

EVENT DESCRIPTION SHEET

(To be filled in and uploaded as deliverable in the Portal Grant Management System, at the due date foreseen in the system.)

 Please provide one sheet per event (one event = one workpackage = one lump sum).)

PROJECT	
Participant:	7 -Fundación XUL] (XUL)
PIC number:	[920810137r]
Project name and acronym:	[Ec(h)o-cultures] – [ECHOCULT]

EVENT DESCRIPTION	
Event number:	15
Event name:	EC(h)O -CULTURES CAMPAIGN – Spanish target (ONLINE)
Type:	Webinars
In situ/online:	online
Location:	online
Date(s):	<p>April 14, 2025: Improving Workplace Sustainability: Practical Eco-friendly Strategies</p> <p>June 5, 2025: Cordoba Facing Climate Change Impact -Echo-Cultures Cycle</p> <p>June 13, 2025: PBA on Environmental Sustainability: Green Deal (Exchange of good practices)</p> <p>June 16, 2025: Impact of Urbanism on Human Health (with presentation by David Cabrera) – Echo-Cultures Cycle</p> <p>June 17, 2025: Second Session: PBA on Environmental Sustainability (Exchange of good practices)</p> <p>June 19, 2025: PBA: Eco-Life: Regenerative Paths ((Exchange of good practices)</p> <p>June 23, 2025: My Schoolyard is a Garden -Echo-Cultures Cycle</p> <p>June 27, 2025: The New General Municipal Planning Plan (PEGON)-Echo-Cultures Cycle</p>

	<p>June 30, 2025: Application of the Green Deal in European and Non-European Projects (webinar for our entity)</p> <p>July 28, 2025: Principles of the Circular Economy. Practical Applications: How to Reduce, Reuse, and Redesign Materials in Our Projects.</p>		
Website(s) (if any):	<p>Cordoba Facing Climate Change Impact -Echo-Cultures Cycle : https://www.youtube.com/live/7ABF4LIRGGE</p> <p>Impact of Urbanism on Human Health (with presentation by David Cabrera) – Echo-Cultures Cycle https://www.youtube.com/watch?v=T_LgyCPEMR0</p> <p>Impact of Urbanism on Human Health (with presentation by David Cabrera) – Echo-Cultures Cycle: https://www.youtube.com/watch?v=WoUsdf_3gic</p> <p>The New General Municipal Planning Plan (PEGON)-Echo-Cultures https://www.youtube.com/live/plTWBu9cssY</p>		
Participants			
Female:	250		
Male:	231		
Non-binary:	-		
From country 1 [SPAIN]:	460		
From country 2 GREECE	5		
From country 3 Ukraine	1		
From country 4 Romania	1		
From country 5 Egypt	2		
From country 6 Turkey	3		
From country 7 Estonia	3		
From country 8 France	2		
From country 9 Italy	4		
Total number of participants:	481	From total number of countries:	+7
Description			
Provide a short description of the event and its activities.			

Webinars Ec(h)o Culturas 2025

This report compiles the key findings and discussions from sessions held throughout 2025. These sessions, initially proposed within the "Echodebates" and later developed into webinars, primarily focused on citizen participation, urban resilience, and strategies for climate change mitigation in Cordoba, giving them a strong local character. Furthermore, over several months, we delivered various online workshops with staff from Fundación XUL and Agencia de comunicación XUL, discussing sustainability and environmental aspects in project proposals. We also actively participated in several training programs, where we shared best practices relevant to local, regional, and European project levels.

Profile of people involved in the webinars: The activity brought together a broad and multidisciplinary group of participants, ensuring diverse perspectives on sustainable goals. The attendees included professionals (such as architects, University professors, council staff), civil society actors (activists and concerned citizens), organizational representatives (from sustainability and environmental groups), and political leaders, with a significant focus on engaging young people interested in environmental issues.

The minimum **duration** of each webinar was 45 minutes and the maximum was 2 hours.

