Urban greenspace can be one of the most important components in combating climate change in urban environments, yet its significance has long been overlooked by the general public. According to studies, cities with more urban greenspaces have lower average temperatures than cities with fewer, minimizing the impact of urban heat islands and the harm caused by extreme heat events like heat waves in urban areas. The purpose of this study is to give evidence for the benefits that urban greenspaces can provide to the urban environment and to improve the living conditions of city dwellers. To support my point of view, I used online resources and conducted comprehensive research on issues such as the benefits of urban greenspaces to the urban environment and human health, climate change and the urban environment, and the influence of urban greenspace production on the urban environment. My internship, on the other hand, was independent of my research process; I provided translation and learning products for my host organization, as well as took part in community outreach efforts. With evidence suggest from my research materials, the benefits of having more urban greenspaces and urban vegetation surpass the costs of developing them and have a long-term positive influence on urban areas, making them sustainable in all considerations. Thus people should recognize the advantages of urban greenspaces in their daily lives, and more urban greening projects should be implemented in the future.