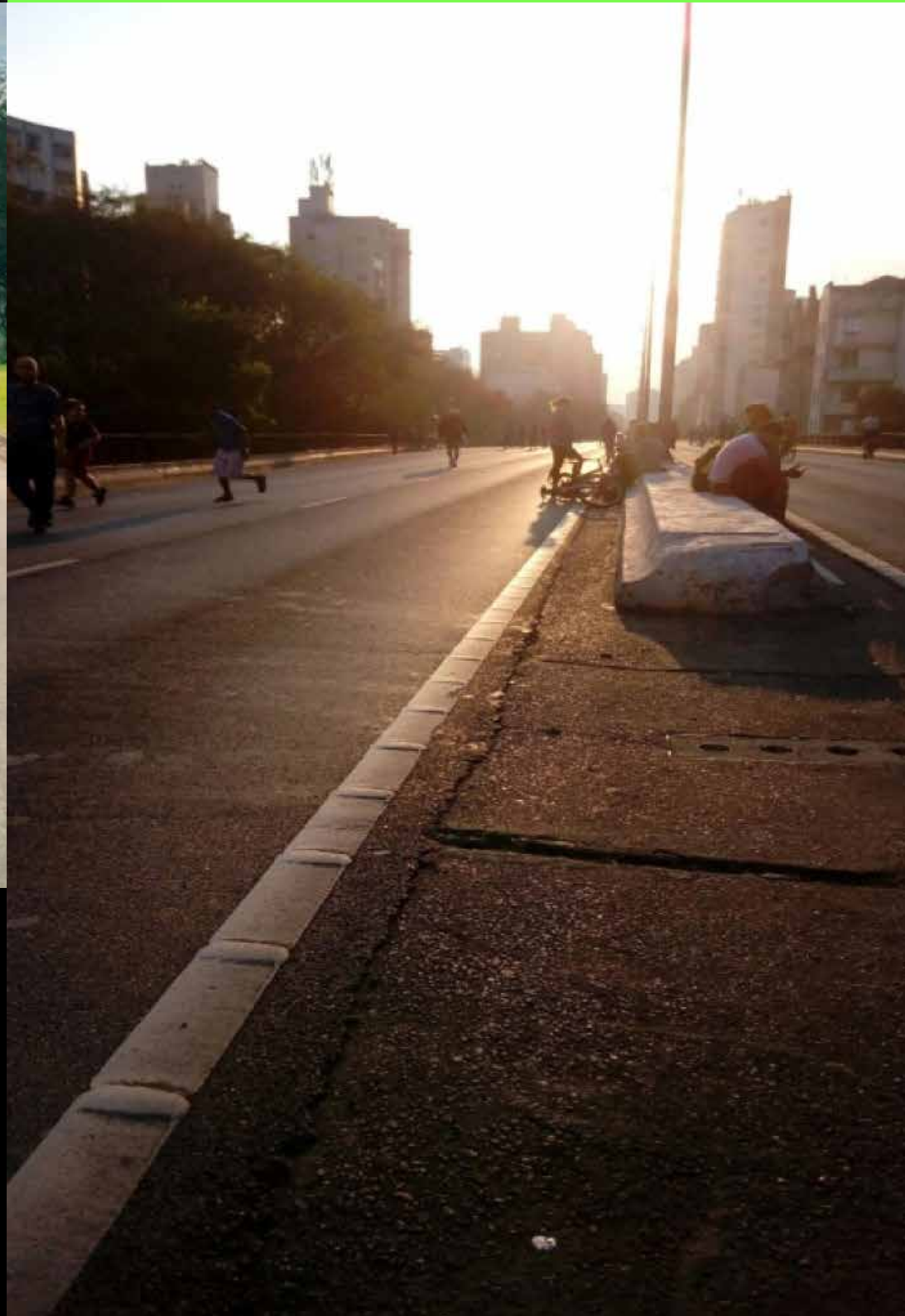
During the week, many also said they tried to seek a more balanced and healthy routine. On weekends, food has a more special focus (social and self-indulgent) and is often shared with friends.

