In post-conflict societies, urban centres often emerge quickest from the ravages of war. Much of this resilience depends on security and crisis-management capacities, good governance, and building of urban social capital.

On **cities and democracy**, local democracy is a key step in replacing violence in the streets with non-violent conflict management. International IDEA has found that resuscitation of local authorities for security and service delivery purposes is a critical arena for immediate post-conflict environments. In many cases, once weapons are laid down, people's thoughts turn swiftly to urban services, such as water, housing, and jobs.

Local democratic institutions broaden the basis of peace at the community, municipal, and city level, as they diffuse values of tolerance, inclusion, accountability, and citizen participation at the most basic and personal level.

A properly governed and, especially, democratic city can manage 'disruptions from below' which threaten fragile peace processes in immediate post-conflict societies, while also infusing the inclusive and representative features of democracy in daily practice and business.