



WELL-BEING AND THE CITY

Considering Third Places and the interactions of urban spaces and psycho-social well-being

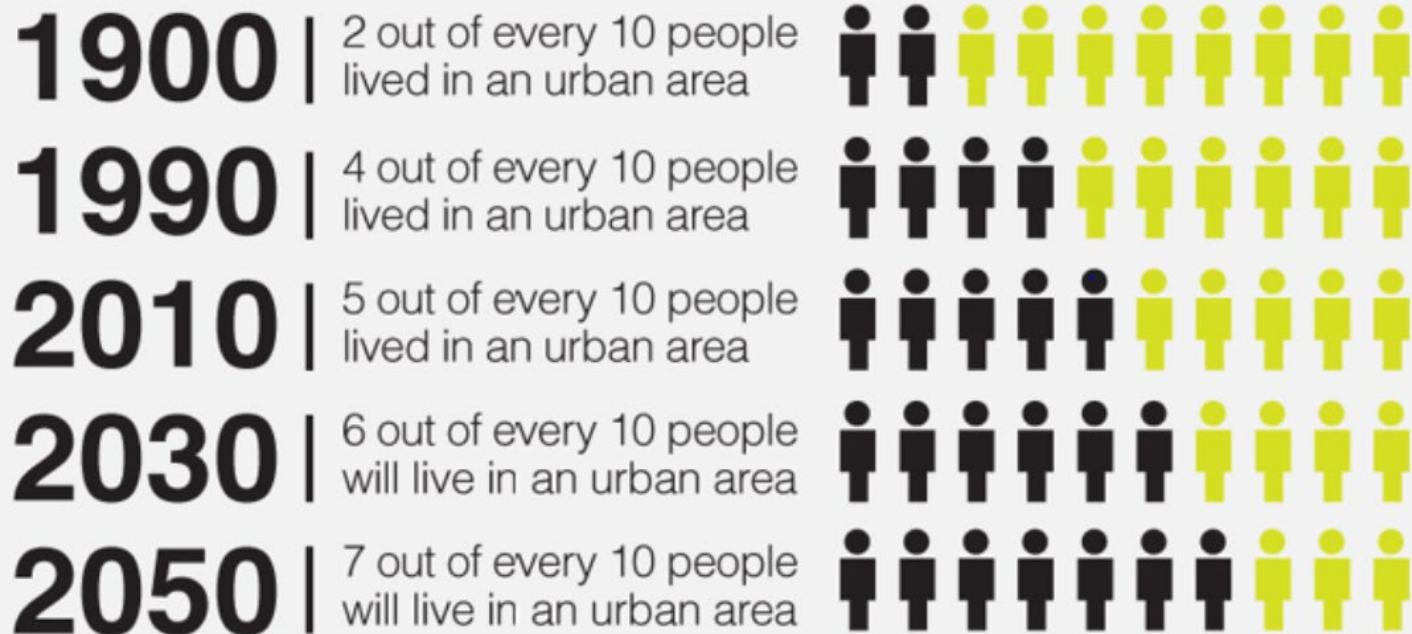
Nélida Quintero, Ph.D.

