The Philips Livable Cities think tank believes that livable cities are successful cities. They have identified three important and interlinked ingredients of a livable city:

**Resilience**
Focuses on adaptability, flexibility and balance. It is about the ability of a city to “invent” or “re-invent” itself through shocks and stresses, to harmoniously accommodate old and new values, and to adapt the functions and requirements of the city. It illustrates a city's capacity to balance continuity with change, heritage and innovation, natural spaces and the urban environment to the benefit of its inhabitants.

**Inclusiveness**
Is about creating social integration and cohesion. Inclusive cities are open for participation from the widest range of civil society, irrespective of gender, age, ethnicity, cultural heritage, beliefs, religion and economic status. Inhabitants should have equal opportunities to participate in the activities of a city. Inclusiveness enhances community feelings, the sense of ownership towards the city, the sense of belonging to a place.

**Authenticity**
Is the ability to maintain the local character of the city, the local heritage, culture and environment. At the same time, a city needs to accommodate social, economic and technological changes – and evolve itself. This evolution needs to be sustainable and match the expectations of the citizens.

Livable cities need environmental resilience with a low ecological and low carbon footprint. They need to consider energy, food, water and materials.

In an inclusive city, inhabitants are actively involved from the start of every city initiative. The city is open to political participation from the widest range of civil society.

Residents cities make the relationship with the surrounding rural area important for resilience. Food supply and urban agriculture need to be considered.

Social cohesion implies that a city is inclusive and breeds cooperation and tolerance between citizens with different values and beliefs.

Everyone in the city is included, has rights, and is entitled to a better life. The elderly, disabled and poor are seen as potentially valuable social capital.

The history of a city makes it authentic. It reflects local culture and local knowledge and reinforces a sense of place and the local identity.

Resilient cities realize that they are connected and interdependent within a system of other cities and also with the rural environment surrounding them.

The Philips Center for Health & Well-being is focused on improving the lives of people around the world. The Insight Series shares the work-in-progress of the think tanks operating within The Philips Center for Health & Well-being. Through illustrating a snapshot or a concept, they are aimed at stimulating discussion and debate around critical challenges in improving health & well-being worldwide.

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