



G.O.A.L.

Five Pillars Urbanism Framework

*A systems framework of urban conditions that
enable long-term human flourishing.*

G.O.A.L. Solutions Portfolio

Framework
FW004
Version 1.0

FIVE PILLARS URBANISM FRAMEWORK

A systems framework for designing urban environments that enable long-term human flourishing.



ABOUT THIS FRAMEWORK

The Five Pillars Urbanism Framework provides a systems-based approach for understanding how cities influence long-term human flourishing.

Rather than viewing transport, housing, green space, food, education and wellbeing as separate policy areas, the framework brings them together through five interconnected pillars and twenty-five Core Urban Conditions.

Together, these conditions provide a common structure for designing healthier, more resilient and more human-centred cities.



PURPOSE

- ✓ Establish a shared framework for human-centred urban planning.
- ✓ Identify the Core Urban Conditions that shape human flourishing.
- ✓ Support planning, assessment and long-term urban strategy.



**ONE FRAMEWORK.
FIVE PILLARS.
TWENTY-FIVE
CORE URBAN CONDITIONS.**



FRAMEWORK STRUCTURE



**5
PILLARS**

The five fundamental dimensions of urban flourishing.



**25
CORE URBAN
CONDITIONS**

The essential conditions that shape healthy, resilient and human-centred cities.



**125
PLANNING
CONSIDERATIONS**

Detailed planning considerations that guide policy, design and investment.



**HUMAN
FLOURISHING**

The ultimate goal: healthier people, stronger communities, resilient cities.

FRAMEWORK APPLICATIONS



Government &
Public Policy



Urban &
Regional Planning



Architecture &
Master Planning



Infrastructure &
Mobility



Healthy City
Development



Strategic Urban
Assessment

HOW THE FRAMEWORK IS USED



1

UNDERSTAND

Understand current urban conditions across the five pillars.



2

ANALYSE

Analyse strengths, weaknesses and interconnections.



3

DESIGN

Design integrated interventions that address root causes.



4

IMPLEMENT

Implement, adapt and measure outcomes for continuous improvement.

FIVE PILLARS URBANISM FRAMEWORK

A FRAMEWORK OF URBAN CONDITIONS THAT ENABLE HUMAN FLOURISHING

THE FIVE PILLARS



MOVEMENT

Active and accessible urban life

1. Walkability
2. Cycling & Active Mobility
3. Public Transport & Connectivity
4. Proximity & Mixed Use
5. Movement-Enabling Public Realm



NUTRITION

Healthy and resilient food systems

1. Healthy Food Access
2. Urban Food Environment
3. Local & Regional Food Systems
4. Food Culture & Community
5. Food-System Resilience



KNOWLEDGE

Learning and adaptive urban capacity

1. Educational Access
2. Learning Public Realm
3. Digital & Information Access
4. Civic Knowledge & Participation
5. Urban Innovation & Learning



MINDSET

Psychologically and socially supportive urban life

1. Mental Restoration
2. Social Connection & Belonging
3. Safety, Trust & Dignity
4. Identity, Culture & Meaning
5. Agency & Community Resilience



ENVIRONMENT

The foundation of urban flourishing



1. Environmental Health

Clean air, water, soil and low-pollution environments.



2. Green-Blue Infrastructure

Connected nature systems that support biodiversity and well-being.



3. Climate Adaptation

Comfortable, resilient cities prepared for climate change.



4. Healthy Housing & Buildings

Safe, affordable and healthy places to live and work.



5. Ecological & Resource Resilience

Resource-efficient systems that regenerate and withstand disruption.

CROSS-CUTTING DESIGN PRINCIPLES



PROXIMITY

Essential needs and opportunities within easy reach.



ACCESSIBILITY

Physically, financially and cognitively accessible to all.



INTEGRATION

Solutions that strengthen multiple pillars together.



EQUITY

Health-supporting conditions for every neighbourhood.



RESILIENCE

Able to withstand, adapt and thrive through change.



ADAPTABILITY

Flexible across contexts, scales and futures.



MEASURABILITY

Outcomes that can be assessed and improved.



PARTICIPATION

People shape the places they live in and steward.



1. ENVIRONMENT

Create physical and ecological conditions that protect health, reduce exposure to harm and strengthen long-term resilience.

