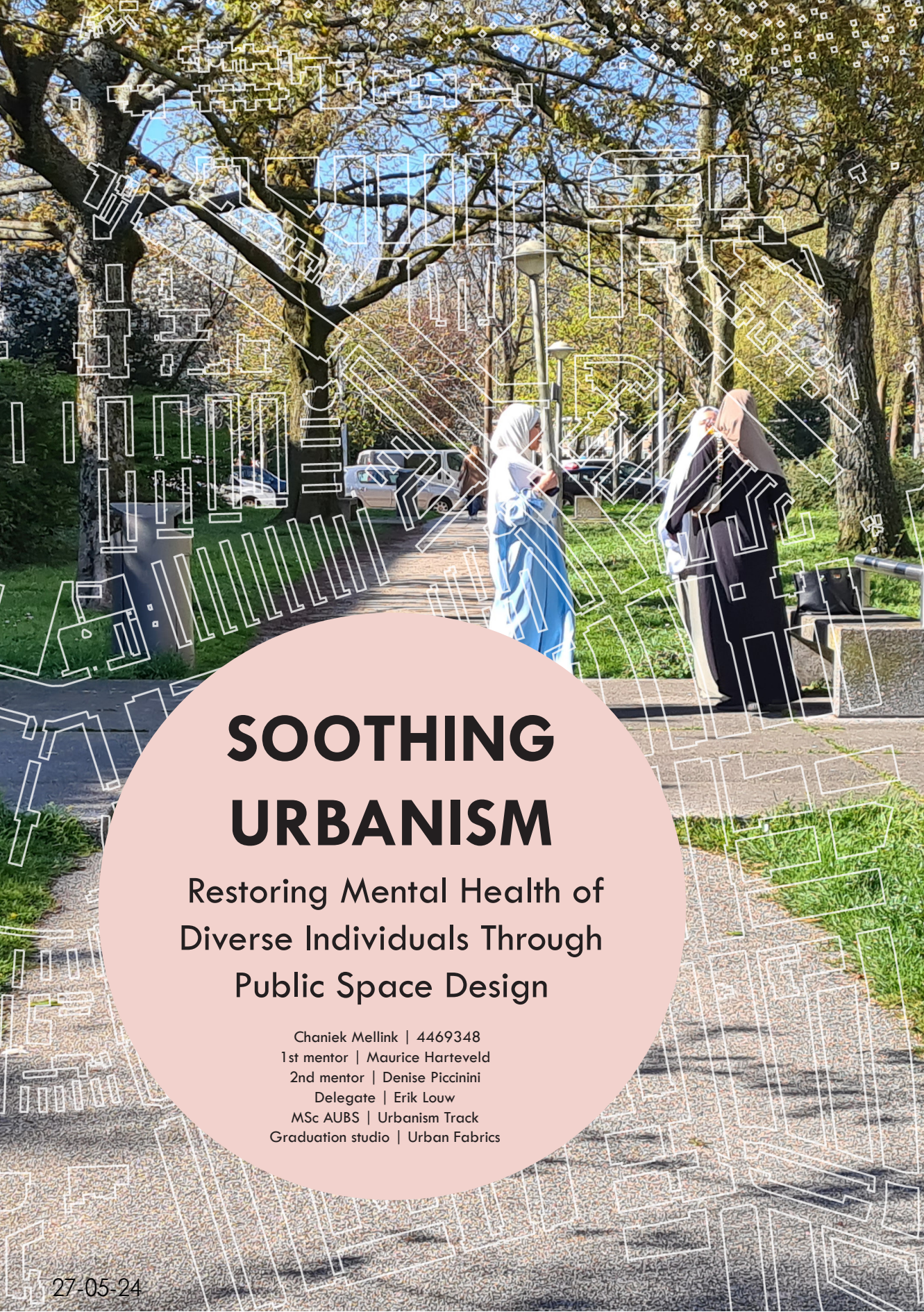


SOOTHING URBANISM

Restoring Mental Health of Diverse Individuals Through Public Space Design

Chaniek Mellink | 4469348
1st mentor | Maurice Harteveld
2nd mentor | Denise Piccinini
Delegate | Erik Louw
MSc AUBS | Urbanism Track
Graduation studio | Urban Fabrics

27-05-24

COLOPHON

Graduation Report | **Soothing Urbanism**
Restoring Mental Health of Diverse Individuals
Through Public Space Design

Chaniek Mellink | 4469348
1st Mentor | Dr. ir. Maurice Harteveld
2nd Mentor | Denise Piccinini

MSc Architecture, Urbanism and Building Sciences
MSc3 Urbanism. Graduation studio: Urban Fabrics
Delft University of Technology

22-05-2024

All graphics in this report are made by the author unless otherwise stated. The exception is the use of copyright-free stock photos.

TU Delft Department of Urbanism
BK Bouwkunde

"All the old cities were built on the way people moved with their feet, how far they could look with their eyes, and how they used the environment. So first you have the life, then you have the space for the life, and then you put the buildings on the side of the spaces. Life, space, buildings in that order."

Jan Gehl (2015)

Abstract

Cities all over the world are densifying because of population growth and urban popularity. By 2050, more than two thirds of the global population is expected to live in cities. (Zumelzu & Herrman-Lunecke, 2021) This trend raises concerns about the influence of urban environments on mental well-being of residents, as city living has been linked to increased risks of mental health disorders such as depression, anxiety, and stress. (UD/MH, 2022) Where especially the acceleration of urbanization and its spatial implications is argued to be of a negative influence on inhabitants mental health. (Zumelzu & Herrman-Lunecke, 2021) However, urban living also offers mental health benefits and empirical evidence tells us that environmental factors can have both a positive and negative influence on mental health. (Hajrashoelih et al., 2018) The relation of spatial design and mental well-being is therefore starting to emerge as a fundamental concept, and leads to the rising importance of designing cities with restorative qualities.

Urban areas must prioritize promoting good mental health and providing support for those with mental health issues, ensuring inclusiveness through accessible restorative qualities (Roe & McCay, 2021; UD/MH, n.d.). However, densifying urban environments exacerbate segregation and inequality, hindering the population's ability to benefit from mental health-promoting urban design and increasing the risk of mental health problems (Roe & McCay, 2021). This asks for an inclusive and restorative approach, which has led to the main research question of this thesis: To what extent can public space design restore mental health of diverse individuals within the densifying urban context? With a focus on the differences in experience between various social groups and an emphasis on marginalized groups. This choice driven by the desire to see if the needs of some groups are overlooked. The research will be carried out within the selected case study: Bos en Lommer, Amsterdam. To build a theoretical background, research into mental health, methods for restorative and inclusive design, and their environmental implications will be done. Using this knowledge, the case is analysed from an academic perspective to identify important areas for increasing the restorative and inclusive environment.

Workshops and interviews with diverse, marginalized resident groups are conducted to understand their experiences and needs within the urban environment. These include methods like mental mapping and photo evaluation, aiming to capture subjective place experiences. The utilization of creative, participatory, and qualitative research methods is emphasized. which is also acknowledged as crucial within the framework for restorative cities by Roe and McCay (2021). The results of this extensive analysis through fieldwork are used to discover the conflicts in experiences among diverse user groups within Bos & Lommer. Finally, findings from theory and research are integrated in the proposal of a design example on a medium scale, illustrating various small-scale conflicts within one site.

Key words

Mental Health, Restorative Design, Inclusive Design, Urban Stress, Environmental Psychology, Mental Mapping, Participation, Co-creation, Marginalized groups & Public Space Design.

Key Literature

Gardner, J., Marpillero-Colomina, A., & Begault, L. (2018). Inclusive Healthy Places—A Guide to Inclusion and Health in Public Space: Learning Globally to Transform Locally. Gehl Institute: New York, NY, USA.

McCay, L., Bremer, I., Endale, T., Jannati, M., & Yi, J. (2017). Urban Design and Mental Health (pp. 1–24). Retrieved from https://doi.org/10.1007/978-981-10-0752-1_12-1

Roe, J., & McCay, L. (2021). Restorative Cities: Urban design for mental health and wellbeing. Bloomsbury Publishing.

Zumelzu, A., & Herrmann-Lunecke, M. G. (2021). Mental well-being and the influence of place: conceptual approaches for the built environment for planning healthy and walkable cities. Sustainability (Switzerland), 13(11). Retrieved from https://doi.org/10.3390/su13116395

CONTENT

1

INTRODUCTION

This chapter sets the stage by exploring the personal motivation behind the study, articulating the problem statement, research questions, and overall focus, thereby providing a roadmap for the thesis.

2

PROBLEM ANALYSIS

This chapter introduces the case study and conducts a general problem analysis, laying the groundwork for a deeper exploration of the context and its challenges.

3

THEORY & METHODS

The theoretic background and research methods are outlined, establishing a conceptual framework and design methods - restorative design & inclusive design - while explaining their role in shaping the project.

4

COMMUNITY CONTEXT

This chapter emphasizes the importance of understanding the community context for achieving inclusive design goals by examining the community context of Bos & Lommer and its historic background.

5

PHYSICAL CONTEXT

The physical context is analysed from an academic perspective, evaluating the inclusive and restorative design of it's urban fabric based on six environmental themes, integrating professional insights and data.

6

USER EXPERIENCE

By exploring the positive and negative experiences of diverse inhabitants, this chapter reveals a nuanced analysis of the urban fabric shedding light on similarities, differences, and conflicts between user groups.

7

DESIGN

This chapter finalizes the research by looking into the conflict resolution and a design strategy in order to achieve an inclusive, restorative environemtn.

8

DISCUSSION

As the thesis concludes, this chapter summarizes key findings, suggests future research directions, and offers a personal reflection on the project's course.

9

BIBLIOGRAPHY

This chapter provides a bibliography of all materials and references used in the project, followed by the appendix.

CONTENT

H1 INTRODUCTION
Personal motivation page 12
Problem statement page 14
Problem field page 16
Project focus page 25
Research questions page 26
Research aim page 28
Considerations page 30

H2 PROBLEM ANALYSIS
Case study page 34
Problem analysis page 36
Liveability page 38
Housing shortage page 40
Population growth page 41
Segregation page 42
Urban stess page 44
Plans for the future page 49

H3 THEORETICAL AND METHODOLOGICAL FRAMEWORK
Theoretical background page 52
Conceptual framework page 64
Methodological framework page 65
Design concepts – restorative design page 66
Design concepts – inclusive design page 68
Elements for design page 70
Comparison of design elements page 72
Overview of elements to take along page 63
Relefance to the project page 74

H4 HISTORIC AND COMMUNITY CONTEXT
Importance community context page 78
Historic overview page 79
Community context page 83
Community health context page 84
Predictors of exclusion page 85
Social capital page 86
Community drivers and assets page 87
Research target groups page 88

H5 ANALYSIS OF THE PHYSICAL CONDITIONS
Spatial analysis page 92
Analysis academic perspective page 100
Professional analysis per theme page 102
Natural environment page 102
Active environment page 116
Social environment page 134
Safe environment page 146
Engaging environment page 156
Sensory environment page 164
Conclusion academic analysis page 174

H6 UNVEILING LIVED EXPERIENCES
Fieldwork methods page 178
Interviews and mental mapping page 180
Fieldwork - content page 182
Fieldwork - participants page 184
Target groups page 186
Group I vulnerable women page 186
Group II youth page 194
Group III maroccan women page 202
Group IV islamic men (fathers) page 210
Other resident groups page 218

Lived experience – in situ page 222
Lived experience – active environment page 228
Lived experience – natural environment page 229
Lived experience – safe environment page 230
Lived experience – social environment page 231
Lived experience – sensory environment page 232
Lived experience – engaging environment page 232

Conflicts paeg 234
Conflicts – active environment page 236
Conflicts – natural environment page 238
Conflicts – safe environment page 240
Conflicts – social environment page 242
Conflicts – sensory environment page 244
Conflicts – engaging environment page 246

H7 FROM ANALYSIS TO ACTION
Conflict resolution page 250
Approach page 251
Conflict resolution – ernest staesplein page 252
Conclusion ernest staesplein paeg 282

H8 DISCUSSION AND REFLECTION
Reflection and discussion page 286
Personal reflection page 288
Acknowledgements page 289

H9 BIBLIOGRAPHY AND APPENDICES
References page 292
Appendix 1: additional data page 298
Appendix 2: extra content results page 300
Appendix 3: pattern workshop page 362

01



AMSTERDAM WEST

Erasmuspark

Erasmuspark in Bos en Lommer, provides the area an urban oasis with diverse natural elements, pathways, a playground and sport facilities. This draws locals and visitors for leisure and recreation.

Introduction: from motivation to method

This chapter explores the personal motivation behind this study, alongside a clear articulation of the problem statement, research questions, and overall focus. By establishing these foundational aspects, a roadmap for this thesis is laid out.

INTRODUCTION

PERSONAL MOTIVATION	12
PROBLEM STATEMENT	14
PROBLEM FIELD	16
PROJECT FOCUS	25
RESEARCH QUESTIONS	26
RESEARCH AIM	28
CONSIDERATIONS	30

PERSONAL MOTIVATION

When considering the general topic of my graduation thesis, I was immediately drawn to the field of environmental psychology. I have always been intrigued by the relationship between human behaviour and their surroundings. Throughout my studies at TU Delft I have tried to integrate socially relevant topics like perceived safety and cultural heritage into my projects. However within the courses, I thought there was a lack of attention to the connection between social sciences and architecture. Particularly in the understanding of human interaction with their surroundings. This is why, especially now that I can choose my own subject, I would like to delve into this more.

In the past few years, and especially during the COVID-19 lock-downs, I have, like many others, struggled with my mental health. During these times, I realised that going outdoors can either make you feel relaxed and help you clear your mind, but it can also stress you out when the circumstances aren't all too well. For example, crowding and loud noises can end up giving me more stress than I already had to begin with. This has made me realise the crucial role public space plays in our daily lives. With this in mind, for my thesis, I explore the relation between urban design and mental health more extensively. I would like to do this within the context of densifying cities with limited open spaces.

In conclusion, my personal experiences have sparked an interest in the cross-relation between human behaviour and the built environment. With a focus on the relationship between mental health and urban design. With this thesis, I aim to explore ways that urban design can promote the mental health of the diverse individuals who reside in urban areas.

ENVIRONMENTAL PSYCHOLOGY

What is the general topic you want to relate to?

Mental Health

How does this relate to urban design?

Urbanization

How is this different for each individual?

Segregation

PROBLEM STATEMENT

Cities all over the world are getting more and more dense because of population growth and urban popularity. By 2050, more than two thirds of the global population is expected to live in cities according to the latest report from United Nations. (Zumelzu & Herrman-Lunecke, 2021)

With rising urbanization public health professionals are more often speaking up about their concerns about the influence that urban environments have on residents mental well-being. Even though in general the quality of life in the world is still increasing, mental health problems arise more often. (Hajrasoulih et al, 2018)

The main reasons behind the large increase of mental disorders all around the world are population growth and aging. In general the amount of mental illnesses has increased by around 40% between 1990 and 2010 which is probably even larger in cities. (McCay & Bremer, 2017)

City dwellers are overall more vulnerable to depression, anxiety, stress and loneliness. (UD/MH, 2022) Nonetheless urban living has also been associated with mental health benefits. Empirical evidence tells us that environmental factors can have both positive and negative influences on mental health. (Hajrashoelih et al, 2018) The relation of spatial design and mental well-being is therefore starting to emerge as a fundamental concept, especially considering increasing densification within cities. The acceleration of urbanization processes and it's spatial implications, like lack of green and loss of privacy, are argued by several authors to be of a negative influence on inhabitants mental health. (Zumelzu & Herrman-Lunecke, 2021) Concluding on the evidence that our environment can both positively and negatively influence human well-being and the elevated risk of mental illness in city dwellers leads us to the rising importance of city design that focuses on a more positive outcome. Unfortunately there are still few pointers on how to impact public mental health positively by urban design (Hajrashoulih et al, 2018). This study will aim to narrow the knowledge gap between environmental psychological research and urban design for urban dense areas.





Alongside the focus on mental health this study aims to look into the global issue of gentrification and rising segregation in urban areas. The reason behind this is that urban design that promotes good mental health depends on the population being able to benefit. In addition segregation leads to an ever greater risk of developing mental health problems. (McCay & Roe, 2021) With availability of public space becoming more scarce accessibility to qualitative public space also becomes more important. To approach this topic, this study will look into inclusive city design in urban dense areas, such as Amsterdam, and spatial qualities that will benefit mental well-being in city-dwellers.

PROBLEM FIELD

GENERAL CONTEXT

Mental Well-Being
Understanding the nuanced differences between the concepts of mental well-being and mental health can be challenging, as interpretations vary across the literature. This chapter aims to establish a clear definition of the concept of mental well-being and how it can be distinguished from the concept of general well-being and mental health.

The World Health Organization defines this as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" (n.d.). This concludes health to be the overarching and multidimensional concept of which mental well-being is one dimension. Within the chapter on eudaimonic well-being by Niemiec (2014) in the encyclopaedia of research on quality of life and well-being Niemiec defines well-being as a multifaceted construct encompassing optimal human experience and psychological functioning. According to him, this involves subjective experiences and objective conditions indicative of physical, psychological, and social wellness." (page 2004) From reading his complete definition it can be assumed that the three different dimensions social, physical and mental well-being can also interact and influence each other.

Now we know mental well-being to be a part of the general concept of health, we can look into the concept of mental well-being itself. According to Zumelzu and Herrman-Lunecke (2021), the general consensus in literature is that mental well-being comprises two essential dimensions: how individuals feel and how they function, reflecting on a state of health, happiness, and prosperity. This extends beyond the absence of mental illness. To understand this better, we should consider a definition for mental illness by Hirst, O'Neill, and Sorochan (2021) from the encyclopaedia in research on quality of life and well-being: "Mental illness is a psychological dysfunction experienced by an individual which results in significant distress and/or impairment, specifically referring to the deterioration of cognitive, emotional, or behavioural functioning." This suggests that mental well-being goes beyond psychological disorders affecting one's capacity to function in day to day life.

Next to mental illness we also quite often come across the term mental health. The World Health Organization (WHO) defines this as "a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being." (2022) Implying that mental health is a positive subset within the concept of mental well-being, where mental illness is more of a risk factor.

The concept now clearly is constructed from multiple elements. The authors Vidal and Toro-Huerta (2018) look at mental well-being from a few different perspectives and give quite some detailed descriptions that seem helpful. They state that from an emotional perspective, mental well-being can be defined as the subjective experience related to positive emotions and someone's general satisfaction with life. From a more literal perspective mental well-being entails optimal psychological functioning and considers life circumstances, independent of the presence or absence of specific mental illnesses or disorders. Mental well-being is thus different to mental health, which is a more medical concept which acts on the relation with mental illness and medical symptoms. (Vidal and Toro-Huerta, 2018; Zumelzu & Herrmann-Lunecke, 2021)

PROBLEM FIELD

GENERAL CONTEXT

Mental well-being, in contrary to the concept of mental health, also considers sustainability of one's mental health. This includes looking at the occurrence of events, mentally healthy or not, that would lead to increase or decrease someone's levels of mental well-being. Mental health seen as only the medical definition can overlook influences on people's life's course that can still lead to the breakdown of the life circumstances of healthy people. (Vidal and Toro-Huerta, 2018) Which might not relate to the medical aspects of mental health or illness, but does relate to the positive or negative experiences and the circumstances of someone's life.

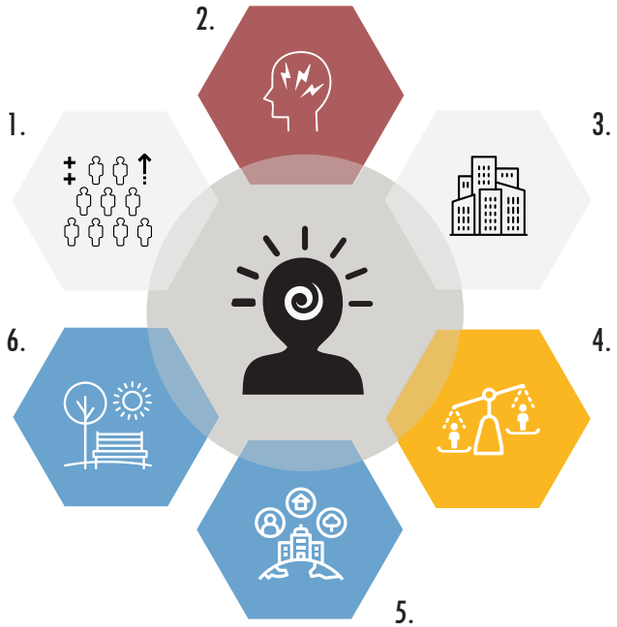
The above are just a mere selection of the definitions giving on/ in relation to mental well-being. In conclusion, the concepts of (mental) well-being, emotional well-being, mental health, and mental illness/disorder form a complex framework that follows the understanding of human functioning across physical, social, and psychological dimensions. In general literature states that well-being serves as a multifaceted construct, integrating subjective experiences and objective conditions indicative of physical, psychological, and social wellness. Both this general perception of well-being and the perception of mental well-being state that these phenomena extend beyond the mere absence or presence of disease.

Mental well-being can be seen as a crucial component of general well-being, encompassing psychological and emotional dimensions essential for individuals to thrive and engage fully in life. Whilst mental well-being reflects on a state of health, happiness and prosperity which can be influenced by any kind of factors. On the contrary, mental health is not influenced by any number of things, but talks more of medical symptoms stemming from either physical or mental illness. Mental health then could be seen as a subset of mental well-being, just like emotional well-being. Emotional well-being focuses solely on the subjective experience leading to a positive or negative emotional state.

In essence, mental well-being, mental health, and general well-being are interconnected dimensions that contribute to quality of life. Focusing on the mental well-being within this thesis means that the emphasis is less on the physical health and social well-being of a person. As this thesis is a part of the masters urbanism, within this graduation the topic of mental well-being will be looked at through the lens of an urban designer. Within this graduation project the focus tries to be solely on those elements of urban design that are factors influencing life circumstances and there for optimal psychological functioning and thus mental well-being.

**Within the encyclopaedia there are also definitions on for example emotional well-being, eudaimonic well-being, social health and happiness. These topics, are undoubtedly related, but for this general context it didn't seem necessary to delve into all. Within the appendix and through this rapport some of the other definitions can be found when needed to understand the context better.*

PROBLEM FIELD



1. Population growth

Cities all over the world are getting more and more dense because of population growth. (Zumelzu, 2021)

The main reasons behind the large increase of mental disorders all around the world are population growth and aging. (McCay & Bremer, 2017)

2. Elevated risks

City dwellers have an elevated risk for mental health issues like; stress, depression and anxiety. (UD/MH, 2022)

3. Urbanization

Acceleration of urbanization processes and it's spatial implications are argued to have a negative impact on inhabitants mental well-being. (Zumelzu, 2021)

4. Inequality

Promoting good mental health depends on the population being able to benefit. With urban densification the risks of segregation become larger. (McCay & Roe, 2021)

5. Environmental Influences

Empirical evidence tells us that environmental factors can have both positive and negative influences on mental health. (Hajrashoelih et al, 2018)

6. Public space design

The relation of spatial design and mental wellbeing is therefore starting to emerge as a fundamental concept, especially considering increasing densification within cities. (Zumelzu, 2021)

Mental Health

Mental health is integral to our well-being; rates of stress, depression and mental illness are globally inclining (Roe & McCay, 2021); and the need for action is urgent and indisputable (WHO, 2021).

Promotion and prevention interventions aim to improve mental health by identifying influencing factors, reducing risks, increasing resilience, and creating supportive environments. These interventions often require cooperation from sectors outside of healthcare, such as urban planning, to address environmental factors. (WHO, 2022)

Urbanization

Over 55% of the world's population lives in urban areas and this is set to rise to 68% by 2050. This has large impacts on the quality of urban life. For instance: urban living is associated with higher risks for mood and anxiety disorders; 91% of people are estimated to breathe polluted air and public open space becomes scarce (Peen et al., 2010; WHO, 2021).

However, the vibrancy of urban areas has shown to support **urban vitality** and **urban density** is associated with higher accessibility to health-care and a lower suicide risk. (Jacobs, 1961; Roe & McCay, 2021).

Segregation

While urbanization can bring health and economic benefits, it can also induce negative social and environmental health impacts, which hits the most vulnerable the hardest increasing **segregation** and environmental injustice. (WHO, 2022) Private access to green space, such as gardens, now symbolize privilege and inequity. Equitable access to **high-quality public space** has a growing urgency. (Roe & McCay, 2021)

Within environmental justice human welfare and **social equity** are presented as central concerns.

MENTAL HEALTH AND URBAN DESIGN

The Significance of Integrating Mental Health Considerations into Urban Design

Mental Health Issues

Approximately one in four individuals are suffering from mental health issues at least once in their lives, with problems rising globally due to phenomena like population growth and aging. (Gruebner et al., 2017; Litman & Victoria Transport Policy Institute, 2014; McCay et al., n.d.; Peen et al.) The prevalence of conditions such as anxiety, stress and depression, along with the economic burden of mental illness costing nations billions annually, highlights the urgency of addressing these challenges. (Ouda et al., 2020)

Urban areas, in particular, witness a surge in mental health disorders, raising concerns about the impact of urban environments on the well-being of their citizens. While mental health issues are commonly associated with demographics and socio-economic status, the relationship with the urban environment is less well understood. With urbanization and the densification of cities, more individuals are potentially exposed to environmental stressors negatively influencing their mental well-being. With this, the need to understand the interaction with the urban environment grows. (Pelgrims et al., 2021)

Given the increasing impact on societies, it is imperative for sectors beyond healthcare, including urban design, to prioritize the prevention of mental health problems. This prioritization is crucial not only for the well-being of inhabitants but also for fostering healthier and more resilient communities in the face of urbanization (WHO, 2022).

Densification and Urbanization

According to the latest prediction of the United Nations, at least two thirds of the global population will reside in urban areas by 2050. This demographic shift broadens the scope of urban public health beyond the traditional domains and necessitates an interdisciplinary approach including urban design and city planners. Simultaneously, researchers find an increased need to re imagine the urban environment to better address the promotion of populations' (mental) well-being. (McCay et al., 2017)

Urban environments pose distinctive challenges to mental health, with various social, environmental, and structural factors contributing to the well-being of inhabitants. Research underscores the necessity of recognizing these influences within urban design to foster healthier communities and mitigate mental health disorders. Spatial implications, like the densification of living environments, as a result of this rapid acceleration in urbanization processes are increasingly identified as negative opponents influencing mental health. Examples of these negative effects following densification, given by Zumelzu and Herrmann-Lunecke (2021), are a reduction of green space, crowding, and a lack of privacy. Other sources, like Gruebner et al. (2017), also mention a negative association of growing urbanization and mental health of citizens. They (2017) refer to urban stressors in different domains including socioeconomic disparities and physical stressors such as traffic noise, heightening stress levels and negatively impacting mental health outcomes.

At the same time, it is crucial to acknowledge the urban advantages. Among other things, cities provide enhanced access to vital resources like healthcare, increased opportunities for employment, and a larger variation of higher quality education. This suggests there is a complex interplay between urban living and mental well-being. The balance within this interaction and the larger understanding will be critical for the dense and resilient urban areas of the future (Gruebner et al., 2017).

Beyond the Healthcare Sector

The impact of the urban environment is currently becoming more popular among and like mentioned before the prioritization of mental health problems is gradually being mentioned more often as something that should expand beyond the remit of health care professionals. (WHO, 2022) This focus on mental health problems is arising because researchers find that disregarding the increase of general quality of life, there is a decrease of mental well-being. (Hajrasoulih et al, 2018) Urban design that focuses on mental well-being is not yet an obvious phenomenon, not even with the rising focus on physical well-being. This is a shame because perhaps this could be one of the greatest potentials in upping general well-being of citizens. (McCay et al., 2017)

Focus on general health of citizens

The emphasis on physical health and urban design that improves this is clearly essential, but not sufficient. Health, as mentioned in the general context of this thesis, is a state of physical, mental and social well-being. Emphasizing the fact that mental well-being is just as important for the general health of individuals. (McCay et al, 2017) City makers could definitely seize opportunities, using research on mental well-being and urban environments in action. Important to say is that more research in still necessary to realize an optimum scenario. (McCay et al., 2017)

Urban-Rural Disparities in Relation to Mental Health of Citizens

Continuing on the effects of urbanization on mental well-being research indicates that urban residents face a 40% higher risk of developing mood disorders such as depression or anxiety compared to their rural counterparts. (Gruebner et al., 2017; McCay et al., n.d.; Peen et al.) This might be resulted by the fact that urban environments generally present with a higher amount of social problems and environmental stressors in comparison to rural areas. Including higher rates of criminality, mortality, social isolation, air pollution, and noise. (Peen et al., 2010)

On the contrary, some research finds that city living also exhibits lower risks of substance abuse and suicide rates. This is particularly the case in neighbourhoods with higher support from social networks and further developed collective efficacy. These phenomena are found to have the opportunity to buffer perceived stress and promote mental health. (Gruebner et al., 2017; McCay et al., n.d.; Peen et al., 2010)

While serious mental illness tends to be more prevalent in urban areas, the association of urban living and mental health is multifaceted and complex. Mental health is proven to be influenced by poverty, social isolation, discrimination, and neighbourhood conditions, but still limited understanding exists regarding specific interactions with the built environment. (McCay et al., n.d. & Gruebner et al., 2017). Besides, the definitions of 'urban' and 'rural' vary across contexts, adding complexity to the discussion (Peen et al., 2010). The urban environment itself is challenging to define. In general "urban" refers to larger communities living in a relatively high density within a compact region and is often characterized by a variety in household incomes and availability of diverse methods for transportation including methods of public transport. (Peen et al., 2010 & McCay et al., n.d.) This gives reason to choose Amsterdam as the context for this thesis, because it is more comparable in size to other urban areas where earlier research might have taken place.

There are differences in outcomes of studies on the interaction between the mental well-being of inhabitants of "urban" and "rural" areas. These disparities in outcomes stem partly from the complexity of the definition of "urban". If this isn't coherent then the outcomes are not comparable. Other reasons for disparities are first of all, the physical environment has positive and negative

effects on a persons mental well-being which should be in balance (Gruebner et al., 2017). And secondly, there is an issue with causality in the relation of the well-being of residents of urban areas and the occurrence of confounding factors. This can be explained by the drift hypothesis and the breeder hypothesis.

The drift hypothesis suggests that sick and vulnerable individuals often (have to) remain in socially unstable, deprived neighbourhoods, while better-off individuals tend to relocate, the social residue theory. Additionally, socially deprived neighbourhoods may attract sick and vulnerable individuals due to low social control and greater tolerance towards deviant behaviour. Called the social drift hypothesis. (Peen et al., 2010)

The breeder hypothesis projects that various environmental factors contribute to the development of mental illness. This includes physical stressors (air pollution, small housing, population density) and social stressors (stress, life events, social isolation). These factors tend to be more common in urbanized area and therefore this plays a significant role in the disparities in development of mental health issues in "urban" areas in comparison to more "rural" areas. (Peen et al., 2010)

Impact of Urban Environment on Mental Health

Like before mentioned urban design and planning can have, both a negative and a positive effect on mental health. This is dependent on the qualities and characteristics of our surroundings. The places we visit, where we live or where we work. To a certain extent this means our environment can shape our social contacts, influence how we experience our days or contribute in a positive way to our mental well-being. (Sullivan & Chang, 2011) Poorly designed cities can negatively affect someone, and on the contrary positive qualities like green spaces or inclusive design can contribute to an individuals' mental health. (Gruebner et al., 2017; Litman & Victoria Transport Policy Institute, 2014; McCay et al., n.d.; Peen et al.) According to Halpern (1995) these influences can be divided into two categories: Indirect influences including levels of social support, income and the perception of a sense of belonging (social environment); and direct influences created by the physical environment like noise pollution, aesthetics or greenery (Zumelzu & Herman-Lunecke, 2021).

In literature review, five aspects are dominant when it comes to the *indirect influences (social environment)*:

1. The concentration of low socio-economic status (SES); Low social capital; and social segregation (Gruebner et al., 2017).

2. Mental well-being is linked to the concepts of community, cohesion and social capital. (Zumelzu & Herrman-Lunecke, 2021) Positive influences can come from places that foster social connections or facilitate participatory social events. This will more likely happen in smaller communities (under 250,000) (Litman & Victoria Transport Policy Institute, 2014; McCay et al., n.d.).

3. Higher rates of criminal offences, numbers of acclaimed victimization or the perception of safety (Zumelzu & Herman-Lunecke, 2021; Gruebner et al., 2017, Sullivan & Chang, 2011).

4. Places can also be important to people because they are familiar and help give them a sense of identity or belonging. This relates to the concept of place attachment, referring the psychological and social connections people feel with a specific place due to for example cultural or historical association (Sullivan & Chang, 2011 & Zumelzu & Hermann-Lunecke, 2021).

5. Environmental justice influencing accessibility to certain qualities or amenities (Gruebner et al., 2017; Litman & Victoria Transport Policy Institute, 2014; McCay et al., n.d.).

PROBLEM FIELD

In addition, when it comes to the *physical environment*, literature review gives us seven dominant aspects of *direct influences* on mental well-being:

Physical Environment – Examples of direct influences

1. Heightened rates of pollution such as air pollution or noise pollution created by traffic or crowding (Zumelzu & Herman-Lunecke, 2021; Gruebner et al., 2017)

2. Design that may be perceived as oppressive like tall buildings on narrow streets, gates or coming across barriers whilst moving through an area (Ouda et al., 2020; Gruebner et al., 2017).

3. Accessibility of health care facilities or other resources like parks, playgrounds and community centres (Gruebner et al., 2017; Litman & Victoria Transport Policy Institute, 2014; McCay et al., n.d.; Peen et al.). Accompanied by the variety of amenities, flexibility and optionally mixed-use (Ouda et al., 2020).

4. The qualities offered by the type of housing one resides in. For example, low rise buildings are more often associated with better mental health related to a higher sense of belonging and control. (Xiao et al., 2022; Zumelzu & Herman-Lunecke, 2021)

5. Natural elements, especially when they give the opportunity of engagement and allow a person to experience/ or feel as a part of (Zumelzu & Lunecke, 2021; Sullivan & Chang, 2011).

6. Amenities giving space for recreational or physical activities for all ages (Zumelzu & Herrman-Lunecke, 2021).

7. Qualitative mobility (e.g. walkability, pedestrian-oriented spaces, accessibility, efficient public transport, quality of cycling pathways and cleanliness) (Zumelzu & Herrman-Lunecke, 2021; (Litman & Victoria Transport Policy Institute, 2014; McCay et al., n.d.).

There has to be made a remark on these examples of social and physical aspects influencing mental well-being of citizens: their levels cannot always be measured objectively. Rather their influence is always experienced by different people in different ways.

Sullivan and Chang (2011) also mention that the conditions of today's life often exhaust people, creating mental fatigue. Some conditions will worsen this feeling whilst others will contribute to relaxation or render positive experience. Crowding for example can at some point negatively influence us, but in another moment it could be something someone is looking for. This makes for a certain subjectivity to the topic. And while many researchers try to tackle the codependent relationship between the urban environment and mental health much is still to be discovered. This lays in both the physical and direct influences and the psycho-social-environment. (Ouda et al., 2020)

PROBLEM FIELD

CONSIDERATIONS

Confounding factors.
The correlation between urban living and mental disorders is complicated and nuanced. Outcomes on the association can differ across research. This complexity arises from the fact that mental well-being is not only inflenced by urban environmental factors, but also by confounding variables.
(McCay et al., n.d.)

Pre-existing conditions:
Relocation to urban areas often occurs in persuit of enhanced services, social and economic prospects and to create a distance with the past. Factors driving people to move to the city can include poverty, unemployment, prior trauma, personal crises, family issues, addiction, immigrational status or for example physical and/or mental health problems. These elements collectively pose individual vulnerabilities to mental health challenges. (McCay et al., n.d.) This concept can be connected to the *drift theory* discribed by Peen et al. (2010) where people under certain conditions are located in specific areas. But in this case people with pre-existing conditions move to the city because they see more prospects here. These conditions can influence the percentage of people in urban environment with mental health issues.

Socioeconomic factors:
Individuals dealing with pre-existing conditions, especially those with a lower socioeconomic status (SES), may encounter unfavorable conditions/ differences in the urban environment. This can manifest in physical and psychological segregation within neighbourhoods characterized by poverty and social challenges. This segregation can foster feelings of injustice and hopelessness and exposure to prejudice and discrimination. These are all factors which can also influence their mental well-being. (McCay et al., n.d.) This is a result connected to the *drift theory* (Peen et al., 2010) which can create circumstances other than the spatial environment influencing mental well-being of residents of specific neighbourhoods within the urban environment.

