

Urban lives in a large city, **Rurik** lives in an ecologically and sustainability adapted settlement

URBAN

RURIK

Mobility, daily basis	High	Low
Distance to work	Long (<> 30 km)	Short (< 5 km)
Mobility, general	Frequent, short distance (>30 km)	Infrequent, long distance (> 100 km)
Food source	Distant (global)	Local (< 10 km)
Understanding of food system	Low	High
Industrial food processing	High (processed food)	Low (raw material processed at home)
Raw material use	High	Low
Recycling capacity, raw materials	High (part of urban infrastructure)	Low (out of reach of efficient recycling structures)
Recycling capacity, nutrients	Non-existent	High (source separating toilets, composts)
Infrastructure dependency	High	Low
Water supply	Grid	Local (well or recycled water)
Water purification	Sewage treatment plant	Source separating toilets, local grey water purification and recycling
Fossil fuel dependency	High	Low
Vulnerability to high energy prices	High	Low
Social service	Formal	Informal
Social interactions	Infrequent	Frequent
Distance to friends	Long	Short
Economic activity (Gross Personal Product)	High	Low
Economic activity (Mode)	International	Mainly local
Settlement density	High (<1400 p/km ² , urban) to moderate (200-1000 p/km ² , suburban)	Moderate (<1000 p/km ² , village) to low (> 500 p/km ² including agricultural space)

Urban sprawl = **Urban** persons in rural environment

Ruralisation = **Rural** persons in rural environment