



*Sharing insights into
healthcare solutions*

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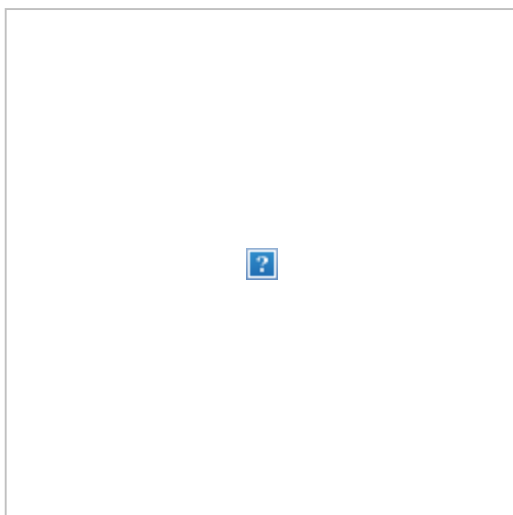
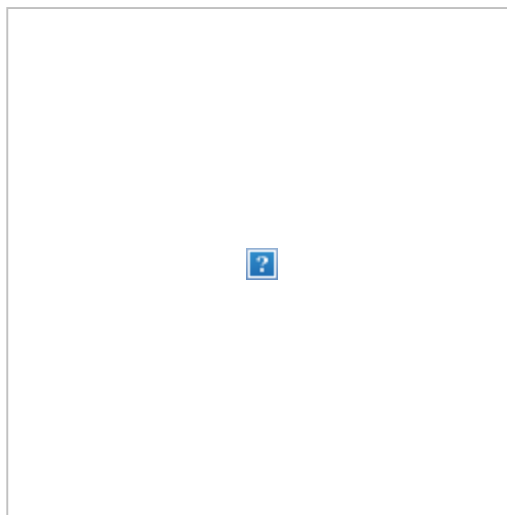
Listen to young people!

In October of this year almost 200 experts met in Uppsala in Sweden to discuss how to make living spaces and health better for children growing up in cities.

We wanted to make sure that children could make their voices heard, so we interviewed young people from many different countries and asked them to show us their favorite places to hang out. We then showed the video to the delegates at the conference.

Check out what Philip from Sweden, Phionah from Uganda, and the other young people shared with us!

[My favorite place video](#)



Questions and messages to the experts

Young people all over the world have important thoughts and opinions about their environment and how cities are planned. We asked them what they would say to the conference participants if they had a chance, and made a video that we shared at the conference.

What would YOU say if you had the chance to speak to politicians and cityplanners about your town or village? Share your thoughts in the comment field under the video!

[Messages to the delegates](#)

The experts answers...

During the conference we had a chance to ask our participants the questions from young people. We had lots of interesting answers on how adults are trying to make cities better for children and youth from all over the world - check it out!

[Meeting the delegates](#)



Interview with Emilia Carai

Hi Emilia, you joined us here at the Uppsala Health Summit, can you tell me a little bit about yourself?

I'm a fifteen year old student studying at Copenhagen International School. I grew up in different cities across Europe from greener areas in Geneva to larger cities like Berlin.

How did you become interested in children's and young people's playgrounds and spaces to play?

The protection of child rights is important to me and has for a long time concerned me. In connection to starting a "personal project" for school I researched the impact of urbanisation on children and found how child rights were being overlooked and childhood obesity was rising. So I became familiar with the effort of making places child-friendly which led me into developing my own ideas centered around the importance of natural environments when shaping play spaces specifically in large cities.

Do you have any advice for how to make urban areas better for young people?

I believe there is great potential of small things allowing for play; whether it is urban gardening on roofs or trees and play structures on street corners.

If you could share a message with decision makers what would that be?

Instead of focusing meetings on discussing how to best involve children into decisions, I find it important to invite children to talk to you even if it may seem unfamiliar; they know a lot about what's good for them. I believe in the change that trees can make and that the world would be a better place if we would plant a tree for every child.

[Emilia's presentation](#)



Uppsala Dansakademi

During the conference the Uppsala Dansakademi, with artistic director Zala

Pezdir, performed for the delegates. Look at this great video of them dancing!

[Uppsala Dansakademi video](#)



Next year at Uppsala Health Summit!

Our next topic will be drug-resistant infections.

We are using so much antibiotics in the world that the medicines are no longer effective for treating many infections. Are you interested in this topic?

Drop a line to info@uppsalahealthsummit.se