Architect – Environmental Psychologist

Fellow, Centre for Urban Design & Mental Health

The future is urban

Urbanization



Promoting and sustaining well-being in the urban environment

- Connection to People/Community
- Connection to Nature
- Connection to Place

Connection to people and community

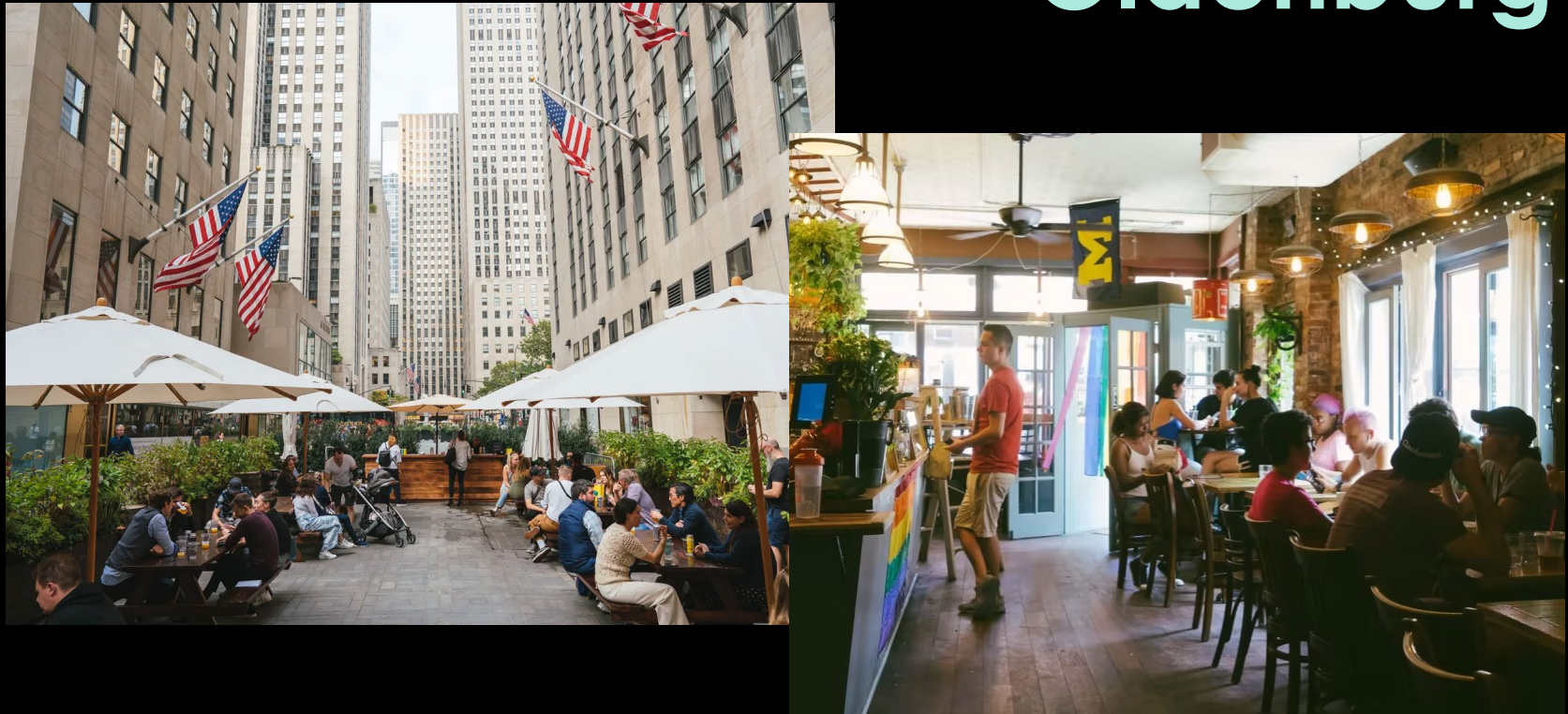
- Spaces that encourage social interaction and togetherness may
 - Increase social capital
 - Encourage collaboration
 - Promote social cohesion
 - Foster social and civic engagement

Public spaces and POPS (Privately Owned Public Spaces)



- Trafalgar Square, London, UK
- David Rubenstein Atrium at Lincoln Center, New York

Third Spaces - Oldenburg



- Rockefeller Center, New York City
- The Grey Dog Coffee Shop, New York City

What are Third Places like?

