**Exploring the future of well-being through a people-centred lens.**

This project focuses on wellbeing and symbiosis. We defined them as:

Symbiosis - an interaction or close living relationship between organisms from different species, with benefits to one or both of the individuals involved.

Wellbeing - A subjective state of being comfortable, healthy and happy.

Over the course of our research, the main theme that kept popping up was work life balance. We asked ourselves how changes to the way we work might impact both individual and collective wellbeing, and how we might measure wellbeing in 10 years’ time. We explored these themes across two places in our 2031 world, the city of Glasgow and Azores, a future company town.

2031 Glasgow is a densely populated area with high rise flats and little green space. Glasgow aims to increase well-being by encouraging individual identity. People are free to express their individuality, the population is a diverse mix of people from different backgrounds. There are laws for protected characteristics to stop discrimination. People want to live here because there is an opportunity to be successful. People have free will to make more decisions.

Our response to 2031 Glasgow is Azores. Azores is a company-run town aimed mainly at low income & low wellbeing people & families. People apply and are accepted depending on their individual wellbeing score. People have to show low individual wellbeing to get in

Individuals have to show Increased wellbeing while they're there.

There is a stable birth rate due to free childcare, no financial cost of living etc.

Azores improves wellbeing by providing a better work life balance, healthy food and increased opportunities for human connection, along with a mutualism between humans and nature.