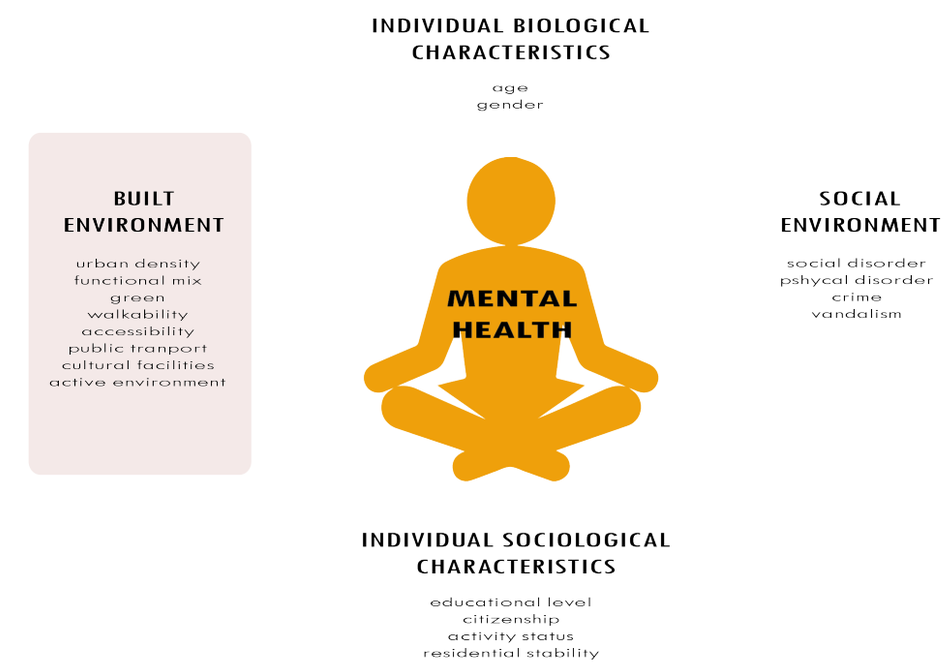
Research bias:
Urban areas may exhibit higher numbers of individuals with mental health problems, because in comparison to their rural counterparts they are more likely to collect comprehensive data on the (mental) well-being of residents. Often due to a higher concentration of universities, health care institutes and other services. (McCay et al., n.d.)

FOCUS OF THIS STUDY

ELEMENTS OF MENTAL HEALTH

According to research, two dimensions of our environment affect someone's mental well-being: the physical environment and the social environment. Naturally, there are also other factors influencing an individual's mental health, such as their biological and sociological characteristics (Gruebner et al., 2017; Litman & Victoria Transport Policy Institute, 2014; McCay et al., n.d.; Peen et al.). While these elements are worth considering, especially in discussions about inclusive design, they are not the main focus of this research.

Within the figure on the left page of this spread, the domains of public space design and well-being are shown in relation to their proximity to a person. Within this thesis the exploration will specifically focus on the domain of public space design and thus divert from examining sociological or biological characteristics. Simultaneously, we will mainly concentrate on the built environment and only address the social environment when it affects or is affected by the built environment.



RESEARCH QUESTIONS

Main research question: *To what extent can public space design restore mental health of diverse individuals within the densifying urban context? - Case study: Amsterdam West, Bos en Lommer.*

Sub-questions	Methods	Outcome
Problem Field	**Problem Field**	
What is the relation between mental well-being and the built environment?	Literature review & Case studies	Theoretic background
What is the relation between segregation, urbanization and mental health?	Literature review & Case studies	Theoretic background
Theoretic Background	**Theoretic Background**	
What is mental well-being?	Literature review	Theoretic background
Why should urban design prioritise mental well-being?	Literature review	Theoretic background
What is the importance of inclusive urban design when it comes to the mental well-being of citizens?	Literature review	Theoretic background
What is Restorative Design? & What is Inclusive Design?	Literature review	Theoretic background & Identifying guiding principles.
Can we combine these methods?	Cross checking the two methods	Creating a methodological framework.
What are the spatial conditions needed for restorative & inclusive design?	Literature review	Identifying guiding principles for analysis and design.
Problem Analysis - Case Study (Bos & Lommer)	**Problem Analysis**	
What is the community context of the case study location?	Data Analysis & Interviews	Creating a frame of reference; understanding the social and physical context; knowing underlying conditions & identification of community drivers and assets.
What are the current urban stressors and restorative qualities?	Data Analysis, Spatial Analysis & Fieldwork	
Analysis - Academic Perspective / Lived Experience - Case Study	**Academic Perspective / Lived Experience**	
What are the positive and negative elements within the urban fabric based on the 6 environmental themes influencing restorative and inclusive qualities?	Spatial analysis & Data analysis	Identifying positive and negative qualities in the urban fabric of the case study location (academic perspective)
How can citizen participation contribute to the creation of restorative and inclusive urban design? What target groups should we choose?	Literature review	Theoretic background & Target group selection
What are the positive and negative experiences of different target groups in regard to the 6 environmental themes?	Fieldwork - Analyse user experience: mental mapping, interviews & photo assessments	Identifying positive & negative experiences of the case study location through the eyes of the target groups.
What are the differences between the academic analysis and the analysis of the lived experience? Are there any conflicts? Between the two analysis or between the different target groups?	Comparison of results	Identifying the knowledge gap between academic analysis and user experience. Identifying differences between target groups resulting in possible conflicts.
Design Strategy	**Design Strategy**	
What are the inevitable changes that should be made in Bos en Lommer to increase restorative and inclusive settings concluded by both the academic analysis and the lived experience?	Research through design	Vision maps to increase restorative and inclusive settings in Bos & Lommer.
How can we resolve conflicts between user groups to create a more restorative and inclusive environment (in Bos & Lommer) ?	Research through design	Design experiments/suggestions and strategy building

RESEARCH AIM

Aligned with the objectives of the United Nations Sustainable Development Goal 11: Sustainable Cities and Communities, this research aims to contribute to the creation of urban environments that foster inclusive, resilient, and sustainable communities. (Global Goals, n.d.) To realize the aspirations of this development goal, urban areas must, among others, prioritize promoting good mental health and provide support for those who have mental health problems (UD/MH, n.d.). In order to prioritize mental health in urban environments, qualities must be available to all to foster inclusiveness. (Roe & McCay, 2021)

Creating restorative and inclusive urban environments requires a deeper understanding, drawing from fields like environmental psychology. This study aims to narrow the knowledge gap between environmental psychology and the urban design practice by looking at psychological concepts from a designers perspective focusing on applicability in urban design. The particular focus will be on restorative design and inclusivity in dense urban settings. To achieve this, the thesis will expand upon the framework established by Jenny Roe and Layla McCay (2021) for urban mental health.

The selected case study is “Bos en Lommer” in Amsterdam West, representing the densifying urban context within the Netherlands. By choosing Amsterdam, this study aims to enhance comparability with international studies. The context of this case study will be analysed in order to identify methods for enhancing restorative qualities and reducing urban stress, whilst ensuring these qualities are accessible to the large diversity of residents.

This project compares the academic perspective on restorative design with residents’ experiences to evaluate the applicability of the existing theory. Next to identifying potential disparities between the academic perspective and the lived experience this study aims to explore potential differences between the experience of different target groups. This examination will help determine the suitability of existing knowledge on communities with a large diversity of residents. Given the fact that there is a heightened significance of segregation in the case study, inclusive design will be particularly crucial in this specific case.

To achieve these objectives, this study follows these subsequent steps:

1. Conducting desk research on mental health, restorative design, inclusive design and environmental implications related to these methods. For a better understanding of the theoretical background.

2. Using desk research to analyse the case study location from an academic perspective. Conclude on the existing physical context and gain information on things that need to be addressed according to these results in order to create a more restorative and inclusive environment within Bos & Lommer.

3. Conducting workshops of mental mapping and interviews to gain information on user experiences of local residents from diverse residents groups to gain insights into their needs and experiences. Especially into the positive and negative experience of less visible groups within the urban environment that less efficiently find their way within the system.

4. Comparing and synthesizing lived experiences with academic perspectives to inform the design process and find new data on the similarities and differences within the results of these different methods (bottom-up and top-down). To show if there is a knowledge gap in these results if only done top-down (meaning from an academic perspective.

5. Utilizing the fieldwork and extensive research to analyse and document conflicts in experiences among diverse user groups within the Bos & Lommer neighbourhood in Amsterdam West.

6. Integrating theory and results into a method of resolving conflict and offering an example of for inclusive, restorative environments.

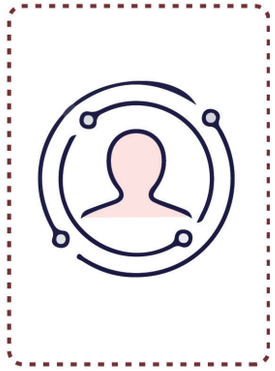
AIMS



MENTAL WELL-BEING



KNOWLEDGE GAP



USER EXPERIENCE



HUMAN-CENTRED DESIGN



RESTORATIVE DESIGN



INCLUSIVE DESIGN

CONTEXT





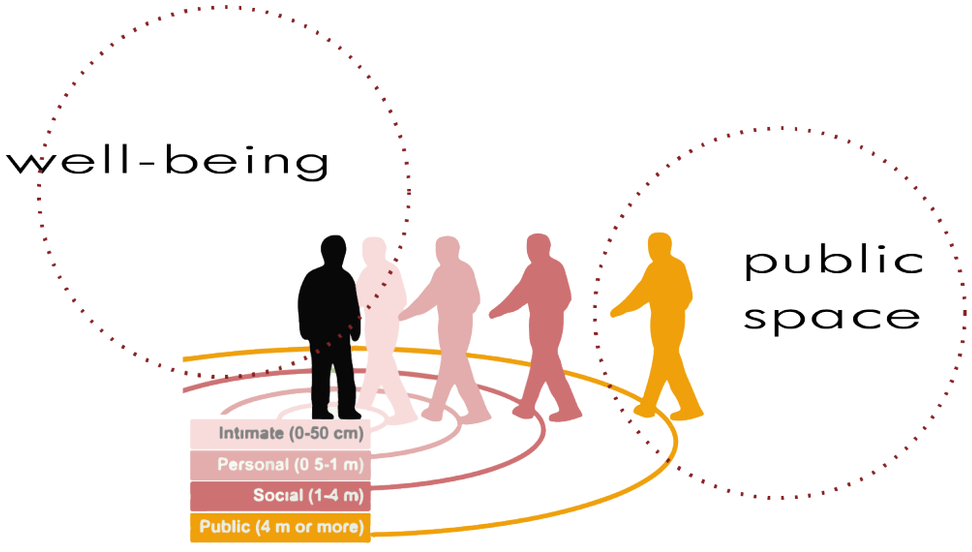


CONSIDERATIONS

POSITIVE AND NEGATIVE INFLUENCES

The urban environment clearly has both positive and negative outcomes on individuals' mental well-being. This is related to the conditions provided. Some conditions are generally better in cities compared to rural areas, such as the proximity to healthcare facilities or the larger options available for social communities that align with one's own perspective. However, other conditions, like crowding and noise pollution, are risk factors for the mental well-being of residents. As mentioned in the orientation towards mental health in this study, there are other factors influencing mental well-being beyond just the spatial elements. Nonetheless, there is a huge potential in creating positive and preferred settings for the mental well-being of residents. Among others, the costs of mental health problems of citizens and their lower participation in urban life pose a significant risk to a city's thriving (UD/MH, n.d.).

Diversity
Not only are there positive and negative sides to city living, but there is also a difference in experience when it comes to specific environmental conditions. The extent to which the environment is suitable depends on the community context and the designer's knowledge of this context. Differences in experience can result from various reasons, including the age of the target group, cultural background, and living conditions. For example, individuals with or without a private garden might perceive the relevance of public green spaces in different ways. This difference in experience highlights the importance of analysing the context and understanding the environmental conditions that influence the experience of different individuals inhabiting or using the built environment.



Proxemic Zones - Source: Marquardt, N., & Greenberg, S. (2011)

CONSIDERATIONS

ENVIRONMENTAL INJUSTICE

Environmental injustice refers to the disproportionate exposure of disadvantaged communities to adverse environmental conditions and the limited access to beneficial resources. This concept is crucial when discussing the built environment and its impact on mental well-being, as certain neighbourhoods are more susceptible to negative influences due to their socioeconomic status. Understanding and addressing these disparities is essential for creating equitable and supportive urban environments.

Deprived Neighbourhoods
Deprived neighbourhoods have different characteristics in comparison to other neighbourhoods. For example, there is often a higher turnover rate of new inhabitants. When people start to earn more money, they might move away from the area. Within deprived neighbourhoods, the number of people with mental health issues is also often higher. This does not necessarily mean that the neighbourhood's quality directly causes these issues; rather, bad neighbourhoods are simply less expensive to live in and therefore attract more people who already have problems - the drift hypothesis (Peen et al., 2010). Still, restorative settings can help individuals who are already marginalized in society. While some of their problems might persist, better social contacts within the district or restorative qualities like more green spaces can have a soothing effect on their mental state. This falls within the task of urban designers. By designing accessible restorative qualities, mental health of all types of residents can be protected, potentially preventing the development or worsening of mental health problems. This attention to prevention is important within various sectors, but also certainly within urban planning. Preventing problems and mitigating larger issues can be significantly aided within the public domain. The presence of a social safety net and the possibility to use environments with restorative qualities are of great relevance in this. This includes contact with direct neighbours or colleagues at work or school. While these social structures are sometimes beyond the control of designers, they can be stimulated.

Popularity Paradox
With human-centred city design, there is a certain paradox. Well-designed cities become more popular and, in all probability, simultaneously with this popularity, there will be an upsurge in housing prices and living costs, which in itself leads to a more exclusive result (Post, H. C., 2022). With this study, it is therefore important to note that a strategy towards cities with positive effects on mental health can also create environments that stimulate gentrification, displacement and segregation. We need to be aware of this, especially since the inclusive character of the environment is also one of the design themes in creating cities for mental well-being (Roe & McCay, 2021).



02

AMSTERDAM WEST

Erasmuspark

Erasmuspark in Bos en Lommer, provides the area an urban oasis with diverse natural elements, pathways, a playground and sport facilities. This draws locals and visitors for leisure and recreation.

Problem Analysis: introducing the case study

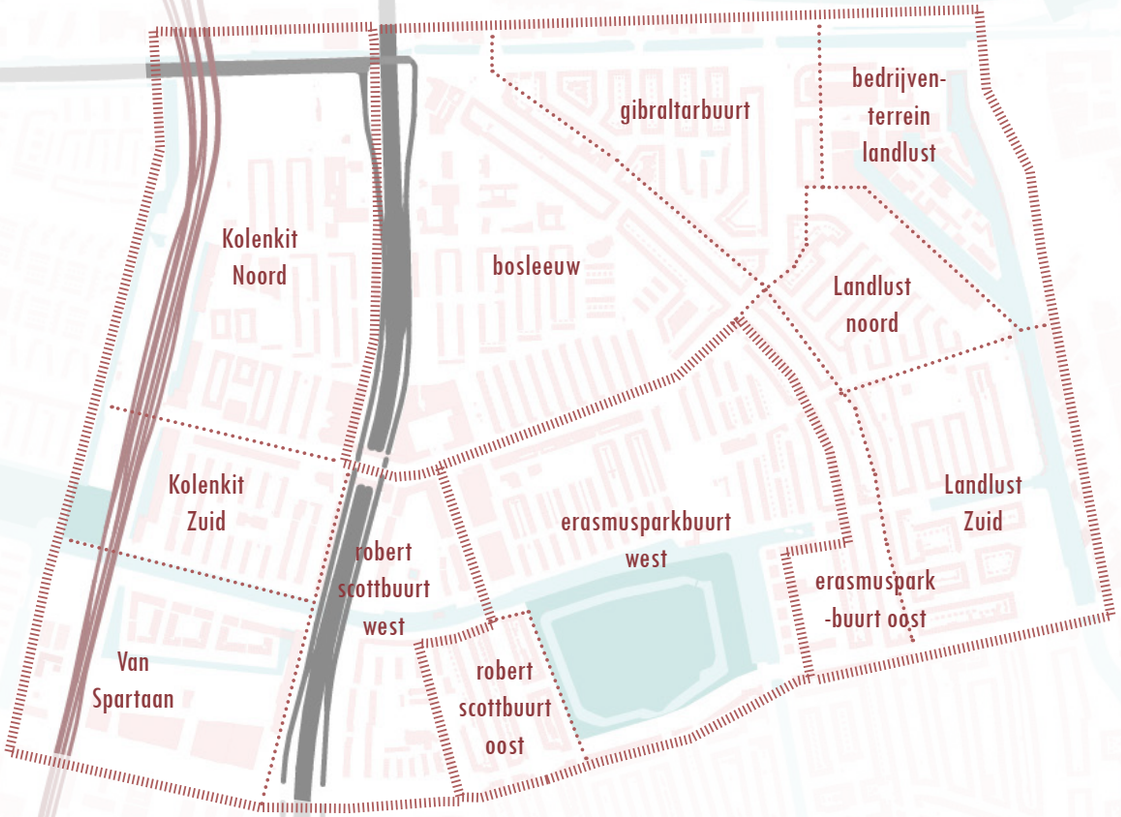
In this chapter, the case study for this thesis is introduced. Based on the case study location a general problem analysis is given by delving into the specific challenges of this context relating to the main topics of this thesis. The chapter aims to lay the groundwork for a deeper exploration and understanding of the context for this project.

CHAPTER 2

CASE STUDY	34
PROBLEM ANALYSIS	36
LIVEABILITY	38
HOUSING SHORTAGE	40
POPULATION GROWTH	41
SEGREGATION	42
URBAN STESS	44
PLANS FOR THE FUTURE	49

CASE STUDY

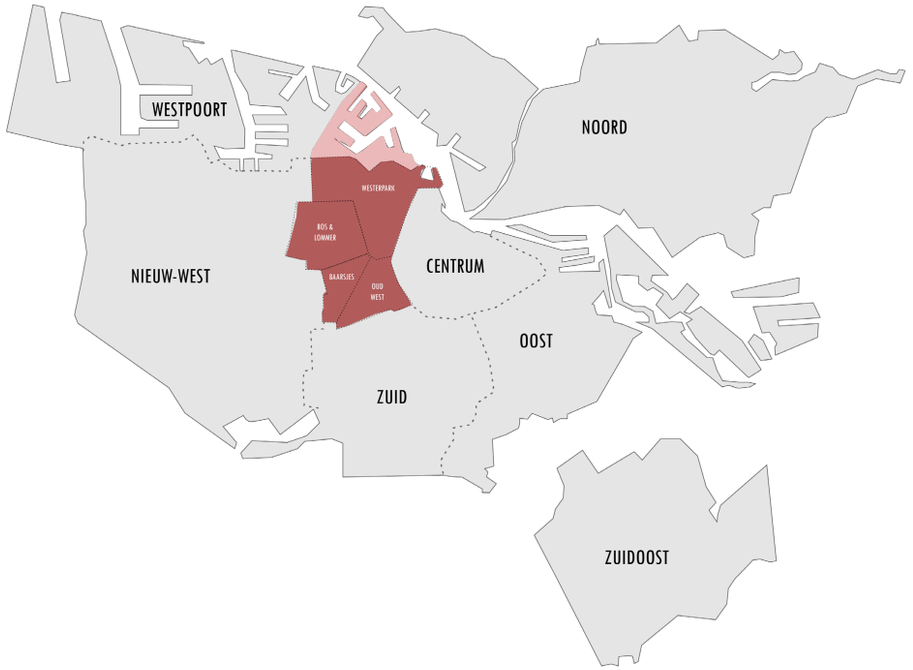
TAKING BOS & LOMMER, AMSTERDAM AS AN EXAMPLE



The context of this project is the Dutch capital city, Amsterdam. This area was selected because it is comparable to other cities in Europe and faces significant challenges regarding housing stock and segregation. This results in people not having equal access to restorative places.

Within the following pages, we will delve into a preliminary problem analysis within the context of Amsterdam West, which stands out in terms of stress, liveability, population growth, housing shortage, and segregation. Therefore, it serves as an interesting case study for this project.

This will be done by contextualising large-scale and site-specific problems and relating them to the guiding theme of this thesis: the mental well-being of inhabitants in cities affected by urbanization and segregation. By broadly examining the issues occurring within this context, five main themes emerge as most relevant for this study: liveability; housing shortage; population growth; urban stress; and segregation.



CHARACTERISTICS

Onderwerp	Landlust	Erasmuspark	De Kolenkit
Aantal inwoners	18765	5810	11440
Aantal inwoners (man)	9245	2715	5635
Aantal inwoners (vrouw)	9525	3095	5810
Aantal inwoners (0 tot 15 jaar)	2570	635	1880
Aantal inwoners (15 tot 25 jaar)	2350	645	1735
Aantal inwoners (25 tot 45 jaar)	8245	2965	4930
Aantal inwoners (45 tot 65 jaar)	4035	1100	1975
Aantal inwoners (65 jaar of ouder)	1565	465	925
Personen met westerse migratieachtergrond (totaal)	3635	1385	1665
Personen met een niet westerse migratieachtergrond (totaal)	7905	1680	6710
Personen met een niet westerse migratieachtergrond: Marokko	2990	495	2995
Personen met een niet westerse migratieachtergrond: Turkije	1635	435	1525
Bevolkingsdichtheid (aantal inwoners per km^2)	18365	16029	15880
Woningvoorraad (aantal)	9720	3102	6028
Gemiddelde WOZ-waarde (x €1000)	362	372	338
% Koopwoningen	28	43	19
% Huurwoningen (totaal)	72	57	78
% Huurwoningen (in bezit woningcorporatie)	42	15	54
% Huurwoningen (in bezit overige verhuurders)	29	42	24
% Woningen met bouwjaar voor 2000	96	92	43
% Woningen met bouwjaar vanaf 2000	4	8	57
Gemiddeld inkomen per inwoner (x €1000)	32	38	28,5
Gem. gestandaardiseerd inkomen van huishouden (x €1000)	32,8	37	30,9
% Huishoudens met een laag inkomen	6,7	5,1	7,7
% Huishoudens onder of rond sociaal minimum	14,1	8,7	13,7
Aantal personen met bijstandsuitkering	1100	160	660
Aantal personen met AO-uitkering	830	180	530
Aantal personen met WW-uitkering	180	60	110
Aantal personen met AOW-uitkering	1390	420	860
Aantal WMO-cliënten per 1000 inwoners	68	44	73

Source: CBS Statline (2023)

PROBLEM ANALYSIS

SOCIAL CONTEXT: DATA

Bos en Lommer as depicted in the report by Gemeente Amsterdam (van Zelm et al., 2022), reveals several key trends and concerns within the community. A number of socio-demographic indicators shed light on the prevailing social dynamics and community (health) concerns.

Over the past few years, there has been an increase in severe loneliness and an elevated risk of anxiety and depression among residents. It has also been reported that the social cohesion level within the district is quite low. This coincides with low numbers of neighbourhood participation and the fact that residents rarely mention that they have frequent contact with their neighbours. This deficit in social connectedness not only exacerbates feelings of isolation but also undermines the overall resilience of the community. Currently the proportion of residents with a high socioeconomic status (SES) is rapidly increasing. Next to this the amount of social housing decreases relatively quick.

In regards to safety, their has been an increased number of complaints about nuisance and the situation seems to be worsening in recent years. The safety index is also below the urban average of Amsterdam itself. This is related to the fact that 30% of residents say they sometimes feel unsafe.

The utilization of care services within Bos en Lommer is disproportionately high, indicative of underlying health and social support needs prevalent within the community. When we zoom in on the elderly of the neighbourhood this report (van Zelm et al., 2022) shows that senior citizens of Bos & Lommer are relatively often (39%) alleged to be very vulnerable. In comparison, in Amsterdam the average of elderly that are reported to be very vulnerable is 27%. They also have more limitations with Activities of Daily Living (ADL) and other health problems. This is accompanied by the fact that elderly give a low score to the degree to which people help each other within the neighbourhood.

Furthermore, Bos en Lommer falls short of being deemed child-friendly, with a prevalence of vulnerabilities among children surpassing the Amsterdam average. Notably, 9% of children in the neighbourhood are classified as “very vulnerable” versus a 6% on average. Another notable fact in regards to mental well-being it that the percentage kids going to high school with symptoms of anxiety is relatively high.

When we zoom in at the details of the different neighbourhoods of Amsterdam west this report shows that there are quite a few attention points per area.

De Kolenkit

• Many elementary school students are overweight. The proportion of adult residents meeting the physical activity guidelines also lags behind the area average.
• Residents are generally dissatisfied with their neighbourhood. Satisfaction levels with street cleanliness and greenery maintenance remain below average.
• Relatively few residents report good outdoor lighting. Furthermore, there is signify-cant nuisance from neighbours and street harassment.
• Around 70% of residents have a non-Western migration background. The majority of residents have a low socioeconomic status (SES), and the registered unemployment rate is high.
• Social cohesion is low, especially between old and new residents, although activities are organized within their respective groups.
• Satisfaction with sports facilities is relatively low. Residents are also not very satisfied with the playground and green space offerings.

Landlust

• In Landlust, residents’ health is relatively unfavourable.
• There is a high incidence of violence victimization.
• Residents more frequently than average in Amsterdam report poor street lighting.
• Social cohesion is very low.
• In the Laan van Spartaan area, the offerings of primary schools and cultural amenities are significantly rated low.

Erasmuspark

• This neighbourhood experiences a high incidence of vandalism and property crimes.
• Social cohesion is very low.
• Neighbourhoods within this district suffer from air pollution the most. The level of air pollution is approximately 20% higher than the city average.

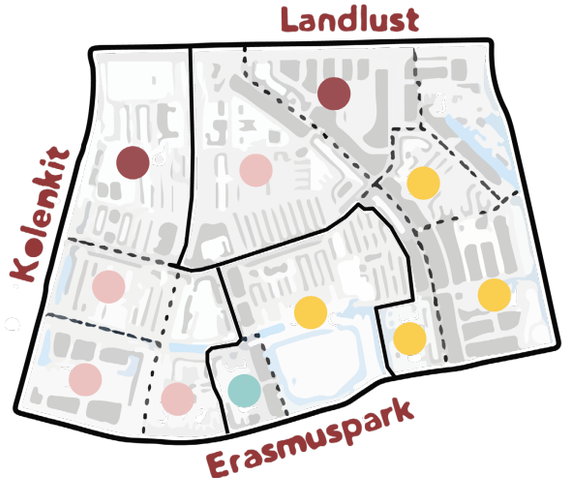
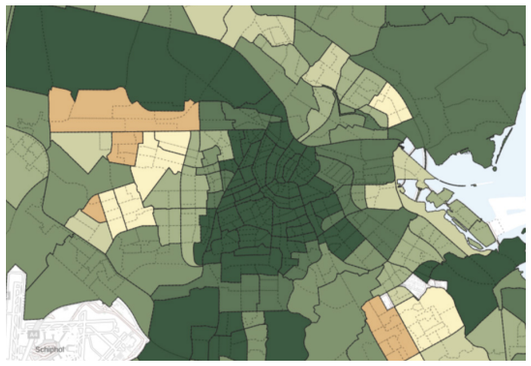


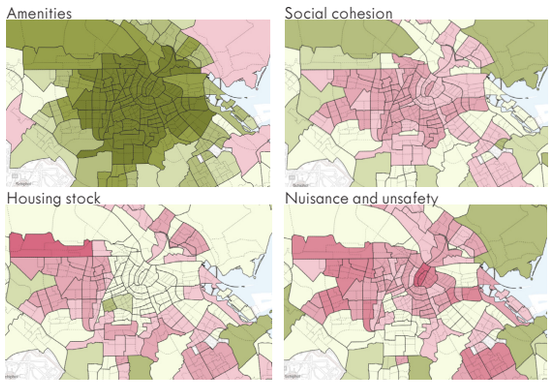
Image based on Neighbourhood Ratings
Bos & Lommer Gebiedsanalyse (van Zelm et al., 2022)

1. LIVEABILITY

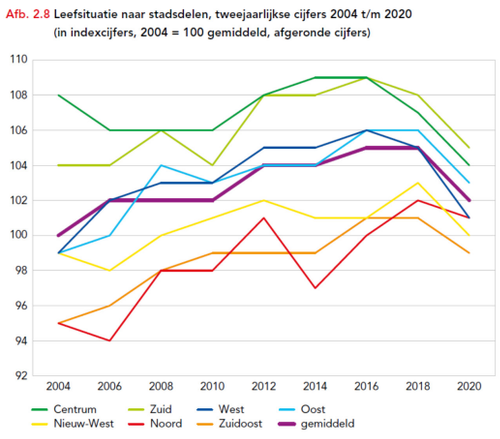
Underneath you can see the analysis of liveability in Amsterdam according to the "Leefbaarometer". The Leefbaarometer is an instrument of the Ministry of the interior relations and kingdom relations (ministerie van Binnenlandse Zaken en Koninkrijksrelaties) to measure liveability at the local level in the Netherlands. Liveability is assessed using two models: a judgment model by residents (oordelen model bewoners) and the housing market behavioural model (woningmarkt gedragsmodel). These models combine various environmental features to predict liveability. Five liveability dimensions are considered: housing stock, physical environment, amenities, social cohesion, and nuisance and insecurity. It is not explicitly stated why these dimensions are included in this proportion. It is noteworthy that the physical environment weighs less heavily, although according to other sources this dimension appears to be a crucial aspect of liveability. This could lead to distorted results because the emphasis on amenities may give the impression that cities are generally livable due to the large presence of amenities, while other aspects of liveability may be overlooked. As a result, the Leefbaarometer appears potentially biased and more of a political tool than an objective measure of liveability.

Looking at the results from the leefbaarometer in Amsterdam we can also see this. The amenities bring a large contribution to the total score of liveability disregarding the fact that the other topics actually have a negative score. The fact that it is now possible to see the individual scores, per topic, makes the tool a bit more reliable, being able to look into the details of the calculation. What stands out is the low scores for safety, housing stock and social cohesion in some of the neighbourhoods.





Source: Ministerie van binnenlandse zaken (2022)



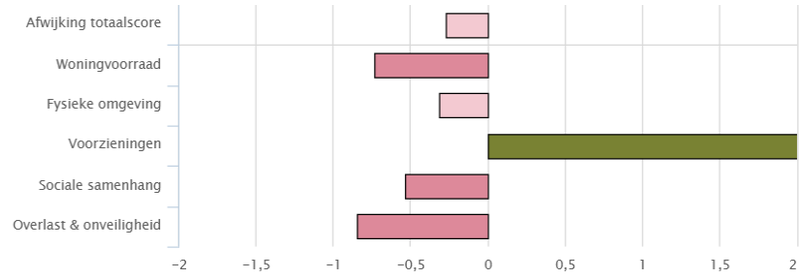
Source: Staat van de stad (OIS & Gemeente Amsterdam, 2021)

On the left we can see an illustration from the ducument "staat van de stad" by the municipality of Amsterdam. In this the trend regarding experienced liveability in all of the districts of Amsterdam are depicted. During the last few years this has gradually decreased.

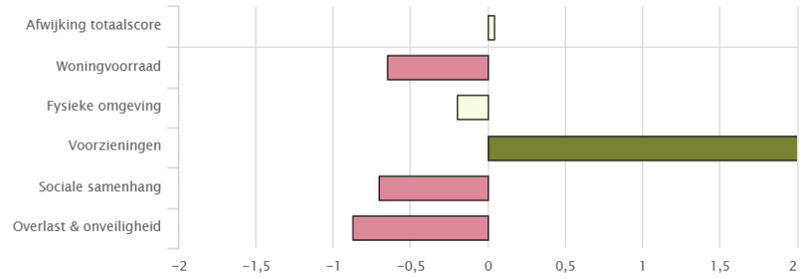
LIVEABILITY SCORES (leefbaarometer)

Scores on social cohesion, housing stock, access to amenties, physical environment and safety in relation to liveability in comparison to the national average. (Ministerie van Binnenlandse Zaken en Koninkrijksrelaties, 2022)

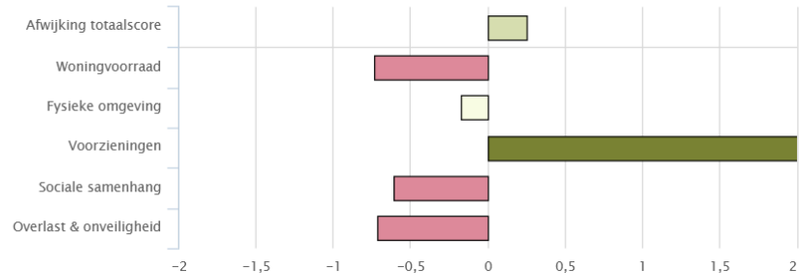
Kolenkit



Landlust



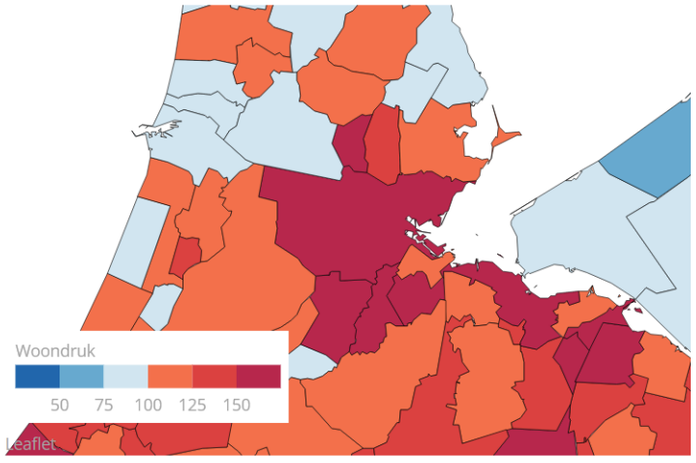
Erasmusparkbuurt



2. HOUSING SHORTAGE

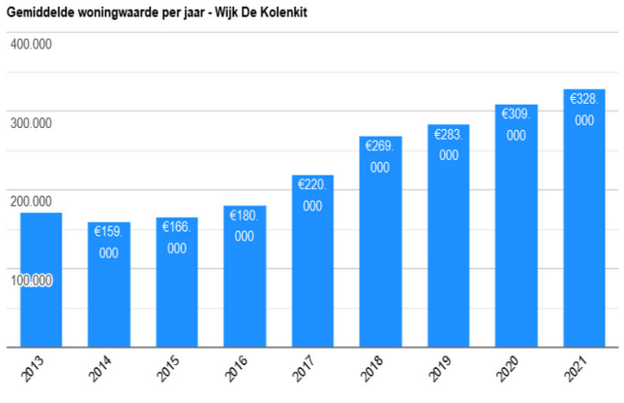
A first problem analysis reveals concerning trends regarding housing availability and affordability in Amsterdam. The data paints a clear picture of imbalance: for every 150 households seeking accommodation, only 100 houses are available, indicating a notable scarcity in the housing market. Next to the growing housing shortage the prices are also increasing. An example is given for the neighbourhood “Kolenkit” in “Bos en Lommer”. From 2013 to 2021 there has been a growth of 91%. moreover, the substantial surge in housing prices within the Kolenkit area is alarming, with prices soaring by a staggering 91% from 2013 to 2021.

These figures underscore the growing challenges of access to affordable housing, exacerbating segregation dynamics within the community.



Gemaakt met ANP/LocalFocus Bron: berekeningen Atlas Research

Source: Berg, N. (2023)



Gemiddelde woningwaarde in de wijk De Kolenkit, 2013 tot en met 2021.

Source: Alle Cijfers (z.d.)


Het Parool

Woningnood groeit: Amsterdam komt duizenden huizen tekort voor kwetsbare groepen

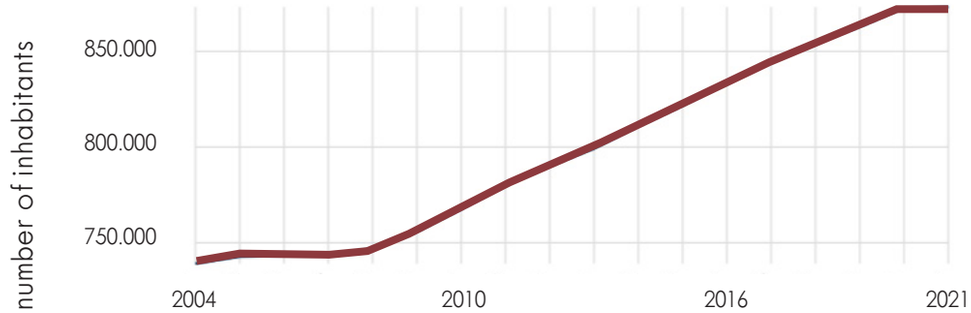
Amsterdam komt in 2030 zo'n 10.000 tot 15.000 woningen tekort voor kwetsbare groepen. Vooral mensen in de daklozenopvang hebben het zwaar. Wethouder Zita Pels (Volkshuisvesting) zegt 'pijnlijke keuzes' te moeten maken om de kwetsbare groep te verkleinen.

David Hielkema 27 juni 2022, 03.00

Average WOZ property value per year. Significant growth of 91 percent to an average WOZ value of 328,000 in 2021.

3. POPULATION GROWTH

The population of Amsterdam has been gradually rising over the years. This means the city is becoming more crowded, and the demand for housing is increasing. In relation to this topic, we should consider factors such as overcrowding, lack of outdoor spaces, and higher living costs, including housing prices. These factors can lead to reduced access to restorative qualities, especially for lower-income families.




Het Parool

Opinie

Opinie: ‘Amsterdam moet zich erop voorbereiden de eerste Nederlandse miljoenenstad te worden’

Amsterdam gaat groeien en die groei is niet tegen te houden. Dus kunnen we onze stad er maar beter op aanpassen, stelt Hala Naoum Néhmé. Zo is het tijd om de Amsterdamse metro serieuzer te nemen, evenals de masterplannen in stadsdelen Noord, Nieuw-West en Zuidoost.