Session Highlights

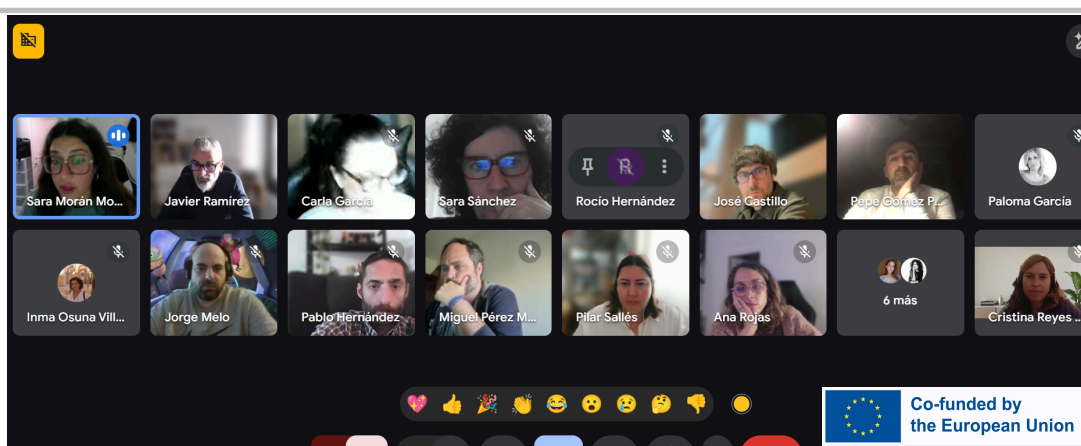
April 14, 2025: Improving Workplace Sustainability: Practical Eco-Friendly Strategies

As is our custom every Monday, the teams from Fundación XUL and Agencia de Comunicación XUL met to discuss ongoing work. This session specifically centered on how to more deeply integrate sustainability and environmental aspects into our project proposals.

We explored this topic across all levels of our work, from local and regional initiatives to national and European projects. Our objective is to ensure that every proposal we submit not only meets its goals but also positively contributes to the environment and promotes long-term sustainability. We aim for our work to reflect a true commitment to social and environmental responsibility, making sustainability a core component of our strategy rather than just an added element. This approach helps us develop more impactful, forward-thinking projects aligned with the growing global emphasis on a greener future.

People involved: 20 Male: 8 Female: 12

Organisation: Before developing it, we spoke with employees to see if they were interested in the webinar, and the employees themselves commented on the importance of discussing sustainability and that we could devote 45 minutes to the topic.



June 5, 2025: Cordoba Facing the Impact of Climate Change

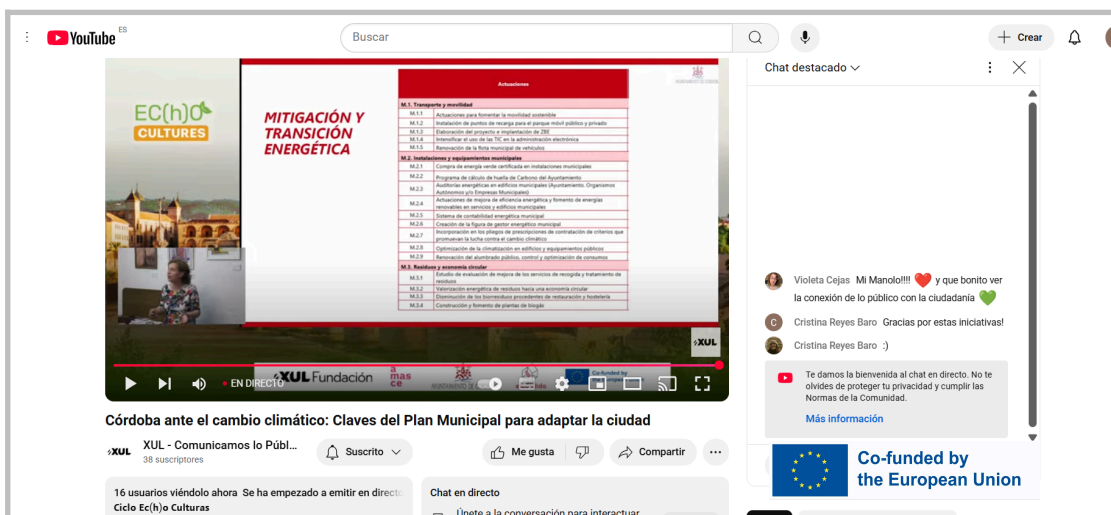
Held on World Environment Day, this session focused on Cordoba's Municipal Plan Against Climate Change. Participants discussed integrating sustainability into urban planning, with a particular emphasis on Southern European historic centers. This was an in-situ "echodebate" session, also streamed online (available at: <https://www.youtube.com/watch?v=7ABF4LIRGGE&t=1380s>).