1.1 Environmental Health

- Clean air
- Safe water
- Healthy soil
- Low noise exposure
- Effective sanitation and waste systems

1.2 Green-Blue Infrastructure

- Connected parks and greenways
- Urban forests and tree canopy
- Rivers, wetlands and water systems
- Biodiversity corridors
- Everyday access to nature

1.3 Climate Adaptation

- Heat mitigation
- Shade and cooling
- Flood resilience
- Climate-responsive public space
- Protection from extreme weather

1.4 Healthy Housing & Buildings

- Indoor environmental quality
- Daylight and ventilation
- Thermal comfort
- Safe and suitable housing
- Healthy materials and building performance

1.5 Ecological & Resource Resilience

- Renewable and distributed energy
- Water security
- Circular material systems
- Local ecological regeneration
- Resilient critical infrastructure



2. MOVEMENT

Structure the city so that movement, access and physical activity are embedded naturally into everyday life.

2.1 Walkability

- Continuous pedestrian networks
- Safe crossings
- Human-scale blocks
- Comfortable walking environments
- Universal accessibility

2.2 Cycling & Active Mobility

- Protected cycling networks
- Secure bicycle infrastructure
- Micromobility integration
- Safe routes for children and older adults
- Active mobility connections between districts

2.3 Public Transport & Connectivity

- Frequent and reliable transit
- Integrated transport modes
- Accessible stations
- Affordable transport
- Strong first- and last-mile connections

2.4 Proximity & Mixed Use

- Daily needs within short distances
- Mixed-use neighbourhoods
- Distributed services
- Reduced forced travel
- Polycentric urban structure

2.5 Movement-Enabling Public Realm

- Streets designed as public spaces
- Recreation and sports infrastructure
- Playable neighbourhoods
- Green mobility corridors
- Safe and intuitive navigation



3. NUTRITION

Make nutritious food accessible, affordable and culturally embedded throughout the urban environment.

3.1 Healthy Food Access

- Fresh-food availability
- Geographic accessibility
- Affordability
- Equitable neighbourhood access
- Healthy options in daily destinations

3.2 Urban Food Environment

- Healthy markets and retailers
- Balanced food outlet distribution
- Reduced dominance of unhealthy food
- Transparent food information
- Healthy public procurement

3.3 Local & Regional Food Systems

- Urban and peri-urban agriculture
- Community gardens
- Food forests
- Regional supply networks
- Productive urban landscapes

3.4 Food Culture & Community

- Public markets
- Community kitchens
- Shared-meal spaces
- Culinary heritage
- Food as social connection

3.5 Food-System Resilience

- Diverse supply chains
- Local storage and distribution
- Emergency food capacity
- Food waste reduction
- Circular nutrient systems



4. KNOWLEDGE

Enable people and institutions to learn, understand their environment, make informed decisions and adapt to change.

4.1 Educational Access

- Schools and early education
- Libraries and civic learning spaces
- Higher and vocational education
- Learning across neighbourhoods
- Lifelong learning opportunities

4.2 Learning Public Realm

- Museums and cultural institutions
- Educational landscapes
- Public information systems
- Visible local history and ecology
- Streets as learning environments

4.3 Digital & Information Access

- Affordable digital connectivity
- Public digital access
- Trusted urban information
- Digital literacy
- Accessible city data and services

4.4 Civic Knowledge & Participation

- Transparent planning information
- Community consultation
- Planning literacy
- Citizen science
- Public feedback systems

4.5 Urban Innovation & Learning

- Universities and research networks
- Skills ecosystems
- Knowledge exchange
- Urban experimentation
- Evidence-based planning



5. MINDSET

Shape places and institutions that reduce harmful stress, strengthen belonging and support psychological resilience.

5.1 Mental Restoration

- Quiet and restorative spaces
- Nature exposure
- Reduced sensory overload
- Places for reflection and recovery
- Calm and legible environments

5.2 Social Connection & Belonging

- Welcoming public spaces
- Neighbourhood meeting places
- Community hubs
- Intergenerational interaction
- Opportunities for repeated social contact

5.3 Safety, Trust & Dignity

- Actual and perceived safety
- Inclusive public environments
- Trustworthy institutions
- Transparent urban technology
- Human-centred urban design

5.4 Identity, Culture & Meaning

- Local cultural expression
- Heritage and continuity
- Public art
- Shared rituals and events
- Strong sense of place

5.5 Agency & Community Resilience

- Resident participation
- Local stewardship
- Adaptable community spaces
- Collective problem-solving
- Confidence in the future of place