Drukte in de openbare ruimte

In Covid-19 tijd blijkt hoe belangrijk de stedelijke publieke ruimte is. Als die voor iedereen te gebruiken is, en ruim genoeg, dan waarderen we dat, onder meer omdat social distancing wat gemakkelijker is. Wanneer die ruimte onprettig is, of als het te krap wordt zoals op smalle stoepen en in dichtbebouwde stadswijken, dan wordt dat als een gemis ervaren en vaak leidt het zelfs tot problemen. Dat is geen tijdelijk probleem. De pandemie verscherpt het, maar ook daarna blijft het knellen in de gedeelde openbare ruimte. We vroegen drie ontwerpers uit drie gemeenten wat volgens hen de opgaven voor de stedelijke openbare ruimte zijn: Annemieke Fontein (Hoofd Landschapsarchitectuur in de gemeente Rotterdam), Paco Bunnik (Stedenbouwkundig hoofdontwerper in Amsterdam) en Henk Snel (Senior stedenbouwkundige in Zwolle). Wat blijkt? Ruimte wordt schaarser, terwijl het belang ervan en de druk erop toenemen. Ontwerp neigt in de praktijk steeds meer te verschuiven naar een verdelingsvraagstuk. Tegelijkertijd zijn voor de steden juist robuuste en goed te gebruiken publieke ruimtes cruciaal.

Leo Pols, Like Bijlsma en Frank Suurenbroek


INTERVIEW

Belang en betekenis van de gedeelde publieke ruimte

Waar vinden jullie belangrijk bij het ontwerpen en beheren van de openbare ruimte in jullie stad?

Dan begint natuurlijk eerstgenoemd: de rol van de openbare ruimte is enorm belangrijk voor de medelijke identiteit en de kwaliteit van de leefomgeving. En de ontwerper heeft daarbij een grote verantwoordelijkheid. Spoedig daarna wordt het specifieker. Bunnik: "Als je een goede ruimte maakt, geef je ziel aan een plek." Fontein: "Als ontwerper moet je op een integralere wijze denken en tekenen. Openbare ruimte is geen doel op zich, het is een middel om mensen een prettige beleving en gebruik te geven."

Maar was is prettig, wie is kwetbaar, was draagt hij aan de stad? Voor Rotterdam is dat het vergroenen en verzachten van de openbare ruimte. 'Schrale' plekken worden beplant en van andere materialen voorzien, ze krijgen een zachter gevoel en een menselijkere maat. Maar gemakkelijk is dat niet. Tijdens de vorige recessie werden plekken in de stad Rotterdam neergeblazen door bouwbedrijven met bijvoorbeeld meerstenen en bij-

"Als ontwerper moet je op een integralere wijze denken en tekenen"

Schetsontwerp nieuw park in de Maashaven.

4. SEGREGATION

Hochstenbach's research, discussed by Michiel Couzy (2017), focuses on gentrification in Amsterdam and its implications. The transformation of once unpopular areas into vibrant hubs has led to the displacement of lower-income residents. Hochstenbach's extensive study reveals a rapid increase in inequality within these neighbourhoods, with the wealthier middle class replacing the poorer residents across many districts.

While gentrification brings improvements such as decreased youth disturbances, it exacerbates social problems by displacing marginalized communities. Initially promoting social mixing, gentrification eventually favours the well-off, with well-off residents moving to formerly affordable neighbourhoods, driving up housing prices, and forcing out lower-income individuals. Hochstenbach identifies four key inequalities in Amsterdam:

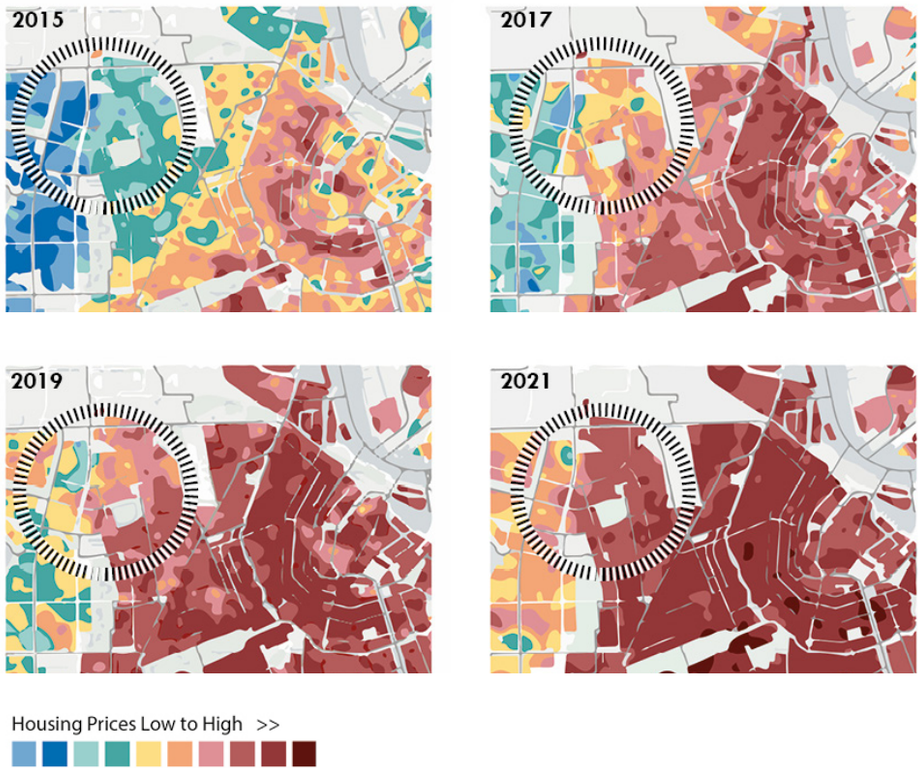
1. Wealth Disparity: Well-off residents move to formerly affordable neighbourhoods, driving up housing prices and forcing out lower-income individuals. The number of social housing units decreases rapidly in popular areas, making them inaccessible to those with low incomes.

2. Age Disparity: Older residents benefit from increased property values, while younger individuals struggle to afford homes due to low savings and unstable employment, often resorting to shared living arrangements or prolonged parental dependence.

3. Parental Wealth Disparity: Hochstenbach's research reveals that young adults living independently in upgraded neighbourhoods often rely on parental assistance for housing, perpetuating disparities between those with affluent parents and those without.

4. Geographic Disparity: Socio-economic gaps widen between affluent central districts and poorer outer areas, leading to what Hochstenbach terms as the "suburbanization of poverty." Low-income residents are displaced to suburban regions, while wealthier individuals occupy gentrified neighbourhoods within the city centre.

These findings underscore the urgent need to address growing social inequality in Amsterdam, as the city's diversity and dynamism are at stake.



source: interactive map: huizenpreizen- gemeente amsterdam (n.d)

The data gathered in these pages shows possible risk factors related to segregation. Housing prices within Bos & Lommer have been rising for years. When this happens so drastically, as it does here, it can lead to people being forced out because the prices become too high. Not only has there been a rise in housing prices, but there have also been many changes to the area. Slowly, starting from the Kolenkit, former buildings are being demolished and renewed. Old residents are being placed within the new housing, but there is a risk they will not return to the renovated neighbourhood. These elements could be indicators of segregation and gentrification.

Another element is the socio-economic status of residents in comparison to other parts of the city. In the current situation, there are quite a few people with a low educational level living in the area, as shown in the bottom diagrams on this page. (The darker the colour, the higher the percentage.)

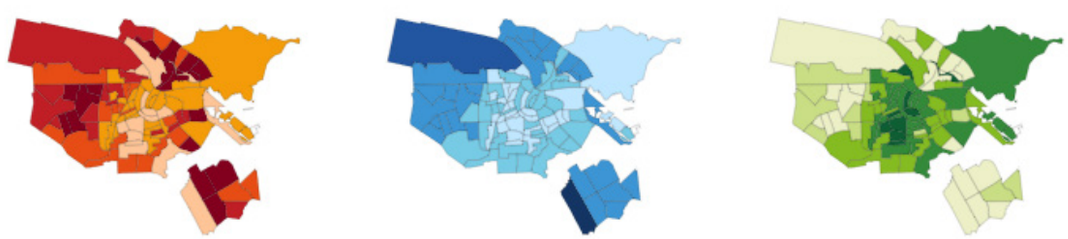
Source: interactive map: de groei van Amsterdam - gemeente Amsterdam (n.d)



with a low educational level

Inhabitants with an average educational level

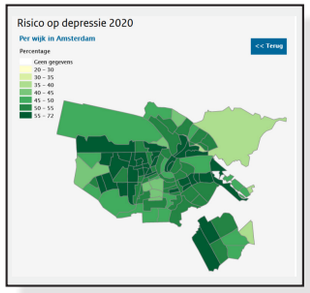
Inhabitants with a high educational level

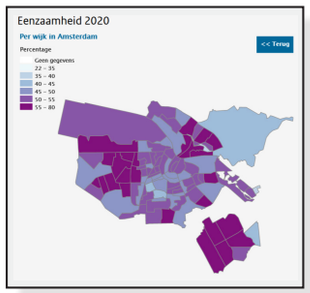


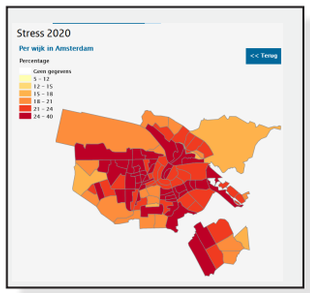
Socio-economic status per neighbourhood source: CBS Statline (2022)

5. URBAN STRESS

Urban stress refers to the psychological and physical strains experienced by individuals living in densely populated urban areas due to factors such as overcrowding, noise pollution, pollution, high cost of living, and social isolation. It encompasses a range of negative emotions and health consequences arising from the demanding and often chaotic urban environment. In the following figures you can find the results of research by the municipality of Amsterdam on risk on depression, loneliness and stress in inhabitants per neighbourhood. What stands out is that there is a large difference between the different areas which could be related to elements of urban stress in these locations.

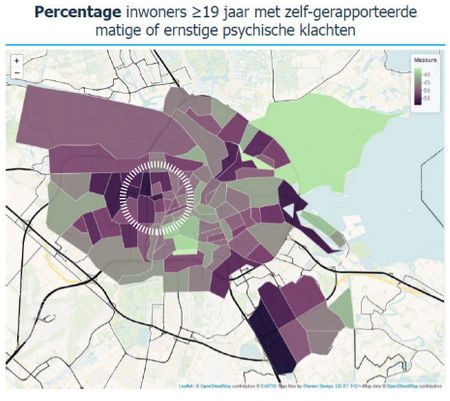


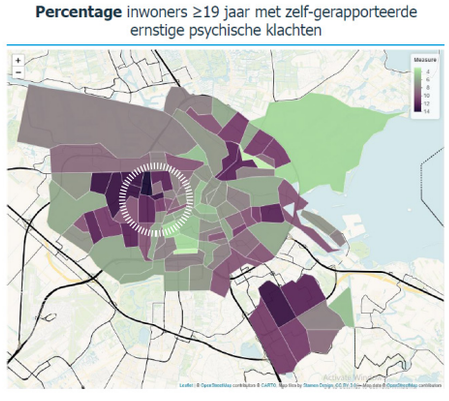




Source: Rijksinstituut voor Volksgezondheid en Milieu (2022)

The distribution of health problems in the city is unequal. Individuals with a low socio-economic background or with a non-Western migration history exhibit elevated rates of physical and mental health problems. 9% Of the population in Amsterdam suffers from severe mental health conditions, while an additional 45% of residents report moderate mental health issues. This trend has been rising since 2012 especially among young adults of ages between 18-34, students, and those with higher educational levels. Additionally, there has been a persistent increase in the experience of loneliness. A significantly large group of 55-64 year old individuals report feelings of loneliness. (Amsterdamse gezondheidsmonitor, 2021)



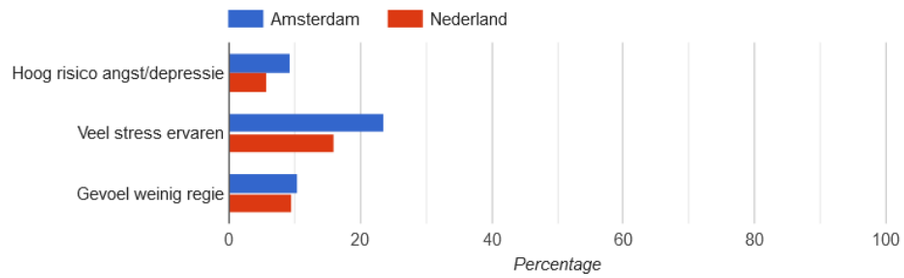


Source: Amsterdamse gezondheidsmonitor (GGD Amsterdam, 2022)

MENTAL HEALTH

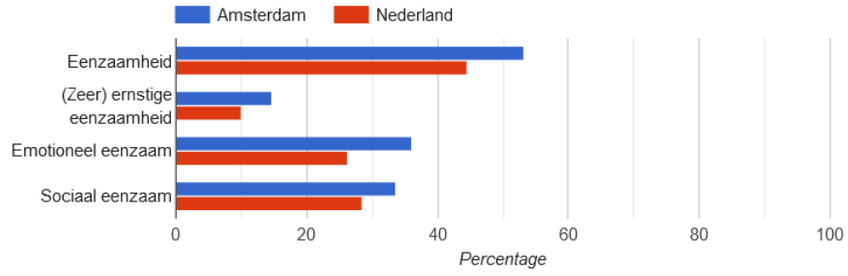
Anxiety disorders, stress, and depression in Amsterdam (Oozo, 2022)
The RIVM (National Institute for Public Health and the Environment) records that in Amsterdam, the percentage of adults (18+) at high risk of an anxiety disorder or depression stands at 9.3%, compared to the national average of 5.7%.

Moreover, in Amsterdam, 23.6% experience significant stress in the past 4 weeks, exceeding the national average of 16%. Additionally, 10.5% feel a lack of control over their lives.



Source: Oozo (2022)

Social and Emotional Isolation in Amsterdam (Oozo, 2022)
There is a growing recognition of the prevalence of isolation, especially among the elderly. However, it's not limited to older age groups; individuals across various demographics, including adolescents, experience feelings of isolation. The statistics underneath, show the percentage of people experiencing any form of loneliness are higher in Amsterdam than the countries average.

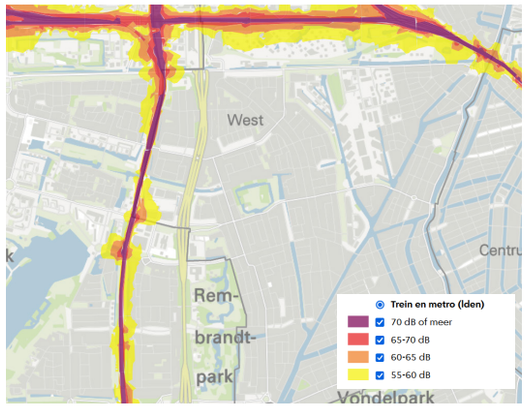


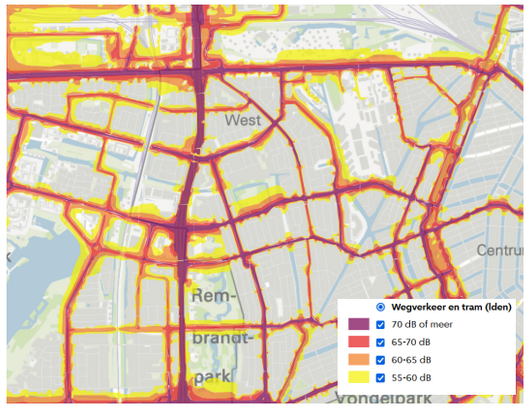
Source: Oozo (2022)

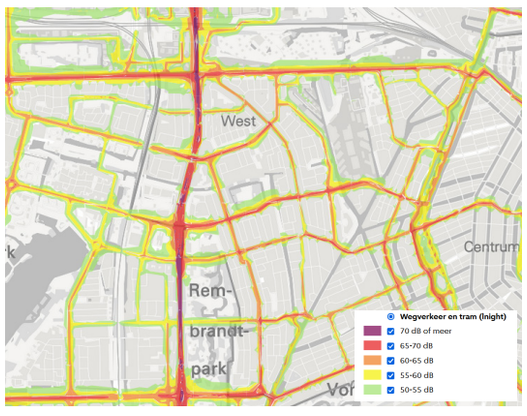
EXAMPLE: STRESSOR

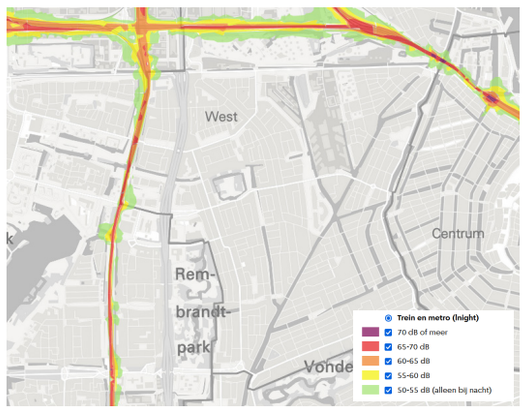
One of the major urban stressors effecting the liveability of an area is traffic. Particularly in Amsterdam West we see how the levels of sound pollution effect surrounding urban areas. Connectively the amount of traffic results in crowding and on the positive side in connectivity.

These images show sound pollution from road-traffic and rail-traffic. According to the WHO noise levels for road-traffic the average noise level for day, evening and night (Lden) should be under 53 dB and the noise level during the night (Lnight) under 45 dB. For rail traffic these maxima are different. Lden should be under 54 dB and Lnight under 44 dB (Helder et al., 2020). We can see that at least at the larger roads there is a problems with noise and also alongside the A10.





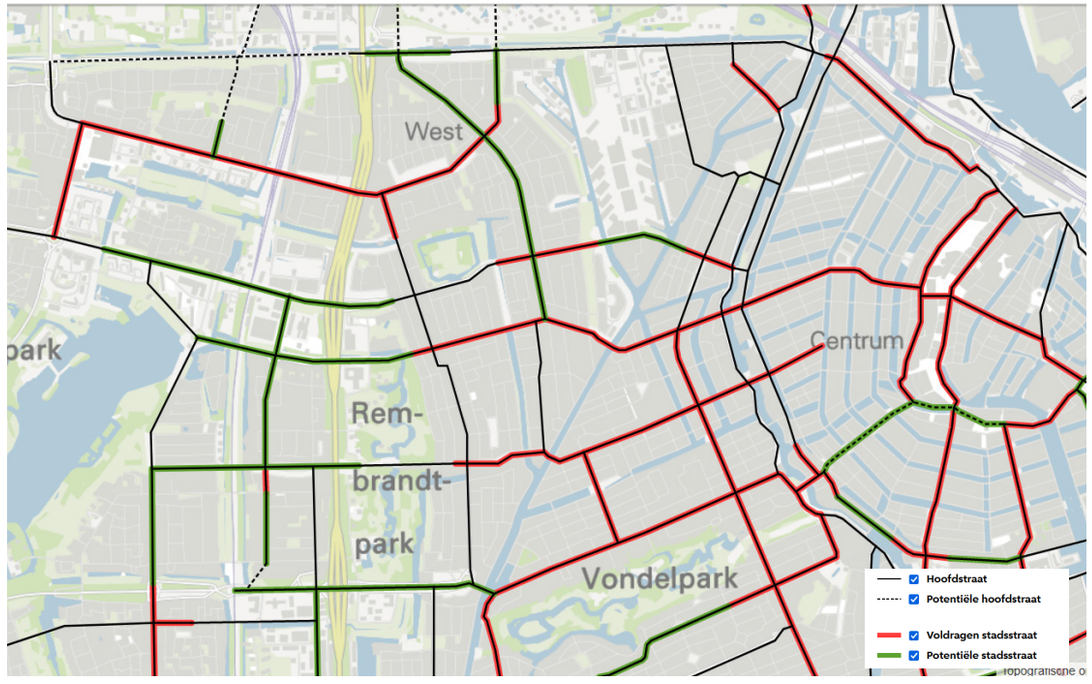




Source: Interactive map| geluidskaart (gemeente Amsterdam, n.d.)

EXAMPLE: SPATIAL QUALITIES

Connectivity and accessibility are factors generally known to have a positive effect on liveability. An example of urban infrastructure achieving this are the 'stadsstraten' in Amsterdam.



Source: Interactive map| stadsstraten (gemeente Amsterdam, n.d.)

'Stadsstraten' are public spaces where vehicular traffic intersects with public-functions. They connect neighbourhoods/areas throughout the city and are essential in connecting new development to the existing urban fabric. As a result, there is often a great diversity of people to be found in the 'stadsstraten', which gives them a strong economic and nurturing character for both the neighbourhood and the city. (Gemeente Amsterdam, n.d.)

However, due to limited space within the 'stadsstraten', there is always tension between activities, amenities, and traffic flows. This makes them attractive and dynamic, but it also puts pressure on the balance between movement and stays making for a vibrant or an unattractive scene. (Gemeente Amsterdam, n.d)

Other urban stressors are parked bikes and cars, waste and a general lack of maintenance, as well as perceived unsafe area. In contrast, there are spaces where stressors mostly remain absent and which have a restorative character. Both types of places are seen in Bos & Lommer.

EXAMPLE: STRESSORS



Cluttered street scene



Garbage on the streets



Lack of greenery and maintenance



Crowding: car use



Dark and ignored spaces



Polluted green areas

EXAMPLE: RESTORATIVE* QUALITIES



Natural environment



Meeting spaces 1



Meeting Places 2



Playable environment



Ownership



Meeting places 3

* Restorative qualities restore stress levels and improve mental health of individuals. (Roe & McCay, 2021)

PLANS FOR THE FUTURE

SOCIAL CONTEXT: VISION 2050 - GEMEENTE AMSTERDAM

Amsterdam 2050: Growth within borders

The city aims to build 150.000 homes for 250.000 new residents by 2050 while maintaining social foundation and avoiding exceeding the planet's capacity. Growth will be within city boundaries, to strengthen qualities of existing neighbourhoods, make the existing buildings more sustainable, and keep natural landscapes unbuild. The city sees post-war neighbourhoods as potential areas for densification and next to train stations there will be space for apartment buildings larger than 70 meters. (Gemeente Amsterdam, n.d.)

Amsterdam 2050 - Liveable environment.

The densification of the city sometimes leads to a decrease of public space. This is why public space design should prioritize space for visitors, pedestrians and cyclists. The municipality want to be more critical in its evaluation new terrace space. There should be a clear distinguishing between busy and quiet places to create options. Additionally the municipality is trying to increase green public space. (Gemeente Amsterdam, n.d.)

This thesis connects to these two statements from the municipality of Amsterdam. Densification might be necessary with the demands of population growth and it is indeed important to consider densification within the borders of the city to protect the natural landscapes in the periphery. The sensitivity of densification in combination with liveability that is raised within the fragment of 'liveable environments' is something of high importance to this project. The accessibility, quality and diversity of public spaces within the city is indispensable for maintaining (mental) well-being of citizens. Especially, considering the risks of low qualitative spaces on mental health and the already rising numbers of individuals with mental health problems world wide.

COMMENT:
Within the further analysis of this thesis we have tried to reach the municipality of Amsterdam to give an answer, from their professional opinion, to the questions asked about the current state of restorative and inclusive qualities within the case-study location. Unfortunately within the time period of this project the municipality was unable/ unwilling to respond to the various attempts to contact them.

03



LANDLUST ZUID

Jan van Galenstraat

Citywide, the maximum speed for cars will be adjusted. The current speed limit on many main roads is 50 km/h, with a proposal to lower it to 30 km/h. The question remains if this will also happen on Jan van Galen Street. (Gemeente Amsterdam, 2023)

Theoretical and Methodological Framework

This chapter outlines the theoretical background and methods used for this research From this, a conceptual framework was built and utilized to establish two design methods that will be used as an approach to answer the research question of this thesis: restorative design and inclusive design. The theory on these design methods provides a clear approach for this thesis. Lastly, this chapter explains how the theory informs the course of the project.

CHAPTER 3

THEORETICAL BACKGROUND	52
CONCEPTUAL FRAMEWORK	64
METHODOLOGICAL FRAMEWORK	65
DESIGN CONCEPTS – RESTORATIVE DESIGN	66
DESIGN CONCEPTS – INCLUSIVE DESIGN	68
ELEMENTS FOR DESIGN	70
COMPARISON OF DESIGN ELEMENTS	72
OVERVIEW OF ELEMENTS TO TAKE ALONG	73
RELEFANCE TO THE PROJECT	74

Mental Health and Spatial Design

The significance of spatial design on mental health and well-being has garnered increasing attention over the years. The first evidence-based attempt on the relation between this topic was the book titled “Mental Health and the Built Environment” by David Halpern (1995). He suggests a difference between direct influences (e.g., pollution, attractiveness, and access to the natural environment) and indirect influences (e.g., social cohesion and sense of belonging) of the built environment on mental well-being. Halpern emphasizes four strategies: fostering contact with nature, reducing noise pollution, creating opportunities for physical activity, and promoting social interaction.

Subsequently, Barton and Grant further elucidate on this relationship by proposing a conceptual framework that shows the built environment as a pivotal dimension in regards to well-being within neighbourhoods. Within this framework, the built environment is stated to influence well-being directly, influenced by architects, planners, and spatial decision-makers. They underscore factors like housing quality, street design, and cultural elements shaping identity and perceived sense of belonging in residents (Zumelzu & Hermann-Lunecke, 2021).

Xiao et al. (2022) suggest that individuals living in houses or low-rise buildings generally have better mental health compared to those in high-rise buildings. This discrepancy is attributed to the poorer quality of semi-public areas in high-rise buildings, which can lead to a lower sense of control and increased awareness of anti-social behaviour. Highlighting the importance of considering housing quality in relation to mental well-being.

Sullivan and Chang (2011) explore the intricate relationship between urban design and mental health, emphasizing the profound impact that built environments have on our psychological well-being. They underscore how the quality and characteristics of our surroundings, encompassing where we reside, work, and engage in leisure activities, play a pivotal role in shaping mental health outcomes. They highlight various dimensions such as the promotion of social ties, mental fatigue, mitigation or increase of stressors, and influences on mood. They conclude that the build environment can either hinder or promote mental health depending on the conditions.

To alleviate mental fatigue and help with attention restoration natural settings can offer a positive effect. Especially when settings encourage physical activity this can lead to positive impacts. On the contrary, crowding, noise and places where perceived safety is low have a negative impact. These settings can create stress and anxiety and can even lead to depression and violent behaviour.

THEORETICAL BACKGROUND

Mental Health and Urbanization

The rise of mental health disorders is a pressing issue within urban areas. Commonly demographic and socioeconomic factors are associated with mental health disorders, but the interrelation with urban settings remains largely unexplored. As urbanization progresses, a larger part of the world’s population is subjected to environmental stressors resulting from the urban environment. Therefore the importance of identifying the environmental contributors to stress and mental health restoration should be further explored. (Pelgrims et al., 2021)

According to Kuo et al. (1998a) designers and planners are responsible for higher standards supporting well-being of citizens. The following factors should be considered; supportive and cohesive places that foster a sense of community among residents; walkable spaces promoting physical activities; attention to the human scale; safety ensuring feelings of security; public and semi-public spaces that provide opportunities for social interaction and a variation of degrees for social interaction; and natural places offering attention restoration.

Qualities that are mentioned by various authors that can negatively impact mental well-being as a result from urbanization are crowding, noise pollution or for example inequality. (Hajrashoelih et al, 2018; McCay & Roe, 2021; Ouda et al., 2020; Peen et al., 2010; Sullivan & Chang, 2011; UD/MH, 2022; Zumelzu, 2021) Sullivan & Chang (2011) mention that these elements might be worse for low-income households living in high-rise buildings, because they are more often subjected to crowding and noise from neighbours or surroundings. This could also be related to the fact that these households most often do not have individual outdoor space that offers natural elements which can restore mental fatigue. (Herzog et al., 2003)

Residents, particularly those from low-income households residing in high-rise buildings, often encounter settings that provide limited opportunities for personalization. Additionally, there is frequently an abrupt transition from private to public spaces. These factors contribute to a decreased sense of ownership and a lack of control over one’s environment. Since this situation contradicts one of the fundamental human needs, it can lead to diminished feelings of liveability because the environment fails to meet these needs (Dorst, 2012).

With urbanization there is often densification of the existing urban fabric, which can mean there is less space for certain types of public spaces. The lack of access to open public spaces with restorative qualities can make it impossible for residents to restore stress levels. This can increase the risk for anxiety and depression (Herzog et al., 2003).

Mental Fatigue

Attention Restoration Theory (ART) states that prolonged use of directed attention, which necessitates effort, can lead to mental fatigue (Kaplan, 1995). This state of mental fatigue can have significant consequences for example: reduced accuracy, impulsivity, irritability, and even mental health problems (Herzog et al., 2003; Sullivan & Chang, 2011).

Directed attention fatigue arises from fundamental cognitive processes characterized by several key properties: they demand effort, need us to maintain focus, are within voluntary control and demand regulation of distractions through inhibition. An example of this feeling of fatigue is the state of mental exhaustion after an intense work project. This unwelcome state can occur even if with enjoyable tasks or activities that require sustained directed attention. Essentially any extended mental effort can result in directed attention fatigue. This highlights limitation of our mental capacity and ability to stay focussed. (Kaplan, 1995).

The demands of modern life constantly challenge our ability to focus and comprehend information. These demands manifest in conditions stemming from both our social and physical environments (Sullivan & Chang, 2011). Examples from our social environment that necessitate our attention, contributing significantly to mental fatigue are; social media, text messages, workplace challenges, intricate decision-making, and delicate social interactions. (Sullivan & Chang, 2011). Within the built environment, examples of factors that lead to directed attention fatigue are; noise pollution, for instance excessive noise from traffic; or crowded spaces. Both are linked to heightened stress levels and heightened demand for attention (Herzog et al., 2003; Sullivan & Chang, 2011).

The mental fatigue resulting directed attention needs to be recovered before being able to continue tasks (Herzog et al.,2003). One solution is sleep, but other solutions come from restoration in other forms (ART) (Kaplan, 1995). Examples of settings that offer effective recovery have certain key characteristics known as restorative settings, discussed in the following paragraph on restoration of mental fatigue: Attention Restoration Theory.

THEORETICAL BACKGROUND

Attention Restoration Theory (ATR)

Some characteristics within the urban fabric possess the ability to alleviate mental fatigue and restore a person's capacity to pay attention. Places, like natural environments with trees that move in the wind, have the capacity to gently capture our attention have this potential. These settings and stimuli appear to engage us in a natural way, enabling us to engage without conscious effort. And thereby they replenish our attentional capacity. (Kaplan, 1995; Sullivan & Chang, 2011)

Settings that have this restorative capability are mentioned within the Attention Restoration Theory (ART). Herzog et al. (2003) quite efficiently explains four key characteristics from the ART that have the potential to effectively restore mental fatigue and promote mental well-being.

1. "Being Away"
The concept of "being away" refers to environments that prompt a departure from routine mental stimuli. These settings offer a break from the demands of directed attention, allowing individuals to disengage from the familiar and mentally taxing tasks of daily life. For instance, natural settings provide a stark contrast to the urban landscape, offering a respite from the hustle and bustle of city life.

2. "Extent
Extent refers to the richness and complexity of a setting, which enables it to captivate us for an extended period of time. Environments with a large diversity offer many opportunities for exploration and engagement. The way an environment with "extent" captures our focus should facilitates our directed attention to rest. Even seemingly small spaces, like well-designed gardens, can have this ability to evoke interest and curiosity.

3. "Fascination"
This refers to the effortlessness of a setting to capture your attention. While some environments ask for attention through intense stimulation, such as loud noises or bright lights, others do this in a far more subtle form. This fascination should hold is in a "soft attention" balancing holding our interest without being overwhelming to our senses. These places typically fostering a sense of calm and tranquillity.

4. "Compatibility"
The fourth characteristic that has the capacity to restore mental fatigue is "compatibility". This is the alignment between an individual's preferences and the activities supported by the setting. A compatible environment accommodates a diverse range of interests, allowing diverse individuals to pursue activities that resonate with them. Natural parks excel in this regard, offering various opportunities, from walking to picnicking or more lively activities.

In summary, according to the Attention Restoration Theory, restorative settings benefit from providing the possibility to divert from routine; a richness that captivates the mind, fostering fascination through "soft attention", and accommodating a range of activities tailored to individual preferences.

Attention Restoration Within the Built Environment

Where Kaplan (1995) focuses mainly on restorative effects in relation to natural elements. The study "Choosing restorative environments across the lifespan: A matter of place experience" by Scopelliti and Giuliani (2004) focuses on restorative experiences more general within the built environment and tries to find if there is a difference in restorative qualities of natural environments in comparison to places within the built environment. They also look into the relevance of the four key characteristics (being-away, extent, fascination and compatibility) within the concept of place experience and for the experience of people in different life spans. They also consider the fact that the need for restoration emerges within a specific context and that this might influence specific restorative needs. To this question they do not bring an answer, but they do consider that it is possible that contextual variables, like monotony or over stimulation, might lead to different needs in restorative patterns. This might lead to different compatibility to restorative settings in groups with different preferences in regards to their life's activities.

The results of their study in summary:
1. Contrary to the expectation that natural environments would be preferred over places within the built environment, this study finds that people often choose the built environment for their leisure activities. Even though it also suggests that built environments are dependent on aesthetic features and the quality of social interaction when it comes to its restorative impact.

Participants indicated a variety of activities in built environments that they found restorative, such as spending time in restaurants, going shopping or playing sports. In regard to different types of setting according to the attention restoration theory the following experiences were found to be effective in their restorative qualities:

Spending time in restaurants, watching movies at the cinema and going shopping could be associated with the component of being-away, as they provide the opportunity to temporarily escape from everyday routines and stressors. Playing sports and visiting museum may be linked to the component of fascination, as they engage individuals in stimulating and absorbing activities. Lastly, an example of a setting connected to 'extent' could be the exploration of historical towns as this involves exploring and experiencing a wide range of physical and cultural features.

However the common choices for the built environment as a restorative setting, it could be argued that this preference is influenced by ease of access, the variety of options available or the influence of social obligations. Additionally, familiarity within the built environment and limited access to natural settings could contribute to the preference of places within the built environment for restorative functionality. Especially within elderly individuals access could be a large factor.

2. The study also highlight the importance of available time when looking for restorative experiences. When more time was available, participants were more likely to choose outdoor and natural settings for restoration. This indicates that people recognize the benefits of restoration in experiencing natural environments, but may prioritize convenience and social interactions when time is limited.

3. Social interaction emerges as a significant factor in shaping individuals restorative experiences. Where the relationship and shared experience with family members is particularly important for adults and the elderly.

4. Considering life-span relaxation is an important part of restorative experiences for all groups, but also excitement is mentioned as playing a role in restorative qualities especially in younger individuals. The influence of the attention restoration concept of 'being-away' was also found to be more important for young people and young adults. While compatibility was a significant factor for groups among all life spans.

Another source that also looks at the built environment for restorative qualities are Sullivan and Chang (2011). They support that next to natural settings, like parks or a view at natural settings can offer restorative experiences. Nonetheless, they also consider places that encourage physical activity to be restorative next to places that enhance social capital and places that allow people to experience positive qualities of place attachment.

THEORETICAL BACKGROUND

Environmental Aspects

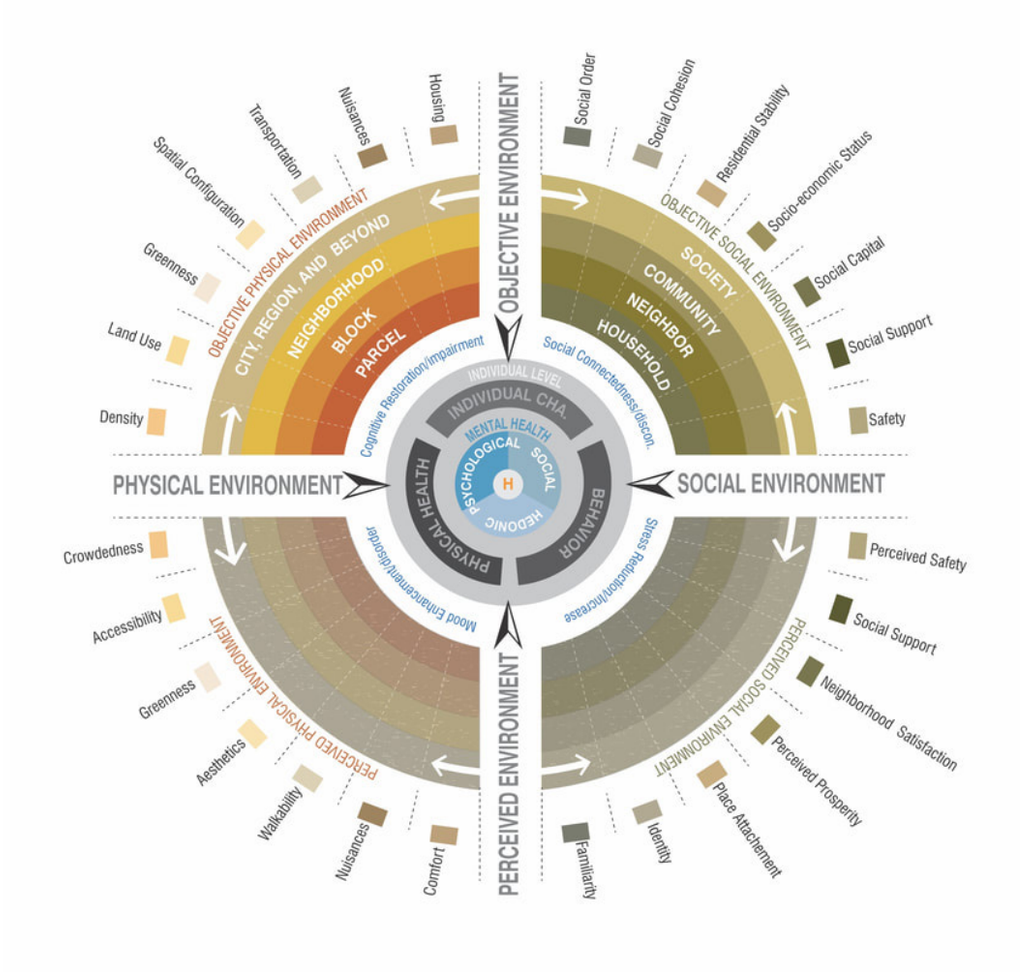
It is not only the way we experience the environment through attention restoration that has a positive or negative impact on our well-being. There are also other environmental aspects that influence the mental state of citizens. Chu et al. (2004) have researched these complex relations and came up with several domains influencing the well-being of citizens. One of them is the social participation of citizens. According to Kuo et al. (1998), urban design can support the social environment by the way communities are designed. Environments with an attention to the human scale, slow methods of transportation, and safety can promote opportunities for positive social interaction. Other important elements are the transitions between public and private space and the amount of public shared spaces.