Key Recommendations:

- **Vegetation and Nature-Based Solutions:** Encourage their use in the historic center, complementing them with materials offering optimized thermal properties.
- **Community Collaboration:** Implement measures in courtyards and common spaces in cooperation with residents and associations.
- **Two-Way Communication:** Ensure transparent channels between the City Council and citizens, using accessible formats for all audiences.
- **Workshop Replication:** Conduct workshops and discussions in various neighborhoods to gather proposals and foster participation.
- **Education and Awareness:** Involve educational centers, universities, and social groups in programs to build citizen ownership of climate plans.

People involved: 142 views

Organization: This was the first session of the webinars included in the Echodebates online cycle aimed at the general public. The idea for this webinar came from the in-person echo debates. **Duration:** 1.37

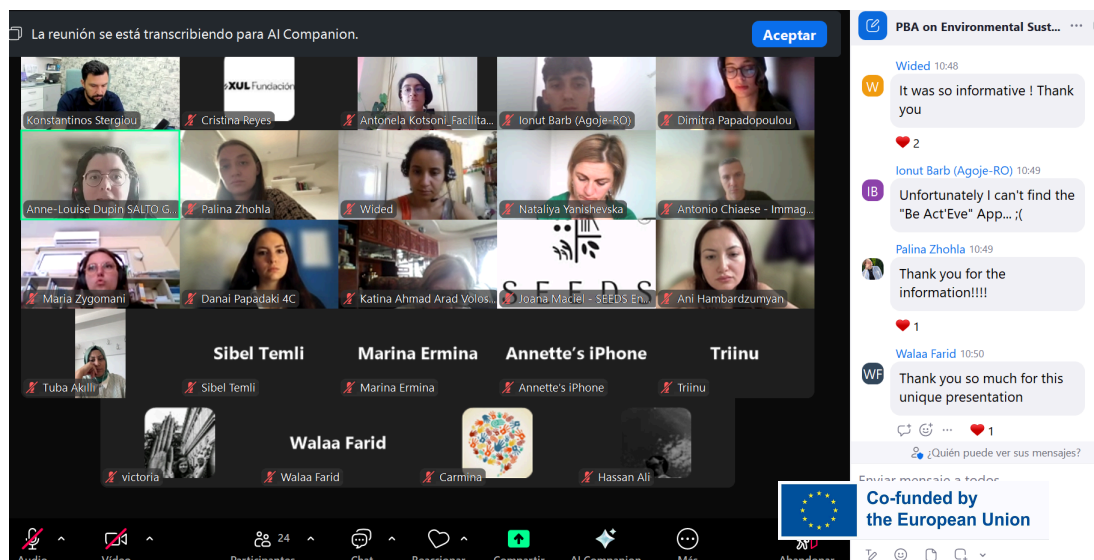


June 13, 2025: PBA on Environmental Sustainability: Green Deal

Fundación XUL participated in the PBA (Partnership Building Activity) on Environmental Sustainability: Green Deal, an international training program held throughout June. Foundation employees attended to gain knowledge about best practices for integration into European projects. The sessions facilitated the sharing of good practices and gathered valuable feedback from participants. This also sparked the idea of organizing more specific activities, which will be discussed at an upcoming XUL team meeting.

People involved: 23 (+7 countries)

Duration: 2 hours



June 16, 2025: Impact of Urbanism on Human Health (with a presentation by David Cabrera) – Eco-Cultures Cycle

Link: https://www.youtube.com/watch?v=T_LgyCPEMRO

This online session, organized by Fundación XUL and the AMASCE cooperative, was part of

the European project Ec(h)o-Cultures, which aims to promote ecological transitions and urban resilience against climate change and thermal stress. The main debate, introduced by Curro Crespo, focused on the profound connection between city design and the physical and mental health of its inhabitants.

