

Health and wellbeing can profoundly influence the structure and contents of the contemporary city. In the nineteenth century, the ill body of the city was subject to surgical transplants ad city parks, like green lungs, were destined to have a purifying role in hygiene and education, while ill parts were substituted. In recent years, the medical metaphor of tissue regeneration has replaced that of surgery. Today it seems necessary to start thinking about design operations that are aimed at the achievement of urban conditions which improve the health of people living in the city, involving architecture from a strategic and operational point of view. Examining the relation with nature and landscape that large "artificialized" open urban spaces establish within the contemporary city has been a specific key to understand the theme of **Prin Research 2015 "The city as a cure and the care of the city"**. The Conference aims to investigate the relations between health, architecture and city, focusing on the contemporary public space, starting from the overcoming of the traditional idea of urban park. Four sessions, dedicated to the themes of architecture and landscape, will host contributions, points of view and projects elaborated on these themes, aiming to a comparison among different national and international experiences.

#### URBAN DESIGN AND HEALTH: THE ARCHITECTURE AS THE CURE

In the idea of redefining the role of park, not as a fence yet as a connection and cure for citizens' health, closed and single-purpose spaces lose sense and acquire an accomplished meaning within a logic of very articulate urban relations. A map of new spaces and buildings, with specific architectural and social characteristics, is in need to be defined, in order to identify landscapes affected by dynamics of change, starting from **trigger points and elements**. These propulsive regenerative nodes of contemporary open space are represented by **functional and aggregative clumps** and by their interiors, such as schools, hospitals, interchanges mobility nodes, becoming new points of architectural experimentation. This opens a review process on the typology of buildings and on their relation with the open space that, deeply modified, may induce a **new functional and relational capacity** of the building, based on the public and urban character. Sports galleries, garden-halls, therapeutic terraces, kitchen-gardens, recreational and prevention areas, could be grafted into the existing or newly constructed urban structure, in a complex way between enclosed and open space. This deals with an operation of "reduction" and, at the same time, of "amplification" which allows existing spatial and constructive figures to breathe and, reinterpreted as articulated and open ensembles, to be completely modified, integrated and redefined.

#### NATURE AND HEALTH: LANDSCAPE AS PUBLIC NATURE in the city

Landscape has appeared often in the history of humanity, as a salvific, healing and therapeutic element. This has always taken on different forms so that, while landscape, in the common consideration, seems unchanged, on the contrary it is in constant transformation also in relation to the "salvific authenticity" search for the origin, to the role that Nature offers as defender of a healthy and well-being condition for humanity and environment. Landscape Design as *Public Nature* puts **collective and natural space** at the center of any discussion, conferring the primary role with significant results on living issues, establishing the contemporary civic life in cities and communities: this is the node from which to consider a position of responsibility within the practice of design.

Open space is indeed the **place of democracy**, which gains the status of a living and changing thing and this is because it welcomes and belongs to everyone. *Public Nature* - in landscape design - promotes practices at the various scales of intervention. It is, today, synonymous of commitment and responsibility, freedom and community, rest and free time.

#### ITALY HEALTH-CITY OBSERVATORY

Italian territory governmental policies which act in relation to the urban health theme are today characterized by a secondary approach. For this reason, the construction of an Observatory is important in order to reflect on **initiatives, actions and processes that deal with health issues in Italian cities**, starting from research and experimentations conducted in Rome, Venice and Naples. It is therefore very significant to investigate the most relevant experiences active or in an preliminary phase, to establish a comparison and draw a broader and more complex picture on the Italian situation. On the one hand, the main objective is to verify the health conditions of cities, identifying their structural deficiencies from an urban point of view and presenting their epidemiological status; on the other hand, to present the effective strategies and new projects that have been proposed in order to improve the quality of citizens' life and the cities' conditions.

In this perspective, the main objects of discussion are the initiatives and interventions that affect **buildings and public spaces** and **soft mobility**, able to address the issue of urban health promotion **through systemic operations**, deepened according to many aspects such as territorial area, actors, initiative typology, scale and field of action, spaces involved.

The proposed operation is ultimately instrumental in order to reveal scenarios where the interweaving of the different aspects generates **exemplary cases**, in which citizen care and welfare from collateral becomes a central objective in the overall picture of Italian cities urban regeneration.

