

The 3+30+300 principle for greener and healthier cities

Experiences from the first 5 years



Cecil C. Konijnendijk

cecil@nbsi.eu <http://nbsi.eu>

**3-30-300
RULE**

3 LARGE TREES
visible from your
workplace or home

**30% TREE
CANOPY COVER**
in your neighbourhood

LIVING 300 METRES
away from a publicly
accessible green space



**NJ SHADE TREE FEDERATION
100th ANNUAL CONFERENCE**

October 16-17, 2025 | Harrahs, Atlantic City, NJ







<https://atlasofthefuture.org/project/cities4forests/>



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> New satellite data showing - Urban Green Spaces continue to decline across the world

New satellite data showing - Urban Green Spaces continue to decline across the world

Nov 12, 2024 06:00

HOME > HIGHLIGHTS 

How Canada's biggest cities are losing their green space

Canada biggest cities have lost their green spaces at staggering rates over the past two decades, new data from Statistics Canada has revealed.



[Stefan Labbé](#)
Nov 20, 2022 8:18 AM





Visions and Principles

Enhancing Nordic leadership in urban green space planning and management – fostering the Nordic Green City of the Future

Principles:

- Proximity (and visibility)
- Connectivity
- Diversity
- Equity

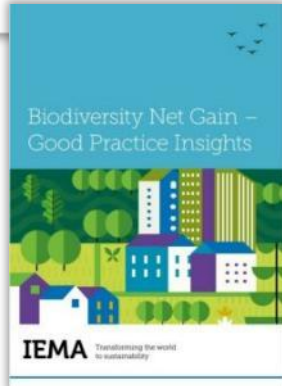


Metrics

['me-triks]

Measures of quantitative assessment commonly used for assessing, comparing, and tracking performance or production.

<https://emec-ecology.co.uk/why-is-biodiversity-net-gain-important/>



grabs
green and blue space
information for urban
areas and eco towns

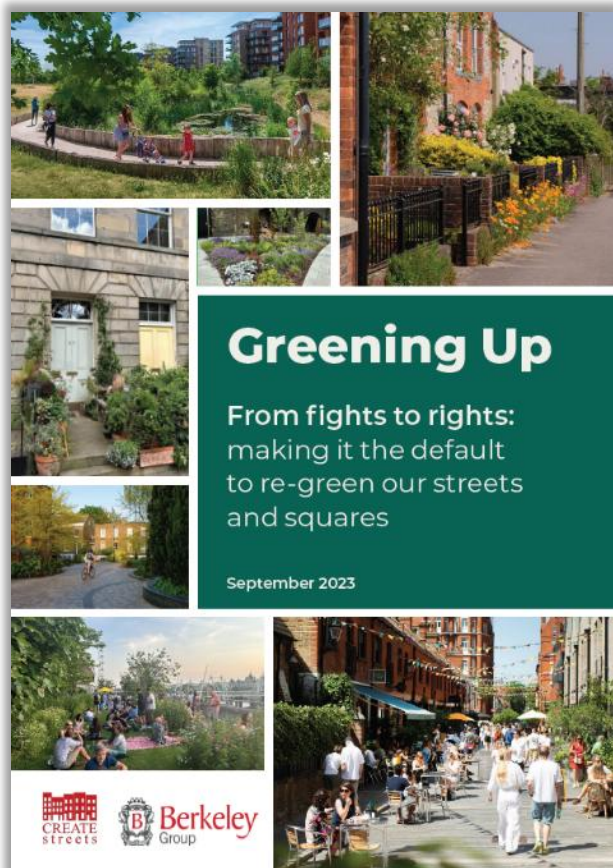
INTERREG IVC
European Regional Development Fund
Integrating Urban and Rural Development



GRaBS Expert Paper 6 the green space factor and the green points system

By Annika Kruuse





2. Measuring greenery

Some definitions. What is urban greenery and how to measure it

- Exposure metrics
- Access metrics
- Hybrid / combined metrics

Key knowledge

- Let trees grow old and large, with good establishment and maintenance
- Bring trees and green space close to people
- Green views are important
- Offer a variety of tree and green experiences
- Enhance the urban canopy – locally
- Manage possible negative impacts
- Keep the urban forest diverse and resilient



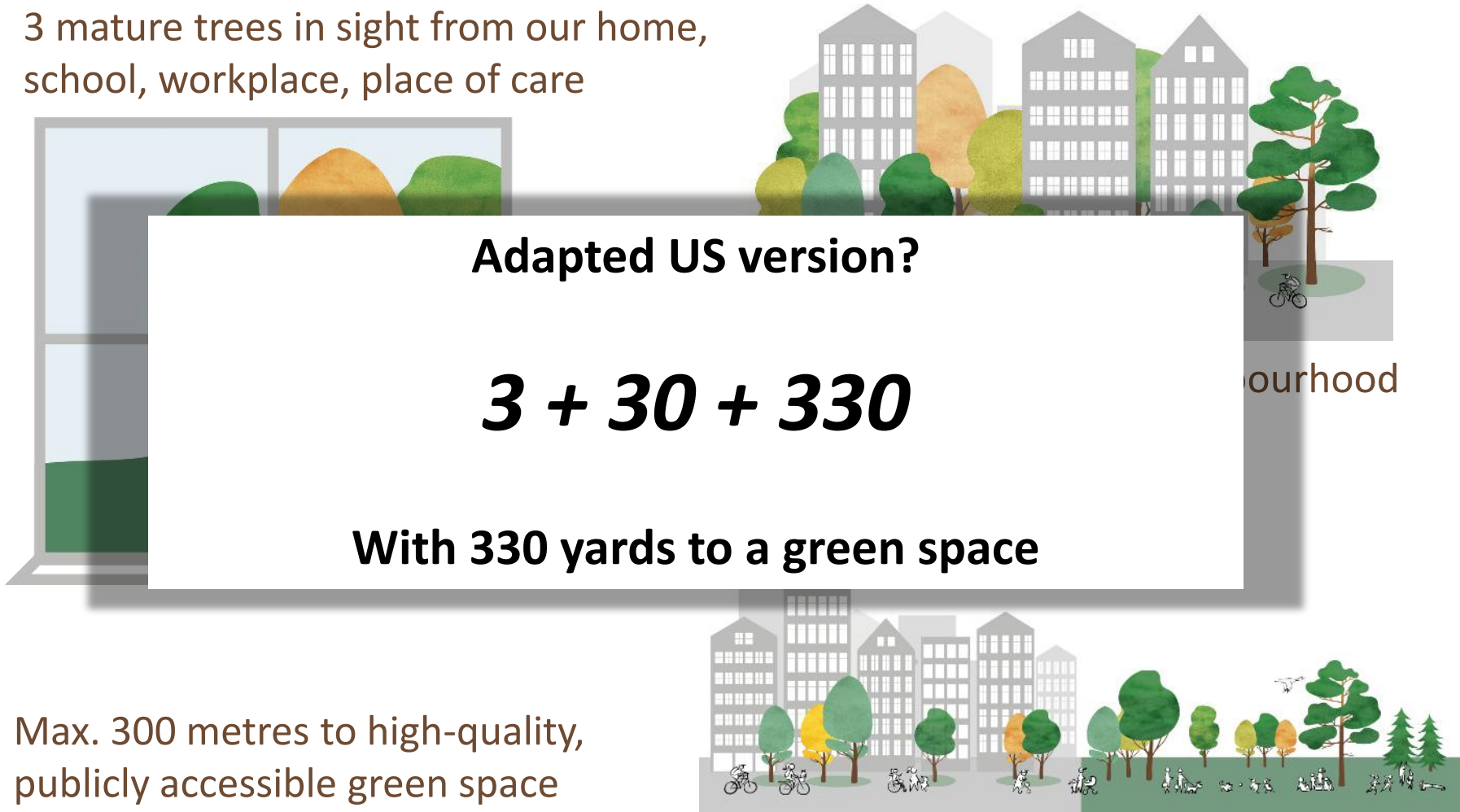
3 mature trees in sight from our home,
school, workplace, place of care