Professor and architect-urban planner David Cabrera (University of Granada) presented a synthesis of how city design directly influences well-being. His presentation was structured around the following key points:

1. **What is a Healthy Urban Environment?** Defined as a space promoting physical and mental well-being, not just absence of disease. Key elements include accessibility to basic services, promotion of physical activity, adequate environmental conditions (clean air, less noise), and dignified, healthy housing.
2. **Historical Context** Cabrera traced the historical relationship between urbanism and health, noting its long-standing recognition from Hippocrates to the fresco of Lorenzetti in Siena, and the emergence of modern urbanism in the 19th century as a response to unhealthy industrial cities.
3. **Urban Determinants of Health** The presentation highlighted five key urban design factors impacting health, beyond WHO's social determinants:
 - **Density:** Aiming for optimal density that favors efficiency and coexistence (e.g., 100-300 inhabitants/hectare).
 - **Mobility:** Encouraging active transport (walking, cycling) and reducing private vehicle use.
 - **Variety:** Mixing uses (residential, work, leisure) and people to create vibrant, complete cities (the "15-minute city" concept).
 - **Landscape:** Integrating nature into the city, from large parks to small green areas, promoting biodiversity.
 - **Housing:** Quality of architecture and habitability of homes as crucial for well-being.
4. **Current Pathologies and Solutions** Poor urban design directly links to pathologies such as obesity, cardiovascular/respiratory diseases, mental health issues, and thermal stress. Solutions include urban climate shelters and optimized thermal pavements.
5. **Urbanism and Urban Policies** Cabrera emphasized the increasing presence of urbanism-health links in urban policies, stressing the need for indicators and data. Examples included London's "healthy street" indicators, "Ciudades que Caminan" (Cities that Walk) initiatives in Spain, and Hamburg's green network plan for a more walkable city by 2030. The historical idea of "garden cities" has evolved into understanding free spaces as structuring elements of urban growth, serving as resources for biodiversity, social interaction, and recreation.
6. **Colloquium and Participant Questions** Discussions covered the loss of connection with the physical environment, the impact of car-centric lifestyles, and the importance of "biophilia" (E. O. Wilson's innate human need to connect with nature). The "3-30-300 rule" was mentioned to ensure visual access to vegetation, neighborhood green cover, and nearby public parks. Questions also addressed:
 - **Urban Density:** Optimal density is context-dependent, not a strict number.
 - **Low Emission Zones (LEZs):** Their role in reducing pollution and promoting sustainable mobility (MaaS).
 - **Urban Growth and Inequality:** How car-dependent "dormitory cities" lead to obsolescence and spatial inequality, impacting life expectancy across neighborhoods. Good urbanism should rebalance this.
 - **Quality vs. Quantity of Green Spaces:** Critiques of urban plans assigning

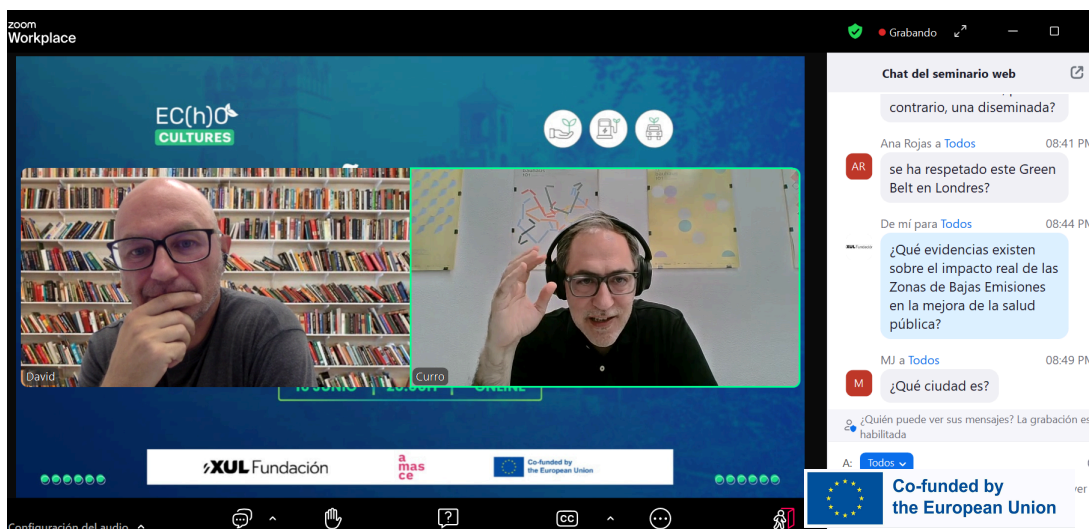
quantitative parameters to green spaces without considering their functional and aesthetic quality.

- **Health Impact Assessment (HIA):** Confirmed as a legal requirement for new urban plans, reflecting good planning that integrates health considerations.
- **Role of Citizens:** Citizen participation is fundamental but requires training and commitment, even for unpopular decisions like reducing car use.

