The city as a cure and the care of the city

Landscapes of health: scenarios of urban transformation

The goal of the Conference “The city as a cure and care of the city” is to link sustainable urban transformation with health issues. The pathologies in contemporary society have changed from infectious to chronic, so that obesity, diabetes, allergies and asthma have been defined as new “epidemics”, not generated by viruses but by inadequate lifestyles. Pollution, sedentariness, wrong nutrition contribute to the development of these diseases. The neuro-scientific and metabolic tradition places the lifestyle as a “primum movens” of health. The WHO identified obesity as “one of the greatest public health challenges in the XXI Century” and introduced the parameter of 5,000 steps daily, to stay healthy and to halve the risk of death.

To ease behaviour changes it’s important to act on the habitat. Our cities - designed in modernity for the car - must reorganize according to models promoting soft mobility and virtuous behaviours, ensuring accessibility to welfare structures, an important element of recognition of the European city. It looks clear that in this perspective the insistence on pedestrianism must be at the forefront of urban policies. Best practices have highlighted among the result indicators the Green Attitudes and great importance is given to urban planning with interesting examples in the world.

In Italy the pedestrianizations were established in the Seventies for the protection of historic centers, but today’s challenge concerns network systems on the metropolitan scale, affecting the most marginal areas, where most of the population lives and particularly the more disadvantaged classes, often more predisposed to risky lifestyles.

The Conference wants to investigate about the relationships that exist between health, architecture and city and to compare the paradigms of modernity with those of contemporary. Two sessions, dedicated one to networks and the other one to welfare structures, will host contributions highlighting the themes of modern-contemporary.

1. Streets, Networks, Greenscape

Going back to think about the structure of the road means to think about how architecture, green areas, open spaces, the system of ownership, accessibility and permeability configure the urban space and how the inhabitants live it and make it vital. It means take care of the city, just like we take care of our home. Not a new reflection for Mediterranean culture and modern criticism because since in 1934 Le Corbusier decreed “la mort de la rue”, many studies have been carried out to prove exactly the opposite. Architects such as Piero Bottoni, Aldo Van Eyck, Donald Appleyard, Kevin Lynch, Bernard Rudofsky and Giancarlo De Carlo have provided a teaching full of ideas for current events, returning to conceive “streets for people”. Under this point of view, green areas and abandoned open spaces gain great importance, configuring always more like a theatre of actions bottom-up that overwrite roles and characters, foreshadowing new arrangements and unexpected functions. These practices contribute to the psycho-physical well-being of society and are useful to define social and urban reactivation procedures.

2. Nodes, Actractors, Healthscape

The modernist idea of zoning spread out in the outer hill areas of the cities - where air quality is better - the places of care. Contemporary thinking, on the other hand, focuses on the prevention of diseases and the social inclusion of the patient, minimizing hospitalization and integrating the places of education, work and socialization with health care. So that a new model of community welfare is achieved, aiming at assistance distributed throughout the territory and involving new architectural typologies: multifunctional urban attractors for therapeutic stays, for body care and for socialization. More, the cultivation of “self-made” products and the 0-km distribution are becoming an opportunity to create innovative architectures, conceived as farm buildings with greenhouses, vertical gardens and hydroponic crops that foster sociality among the elderly, young people and marginalized categories and that promote the psycho-neurological recovery of important pathologies, such as autism and alzheimer.
9.30 am  Introduction
Alessandra Capuano | Coordinator of Relevant National (PRIN Research Project 2015), Sapienza
The city as a cure and the care of the city
Andrea Lenzi | President Health City Institute, Rome
Rediscovering cities as Healthy cities
Joanna Frank | President and CEO Center for Active Design, New York
Promoting health through design

10.30 am  SESSION 1 | The Modernity and the Rediscovery of the Street
Chairman: Alessandra Capuano | Sapienza University of Rome
Streetscape. Strategies for urban and people care

Key Note Speaker: Cristina Bianchetti | Politecnico di Torino University
Public spaces: from the space of cure and pedagogy to the space of intimacy

Gianni Celestini | Sapienza University of Rome
Aldo Van Eyck in Amsterdam. The street as surface of daily life
Pippo Corra | University of Camerino, Ascoli
Out of the street
Alessandro Lanzetta | Sapienza University of Rome
Streets as oasis. Rudolph "Pioneer" of the contemporary
Sara Marini | IUAU University of Florence
Crossings as shared places in the works of Giancarlo De Carlo
Attilio Petrucciolli | IUAU University
John Brinkhorst & Jackson and the modern transformation of the American landscape
Renzo Riboldazzi | Politecnico of Milan University
The "anada vital" of Piero Bottoni, 1955-66: A tribute of Italian rationalism to the teaching of the historic european city
Marco Vidotto | International Laboratory of Architecture and Urban Design (ILUAD)
A + PS: the "rocking 50's"

11.15 am  SESSION 3 | Spaces of production and wellbeing
Chairman: Anna Giovannelli | Sapienza University of Rome
Urban Attractors. Common places for the healthy city