Adapted US version?

$$3 + 30 + 330$$

With 330 yards to a green space

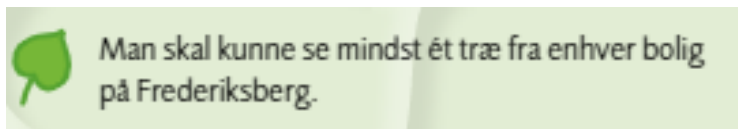
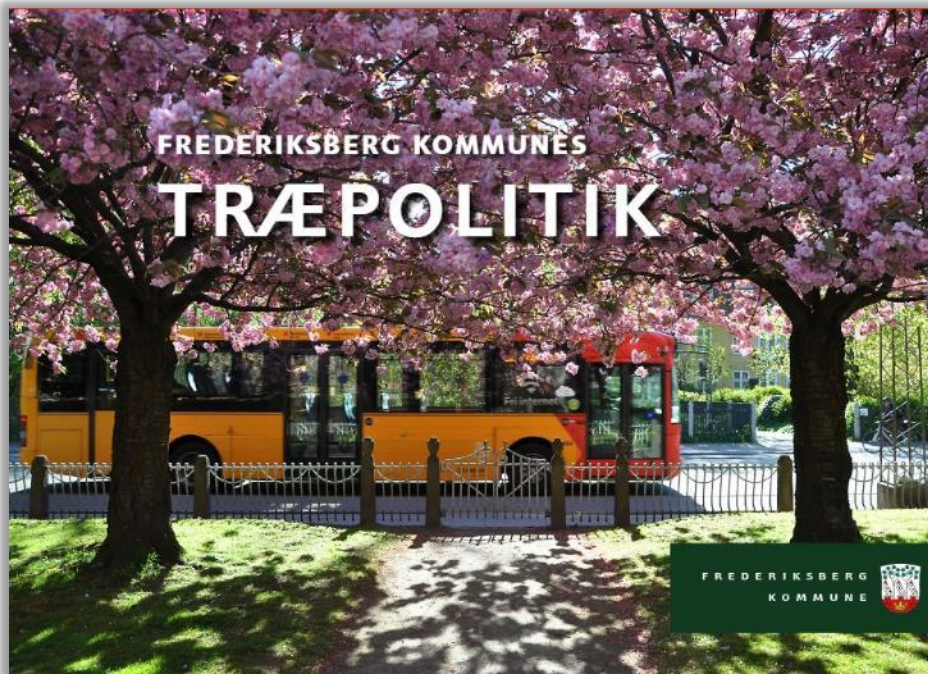
Max. 300 metres to high-quality,
publicly accessible green space





- Viewing trees and green
 - *Visible green – mental health*
- Living under tree canopies and in green neighbourhoods
 - *Tree canopy cover – cooling, social meeting places*
- Recreational use of green
 - *Public, multifunctional green – all health aspects, from physical to social*





One should be able to see at least 1 tree
from each residence in Frederiksberg



Looking at buildings or trees? Association of human nature relatedness with eye movements in outdoor space

Bingjing Chen , Chen Gong , Shuhua Li

Research Article

Nature connectedness connects the visibility of trees through windows and mental wellbeing: a study on the “3 visible trees” component of the 3-30-300 rule

Hansen Li, Matthew H. E. M. Browning , Mondira Bardhan, Mingyue Ying, Xing Zhang, Yang Cao & ...show all

Received 20 Dec 2023, Accepted 21 Mar 2024, Published online: 09 Apr 2024

Environmental Science & Technology > Vol 47/Issue 11 > Article

Open Access

Cite Share Jump to Expand

ARTICLE | April 16, 2013

Viewing Nature Scenes Positively Affects Recovery of Autonomic Function Following Acute-Mental Stress

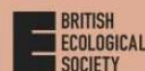
Daniel K. Brown ^{*}, Jo L. Barton, and Valerie F. Gladwell

THE DIRT

Uniting the Built and Natural Environments

New Research: Students Learn Better in Classrooms with Views of Trees

02/01/2016 | Jared Green



People and Nature

RESEARCH ARTICLE | Open Access |

The nature gaze: Eye-tracking experiment reveals well-being benefits derived from directing visual attention towards elements of nature

Whitney Fleming , Brian Rizowy, Assaf Shwartz



Belgium: An Ecological Study



Put the green space **close to people**.

- Establish street greenery, urban gardens and green trails in close vicinity to urban residents, and use public open spaces for greenery.
- As a rule of thumb, urban residents should be able to access public green spaces of at least 0.5–1 hectare within 300 metres' linear distance (around 5 minutes' walk) of their homes.

