

## Scientific committee

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## 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, Attractors, 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.



## Conference and Workshop

11<sup>th</sup>-15<sup>th</sup> June 2018

School of Architecture, via Gramsci 53

# The city as a cure and the care of the city

Landscapes of health: scenarios of urban transformation

## Organising committee

Alessandra Capuano  
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Alessandro Lanzetta  
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SAPIENZA  
UNIVERSITÀ DI ROMA



Consiglio Nazionale delle Ricerche  
FC - Istituto di Fisiologia Clinica



# 11<sup>th</sup> June 2018 | Conference

Aula Magna, Valle Giulia | Via Gramsci 53

## 9.00 am Welcome remarks

**Eugenio Gaudio** | Rector Sapienza University of Rome

**Anna Maria Giovenale** | Dean of the School of Architecture, Sapienza University of Rome

**Orazio Carpenzano** | Director of the Department of Architecture and Design, Sapienza University

## 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  
*Redrawing cities as Healthy cities*

**Joanna Frank** | President and Ceo Center for Active Design, New York  
*Promoting health through design*

## Streets, Networks, Greenscape

### 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** | Polytechnic of Turin 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 Ciorra** | University of Camerino, Ascoli  
*Out of the street*

**Alessandro Lanzetta** | Sapienza University of Rome  
*Streets as oasis. Rudofsky "Pioneer" of the Contemporary*

**Sara Marini** | IUAV University of Venice  
*Crossings as shared places in the works of Giancarlo De Carlo*

**Attilio Petruccioli** | Qatar University  
*John Brinckerhoff Jackson and the modern transformation of the american landscape*

**Renzo Riboldazzi** | Polytechnic of Milan University  
*The "strada vitale" of Piero Bottoni, 1955-56. 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"*

## 1.15 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** | Bruit du Frigo, Bordeaux  
*Zone Sweet Zone, the periurban adventure*

**Giampaolo Nuvolati** | Bicocca 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 leave"*

**Margherita Vanore** | IUAV University of Venice  
*Urban infrastructures for wellbeing*

### 5.30 pm Panel discussion | About walking in the city

**Chairman: : Alessandra Criconia** | Sapienza University of Rome

**Francesco Careri** | Roma Tre University

**Carlo Infante** | Urban Experience, Rome

**Rosario Pavia** | INARC, Rome

# 12<sup>th</sup> June 2018 | Conference

Aula Magna, Valle Giulia | Via Gramsci 53

### 9.00am SESSION 3 | Spaces of production and wellbeing

**Chairman: Anna Giovannelli** | Sapienza University of Rome  
*Urban Attractors. Common places of the healthy city*

**Key Note Speaker: Aldo Cibic** | Cibiworkshop  
*Between living and life. What do we need to feel good?*

**Luigi Angelini** | Technogym SPA - Wellness Foundation  
*Building a well-being ecosystem: the "Wellness Valley" model*

**Alessandra Criconia** | Sapienza University of Rome  
*Vertical farming and architecture: new perspectives for the healthy city*

**Margherita Maffei** | CNR, Pisa  
*The enviromental stimulus and the prevention of obesity*

**Tessa Matteini** | University of Florence  
*JCN Forestier 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** | Foro Italoico University of Rome  
*"Life-style changing": a project of food education and activity for schools*

### 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 Thoem** | Project Manager Copenhagenize Design.Co  
*Bicycle Urbanism by Design*

**Vito Cappello, Francesca Fasanino** | Federico II University of Naples  
*Living the landscape-city through the "GAL paths of good living"*

**Marina Ciampi, Anna Paola Toti** | Sapienza University of Rome  
*Wellbeing Vs. Contemporary society: A case study: Sapienza population*

**Alessandro Ghirardini** | Agenas  
*Integration and convergence in the clinic-assistencial networks*

**Laura Guidetti** | Foro Italoico University of Rome  
*Cities comparision: overweight, physical activity and motory coordination in northern and central italian children*

**Massimo Triches** | IUAV University of Venice  
*Venezia and Marghera: from urban edge to inhabited threshold*

**Andrea Valeriani** | Sapienza University of Rome  
*"Sapienza" as urban cure: Three projects*

## 1.45 pm Lunch break

### 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 Prin 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 Prin 2015 of IUAV Universit Venice

**Conclusion: Bartolomeo Azzaro** | Sapienza Administration member

# 13<sup>th</sup>-15<sup>th</sup> June 2018 | Workshop

Aula Fiorentino, Valle Giulia | Via Gramsci 53

## Research Workshop

### 10.00 am 13<sup>th</sup> June - Seminar | "Sapienza" as urban cure 1

**Chairman: Alessandra Capuano** | Sapienza University of Rome

**Giovanni Caudo** | Roma Tre 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** | Risorse per Roma

### 2.00 pm Walkabout with Carlo Infante - Urban Experience

*Sapienza along the Flaminio axis*

### 10.00 am 14<sup>th</sup> June | Walk with Rosario Pavia

*The Sapienza Campus, San Lorenzo and Nomentano districts*

### 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: Streets for People*

Alessandra Capuano, Anna Giovannelli, Daniele Frediani, Andrea Valeriani, Lisbet Ahon

2. *Sapienza along the Flaminio axis*

Fabrizio Toppetti, Alessandra Criconia, Deborah Navarra, Eleonora Tommassini, Antonino Marcianò

3. *Sapienza between the Tiber and the Veio's Park*

Gianni Celestini, Laura Valeria Ferretti, Ilaria Cellini, Magali Gilistro

### 10.00 am 15<sup>th</sup> June - Seminar | Parallel Naples/Venice

#### Naples| Nature and artifice in the publich spaces for the urban wellbeing

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

1. *Trigging points and nodes*

2. *Systems of public crossing spaces*

3. *From the Botanical Garden to Capodimonte's Park*

Pasquale Miano, Vito Cappello, Isotta Cortesi, Adriana Bernieri, Francesca Coppolino, Bruna Di Palma, Francesca Fasanino

#### Venice| The cure of the Landscape-city

**Chairman: Margherita Vanore** | IUAV University of Venice

1. *From "Forte Tron" to the Industrial Port*

2. *From mainland hamlets to the lagoon*

Margherita Vanore, Agostino Cappelli, Mauro Galantino, Tessa Matteini, Stefania Mangini, Livia Pietropoli, Massimo Triches

### 2.00 pm Urban Exploration with Giulia Fiocca - Stalker

*Sapienza between the Tiber and the Veio's Park*