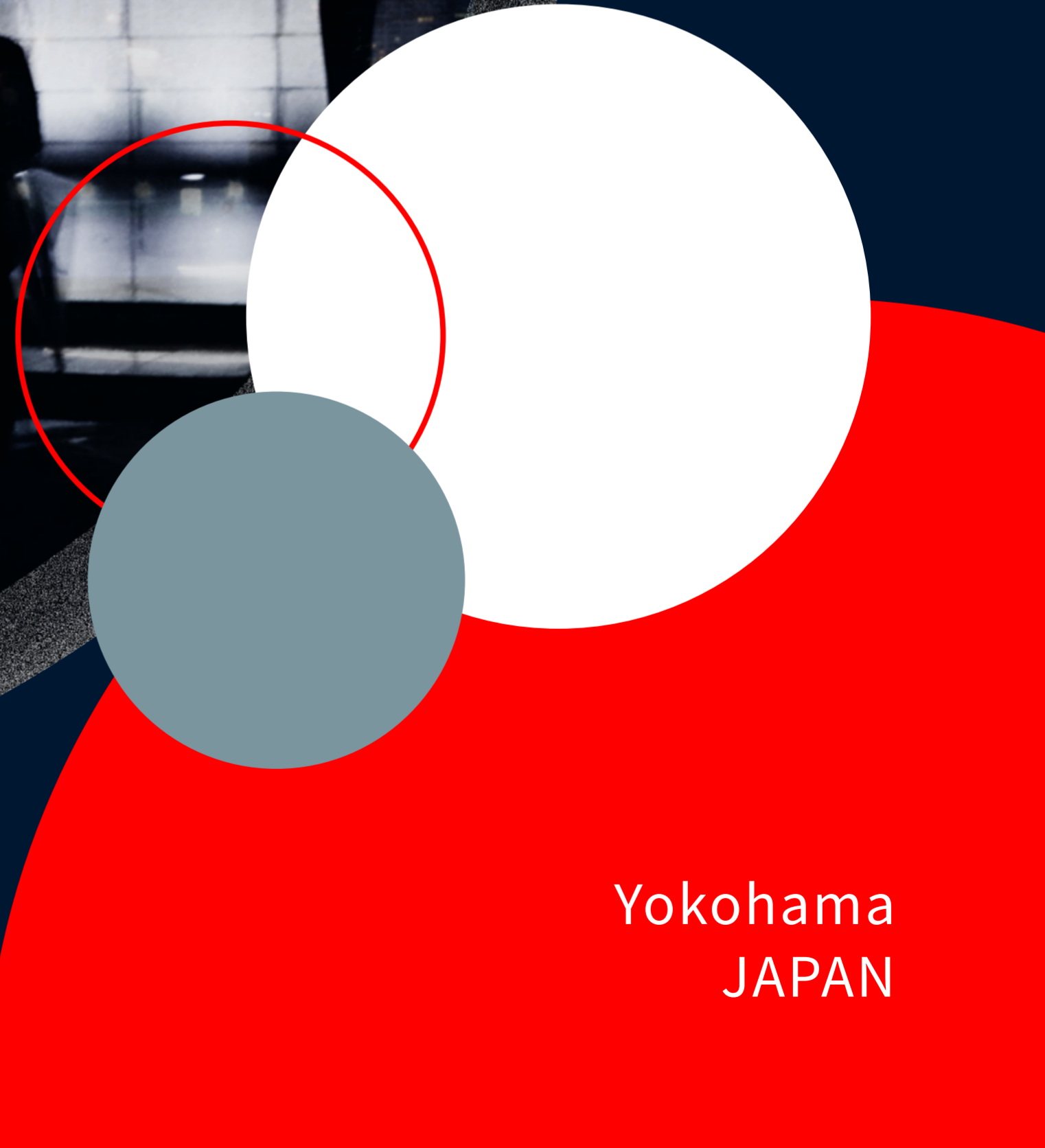


CYCLES



Young Lives in Seven Cities.



Yokohama
JAPAN

The project.

Children and Youth in Cities: Lifestyles Evaluation and Sustainability (CYCLES) is an international research project based in seven cities that span six continents: Christchurch, NZ; Dhaka, BD; Makhandha, SA; London, UK; New Delhi, IN; São Paulo, BR; Yokohama, JP. It seeks to understand the urban experiences and ideas for living well within environmental limits of young people aged 12-24 living in these diverse cities.

