

## **Document 1:**

### **Does city life make us more or less lonely?**

Cities are places where people come together. And yet anxiety and depression rates are higher in urban than in rural settings.

“You can be lonely anywhere,” writes Olivia Laing in her new book *The Lonely City*, “but there is a particular flavour to the loneliness that comes from living in a city, surrounded by millions of people.” Laing’s book explores her own experience of solitude in New York, and how she tackled the issue.

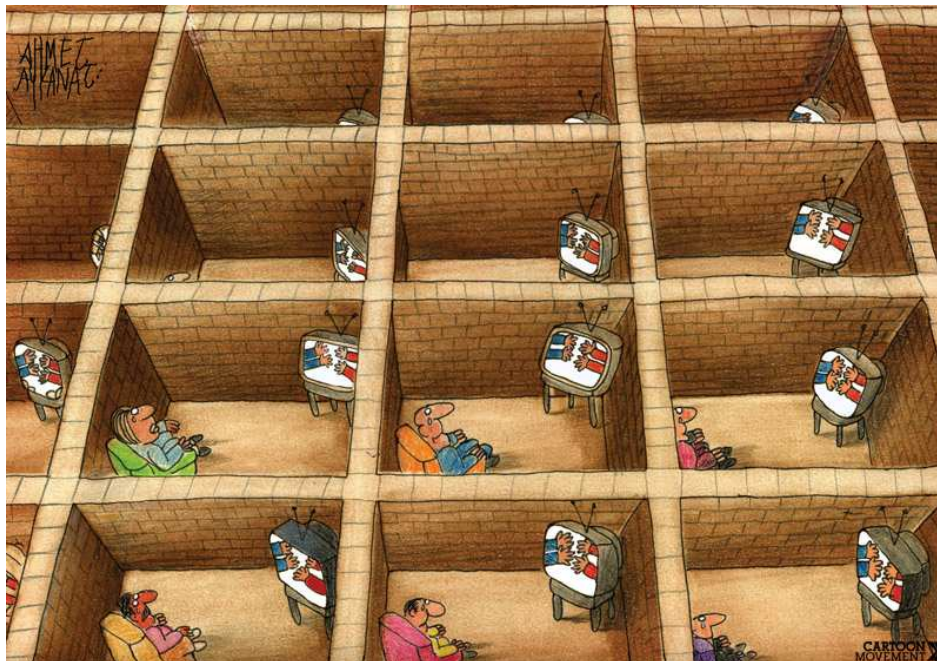
Cities can be overwhelming places, full of anonymous strangers. In 1903, the German philosopher Georg Simmel described the social tendency that “one nowhere feels as lonely and lost as in the metropolitan crowd”. A 2013 survey by ComRes found that 52% of Londoners feel lonely.

How many people in cities even talk to their neighbours any more? The project *Talk to Me London* was set up in the knowledge that a Londoner’s hesitancy to talk to strangers can create a somewhat unfriendly – and lonely – city. The initiative, which has now gone global, organises special days and events in cities, encouraging strangers to strike up conversations with one other.

“The well-known phrase that you’re never lonelier than in a crowd holds true for many who live in big cities like London, which is consistently at the top of the UK loneliness index,” explains Polly Akhurst, *Talk to Me*’s co-founder.

Francesca Perry Monday 29 February 2016 – The Guardian

## Document 2:



**Lonely Existence** \_ Ahmet Aykanat - 09 Apr 2015  
[www.cartoonmovement.com](http://www.cartoonmovement.com)