

# Urban parks as indicators of quality of life

## Real sustainable islands

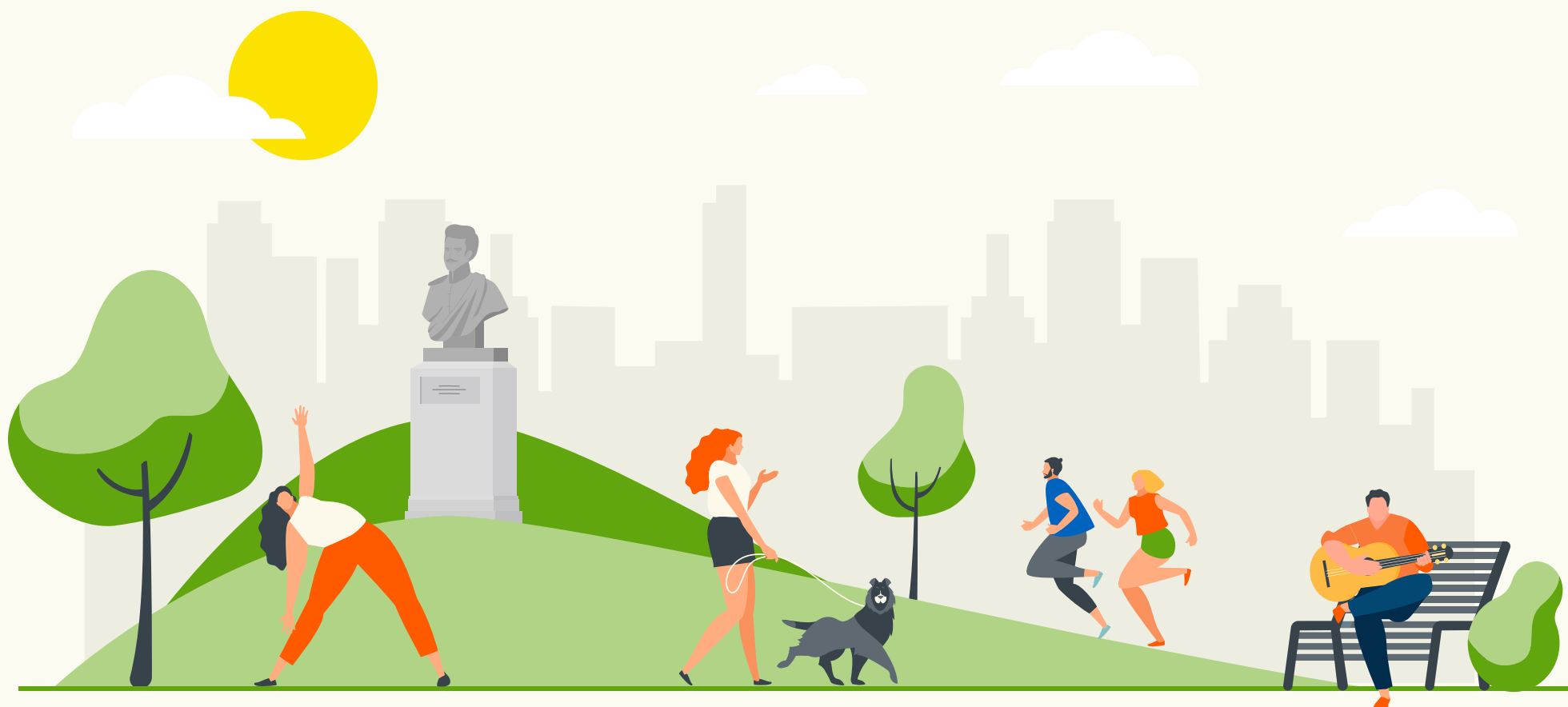
Green areas **mitigate the harmful effects of pollution** and are havens for numerous **animal and plant species**.

## They are good for our mental health

They help us to **relax, think and to give us a break** from the asphalt and our daily routines.

## ... and our bodies

They are ideal places for **sport and physical activities**.



## Social cohesion

They are **meeting places for neighbours and tourists**, for all ages, hobbies, etc.

## They are settings...

They are venues for **concerts, exhibitions and leisure activities** of all kinds.

## ... and museums, too

Metropolitan parks — old or new — shelter and protect **sculptures and buildings of great cultural value**.