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The city.

Yokohama was selected as an 'Environmental Model City' in 2008 to "pioneer environmental action" by cities in Japan. In an ageing population, just 13 percent of residents in Yokohama are aged 12-24 years. Yokohama reflects the challenges and opportunities of an affluent industrial city, which has undertaken major infrastructure changes to transport, retrofitted industrial areas, and set stringent emissions mitigation targets. However, Yokohama is also experiencing the problems of a decoupling of youth wellbeing and development. Japan is the world's third biggest economy, but rates of relative poverty have risen over the past three decades, particularly among young people. Mental Health and wellbeing remains a challenge for young people in Yokohama and in Japan more widely.



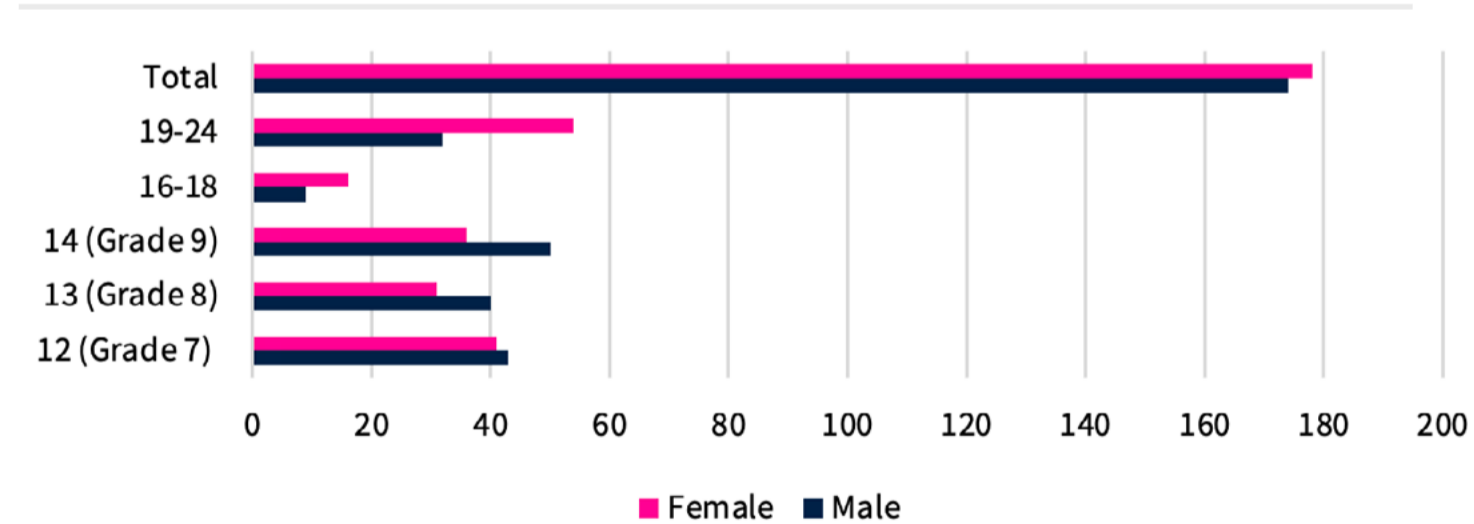
The survey.

The Yokohama CYCLES survey was carried out between 14 and 16 March 2020. It surveyed 353 young people aged 12-24 about what it was like to live in Yokohama, their wellbeing, and their lifestyles.