Another example of these domains by Chu et al. (2004) is crime and fear of crime. This is a negative environmental condition that can also counteract with the positive effects of, for example, urban green spaces. In dense urban areas, these spaces can sometimes be perceived as dangerous, as they can be dark. The lack of visibility and social control can make people feel unsafe, not knowing who they might encounter (Kuo et al., 1998a). This perceived danger negatively impacts liveability. However, these issues can be mitigated through design alterations. Think of, for example, elements mentioned within the method of CPTED (crime prevention through environmental design).

Not only negative or positive interactions with other people cause people to experience stress or anxiety, but also the interaction with the built environment itself can cause stress. An example is the feeling or fear of being lost, which can specifically be worse in larger cities or areas with heightened densities. When an environment has striking elements that ensure it can be distinguished from other places and create a sense of recognizability, this can make it easier for people to find their way (Kuo et al., 1998a). Examples of characteristics that have these qualities are soccer fields, large buildings like towers, and distinctive elements that serve as landmarks, like statues and design elements that belong to specific areas. These qualities will make the city more legible and provide users with a sense of security.

Next to legibility, there are many other factors that help people to experience less stress or cause people to have stress when there is a lack of these qualities. The impact of the built environment on mental well-being is multifaceted and complex. From the design of social environments to considerations of crime prevention and environmental legibility, various factors play a crucial role in shaping individuals' experiences and perceptions of their surroundings. To give a better insight into the environmental factors influencing mental health, Hajrasoulih and his fellow researchers (2018) have made a conceptual framework to start to show the multidimensional elements in this complex concept—figure x. By understanding these influences and implementing thoughtful design interventions, urban planners and designers have the opportunity to create cities that promote positive mental health outcomes.

CONCEPTUAL FRAMEWORK OF THE RELATIONSHIP BETWEEN URBAN FORM AND MENTAL WELL-BEING



Source: Centre Urban Design and Mental Health (**Hajrasoulih et al, 2018**)

Liveability and Restoration

Next to the restorative effect of natural environments, liveable places also enhance restorative qualities within them. This is primarily the result from place attachment, social and communal life and an increase of quality of life. (Whyte, 1980)

Abdulkarim and Nasar (2014) explore how elements contributing to liveability can also enhance the restorative qualities of a location. Whyte considers the qualities that attract individuals to particular places and cause them to become vibrant and inviting. Building on this idea, Abdulkarim and Nasar research what they call "visitability." In their study (2014), they identify seven elements that, according to them, enhance the level of visitability in a place and thus contribute to its liveability.

The seven elements mentioned are:
Sitting spaces: Public open spaces with abundant seating options, attract more visitors. Especially when they offer seating areas with diverse qualities on various location. Seating can providing opportunities for relaxation, encourage physical activities (Sullivan & Chang, 2011) and social interaction, thus contributing to a restorative environment. (Abdulkarim and Nasar, 2014)

Triangulation: Incorporation of unique elements, like sculptures or remarkable buildings, encourage people to pause and engage with their surroundings. These elements can also serve as local landmarks, not only drawing attention, but also help people to find their way. (Abdulkarim and Nasar, 2014) These elements add to the level of fascination, which is also a part of the four key characteristics for attention restoration by Kaplan (1995).

Food/Drinks: The option to buy food and/or drinks attracts people. The access to refreshments can contribute to more enjoyable spaces, but also invite for social engagement. (Abdulkarim and Nasar, 2014)

Access to the street: Not only is it important that a place is accessible (Roe & McCay, 2021), some places also attract more people because they bring the opportunity for people to watch other people. Plazas that have connected streets which brings opportunities for people-watching are often more attractive. (Abdulkarim and Nasar, 2014)

Trees: Trees are natural features that contribute to the allure of a location adding to the level of 'fascination' (Kaplan, 1995). Their presence not only adds to the aesthetic of a place, but also provides users with the option to seek shade when desired. (Abdulkarim and Nasar, 2014) The provision of options also adds to the appeal of open public spaces.

Sunlight: People are naturally drawn to sunlight, particularly during colder weather (Abdulkarim and Nasar, 2014). The balance between sunlight and shade within public open space, provided by features such as trees, ensures comfort year-round.

Water features: Water features have aesthetic appeal and just like other natural elements they have the ability to provide for better ambiance, masking street noise (Abdulkarim and Nasar, 2014). By creating a more tranquil atmosphere they contribute to the restorative qualities of the environment (Roe & McCay, 2021; Sullivan & Chang, 2011) and increase the "visitability" of a place (Abdulkarim and Nasar, 2014).

By incorporating these seven elements into urban design, planners can create environments that promote relaxation, social interaction, and a sense of connection to nature, ultimately enhancing the restorative experience for visitors.

One thing Abdulkarim and Nasar did not find in their research, but what is mentioned by Whyte in his study on vibrancy on plazas, was that smaller plazas were according to his findings better. This could be related to the level of enclosure and the feeling that you have a good overview of your surroundings.

Liveability

According to Dorst (2012) liveability is “quality defined as the match between people and their living environment”. This quality is essential for sustainable design that aims for the well-being of both current and future generations. He defines different forms of liveability including; perceived liveability, referring to a person’s individual appreciation of their environment; apparent liveability; and presumed liveability, referring to the degree to which environments meet the presumed conditions for liveability.

He states that to create sustainable liveability the urban environment needs to address a set of basic human needs. These include; health, security, prosperity, social relationships, control and contact with the natural environment. Addressing those human needs is essential to create qualitative and social sustainable urban design. To incorporated these needs into urban design he gives the following explanations:

Health and Safety:
In urban design, prioritizing pedestrian safety, providing easy access to healthcare facilities, and ensuring clean environments are vital. Measures such as well-lit pathways, ample green spaces, and sustainable building practices not only promote physical health but also contribute to a sense of safety and well-being among residents.

Social Relationships:
Creating inclusive public spaces and mixed-use developments fosters community engagement and social cohesion. Involving residents in the planning process ensures inclusivity and cultural sensitivity, nurturing a sense of belonging and interconnectedness within the community.

Prosperity:
Urban environments that support economic prosperity often feature diverse employment opportunities, accessible education and training facilities, and affordable housing options. Designing mixed-use developments and promoting entrepreneurship can contribute to economic growth and individual prosperity.

Control:
To enhance liveability, urban environments should offer residents autonomy and participation in decision-making. Physical spaces that allow for personalization and provide territorial boundaries enable residents to shape and navigate their surroundings, fostering a sense of control and empowerment.

Contact with the Natural Environment:
Integrating green infrastructure and biophilic design principles into urban planning enhances residents’ connections with nature. Providing opportunities for recreation, ecological education, and environmental conservation efforts through parks, gardens, and green spaces enriches urban life and promotes overall well-being.

To conclude Dorst (2012) emphasizes the importance of design principles that prioritize clarity, recognizable territories, and the integration of green spaces to support social interaction and well-being in urban environments. These principles can guide urban planners and designers in creating cities that not only meet the basic needs of their residents but also enhance their quality of life and contribute to the development of sustainable environments.

THEORETICAL BACKGROUND

Neighbourhood Social Ties , Nature and Liveability

Neighbourhood social ties serve as the foundational element in transforming a mere collection of individuals into a cohesive community, fostering social support systems and a shared sense of belonging (Kuo et al., 1998). Scholars have long been interested in understanding how these ties develop and can be nurtured to enhance community well-being and functionality. Research indicates that the formation of neighbourhood social ties is not solely contingent upon the individuals involved but is profoundly influenced by environmental factors. The presence of overcrowding, crime, and noise has been consistently associated with inhibited neighbourhood social ties, while settings favourable to informal social interactions among neighbours promote stronger ties (Kuo et al., 1998a). Notably, the presence of green spaces within neighbourhoods emerges as a significant facilitator of neighbourhood social ties (Kuo et al., 1998). They also found that neighbourhoods with greener common spaces exhibited stronger social ties among residents, as evidenced by increased social activities, more frequent visits among neighbours, heightened neighbourly concern, and a greater sense of belonging.

The relationship between greenness and neighbourhood social ties suggests that the availability of vegetated spaces encourages their utilization, thereby fostering informal social interactions among neighbours and ultimately contributing to community building and liveability. Thus, investing in and preserving green spaces within neighbourhoods emerges as a pivotal strategy in cultivating vibrant and interconnected communities.

Place Attachment and Sense of Belonging

Sullivan and Chang (2011) emphasize the importance of sense of belonging and place attachment - the positive emotional bond individuals from with a particular location - because of its potential in enhancing one’s psychological well-being. There’s not a single solution for fostering place attachment. However, the development of appealing environments that facilitate social interaction and invite a person to linger can increase the likelihood of forming this emotional connection. This, in turn, strengthens the commitment a person have to their surroundings, correlating with higher levels of mental well-being and a reduced risk on social isolation.

Additionally, individuals with a stronger sense of belonging are more likely to reside in a place for extended periods, nurturing stronger communities. Like afore mentioned, stronger communities and social ties will also positively impact the well-being of residents.

Necessary, Optional and Resultant Activities

Israa Hanafi (Hanafi et al., 2013) considers the possibility of urban design being a beneficial component to physical and mental well-being and establishes a link between urban design and human behavioural studies. The aim of their research is to create urban qualities in which social life is stimulated and to shape urban spaces to successfully provide for the psychological needs of people. According to their research, the quality of public space directly relates to the quality of public life. Urban spaces should offer more than just physical functionality; they should provide opportunities for movement; places for social interaction; and common places that offer enjoyment and relaxation.

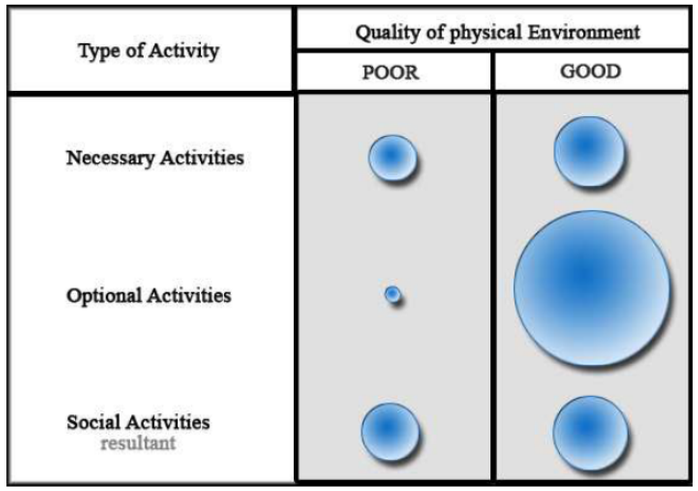
To improve the quality of life for urban residents, history gives us three main vital conditions for public open space. These vital functions are; meeting places, market places, and connection spaces (access to functions). Within these public spaces three types of activities should be considered; necessary activities, optional activities, and social activities. These activities, according to them, are crucial to understanding urban life and to consider the qualities that influence human (social) behaviour.
Looking into the relation between quality of urban public space design and activities can offer valuable insights. The experience of necessary activities, such as running errands and commuting, becomes more pleasant and efficient when the quality of the urban environment increases, but they occur regardless of this quality.

Optional activities on the other hand, are heavily dependent on the quality of the urban environment. Activities such as, leisurely walks or spontaneous gatherings thrive in spaces that offer aesthetic appeal, safety and amenities. When the quality of urban public space is high, optional activities flourish, contributing to a vibrant and more dynamic city life – increasing urban vitality. On the contrary, low qualitative environments leas to a decrease of these activities also leading to a downfall in social interaction and community engagement. (Hanafi et al., 2013) This could be connected to urban stressors related to a lack of social cohesion and a higher occurrence of loneliness within residents.

Lastly, they mention the social activities also referred to as the resultant activities. These activities depend on the presence of others within public space and could be seen as the result of specific types of open space, like sidewalks or playgrounds. Social activities are indirectly supported whenever necessary and optional activities are given better conditions. Meaning urban design can influence possibilities for meeting, seeing and hearing other people.

Optional activities could largely influence stress restoration and mental well-being resulting from the restorative qualities of these activities. High-quality urban environments provide opportunities for relaxation, recreation and socialization (resultant activities). By prioritizing the creation of inviting and qualitative urban public space, policymakers and urban planners can foster healthier and more resilient communities. If certain functions and qualities are only available to privileged societies this could implicate lower optional and social activities for specific target groups resulting in inequality of restorative opportunities and lower mental well-being.

THEORETICAL BACKGROUND



Source: Hanafi et al. (2013)

Segregation and Inequality

The impact of environmental conditions, determined by the quality of the urban fabric, on individual mental health is an increasingly recognized topic. (Hajrasoulih et al, 2018) As urban populations continue to grow denser, the importance of urban public space becomes more pronounced. This can be connected to two things.

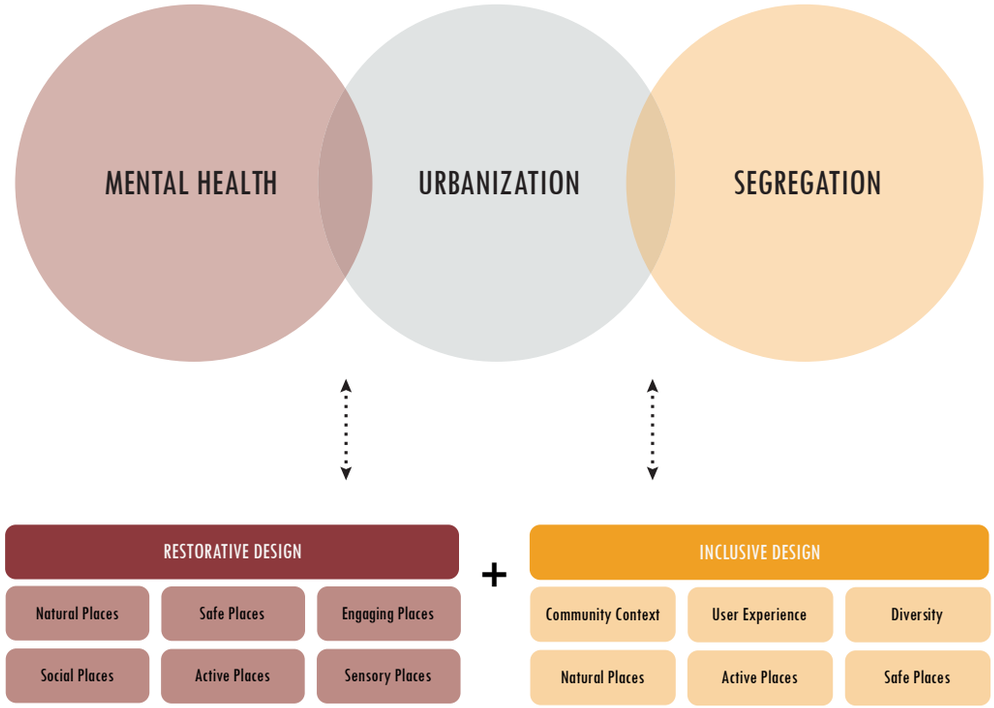
The first being as space becomes scarcer and access to qualitative outdoor spaces is limited, it becomes harder to access certain qualities and these qualities will automatically become more crowded.

Secondly, in dense urban environments; most people do not have private gardens; residing in neighbourhoods with a higher quality becomes more expensive; and the cost of using recreational outdoor spaces rises. Consequently, it becomes more challenging for certain groups to engage in restorative activities. In addition, these groups are more frequently exposed to urban stressors. (Roe & McCay, 2021)

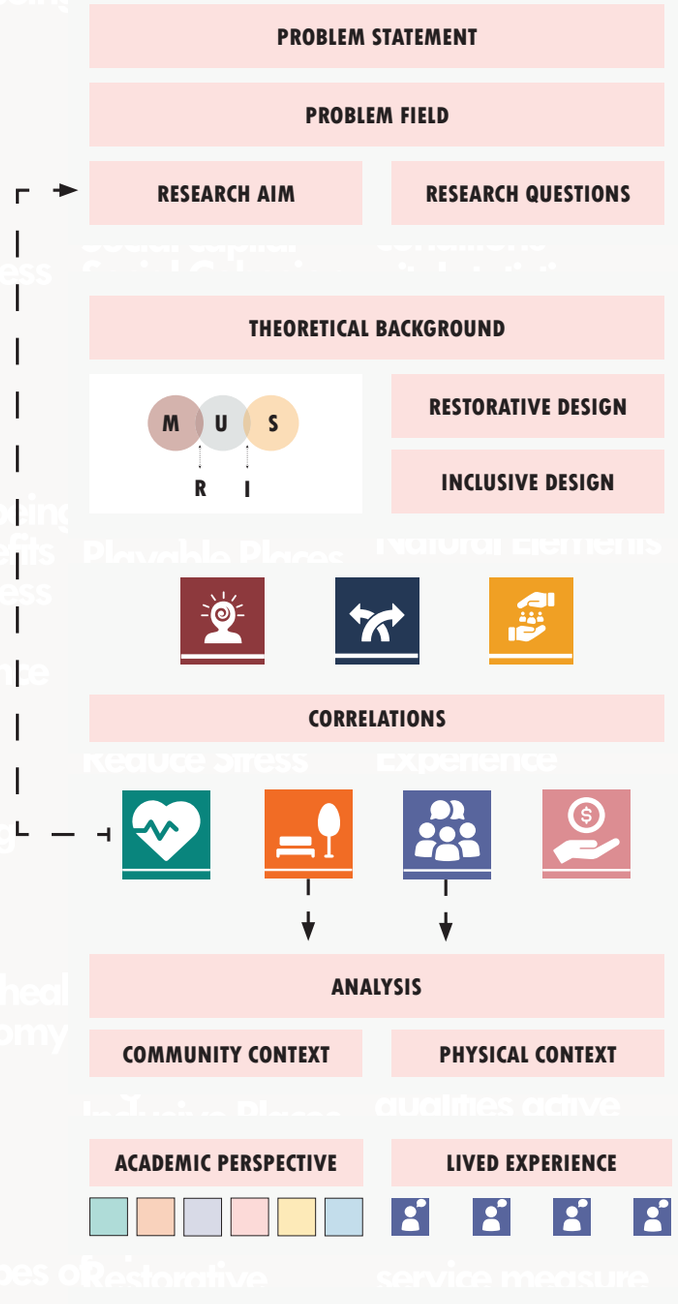
When we design spaces attempting to increase liveability, we need to focus for whom we are doing this. The benefits from human-centred design are only profitable if the design makes an effort to be inclusive. Segregation and environmental injustice in urban environments will put this at risk. (Jacobs, 1961; Florida, 2017; Schulman, 2017)

CONCEPTUAL FRAMEWORK

After elaborating on the theory regarding mental health, urbanization, and segregation in relation to one another, the following conceptual framework was established. To solve problems at the interface of mental health and urbanization, a restorative approach should offer helpful insights, and to solve problems at the interface of urbanization and segregation, inclusive design can offer this as well. According to this, the following paragraph delves into these two design methods and how to incorporate them. Because inclusive design is a prerequisite for restorative design, this is an interesting combination to make and a fairly new combination of methods.



METHODOLOGICAL FRAMEWORK



Restorative Design - by Jenny Roe and Layla McCay (2021)

The book 'Restorative Cities' by Jenny Roe and Layla McCay is the first one of its kind trying to capture the relationship of mental health and spatial design from a planning perspective. They developed a framework, shown on the right page, for qualities that influence mental health through spatial design. These seven factors are used to structure the book by each guiding one chapter. In these is explained how types of spaces can be created in order to enhance restorative qualities of the urban environment on the city and the neighbourhood scale. Within this thesis the theoretic framework by Roe and McCay is used as a starting point for the research and design methods.

To give an example on how this theory is set out, two examples will be given of the content of these chapters focussing on the spatial implications. We will start with the implementation of green environments and secondly, we will look into the playable environment. The theory from this book will be used in the creation of the methodological and theoretical framework leading to the principles guiding the environmental analysis of this thesis. The use of these environmental topics will be further explained within chapter five where the specific admired spatial conditions are depicted.

Green Places

Scientific research reveals that exposure to natural environments, including green spaces, benefits mental health. For example by decreasing stress and depression, improving cognitive capacity, and managing symptoms of various disorders like anxiety and ADHD.

To achieve this eight design approaches in creating green environments are mentioned. The amount of space; accessibility; type of green space, ranging from street trees to urban forests; views of nature; quality perception; biodiversity; considerations of climate and seasons; and lastly increasing time spent in green spaces.

When implementing the design approaches to increase urban green spaces and enhance the restorative qualities of the urban environment, it should be acknowledged there are often inequalities in access to green spaces. These disparities affect mental health outcomes and should be addressed to foster equitable green environments. Strategies to do so include; maximizing accessibility; improving quality of existing green spaces and consulting local communities to determine adequacy of existing spaces. To achieve a larger accessibility of urban green spaces designers can think of connectivity of pocket parks; ensuring ample seating spaces; providing extra facilities for outdoor recreational activities; and developing bikeable and walkable green corridors with adequate lighting in the evenings.

Playable Environments

Playable environments, much like their green counterparts, hold significant potential in nurturing various aspects of individual and collective wellbeing. Rooted in fostering creativity; learning; stimulating agency, and social interaction, playable cities offer a canvas for diverse age groups. The concept of play, often associated with childhood, is increasingly recognized as a vital component of urban design, transcending age boundaries to encompass the needs and desires of all inhabitants.

The book discusses various design approaches aimed at fostering diverse forms of play. These include: pure-play contexts like playgrounds and sports facilities; play-able contexts, such as urban green spaces and interactive art installations; and playful infrastructure, which involves re-purposing urban spaces for creative expression and social interaction.

Playable cities are guided by principles at both the neighbourhood and city scales. Neighbourhoods should, for instance, prioritise providing close proximity designated play areas; incorporating diverse outdoor facilities for all ages, such as green trails and sports facilities; and maximising opportunities for engaging with natural elements. The city scale could benefit from pop-up spaces; flexible structures that facilitate free running and skateboarding; interactive art installations and cultural routes; and opening up private recreational facilities, for example, on school grounds, for the wider population, increasing accessibility. (Roe & McCay, 2021)

source: Restorative Cities. Roe & McCay, 2021



Next to these seven environmental themes, Layla McCay and Jenny Roe (2021) underscore another central theme. This is the significance of participatory methods and community-oriented design processes, acknowledging that "the community is expert in what it needs and that designing inclusive places is a group effort" [p.106]. Together with the ideas for inclusive design by Gardner from the Gehl Institute (2018) this underscores the importance of including the existing communities within the analysis of the existing urban fabric. This lead to the choice to begin with exploring the community context, set out in chapter four, and choosing an inclusive method of working with residents in order to achieve an extensive analysis. This will be done through the eyes of a range of target groups. The choice for these targets groups will be explained on page 88 of this report.

Inclusive, Healthy Places - A Strategy by Gardner et al. (2018)

Within the framework for inclusive and healthy places by Gardner (2018) they have created a tool for inclusive design. With their theory they speak of equity, defined as a concept where every individual has different needs for good health and that to ensure spaces that influence good health those needs are to be met. The strategy they have created is a checklist that can be used to support the design process, the assessment of a context, the outcomes and effects of interventions or of the process of a project within public space. They aim to help by bringing up important themes and connections between topics, so they can help you as a designer or planner to have a better idea on what needs to be thought of.

This strategy is proposed with four principles: Context, Process, Design and Program, and Sustain. In each of these principes you can find al list of multiple factors that you can use to check your design/intervention or existing conditions of a case study location. According to them you should not use this as a step by step, but as a tool to inform your decisions and to adapt it to the purpose you are using it for.

Principle 1: Community context
The first principle is based on the importance of understanding the existing conditions, positive and negative, that relate to an inclusive and healthy environment. The set of guidelines within this first principle are focused on establishing foundational knowledge on the conditions of an area. The drivers of the first principle are:

1. Characteristics of People Present
These are the demographics of the people included in you project, you could define these as the target groups of your project. These demographics can help you to create a better understanding of whom you are working for.

2. Community Health Context
The health context is meant to help you understand the conditions under which the people present within your project live. The existing health conditions, that influence the needs of the community you are working with.

3. Predictors of Exclusion
These are the factors that could suggest exclusion within the health context, based on inequality or discriminatory practices. In this category lay elements that predict for example unequal access to beneficial environments.

4. Community Assets
The last driver of the first principle are the drivers that you can build upon in your project. Every location has positive elements and structures you can tap for potential. Examples are; the presence of local cultural institutions or accessibility through good and extensive options for public transport.

Principle 2: Process
The second principles are supporting processes in the existing conditions which you as a planner or designer can relate to, but also use within your project. The three indicators of social inclusion mentioned in this principle are: civic trust, participation and social capital. The levels of these conditions within the process of inclusive design are highly important.

1. Civic Trust
The measurement of trust in public organizations and in our neighbours. Indicated by the rate of participation, degree of knowledge about public processes and the level of trust that is reported by members of the community. This data is often already available as municipalities gather these types of intelligence.

2. Participation
This can be measured by the numbers of people attending public events and programs and the degree to which they are invested to participate.

3. Social Capital
Cultural diversity within a community, combined with collaborative efforts and a unified sense of purpose, strengthens social capital.

Principle 3: Design and Program
This principle focuses on designing and implementing public spaces that promote equity by improving quality, accessibility, safety, and diversity. The quality of a public space significantly impacts its use, influencing how much time people spend there and their level of comfort, enjoyment, and sense of ownership

The diversity of uses and users, along with evidence of social mixing, indicates the social benefits of public spaces on health and well-being. This driver also considers the level of physical activity in a specific space or more broadly. Finally, safety and security are measured both objectively and through user perception, influencing the overall inclusivity and attractiveness of public spaces.

Principle 4: Sustain
This principle emphasizes the importance of social resilience and the ability of local communities to adapt to changes over time. Key to this is ensuring that local stakeholders remain actively involved in public processes, maintaining community control and ensuring public spaces meet evolving needs. As communities undergo changes, monitoring housing affordability and economic conditions helps gauge the benefits of public space improvements.

A community's strength is also reflected in the robustness of its social networks and the value placed on stakeholder contributions in shaping public spaces. Effective community engagement and influence are crucial for sustaining these spaces. Additionally, consistent funding for maintenance and improvements, along with volunteer efforts, underscores the community's commitment and sense of ownership.

Adaptability is essential for both public spaces and the communities they serve. Spaces that can adjust to changing needs, and communities that can assess and respond to their evolving requirements, are better positioned to experience long-term benefits from inclusive processes. This adaptability ensures that inclusion and health in public spaces are maintained over time, fostering a resilient and dynamic community environment.

For more detailed information on these principles you can find all of the ingredients needed in every step in the framework depicted on the in the image on this page. Next to this within the article of the source an extensive list of metrics is given in order to analyse all of the ingredients needed to follow each principle. It is important to keep in mind that this framework is not meant as a step by step, but that is meant to help designers and planners to keep in check of the important themes and connection between them.



source: Gardner et al. (2018)

Were the method for restorative design by Jenny Roe and Layla McCay (2021) answered to the problems that lay on the interface of urbanization and mental well being of residents, this method answers to ones on the interface of urbanization and segregation. These two methods will be combined in the following pages to create a method for inclusive, restorative design. The understanding for this new method as a totality is also informed by the theory mentioned. The guiding principles that are build on this combination have informed the environmental guidelines on which the analysis of case study will follow.

ELEMENTS FOR RESTORATIVE DESIGN

According to Jenny Roe & Layla McCay (2021)

Green places
Mental health protection
Stress regulation
Cognitive health
Social well-being
Emotional well-being
Management of mental illness
Health Equity
Accessibility
Quality
Biodiversity
Reduced heat stress

Blue places
Mental health protection
Stress regulation
Social Health
Emotional well-being
Therapeutic Benefits
Reduced heat stress
Biodiversity
Sensory Experience
Inclusive

Active Places
Cognitive Health
Mental wellbeing
Management of mental illness
Stress reduction
Improved social health
Improved autonomy & personal independence
Increased lived experience
Active travel
Active living (Types of Activities)
Diversity/mixed use
Accessibility
Connectivity
Open Space
Safety
Natural Elements

Sensory places
Trust & Belonging
Stress regulation
Well-being
Safety
Equity
Participation
Diverse Landscapes

Neighbourly places
Belonging
Community Feeling
Social capital
Social Cohesion
Inclusive (housing, people)
Resilience
Mental Health protection
Therapeutic Benefits

Playable Places
Equity
Safety
Child oriented
Increased physical activities
Reduce Stress
Mental wellbeing
Civic engagement
Social health
Resilience
Lived experiences
Cognitive health

Inclusive Places
Equity
Diversity
Exposure Restorative Settings
Accessibility
Safety
Integration
Social Engagement
Visibility

ELEMENTS FOR INCLUSIVE DESIGN

According to the healthy inclusive cities framework (Gardner, 2018)

Community Context
Community Assets

Inequality/Equality

Community Health Context
- Housing availability
- Environmental conditions
- Socioeconomic conditions
- Vital statistics

Characteristics of People Present

Design & Program
Quality of Space
- Natural Elements
- Maintenance
- Welcoming
- Lingering
- Active Use
- Experience
- Place-making
- Identity
- Investment

Accessibility
- Universal
- ADA
- Qualities active transport

Access
- Street network
- Service measure

Use & Users
- Diversity
- Social mixing
- Physical activity
- Flexibility

Safety & Security

Process
Civic Trust
- Civic participation
- Reported trust

Participation
- Attendance
- Local stewardship
- Investment in processes
- Events/programming

Social Capital
- Collective action
- Social networks
- Of diverse identities
- Social cohesion

Sustain
Ongoing Representation
- Political engagement
- Representation local stakeholders
- Diversity

Community Stability
- Housing affordability
- Economic conditions

Collective Efficacy
- Stakeholder input
- Cohesion

Ongoing Investment in Space
- Equitable funding
- Investment
- Local care

Preparedness for Change
- Needed change
- Capacity for evaluation

COMPARISON OF DESIGN ELEMENTS

Restorative

Stress Regulation
Climate Mitigation
Cognitive Health
Social/ Mental Well-Being
Autonomy
Experience
Quality (liveability)
Community (trust, belonging, social cohesion, social capital, participation)

Green places
Blue places
Active places
Sensory places
Playable Places
Neighbourly places

Accessibility
Diverse
Safety
Exposure to restorative settings
Housing
(Health) Equity

Inclusive

Community Context
Equity
Social Capital
Participation
Investment
Stability

Natural Elements
Active Use
Accessibility & Access
Safety
Community
Maintenance
Experience
Place-making
Diversity
Mixed Use
Flexibility

OVERVIEW OF ELEMENTS TO TAKE ALONG

R

Stress Regulation
Climate Mitigation
Cognitive Health
Social/ Mental Well-Being
Autonomy

Quality (liveability)

Sensory places
Playable places

Exposure to restorative settings

I

Community Context
Equity

Place-making
Mixed Use
Flexibility

Investment
Stability
Maintenance

R + I

Experience
Accessibility & Access
Diversity

Natural places
Active places
Communal places
Safe places

Community
[Trust, Belonging, Social cohesion, Social capital, Participation]

Housing (equity)
(Health) Equity

MENTAL WELL-BEING

This category all about stress regulation and health regulation. This is the start and urgency of this project and in the end it should be assessed if the design reaches the goal that is within this topic.

SOCIAL CONTEXT

This category includes all topics from the two design methods that include social elements, like for example research to the community context and existing social structures.

ENVIRONMENTAL ASPECTS

Within this category the spatial elements that play a role in restorative and inclusive design. These can be used to review the current situation. Among others, this includes the implementation of natural elements in the urban fabric.

ECONOMY

Some conditions or policies are prerequisites to create a restorative or inclusive design. These factors are included within this fourth and last category.

HOW DOES THIS INFORM THE PROJECT?

R > Stress Regulation, Climate Mitigation, Cognitive Health, Social/ Mental Well-Being, Autonomy

R > Quality, Sensory places, Playable places & Exposure
I > Place-making, Mixed Use, Flexibility
R + I > Experience, Diversity, Natural places, Active places, Social places, Safe places

I > Community Context, Equity
R + I > Community [Trust, Belonging, Social cohesion, Social capital, Participation]

I > Investment, Stability, Maintenance
R + I > Housing (equity), (Health) Equity

MENTAL WELL-BEING

This will be tested throughout the whole report, but will especially mentioned again within chapter 7, where the design will become more explicit, and in chapter 8, where conclusions are drawn and a reflection is made.

SOCIAL CONTEXT

This will be researched within chapter four as the community context. This explains the existing social conditions to which this project needs to relate. Which will serve as a guide line in selecting the various target groups for this project informing the analysis conducted in chapter 6 regarding the lived experience of residents.

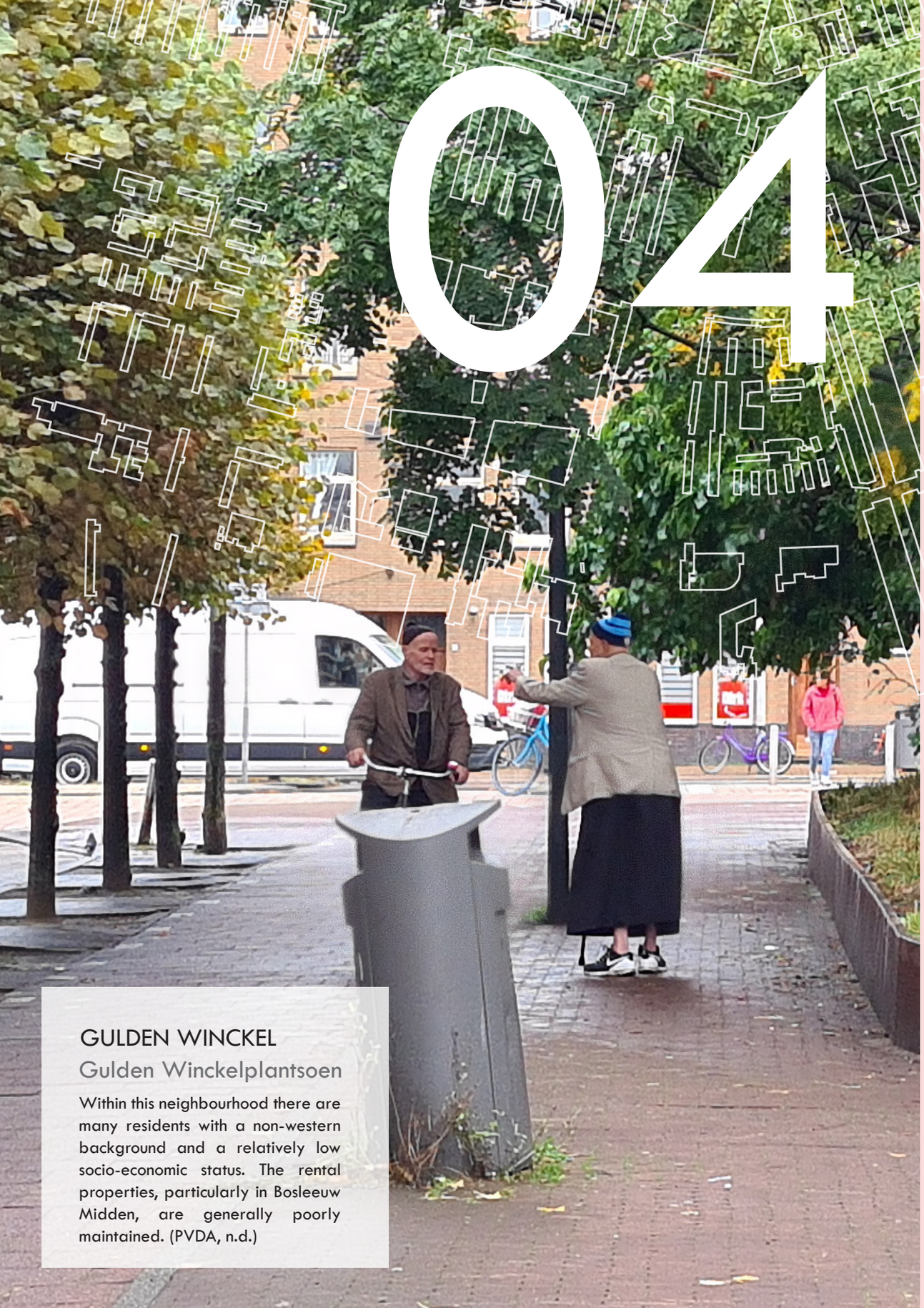
ENVIRONMENTAL ASPECTS

These aspects will inform the spatial guidelines for the analysis and design for this project in order to achieve a more inclusive and restorative design. These spatial guidelines will be explained within chapter 5 after which the academic analysis will be conducted. These guidelines will also inform the analysis of the lived experience within chapter 6.

