

1. Worldwide, urban areas are increasingly prone to Nature-based Solutions (NbS) to fortify resilience against climate change impacts (this thesis).
2. Despite substantial development in the concept of NbS, there is still no consensus on what effective implementation of NbS means (this thesis).
3. Quito, Ecuador, showcases a strong commitment to NbS, particularly in urban orchards and water management initiatives, making it a compelling case study for understanding the translation of scientific frameworks into NbS effectiveness (this thesis).
4. The complexity of stakeholder engagement is significant, which highlights the importance of involving communities to ensure local ownership and participation in NbS execution, alongside essential organizational and specialized knowledge, and support. (this thesis).
5. The local government is not the sole responsible agent regarding city matters; the citizens are bearing responsibility to contribute to the processes of city-making (this thesis).
6. The collaborative involvement of diverse stakeholders is needed in order to scale up and replicate NbS initiatives and projects.
7. The concept of NbS is new, but the practice is not, the innovation in the concept is related to its integral scientific assessment framework that includes climate action with data-driven validation.
8. "Theory without practice is empty, and practice without theory is blind" (Immanuel Kant): Local community initiatives can reach a higher impact if enriched with scientific knowledge.
9. The absorptive capacities of Quito's local stakeholders for the concept of NbS are contingent upon empowered leadership, shared awareness of societal challenges, the establishment of trust among multiple stakeholders and the participation of a skilled community.
10. Quito's unique location (being at 0.00 latitude) and geography (2800m a.s.l.) make it a focal point for understanding climate change's impacts.
11. In Spanish, there is a saying: "If you are not going to help, don't get in the way" (*Más ayuda el que no estorba*): this explains local communities' reluctant and critical attitude to all kinds of support offered to them.