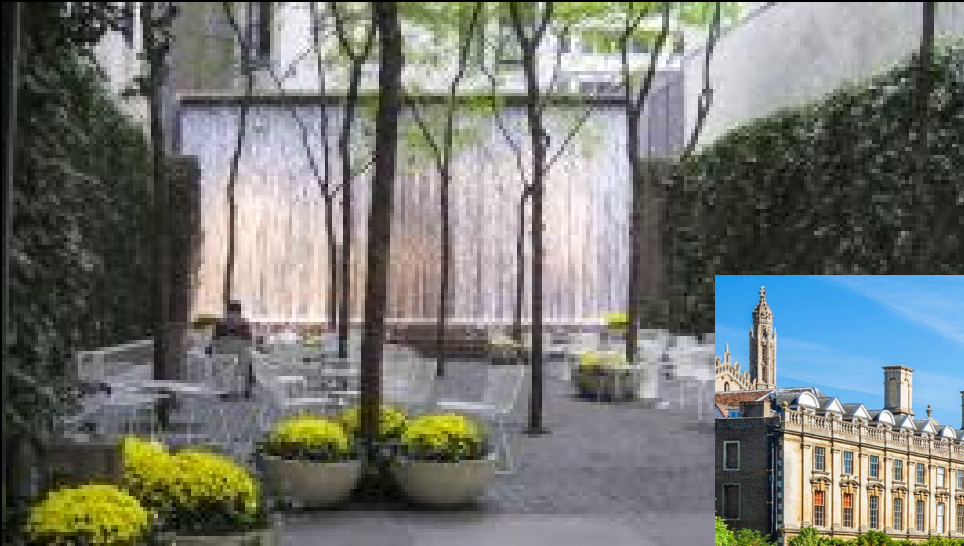
- Neutral ground
- Inclusive
- Good for conversation *
- Accessible & comfortable
- Attracts “regulars” *
- Welcoming and informal
- Playful mood
- A home away from home



Connection to nature

- Access to green spaces may
 - Reduce stress
 - Lower levels of depression and anxiety
 - Increase positive affect
 - Facilitate and encourage physical activity
 - Restore attention

Urban green and blue spaces



- Paley Park , New York City
- River Cam, Cambridge, UK

“City in a Garden” in Singapore¹⁰



- Gardens by the Bay, Singapore

Connection to place

- Accessible, engaging, and flexible physical places may:
 - Heighten a sense of agency
 - Increase a sense of belonging and attachment to place
 - Promote social cohesion
 - Boost pro-social and pro-environmental behaviors

Jan Gehl's Life between buildings

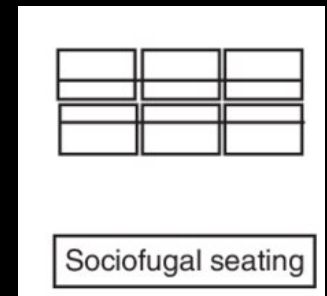
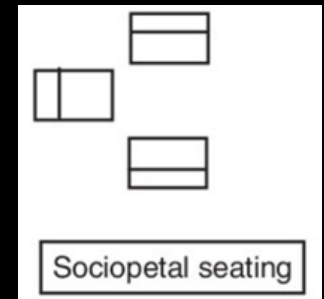
	Quality of the physical environment	
	Poor	Good
Necessary activities	●	●
Optional activities	●	●
"Resultant" activities (Social activities)	●	●

Place attachment & interaction/participation



- Chalk drawing, Chicago
- Flexible seating, New York

Pro-social spaces



- Piazza del Campo, Siena

Pedestrian and Bike Friendly Copenhagen

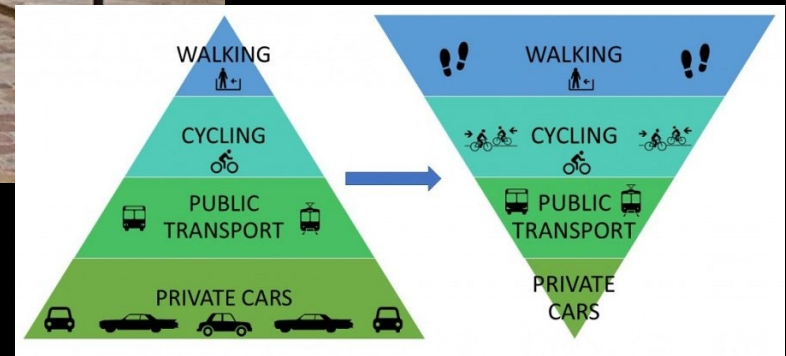


- Strøget district, Copenhagen

The 15-minute city and Paris



- Latin Quarter, Paris



Mind the GAPS framework



- Centre for Urban Design and Mental Health

How can we address these concepts as a global community?