Urban green spaces:
a brief for action

Urban green spaces:
a brief for action

Type and Proximity of Green Spaces Are Important for Preventing Cardiovascular Morbidity and Diabetes—A Cross-Sectional Study for Quebec, Canada

by Roland Ngom ^{1,*}, Pierre Gosselin ^{2,3}, Claudia Blais ^{2,4} and Louis Rochette ²

¹ Geoimpacts Consulting, 111 Rue de la Chasse Galerie, Québec, QC G1B 1Y2, Canada

² Institut National de la Santé Publique du Québec, 945, Avenue Wolfe, QC G1V 5B3, Canada

³ Institut National de la Recherche Scientifique, 490, Rue de la Couronne, Québec, QC G1K 9A9, Canada

⁴ Faculty of Medicine, Université Laval, 1050 Avenue de la Médecine, Québec, QC G1V 0A6, Canada

* Author to whom correspondence should be addressed.

Int. J. Environ. Res. Public Health **2016**, *13*(4), 423; <https://doi.org/10.3390/ijerph13040423>



Health & Place

Volume 48, November 2017, Pages 63–71



Public green spaces and positive mental health – investigating the relationship between access, quantity and types of parks and mental wellbeing

Lisa Wood ^a, Paula Hooper ^b, Sarah Foster ^{b,c}, Fiona Bull ^b

Distance to Green Space and Physical Activity: A Danish National Representative Survey

in *Journal of Physical Activity and Health*

[Click name to view affiliation](#)

Mette Toftager, Ola Ekholm, Jasper Schipperijn, Ulrika Stigsdotter, Peter Bentsen, Morten Grønbaek, Thomas B. Randrup, and Finn Kamper-Jørgensen

DOI: <https://doi.org/10.1123/jpah.8.6.741>

In Print: Volume 8: Issue 6

Page Range: 741–749

Over 4% of summer mortality in European cities is attributable to urban heat islands



30%

Increasing **tree cover**
in cities to **30%**



can reduce the
temperature of
urban environments
by up to **1.3 °C**



and **prevent 1/3 of
premature deaths**
attributable to urban
heat islands in summer

Source: Iungman T., et al., The Lancet, 2023.



European Commission

Energy, Climate change, Environment

Environment

Home > News > Increasing tree coverage to 30% in European cities could reduce deaths linked to urban heat island effect

NEWS ARTICLE 21 June 2023 | Directorate-General for Environment | 5 min read

Increasing tree coverage to 30% in European cities could reduce deaths linked to urban heat island effect

Issue 602: The cooling effect of trees is well known, but no study has so far aimed to quantify how many premature deaths might be prevented through this ecosystem service.

Almost 12 000 people less die prematurely each year due to air pollution in European cities – if we have at least 30% canopy cover.

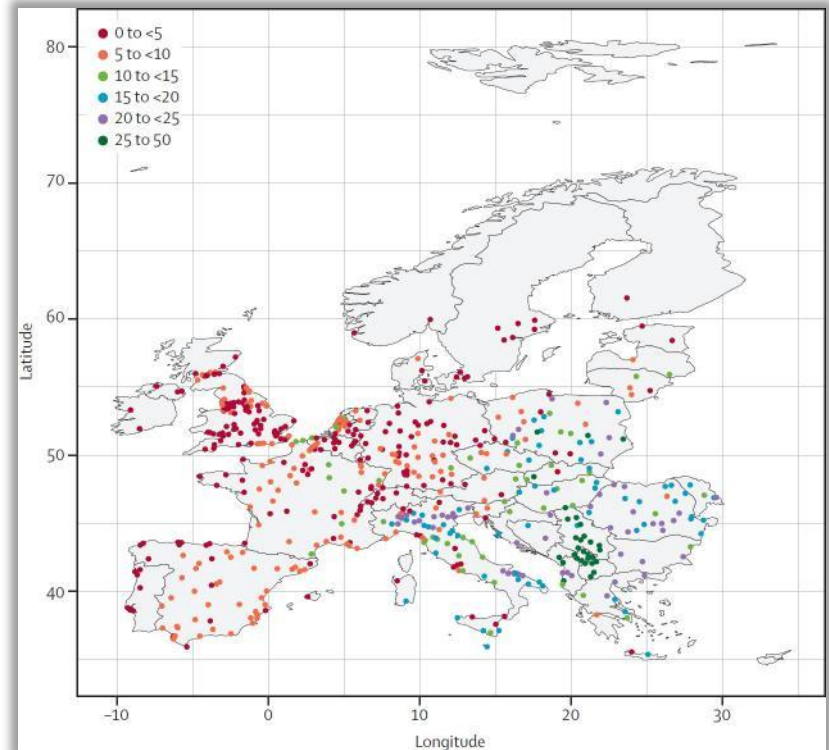
THE LANCET
Planetary Health

This journal Journals Publish Clinical Global health Multimedia Events About

ARTICLES · Volume 9, Issue 6, E527-E537, June 2025 · Open Access [Download Full Issue](#)

Effect of tree canopy cover on air pollution-related mortality in European cities: an integrated approach

Pierre Sicard, PhD, ^{a,h} · Ionut Silviu Pascu, PhD ^b · Stefan Petrea, PhD ^b · Stefan Leca, PhD ^b · Alessandra De Marco, PhD ^{b,f} · Prof Elena Paoletti, PhD ^g · et al. [Show more](#)





How well does the 3–30–300 rule mitigate urban flooding?

Gianni Vesuviano ^a , Alice Fitch ^b , Daniel Owen ^b ,
David Fletcher ^b , Laurence Jones ^b 

Less stormwater issues, lower peak flow.
More physical activity and less overweight.
Higher insectivorous bird diversity.

Highlights

- World-first study into how meeting the 3–30–300 rule could mitigate urban flooding.
- New green space (grassland and trees) replaced built surfaces in 3 European cities.
- 3–30–300 interventions can reduce localized runoff by over 70%.



Original article

When does greener mean slimmer?
Longitudinal analysis of green space, trees, grass, and body mass index in a cohort of 50,672 Australians: Exploring potential non-linearities and modifying influences of household relocation and gender

1.01–1.12), but not those who relocated (OR = 0.97, 95% CI = 0.83–1.11). In sum, conserving and restoring urban tree canopy to at least 20% to 30% of nearby land-use may help to reduce levels of overweight and obesity in the community These benefits may be

The pathway domain framework

Reducing harm

Pathway	3 trees <i>Mostly exposure</i>	30% canopy <i>Mostly exposure</i>	300 metres to green space <i>Mostly experience</i>
Reducing harm	Improving air quality, cooling, water regulation, other services	Improving air quality, cooling, water regulation, other services	Cool islands, cleaner air, 'escape', food growing, clean water
Restoring capacities	Restoring attention, facilitating stress recovery, concentration and performance, creativity	Restoring attention, facilitating stress recovery, concentration and performance, creativity	Restoring attention, facilitating stress recovery, concentration and performance, creativity
Building capacities	Encouraging to go outside and meet neighbours	Physical activity, social interactions, spiritual experiences	Physical activity, social interactions, spiritual experiences
Causing harm	Risk of allergies, diseases, accidents	Risk of allergies, diseases, accidents	Risk of allergies, diseases, accidents

Fig. 1.

e., exposure and possibly experience). An additional pathway runs directly through the reducing harm domain, which implies that biodiversity may affect health without an individual or group having contact with biodiversity (e.g. biodiversity improving upstream water quality through bioremediation). Each domain may be related with all others (for ease of presentation, only adjacent relationships are shown). Two-headed arrows between the domains speak to the potential for reciprocal relationships. Associations between variables are subject to modification by the environmental and socio-cultural context or individual characteristics.