#### NAPLES OBSERVATORY

A specific section of the "Observatory" thoroughly concerns the case studies territory as places of application of the proposed strategies in the form of design experimentations. In the Naples Prin Laboratory, the care/cure themes are investigated in the **Sanità and Colli Aminei neighborhoods**, with a look towards Scampia, moving around the landscape system of the **St. Rocco Valley**. The reasoning is based on the design of a **pedestrian-cycle path**, which, together with the subway line, would offer a possibility of urban crossing directly acting on the quality of life and health of citizens, and on the identification of some **nodes of health**, which define wider areas of transformation, **in an attempt to restore visibility, accessibility and meaning to parks and public areas that are currently poorly connected and appreciated**.

In this work, the Naples Prin Laboratory aims to carry out a wider operation, proposing itself as a tool for structuring existing initiatives or programs promoted by the various actors (Region, Municipality, Associations, other Institutions), in order to project the whole framework of the research project actions on a high degree of concreteness and demonstrate that, with a few additional steps, a more healthy vision of urban life is possible. This vision is combined with a fundamental problem, well highlighted by development and transformation policies promoted in particular by the 3rd Municipality of Naples, which includes the areas of Sanità and Colli Aminei. The main aim is to decongest the historic center that, attacked by tourism, is suffocating, by offering new areas of urban breathing.

One of the most active actors on the territory is the **Fondazione San Gennaro** which has fueled a real "heart" of bottom-up transformation, becoming an interesting example and a relevant case study. Starting from the Catacombs regeneration, begun in 2009 thanks to some young volunteers, numerous other interventions for the arrangement of roads, open spaces and squares have been gradually promoted and implemented, in a particularly dense neighborhood where the street dimension assumes a strong centrality. These initiatives are still ongoing, in an attempt to begin to involve the many abandoned buildings in the area, such as the important monumental complexes, some of which used to be historic hospitals.

cura città

International Conference  
January 28th-31st, 2019  
Architecture Department  
University of Naples Federico II

# NATURE AND WELL-BEING in the Design of Contemporary Public Space

Progetto di Ricerca di Interesse Nazionale Prin 2015 - The city as a cure and the care of the city

#### SCIENTIFIC COMMITTEE:

Agostino Cappelli, Vito Cappiello,  
Alessandra Capuano, Gianni Celestini,  
Marina Ciampi, Isotta Cortesi,  
Alessandra Criconia, Laura Valeria Ferretti,  
Mauro Galantino, Anna Giovannelli,  
Laura Guidetti, Margherita Maffei,  
Tessa Matteini, Pasquale Miano,  
Silvia Migliaccio, Fabrizio Toppetti,  
Margherita Vanore

#### ORGANISING COMMITTEE:

Pasquale Miano, Vito Cappiello,  
Isotta Cortesi, Adriana Bernieri,  
Francesca Coppolino, Marta Crosato,  
Bruna Di Palma, Francesca Fasanino,  
Fabio Manfredi, Gennaro Rossi,  
Vincenzo Valentino

#### ADMINISTRATIVE STAFF:

Antonietta Paladino, Silvia D'Ambrosio,  
Teresa Manzi, Valeria Mirabella,  
Flavia Santocchio, Mauro Scala

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## January 28th | Seminar

Chiesa Ss. Demetrio e Bonifacio, piazzetta Teodoro Monticelli

### 9 am Opening

**Gaetano Manfredi** | Dean of Federico II University of Naples

**Michelangelo Russo** | Dean of the Architecture Department, Federico II

**Leonardo Di Mauro** | President of Architects Association of Naples

### 9.30 am Introduction

**Alessandra Capuano** | National Coordinator Prin 2015

**Pasquale Miano** | Coordinator Prin 2015 DiARC, Federico II

**Agis Tsouros** | International Adviser Global Healthy Cities - Former Director, Policy and Governance for Health and Wellbeing, WHO Europe - Former Director, Healthy Cities, WHO Europe - Visiting Professor, Imperial College London  
*Healthy Urban Planning and Design in the 21st century: Perspectives and Practices (From the Experience of the World Health Organization Healthy Cities Movement)*

**Rasmus Astrup** | Stig L. Andersson - SLA, Copenhagen  
*City Nature*

### 10.45 am SESSION 1. URBAN DESIGN AND HEALTH: THE ARCHITECTURE AS THE CURE

**Introduction: Pasquale Miano** | Federico II University of Naples

*Architecture as the cure: maps and trigger points in the construction of the contemporary public space*