ECONOMY

These factors will be mentioned as prerequisites for a well-functioning, restorative and inclusive design, but they won't be the main focus for this study. Some of these factors will be mentioned again within the suggestions for incorporation of the design in chapter 7.

04



GULDEN WINCKEL

Gulden Winckelplantsoen

Within this neighbourhood there are many residents with a non-western background and a relatively low socio-economic status. The rental properties, particularly in Bosleeuw Midden, are generally poorly maintained. (PVDA, n.d.)

Historic and Community Context: establishing a baseline for inclusive design

Research on the method for inclusive design emphasizes the importance of starting by analysing the community context, also including the historic context, to establish a baseline for working with the case study as an urban designer aiming to achieve inclusive design.

CHAPTER 4

IMPORTANCE COMMUNITY CONTEXT	78
HISTORIC OVERVIEW	79
COMMUNITY CONTEXT	83
COMMUNITY HEALTH CONTEXT	84
PREDICTORS OF EXCLUSION	85
SOCIAL CAPITAL	86
COMMUNITY DRIVERS AND ASSETS	87
RESEARCH TARGET GROUPS	88

IMPORTANCE OF COMMUNITY CONTEXT

Understanding the community context is highly important in gathering information on the problems, needs and assets of a specific context. Part of this, is understanding the history, demographics, political context etcetera. This chapter contains an overview of the community context for Bos & Lommer & de Baarsjes. Later in this graduation project, participatory workshops and interviews will take place to gain further information about the community and their stories. Creating an understanding of this community context is the first step necessary in inclusive design according to Gardner (2018).

HISTORIC CONTEXT

To start creating an understanding of the context of Bos & Lommer, we start at the history of this neighbourhood. How did the neighbourhood come about and what was the design concept when they first developed it. Who were the former residents and how can we understand the current structures.

In an article in the newspaper Het Parool, Frits Bakker (2016) reflects on the changes Bos en Lommer has gone through. He reminices about a time when the area was more modest and community-oriented. The author notes significant gentrification, with new cafes and shops emerging, and a shift in the population.

In the late 1950s and early 1960s, Nieuw-West emerged. Society starts to move away from the rigidity of the 1950s. Never in history had it been so pleasant for so many people at once. For Bakker, Nieuw-West, with its newly built houses, symbolized this. The neighbourhood was internationally acclaimed for its modern urban planning: light, air, space, and greenery—qualities that made life bearable for the ordinary worker. Today, real estate agents remove more and more property from the rental market. Like the global trend, ordinary people are being pushed out to the outermost suburbs. Bos en Lommer, now called "Bolo" by its upgraded residents, has also been gentrified.

Like this article already suggests, Bos en Lommer in Amsterdam has a rich and diverse history in terms of its residents' composition. In the 1930s and 1940s, the first apartment blocks and a few high-rise projects were developed, particularly around Bos en Lommerplein. After World War II, parts of Bos en Lommer, such as the Kolenkitbuurt, were further developed to provide housing for displaced refugees (I amsterdam, 2024).

From the 1970s onwards, Bos en Lommer increasingly became a refuge for migrants, particularly from Turkey, Morocco, and Suriname, contributing to the current multicultural composition of the neighbourhood (Wikipedia, 2024). In the late 20th century, the area fell into decline, with high crime rates and poorly maintained apartment blocks. This, however, changed due to urban renewal projects that began in the late 1990s (I amsterdam, 2024).

Bos en Lommer is now a vibrant and diverse neighbourhood, known for its cultural institutions such as Podium Mozaïek and a mix of traditional and trendy dining options and shops (Good Migrations, 2024). The ongoing gentrification has both positive and negative effects, including improved living conditions but also concerns about the affordability of housing for the original residents.

BOS EN LOMMER

Historic overview built environment



FORERUNNER

Bos en Lommer can be seen as the forerunner of the Western Garden Cities. The urban plan for Bos en Lommer was developed between 1930 and 1933. In 1936 the construction of Landlust started; Bos en Lommer followed two years later. The design followed the concept of 'lucht, licht, ruimte', which was supposed to increase liveability. This was combined with the idea that the city should be shaped as a natural environment.

STROKENBOUW

At the end of the 1930s, this was the first district where they experimented with 'strokenbouw', this is an urban form with an open-plan construction. Bos en Lommer is the first district where these new ideas about urban planning were applied on a larger scale. The plots are partly built with (semi-open) residential blocks and partly with this new form, 'strokenbouw'.

CRISIS

Due to the crisis of the 1930s, the plans for Bos en Lommer had to be adjusted. The building land prices within the (railway) ring became so high that building at a higher density was necessary to keep rents affordable. Therefore the actual design had less 'light and air' between the strips than originally planned. The green garden what should have been Bos & Lommer is now a quickly densifying area where a large portion of the public open space is dedicated to traffic.

(Van Eesteren Museum, n.d)



Mei 1960| Bos en lommerweg
Winkels ter hoogte van de Bestevaerstraat.
(stadsarchief Amsterdam, 1960)



Bos en lommerweg (ANR Amsterdam, n.d.)
Kolenkitkerk en Einsteinweg vanaf Bos en Lommerplantsoen.



mei 1969| Viaduct Bos en Lommerweg. Uitzicht Einsteinweg
Ringweg net geopend van Bos en Lommerplein tot Jan van galenstraat



maart 1961| Erasmuspark
Aanplanting bomen in het Erasmuspark



mei 1959| Bos en lommerweg (Stadsarchief Amsterdam, 1959)
In de achtergron het GAK en de Kolenkitkerk



1996| Erik de Roodestraat
St. Josephkerk wordt indoor klimhal



Gibraltarstraat (Stadsarchief Amsterdam, n.d.-b)
Pierebadje aan de Gibraltarstraat



juni 1945| Willem de Zwijgerlaan
draaimolen t.b.v. bevrijdingsfeesten WOII



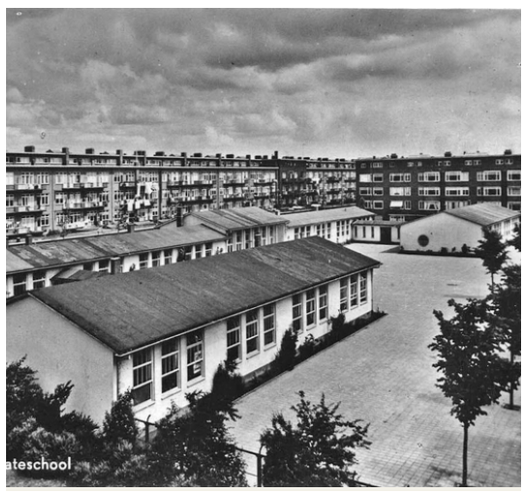
Multatuliweg Bos en Lommer (Stadsarchief Amsterdam, n.d.-a)
Braakliggend terrein in verbouwing nieuw-west.



Augustus 1964| Bos en Lommer Plantsoen
Plantsoen voor het GAK



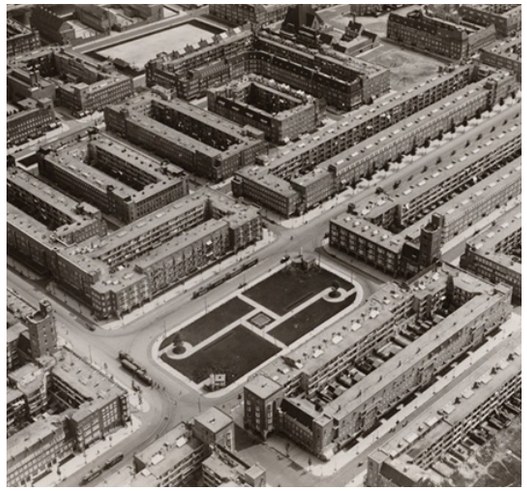
1990| Bos en Lommer Plantsoen (stadsarchief Amsterdam, 1990)
Erasmusgracht en Stadsvijfer Bos en lommer Plantsoen



1990| Giseldestraat & Lanseloetstraat (Amsterdam, n.d.)
Ten Kateschool - Lagere School



1968| Einsteinweg (gemeente Amsterdam, 1968)
Nieuwe ringweg kruist bos en lommer.



1936| Mercatorplein (gemeente Amsterdam, 1936)
Ontwerp van Berlage naar invloed Heere van der Schaar



September 1962| Hoofdweg (Swiertstra, 1962)
Pas ingestelde spitslijn. Tramhalte Surinameplein



Juni 1962| Guldenwinckelplantsoen (Stadsarchief, 1962)
Markt op het guldenwinckelplantsoen



Jaren ‘80| Bos en Lommerweg (boloboost, n.d.)
Winkels aan de bos en lommerweg.



1960| Admiraal de Ruyterweg (gemeente Amsterdam, 1960)
Kruispunt met de Jan Everstenstraat

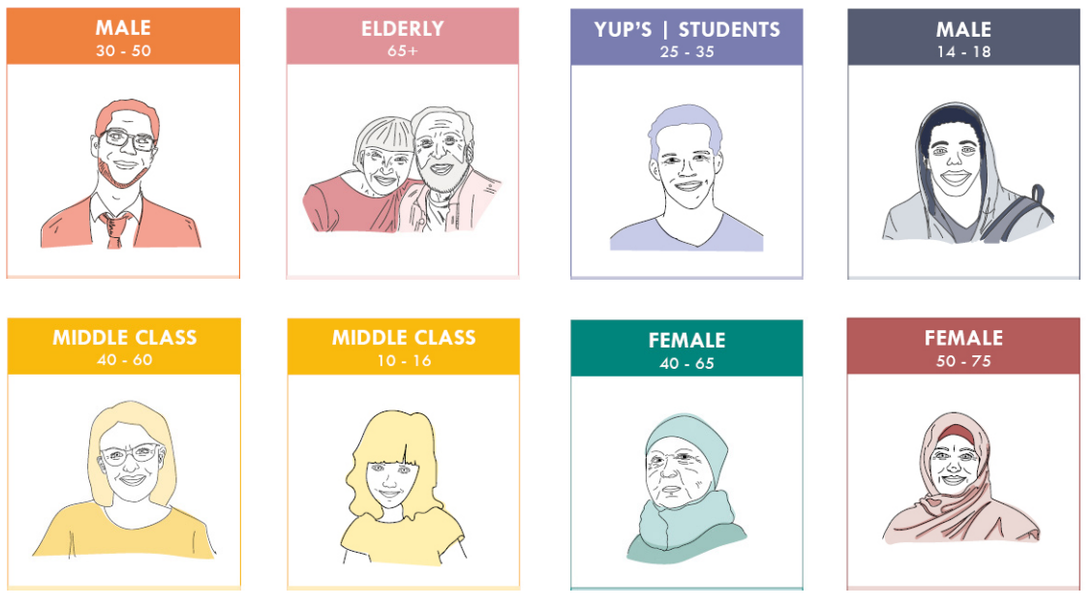
COMMUNITY CONTEXT

After the overview on the history of Bos en Lommer, the following paragraphs will give some information on the existing structures and current data on Bos en Lommer. The topics we will cover are: characteristics of people present; community health context; predictors of exclusion; social capital; and community drivers and assets. These topics together will form an overview of the community context as defined by Gardner (2018).

CHARACTERISTICS OF THE PEOPLE PRESENT

To give an elaboration on the characteristics of the people present after the historic overview of different types of people living in Bos en Lommer underneath you can find the current percentages of inhabitants with a migration background. (CBS, 2020) To illustrate the types of people living in Bos en Lommer, a selection was made and several groups were depicted. These groups are the ones initially investigated in this project. Later, a smaller selection was chosen for more extensive research. The reasoning behind this choice can be found at the end of this chapter.

	Landlust	**Kolenkit**	**Erasmusparkbuurt**
Residents with a Western migration background	17 %	13 %	22 %
Residents with a non-Western migration background	43 %	69 %	30 %



COMMUNITY HEALTH CONTEXT

The community health context aims to provide a comprehensive overview of the current state of health within a community. This includes assessing physical and mental well-being, socio-economic factors, environmental health, and housing conditions. (Garnder, 2017) To recognize the existing conditions and experiences that relate to health equity this necessitates evaluating pre-existing conditions and collecting baseline data. To gather this information in the little time there is in this research, as this research is not focussed on gathering social data, we have looked at existing research by the municipality of Amsterdam. Information found regarding health and health equity that might be relevant is listed underneath.

Results from an area analysis by the municipality of Amsterdam (2022) **Area: Bos en Lommer**

In the community of Bos en Lommer in the Municipality of Amsterdam, there are notable trends in health and well-being among its residents. One positive aspect is the increasing number of residents reporting good health. Still the overall healthcare utilization is relatively high in Bos en Lommer, indicating both a demand for services and potentially unmet health needs within the community. Regarding mental well-being there are some concerning developments. Severe loneliness and the risk of anxiety or depression have risen, indicating a need for targeted support and interventions in mental health services

Nevertheless, challenges remain, particularly regarding the aging population. While the area has relatively few elderly residents, their numbers are increasing. This demographic faces unique health issues, including a higher prevalence of severe obesity compared to the city average. A significant proportion of elderly residents report feeling vulnerable, with limitations in daily activities and a lower frequency of feeling healthy. This underscores the importance of tailored healthcare services and community support for the elderly population in Bos en Lommer. Especially since elderly rate the degree to which people help each other within the neighbourhood as low. This suggests that community social ties could be strengthened.

Additionally, there are concerns about the well-being of children in the community, with a relatively high percentage categorized as “very vulnerable.” This highlights the need for comprehensive support systems targeting vulnerable children and families.

PREDICTORS OF EXCLUSION

According to Garnder (2017) there are two types of predictors of exclusion. Discriminatory practices and inequality. For a deeper understanding of inequality and potential discriminatory practices, the documentary “Terug naar de Abkarstraat” (Rottenberg & NTR, 2020) was reviewed. This two-part series delves into the social and built environments, alongside inequalities within Bos en Lommer.

The documentary “Terug naar de Akbarstraat” revisits the Kolenkitbuurt in Amsterdam West, once a troubled neighbourhood marked by ethnic tensions. Felix Rottenberg, the filmmaker, observes significant changes since his earlier series in 2002. Urban renewal has brought together residents from diverse backgrounds, challenging previous perceptions of the area. Despite efforts to create a more mixed community through housing redevelopment, segregation persists, with challenges in integrating different social groups. Rottenberg engages with residents, questioning past portrayals of neighbourhood issues. In the documentary Rottenberg debates with Anthropologist and resident Sinan Çankaya. Who criticizes the tendency to blame immigrant communities for urban challenges and argues his issues with the one-sided pressure for integration. This prompts reflection on who should adapt to whom in a city where the majority no longer shares a purely Dutch background.

According to this documentary there are definately discriminatory practices and segregation and the integration of the different groups living in the area is not yet at its fullest potential. This is something to take into account when designing for an inclusive and restorative environment.

In regard to inequalities this thesis, again, uses the information from the **area analysis of Bos and Lommer by the municipality of Amsterdam (2022).** This analysis tells us the following things:

- The percentage of social housing (rental) is decreasing at a relatively rapid rate (from 59% in 2017 to 51% in 2021). Meanwhile, the proportion of properties with a high rent (>€1,053) has risen from 6% in 2017 to 14% in 2021.

- Social cohesion experienced a decline in 2017, reaching a low level, with gradual but still below-average improvement thereafter.

- Instances of traffic congestion and noise nuisance have seen an increase.

- Although still quite significant, the number of young people raised in families enduring prolonged minimum income levels has slightly decreased (from 20.1% in 2017 to 18.6% in 2019).

To promote equity in the built environment, supporting initiatives that shape the public domain through fostering civic trust, participation, and social capital is crucial. Working with these organizations requires a comprehensive understanding of existing structures and programs. The following paragraph offers deeper insights into significant existing community centres, key communal functions, and relevant participatory projects. One more thing that is important to acknowledge when talking about inclusive design and communal organization is the ability of participatory programs to give a voice to certain groups.

SOCIAL CAPITAL

To answer to the question on existing social capital, community centres an communal organizations have been contacted. At the bottom of this page you can find some of the relevant existing organizations that play a role in the social capital of Bos en Lommer. From interviews with various organizations, a wealth of information was gathered to help form a comprehensive understanding of the social capital within the neighbourhood. Discussions were held with two youth workers from the Dock youth centre, one working with women and another with men. Additionally, conversations took place with several staff members from neighbourhood centres. Furthermore, an interview was conducted with one of the founders of the protest group “Beton en Lommer,” which opposes the announced changes for the neighbourhood, including significant densification of the Gulden Winckel area. This individual, who has been involved in participatory organizations within the neighbourhood, also mentioned multiple instances of joint decision-making with the municipality regarding the redesign of several parks in the area, which never materialized. Several of these discussions also highlighted that the average resident is fatigued by participation and that trust in the municipality is declining.

The “Thuismakerscollectief” acts as a mediator between the municipality and the neighbourhood, advocating for the community’s interests. They aim to establish themselves as a community centre within the neighbourhood, eventually stepping back when the community can independently sustain it. However, this initially requires significant attention and effort.

Additionally, it was noted by one of the other organizations that the “Wachterliedplantsoen,” associated with the “Thuismakerscollectief,” is not inclusive as it is only enjoyable for certain groups. However, the organization itself claims to be making efforts to address this issue. From discussions with residents, it appears that various groups have their own spaces within community organizations, resulting in limited mixing. However, mixing does occur within schools and sports clubs. Ultimately, the key question lies in promoting mixing of groups within public space, like parks and streets, to increase tolerance.

** More information and detailed analysis of the social environment of the area included in the maps in chapter five as a part of the academic analysis of this study.*

COMMUNITY DRIVERS AND ASSETS

Every environment contains drivers and assets upon which we can build, including well-maintained and qualitative public spaces, accessible transportation, and the presence of local and cultural institutions. The latter are a part of the aforementioned social capital. As the paragraph before this one already discusses these institutions, in this paragraph we solely focus on the elements within the build environment that can be considered as drivers or assets.

Examples of key physical assets and drivers include public parks; recreational facilities; transportation infrastructure; cultural and educational institutions; healthcare facilities; and cultural landmarks. These elements contribute to the public domain in various ways. It is important to consider the quality and accessibility of these assets, as well as the residents’ ability to develop a sense of ownership and belonging in these spaces. This perceived element of (potential) drivers and assets is considered within the chapter of this thesis focusing on the lived experiences of different target groups. Through interviews and focus group workshops, specific assets and drivers will be examined to determine if they are actually perceived as being assets, and if so by which groups.

EXAMPLES



Sports facility - Ernest Staes Plein



Community Centre - Wachterliedplantsoen



Waterfront - Erasmusgracht



Green Environment - Scholendriehoek



‘Kolenkitkerk’ - Bos en Lommerweg



Local Café - Jan van Galenstraat

** The assets and drivers of the current situation of Bos en Lommer will be further introduced in the following chapter. Where they are a part of the general introduction of the spatial context.*

RESEARCH TARGET GROUPS

The choice to focus on specific target groups is driven by the desire to see if there are experiences of certain groups that are currently overlooked. The selected groups — 1. Second-generation Islamic immigrant fathers; 2. Socio-economically disadvantaged women; 3. Second and third-generation Moroccan immigrant women; and 4. Adolescent Turkish/Moroccan males — are vulnerable groups which are often under-represented in current studies. Due to for example, limited proficiency in the predominant language, cultural norms or a distance to the labour market. This makes these groups particularly susceptible to marginalization. Thus, by amplifying their voices through an in depth analysis in regard to their needs, positive experiences and negative experiences, this research aims advocate more inclusive policies and design, and foster a larger understanding on societal differences.

This is done whilst still recognizing the presence of resident groups that are often more visible within existing studies. To understand these groups and to be able to compare a more rough analysis is done for the needs, behaviour, and experiences of these groups. — 5. Elderly individuals, 6. Young professionals, 7. Middle-class, native-born adults, and 8. Their children — These groups generally possess better socioeconomic stability and institutional familiarity, reducing their vulnerability. However, I'll still incorporate their perspectives to provide context.

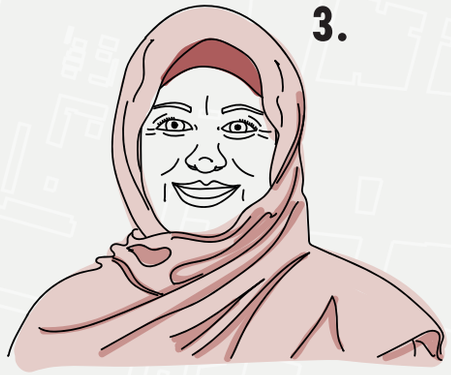
1.



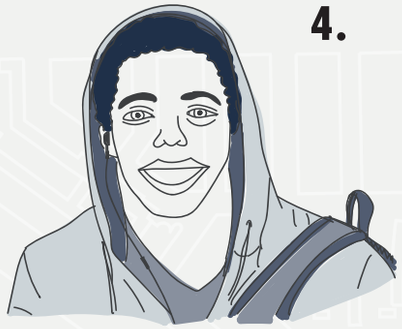
2.



3.



4.



5.

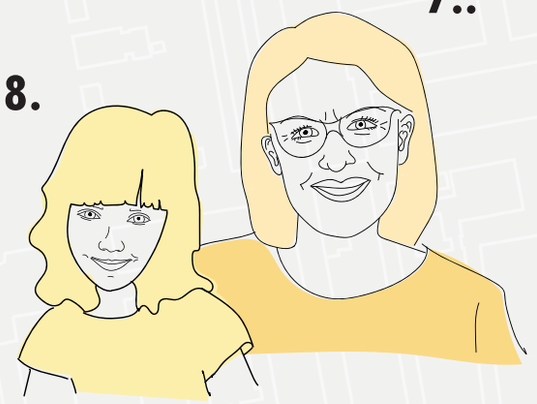


6.



7..

8.



05



BOSLEEUW

Bos en Lommerplein

The former market at the Bos en Lommerplein was a place were new ethnicities came together with Dutch cultures and sold there goods. The market is something a lot of people remember of what this area used to be like.

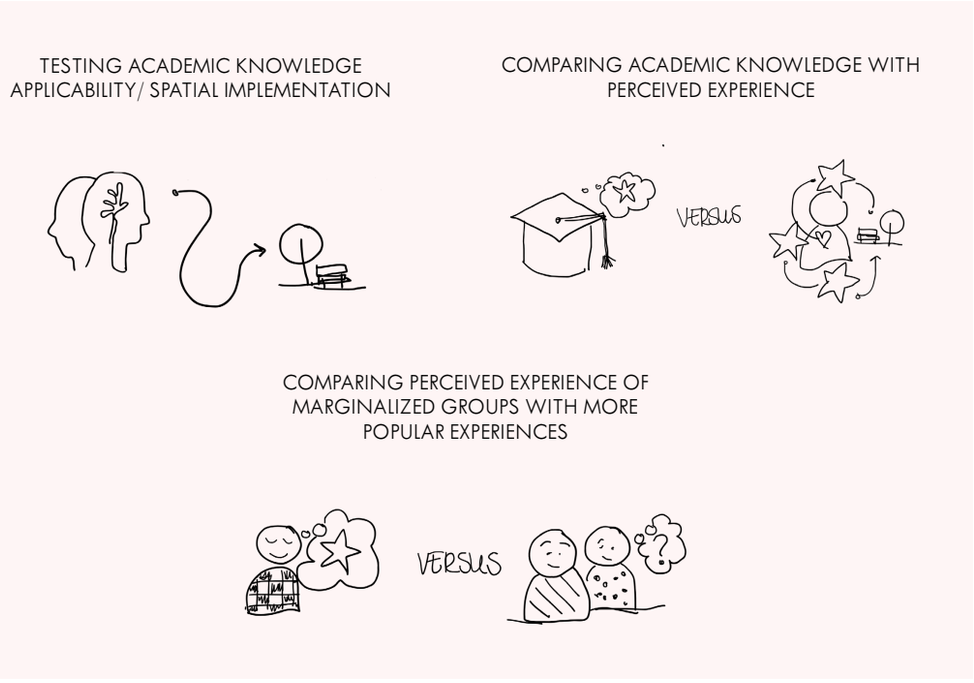
Analysis of the Physical Conditions: Bos & Lommer from an academic perspective

In this chapter, we delve further into the case study, analysing the physical context in regards to inclusive design (method A) and restorative design (method B). These design methods provide parameters that shape the analysis, determining whether certain environmental factors contribute positively or negatively to the restorative and inclusive experience of the physical context. The analysis is based on six environmental themes: the safe environment, the active environment, the social environment, sensory experience, natural elements and engagement. The analysis of this chapter is done from an academic perspective integrating the writers professional perspective and information gathered from sources like, for example, the municipality of Amsterdam.

CHAPTER 5

SPATIAL ANALYSIS	92
ANALYSIS ACADEMIC PERSPECTIVE	100
PROFESSIONAL ANALYSIS PER THEME	102
NATURAL ENVIRONMENT	102
ACTIVE ENVIRONMENT	116
SOCIAL ENVIRONMENT	134
SAFE ENVIRONMENT	146
ENGAGING ENVIRONMENT	156
SENSORY ENVIRONMENT	164
CONCLUSION ACADEMIC ANALYSIS	174

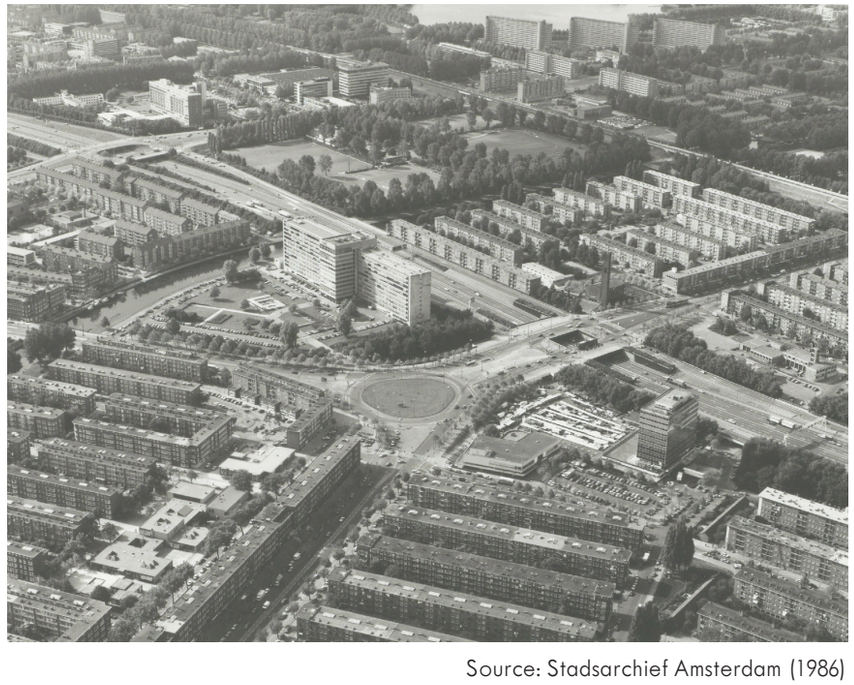
SPATIAL ANALYSIS



First, the general spatial context will be provided, which is part of forming a base line for this project. This is similar to the baseline of understanding created in the previous chapter regarding the community context. The general spatial context provided will be connected the given community context in a way that this chapter also focuses on the existing conditions and the drivers and assets of the area, but then from a spatial perspective. The data provided in the first part is organized per neighbourhood: the Kolenkit, Landlust, and the Erasmusparkbuurt. In additions, several important assets of the area are highlighted such as the proximity of the Erasmuspark and the Westerpark, but also the positive relation with accessibility due to infrastructural structures is mentioned.

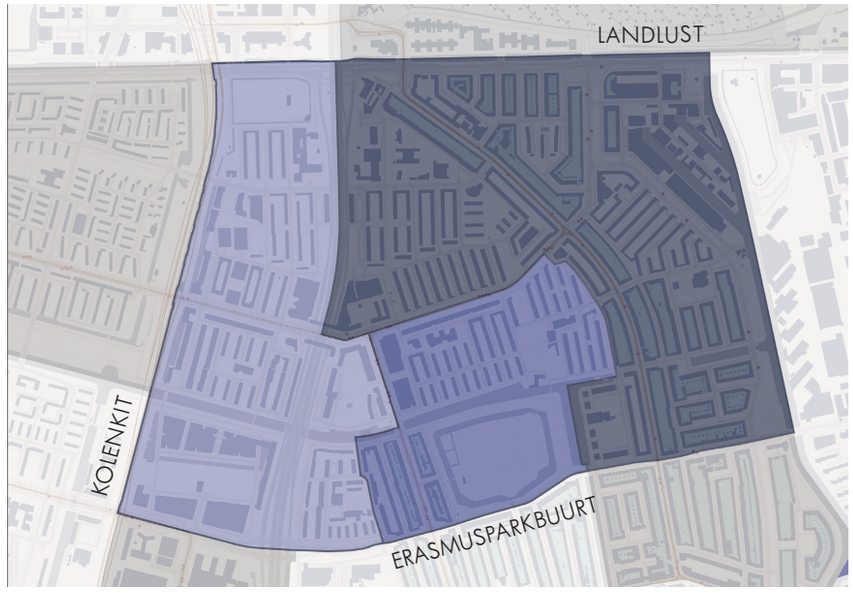
After this first contextual analysis, the theme specific analysis will follow. This is related to the first section of the layout for this thesis. Exploring the applicability of the academic knowledge on restorative and inclusive design. In particular, exploring the spatial themes connected to the, in this study, combined method of the two design concepts. This is done by first analysing the spatial themes through desk analyses from an academic perspective and then further examining the perceived experience. The layout of the analytic steps shaping this study are outlined in the figure above.

BOS & LOMMER - A DISTRICT IN AMSTERDAM WEST



Source: Stadsarchief Amsterdam (1986)

NEIGHBOURHOODS

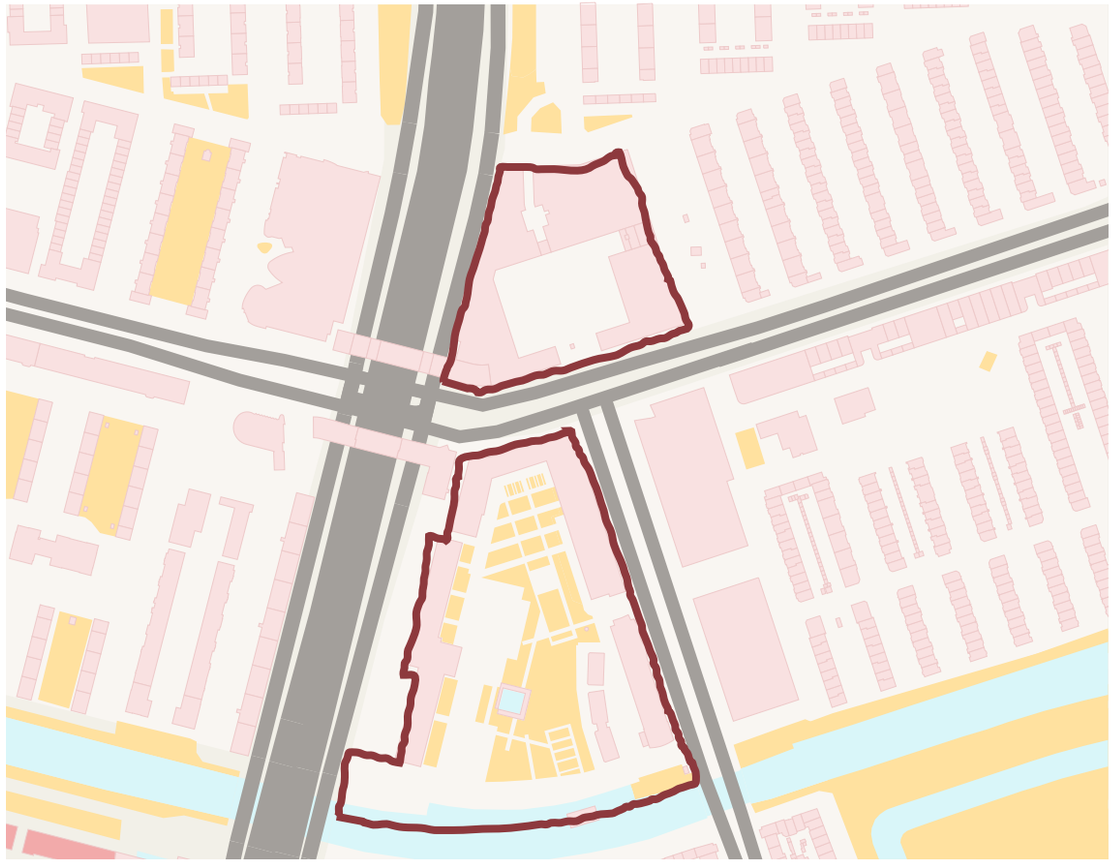


LANDLUST - ASSETS

BOS EN LOMMERPLEIN & BOS EN LOMMERPLANTSOEN

Bos en Lommerplein is situated at the heart of the Bos en Lommer district where it is easily accessible by foot or with public transport. It serves as a central gathering point for locals and visitors and currently hosts restaurants, café, supermarkets and other stores. The square used to feature a large open space functioning as a local market offering variety of goods such as produce, clothing and flowers. At the moment this market has been removed after a redesign of the square. This new square offers some green elements and benches which are supposed to enhance social interaction.

The Bos en Lommerplantsoen is located next to the GAK building in the Bos en Lommer neighbourhood of Amsterdam. It's a green space featuring grassy areas, trees, and benches. There are playground facilities for children, and sometimes local events are held there. The park provides a pleasant environment for workers and visitors to the GAK building. The GAK is a historic building that formerly served as the office of the Sociale Verzekeringsbank (Social Insurance Bank). The park currently also hosts an initiative for urban farming where local residents are involved in cultivating fruits, vegetables, and herbs. It promotes sustainability, community engagement, and access to fresh produce. Volunteers work together on activities like planting, watering, and harvesting. The initiative offers educational programs and workshops.



KOLENKIT - UNDERGOING CHANGES

NEW VERSUS OLD



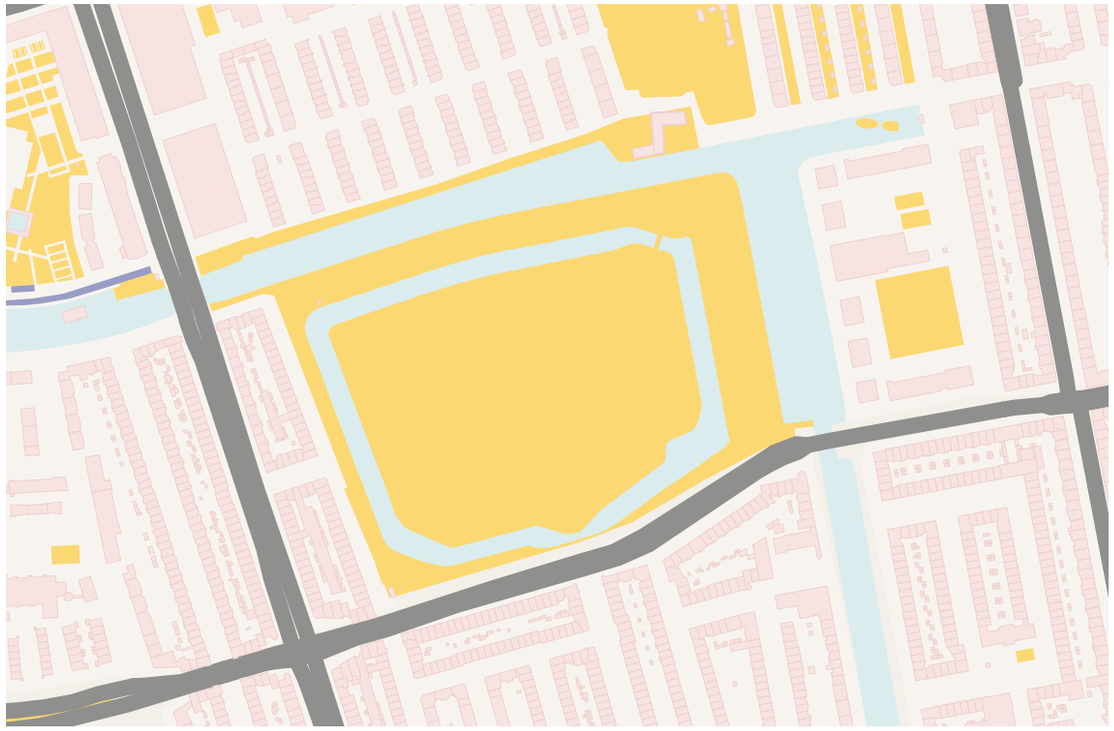
The northern part of the Kolenkit is still under construction, but will be renovated in the future as well. The buildings are currently of a lower quality, but current residents have been living here for years and do feel connected to its identity. It is the difference between the new parts and the older parts that stands out. It makes you feel the difference with the new inhabitants as well.



In the last few years, the Kolenkit has been under construction and in the southern part of the neighbourhood, the old buildings have almost all been demolished or renovated. This has attracted a lot of new residents and is a stimulator of gentrification within the district. The older residents do feel like the upgrade is worthwhile, but they are wondering whether their part of the neighbourhood will also increase in quality. They also wonder if they can still stay in the area if this happens.

ERASMUSPARKBUURT - NATURAL ENVIRONMENT

ERASMUSPARK



The Erasmus Park is located on the Jan van Galenstraat in Amsterdam West. In 1926, plans were made to create a 12 hectare park, but due to a crisis in 1927, only 4 hectares were initially built with an access bridge from Jan van Galenstraat. In 1960/1961, the park was redesigned inspired by paintings from Piet Mondrian's, featuring straight paths with right angles and a large central lawn surrounded by trees. The park was updated again in 2000, with a sports field, fitness equipment, and chess tables. The pathways on the north and east sides, which form a ring around the park, are the only parts open at night. To make the lighting more eco-friendly they switched to energy-saving LED lighting in 2009.