Urban tree canopy cover over 30% and native trees enhance bird insectivory and tree biosecurity

Marco Basile ^a  , Benno A. Augustinus ^a, Eckehard G. Brockerhoff ^a



Nordic Council
of Ministers

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VILADECANS



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HARRISON HOT SPRINGS

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CITY OF
ATHENS



Den Haag



WROCLAW



NEWS > STORIES

The Urgency and Opportunity to Increase the Access of All Canadians to Urban Forests

09/22/2021

An interview with Dr. Cecil Konijnendijk on the 3-30-300 rule for creating greener and healthier cities to mark National Tree Day on September 22.

By Vilbert Vabé
Policy & Campaign Manager,
Reforestation at Nature Canada

The **benefits** of urban forests, defined as all natural and planted trees in or near an urban area, are well known. However, **research** finds that there is inequitable access to urban forests and green spaces. Urban tree canopy tends to be higher in higher-income neighbourhoods with fewer minority residents. Unequal access of low-income and racialized Canadians to urban forests results in unequal access to their benefits, creating an environmental injustice.

With the government of Canada committing to plant 2 billion trees (2BT) over the next 10 years, the expansion of urban forests and **urban parks** is a political priority. With about 82% of Canadians living in urban areas, designing cities to be more livable through greater urban forest cover is an important priority.



GROENLINKS

f t i o s e

Inscription Connexion **Je m'abonne**

Menu

COSMOPOLITAN

Mode Beauté Culture Lifestyle People **Spécial Glow** ...

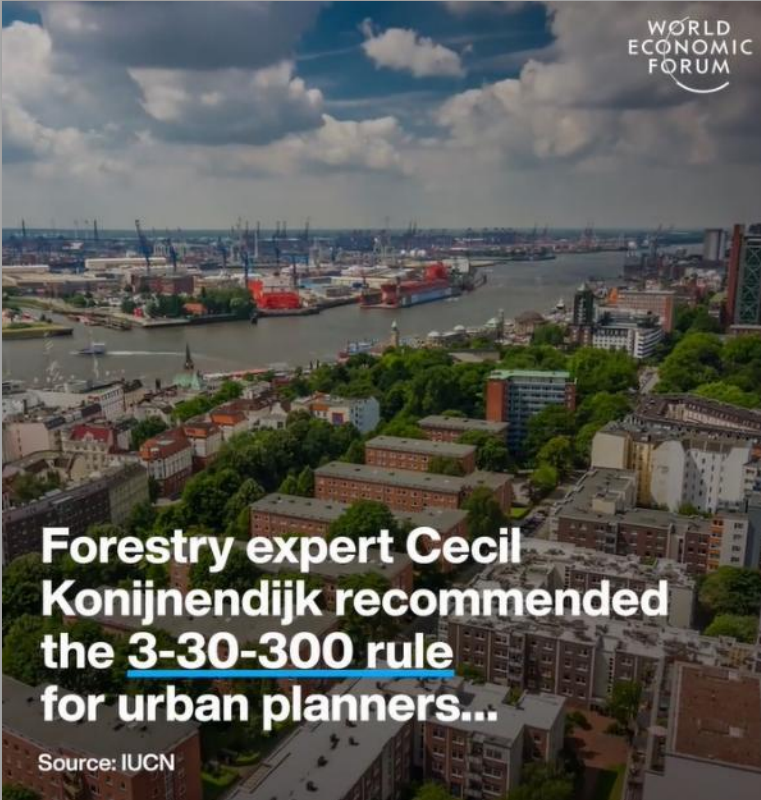
Cosmopolitan > Psycho > Actu psycho

Une étude explique la règle imparable des 3-30-300 pour avoir plus de chances d'être heureux 24 heures sur 24

PAR SARAH GARNIER MIS À JOUR LE 13/01/2023 À 17:12



WORLD ECONOMIC FORUM



Forestry expert Cecil Konijnendijk recommended the 3-30-300 rule for urban planners...

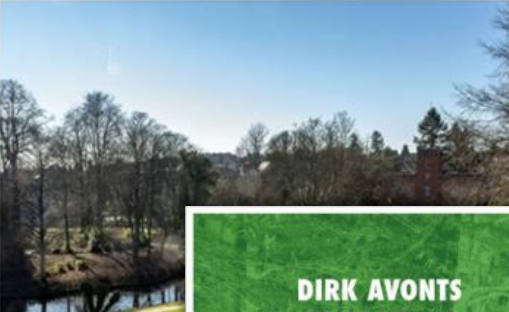
Source: IUCN

DeMorgen.

IN HET NIEUWS OORLOG IN OEKRAÏNE BETER LEVEN MENINGEN POLITIEK TV & CULTUUR TECH & WETENSCHAP SPORT

Interview Dirk Avonts

'Ga voor de 3/30/300-regel': natuur heeft positieve impact op gezondheid



DIRK AVONTS
HANS KEUNE
ROY REMMEN

NATUUR OP DOKTERS VOORSCHRIFT

Hoe buiten zijn ons gezond houdt

Lanoo Campus

Pollutionwatch
Air pollution

Why a Belgian insurer studies the impact of air pollution on health

Mutualités Libres says improving air quality ensures sustainability of the social security system



Gary Fuller
@drgaryfuller
Fri 22 Sep 2023 07:00 CEST

f t e 7



Zuhal Demir

Vlaams minister van Justitie en Handhaving, Omgeving, Energie en Toerisme

/ Nieuws / Naar een gezonder Vlaanderen met 3-30-300

Lees voor

Naar een gezonder Vlaanderen met 3-30-300

Gepubliceerd op woensdag 28 februari 2024



KRONTÄCKNING

Hela Malmös trädbestånd

Krontäckningsgrad innebär andel krontäckt yta i staden sett ovanifrån. Andelen krontäckning är ett användbart mått för att visa fördelningen av träd i staden. En hög krontäckningsgrad med en jämn fördelning över staden ger goda förutsättningar för trädbeståndet att leverera förväntade ekosystemtjänster. I dagsläget analyseras krontäckningsgraden i Malmö varannat år. Malmö har satt upp ambitiösa mål för att förbättra stadens grönstruktur genom 3-30-300 modellen.