**Nicola Emery** | Academy of Architecture Mendrisio  
*The garden, the love, the detail*

**Alessandra Capuano** | Sapienza University of Rome  
*The urban therapeutic dimension and the architectures for the cure*

**Juan Domingo Santos** | Escuela Tecnica Superior de Arquitectura de Granada  
*Transforming Territories Laboratory*

**Sara Marini** | IUAV University of Venice  
*Salubria. The return of the body in architecture*

**Patrizia Pisaniello** | Microscape Architecture Urban design, Lucca  
*Three interventions between nature and city*

**Margherita Vanore** | IUAV University of Venice  
*21st century urban landscapes between health, safety and sustainability*

**Anna Giovannelli** | Sapienza University of Rome  
*Beyond the garden. Architecture as a device for crossing urban care*

**David Mah** | Melbourne School of Design  
*Life-Styled: Design, Health and Places*

### 1.30 pm Exhibition opening and lunch break

### 2.30 pm

### SESSION 2. NATURE AND HEALTH: LANDSCAPE AS PUBLIC NATURE in the city

**Introduction: Isotta Cortesi** | Federico II University of Naples

*The care of the city: the role of nature in open urban spaces*

**Erlijn Mulder** | Policy and strategy maker for city and well-being, City of Utrecht  
*Healthy Urban Living in Utrecht: Putting Health at the Heart of Urban Development*

**Miriam Weber** | Senior policy advisor, Healthy City Coordinator, City of Utrecht  
*Health Equity in all Policies in Utrecht: Challenges in Addressing Health Inequalities and Green Spatial Planning*

**Sue Evans** | Central Scotland Green Network Trust (CSGNT) - WHO  
*Greening is good for you – the 'Natural' Health Movement in the UK*

**Jonathan Stenvall** | Photographer, Stockholm  
*Nature and Biodiversity of Stockholm and other Green Cities*

**Håkan Johnsson** | Topia landskapsarkitekt, Stockholm  
*Poetics of Neighborhood Nature*

**Gianni Celestini** | Sapienza University of Rome  
*The nature of the landscape for the city*

**Neil Davidson** | J+L Gibbons, London

*Green Infrastructure, Landscape, Nature and Wellbeing. The work of J & L Gibbons and the Urban Mind project research*

**Naziha Mestaoui** | Artist, Paris

*Inspiring our Future*

**Tessa Matteini** | University of Florence

*Waterfront and water spaces for health: criteria and practices of the landscape project*

**Gullivar Shepard** | Michael Van Valkenburgh Associates, New York

*Waller Creek: Contemplating the New Wild*

### 7 pm

### Debate and conclusions Pasquale Miano, Isotta Cortesi

## January 29th | Italy Health-City Observatory

Chiesa Ss. Demetrio e Bonifacio, piazzetta Teodoro Monticelli

### 9 am

### SESSION 3. ACTIONS AND PROCESSES IN ITALIAN CITIES (1)

**Introduction: Fabrizio Toppetti** | Sapienza University of Rome

*Against the deterioration of modern (urban) life*

**Carmine Piscopo** | Councillor Responsible for Urban Planning, City of Naples - DIARC Federico II

*A policy for common goods. The experience of Naples*

**Maura Striano** | Federico II University of Naples

*Educating to take care of public spaces*

**Adriana Bernieri** | Federico II University of Naples

*Extrahealth: breathing lines in sickly spaces. From the Observatory to a strategy of urban cure*

**Guido Montanari** | Deputy Mayor City of Turin

*Identity and memory of places as health conditions: the case of Turin*

**Tiziana Benassi** | Councillor Responsible for Environmental Sustainability Policies, City of Parma

*The care of the city: sustainable mobility policies*

**Ippolito Pestellini Laparelli** | OMA, Rotterdam

*The planetary garden: cultivating coexistence. Manifesta 12, Palermo*

**Verter Tursi** | UISP – Sport per Tutti, Pisa

*Pisa walking city*

**Ina Macaione, Chiara Rizzi** | University of Basilicata - Matera

*FareStrada Matera. Public space vs social fragility: the Matera Boulevard 2019 | La Via del Carro*

