

# Conference Proceedings

International Conference

## Making Healthy Cities for People HURBE2021

Education, research, practice in planning, architecture and  
engineering

**4-5 October 2021**

Faculty of Architecture, University of Sarajevo

Sarajevo, Bosnia and Herzegovina

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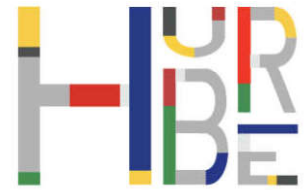
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## CONFERENCE PROCEEDINGS

# Making Healthy Cities for People



## Steering, Scientific and Organizing Committee

**Dženana Bijedić**, University of Sarajevo, Faculty of Architecture, Bosnia and Herzegovina  
(passed away on 16.6.2021.)

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**Roumiana Zaharieva**, University of Architecture, Civil Engineering and Geodesy, Faculty of Structural Engineering, Department Building Materials and Insulations, Sofia, Bulgaria

## Overview

### Healthy Urban and Architectural Design

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Italy*

The second thematic area of the conference “Healthy Urban and Architectural Design” follows the principles presented in the conference’s main introduction. The emphasis is on integrating health values into a socially stimulating environment, improving the distinctive and multiple cultural assets of cities in urban design, and on working to promote designs that meet the expectations of all citizens in terms of safety, accessibility, comfort, and active living.

Within this thematic area, we would like to emphasize the role of universal design and highlight the fragility of the ecosphere amid the ecological crisis and global health situation. References are made to the HURBE project, in which it is emphasized that the WHO is working actively to create initiatives and networks that tackle urgent common and interlinked challenges affecting our countries, cities and communities today. The WHO European Healthy Cities Network’s actions encourage public administrations and institutions to develop commitment, partnership-based planning and capacity-building initiatives for inspiration and learning for European cities that contribute to equitable health and well-being. The EU Commission in “ERA-NET on Smart Urban Futures” underlines the importance of stimulating projects that can provide applicable tools and methods for sustainable, open, innovative and inclusive urban areas.

It is worth asking what a truly sustainable future looks like. Can we use our creative talents to rebuild our cities and make them more sustainable? What role can or should technology play in this? And what impact does art have on sustainability and vice versa?

There is no healthy urban environment without universal design, which we define as generally applicable design. In other words, it must be as accessible as possible for all people without any additional adaptations or need to use specialized design. In the process of working on the design, it is necessary to include other factors, such as cultural and gender differences, safeguarding the environment, technical and technological solutions, as well as all taking into consideration the economic aspects.



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The second framework of this thematic area is the WHO’s determinants of health, which are strongly affected by the urban and architectural choices – in both the design to technological dimension: healthy lifestyle, social support networks, employment, accessibility, local food production, buildings and traffic safety, equality in belonging to the local community, air quality and aesthetics, sanitary water and drainage quality, soil and mineral quality, stable climate.

The scientific papers included in this section of the conference deal with the urban and architectural design of various scales and typologies. The urban and architectural design opens up topics from city scales to buildings, from urban design to neighbourhoods and interiors. In any case, an interdisciplinary approach is necessary, to reach a space of appropriate identity and aesthetics. Our space should not only be safe but also provide a sense of belonging and the possibility of social interactions. Being healthy does not only mean the absence of disease but a complete state of physical, mental and social well-being.<sup>1</sup>

It is no surprise that most of the papers at the conference consider housing when we know that we have been in a pandemic environment for the second year. Our living spaces have also become spaces of work, education, recreation, various social interactions in the virtual space, all done from one physical place - the apartment. We became even more aware of the necessity and need for direct social interactions, the importance of social connection. After the initial concern about

<sup>1</sup> <https://www.who.int/about/governance/constitution#:~:text=Health%20is%20a%20state%20of,belief%2C%20econom-ic%20r%20social%20condition>

physical health, we began to realize the values of mental health, our autonomy, but also the need to establish ties with fellow citizens. The concept of living space is in a constant process of change, in line with technological advances, but the pandemic shock highlighted the need for adaptability as well as further compounding and condensation of functions and multifunctional living space organizations.

A sudden change in the social environment leads to changes in thinking processes, where educational processes are a reflection of the current moment. Future professionals learn how to react to current social changes, how to be a part of those changes. Education is emerging as an essential component of our healthy future. The group of authors in their works emphasizes the need to include the concepts of health, sustainability, and improving the quality of life in a methodologically and technically correct way. The issue of adapting to the existing, built-up urban environment is something what we have been debating for a long time, especially today in the light of sustainable development. In addition to the learning process, we also discuss learning spaces at the conference. The modernist legacy continues to teach us important lessons about health.

Topics of inclusion and general well-being were highlighted through this section of the conference. Therefore, some papers emphasize the need to achieve better social cohesion through smaller-scale interventions in public space. It emphasizes and calls for the design to be universal, for all age groups, especially those of the third age, to realize their needs and develop as a person and as a collective.

Open public spaces are places focused on the visitor experience as well as places of different interactions. The interrelation of space at the level of the human scale with the need to connect with infrastructural paths is one of the challenges of today. We are aware that urban spaces have a negative impact on personal and public health. It is necessary to introduce sustainable modes of transport in traditional/existing city patterns and to place certain 'occupied' zones at the service of citizens.

A higher quality of life in urban areas cannot be separated from proper urban and architectural design. Areas under urban areas as well as the number of their inhabitants are constantly growing, and the city is becoming a central place to address issues of general health and well-being of the human population. Architectural (and civil engineering) discipline occupies a significant place in building a physical and social environment for the benefit of the community, considering issues of safety, accessibility to all public services with special reference to disadvantaged users.

Architects and urban designers - from both academia and practice - play a significant role in enhancing the physical built environments' ability to adapt and seize opportunities; changing current approaches and systems of processes that lead to a ripple effect for an equitable, inclusive, and sustainable development on various scales. Active collaboration between scholars, actors of the built environment, local community members and decision-makers is key for the active transformation towards a city for all its citizens: inclusive, supportive, sensitive, and responsive to their diverse needs and expectations. In this section, authors transmit and disseminate innovative work by sharing both research, and accomplished projects to boost interdisciplinarity, creativity and dialogue for the development of urban and architectural approaches for healthy, resilient and inclusive cities.