3-30-300 modellen

Modellen lanserades 2021 och är inskriven i Malmös översiktsplan 2023. Modellen innebär att:

- Alla Malmöbor ska kunna se minst **3** träd från sin bostad, skola eller arbetsplats.
- Malmö ska ha minst **30 %** krontäckningsgrad.
- Alla Malmöbor ska ha högst **300 meter** till närmaste grönområde.

3-30-300 modellen omfattar alla träd i Malmö, både på kommunal och privat mark. Målet är att skapa en grön stad som bidrar till invånarnas hälsa och välbefinnande idag samt i relation till de klimatrelaterade utmaningar vi står inför i framtiden. 3-30-300 är för Malmö en ambitiös inriktning som kräver insatser från såväl staden som privata och offentliga fastighetsägare. En studie gjord av Region Skåne (2023) visade att nästan hälften av Malmös invånare kan se tre träd från sin bostad och tre fjärdedelar kan se minst ett. 92 % av Malmös invånare har mindre än 300 meter till närmsta grönområde. Malmö har dock långt kvar till 30 % krontäckning.



3 träd



30 % krontäckning



300 m till grönområde

Current and potential canopy cover in 3 Malmo districts

*Potential tree canopy increase
– more than double in every
neighborhood type*



GAMLA STADEN

Befintlig krontäckning: 8,1%
Maximal potentiell krontäckning: 19,2%*



ÖSTRA SORGENFRI

Befintlig krontäckning: 12,6%
Maximal potentiell krontäckning: 27,3%*



LINDÄNGEN

Befintlig krontäckning: 19,8%
Maximal potentiell krontäckning: 38%*

*Utan åtgärder på privat mark.

Nice, déjà engagée dans le **3 30 300**

avec un programme de végétalisation de la ville engagé dès 2008



OBJECTIF 3 + d'arbres en ville

RÉPONSES CONCRÈTES

Réalisation des trames vertes :
+ 1 000 arbres et 9 000 arbustes plantés

Création de l'axe Californie-Cassin de la T2 :
**77 000m' de plateformes engazonnées
et 2400 arbres le long du tracé**

Projet 1 arbre par habitant :
+ 280 000 arbres d'ici 2026.
À ce jour déjà **118 663 arbres plantés**



OBJECTIF 30 + de forêts urbaines

RÉPONSES CONCRÈTES

Promenade du Paillon
Saison 2 : **+8 HA**

Grand Parc de la Plaine
du Var : **+20 HA**

Parc Palais des Expositions
et des Congrès : **+5 HA**



OBJECTIF 300 + d'espaces verts en ville

RÉPONSES CONCRÈTES

Parc Phoenix : **un espace de loisirs de 7 HA en ville**

Square Colonel Jeanpierre **restructuré
et végétalisé, inauguré en 2021**

Parc St-Jean d'Angély, **un jardin
inclusif créé et inauguré en 2022**

Parc Jeanne d'Arc, **livraison prévue fin 2024**

Parc du Ray, **jardin de 3 HA inauguré en 2020**

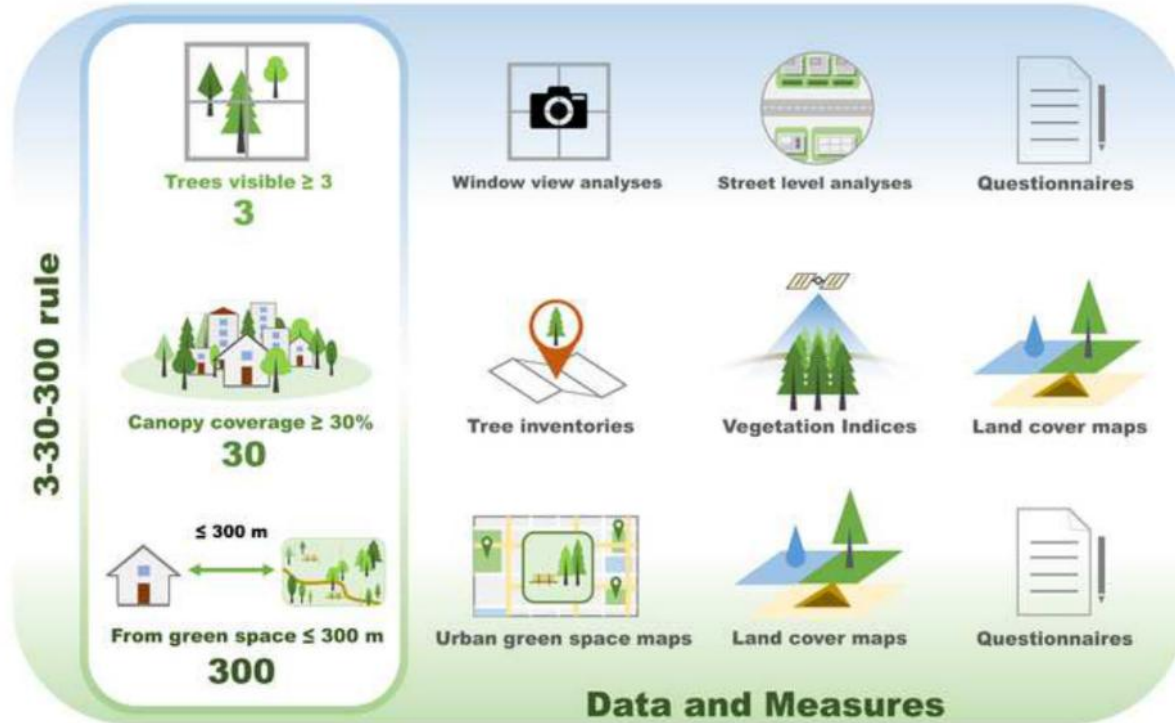
Les projets à venir :