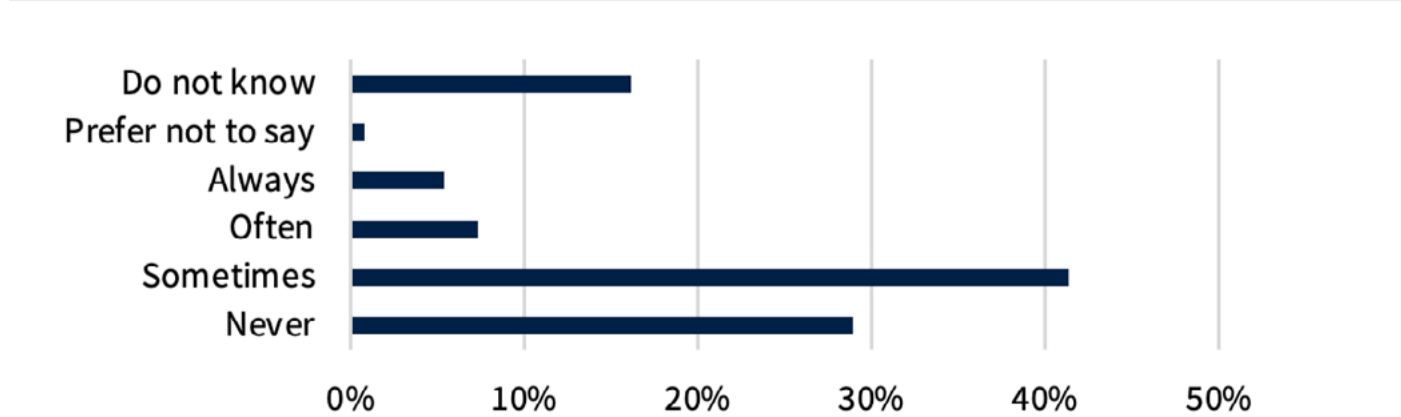
Of those surveyed, 68 per cent were junior high students and 51 per cent were female.

Recruitment for the online survey was through a private research company. Junior high school students were recruited through their parents and older participants were recruited directly.

Survey participants age and gender



Worry about money

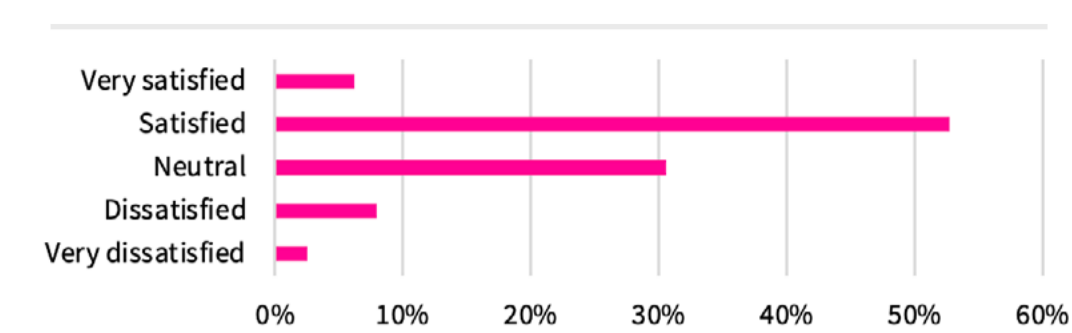


Young people's wellbeing in Yokohama.

- Just 59 per cent of young people survey respondents were satisfied or very satisfied with their lives.
- About half of all survey respondents (54 per cent) worry about money to some extent.