Closing: Curro Crespo thanked David Cabrera and announced the next ecocodebate on June 23, featuring "Cotidiana" cooperative on bioclimatic urbanism in schoolyards, seen as a "battleground" for cultural transition and sensitizing new generations.

People involved: 29

Organization: The XUL Foundation and Amasce held a round of questions during the in-person debates, and this was one of the topics voted to be addressed online. **Duration:** 1.20

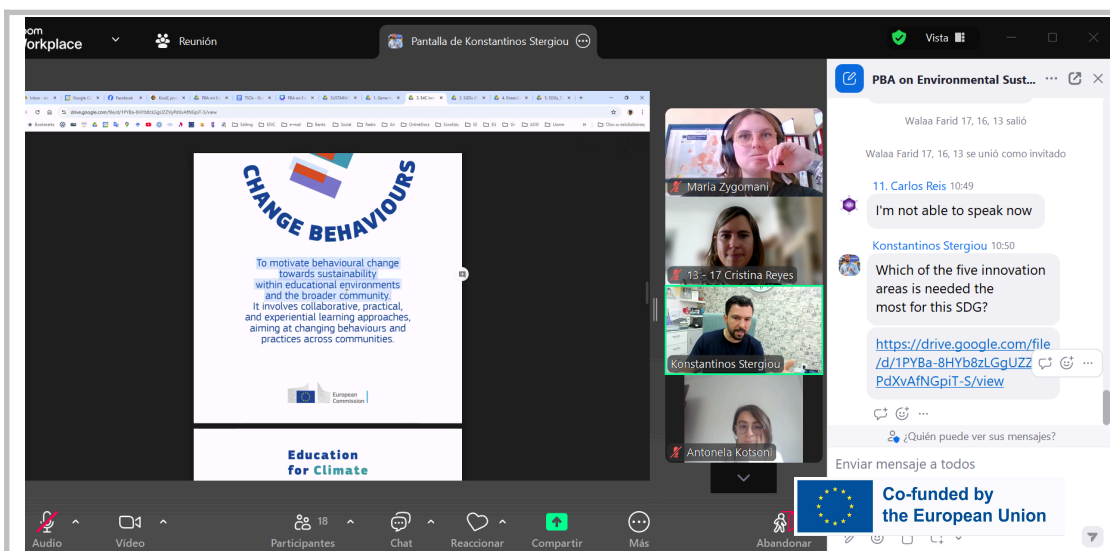


June 17, 2025: Second Session: PBA on Environmental Sustainability

During this second PBA session (international training), participants engaged in a game focused on the Sustainable Development Goals (SDGs). The activity generated shared ideas for sustainability and facilitated collaborative project proposal development. It was a session dedicated to networking and aligning common objectives and proposals. This international activity was instrumental in fostering synergy among participants from Spain, Turkey, Estonia, Egypt, Romania, and Ukraine. It provided a key platform for small-group discussions, allowing attendees to identify and articulate shared interests in addressing climate change and specific Sustainable Development Goals (SDGs). This successful preliminary exchange immediately culminated in the conception of a joint project initiative, which the consortium has begun developing for future presentation at upcoming European events.

People involved: 17 (+7 countries)

