

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

EDITORS
Francesca Giofrè
Senaida Halilović-Terzić

TECHNICAL EDITORS
Nadira Kuljuh-Bolić

DTP
Nadira Kuljuh-Bolić
Amina Mihmić

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Making Healthy Cities for People

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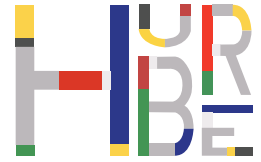


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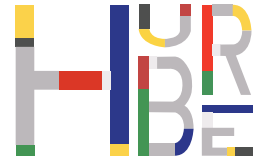
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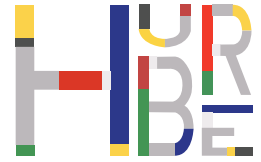
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Introduction

Making Healthy Cities for People

*Professor Francesca Giofrè
Department of Architecture and Design
Sapienza University of Rome, Italy
HURBE project coordinator
Head of Conference*

The International Conference HURBE2021 “Making healthy cities for people. Education, research and practice in planning, architecture, and engineering” is the final and at the same time the first step of the project Capacity Building in the Field of Higher Education (CBHE- KA2) “Healthy URBan Environment Developing Higher Education in Architecture and Construction in Bosnia and Herzegovina - HURBE” co-financed by European Commission (2018-2021).

The Conference was launched by the HURBE consortium that consists of three Higher Education Institutions (HEIs) from programme countries - Sapienza University of Rome, Italy (coordinator); the University of Zagreb, Faculty of Architecture, Croatia; University of Architecture, Civil Engineering and Geodesy, Bulgaria - and three partner country HEIs in Bosnia and Herzegovina (BiH) - Džemal Bijedić University of Mostar; the University of Sarajevo, Faculty of Architecture, and University of Zenica - plus six associated partners from different parts of Europe - the Center for Information and Recognition, BiH; European Association for Architectural Education; Federal Ministry of Education and Science, BiH; Federal Ministry of Health, BiH; Mediterranean Universities Union and the Italian Ministry for Universities and Research of Italy, Office for Internationalization of Higher Education.

HURBE consortium worked for three years on the modernisation of curriculum in the partner country universities through the development of new and innovative courses and installing specialized laboratories dedicated to operating in the field of the Healthy Urban Environment. Despite the COVID-19 pandemic, the project was able to reach its objectives and achieve the following results in the Bosnian HEIs:

- Six new courses on ‘Healthy Urban Environment’ were designed, approved, and delivered.
- Three laboratories equipped with specific instruments, were installed, and used by students and researchers.
- Two Massive Open Online Courses (MOOCs) “Healthy urban environment. Spatial Planning and Architecture” and “Healthy urban environment. Engineering” were designed, recorded, and submitted. These courses are currently available online for all types of participants.

Although, this text is not the 'place' to describe in detail the HURBE project, and also because it is difficult to summarize all the efforts that the consortium members exerted to study, discuss and share their experiences, the brief description written above, allows the readers to have an idea of the context in which the consortium operated for the organisation of the conference HURBE2021

The HURBE2021 conference aimed to share interdisciplinary visions, studies, plans, projects, and experiences for making a 'Healthy City'. It connected scholars and practitioners in the HURBE project countries and the surrounding region, as follows: Albania, Bosnia and Herzegovina, Bulgaria, Croatia, Italy, Kosovo, Montenegro, North Macedonia, Romania, Serbia, and Slovenia. The project consortium decided to open the conference call on 30.11.2020. The call focused on these countries to initiate a dialogue and enhance collaborations on a regional scale. This represents a step towards a long-term vision for the establishment of a regional association and/or network that addresses on the themes of healthy urban environment.

The design of a healthy city requires a holistic approach that overcomes sectorial visions and effectively enhances people's health. After the Covid-19 pandemic, the topic has become even more actual and urgent. It is a challenge for all disciplines in the architecture and engineering fields, moving through a process of interdisciplinary or transdisciplinary collaborations with other disciplines (such as sociology, anthropology, economics, environmental health, medicine and others).