In 2014, São Paulo nearly ran out of water in the region’s worst drought in recorded history. Since then, the risk of another water crisis in São Paulo has stimulated some changes in habits which some young people spoke about: less time-consuming baths, closing the shower or tap while using it, and reusing water within the home.

“ After the water crisis in São Paulo, my home was readapted. All bathrooms have a relief in the shower so that the water runs all the way to a corner. The gutters, all have a barrel ready to collect water on rainy days, and all washing water is reused.
—Jane, 18–24 years



“ The quality depends very much on the place you’re going, on the region you live in. In the periphery, it always lacks infrastructure. At night it is even more dangerous because there is much harassment. —Bárbara, 17 years



Getting around

Young people, for the most part, were supportive of public transport, given that it has the potential to be fast, practical and to not pollute the environment. However, the most frequent users of public transport complained about the available infrastructure and security. Buses were said to encounter too much traffic and have old fleets, and the excessive heat on board bothered young people.

The subway and train services are not integrated, do not serve many neighbourhoods, and are very crowded at peak times. Among the female participants, there was also concern about sexual harassment.

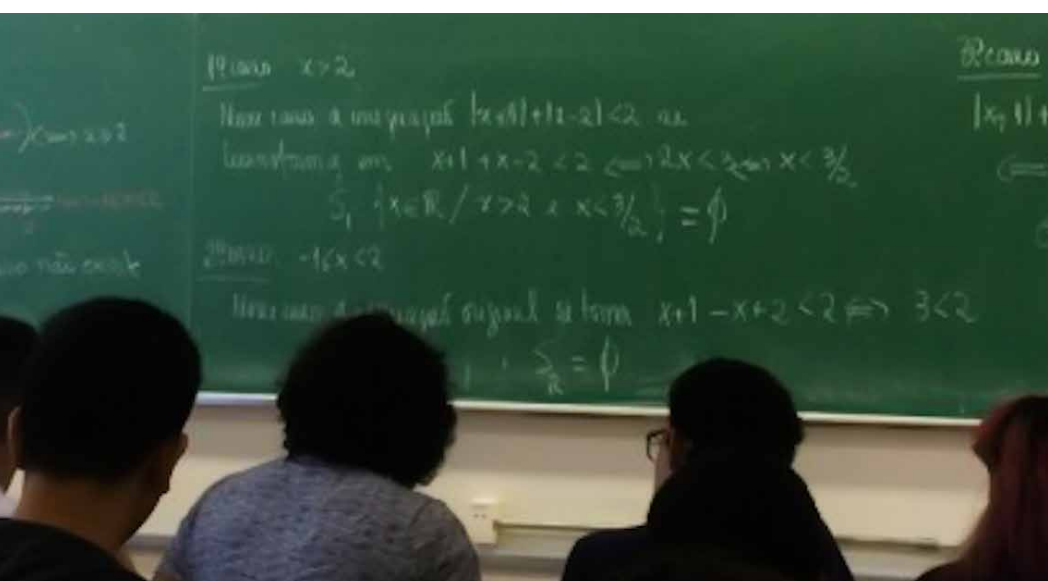
Many would like to ride a bicycle, and some have even tried. However, it brings fear and a sense of vulnerability due to the aggressiveness of traffic, and the risks of being run over or robbed.

“ Bike is very cool, but for sightseeing. There’s a lot of hills in the city and it’s dangerous. You can only use it in the park. —Marina, 16 years

Education and employment

School and college played a significant role in the daily lives of young people we spoke with. Education is considered a pivotal instrument of formation, which will bring socio-economic growth and professional achievement. It is a source of joy due to the stimulation of creativity, development of bonds, friendships, idea exchanges and the sharing of experiences. However, difficulties were pointed out by participants: rigid hours, bullying, duties, overwork, and homework.

By age 18–24 years, many young people also spoke about an arduous accumulation of tasks, and they considered their routine very exhausting. They spoke about finding it hard to reconcile college, internships, employment and maintaining relationships with their friends and family.