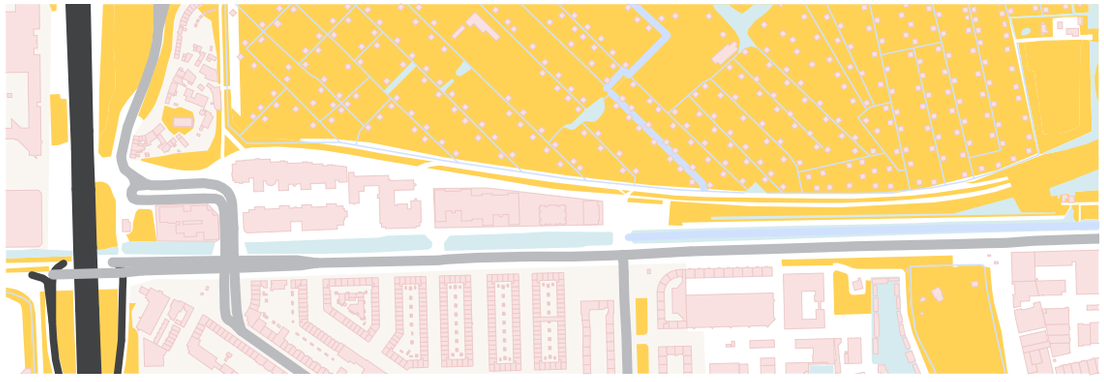
LARGER SCALE ASSETS - NATURAL ENVIRONMENT

REMBRANDTPARK

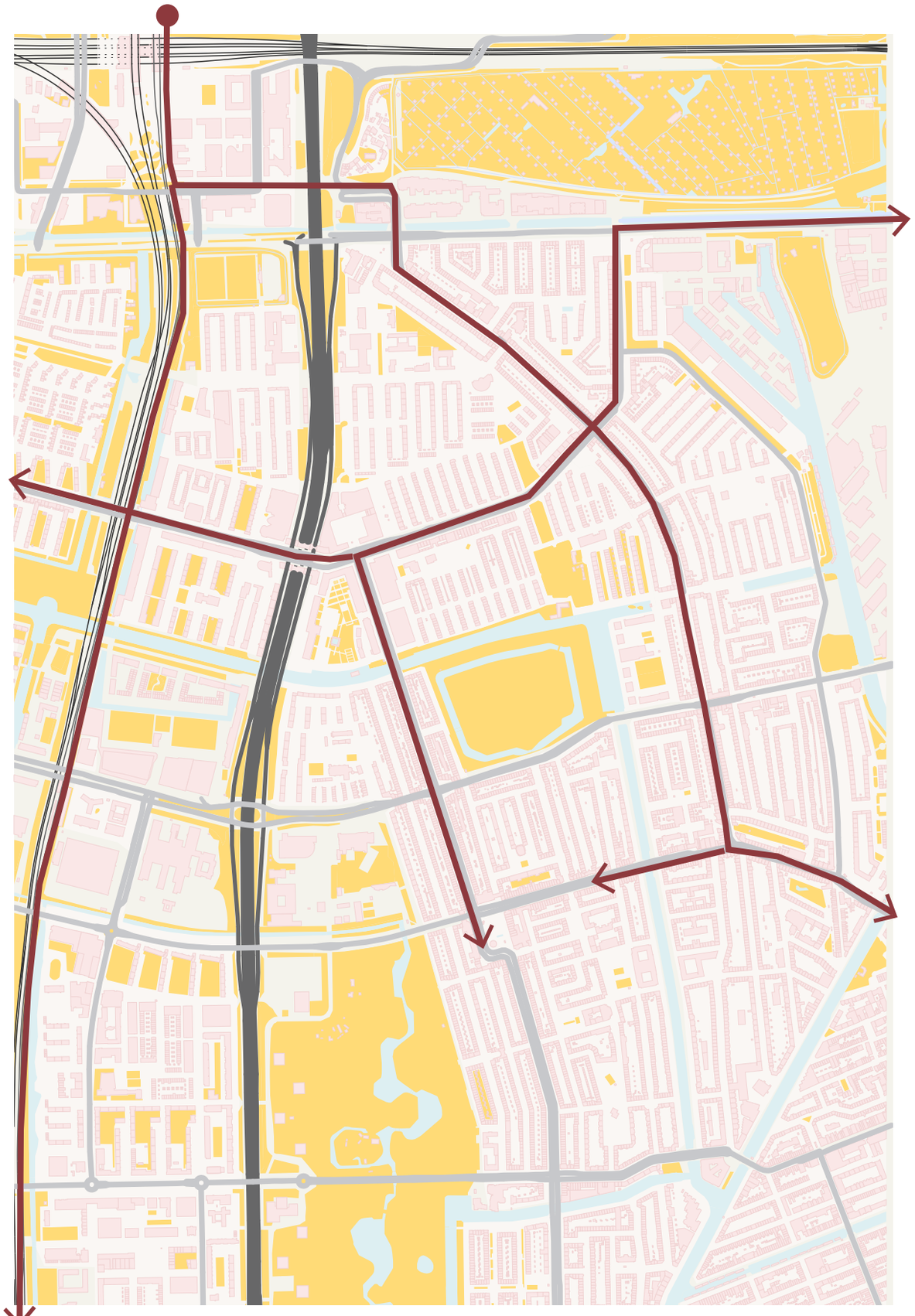


Rembrandtpark in Amsterdam is a large and scenic park in the western part of the city. It offers walking paths, sports fields, and recreational facilities such as tennis courts. The park is popular for picnics, dog walking, and community events. Its tranquil atmosphere and accessibility make it a beloved green space for locals and visitors alike.

WESTERPARK



Westerpark in Amsterdam is a multifunctional park with a rich history and cultural significance. The park originally served as an industrial area with gasworks and railway yards. In the 20th century, the area underwent a significant redevelopment, transforming it into a recreational space. The highlight is the complex of the 'Westergasfabriek'. This currently hosts events, festivals, and houses restaurants and cafés. The areas also features a large field where people can hangout and come together for a barbecue, long walkways, ponds, and sports facilities. The park's multidimensional aspects and vibrant atmosphere make it a popular destination for locals and tourists.



INFRASTRUCTURAL ASSETS - ACTIVE ENVIRONMENT

A10

The A10 motorway passing through Bos en Lommer in Amsterdam is a vital artery connecting different parts of the city and serving as a major transportation route. It plays a crucial role in facilitating the movement of people and goods in and out of Amsterdam. However, its proximity to the Bos en Lommer neighbourhood also presents challenges such as noise and pollution for residents. Efforts to mitigate these impacts and enhance connectivity are ongoing, with initiatives focusing on improving public transportation and urban planning strategies.

PUBLIC TRANSPORT

In Bos en Lommer, Amsterdam, public transport options include buses and trams, offering frequent service throughout the neighbourhood and connecting to other parts of the city. While there are no metro lines directly in Bos en Lommer, there is a metro line on the border of the area. Stations like Jan van Galenstraat and De Vlugtlaan provide access to the metro network of Amsterdam. Both Amsterdam Central Station and Sloterdijk Station are easily reachable by bike or with bus/tram from Bos en Lommer, making it convenient for commuters and travellers to access regional and national train services.

ANALYSIS - ACADEMIC PERSPECTIVE

ENVIRONMENTAL FACTORS



Grounded in the theoretical background and literature on inclusive and restorative urban design, this paragraph delves into the environmental factors that enhance these settings within the urban fabric. It explains the six guiding themes derived from the former literature and uses them to analyse the case study Bos en Lommer from an academic perspective. The six themes are utilized to confirm the existing qualities and downfalls of this area in regard to the inclusive and restorative living environment.

The six environmental themes

1. Natural Environment: Incorporating natural elements within the built environment stimulates restorative activities. Green and blue structures, ranging from low-use to high-use elements, play a crucial role in providing different experiences—from peaceful rest to active exploration. Ensuring the availability of these qualities for all groups is paramount in creating an inclusive environment.

2. Safety: The feeling of safety is a cornerstone for citizens' well-being. Addressing feelings of unsafety is crucial for creating a restorative environment. Unsafety can also be influenced by the lack of social cohesion and segregation, making safety relevant for both design methods used in this thesis. An inclusive environment must ensure safety for every group.

3. Active Environment: An active environment is key to stress reduction. Design principles that induce active behaviour, such as improving accessibility for cyclists and pedestrians and creating spaces for both indoor and outdoor sports, are pivotal. Accessibility takes centre stage in inclusive design, much like in the natural environment.

4. Social Environment: Elevating the level of social interaction and cohesion is vital for restorative environments. Inclusive spaces that cater to diverse groups and their needs play a significant role. Striking a balance is essential; the social environment should be inclusive yet create a sense of belonging for different groups.

5. Sensory Environment: While not a primary factor in inclusive design, the sensory environment plays a crucial role in restoration. Certain sensory experiences, like soothing sounds and inspiring visuals, contribute to restorative effects. Conversely, loud noises and polluted air can induce stress, undermining the essence of a restorative environment.

6. Engaging (playable) Environment: The environment should be playable and engaging for all ages. This can manifest literally, such as through skate parks and playgrounds, or more abstractly, with aesthetically pleasing architecture and natural environments that inspire playful engagement and interaction.

In the graphic on the right page the design principles connected to each design theme are shown. Starting from here, throughout the following sections, each theme will be carefully unpacked, guided by knowledge from literature.

There will be an extra emphasis on inclusivity with this case study which comes from a pronounced current relevance within the neighbourhood of Bos en Lommer. Throughout the exploration of each theme, actualities from news platforms will be inserted, offering a nuanced understanding of the challenges and opportunities inherent to the case study.

NATURAL ENVIRONMENT



NATURAL ENVIRONMENT

green structures	recharge
blue structures	diversity
engaging	security
sensory experience	quality
water/green elements	activities

ACTIVE ENVIRONMENT



ACTIVE ENVIRONMENT

rewarding	public transport
diversity	shared mobility
sports	security
proximity	quality
walkability	bikeability

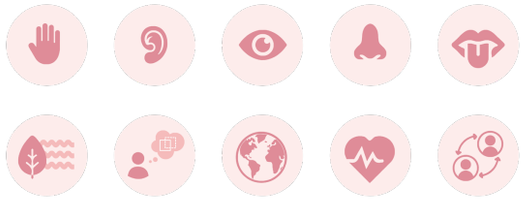
SAFE ENVIRONMENT



SAFE ENVIRONMENT

maintenance	ownership
lighting	surveillance
sightlines	wayfinding
"eyes on the street"	quality
social interaction	slow traffic

SENSORY ENVIRONMENT



SENSORY ENVIRONMENT

smell	natural elements
sound	cultural/societal values
taste	familiarity
touch	health
sight	sixth sense

SOCIAL ENVIRONMENT



SOCIAL ENVIRONMENT

participatory	3th places/ social interaction
diversity	(health)equity
engaging spaces	(social) security
flexibility	accesability
natural environment	sense of belonging

ENGAGING ENVIRONMENT



ENGAGING ENVIRONMENT

creative	age appropriate
sports amenities	multifunctional
diversity	security
educative	quality
natural environment	activities

PROFESSIONAL ANALYSIS PER THEME

NATURAL ENVIRONMENT (R+I)

GREEN STRUCTURES
As natural elements within the urban environment are quite established as restorative factors, it seems that consistency of ‘greenness’ may even be more important. (McCay et al., 2019) While a singular, large park holds potential for delivering mental health benefits, maximizing these benefits require a commitment to widespread integration of green spaces. Additionally, enhancing connectivity and accessibility through the creation of larger green structures such as bikeable or walkable green corridors. Enhancing this accessibility is also important in creating equitable green environments. (Roe & McCay, 2021; Gardner, 2018)

BLUE STRUCTURES
Water structures provide additional restorative qualities compared to green spaces. Interaction with blue spaces, such as rivers or lakes, can offer opportunities for activities like swimming, canoeing and walking along the shore are waterfront. Factors contributing to the restorative qualities include; direct contact; duration of contact; and diversity of water elements. For the implementation, Roe & McCay (2021) developed several design principles, such as; easy public access to waterfronts; providing safe water (play) areas for children; and offering various structures catering different activities like running, relaxing and playful engagement.

SENSORY EXPERIENCE
It is important to consider the sensory experiences within the natural environment. Incorporate elements such as fragrant flowers or different textures and colours. Sounds that are increased by the development of natural environments can be the rustling of leaves, flowing of water or the sounds of birds singing. These elements can engage visitors’ senses and evoke positive emotional responses. Another quality of the natural environment is the ability to form an absorbing barrier, soothing negative sounds, like loud noise from cars. (Roe & McCay, 2021)

ENGAGING
The natural environment should offer different levels of engagement. Starting with views of greenery, even from a distance this can have an significant positive impact. (McCay et al., 2019) On a more intense level of engagement designers could incorporate; educational signage, interpretive features; and organised programs within green spaces to enhance visitor experiences. Educational elements could also provide information about the benefits of nature and the sustainable impact on the local ecology. (Roe & McCay, 2021)

WATER/GREEN ELEMENTS
For the same reason that it is important to integrate larger green structures it is also important to integrate smaller green elements like, street trees, small flower beds and pocket parks. Increasing the overall greenness of a place and making sure that people come across natural elements more often for example during their necessary activities, navigating to their workplace or to do groceries. This is not only important for green elements, but also for water elements. Additionally, water elements can offer a spark of fascination and soft attention which is a key characteristic for the ‘ART’. (Kaplan, 1995; McCay et al., 2019; Roe & McCay, 2021)

diversity = biodiversity & suitable for all activities and all people & diverse natural environments



engaging environments can be created by using different strategies. These can be educative, creative, interactive etcetera.

RECHARGE
It is important to offer green spaces that provide people with the opportunity to recharge. This spaces should cater different needs, including; shaded spots, spots in the sun, more secluded seating areas and seating arrangements that promote social interaction. Ample seating areas can also increase the likelihood of active behaviour by providing enough space to rest. (Roe & McCay, 2021)

DIVERSITY
Natural environments should be designed with a large variety of plant species that cater to seasonal changes and offer visual variability throughout the year. This diversity provides a dynamic experience for visitors and keeps the environment engaging and enjoyable. Moreover, diversity within the natural environment offers a multitude of activities (relaxing, sports, social interaction) appealing to various people with different tastes/ interests. (McCay et al., 2019) This increases the ability of the environment to foster fascination in its users, and makes them comparable two different target groups. These are two of the characteristics catering restoration according to the ‘ART’. (Kaplan, 1995)

SECURITY
There is no assurance that the mere presence of natural environments will achieve its positive potential on mental well-being. If spaces have poor qualities and do not offer security this will cause people to develop negative feelings. (McCay et al., 2019) It will also decrease their opted activities such as, leisurely walks or spontaneous gatherings. (Hanafi et al., 2013)

QUALITY
The quality provided by the natural environment enhances the positive experience and impact of the structures/elements on mental well-being (Roe & McCay, 2021). Equity in aesthetics, maintenance, and quality are also identified as important elements by the inclusive design method proposed by Gardner (2018). Additionally, optional activities are greatly enhanced by the quality of the environment. Activities such as leisurely walks or spontaneous gatherings thrive in spaces that offer aesthetic appeal. This contributes to a more vibrant dynamic, increasing vitality (Hanafi et al., 2013).

ACTIVITIES
Integrate spaces that encourage physical activity and play within green areas. Provide amenities like walking and jogging paths, bicycle lanes, sports courts, and playgrounds to promote exercise and social interaction, which are beneficial for mental health. (McCay et al., 2019)

DE WESTKRANT

Buurtleven | Columns | Groen & Duurzaam | Nieuws

Minder blik, meer ruimte – column Carolien de Heer, dagelijks bestuurder stadsdeel West

Door **Bijdrage partner stadsdeel West Amsterdam** - 15 september 2021

als ze dat willen, een pilot met zo'n 'hub' kunnen krijgen. Ook mogen ze zeggen waar die elektrische fietsen, -bakfietsen, -scooters en -auto's dan moeten komen te staan. Moet gezegd, veel plaats is er niet, want de straten staan vol met fietsen en auto's en de werkzaamheden aan kades en bruggen maken de parkeerruimte alleen maar beperkter. Begrijpelijk dat er enige scepsis is rond deze proef. Niet alleen over de ruimte, maar ook over de commerciële aanbieders en de prijskaartjes die aan hun hippe producten hangen. Die scepsis heb ik ook: ik vind het huren van zo'n mooi duurzaam vervoermiddel namelijk best prijzig. Het is duidelijk dat dit niet voor iedereen bereikbaar is, en dat een al dan niet roestige fiets voor de deur voor velen een betere en betaalbaardere optie is. Voor autobezitters kan het wel een interessant alternatief zijn en aangezien een elektrische deelauto gemiddeld leidt tot vier auto's minder in de buurt, vind ik dit wel een aspect om nader te bekijken.

...

overstap te maken van autobezit naar duurzaam autogebruik. Het zou natuurlijk mooi zijn als we op termijn veel minder auto's in de straten hebben, zodat we bij herinrichtingen kunnen zorgen voor meer groen, bankjes en speelplekken. De stad moet leefbaar blijven en de openbare ruimte is schaars, zeker in West, het meest verdichte stadsdeel van Amsterdam.

DE WESTKRANT

Hier kun je zien welke bomen in je buurt worden gekapt

Door **Richard Mooyman** - 6 augustus 2021

De kap is volgens de gemeente nodig omdat de bomen ziek zijn, bijna dood, te weinig ruimte hebben of gevaar opleveren omdat ze om kunnen waaien of takken afbreken. I gemeente stelt dat alle bomen worden vervangen.

DE WESTKRANT

Bos en Lommer | Buurtleven | De Baarsjes | Groen & Duurzaam | Nieuws

Plan voor meer bomen en natuur in Erasmuspark

Door **Richard Mooyman** - 7 februari 2022

Buurtbewoners gaan graag naar het Erasmuspark. Om te wandelen, sporten, picknicken of iets lekkers te halen bij paviljoen Terrasmus. Geliefd is ook de speeltuin. Maar het park is 'sober' en heeft 'weinig groenkwaliteit', zo vindt stadsdeel West. En dat terwijl het er steeds drukker wordt.

DE WESTKRANT

Bos en Lommer | Buurtleven | Nieuws

Nu geen fietspad langs Erasmusgracht, later misschien wel

Door **Richard Mooyman** - 19 september 2023



De Erasmusgracht, met uiterst rechts het huidige voetpad. (Foto Richard Mooyman)

De aanleg van een fietsroute langs de Erasmusgracht in Bos en Lommer is voorlopig van de baan. Maar het plan is niet definitief geschrapt. De gemeente gaat later opnieuw kijken of er een doorgaande fietsverbinding moet komen.

Dat blijkt uit een brief van portefeuillehouder Ester Fabriek aan de stadsdeelcommissie West. Tegen een mogelijk fietspad langs de noordkant van de Erasmusgracht -waar nu een voetpad loopt- is veel verzet in de buurt. Een petitie tegen het fietspad is vorig jaar meer dan 1500 keer ondertekend.

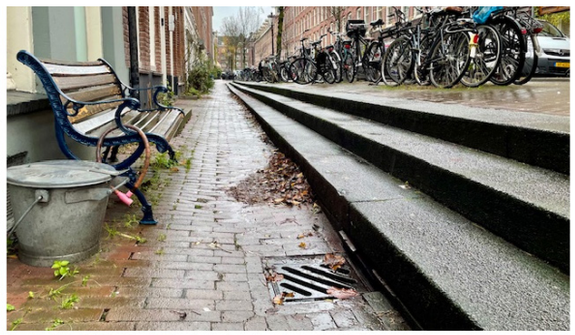
Buurtbewoners vrezen dat zij niet meer rustig en veilig langs de Erasmusgracht kunnen wandelen of ontspannen als er een doorgaande fietsroute komt. Ook zouden honden niet meer veilig kunnen worden uitgelaten. En de tijdwinst voor fietsers zou minimaal zijn.

DE WESTKRANT

Buurtleven | De Baarsjes | Groen & Duurzaam | Nieuws | Oud-West | Westerpark

Delen van West kwetsbaar voor wateroverlast extreme hoosbuien

Door **Richard Mooyman** - 27 november 2023



Een straat in de Bellamybuurt, die volgens de gemeente zeer kwetsbaar is voor wateroverlast. (Foto Richard Mooyman)

DE WESTKRANT

Bos en Lommer | Buurtleven | Groen & Duurzaam | Nieuws

Verwilderde binnentuin Landlust nu 'groene oase' voor bewoners

Door **Richard Mooyman** - 7 juli 2023

Ontmoetingsplekken

In samenwerking met De Gezonde Stad werd bewoners gevraagd wat voor binnentuin zij graag wilden. Van Schijndel verwachtte dat zij een plek wilden om te sporten en te bewegen, maar de meesten wilden vooral rust. Er staan dus geen fitnessapparaten of speeltoestellen. Wel wilden ze ontmoetingsplekken. Je kunt er nu zitten, samen moestuinieren en voor jonge kinderen is ruimte om te spelen.

DE WESTKRANT

Buurtleven | De Baarsjes | Nieuws

Bewoners willen: Meer groen en fietsparkeerplekken Witte de Withstraat

Door **Richard Mooyman** - 10 juli 2023

DE WESTKRANT

Buurtleven | Groen & Duurzaam | Nieuws | Westerpark | Stadsdeelbrouwt

'Westerpark steeds drukker en rommeliger'

Vrienden van het Westerpark willen advies ontwerpster Kathryn Gustafson over aanpassingen

Door **Richard Mooyman** - 22 maart 2023

Hoog tijd voor een 'overkoepelende visie', aldus Pos. "Iedereen is het erover eens dat het steeds drukker wordt in Westerpark. Er komen nieuwe wijken aan en Haven-Stad, voorlopig zonder eigen park. Er moet een stip op de horizon komen: wat voor park willen we zijn?"

DE WESTKRANT

Buurtleven

Ideeën gezocht voor een beter, groener of inclusiever West

Door **Bijdrage partner stadsdeel West Amsterdam** - 21 juni 2023

DE WESTKRANT

Bos en Lommer | Buurtleven | De Baarsjes | Groen & Duurzaam | Nieuws

Barrière tegen fietsers Erasmuspark

Door **Richard Mooyman** - 14 oktober 2022



Nieuwe fietssluis bij de ingang van het Erasmuspark. (Foto Richard Mooyman)

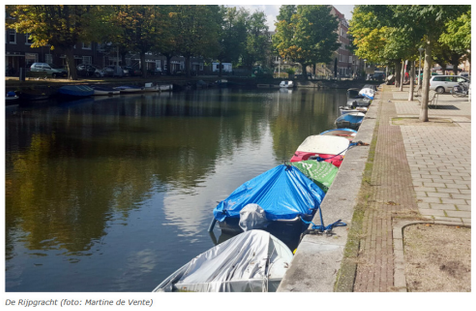
Fietssluizen en extra borden moeten fietsers tegenhouden bij de ingang van het Erasmuspark. Fietsen was al niet toegestaan, maar het gebeurde toch. Dit tot grote ergernis van onder meer hondenbezitters, die de kwestie aankaartten tijdens een vergadering van stadsdeelcommissie West.

DE WESTKRANT

Bos en Lommer | Buurtleven | Nieuws | Oud-West | Wonen

Bewoners Rijpgracht willen geen tijdelijke woonboten voor de deur

Door **Martine de Vente** - 24 maart 2021



De Rijpgracht (foto: Martine de Vente)

De Rijpgrachtbewoners vrezen voor hun woongenot en aanlegplekken voor hun eigen bootjes. Verder zijn ze bang voor overlast en ongedierte en dat de sanitaire voorzieningen van de boten uitkomen in de doodlopende gracht.

DE WESTKRANT

Bos en Lommer | Buurtleven | Groen & Duurzaam | Nieuws

Groen op parkeerplekken bij Wachterliedplantsoen

Door **Richard Mooyman** - 17 april 2023



Op de afgesloten parkeerplaats komt meer groen. (Foto Richard Mooyman)

Een parkeerterrein naast het Wachterliedplantsoen is enkele jaren geleden afgesloten na klachten over overlast door parkerende bezoekers. Op het terrein in Bos en Lommer komen nu bomen en ander groen. Ook is er sprake van een zone voor een buitenbios en 'kleine educatieve optredens'.

De buurt had 's avonds en 's nachts last van jongeren die er auto's parkeerden en rondhingen. De gemeente sloot het terrein aan de Reinaert de Vosstraat af. Er staan al enkele bakken met groen, maar nu komt er een definitieve invulling. Buurtbewoners kunnen laten weten welk groen hun voorkeur heeft.

DE WESTKRANT

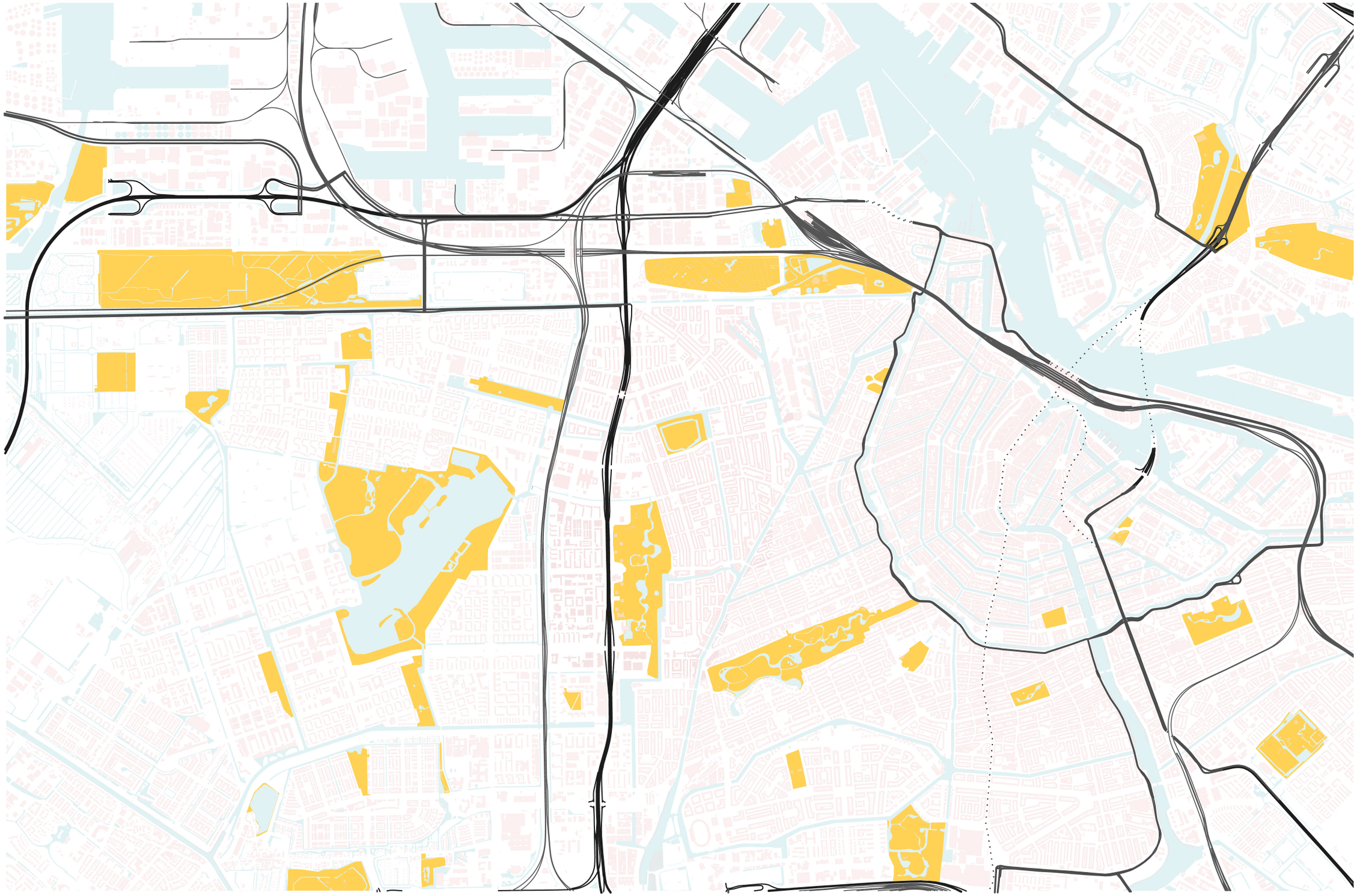
Bos en Lommer | Buurtleven | Groen & Duurzaam | Nieuws

Barbecueën, hond uitlaten, zwemmen. Zo moet het Erasmuspark 'toekomstbestendig' worden

Door **Richard Mooyman** - 10 november 2022

vanaf volgend jaar worden doorgevoerd in het populaire buurtpark. Uit een enquête is gebleken dat er onder buurtbewoners en bezoekers zorgen zijn over verdwenen bomen, bergen afval, gevaarlijke situaties door fietsers en dat honden, baasjes en barbecueënde mensen soms last hebben van elkaar, aldus het rapport. Ook zijn 'ecologische knelpunten' geconstateerd.

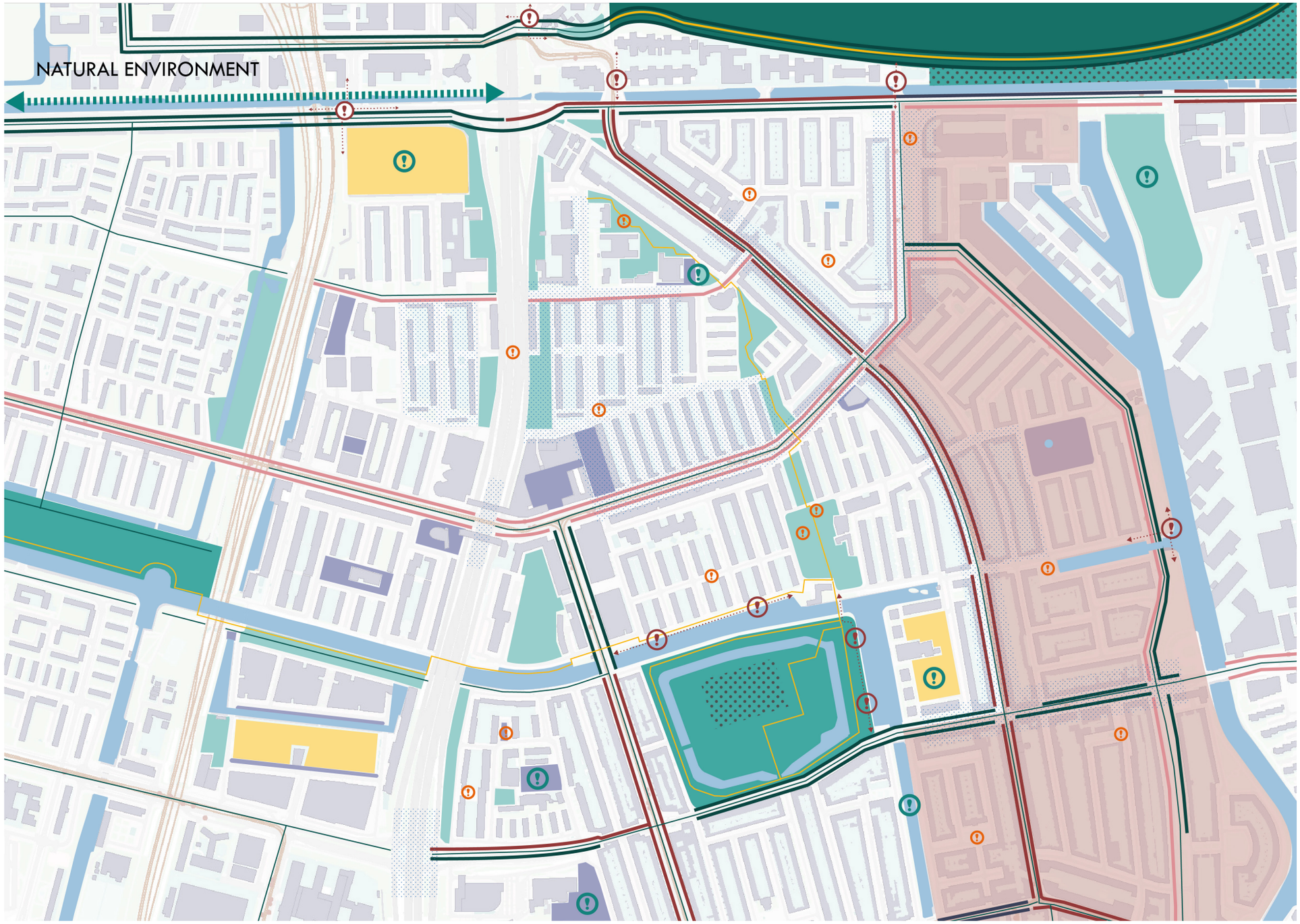
LARGE SCALE NATURAL ENVIRONMENT

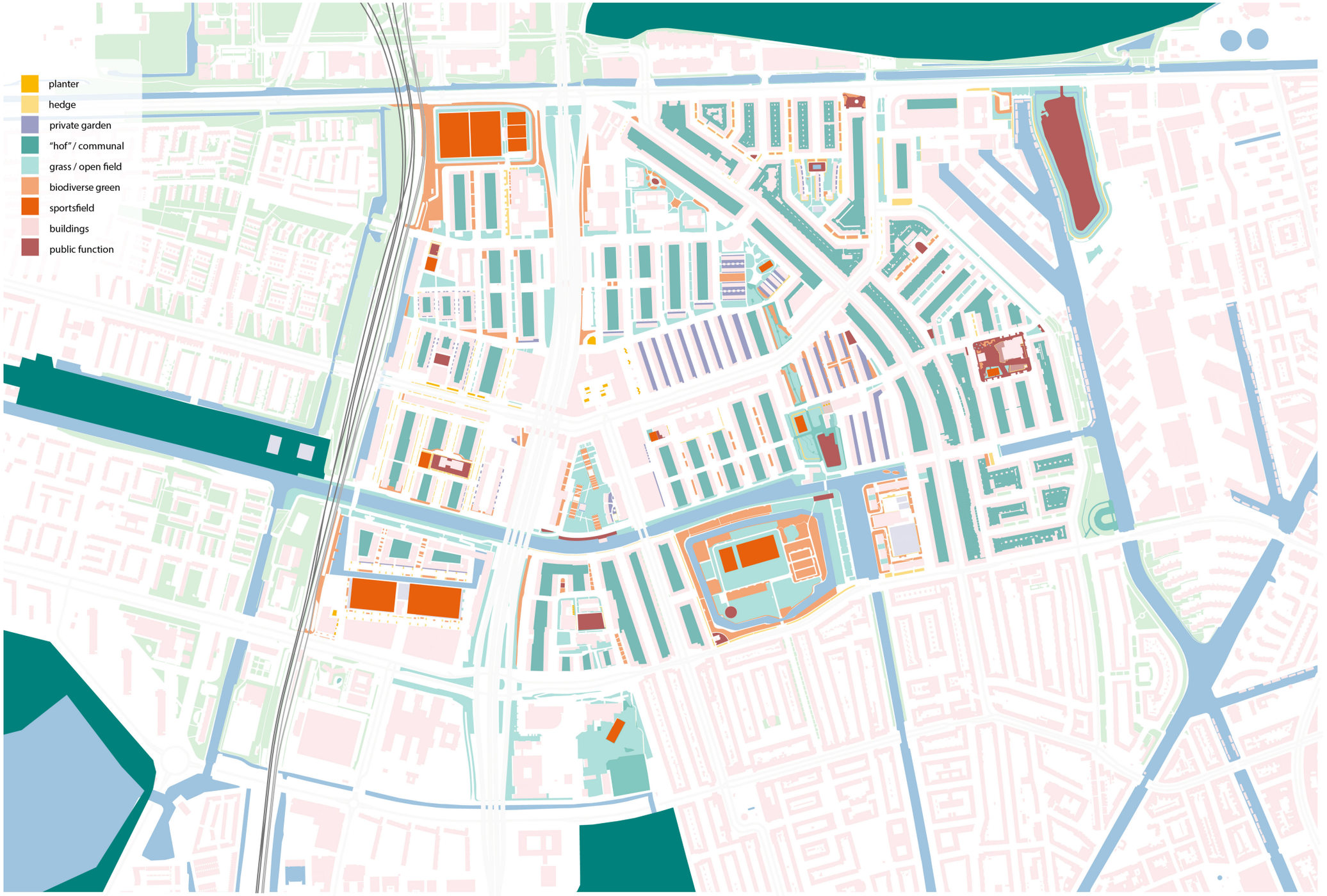


ACADEMIC EVALUATION - NATURAL ENVIRONMENT

- high quality green
- city park
- other green
- sports park
- square w/ green elements
- barbeque area
- corridor
- groenarme buurt
- wateroverlast
- improvement area street green
- improvement area bicycle route
- improvement area green spaces
- recreational route (pedestrian)

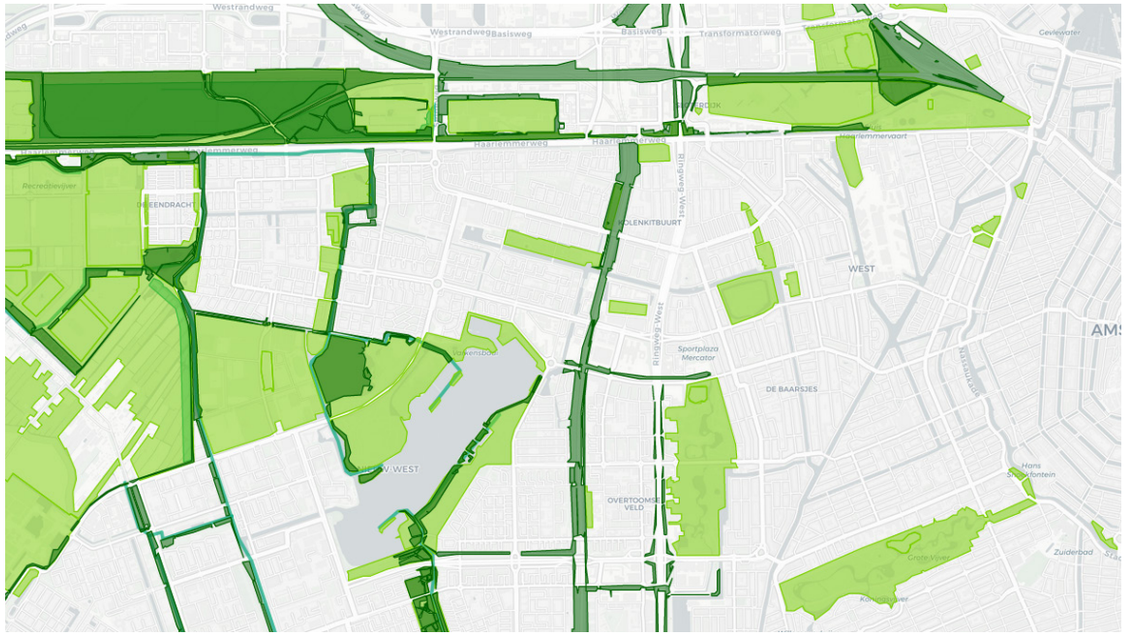
- "hoofdbomenstructuur"
- good quality
- improvement area trees
- spatial improvement area
- improvement area trees and spatial aspects




planter
hedge
private garden
“hof” / communal
grass / open field
biodiverse green
sportsfield
buildings
public function
0
100 m
800 m



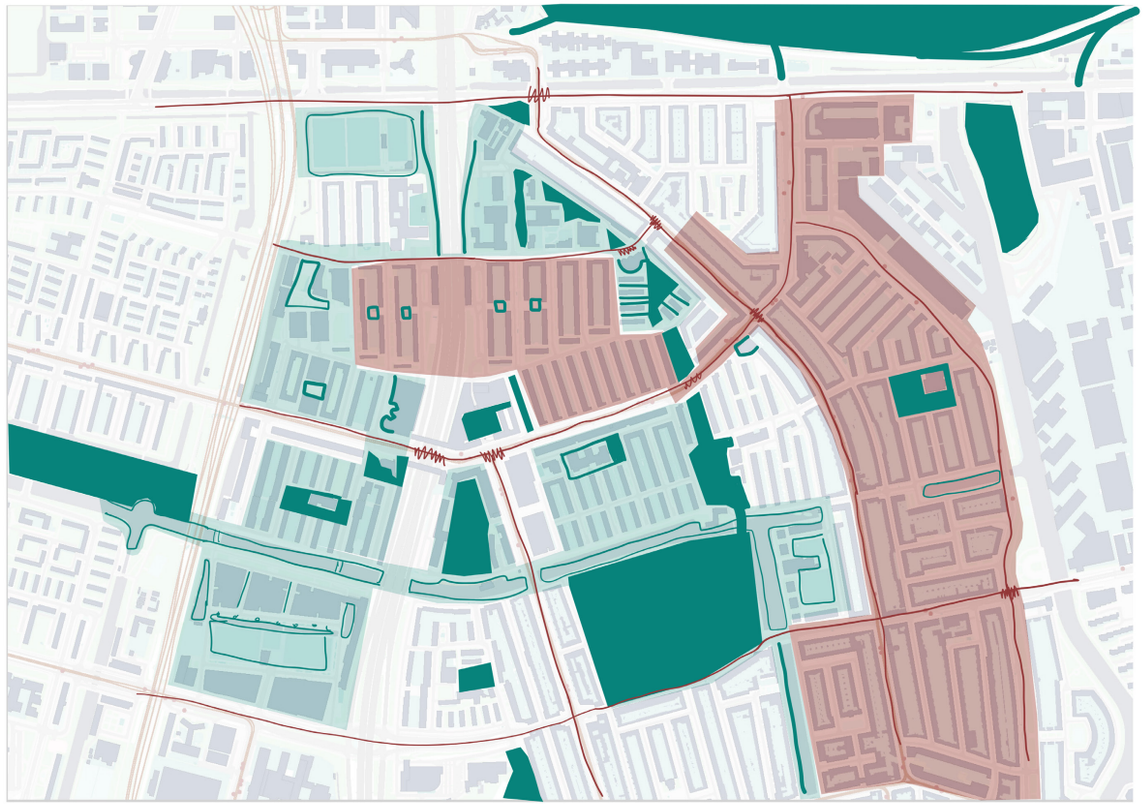
AVAILABILITY - NATURAL ENVIRONMENT



Source: Interactive Map: Natural environment (Gemeente Amsterdam, n.d.)