In the last twenty years, the rise of inhabitants in urban areas is a growing trend: in 2018 55% of the world population live in urban areas, and according to the last projection is expected to reach 68% by 2050 (UN 2018; Ritchie and Roser 2018). The world's cities occupy just 3 % of the earth's land, but the most significant consumption processes take place in them. The cities consume between 60 and 80 percent of energy, they generate 70 percent of human-induced greenhouse gas emissions, they produce 70 percent of global waste and, indeed, they are the hubs of the world economy for 70 percent (UN). In this framework, Europe is a region with a high density of urban population, where more than 74% of the population live in urban area, and the density is 34 people per square kilometre on the total land area of 22,134,900 square kilometre (Eurostat 2016; Worldmeter 2021). Although it is characterized by low fertility rates, population decrease, and significant diversity in urbanization levels of each country, Europe is the third continent in the world, after Asia and Africa, in terms of population number.

The 2030 Agenda for Sustainable Development, which includes the Sustainable Development Goals, highlights the global importance to build "A world with equitable and universal access to quality education at all levels, to health care and social protection, where physical, mental and social well-being are assured" shortly a world where the people's 'health' is at the core.

In fact, "Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity (WHO 1948)" and it is "A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities".... "Health is created and lived by people within the settings of their everyday life; where they learn, work, play, and love" (WHO, The Ottawa Charter, 1986). The definition of health is constantly evolving because health is a dynamic state of well-being depending on the interaction among different kinds of determinants like the individual, social, and environmental ones. The health is strictly interconnected to the environment where we get born, live, grow, love, work,

and age. The environment is made by natural resources like water, air, soil, forest, etc. and ‘places’ as housing, buildings, streets, routes, green area, and so on. For these reasons, building a healthy city is as a long-term process, not an outcome. A healthy city is a city “that is continually creates and improves its physical and social environments and expands the community resources that enable people to mutually support each other in performing all the functions of life and developing to their maximum potential” (Health Promotion Glossary, WHO 1998).

According to international official documents, the topic of the healthy city is a vast one and it ranges from the promotion of ‘caring and supportive environments’ to ‘healthy living’ and ‘healthy urban environment design’. The actions for developing the ‘Healthy urban environment and design’ interest a wide range of aspects as urban planning, urban design, creativity and liveability, climate change and public emergencies, safety and security, transport, exposure to noise and pollution, and housing and regeneration (WHO-EHCN 2009).

These brief considerations clearly show the role of the architecture and engineering disciplines in the processes of planning, building, maintenance, and regeneration of the urban environment, while promoting and enhancing people’s health. Making a healthy city involves different scales of intervention: the level of the city, neighbourhood, local environment, and building. Whatever the scale of intervention of this process is, it must be developed in a constant dialogue with the cities’ users, and through an exchange with other disciplines.

The political strategies and decisions play a crucial role in the activation of those processes. Health is a human right and so it is the right to the city, for that reason with a syllogism, it is possible to argue that the city is a driving force for the right to health.

In this framework, the steering, scientific, and organizing committee of the HURBE consortium identified three thematic areas for the international conference. These areas cover various strategies, projects, and actions that directly influence the health of citizens. They are identified as described below.

- Healthy spatial planning: integrating health considerations into urban planning processes, programmes, and projects, especially emphasizing master planning, transport accessibility, and neighbourhood planning.
- Healthy urban and architectural design: integrating health considerations in creating socially supportive environments, enhancing cities’ distinctive and multifaceted cultural assets in urban design, and promoting designs that meet all citizens’ expectations for safety, accessibility, comfort, and active living. This thematic area also includes the topics of housing, creativity, and all relevant subtopics related to healthy urban and architectural design.
- Healthy engineering: integrating health considerations into technical design, construction, operation, and processes, with specific attention to the building and mechanical engineering-related branches such as the noise reduction in all its forms, air pollution, toxic and health-damaging substances, and the potentialities of modern technologies like the Internet of Things (IoT).

The conference organizers invited researchers, professionals, and experts to exchange and share their experiences, in relevance to the thematic areas, in the fields of teaching, research and practice, concentrating on the region of the interest of the consortium.

The members of the steering, scientific and organizing committee of the HURBE consortium, with the members of the international scientific committee, represent the full scientific board that guarantees the quality of the blind peer-reviewing of all contributions. The scientific board members accepted 36 papers, that were presented by professors, researchers, PhD students, and practitioners from Albania (2), Bosnia and Herzegovina (7), Bulgaria (6), Croatia (4), Italy (9), Kosovo (2), North Macedonia (2), Romania (1), Serbia (2) and Slovenia (1). Most of the authors positioned their papers in the thematic area “Healthy urban and architectural design”, and in the field of ‘Science/Research’ (23), the remaining papers addressed experiences in ‘Teaching’ and in the ‘Field of practice’. In the feedbacks of the first reviewing process, the scientific board members invited most authors to highlight the direct links between their work and the topic of health, which in some cases were not clear, taking into consideration, that every anthropic planning and transformation process within the city generates an impact, directly or indirectly, on the human health. After the second reviewing process, 31 papers were presented in their final version.

