Unit 2

Sustainable Cities

Listening (p.20)

How to Make a City Sustainable

Paragraph 1 (トラック８：Q1)

Urban areas **account for** only about 2% of the Earth’s land area, but around 55% of its population, and that’s expected to increase to 68% by the year 2050. Cities **consume** around three-quarters of the Earth’s resources and are responsible for about 75% of all greenhouse gas **emissions**. So Sustainable Development Goals for cities are absolutely **essential**. But how could they be achieved?

Paragraph 2 (トラック９：Q2/Q3)

Let’s start with **transportation**, since that pollutes the air and generates a lot of greenhouse gas emissions, mostly from cars, trucks and buses. We can cut emissions in several ways. The first is to ban the sale of new cars except electric vehicles, and make sure the electricity comes from renewable energy, such as wind and sunshine. That’s Norway’s approach. The second is to make it easier for people to get around without cars. That means better––and cheaper–– public transportation. Luxembourg went one step further: all public transportation there is free. Most European cities have an extensive network of bicycle paths. Antwerp, for example has 700 kilometers reserved for cyclists. But ideally, a city should be walkable. In other words, it should be possible to walk from home to the supermarket, your workplace or the nearest park within 20 to 30 minutes. Pontevedra, in Spain, made the whole city center a car-free zone, so now people walk or ride bicycles without having to worry about traffic.

Paragraph 3 (トラック10：Q4)

Let’s look at energy next. Our **priority** is for all of our electricity to come from renewable sources. In Norway, nearly all electricity is produced using hydroelectric power and wind. Many other European countries already get at least half of their electricity from renewable sources. Clean energy should be produced in the most **appropriate** way. We can’t build giant dams or tidal power stations in city centers, but we can cover all of the roofs with solar panels and surround the city with wind turbines.

Paragraph 4 (トラック11：Q5 / Q6)

Our next topic is waste. San Francisco recycles almost 80% of its waste. Any city can do that if they try. The EU is promoting the circular economy, with the aim of **ensuring** that all waste products can be used as resources for making something else. For example, waste food can be turned into **compost** for use by farmers. But if it’s still wrapped and in good condition, it can be **distributed** to food banks.

Paragraph 5 (トラック12：Q7)

And speaking of food, a sustainable city should get as much of its food as possible from local farmers to avoid so-called ‘food miles.’ The further food travels, the bigger its **carbon footprint**. So the city should support urban farming and local farmers’ markets. And of course, the crops should be grown without chemicals if possible. And still on the subject of food, the city’s residents should be encouraged to switch to a plant-based diet, since meat and dairy products are really harmful for the planet.

Paragraph 6 (トラック13：Q8)

There are many other things we can do to live more sustainably, but I just want to mention one more thing, and that’s housing. All new houses can and should be designed to carbon neutral standards, and older houses should be provided with solar water heating, heat pumps and good insulation.