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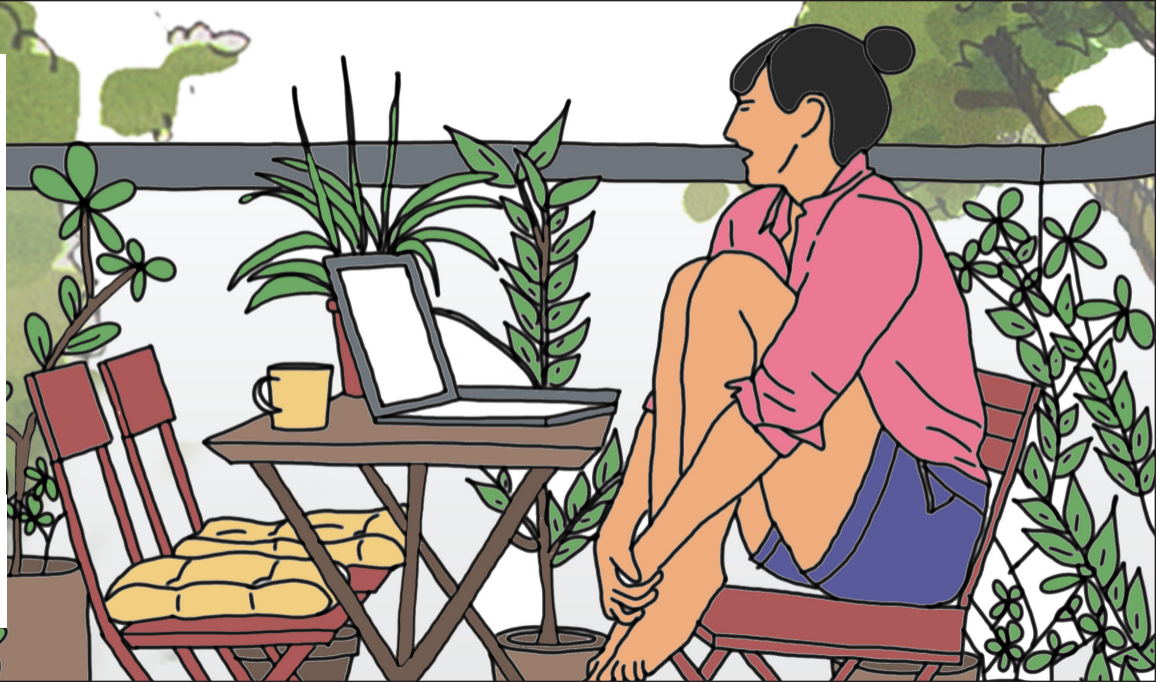
Vol. 09

Home and
Family



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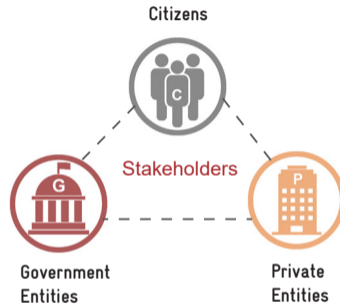
giz Deutsche Gesellschaft
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#BACKTOTHECITY

Cities are at the core of the present Covid19 pandemic: density and urban life foster the spread of the virus. But at the same time, better basic infrastructures in urban areas help to fight the virus. Cities are in the front line to deal with the virus and to find new ways to live with it. Local stakeholders and decision makers from public entities, from private companies and citizens have shown a huge amount of creative ideas how to continue with urban life in the Covid19 situation.

This guide book “Back to the City”, is a compilation of those ideas and gives advise and valuable hints for decision makers to tackle the Covid-crisis in urban areas. It has been designed in a cooperation from Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH and CEPT University under the BMZ funded project “Sustainable Urban Development - Smart Cities”, in India.



