H2020 Call: SC5-14-2019 - Visionary and integrated solutions to improve well-being and health in cities

Project title: IN-HABIT (Inclusive Health and Wellbeing in Small and Medium Size Cities)

Overall objective of the project

The **overall objective** of INHABIT is to test and deliver sound evidence-base of the effects in health and wellbeing of visionary and integrated solutions for cultural, digital, nature based and social innovations co-designed, co-developed and co-managed in selected urban public spaces to foster **Inclusive Health and Wellbeing (IHW)** in peripheral small and medium sized cities.

Whilst cities invest in the creation of public spaces, social inclusion and public physical and mental health on a regular basis, they might not necessarily do so in a visionary and integrated way. INHABIT will focus on **solutions that foster mental health, wellbeing and healthier lifestyles** and will **test** these solutions in selected **public spaces** of 4 European peripheral SMSCs: **Cordoba (ES)**, **Riga (LV)**, **Lucca (IT)** and **Nitra (SK)**. These cities cover a broad range of urban problems, health and wellbeing lifestyles, wealth and economic status. They run from capital to small cities from different geographical situation.

INHABIT will provide these cities with concrete tools to develop and demonstrate a systemic urban planning paradigm that promoted IHW, as well the opportunity to act as a test bed for a European model of integrated social, cultural, digital and nature-based innovations that can be applied to urban space regeneration worldwide. This new approach to urban planning is based on diversity and inclusion and the specific needs and views of local marginalized groups in the creation of public spaces capable of enhancing health and wellbeing. We propose thus to consider **Inclusive Health and Wellbeing (IHW**) as a **co-created common pool resource (CCPR) and use participative urban tinkering, making both our distinctive approach.**

Specific objectives of the project:

- Enhance the **quality**, **accessibility, safety, inclusiveness and sense of place** of public urban spaces, through integrated social, digital, cultural and nature based innovations.
- Explore visionary solutions that promote sustainable **urban mobility patterns** and other sustainable **physical and social connections** among city areas, and decrease **spatial and social segregation** of peripheral districts.
- Develop a gender and diversity focused framework to address the whole policy cycle, from planning and appraisal of options for intervention, to implementation and, finally, evaluation.
- Foster social and institutional innovations, including **innovative public-private-people partnerships (PPPPs), new governance, business models, and financial mechanisms** based on the concept of polycentric governance of co-created common pool resources (CCPR).
- Disseminate, upscale, replicate and promote cross-city learning of the chosen visionary and integrated solutions for IHW.

Focus of innovation actions in partnering cities:

Cordoba	Re-connecting UNESCO sites to a marginalized neighborhood for IHW
Riga	Re-shaping food market for IHW
Lucca	Re-joining human and animal life to boost IHW
Nitra	Re-designing commuting corridors and adjacent public spaces for IHW

OBJECTIVES IN NITRA PILOT

Initial objective of the Nitra pilot was to **improve healthy lifestyles, social inclusion of migrants and ethnic minorities, social cohesion and relational well-being** among people living in Dražovce neighbourhood, working in the Industrial Park or frequenting areas along the 8 km cycle road connecting Dražovce with the city centre.

The specific objectives are the following:

- to increase healthy habits among local people, particularly the most vulnerable (low income people and groups at risk of discrimination and exclusion) by reducing sedentary lifestyles, social isolation and increasing intergenerational and intercultural relations;
- to improve the quality of the urban public space in terms of safety, accessibility, inclusiveness, liveability (air quality, temperature, presence of green areas and leisure/sports facilities);
- to enhance skills and competences, networking and organizational capacity of local changemakers, especially NGOs active in the socio-cultural field.

The main innovative concept that will generate value added of Nitra pilot is a combination of visionary and integrated solutions (social innovation, cultural innovation, NBS solutions and digital and technological innovations) into the **REMOULD** concept – **Reversible Multifunctional Open-source Urban LanDscape**. REMOULD is an urban planning approach aimed at integrating public, residential and commercial spaces (as illustrated by Figure 1) in a transformable and adaptable way to the changing needs of the area:

- **REversible** – transformable and adaptable to the changing needs, sensitive to the environment,
- **Multifunctional** – milieu integrating activities and people of diverse backgrounds and interests, resource efficient,
- **Open-source** – customizable, living, organic space with specific uses assigned by the users themselves thus increasing the sense of ownership of public and common spaces,
- **Urban LanDscape** - not only a physical environment with built elements, but also an atmosphere inspired and defined by people, cultures, art and nature.

Nitra pilot area and the REMOULD zones

In Nitra pilot, IN-HABIT project will build (co-design, co-deploy and co-manage) the REMOULD concept based on **mobilizing two main existing undervalued resources** to boost inclusive health and wellbeing and respond to challenges described above and throughout this document: **art and environment**.

The co-design of REMOULD requires participation of landscape architects, artists, migrants, students, social entrepreneurs, relevant organisations and local residents. The co-deployment process will rely strongly on the DIY culture of the community, while co-management and economic sustainability is promoted through innovative business models. The flexibility of the REMOULD approach also increases the replicability of co-designed and co-deployed VIS.