When we look at the natural environment in and around Bos en Lommer, we can see that the natural areas are gradually becoming smaller and less dense as we get closer to the centre of Amsterdam. This means for Bos en Lommer that it is fairly close to the outskirts, and as a result, there are options to go to green environments. This can also create the feeling of "being away," a concept derived from Kaplan's attention restoration theory (1998). However, visiting these outskirts does take more time than visiting nature nearby. What stands out in the neighbourhood itself is that there are mainly medium-sized green structures, including the Erasmuspark. There are only few connections between the green areas in these regions (the dark green highlighted areas), making it less easy to navigate between natural areas within the neighbourhood.

CONCLUSION NATURAL ENVIRONMENT



At the end of the upcoming paragraphs, there will be a conclusion map related to the discussed theme. Each map will indicate in red the negative aspects within the theme based on the spatial analysis of the area. On this page, we see the conclusion map of the natural environment of Bos en Lommer. Positive elements such as parks and waterfronts where you can sit or walk are highlighted. In red, we specifically see the parts of Bos en Lommer where, according to extensive analyses by the municipality of Amsterdam (Gemeente Amsterdam, 2022; Gemeente Amsterdam, n.d.; OIS & Gemeente Amsterdam, 2021), there is either a lack of green spaces, a lack of qualitative green, or an issue with water-management due to excessive densification and pavement. From this information we could conclude that the problems are mainly located in Landlust, particularly in the areas that have not yet been renovated and where a large portion of the housing is social rental.

PROFESSIONAL ANALYSIS PER THEME

ACTIVE ENVIRONMENT (R+I)

REWARDING
Creating incentive for active transportation can be achieved through various environmental aspects. Urban designers can focus on creating higher quality public spaces that are aesthetically appealing, engaging, and inclusive. Incorporating open-air art installations, educational displays, and inspiring objects throughout the cityscape can further enhance the walking and cycling experience. These elements not only serve as rewards for active transport but also contribute to a sense of community and cultural enrichment.

DIVERSITY
Diversity in facilities and active infrastructures cater to the diverse interests of visitors and inhabitants. Urban designers should strive to create a variety of amenities suitable for different age groups, abilities, and interests. This may include skate parks, fitness zones, community gardens, and cultural spaces. Collaborating with local communities and conducting user surveys can help identify specific needs and preferences. (Roe & McCay, 2021; Gardner, 2018)

SPORTS
The inclusion of indoor and outdoor sports facilities is crucial for promoting an active lifestyle. Urban designers can incorporate parks, playgrounds, sports fields, and courts into the cityscape. These spaces should be easily accessible, well-maintained, and equipped with adequate lighting to enable evening activities. Proximity and accessibility of these facilities are crucial for increasing their utilisation numbers.

PROXIMITY
The proximity of amenities to residential areas plays a crucial role in increasing active behaviour. When amenities such as parks, sports facilities, and recreational spaces are located within walking or cycling distance from homes, residents are more likely to engage in physical activities. Urban designers should consider the distribution and accessibility of amenities throughout the city, ensuring that they are evenly distributed across neighbourhoods and easily reachable by foot or bike. This encourages regular physical activity, improves public health, and strengthens community connections.

WALKABILITY
Urban designers can prioritise walkability by designing pedestrian-friendly streets and pathways. Wide pavements, abundant greenery, and comfortable seating areas can create an inviting atmosphere for pedestrians. Additionally, implementing traffic-calming measures and reducing car traffic in certain areas can further enhance walkability.

PUBLIC TRANSPORT
Designing public transport systems that are accessible, efficient, and well-connected encourages residents to utilise public transportation. This often involves walking or cycling for short distances in order to reach local mobility hubs or public transport stops. Accessible public transport has the ability to promote an increased radius in which people move. This will enable people to visit destinations further away, possibly resulting in a rise in the number of acitivites they engage in. Especially for individuals who have difficulty walking. (Roe & McCay, 2021)

SHARED MOBILITY
To reduce car dependency and promote active transportation, urban designers should encourage the use of shared mobility options, such as bike-sharing programmes.

SECURITY
There is no assurance that the mere presence of active environments will achieve its positive potential on mental well-being. If spaces have poor qualities and do not offer security this will decrease their active behaviour and cause them to develop negative feelings. (McCay et al., 2019; Hanafi et al., 2013) Urban designers should prioritise the implementation of adequate lighting, clear signage, and well-maintained infrastructure to ensure the safety of pedestrians and cyclists.

QUALITY
Creating high-quality outdoor and public spaces encourages residents to engage in various activities. Additionally, optional activities are greatly enhanced by the quality of the environment increasing the active behaviour of residents. Incorporating elements like; comfortable seating; natural structures offering the possibility to shade; and amenities, such as public toilets, further enhance the appeal and functionality of these spaces. (Hanafi et al., 2013).

BIKEABILITY
To promote cycling as a viable mode of transportation, urban designers should establish a comprehensive cycling network. This includes designated cycle lanes separated from vehicular traffic, clear signage, and well-maintained infrastructure. Bike-sharing programmes and secure cycle parking facilities should also be implemented to facilitate cycle use and storage.

DE WESTKRANT

Buurtleven Nieuws Westerpark

Veiligere inrichting kruispunt Haarlemmerweg

Door **Richard Mooyman** - 10 november 2022

DE WESTKRANT

Buurtleven Nieuws Westerpark

Actie voor zebra bij gevaarlijke oversteek Jan van Galenstraat

Door **redactie De Westkrant** - 27 maart 2023

DE WESTKRANT

Buurtleven Nieuws Oud-West

Plan kleinere voetbalkooi splijt buurt en politiek in West

Door **Richard Mooyman** - 12 juli 2023

Een meerderheid van de stadsdeelcommissie West steunt de plannen om de voetbalkooi bij het WG-terrein in Oud-West fors kleiner te maken. Het dagelijks bestuur van West wil op die manier de geluidsoverlast beperken.

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws

Nu geen fietspad langs Erasmusgracht, later misschien wel

Door **Richard Mooyman** - 19 september 2023



De Erasmusgracht, met uiterst rechts het huidige voetpad. (Foto Richard Mooyman)

Buurtbewoners vrezen dat zij niet meer rustig en veilig langs de Erasmusgracht kunnen wandelen of ontspannen als er een doorgaande fietsroute komt. Ook zouden honden niet meer veilig kunnen worden uitgelaten. En de tijdwinst voor fietsers zou minimaal zijn.

Geen fietsroute door Marieken van Nimwegenstraat
De gemeente heeft de aanleg van een alternatieve fietsroute onderzocht door de nabijgelegen Marieken van Nimwegenstraat. Dat is niet mogelijk, meldt Fabriek. Er moeten dan veel parkeerplaatsen verdwijnen en bomen worden gekapt. Ook is er geen geld voor een volledige herinrichting.

DE WESTKRANT

Bos en Lommer Buurtleven De Baarsjes Nieuw-West Nieuws Westerpark

‘Stad autoluw en meer woningen? Bezuinig dan niet op ov’

Kritiek Rover op schrappen tramlijnen - Pleidooi voor terugkeer lijn 14 in West

Door **Richard Mooyman** - 29 maart 2023



Haal tram 14 terug naar West, zo stelt vereniging Rover. Hier in 2017 nog in de De Clercqstraat. (Foto Richard Mooyman)

DE WESTKRANT

Bos en Lommer Buurtleven De Baarsjes Nieuws Oud-West Nieuw-West Sloterdijk Westerpark

Tram 19 en 3 voorlopig gered, GVB broedt op ander plan

Door **Richard Mooyman** - 13 juni 2023



Foto Richard Mooyman

De tramlijnen 19 en 3 blijven voorlopig door West rijden. Het GVB heeft het plan ingetrokken om tram 19 en 3 volgend jaar te schrappen vanwege bezuinigingen. Wat er in 2024 wel gaat veranderen, is nog niet duidelijk. Het GVB gaat nieuwe plannen maken.

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws

Na overlast bankjes weggehaald op Bos en Lommerweg

Door **redactie De Westkrant** - 23 oktober 2023

DE WESTKRANT

Buurtleven Nieuws

Fietspaden in West te smal, aso-fietser zorgt voor gevaar

Door **Richard Mooyman** - 8 augustus 2023



Drukte op het fietspad in de De Clercqstraat. (Foto Richard Mooyman)

Asociaal rijgedrag van andere, hardrijdende fietsers leidt in de oude wijken tot gevaar en valpartijen. Dat concludeert de Fietsersbond Amsterdam na ruim 300 meldingen bij het eigen meldpunt ongevallen, waarvan bijna 50 uit West. “Veel fietsers zijn bang geworden, het plezier gaat eraf.” Bij een kwart van deze ongevallen was een e-bike betrokken.

“Er ligt een urgente taak voor de gemeente om iets te doen aan de vaak smalle en overvolle fietspaden in de oudste stadsdelen”, zo stelt de Fietsersbond. “Te denken valt aan het instellen van een maximumsnelheid op drukke, smalle fietspaden, of het toelaten van snelle fietsers tot de rijbaan als daar in december een maximum-snelheid van 30 km/u wordt ingevoerd.”

Inhalen te riskant
West kent nog veel smalle fietspaden (1,80 meter breed) waar inhalen ‘eigenlijk te riskant is’, aldus de Fietsersbond. Vaak is het er ook heel druk met fietsers, terwijl de snelheidsverschillen door e-bikes zijn toegenomen. Als problematische fietspaden worden genoemd onder meer de Eerste Constantijn Huygensstraat, Bilderdijkstraat, Tweede Hugo de Grootstraat, Jan Evertsenstraat, Admiraal de Ruijterweg en Overtoom.

DE WESTKRANT

Bos en Lommer Buurtleven Corona De Baarsjes Nieuws Oud-West Westerpark Staatsliedenbuurt Wonen

Voetganger op fietspad in grote winkelstraten van West?

Door **Richard Mooyman** - 12 mei 2020



Kruising Bilderdijkstraat en De Clercqstraat. (Foto Richard Mooyman)

DE WESTKRANT

Bos en Lommer Buurtleven De Baarsjes Kolenkitbuurt Nieuw-West Nieuws Oud-West Westerpark

Parkeren bijna overal fors duurder

Door **Richard Mooyman** - 11 november 2022

DE WESTKRANT

Buurtleven Groen & Duurzaam Nieuw-West Nieuws

Gaan fietstunnels bij het Rembrandtpark er zo uitzien?

Door **redactie De Westkrant** - 31 juli 2023



Een van de fietstunnels bij het Rembrandtpark nu. (Foto Richard Mooyman)

DE WESTKRANT

Buurtleven Groen & Duurzaam Nieuw-West Nieuws

‘Maximum-snelheid op fietspad niet mogelijk’

Door **Richard Mooyman** - 22 maart 2023



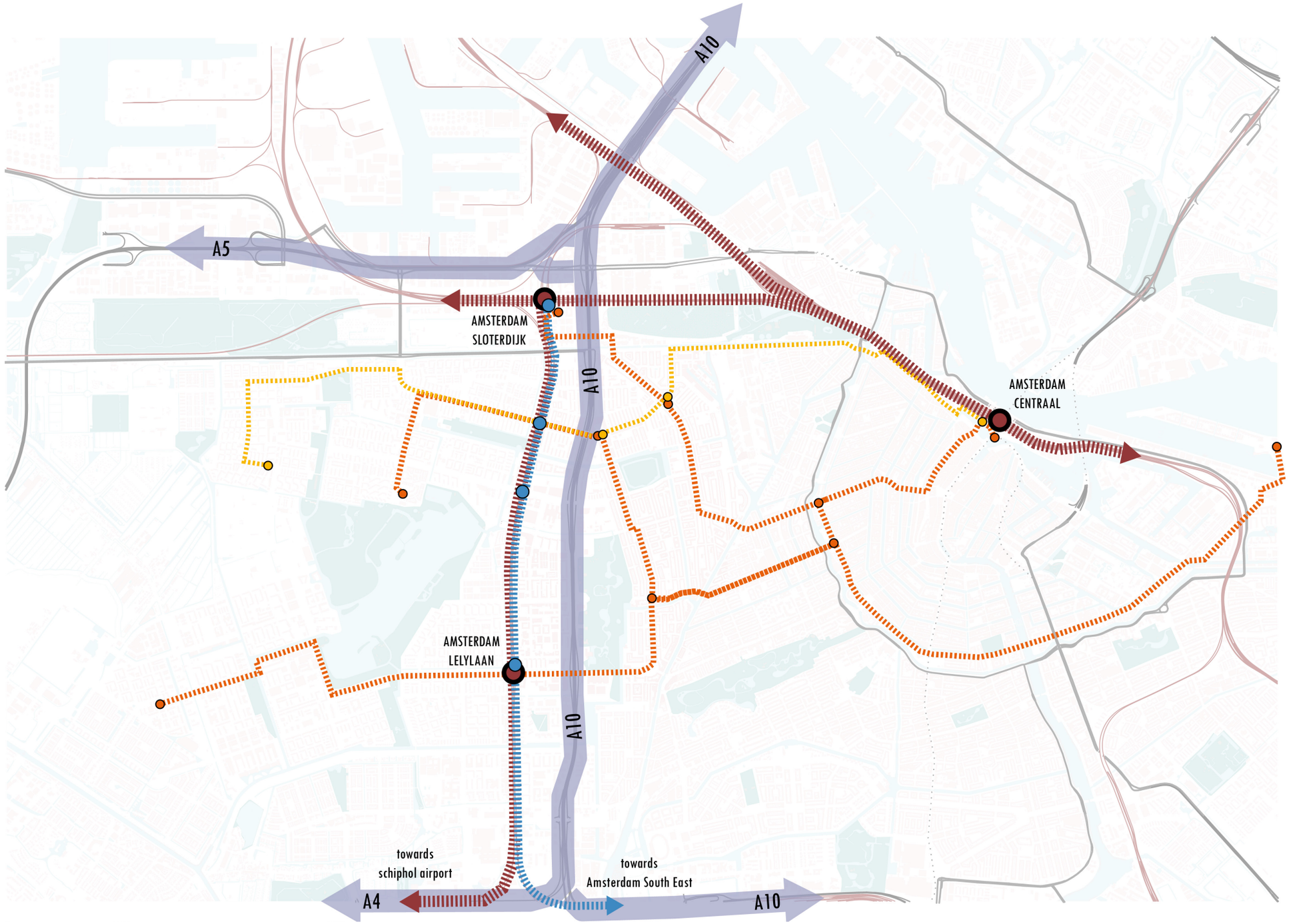
Fietspad in de vernieuwde Kinkerstraat. (Foto Richard Mooyman)

Fietspaden worden steeds drukker met ook een toenemend aantal e-bikes, waardoor de snelheidsverschillen groter worden. Veel fietsers voelen zich onveilig op het fietspad. "Het gevoel van onveiligheid heeft mogelijk tot gevolg dat mensen minder durven te fietsen, wat uiteraard zeer onwenselijk is", aldus Van der Horst.

Ongevallen
Het aantal ongevallen met e-bikes is in een jaar tijd met 50% toegenomen, maar volgens Van der Horst is dit te verklaren door het sterk toegenomen gebruik van elektrische fietsen. "Het is nog niet aangetoond of dit ook per gefietste kilometer tot meer ongevallen leidt."

LARGE SCALE CONNECTIVITY

Metro
Bus
Train
Tram
Highway
Metrostop
Busstop
Trainstop
Tramstop



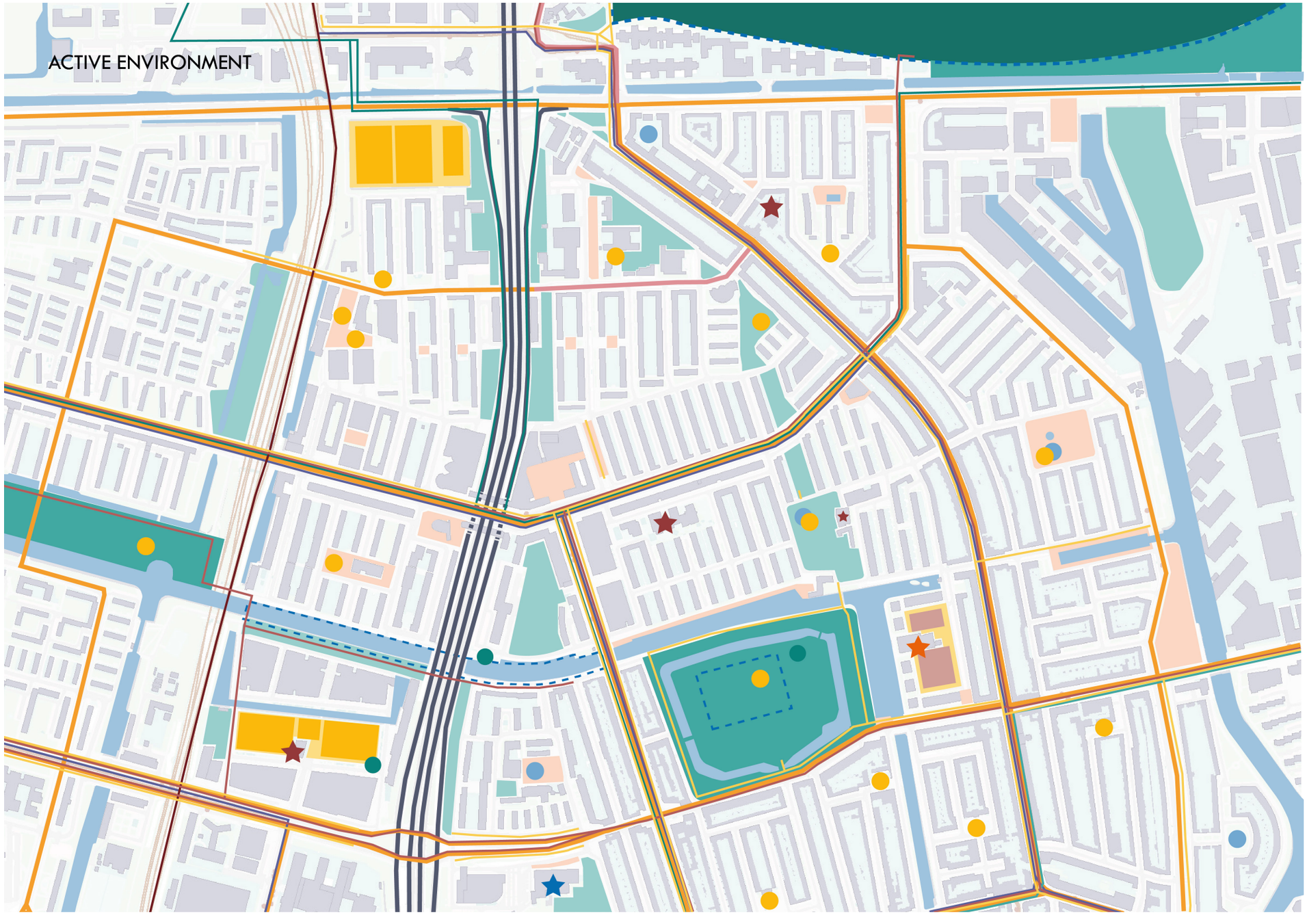
ACADEMIC EVALUATION - ACTIVE ENVIRONMENT

soccerfields
tennisfields
soccer
bootcamp/fitness
basketball
sporthall
swimminghall
tennishall
running route

plusnet tram
plusnet bus
plusnet metro
plusnet pedestrian
plusnet bikes

30 km/h
50 km/h
80 - 120 km/h

high quality green
city park
other green
sports park
public space
w/ benches



PUBLIC TRANSPORT STOPS

Public transport is crucial in fostering inclusive urban design by breaking down barriers and increasing mobility. Creating efficient and affordable public transit ensures that people, regardless of age, income, or physical ability can seamlessly access vital services and opportunities. It can also connect residents from diverse socio-economic backgrounds.

Public transport not only facilitates physical mobility, but it can also be seen as a "third place". A third place refers to social environments outside of the home (first place) and workplace (second place) where people gather and interact. (Oldenburg, 1989) Public transport, such as buses and trains, naturally bring people from diverse backgrounds together. Passengers can engage in small effortless conversations.

Lastly, public transport can help reduce exclusive means of transport, like private transportation in cars. It transforms cities into more accessible and connected spaces, where everyone, irrespective of their economic standing, can participate

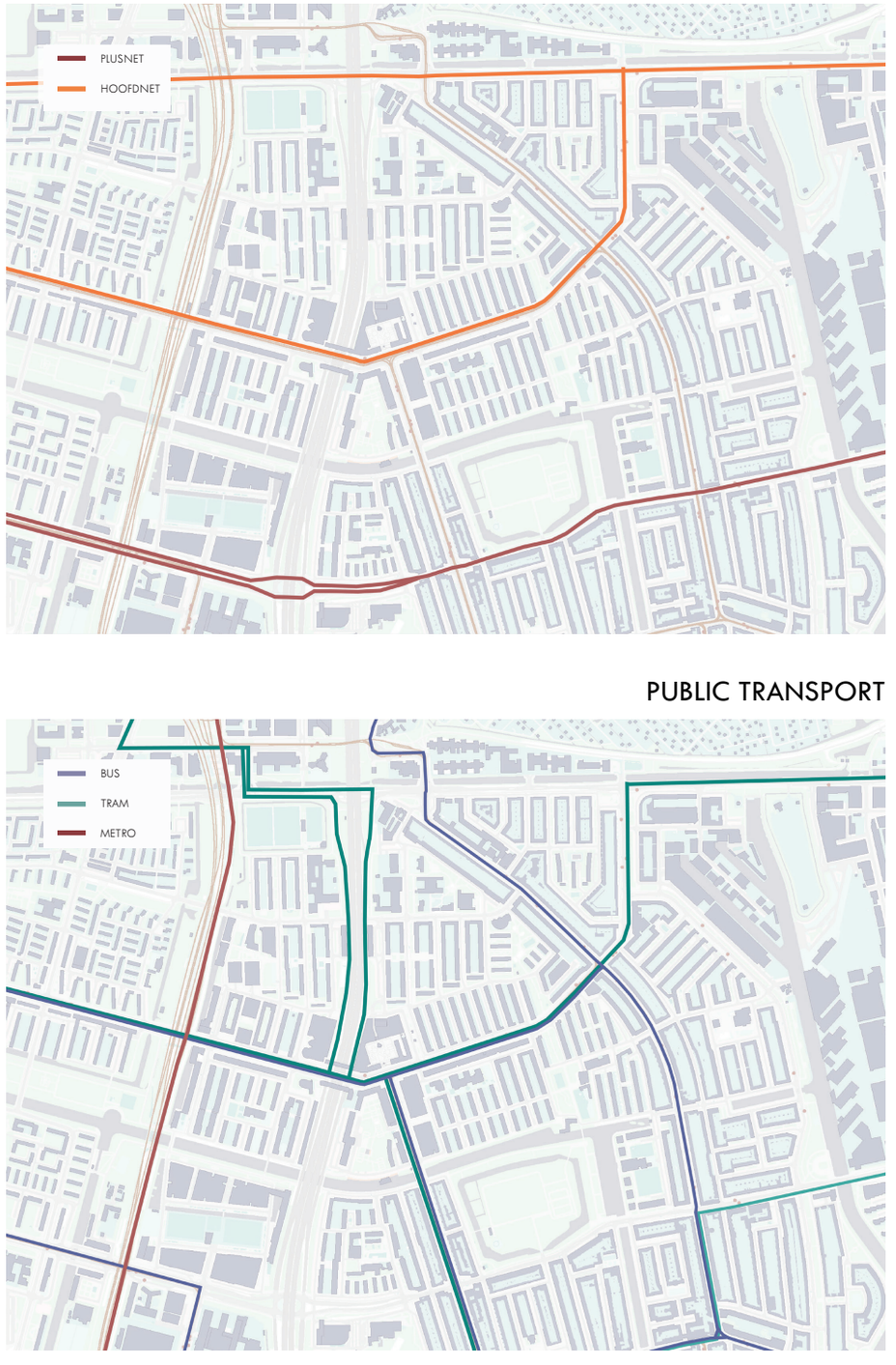


‘HOOFDNETTEN’ AND ‘PLUSNETTEN’

CYCLING



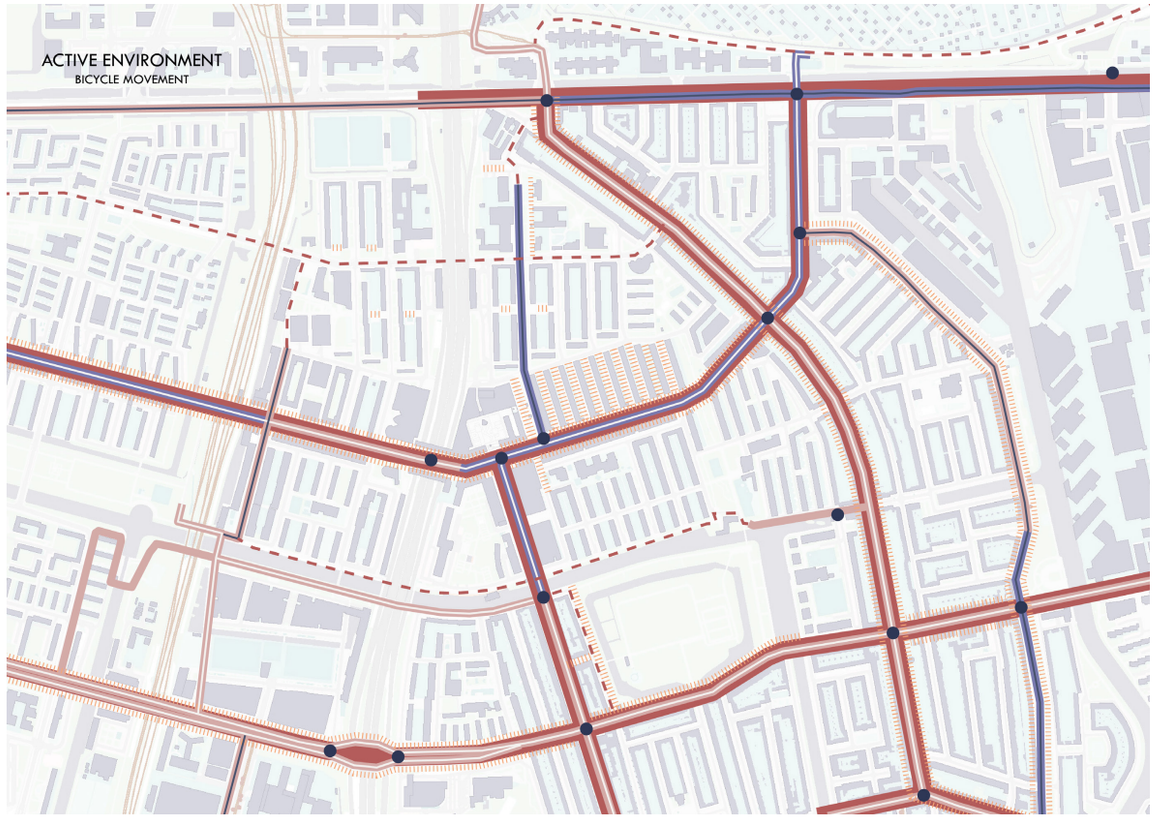
CARS



PEDESTRIANS

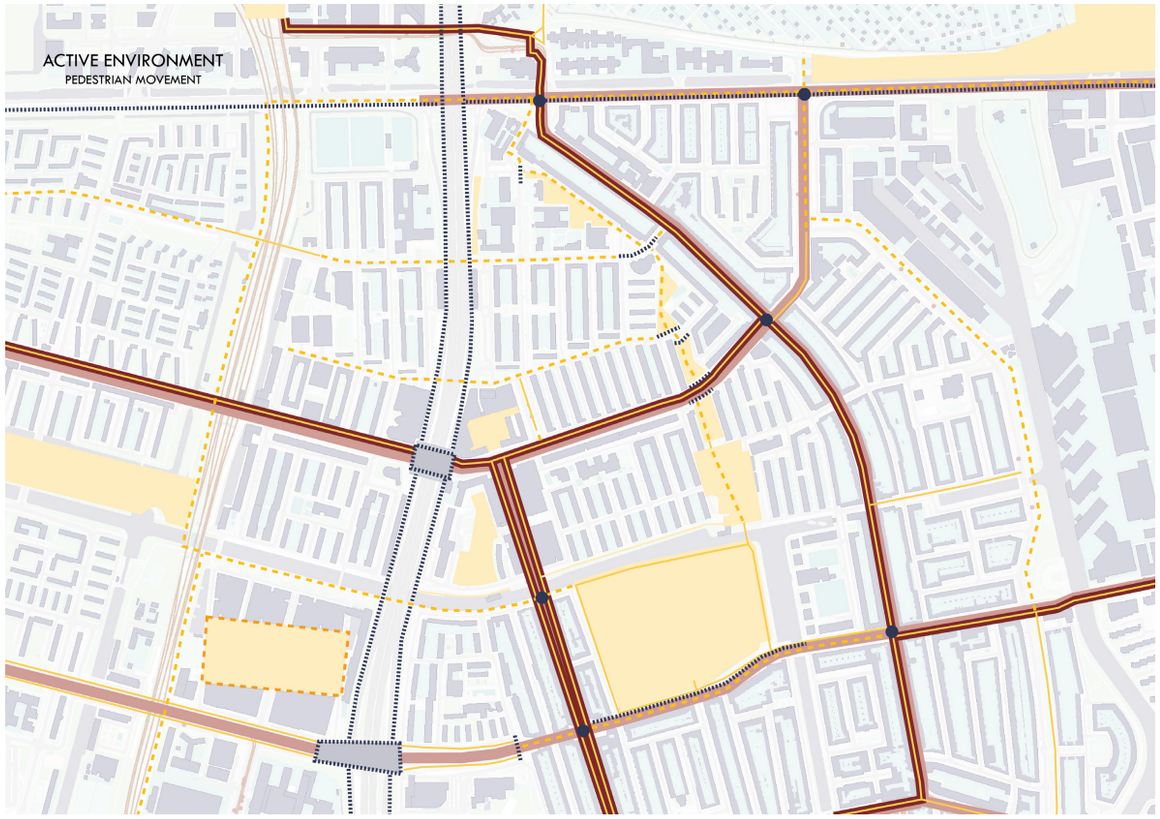
PUBLIC TRANSPORT

BIKEABILITY



- plusnet cycling
- hoofdnet cycling
- bikelane: tiles
- bikelane: asphalt
- complicated crossing
- critical area parking
- “hoofdstraten”
- underdeveloped pathway / pedestrian

WALKABILITY



- plusnet pedestrian
- pedestrian area
- barrier
- large crossing
- underdeveloped pathway / pedestrian
- low walkability
- “hoofdstraten”

CAR-ORIENTED SPACES



PROXIMITY AMENITIES - SLOW TRAFFIC



In this spread, you can see the relationship between transportation methods and amenities. Notably, most amenities are located along the main roads, which are not only the primary and major networks for car traffic but also have relatively high speed limits. This makes it less attractive to visit these amenities using slower transportation methods. It is not only less attractive, but also less safe. This is due to the many crossings and because the priority is often given to cars. On the right page, we can see that these major roads do have specially designated areas for pedestrians and cyclists. Cyclists often even have their own lanes in this areas. The downside is that these streets often feel unsafe due to speed, have little space as they are ‘stadsstraten’ (previously mentioned), and are very busy due to the amount of traffic. An advantage is that these lanes are also used for public transport, making the amenities more accessible.