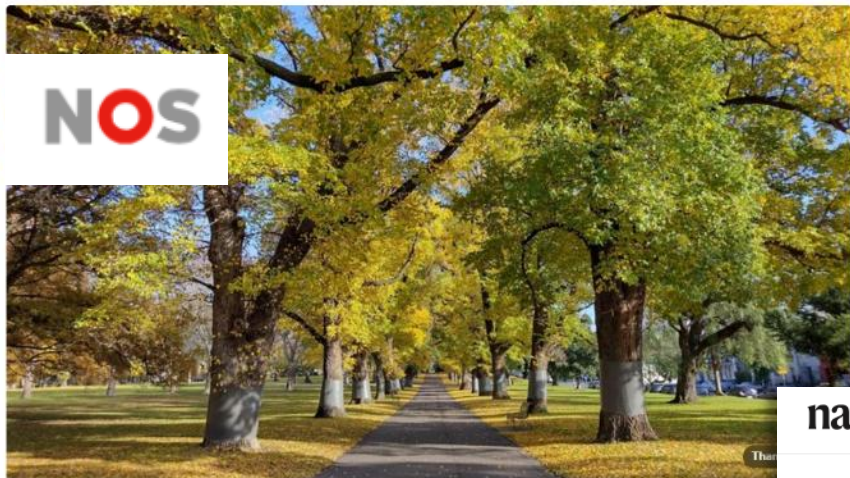
Place Goiran, quartiers Notre Dame et Lépante, St Roch, Riquier...



VILLE DE NICE

ABC News, Algemeen Dagblad, Borneo Post, Bruzz, CBC, Cosmopolitan, CNBC, CTV Television, Dagens Nyheter, De Morgen, De Standaard, De Stentor, El Nuevo Diario, El Pais, El Periódico, Elsevier Weekblad, EOS Wetenschap, Euronews, Gazet van Antwerpen, Global News, Het Laatste Nieuws, Het Parool, Ile Sole 24 Ora, Knack, La Stampa, La Vanguardia, Le Figaro, Manners, Marie Claire, Mondo, MSN News, N1, News24, NOS News, NRC, RTBF, The Conversation, South China Morning Post, Svenska Dagbladet, SVT, Sydsvenskan, Telecinco, The Guardian, The Vancouver Sun, The Western Australian, TF1, Yahoo News, Voice of Islam Radio, VRT, Washington Post, ...





NOS Nieuws • Dinsdag, 11:00

**Steden wereldwijd, ook Amsterdam, hebben
nog steeds te weinig bladerdak**



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Article | [Open access](#) | Published: 19 November 2024

Acute canopy deficits in global cities exposed by the 3-30-300 benchmark for urban nature

[Thami Croeser](#) , [Roshan Sharma](#), [Wolfgang W. Weisser](#) & [Sarah A. Bekessy](#)

[Nature Communications](#) **15**, Article number: 9333 (2024) | [Cite this article](#)

2979 Accesses | **204** Altmetric | [Metrics](#)

3

30

300

Amsterdam

205,607
Buildings3 Trees Visible:
102758 buildings

50%

52.3676° N,
4.9041° EPass
Fail30% Neighbourhood
canopy:
0 buildings

0%

<300m walk to a park
106551 buildings

52%*

Denver

300,892 Buildings

3 Trees Visible:
115199 buildings

38%

39.7392° N,
104.9903° WPass
Fail30% neighbourhood
canopy:
53383 buildings

18%

<300m walk to a park
92586 buildings

31%

New York

1,092,832 Buildings

3 Trees Visible:
1,000,451 buildings

92%

40.7128° N,
74.0060° WPass
Fail30% neighbourhood
canopy:
14386 buildings

1%

<300m walk to a park
295,186 buildings

27%

Seattle

185,913 Buildings

3 Trees Visible:
182194 buildings

98%

47.6062° N,
122.3321° WPass
Fail30% neighbourhood
canopy:
83921 buildings

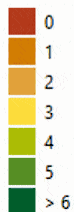
45%

<300m walk to a park
72680 buildings

39%

The 3-rule: Tokyo

Number of trees in sight





Wikimedia Commons / JORGITO1983

3-30-300

REGLA PRÁCTICA PARA LA PLANIFICACIÓN Y
GESTIÓN DEL BOSQUE URBANO Y LA
INFRAESTRUCTURA VERDE



3 ÁRBOLES POR HOGAR

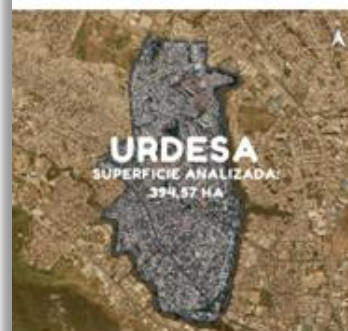


30 POR CIENTO DE
COBERTURA DE DOSEL
ARBÓREO EN CADA BARRIO



300 METROS DE DISTANCIA A
PARQUES PÚBLICOS O ÁREAS
VERDES

**¿CUÁNTO DE ESTA REGLA SE CUMPLE EN
GUAYAQUIL, ECUADOR?**

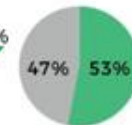


MÁS DE LA MITAD
DE LOS HOGARES
MUESTREADOS EN
URDESA CUENTAN
CON 3 ÁRBOLES A
LA VISTA

20%

URDESA CUENTA
CON 20% DE
COBERTURA DE
DOSEL ARBÓREO

30%



53% DE LA
SUPERFICIE DE
URDESA SE
ENCUENTRA A 300
METROS DE
DISTANCIA DE
PARQUES

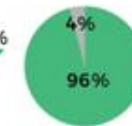


MENOS DE LA
MITAD DE LOS
HOGARES
MUESTREADOS EN
SAUCES CUENTAN
CON 3 ÁRBOLES A
LA VISTA

9%

SAUCES CUENTA
CON 9% DE
COBERTURA DE
DOSEL ARBÓREO

30%



96% DE LA
SUPERFICIE DE
SAUCES SE
ENCUENTRA A 300
METROS DE
DISTANCIA DE
PARQUES

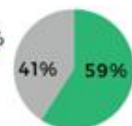


UNA QUINTA
PARTE DE LOS
HOGARES
MUESTREADOS EN
LA FLORESTA
CUENTAN CON 3
ÁRBOLES A LA
VISTA

7%

LA FLORESTA
CUENTA CON 7%
DE COBERTURA
DE DOSEL
ARBÓREO

30%



59% DE LA
SUPERFICIE DE LA
FLORESTA SE
ENCUENTRA A 300
METROS DE
DISTANCIA DE
PARQUES



The 3+30+300-rule for the Nordics (22,589,315 buildings)



83.6% of the buildings meet the 3-rule
The average for all buildings is 40.2 trees

13.3% of the buildings see no trees at all,
urgent fixing is necessary



74% of the buildings meet the 30-rule
The average for all buildings is 51.3%

5% of the buildings have canopy coverage
of 25-30%. Just add a little bit of canopy cover
and reach 79%!