Duration: 2 hours

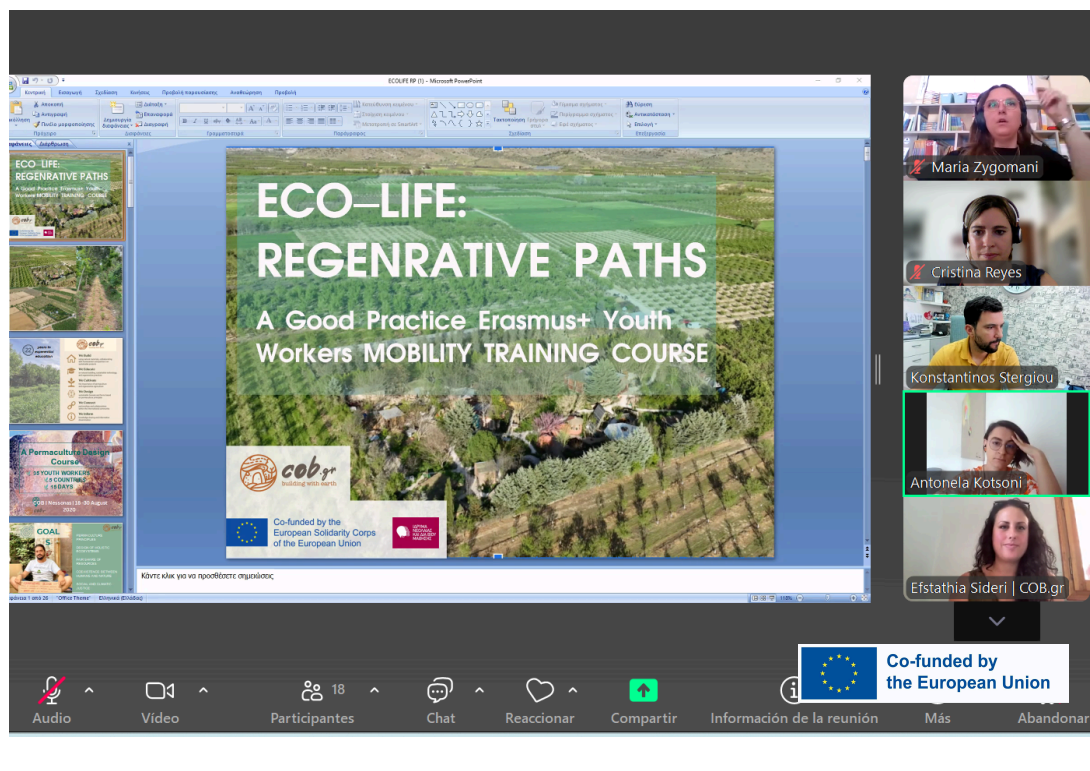


June 19, 2025: PBA: Eco-Life: Regenerative Paths

The main focus of the "Eco Life: Regenerative Paths" session was knowledge exchange and delving into environmental sustainability methodologies. It provided a platform for participants to present and explain ongoing projects that successfully apply environmental sustainability principles, from innovative waste management to renewable energies and circular economy application. The session also detailed specific methodologies and tools for integrating sustainability into every project phase, inspiring new approaches to foster collaboration and adopt regenerative practices.

People involved: 17 (+7 countries)

Duration: 2 hours



June 23, 2025: My Schoolyard is a Garden

Link: https://www.youtube.com/watch?v=WoUsdf_3gic

In this third Eco-Cultures cycle session, organized by Fundación XUL, the architect Cristina Alba from Cotidiana Coop presented "My Schoolyard is a Garden." The session focused on transforming shared urban spaces, reimagining schoolyards as living gardens where greenery replaces asphalt. It explored bioclimatic strategies to reduce temperatures and improve children's well-being, promoting a reflection on how nature and childhood can drive more sustainable and livable urban environments.

The webinar highlighted Cotidiana's methodology, which goes beyond traditional architecture, emphasizing cooperation, student and community participation, and the recovery of traditional knowledge. **Highlighted Projects:**

- **"My Third Skin":** Children created a shaded "shelter" in a courtyard, mapping thermal conditions with emotions.
- **"Caring Corners":** An outdoor classroom was co-built based on teacher/student diagnosis, also serving as a community space. An insect hotel using dry-stone technique was built, showcasing courtyards as "interspecies" spaces.
- **"Urban Metabolism":** Students analyzed school water consumption, designing a small phytodepurator and crafting porous ceramic irrigation pots for efficient garden watering.
- **Cadiz Project:** Transformed a school courtyard by engaging children in creating a pergola with climbing plants and macrame textiles, inspired by local crafts.

Key Conclusions and Learnings:

- **City as an Ecosystem:** Cotidiana's ecofeminist and participatory approach views the city as an ecosystem where "ecodependent" and "interdependent" beings coexist, requiring holistic solutions.
- **Cordoba's Vulnerability:** A University of Granada study shows Cordoba as highly affected by urban heat islands (up to 6-7°C difference at night), underscoring the urgency of these solutions.
- **Power of Play and Participation:** Involving children in design and construction through play fosters significant, lasting learning and empowers them to transform their environment.
- **Socio-Ecological Transformation:** Cotidiana's projects integrate education, community, and traditional crafts into climate change response, driving social and environmental change. Overall, the webinar demonstrated that transforming urban spaces, starting with schoolyards, is a powerful tool for local social and environmental change.

People involved: 67

Organization: The XUL Foundation and Amasce held a round of questions during the in-person debates, and this was one of the topics voted to be addressed online. **Duration:** 55 minutes.