The HURBE proceedings book is divided into three sections, according to the thematic areas identified by the steering, scientific, and organizing committee, respecting the choice made by each author, or group of authors, to allocate in one of the areas the paper: healthy spatial planning, healthy urban and architectural design, and healthy engineering. For each section, an overview written by HURBE consortium members highlights the most important aspects that emerged from the papers.

Matching and elaborating the keywords indicated by the authors to identify the arguments of their papers, it is interesting to focalize the attention on two specific words: health, and its adjective healthy, and urban, to understand the link with the other ‘keywords’ or ‘key adjectives’, written by the authors, to limit and describe their papers. The result of this ‘matching’ is represented in the figure below. It shows the main fields of interest of the selected papers and the connections between ‘health’ and ‘urban’, and the words or adjectives associated with each of them.

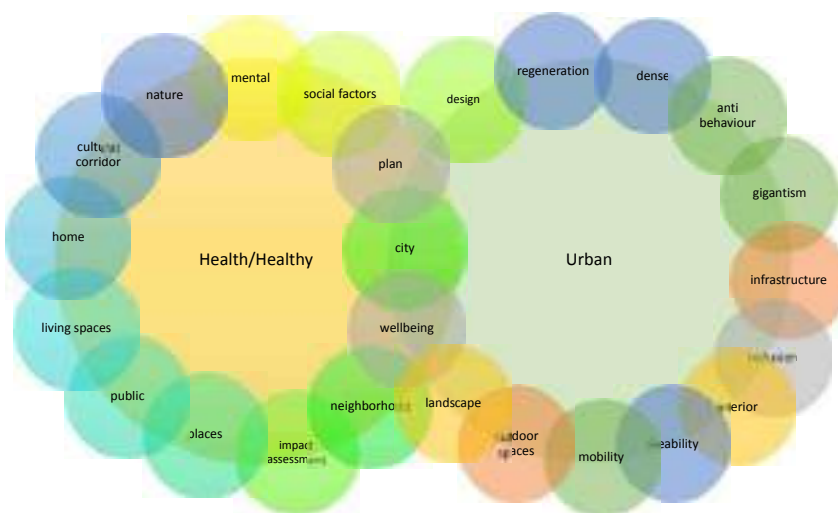


Figure 1: ‘Health’ (or Healthy) and ‘Urban’: keywords elaborated from papers and their connections (by Author).

At the beginning of this introduction, I wrote that HURBE 2021 is the last step of the HURBE project, but at the same time, it is only the first step for achieving other results. In fact, this first edition of the conference will be followed by future biennial appointments to share experiences and expand the vision of designing healthy cities. The second edition of HURBE international conference is planned in 2023 in Croatia.

The steering, scientific, and organizing committee of the HURBE consortium is currently working on the creation of a network between universities and institutions from the conference countries. This network is dedicated to the topic of 'healthy urban environment'. It will provide a space for exchanging and discussing experiences in the fields of research, teaching, and practice. It will boost cooperation between academics and external stakeholders. It will provide various benefits through the activities promoted within it (exchange of researchers, application for European funds, project design support, conference organization, etc.).

Before concluding, a sincere thank you is due to our dear colleague and project member, Dženana Bijedić, who passed away on 16.06.2021. Professor Bijedić's holistic approach to architecture, urbanism and environmental protection was an inspiration through the whole project. On the behalf of the local coordinators - Professors Senaida Halilović-Terzić, Samir Lemeš, Vesna Mikić, Maja Roso Popovac, and Milena Tasheva-Petrova - and on behalf of all the academic team, I thank her for all her valuable contributions. Her memory and ideas will continue to live and inspire through every project member.

Finally, I express my gratitude to all the members of the international scientific committee. Their contribution was the key to enhancing the scientific quality, internationalisation level, and promotion of the first edition of HURBE 2021 conference. I, also, thank all the esteemed authors for their contributions and trust.

“Making a healthy city is a long process of co-creating and co-dreaming the future of the city in which we live. Let's starts to dream!” (Author).

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