- SDG 3: Ensure healthy lives and promote wellbeing for all at all ages
- SDGI 11: Make cities inclusive, safe, resilient and sustainable



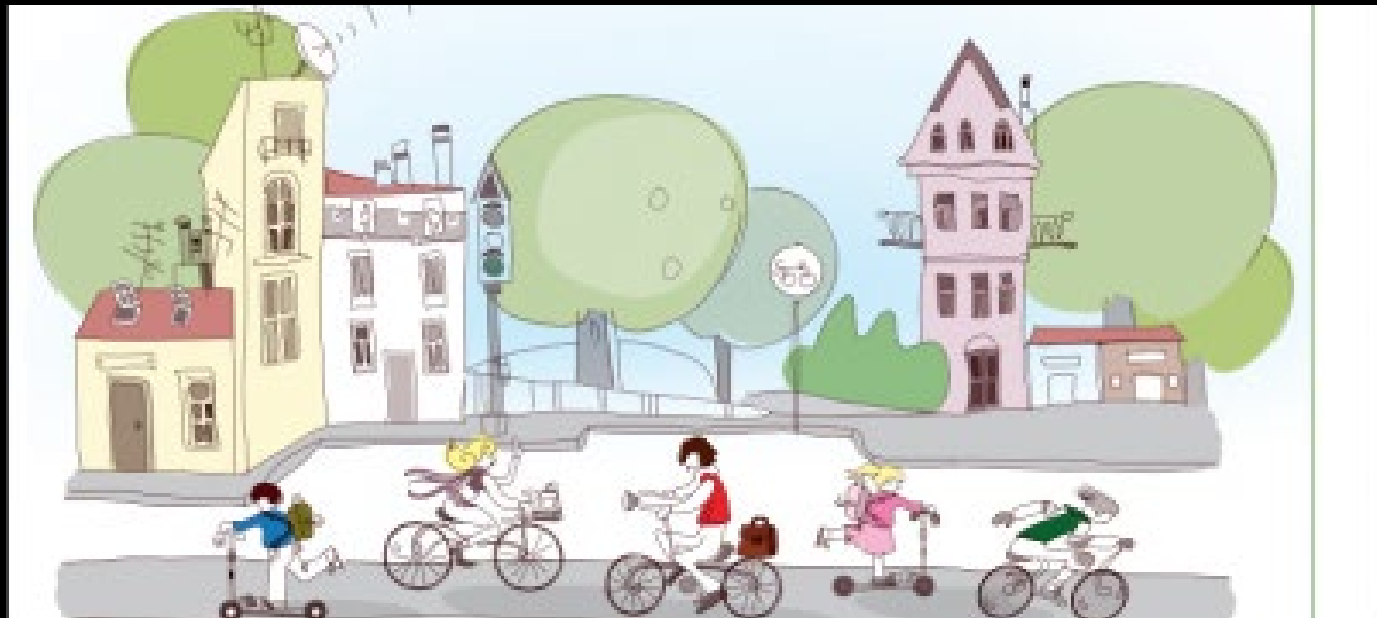
Interdisciplinary collaboration

- Environmental Psychology and neuroscience
- Urban planning
- Architecture and landscape architecture
- Communications
- Other social sciences
- Other disciplines
- Researchers & practitioners



“The most important asset of any city is the health of its citizens.”

World Health Organization
Health as the Pulse of the New Urban Agenda,
2016



Thank you

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Suggested reading

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