June 27, 2025: The New General Municipal Planning Plan (PEGON) – Eco-Cultures Cycle

(Video available at: <https://www.youtube.com/watch?v=plTWBu9cssY&t=2s>)

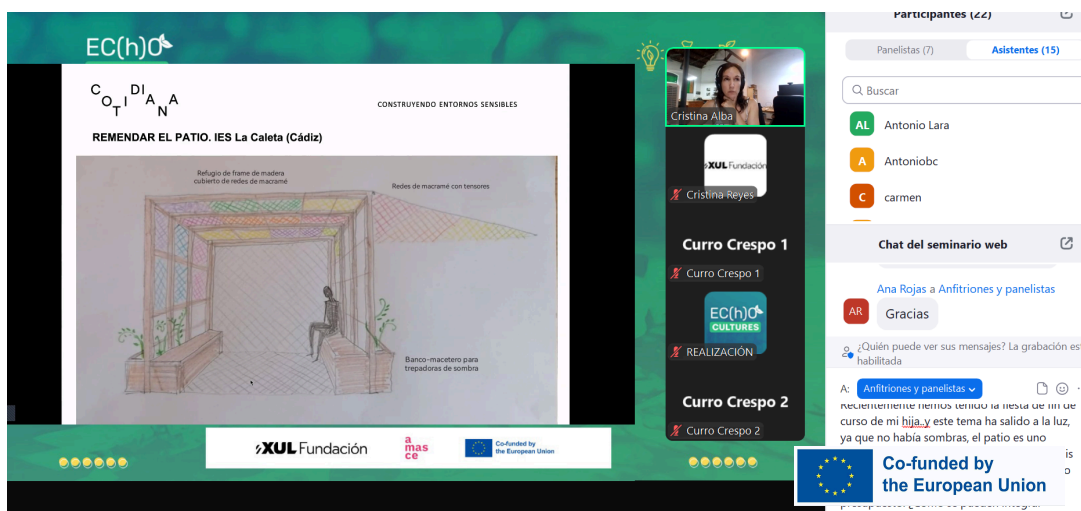
This session, organized by Fundación XUL, featured Luis Valdelomar from the Urban Planning Department, who presented Cordoba's new General Municipal Planning Plan (PEGON).

Key points included:

- **PEGON's Role:** Focuses on the general urban model and updating to the Andalusian LISTA law, as the 2001 plan's land use is not exhausted.
- **Three Sustainability Axes:** The plan is based on social sustainability (promoting protected housing and accommodation), economic sustainability (reactivating undeveloped industrial estates), and environmental sustainability.
- **The Green Belt:** This strategic project from the 2001 plan will be enhanced, integrating the river as a fundamental element and dividing the belt into an urban arc and a fluvial arc. Ongoing works in parks (Canal, Levante) and future projects (Poniente Miralbaida, Chinales Mirabueno) were mentioned.
- **Green Belt Debate:** A discussion arose regarding the perception of "green" in these parks, with a participant questioning the lack of vegetation in summer. Valdelomar defended the project, citing the use of adapted species and the time needed for development.
- **Process and Participation:** PEGON is in an initial phase, with intense citizen participation planned once the team for strategic environmental assessment is appointed. Issues like city habitability against extreme heat and land parcelling will be addressed.

People involved: 112

The XUL Foundation and Amasce held a round of questions during the in-person debates, and this was one of the topics voted to be addressed online. **Duration:** 2 hours



June 30, 2025: Application of the Green Deal in European and Non-European Projects (webinar for our entity)

