

## Intersecting trajectories

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When we launched *Visions for Sustainability*, we wanted to provide a space for as wide a range as possible of ways of looking at the concept of sustainability and at the same time of considering the multiple perspectives from which that concept can shed light on the ecological trajectories of all the biotic and abiotic components of the planet we inhabit.

Since we are human beings, we are particularly concerned with the trajectories of our own species, how they are driven by evolutionary feedbacks between characteristics and adaptations, how they intersect with and impact on all other trajectories, and how our understanding of this can lead to developing ways of changing them and rendering them more sustainable. The papers in this issue provide specific perspectives on various aspects of these concerns, emphasizing the importance of promoting public and institutional awareness as an essential prerequisite for action, while focusing on a wide range of diverse geographical locations. We are particularly pleased to host studies from different parts of the Global South.

One of the principal characteristics of *Homo sapiens* has been an early and ever-increasing propensity to travel. Recent studies link movement out of Africa to climate change which made travelling necessary and at the same time rendered it possible. Such initial migration was determined by the quest for space, food, and security. Dynamic population growth then led to groups splitting and travelling ever further apart. New technologies and in particular means of transport, such

as boats, enabled ever greater distances to be covered. Other important aspects included human traits such as imagination, adaptability, curiosity, adventure, and risk-taking. Each one of these factors is clearly involved both in the migratory flows that characterize all human history as well as a very recent predilection for a particular kind of movement, known as tourism, which has seen a rapid exponential growth in the last few decades.

In “Sustainable tourism: tourists’ behaviour and their impact on the visited place”, Ingaldi and Dziuba address the question of overtourism and the need for tourist destinations that suffer from overcrowding and its various consequences to develop ways to render the influx of tourists sustainable. They argue that a prerequisite for this is greater awareness of the problem on the part of tourists themselves. As part of a larger project on sustainable tourism and people’s perceptions of this in different parts of Europe, they investigate the understanding and attitudes of people towards the concept of sustainable tourism in the countries of the Visegrád Group. The results of their survey show that, while respondents demonstrate understanding of what sustainable tourism means, this frequently does not translate into a consequent and coherent behavior. They argue that further research can become a stimulus to investigating ways of rethinking and changing behaviors.

In “Community participation in creating sustainable community-based tourism”, Kurniawan, Astuti and Syifaiddin consider the question of the welfare of the local community of tourist destinations, together with that of environmental and cultural preservation. Their research investigates community participation in realizing sustainable community-based tourism in Karimunjawa, Indonesia. The results show that community participation in realizing sustainable community-based tourism is a combination of Spontaneous Participation and Induced Participation, involving elements of participation that are active and bottom-up while others that are passive and top-down still remain.

Another striking characteristic of *Homo sapiens* has been to go beyond satisfying our basic needs for survival and develop increasingly high rates of consumption. This has led to the consolidation of embedded over-consumption patterns, the frenetic generation of techno-scientific innovations for resource gathering and accumulation, the establishment of forms of organization based on the principle of growth as an accelerating tendency towards *increase* in every sphere of human activity, population dynamics, and urban settlements. At whatever scale, increasing consumption, population size and density inevitably lead to waste production and concomitant problems related to waste management, sanitation, and the spread of disease.

In “Improving household waste management through a door-to-door collection in Ruaka Town, Kenya” Chisika and Yeom explore ways of improving household waste collection in urban areas by comparing households served by door-to-door waste collection and those without it. Their results show that door-to-door solid waste collection can induce positive behavioural changes and enhance sustainability at waste generation points. They argue that the resulting waste separation and recycling can help improve revenue from waste management and help resolve the waste financing gap facing many governments. At the same time, current practices are unsustainable and can reinforce inequality. More studies are necessary to investigate the correlation between individual household demographic attributes and the effectiveness of door-to-door waste collection. Moreover, priority must be given to regulating door-to-door service, increasing citizen participation in waste management, and improving waste separation at the source to measure the system’s maximum impact.

In “Health Literacy Programme and Proper Solid Waste Disposal Habits Among Housewives in Onitsha, Anambra State, Nigeria”, Okorie and Ithemgbulem investigate different aspects of the efficacy of a health literacy programme related to understanding the dangers of improper disposal of waste, building the necessary knowledge for proper disposal, and developing a positive attitudinal change towards personal habits. Their findings show that the community health literacy programme has achieved good results in each of these areas. They illustrate further recommendations for developing the programme to increase its efficacy in terms of behaviors.

In “The Impacts of Covid-19 on Household Behavior and Household Waste” Yalçinyiğit, Dönmez-Turan, Akbaş and Varank examine the impacts of Covid-19 pandemic on household behavior and waste in Istanbul. Their research shows that mask, glove, disposable bag usage, cooking at home, online shopping, cargo arrival, dishwasher and washing machine usage all increased, while ordering food from outside decreased. Consequently, medical, food, disposable bag and plastic waste also increased. The authors also investigate the correlation between the changes in household behavior and waste disposal and income and household size. Their findings show the importance of developing specific management strategies for medical, food and plastic wastes and for households with different socio-economic backgrounds.

Human trajectories leading to the increasing pervasiveness and dimension of urban settlements as complex systems based on intricate and dynamic relationships can be analysed from many other perspectives. One is the way in which they have given rise to a multidimensional heritage, involving both tangible and intangible

components, that can be variously analysed through the lens of sustainability in terms of urban heritage management.

In “The development of a construct in the heritage urban sustainability index” Saleh, Mahat, Hashim, Nayan, Suhaily, Ghazali, Hayati and Utami consider the question of identifying sustainability indicators for the creation of sustainable cities for communities, with reference to the development of a heritage urban sustainability index construct in Malaysia using exploratory factor analysis. Their study is based on five main constructs of urban heritage sustainability: economic prosperity, social well-being, environmental well-being, cultural heritage, and the role of government and community. The results demonstrate the relationship between the items that constitute each of the constructs. The authors believe that their findings can help research on the sustainability of heritage cities in other areas.

The intersecting trajectories of *Homo sapiens* and forest ecosystems have given rise to a vast literature in recent decades. The focus has been principally on the reasons for and the consequences of the massive human destruction of ever-increasing areas of tropical rainforest. Forest ecosystems have been analyzed as a key provider of many ecological services related to climate, water, air, energy, biodiversity, and innumerable others.

Only very recently has there been a development of a literature related to the benefits that can derive for human beings, as for all living organisms, from a relationship with forests as a therapeutic environment. In “Return to forests. Therapeutic potential of woodland environments.”, Piras argues that, while forests can undeniably be beneficial for human beings, there are still open questions that need further research concerning what is beneficial for whom and for what aspects of human psychophysical health. At present there is neither a clear understanding of the characteristics to look for in the forests nor of the activities to be carried out there. She illustrates two lines of research. The first aims at investigating forest ecosystems with a high degree of biodiversity and their relationship to individual human characteristics and needs and types of activities. The second refers to the possibility of benefiting from forests in terms of a *pathway* by which the patient develops, rather than acquires, an ability to relate to forests themselves. The pathway consists of five stages – biophilic, sensory, haptic/proprioceptive, adaptive, integrative – and becomes a circular path in which each phase is gradually retraced employing the new skills and competencies developed previously.

## Citation

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