“ It frustrates me to wake up so early, but it prepares me for life. It guides me, gives me a base, and helps me to be a better citizen. —Beatriz, 16 years

Leisure and communication

The cell phone, along with the internet, occupies essential space in everyone's daily life. It plays the role of being a social connector and a window to the world. Especially among the younger cohorts, who said they did not have the autonomy or “independence to go out”, there was a strong attachment to their cell phones, described by some as “a love story”: “I look at my cell phone every 5 minutes. I cannot imagine the world without my phone, it would be very, very sad” (Nara, 15–17 years).



“ With friends, we do not have bad weather. When we go out, anything becomes the funniest thing in life. —Camila, 18 years

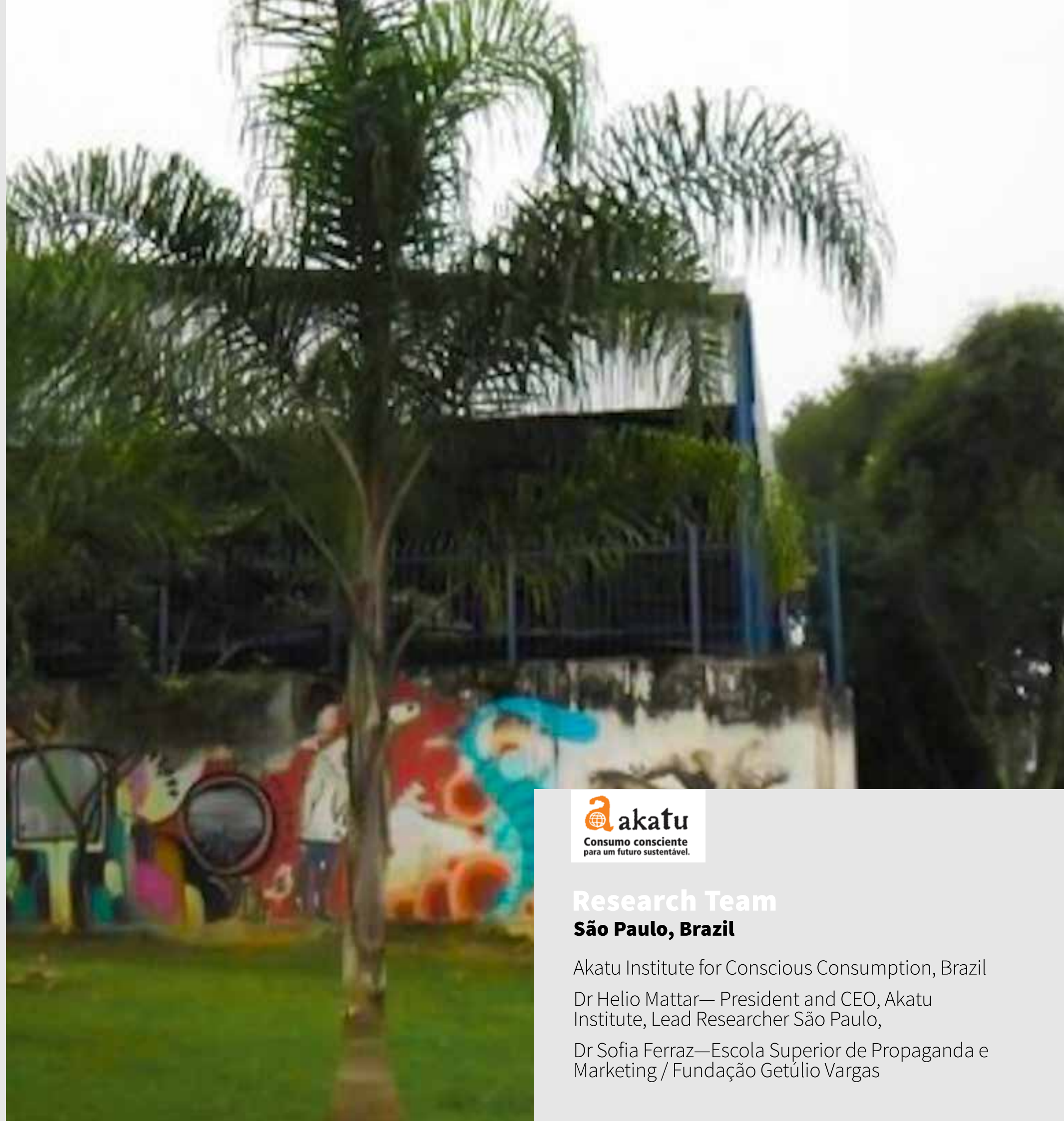


What we would like to change

Many young people we spoke to said they were frustrated with the increase in crime in the neighbourhoods of São Paulo where they live. This was a recurrent theme that caused discomfort and a sense of vulnerability:

“I like to stay in the street. I’ve known the neighbourhood since I was a kid, but nowadays I cannot be calm... there is a lot of robbery and assault. The other day, they even stole my bike”. “My mom won’t let me go out alone, she says I’m a child and it’s dangerous... it is impossible to walk at night in the neighbourhood”.

A reported dissatisfaction with housing amongst our study’s young respondents was also linked to the increase in crime in local neighbourhoods. Young people we interviewed from wealthy and medium–low income communities all valued living in condominiums because of the security it offered and of the social interaction it brought with friends and family, as well as leisure opportunities such as playgrounds.



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Yokohama

Japan

What do we like about living in Yokohama

Japan's second largest city, Yokohama, became an 'Environmental Model City' in 2008 to 'pioneer environmental action' in Japan. But for many of the young people we spoke to in this study, it was not the wider city environment they valued most, but their family and friends. With busy lives, long commutes, and significant study pressures, it was often time spent with their immediate family in shared meals that young people talked about when asked what they enjoyed in their lives: "I get home early, well, at 7:20. Usually, my dad won't be back home so I eat with my mum and my little sister. If we end up eating later, we wait for my dad to get home and then eat together from about 9".

They also liked playing online games and talking with friends through the internet, especially using LINE and sometimes twitter. These young people of Yokohama are growing up in an ageing population, with just 13 percent of Yokohama residents aged between 12–24 years.



Food

Breakfast for young people in Yokohama is usually rice, noodles or bread, often eaten alone “because I leave home first” or “because my parents already went to work”.

Interviewees told us that they tended to eat their lunch with friends, although some ate alone, listening to music through a headset. Dinner was usually eaten with their family (but often without their father, who would come home late from work). Young people mostly eat what their mother cooks or prepares.

There was a strong appreciation of food amongst the young people we spoke to. Images of “ideal meals” are “delicious”, “warm”, “well-balanced” and “healthy” and meals were with “a lot of people”.



“ Lunch is a bento. Always a bento. Mum makes it and packs it. —Mirai, 16 years

“ To me the ideal breakfast is warm miso soup, warm rice, grilled fish, nori, then it is perfect. Oh, and pickles.—Hikaru, 16 years

“ This is quite different from my ordinary breakfast. My mum made this breakfast to be shown to others! —Ai, 13 years



Education and employment

Among the young people we spoke to, several lived in other cities and commuted into Yokohama to study. These students got up early in the morning, often between 4:30–6am. The school day runs from 8:30am–3:40pm. After school, most young people attend clubs for up to 3 hours (for instance the literary club, maths club, tennis club, or photography club). Many also attend a ‘cram school’ in the evening, which can go until 9pm. If they have the evening off from cram school some said that they studied at home until late “if I don’t lose to temptation”. Participants reported going to bed between 11pm and midnight, and had a relatively short sleeping time of 6–7 hours: “There are times that as soon as I’m home I fall asleep, but then it’s like my body is sending a signal to wake me, as a bit before 4am my eyes will open and I’ll study a little, but I’ll keep falling asleep”.

There was a strong belief among young people in this study that it was important to study and to “do my best”. When asked about their lives in 10–15 years, young people spoke about aspiring to “break free from such a constricted view” and not to work for a “typical company”. However, they also worried that they would be “probably working at some company as a corporate slave”.

“ School finishes at 3:50 and cram school is from 7pm. In between that I revise for cram school, depends on the day. —Aki, 15 years



“ The Keikyu stops at the closest station, I walk from there. When I’m walking the morning light is still a bit dark.