Key Note Speaker: Aldo Cibic | Cibicworkshop
Between living and life. What do we need to feel good?
Luigi Angelini | Technogym SPA - Wellness Foundation
Building a wellbeing ecosystem: the "Wellness Valley" model
Alessandra Cricioni | Sapienza University of Rome
Vertical farming and architecture: new perspectives for the healthy city
Margherita Maffei | CIN, Pisa
The environmental stimulus and the prevention of obesity
Tessa Matteini | University of Florence
JCI Foresteri and Pietro Porcinai. Industrial gardens and urban rooms
Pasquale Miano | Federico II University of Naples
Maps and nodes of healthiness. Ideas of space and leaps of scale
Silvia Migliaccio | IULUU University of Rome
"Life-style changing": a project of food education and activity for schools

1.20 pm  Lunch break

2.45 pm  SESSION 2 | From the street to the network: the contemporary city
Chairman: Fabrizio Toppetti | Sapienza University of Rome
For a city able to cure

Key Note Speaker: Jean Pierre Charbonneau | Urban planner Grand Prix
Take care of the cities, bring attention to their inhabitants

Isotta Cortesi | Federico II University of Naples
Nature and public health of the cities
Daniela D’Alessandro | Sapienza University of Rome
How walkable are our districts?
Yvan Detraz | Brut du Père, Bonneau
Zone Sweet Zone, the periurban adventure
Giampaolo Nuvolatti | Bocca University, Milan
Life quality of the cities
Franco Panzini | Landscape Architect, Rome
Beauty on the bicycle from Parkways to Bikeways
Francesco Tonucci | Researcher of ISTC-CNR
The importance of the verb: "to live"
Margherita Vanore | IULUU University of Venice
Urban infrastructures for wellbeing

3.15 pm  Panel discussion | Scenarios of the urban transformation
Chairman: Gianni Celestini | Sapienza University of Rome
Alessandra Capuano | Coordinator of Relevant National (PRIN Research Project 2015), Sapienza
Orazio Carpenzano | Director of the Department of Architecture and Design, Sapienza University
Pasquale Miano | Principal Investigator ofRin 2015 of Federico II University, Naples
Luca Montuori | City Planning Councilor, Municipality of Rome
Maria Rosaria Saporito | Project Manager Sapienza Mobility Plan
Carmine Piscopo | City Planning Councilor, Municipality of Naples
Margherita Vanore | Principal Investigator of Rin 2015 of IULUU University Venice
Conclusion: Bartolomeo Azzaro | Sapienza Administration member

5.30 pm  Panel discussion | About walking in the city
Chairman: Alessandra Cricioni | Sapienza University of Rome
Francesco Careri | Roma Tre University
Carlo Infante | Urban Experience, Rome
Rosario Pavia | IARIC, Rome

2.00 pm  Walkabout with Rosario Pavia - Urban Experience
Sapienza along the Flaminio axis

2.00 pm  Seminar | “Sapienza” as urban cure 2
Chairman: Alessandro Lanzetta | Sapienza University of Rome
1. The Sapienza Campus, San Lorenzo and Nomentano districts
2. Sapienza along the Flaminio axis
3. Sapienza between the Tiber and the Veio's Park

10.00 am  15th June - Seminar | Parallel Naples/Venice
Naples: Nature and artifice in the public spaces for the urban wellbeing
Chairman: Pasquale Miano | Federico II University of Naples
1. Triggering points and nodes
2. Systems of public crossing spaces
3. From the Botanical Garden to Capodimonte’s Park

Venice: The cure of the Landscape-city
Chairman: Margherita Vanore | IULUU University of Venice
1. From “Forte Tron” to the Industrial Port
2. From mainland hamlets to the lagoon

2.00 pm  Urban Exploration with Giulia Fiocca - Stalker
Sapienza between the Tiber and the Veio’s Park

1.45 pm  Lunch break

2.00 pm  Walkabout with Fabrizio Toppetti - Urban Experience
Sapienza between the Tiber and the Veio’s Park

2.00 pm  Seminar | “Sapienza” as urban cure 1
Chairman: Alessandra Capuano | Sapienza University of Rome
Giovanni Caudo | Rome The University
Eugenio Cipollone | Insula Architects
Lucio Contardi | Urban planner
Francesca Del Bello | Il Municipio, Rome
Paola Di Bisceglie | Director of Building Heritage Sapienza
Marco Tamburini | Filosofi per Roma

11.15 am  SESSION 4 | The cities of the cure: Naples, Rome, Venice
Chairman: Laura Valeria Ferretti | Sapienza University of Rome
Public space attempts

Key Note Speaker: James Thom | Project Manager Copenhagen Design Co
Bicycle Urbanism by Design
Vito Cappiello, Francesca Fasanino | Federico II University of Naples
Living the landscape-city through the "GAL paths of good living"
Marina Ciampi, Anna Paola Toni | Sapienza University of Rome
Wellbeing Vs. Contemporary society. A case study: Sapienza population
Alessandro Ghirardini | Apnea
Integration and convergence in the chiro-assistencial networks
Laura Guidetti | IULUU University of Rome
Cities comparison: overweight, physical activity and motory coordination in northern and central Italian children
Massimo Triches | IULUU University of Venice
Venetia and Marghera: from urban edge to inhabited threshold
Andrea Valeriani | Sapienza University of Rome
"Sapienza" as urban cure: Three projects

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4.15 pm  Lunch break

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