What is important for living well

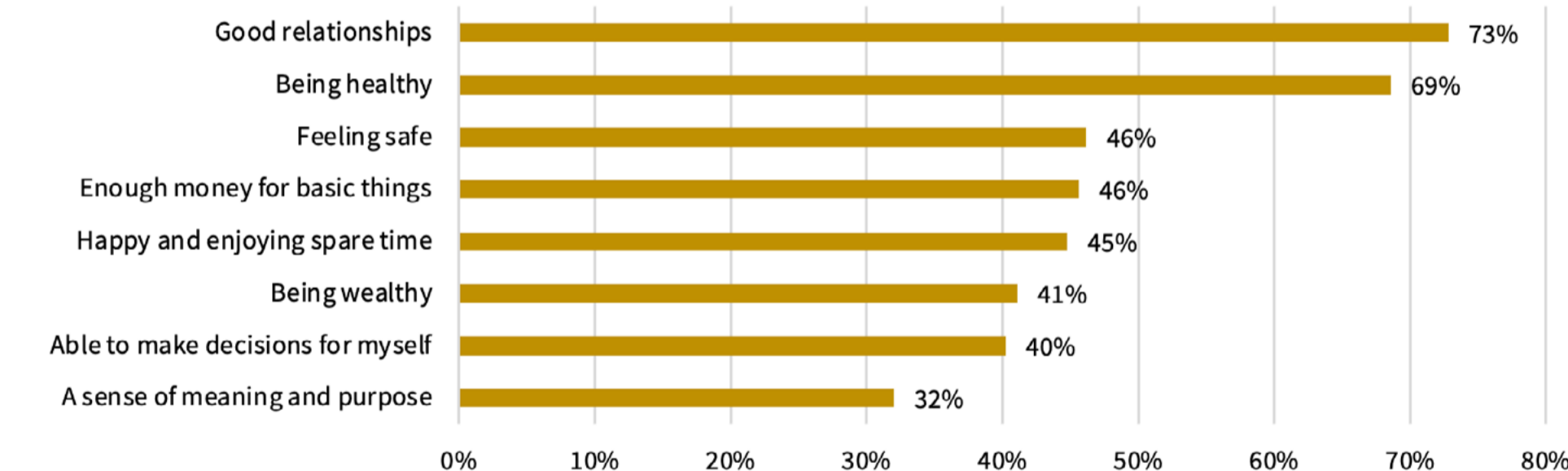
Life satisfaction



- Having good relationships with significant others, being healthy, feeling safe, having enough money for 'the basics', and being happy and enjoying my spare time were the most important things for a good life across all age groups.
- Unfortunately, survey respondents reported lower levels of satisfaction with their access to job opportunities, the quality of housing in the city and their access to social spaces. Respondents also did not like the 'hills' in the city.
- Positive aspects of the city included access to public transport and the clean environment within the city. Young people also told us that they like the convenience of living in Yokohama and the moderately urban fell of the city.
- Survey respondents felt like they had little influence in their city. Just 15 per cent felt like they were involved in planning and decisions for their community, while 16 per cent said that decision makers listen to people like them.



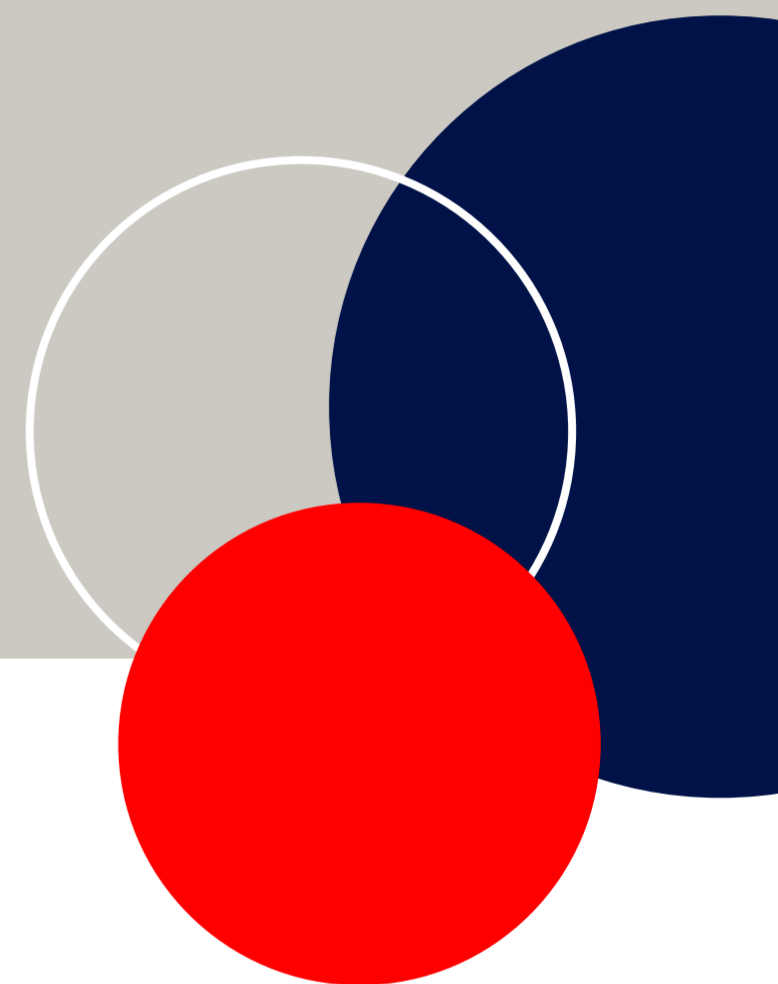
Factors important for wellbeing



The worst things about living in Yokohama...



...and the best things.



Prosperity Matters

What can prosperity possibly mean in a world of environmental, social and economic limits?—We work with people, policy and business to address this question, developing pragmatic steps towards a shared and lasting prosperity.

Find out more about the CYCLES project via:
www.cusp.ac.uk/cycles

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