—Hikaru, 16 years



Getting around

The commutes of young people in this study varied significantly, with some commuting up to two hours each day to attend school in Yokohama if they lived in another city. Often they left home while it was still dark at 6am to get to school in time for morning revision. Most students use the trains, but some go by bicycle.

Our participants said that they were mostly satisfied with the state of transport in Yokohama, but did not like how crowded the train could be. They also joked about wanting a “dokodemo” door – a door that will transport you to wherever you want to go, from the well-known children’s manga/anime, doraemon.



Home-life

Young people in Yokohama talked about wanting “more comfortable housing”. Some housing was cold in winter. One student, for instance, said they wanted “floor heating because then people won’t know that my parents’ salary isn’t large. The house doesn’t get much sun, when you go down to the ground floor in winter it can be colder than it is outside”.

Participants also spoke of wanting “more space” so that they could “live comfortably”. They also wanted “a soundproof room” so that “you can sing ... I usually play music on my phone, anything is fine as long as you can sing to it”.



“

At home I play music and games on my phone, or I research about lots of animals and things. I also watch basketball and tennis videos on youtube.

—Hiro, 15 years





Leisure and communication

Many young people in the focus groups had smartphones, and several had their own laptops and favourite game machines. There was a desire among many participants to have their own PCs or tablets. Many were active on social media, and regarded it as a crucial way of connecting and communicating with friends from home, using LINE, Twitter and Instagram. Young people also spoke about enjoying watching TV and reading manga on the internet.

For young people in Yokohama, there are few opportunities to meet up with friends and spend time with them other than during school time. How people related to one another was brought up as a concern for participants, especially “the proper distance” between people. For instance, one participant explained, “I’m the type of person who likes to keep a proper distance If you get too close to new people you can show too much, and see too much of them. So I stay a step back”. They also spoke about the difference between people’s “personality” in “real life” and on the internet.

“ I go home after clubs, I probably get back around 8, then I have about two hours free. I do things like eating dinner, having a bath, watching TV, listening to music, playing games. From about 10, if I don’t lose to temptation, I’ll study.

— Yuma, 15 years

What we would like to change

One concern raised by young people was of the differences they observed within their city. While they admired some of the wealthy districts, they were concerned that infrastructure in other areas could be “quite run down” or “dirty”, especially at some train stations. They expressed a desire for their city to be “clean”—the air and the environment—and that parks and “greenery” would be preserved as the city developed. They worried that further automation might leave behind those without the “know-how” and that there might be a “lot of homelessness”.

Young people also spoke about desiring more “freedom” in their lives and a less “restricting” society. There was a desire for a society where different “sorts of people can get on well” and have “greater interaction”. They also hoped that when “the ‘pressure-free people’ stand at the top” (the generation educated under the ‘pressure-free’ system from the 1980s onward) they would create a freer society and “people like me will be free to do what we want”.



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Next Steps

This celebration of young urban lives is part of the wider CYCLES project which is exploring how we can support youthful flourishing within the limits of our planet.

The next steps in our research will develop the insights of this ‘a day in my life’ study, in papers, books and short films directed by award winning film maker Amanda Blue. What we have learned from this study will also inform a wider survey of young people in our seven cities to understand their wellbeing and consumption across five domains (mobility; food, water and waste; home-life activities; education and employment; and leisure and communication) and how our communities can support them to live well, in sustainable ways.

If you are interested in finding out more about the CYCLES project, we’d love to hear from you.

Contact

To sign up for regular CYCLES and CUSP newsletters and updates please contact: info@cusp.ac.uk. Find us online: www.cusp.ac.uk/CYCLES



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Most importantly we would like to thank all of the children and young people who took part in our research and produced the images you see here. Without their participation this exhibition would not be possible.

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Prosperity Matters | A prosperous society is concerned not only with income and financial wealth, but also with the health and wellbeing of its citizens, with their access to good quality education, and with their prospects for decent and rewarding work. Prosperity enables basic individual rights and freedoms. But it must also deliver the ability for people to participate meaningfully in common projects. Ultimately, prosperity must offer society a credible and inclusive vision of social progress. The over-arching goal of CUSP is to contribute to that essential task.