

URSP 3050
Special Topics in
Urban Studies 1

Weeks 3 & 4: Surviving Well

Chapter 2

Take Back Work: Surviving Well

What does it mean to
survive (live) well?

What's work for?

Two Provocations

1. Mano J Singh, Calcutta
<http://www.thehappymovie.com/film/>
2. Heidemarie Schwermer, Germany
<http://vimeo.com/channels/528106/page:2>
(Watch 20:42 – 25:50)

Why did we watch these two
clips?

What do they illustrate about
working and surviving well?

**SURVIVING WELL: A KEY CONCERN
FOR A COMMUNITY ECONOMY**

What does it mean to survive well? We know that the most common answer is that surviving well means getting a well-paying job that provides material security. But as we have seen, greater material security does not always add up to greater well-being. According to the latest global study, material security is only *one* of the elements essential for human happiness: "Well-being is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it's about how these five elements *interact*."¹¹

This research tells us that to survive well we need to achieve a mix of the five different types of well-being:

- *Material well-being*, which comes from having the resources to meet our basic needs and being satisfied with the resources we have.

- **Material wellbeing** that comes from having the resources to meet basic needs and being satisfied with the resources one has
- **Occupational wellbeing** that comes from a sense of enjoyment with what one does each day, whether in a conventional job, or as a student, a parent, a volunteer or a retiree
- **Social wellbeing** that comes from having close personal relationships and a supportive social network
- **Community wellbeing** that comes from being involved in community activities
- **Physical wellbeing** that comes from good health and a safe living environment.

How do you think Mano and Heidemarie 'rate' on each of these forms of wellbeing and their overall wellbeing?

Exercise

	1 <i>poor</i>	2 <i>sufficient</i>	3 <i>excellent</i>
Material			
Occupational			
Social			
Community			
Physical			

How do YOU 'rate' on each of these forms of wellbeing and your overall wellbeing?

Exercise

HOMEWORK

CASE STUDY

Which chapter/s are you interested in working on?

First and second preference

HOMEWORK

THIRD REFLECTION

- What have you learned from the workshop (e.g. something new, something confirmed, something curious)
- Refer to the lecture reading – Chpt 2, TBTE