95.7% of the buildings meet the 300-rule
The average for all buildings is 40 meters
walking to the nearest urban green space

Add a few parks, or create additional walking
connections to existing parks!



66.4% of the buildings adhere all three rules at
the same time.

87.0% reaches a positive overall score (a 5,75
or higher between 0 and 10)

4.0% reach a mildly negative score (between 5
and 5.75). Plant a few trees and reach 91.0%!



Major Study Shows Small Increase in Jersey City's Tree Canopy

By one measure, Jersey City's tree canopy stands at just 50% of what it should be.



by Aaron Morrill

January 11, 2025



To address the problem, one influential researcher has proposed the “[3-30-300 rule](#)” for cities, under which every house, school and workplace would have a view of at least three trees, be in a location with at least 30% tree canopy cover, and lie within about 300 meters (1,000 feet) of a park.

Why this global impact?

*Three is a magic number
Yes it is, it's a magic number
Somewhere in that ancient mystic trinity
You get three as a magic number
The past and the present and the future
Faith and hope and charity
The heart and the brain and the body
Give you three as a magic number*

Lyrics: Bob Dorough



Applying 3+30+300 (1)

- Rule of thumb and guideline, integrate with other guidelines, targets etc.
- Context and scalability
- Don't weaken from the start
- Long-term perspective, provision of ecosystem services
- Don't get stuck in limitations and barriers – built-up areas change rapidly!
- Focus on large trees, quality, diversity



Applying 3+30+300 (2)

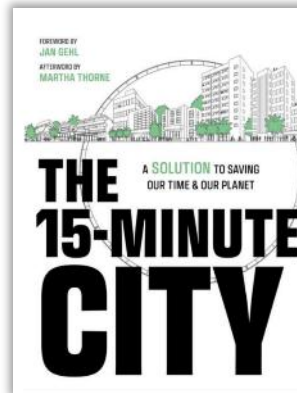
- **Delivery: linking visions to establishment and maintenance**
- **From transforming existing neighbourhoods to building new ones**
- **Make a realistic 'growth plan' for new areas**
- **Older and larger urban trees require better growing conditions**
- **Partnerships are crucial**



A 25-Year Blueprint: Change Takes Time and Planning

A phased 25-year approach ensures sustained progress. Key components of an implementation blueprint for the 3+30+300 rule in urban forestry are: assessment, phased goals, supportive policies, community engagement, monitoring and reporting, and challenge solutions. Fort Collins mapped out a phased strategy to ensure steady progress.

Phase 1 (2025–2030)	Phase 2 (2031–2040)	Phase 3 (2041–2045)
Launch pilot programs in High Priority Areas.	Reach 30% canopy in half of all census blocks.	Integrate forestry with stormwater and infrastructure systems.
Roll out public dashboards via TreePlotter CANOPY.	Introduce "complete streets" with tree trenches.	Achieve 90% rule compliance in the urban core.
Update zoning to reflect canopy targets.	Expand maintenance and stewardship funding.	



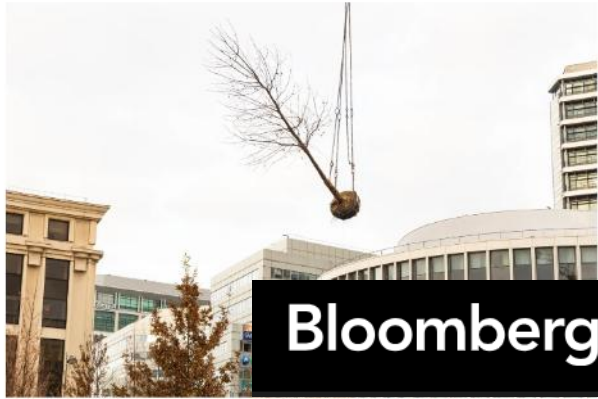
PLANIT GEO™
mapping a greener future





Paris's Urban Forest Plan Takes a New Step Forward

The city's Place de Catalogne was planted with new trees this week — and 170,000 more are on the way.



Bloomberg

A tree is winched into place in Paris's Place de Catalogne. Photographer: Guillaume



<https://commons.wikimedia.org/wiki/File:Korea-Seoul-Cheonggyecheon-2008-01.jpg>



SUPERBLOCKS MODEL

Bron: Barcelona City Hall

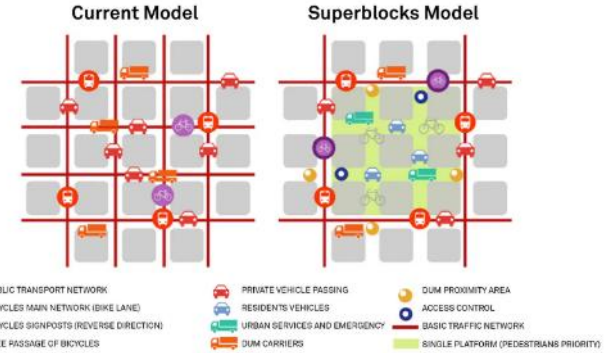




Photo credits: Mam Suteethorn

3-30-300 ATHENS



Short Name
3-30-300 ATHENS

Formal Name
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*Walking together towards
a greener future.*



Summary

In collaboration with the residents of Kypseli, a central district of Athens, the '3-30-300 ATHENS' project seeks to thoroughly assess the area's urban composition against the 3-30-300 rule for urban forestry and green spaces. Through citizen engagement and creative green city interventions, the project aims to map the current green topology using both digital and analog techniques. Additionally, these mapping activities, workshops, and green initiatives will not only identify areas needing future development but also raise awareness among residents about the numerous benefits of green surroundings; and engage them in the area's redesign. Ultimately, the project aspires to empower citizens and inspire a citizen-led transformation of Athens into a green city of the future.



"It is crucial to bring a breath of life to **one of the most densely populated areas** in Athens," Doukas said at the inauguration ceremony for the Kypseli micro forest. He also reiterated his commitment to increasing green spaces across Athens in line with the **"3-30-300" rule**.

"This means that from any window, you should see three trees, neighborhoods should offer 30 percent shade coverage, and within 300 meters of every home, there should be a park," Doukas explained.



WOORD VAN DE WEEK

3-30-300-REGEL

NJDEP Urban & Community Forestry's post



NJDEP Urban & Community Forestry

10 October 2024 · 🌐



Today is a great day to get outside in your urban & community forest. It's National Walk to a Park Day!

