

# The city of Munich

- 40 000+ employees
- Smartest city in Germany (bitkom 2024)
- “Smart city” means a livable, sustainable, connected city for the people in everyday life
- Our mission is to provide and ensure the well-being of our residents

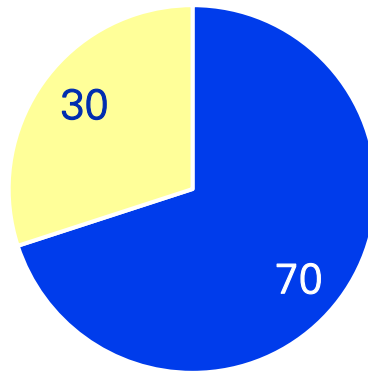




# Some numbers about Munich

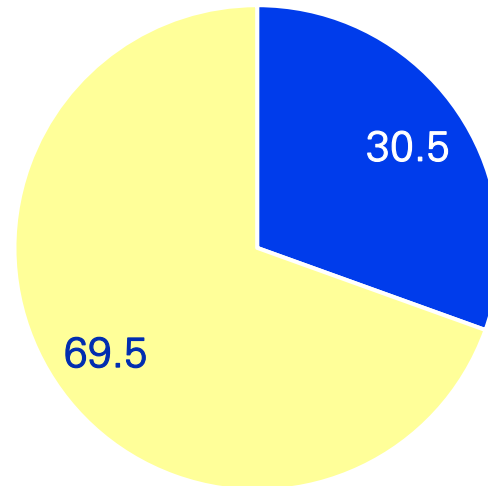
- Munich is one of the biggest cities in Germany with ~ 1,6 million residents

Population by nationality



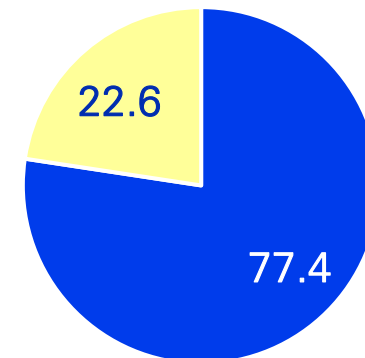
- 1. German residents
- 2. International residents

Population by type of household



- 1. One-person households
- 2. Others

Population by age



- 1. Others
- 2. The elderly (60+)





# Imagine

Perhaps it was once you, it is you now or it would be you someday...



...someone, who has moved to a new place for work, study, or adventure?



...someone, who separated from the loved ones and struggling to find their place in an unfamiliar country?

...someone, whose human interaction comes only from a nurse or care service?





# Did you know...?

- One in four Germans feels lonely. <sup>(1)</sup>
- Loneliness can be as damaging as smoking **15 cigarettes a day**, alcohol overconsumption or obesity. <sup>(2)</sup>
- Loneliness can **increase the risk of early mortality by 26%**. <sup>(3)</sup>

(1): <https://www.deutsche-depressionshilfe.de/forschungszentrum/deutschland-barometer-depression/einsamkeit>

(2): <https://www.deutschlandfunk.de/einsamkeit-so-schaedlich-wie-15-zigaretten-pro-tag-102.html>

(3): L Mansfield et al. *A conceptual review of loneliness across the adult life course (16+ years): Synthesis of qualitative studies*, What Works Wellbeing (2019), (p. 2; 18; 36).





# Have you ever heard of...?

- Münchner Ratschbankerl (Chat benches)
- Zuhörraum (Listening space)
- board game events for everyone



Michael Nagy/Pr





# Our challenge





# Be a City Hero:

Help Us Fight Loneliness and  
Bring People Together!



# Let's brainstorm some ideas!

*Could it be a new way of connecting over shared interests?*

*Could it be something that helps bridge the gap between generations?*

*Could it be a tool designed to help those living alone to overcome loneliness – esp. during holidays like Christmas?*





We need you to help think  
outside the box...

**Be creative.  
Be bold.**





**It's up to you to make Munich a city  
where no one has to feel alone!**