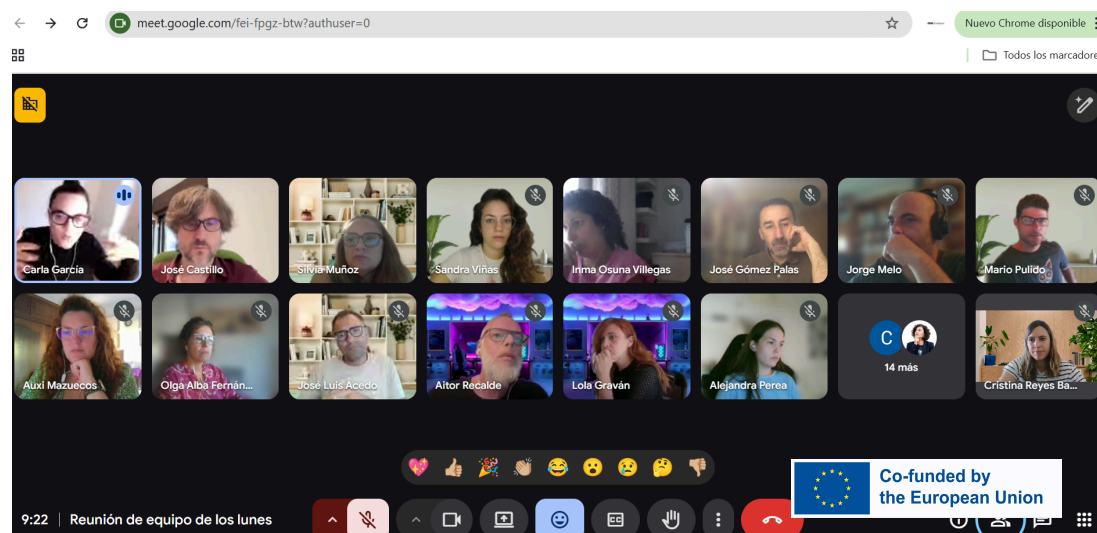
This session focused on applying Green Deal principles to both European and non-European projects. Key topics covered included reducing carbon emissions, improving energy efficiency, and embracing circular economy practices. The webinar also explored funding options and how cross-border collaborations can help meet sustainability goals. With real examples from various projects, it provided practical tips for making proposals

more aligned with Green Deal objectives.

People involved: 28

Organization: A survey was conducted among the XUL Foundation and XUL Communication Agenda to continue investigating and offering workshops to other entities.

Duration: 45 minutes



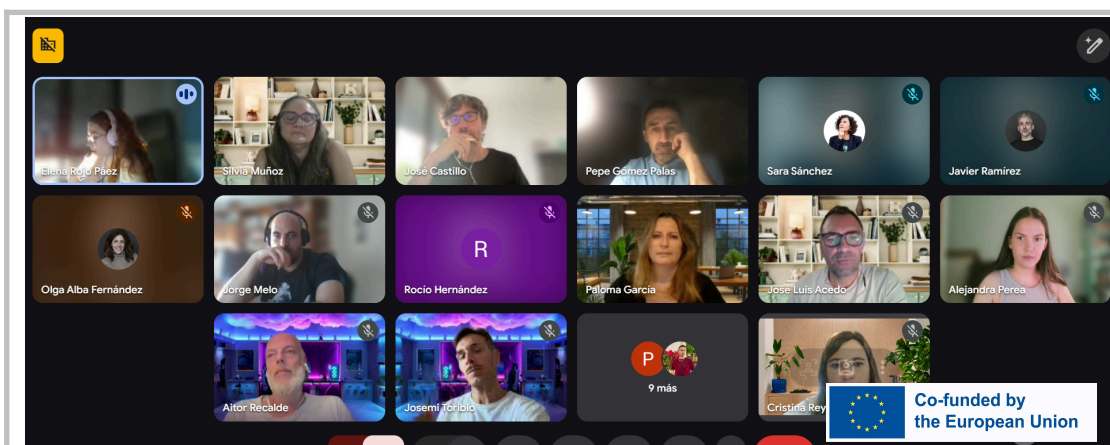
July 28, 2025: Principles of the Circular Economy. Practical Applications: How to Reduce, Reuse, and Redesign Materials in Our Projects.

This practical and dynamic workshop delved into the principles of the circular economy, focusing on their direct application in project design and execution. We thoroughly explored the 3R rule: reduce, reuse, and redesign. Through concrete examples, we analyzed strategies to decrease resource consumption, efficiently reuse materials, and redesign processes to be more innovative and sustainable. The main objective was to integrate this circular perspective into every project phase, aiming to minimize environmental impact while maximizing social and economic value.

What made this workshop particularly engaging was the active participation of XUL employees, who shared examples from their daily lives. It was inspiring to see how they apply eco-sustainable principles at home: from correctly sorting waste to reusing glass containers for food and repairing appliances instead of buying new ones. These personal experiences demonstrated that sustainability is not just a theory but a daily practice that, when applied on a larger scale in our projects, can generate significant impact. The session reinforced that change begins with small, conscious actions, and that each of us has the power to be an agent of change, both at home and professionally.

People involved:23

Duration: 45 minutes



All participants involved in the webinars provided their consent for screenshots to be taken during the sessions, in full compliance with GDPR and project guidelines.

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	01.04.2022	Initial version (new MFF).