**Massimo Pegoretti** | City Observatory TrentoinBici 2016

*TrentoinBici, bottom up participation laboratory for the new mobility*

**Alessandro Lanzetta, Andrea Valeriani** | Sapienza University of Rome  
*"Sapienza" as urban cure*

**Marina Ciampi, Anna Maria Paola Toti** | Sapienza University of Rome

*Long and timeless: mobility in the city of Rome. A cluster analysis*

### 1.30 pm

### Lunch break

### 2.30 pm

### SESSION 4. ACTIONS AND PROCESSES IN ITALIAN CITIES (2)

**Introduction: Vito Capiello** | Federico II University of Naples

*Greenway and greenarea: a new structure for the landscape city*

**Ludovica Cardinali, Lavinia Falcioni, Silvia Migliaccio, Laura Guidetti** |

Foro Italico University of Rome  
*Overweight and physical activity in young people: comparison between media and the big cities*

**Agostino Cappelli** | IUAV University of Venice

*Venezia vs Marghera: programs and interventions for a sustainable and healthy mobility*

**Margherita Maffei, Marco Mainardi** | Institute of Clinical Physiology CNR Pisa, Scuola Normale Superiore di Pisa

*Environment and lifestyle to slow Alzheimer's disease: the "Train the Brain" project*

**Alberto Ulisse** | "G. d'Annunzio" University of Chieti-Pescara

*UPCYCLE - New forms of urban metabolism*

**Simona Sacchi** | University of Milano-Bicocca

*Psychology and architecture: the influence of the spatial organization of schools on socio-cognitive processes*

**Francesca Fasanino** | University of Basilicata - Matera

*Inhabiting the landscape in the suspended city*

**Bruna Di Palma, Francesca Coppolino** | Federico II University of Naples

*Urban re-appropriation as cure. Actions and visions for the public spaces of Naples between nature and artifice*

**Biagio Cillo** | Luigi Vanvitelli University of Campania

*Private interests, public administration and public nature: St. Rocco Valley*

**Mariano Peluso** | Geologist, Naples

*2019: "Let's save the St. Rocco Valley"*

**Isotta Cortesi, Fabio Manfredi** | Federico II University of Naples

*St. Rocco Valley: hypothesis for its future*

### 6.30 pm

### Debate and conclusions Fabrizio Toppetti, Vito Capiello

## January 30th | Workshop

### 9 am

### Naples case-studies areas surveys

*Area 1: St. Rocco Valley, Colli Aminei*

*Area 2: Vergini-Sanità neighborhoods*

### 2.30 pm

### RESEARCH WORKSHOP

Aula Rabbiti, Architecture Department, via Toledo 402

**Glossary:** Alessandra Criconia, Isotta Cortesi, Stefania Mangini

**Atlas:** Vito Capiello, Laura Maria Ferretti, Tessa Matteini, Adriana Bernieri,

Francesca Coppolino, Francesca Fasanino, Stefano Tornieri, Massimo Triches

## January 31st | Naples Observatory

Fondazione San Gennaro, via Capodimonte 13

### SANITÀ AS A CURE FOR THE CITY:

### A NEW APPROACH FOR THE UPPER CITY OF NAPLES

### 9 am

### Opening

**Ivo Poggiani** | President of 3rd Municipality of Naples

**Pasquale Calemme** | President of Fondazione San Gennaro

### 9.30 am

**Introduction: Carlo Borgomeo** | President of Fondazione CON IL SUD

**Pasquale Miano, Alessandra Capuano, Margherita Vanore** | Coordinators Prin 2015

**Presentation design laboratories "The city as a cure and the care of the city"**

*Design policies and actions*

**Mario Calabrese** | Councillor Responsible for Infrastructures and Transports, City of Naples - DICEA Federico II

**Bruno Discepolo** | Councillor Responsible for City Planning, Region of Campania

**Antonella Guida** | Delegate, Region of Campania

**Franco Ortolani** | Senator - Geologist - Federico II University of Naples

**Carmine Piscopo** | Councillor Responsible for Urban Planning, City of Naples - DIARC Federico II

*Culture, tourism and welfare*

**Sylvain Bellenger** | Director of Capodimonte Museum

**Fabio Corbisiero** | Federico II University of Naples

**Nino Daniele** | Councillor Responsible for Culture and Tourism, City of Naples

**Paolo Giulierini** | Director of MANN National Archaeology Museum of Naples

**Antonio Loffredo** | Parish of Basilica Santa Maria della Sanità

**Francesco Romano** | Technician - Fondazione San Gennaro

### 12.30 pm

### Conclusions

**Roberto Fico** | President of the Italian Chamber of Deputies

**Vincenzo De Luca** | President of Region of Campania

**Luigi de Magistris** | City Mayor of Naples