And speaking of walking to a park, have you heard of the 3-30-300 rule? The 3-30-300 rule offers benchmarks for cities to promote equitable nature access. It dictates that individuals should see 3 trees from their dwelling, have 30% tree canopy in their neighborhood, and live within 300m of a high-quality green space. (300 meters is about 3 city blocks, give or take).

Learn more about the 3-30-300 rule here: <https://research.fs.usda.gov/treesearch/67230...> ✓.

Picture taken along Mt. Rose Trail, Hopewell, NJ, by NJUCF Staff.



②

De 3-30-300 streefwaarde



wijk



straat



omgeving



Haarlem

Streef naar de 3/30/300-waarde. Vanuit je woning minstens 3 grote bomen kunnen zien, 30% van de wijk is voorzien van een bladerdek, iedereen kan op 300 meter van huis een park of groene ruimte bereiken.

Natuurinclusief bouwen voor gezonde bewoners

Top-10 maatregelen voor nieuwbouw
en gebiedsontwikkeling





**Future Woodlands
Scotland**

Funding and support for urban trees and green spaces

[Home](#) > [Urban Forestry Programme OLD](#)

Our cities, towns and urban areas urgently need more trees to enhance the environment and support healthier, happier communities.

Urban Forestry Challenge Fund, which offers multiple rounds of funding to support the 3-30-300 rule.

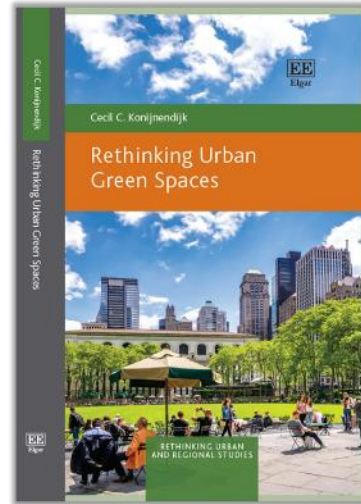
Urban Groves

(300)



Streetwoods

(30)



Doorstep trees

(3)



AT LEAST

3

**TIMES A
WEEK**

AT LEAST

30

**MINUTES
AT A TIME**

AIM FOR

300

**MINUTES PER
WEEK**

3-30-300

LUONTOSUOSITUS

LUONNONSELOSKELUUN JA LIIKKUMISEN SUOSITUS

LANDELIJKE BOMENNORM

Kwalitatief groen voor
iedereen bereikbaar



NORM
INSTITUUT
BOMEN

30 mei 2026



Overzicht Landelijke Bomennorm

Mate van BKV	BKV per km ²	BKV per m ²	Boomkroonbedekking	Kleur
Sterk = streefwaarde	> 2,2 miljoen m ³	> 2,2 m ³	30% en meer	
Matig	1,3 tot 2,2 miljoen m ³	1,3 tot 2,2 m ³	20% - 30%	
Weinig	0,6 tot 1,3 miljoen m ³	0,6 tot 1,3 m ³	10% - 20%	
Zeer weinig	< 0,6 miljoen m ³	< 0,6 m ³	< 10 %	

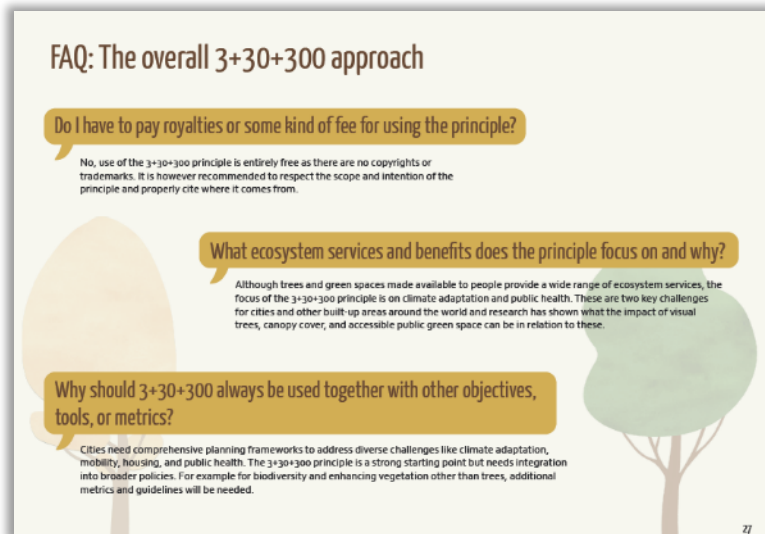
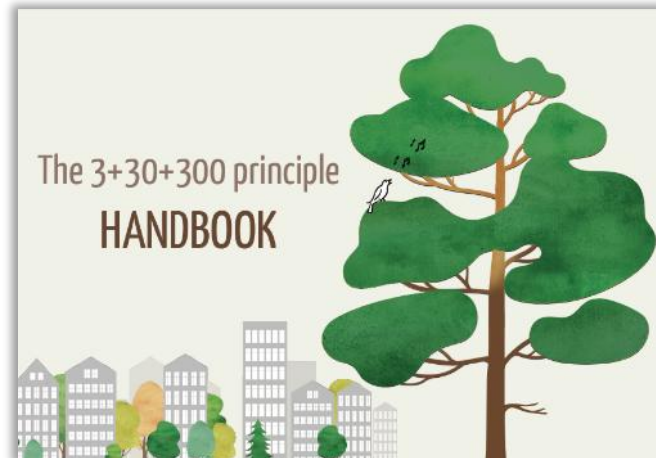
Key knowledge

- Let trees grow old and large, with good establishment and maintenance
- Bring trees and green space close to people
- Green views are important
- Offer a variety of tree and green experiences
- Enhance the urban canopy – locally
- Manage possible negative impacts
- Keep the urban forest diverse and resilient
- ... 3, 30, and 300 / 330 can help!

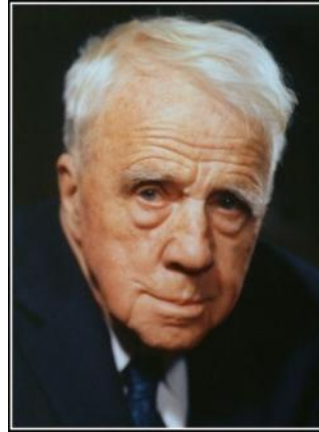




www.treesrule.com / www.threesrule.com



www.tradkontoret.se/en/yggdrasil/



Tree at my window, window tree, My
sash is lowered when night comes
on; But let there never be curtain
drawn Between you and me.

— Robert Frost —

AZ QUOTES



David Hockney (2007) - Three trees near Thixendale, Summer