HOME AND FAMILY

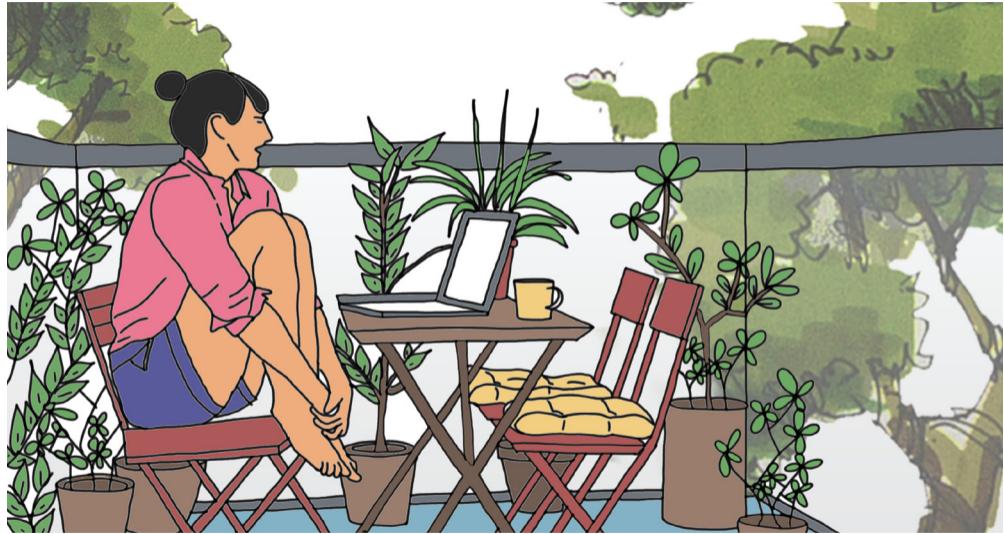
The Covid crisis and a lot of measures taken by companies and the public hand result in additional stress and many changes for the private households and families. As work related activities are often shifted into the private realm and as there are already spatial limitations at many households in India (an estimated 60% of all households in India are one-room households) Covid requires the families and household to readjust. This volume of “Back to the City” compiles approaches to minimize the stress in this situation.

Go Green

Being locked indoors in a dense urban area is challenging for the mood and overall wellbeing. Plants and green can soothe and help to keep the balance.

Arrange your work- and living space around available green features (indoor and outdoor). Even visual connections to bigger trees in the surrounding can be considered.

#gogreen, #powerofplants, #greendifference



Physically Active

Staying indoors for a longer period of time without major movement and exercise can cause severe health issues ranging from mental issues like depression and fatigue to physical issues of back pain, headache and others. **Create a regular routine of moving your body. Exercise, run, walk or make Yoga. Create an easy accessible spatial setup for this. Either within your house or in the near surrounding.**

#moveyourbody, #runokplease, #yogafun



Work From Home

Shifting work from office to a private home is challenging. Work and family life can be affected in a negative way, if this is not well done.

Spend enough time and discuss well with the other members of your household, when designing your workspace at home. Consider noise interference and disturbance carefully. Setup rules and invest in ergonomics (discuss with employers).

#homeworkspace, #homeoffice,
#workandfamily



Redistribution of household works

The usual routines within a household usually no longer work within this special situation. Normal household work (cooking, cleaning, washing, etc) can give a good structure and routine to a day in a lockdown situation.

Redistribute house-hold work to all members of the household. Discuss duties and responsibilities to avoid conflicts.

#teamwork, #strongtogether, #teamfamily



Celebrate and Connect with Family Online

Reducing physical contacts means not being able to meet family and friends. This is hard to follow.

Replace family gatherings and meeting with friends with virtual calls. Make it a routine and take it serious with a good preparation and technical setup. Help older family members to set up the requirements.

#virtualparty, #virtualfamily, #funcalls



SUMMARY

Create a regular routine of moving your body. Exercise, run, walk or make Yoga. Create an easy accessible spatial setup for this. Either within your house or in the near surrounding.

Spend enough time and discuss well with the other members of your household, when designing your workspace at home. Consider noise interference and disturbance carefully. Setup rules and invest in ergonomics (discuss with employer).

Redistribute householdwork to all members of the household. Discuss duties and responsibilities to avoid conflicts.

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