ACCESSIBILITY SPORT FACILITIES

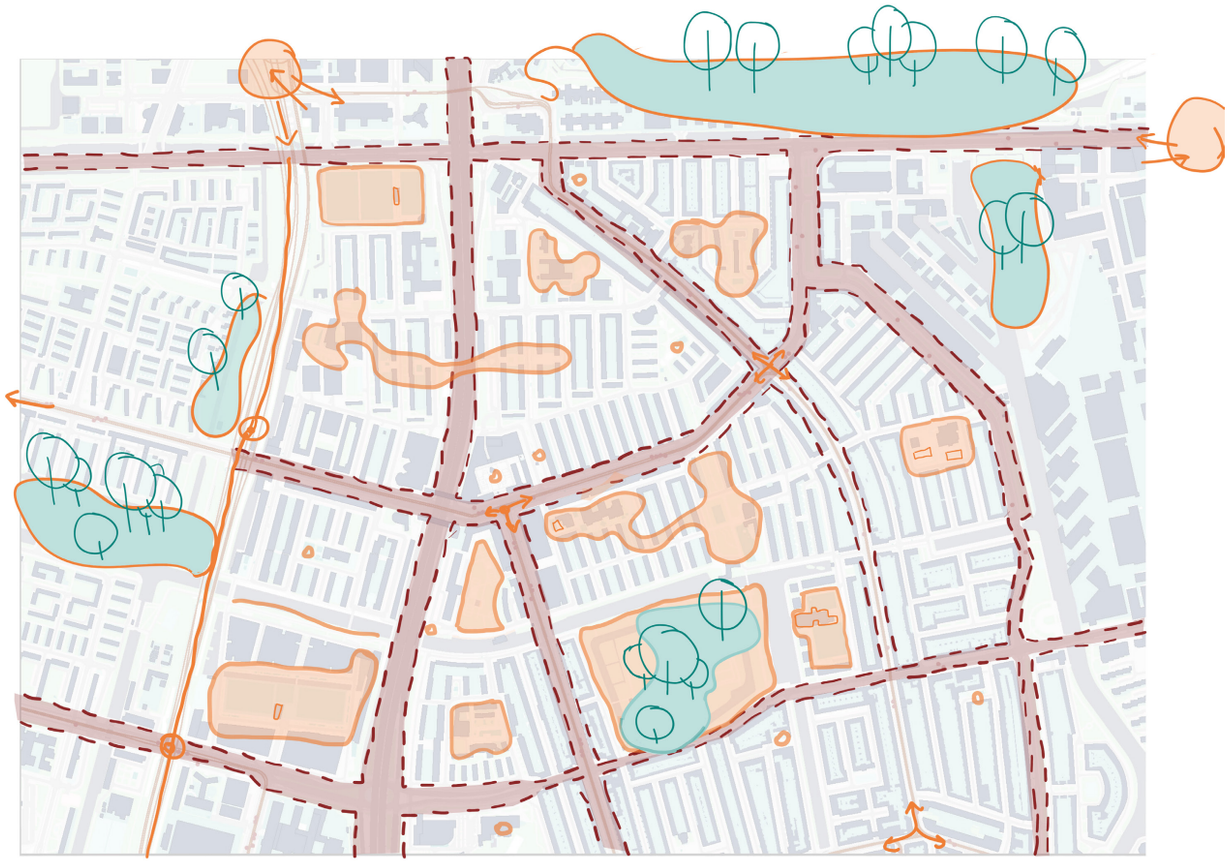


DOGS VERSUS PEOPLE



PROFESSIONAL ANALYSIS PER THEME

CONCLUSION ACTIVE ENVIRONMENT



This paragraph focused on the elements supporting an active environment as crucial spatial conditions enhancing the well-being of urban residents. Active behaviour is not only a direct contributer to the mental well-being of individuals it is also vital for fostering engagement and social interaction with neighbours and other passersby. Based on the concluding illustration provided above, one can observe the elements within the urban environment that either positively or negatively influence active behaviour. Further details regarding the factors contributing to these positive and negative impacts are elaborated upon in the preceding pages through comprehensive maps. What stands out is the connection of active behaviour and the natural environment and the negative aspects of the larger infrastructural elements.

PROFESSIONAL ANALYSIS PER THEME

SOCIAL ENVIRONMENT (R+I)



PARTICIPATION
Active engagement in communal activities and decision-making fosters trust among residents and in local institutions. This interaction enhances social capital, forging connections between neighbours and a shared investment in community well-being. Through shared experiences, a collective identity is formed, reinforcing social cohesion and a sense of belonging. Additionally, collaborative efforts in addressing neighbourhood challenges increase a sense of community and ownership.
Utilising participatory processes and emphasizing collaborative aspects, is crucial in inclusive design, acknowledging the community's expertise in identifying its needs. (Roe & McCay, 2021).



DIVERSITY (EDIT!)
For example offering diversity in degrees of levels of private to public can help increase social interaction. Granting individuals the freedom to enjoy solitary moments and exercise control over their social interactions, increases the quality of social interaction. This could benefit from clear delineation of public and private places within the arrangement of the urban fabric. Which could take place through incorporation of; secluded areas, defined front yards or porches, strategic placement of vegetation to establish boundaries or a feeling of enclosement. (Roe & McCay, 2021)



ENGAGING SPACES
When spaces are more engaging the level of optional activities rises which leads to an increase of resultant activities. (Hanafi et al., 2013) These resultant activities are shaped by the possibility of running into "others" which provides casual social contacts and increases community ties. (Kuo et al., 1998)



FLEXIBILITY
Designing areas with flexible functions can create playful opportunities that encourage social interaction with groups you might not usually encounter or increase engagement in new and inspiring activities. Shared spaces that serve multiple purposes are highly attractive to different types of groups. For example, a square might host a market on weekends and various other activities during the week. This variety fosters social interaction. (Roe & McCay, 2021)



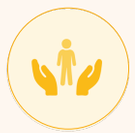
NATURAL ENVIRONMENT
The natural environment naturally attracts people, making it an essential setting for social activities. Its engaging qualities provide numerous options for recreation, drawing individuals and groups to spend time outdoors. This interaction with nature not only offers a space for leisure but also plays a significant role in strengthening community social ties (NSTs). By facilitating casual encounters and shared experiences, natural spaces enhance the sense of community and foster stronger social bonds among residents (Kuo et al., 1998; Roe & McCay, 2021).



3TH PLACES
The theory of third places, written about by sociologist Ray Oldenburg (1989) in his book "The Great Good Place", suggests that in addition to the home (first place) and the workplace (second place), people need a third place where they can socialize, relax, and engage with their community. These third places are typically public or semi-public spaces like cafes, parks, libraries, and community centres, churches, gyms and theatres. Third places are characterized by their inclusive atmosphere, diverse attendees, focus on conversation, accessibility, sense of belonging, and playful mood.



EQUITY
Noticeable inequalities in the urban environment, such as differences in housing quality, access to amenities, and general living conditions between residents of different backgrounds, can lead to increased social segregation. This often results from physical segregation, as different income groups tend to live in separate areas, leading to limited interaction between them. Such separation can harm social cohesion and the sense of solidarity among community members. When urban design promotes more equality and reduces visible differences, social groups are more likely to mix, potentially benefiting social cohesion (Gardner, 2018).



(SOCIAL) SECURITY
The feeling of (social) safety increases the use of certain spaces, and vice versa, the feeling of unsafety decreases the number of users of a place. This makes the aspect of safety an important aspect in social interaction (Roe & McCay, 2021). When the number of users and times of visitation is higher, the opportunities for social interaction increase.



ACCESSIBILITY
Jane Jacobs (1996) already emphasizes that streets and sidewalks serve as vital public spaces where people can naturally interact and build social connections. Diverse and walkable neighbourhoods promote social interaction by bringing people of different backgrounds together in these shared active spaces. When areas lack accessibility for slow traffic, by for example inadequate sidewalks or unsafe streets, this decreases the use of spaces and the opportunity to meet others (Hanafi et al., 2013).



SENSE OF BELONGING
The establishment of interpersonal relationships within a community, alongside place-attachment to the physical environment, increases the level of participation in social life within a place. This is crucial in creation of a sense of belonging in residents. Things that can increase this feeling are familiarity and reflection of cultural identity within public space design.

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws

Allerlaatste dag voor Bos en Lommermarkt

Door **redactie De Westkrant** - 28 oktober 2023



Klanten bij de groente- en fruitkraam op de Bos en Lommerweg. Het is de laatste keer. (Foto Richard Mooyman)

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws

Na overlast bankjes weggehaald op Bos en Lommerweg

Door **redactie De Westkrant** - 23 oktober 2023

DE WESTKRANT

Buurtleven Nieuws Wonen

West heeft hoogste huur van Amsterdam (en dus van heel Nederland)

Door **Martine de Vente** - 22 april 2022



De expats zijn weer terug. (Foto Richard Mooyman)

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws Wonen

Groen licht college voor bouw honderden woningen Gulden Winckel

Door **Martine de Vente** - 16 december 2020



Maquette van de Entree Gulden Winckel zoals gepresenteerd op een inloopavond op donderag 2 juli (beeld: David Bosch)

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws Wonen

Bewoners strijden tegen 'Beton en Lommer'

Door **Martine de Vente** - 6 augustus 2020



(foto: Martine de Vente)

Buurtbewoners in het zogenaamde Entreegebied Gulden Winckel in Bos en Lommer zijn een actiesite en petitie gestart tegen de bouwplannen van drie woningcorporaties. Ze hebben bezwaren tegen de plannen, omdat er onder meer hoogbouwtorens van vijftig meter komen. Daarbij zijn ze bang dat het met vierhonderd tot vijfhonderd extra woningen op piekmomenten veel te druk wordt in het gebied, waar onder andere een Lidl supermarkt, een moskee en een school staan. Verder zijn ze bang dat de karakteristieke architectuur en unieke sfeer van de buurt zoals die bedoeld was door architect Cornelis van Eesteren verloren zullen gaan.
Andere kritiekpunten van de bewoners vormen het parkeerbeleid en dat er bomenkap plaats zou moeten vinden om de woningbouw mogelijk te maken. Verder zou de helft van de bewoners van de buurt tegen de bouwplannen zijn. Het actiecomité met de naam Willem Leeft (naar de in het gebied liggende Willem Leevendstraat) wil behalve een petitie laten rondgaan ook inspreken in de stadsdeelcommissie om de bezwaren kenbaar te maken. Zo hopen de bewoners uiteindelijk de verantwoordelijke wethouder Marieke van Doorninck op andere gedachten te brengen.

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws Wonen

Bewoners Gulden Winckelbuurt: 'Te veel en te hoge nieuwbouw'

Door **Martine de Vente** - 4 juli 2020

DE WESTKRANT

Bos en Lommer Buurtleven Kolenkitbuurt Nieuws Wonen

Kolenkitbuurt is opgeknapt, maar de zorgen blijven groot

Door **Richard Mooyman** - 6 januari 2021



Nieuwe muurschildering op de Wiltzanghlaan. (Foto Richard Mooyman)

DE WESTKRANT

Bos en Lommer Buurtleven De Baarsjes Kolenkitbuurt Nieuw-West Nieuws Oud-West Westerpark

Parkeren bijna overal fors duurder

Door **Richard Mooyman** - 11 november 2022

Plus Reportage

Pijnlijk einde Bos en Lommermarkt: 'Gemeente wilde rijkere doelgroep aanspreken, maar dat werkt niet'



DE WESTKRANT

Buurtleven

Ideeën gezocht voor een beter, groener of inclusiever West

Door **Bijdrage partner stadsdeel West Amsterdam** - 21 juni 2023

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws

Speelplek Bos en Lommer langer dicht na vernielingen

Door **redactie De Westkrant** - 7 juli 2023

AD

De Kolenkit zit in de lift: 'Mengen gaat echter niet vanzelf'

REPORTAGE **Het was de slechtste buurt van Nederland, maar de Kolenkit zit in de lift nu er ook huizen zijn gebouwd voor de middenklasse. Mengen gaat echter niet vanzelf, zeggen buurtbewoners. 'Iedereen zit in zijn eigen bubbel.'**

Marc Kruyswijk 15-09-19, 18:18 **Laatste update:** 16-09-19, 07:25

DE WESTKRANT

NIEUW BUURTLEVEN ETEN & DRINKEN CULTUUR & UIT WONEN GROEN & DUURZ

BIJDRAGEN VAN PARTNERS DONEER AAN DE WESTKRANT ABONNEREN OP ONZE NIEUWSBRIE

Home › Wonen › Coöperatie gaat 100 woningen bouwen in Kolenkitbuurt

Bos en Lommer Buurtleven Kolenkitbuurt Nieuws Wonen

Coöperatie gaat 100 woningen bouwen in Kolenkitbuurt

Door **Martine de Vente** - 21 mei 2022

DE WESTKRANT

Buurtleven Cultuur & Uit Eten & Drinken Nieuws

West in top 10 'coolste buurten van de wereld' – volgens Time Out

Door **Richard Mooyman** - 20 oktober 2023

DE WESTKRANT

Buurtleven Nieuws Wonen

Huurprijs woning vrije sector West stijgt, aanbod daalt fors

Meer woningen in Amsterdam te koop gezet

Door **Richard Mooyman** - 6 juli 2023



Foto Richard Mooyman

DE WESTKRANT

NIEUW BUURTLEVEN ETEN & DRINKEN CULTUUR & UIT WONEN GROEN & DU

BIJDRAGEN VAN PARTNERS DONEER AAN DE WESTKRANT ABONNEREN OP ONZE NIEUWS

Home › Bijdragen van partners › Wonen in Amsterdam, is dat nog betaalbaar?

Buurtleven Bijdragen van partners Wonen

Wonen in Amsterdam, is dat nog betaalbaar?

Door **Partnerbijdrage** - 3 juli 2023

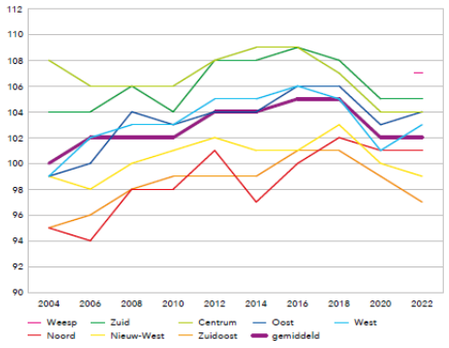
Biennial monitor Amsterdam XII, 2022-2023

'De staat van de Stad' Amsterdam is a biennial monitor in which Research and Statistics tracks how the city is doing in terms of the living situation and participation of (groups of) Amsterdammers in various areas. This includes primary participation (in the areas of education, income, and paid work) and socio-cultural participation, as well as related themes such as population composition, housing market, economy, mobility, sustainability, health, liveability, and safety. This edition also pays attention to broad prosperity here and now, elsewhere, and in the future.

The twelfth edition of The State of the City Amsterdam covers the years 2022 and 2023. While Amsterdam is economically thriving, inequality in the city is increasing. Income disparities are significant, and opportunities in the housing market are unevenly distributed. Happiness, confidence in the future, and satisfaction with the government have decreased, and the city faces major challenges in the areas of nature and the environment.

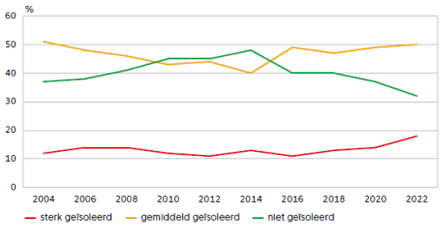


Afb. 2.8 Leefsituatie naar delen van de stad, tweejaarlijkse cijfers 2004 t/m 2022 (in indexcijfers, 2004 = 100 gemiddeld, afgeronde cijfers)



*N.B. In 2022 vallen inwoners van Driemond niet meer onder het stadsdeel Zuidoost, maar onder stadsgebied Weesp. De invloed daarvan op de score van Zuidoost is gering.

Afb. 10.2 Sociale-Isolatie-Index, 2004-2022 (procenten)



The key findings are as follows:

1. The economy in Amsterdam is relatively strong, with increasing net labour participation. However, compared to the national level, there is still a lower disposable income and a decreasing but still higher unemployment rate.

2. Happiness, confidence in the future, and satisfaction with the government have declined. Young people experience more psychological problems. Severe loneliness is becoming more common, surpassing national levels.

3. The persistently low percentage of Amsterdam volunteers post-COVID raises concerns for the continuity of activities in, for example, sports organizations and informal care-giving.

4. Like in other urban areas, aspects of housing comfort, environment, and safety are under pressure in Amsterdam. There is a housing shortage and high living costs, resulting in a relatively less green, clean (more fine dust), and safe living environment.

5. The growing group of residents with a higher education (HBO/WO), often with high income, is more likely to have paid work, better health, higher happiness levels, and greater societal participation than residents with low income and/or debts.

6. However, the increasing number of higher-educated residents contributes to segregation in education and services. The housing market is strongly oriented toward this group with high income.

7. The migration of higher-educated individuals from other parts of the Netherlands to Amsterdam may have negative consequences for existing facilities, knowledge, skills, and economic progress and employment there.

8. The outflow of affluent individuals from Amsterdam to the region stimulates the level of services but creates competition in the regional housing market.

9. Changes in the economy and population developments will have consequences for employment, such as (healthcare) personnel shortages due to aging and the disappearance and transformation of jobs and required skills due to sustainability and digitalization.

10. The population growth of Amsterdam poses a construction challenge that increases greenhouse gas emissions. New construction projects are already under pressure due to the nitrogen crisis.

11. Mobility is important from a socio-economic perspective, in terms of the accessibility of companies, jobs, facilities, and social contacts. At the same time, it can negatively affect broad prosperity through factors such as traffic insecurity, noise pollution, and pollution.

12. The material usage in the city is not decreasing rapidly enough to achieve the sustainability goals by 2030.

13. The majority of Amsterdam's carbon footprint lies elsewhere: 78 percent of CO_2 emissions are emitted elsewhere to produce the goods consumed in Amsterdam. For the water footprint, this percentage is even higher, at 98 percent.

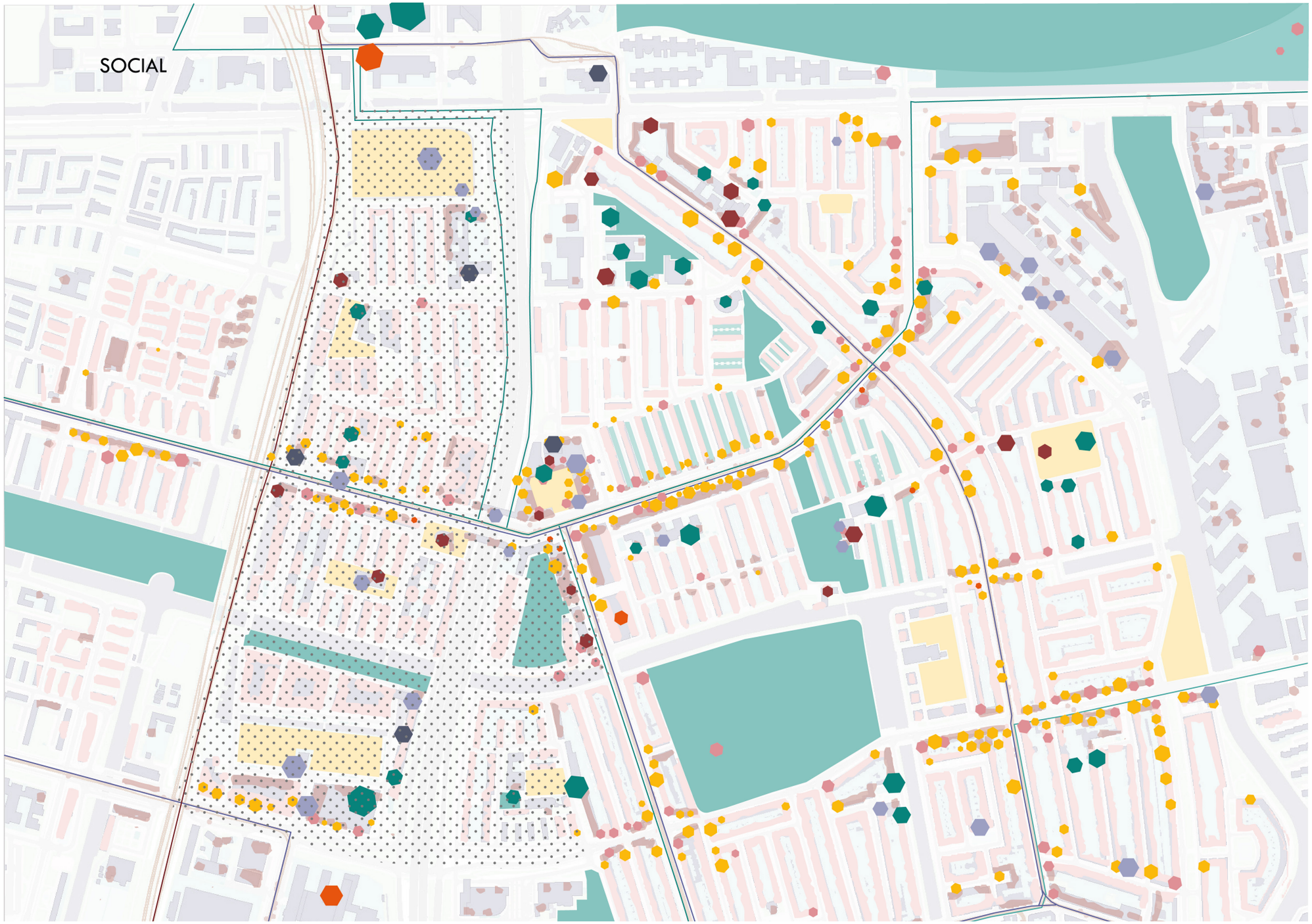
ACADEMIC EVALUATION - SOCIAL ENVIRONMENT

housing
amenities /mix
green public space
other large public space
front- or backyard

health care
societal
retail
catering
education
sports
logies

low SES

plusnet tram
plusnet bus
plusnet metro



USE OF BUILDINGS

housing

amenities /mix

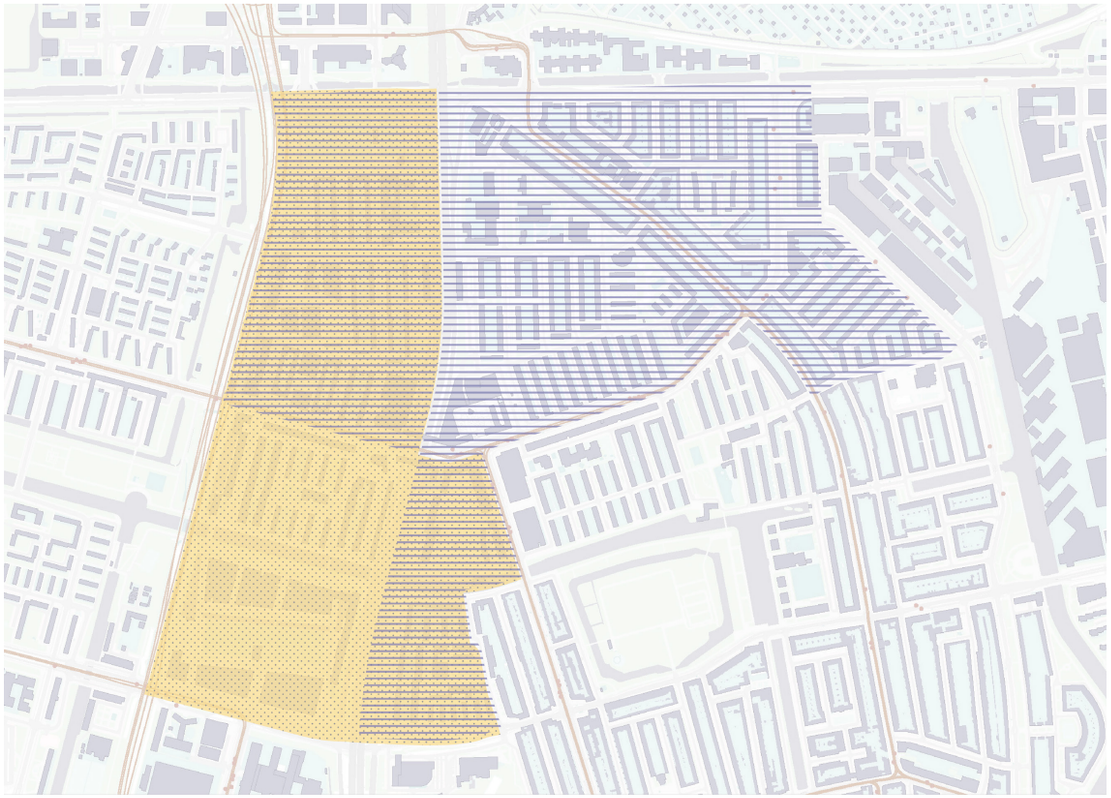
health care

societal



PROFESSIONAL ANALYSIS PER THEME

SOCIAL ENVIRONMENT - DATA ANALYSIS

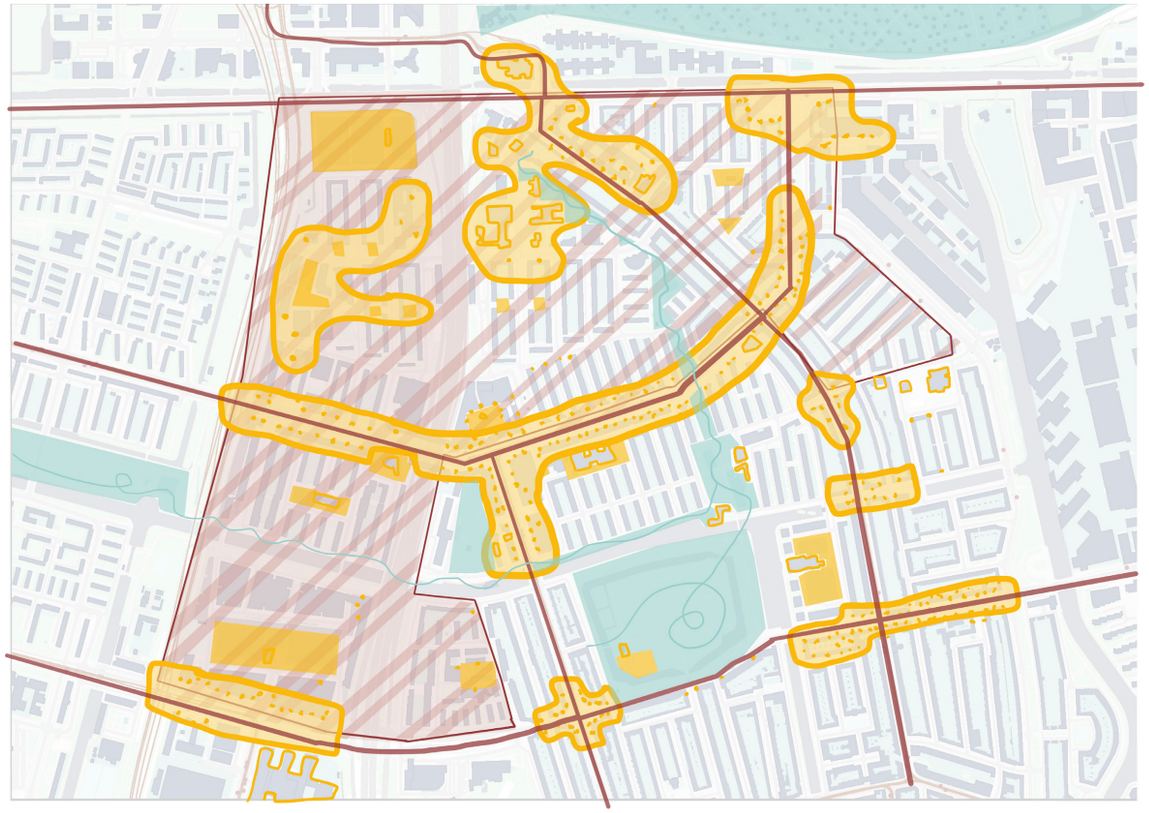


Low SES

lack of social cohesion

livabilty too low

CONCLUSION SOCIAL ENVIRONMENT



This map concludes on the negative and positive aspects of the social environment of Bos en Lommer. Results are according to the academic analysis done in the preceding paragraph. Data suggests there is a lack of social cohesion within the Kolenkit which seems to overlap with the level of liveability which is also too low within this area. Positive elements stem from the amount of amenities and the large variation of community functions, including religious centres and community centres. These communal functions seem to be spread throughout the whole neighbourhood, but from a more detailed perspective these centres all seem to host specific, and thus separated, groups. An example is the community centre specific for youth on the Karel Doormanplein.

PROFESSIONAL ANALYSIS PER THEME

SAFE ENVIRONMENT (R+I)

MAINTENANCE

Maintenance is crucial for ensuring safety within communities. According to the Broken Windows theory proposed by Wilson and Kelling (1982), signs of physical disorder or decay can lead to further neglect and withdrawal by residents. This creates an environment that is more susceptible to vandalism and crime, as it signals to potential offenders that the community is not invested in maintaining order. By prioritizing maintenance and care for an area, residents demonstrate a commitment to their community's well-being and deter criminal activity by maintaining a sense of order and vigilance.

LIGHTING

Adequate lighting is essential for promoting safety in urban environments. Visibility and natural surveillance are enhanced when areas are well-lit, allowing residents to see and recognize each other, thereby deterring criminal activity (Lopez et al., 2008). Proper lighting contributes to a sense of security by illuminating public spaces and reducing opportunities for crime.

SIGHTLINES

Clear sightliness are essential for maintaining safety and security in urban areas. Disrupted sightlines, whether due to poor lighting or obstructed views, can contribute to feelings of insecurity and increase the risk of crime (Kuo et al., 1998; Zahadskas et al., 2019). Focussing on preservation of sightlines within the design for the urban fabric can create a higher sense of security. Limiting vehicular access and ensuring regular maintenance, such as pruning lower parts of trees, can also help to preserve clear sightlines.

"EYES ON THE STREET"

The concept of "eyes on the street" (Jacobs, 1961) underscores the importance of community engagement and active presence in public spaces for enhancing safety. Local activity and vigilance play a crucial role in deterring criminal behavior and promoting a sense of security (Soomeren and Lohman, 1987). By fostering vibrant, pedestrian-friendly environments and encouraging community participation, cities can create safer and more resilient communities.

SOCIAL INTERACTION

When the amount of people within public space is higher and there is a larger sense of community, this increases the actual level of crimes and nuisance. This is created by the fact that people know people. Social interaction basically also makes for more eyes on the street, which enhances perceived safety (Lopez et al., 2008)

OWNERSHIP

Ownership of one's surroundings can significantly influence feelings of safety within urban environments. Providing residents with autonomy and the ability to personalize their physical spaces, as suggested by Dorst (2011), creates a sense of ownership and control. When individuals feel a sense of ownership over their surroundings and have the opportunity to participate in decision-making processes, they are more likely to feel empowered and secure in their environment.

SURVEILLANCE

Surveillane can enhance the feelings of safety for specific groups and decrease numbers of crime. (Cozens et al., 2015) This is because this is a formal method of increasing the "eyes on the street", less formal methods would be the increase of users and the presence of communal functions with a physical connection between indoor and outdoor. This method has been critiqued due to the impact of individual preference. For some people, formal surveillance, evokes feelings of discomfort, because it is seen as invasive of individuals' privacy.

WAYFINDING

Wayfinding, the ability to navigate and orient oneself within an environment, plays a crucial role in promoting feelings of security. As highlighted by Kuo et al. (1998), knowing one's location or having confidence in finding the way can enhance the quality of the experience and reduce anxiety. Landmarks and legible city layouts, serve as cues that contribute to a sense of emotional security and invite exploration. By facilitating clear wayfinding cues, urban environments promote less stressful interactions with the built environment and enhance overall feelings of security and comfort.

QUALITY

The quality of the urban environment plays a pivotal role in enhancing safety. Firstly, as the Broken Window Theory suggests, neglected or poorly maintained areas can signal a lack of vigilance and invite further disorder and criminal activity. (Wilson & Kelling, 1982) Secondly, the physical quality of the urban fabric can significantly contribute to safety. An example is the quality of infrastructural elements, where clear markings, clear crossings, and high-quality designated lanes can provide security and reduce the risk of accidents.

SLOW TRAFFIC

Safety for cycling is enhanced by design when; designated cycle lanes become separated from vehicular traffic; clear signage is implemented, and infrastructure is well-maintained infrastructure. The availability of secure bicycle parking facilities is also recommended. Pedestrian-friendly and safe streets and pathways can be enhanced by designers through te development of; wide pavements, secure crossing areas and ample street lightning. Additionally, implementing traffic-calming measures and reducing car traffic in certain areas can further enhance slow traffic.

DE WESTKRANT

Buurtleven 112 Bos en Lommer De Baarsjes Nieuws

West: criminaliteit terug op oude niveau na corona

Door **Richard Mooyman** - 24 januari 2023



Avondwinkel aan de Overtoom na een plofkraak in 2021. (Foto Richard Mooyman)

DE WESTKRANT

Cameratoezicht Admiralengracht na schieten op woning

Door **redactie De Westkrant** - 30 september 2022



Admiralengracht. (Foto Richard Mooyman)

DE WESTKRANT

Bos en Lommer Buurtleven Kolenkitbuurt Nieuws Wonen

Kolenkitbuurt is opgeknapt, maar de zorgen blijven groot

Door **Richard Mooyman** - 6 januari 2021



Nieuwe muurschildering op de Wiltzanghlaan. (Foto Richard Mooyman)

DE WESTKRANT

Buurtleven 112 Bos en Lommer Nieuws

Dodelijk slachtoffer steekincident 25-jarige man

Door **redactie De Westkrant** - 2 augustus 2023

DE WESTKRANT

Buurtleven Nieuws Westerpark

Veiligere inrichting kruispunt Haarlemmerweg

Door **Richard Mooyman** - 10 november 2022

DE WESTKRANT

Buurtleven 112 Nieuws Oud-West

Stijging inbraken Da Costabuurt

Door **redactie De Westkrant** - 4 september 2023

DE WESTKRANT

Buurtleven 112 Nieuws

West redelijk veilig, dit zijn de buurten met problemen

Door **Richard Mooyman** - 20 januari 2023



Een in opdracht van de burgemeester gesloten winkel in de De Clercqstraat. (Foto Richard Mooyman)

Buurten met meer criminaliteit
Op het gebied van 'geregistreerde criminaliteit' springen vijf buurten er negatief uit. Het gaat om straatroof, inbraak, overvallen en diefstal. Een hoger cijfer dan 100 volgens de gemeentelijke veiligheidsindex betekent dat de problemen groter zijn dan gemiddeld in Amsterdam.

- Da Costabuurt (137)
- Landlust/ Sloterdijk-West (124)
- Hoofdweg en omgeving (113)

Buurten met veel overlast
Op het gebied van ervaren overlast vallen zes buurten in West op in negatieve zin. Opnieuw is 100 het stedelijk gemiddelde, een hoger cijfer duidt op meer overlast.

- Da Costabuurt (116)
- Hoofdweg en omgeving (116)
- Landlust/Sloterdijk West (113)
- Kolenkitbuurt (112)

Veel slachtoffers in West
West scoort slecht als het gaat om het ervaren slachtofferschap. Bos en Lommer staat op plaats 1 van alle 23 gebieden in Amsterdam, Baarsjes/Oud-West op plaats 2. Dit hoeft

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws

Na overlast bankjes weggehaald op Bos en Lommerweg

Door **redactie De Westkrant** - 23 oktober 2023



Een medewerker van de reiniging haalt afval uit de struiken bij een bankje op de Bos en Lommerweg. (Foto De Westkrant)

Stadsdeel West gaat twee bankjes op de Bos en Lommerweg weghalen na klachten over overlast. De bankjes staan ter hoogte van de nummers 117 en 129, in de buurt van supermarkt Albert Heijn. Het gaat om een proef van een jaar.

Het aantal meldingen over overlast is toegenomen, aldus dagelijks bestuurder Ester Fabrie in een brief aan omwonenden. "Bewoners en ondernemers klagen over jongeren en volwassenen die daar hangen, alcohol drinken, drugs gebruiken en dealen en veel troep achterlaten."

DE WESTKRANT

Buurtleven Nieuws

Fietspaden in West te smal, aso-fietser zorgt voor gevaar

Door **Richard Mooyman** - 8 augustus 2023



Drukte op het fietspad in de De Clercqstraat. (Foto Richard Mooyman)

Asociaal rijgedrag van andere, hardrijdende fietsers leidt in de oude wijken tot gevaar en valpartijen. Dat concludeert de Fietsersbond Amsterdam na ruim 300 meldingen bij het eigen meldpunt ongevallen, waarvan bijna 50 uit West. "Veel fietsers zijn bang geworden, het plezier gaat eraf." Bij een kwart van deze ongevallen was een e-bike betrokken.

"Er ligt een urgente taak voor de gemeente om iets te doen aan de vaak smalle en overvolle fietspaden in de oudste stadsdelen", zo stelt de Fietsersbond. "Te denken valt aan het instellen van een maximumsnelheid op drukke, smalle fietspaden, of het toelaten van snelle fietsers tot de rijbaan als daar in december een maximum-snelheid van 30 km/u wordt ingevoerd."

Inhalen te riskant
West kent nog veel smalle fietspaden (1,80 meter breed) waar inhalen 'eigenlijk te riskant is', aldus de Fietsersbond. Vaak is het er ook heel druk met fietsers, terwijl de snelheidsverschillen door e-bikes zijn toegenomen. Als problematische fietspaden worden genoemd onder meer de Eerste Constantijn Huygensstraat, Bilderdijkstraat, Tweede Hugo de Grootstraat, Jan Evertsenstraat, Admiraal de Ruijterweg en Overtoom.

DE WESTKRANT

Buurtleven Nieuws Westerpark

'Snel tijdelijke maatregelen tegen hardrijders Jan van Galenstraat'

GroenLinks wil niet langer wachten: 'Straat onveilig voor voetgangers en fietsers'

Door **Richard Mooyman** - 13 april 2023

DE WESTKRANT

Home › Nieuws › Proef met verkeersdrempel en 30 km/u Willem de Zwijgerlaan

Bos en Lommer Buurtleven Nieuws

Proef met verkeersdrempel en 30 km/ u Willem de Zwijgerlaan

Door **redactie De Westkrant** - 5 juni 2023

DE WESTKRANT

Buurtleven 112 Bos en Lommer Nieuws

Poging tot gewapende beroving in Bos en Lommer: politie zoekt getuigen

Door **redactie De Westkrant** - 1 mei 2023

DE WESTKRANT

Buurtleven 112 Nieuws Oud-West

Fietser (26) zwaargewond na aanrijding inbrekers op de vlucht

Door **redactie De Westkrant** - 20 juli 2023

DE WESTKRANT

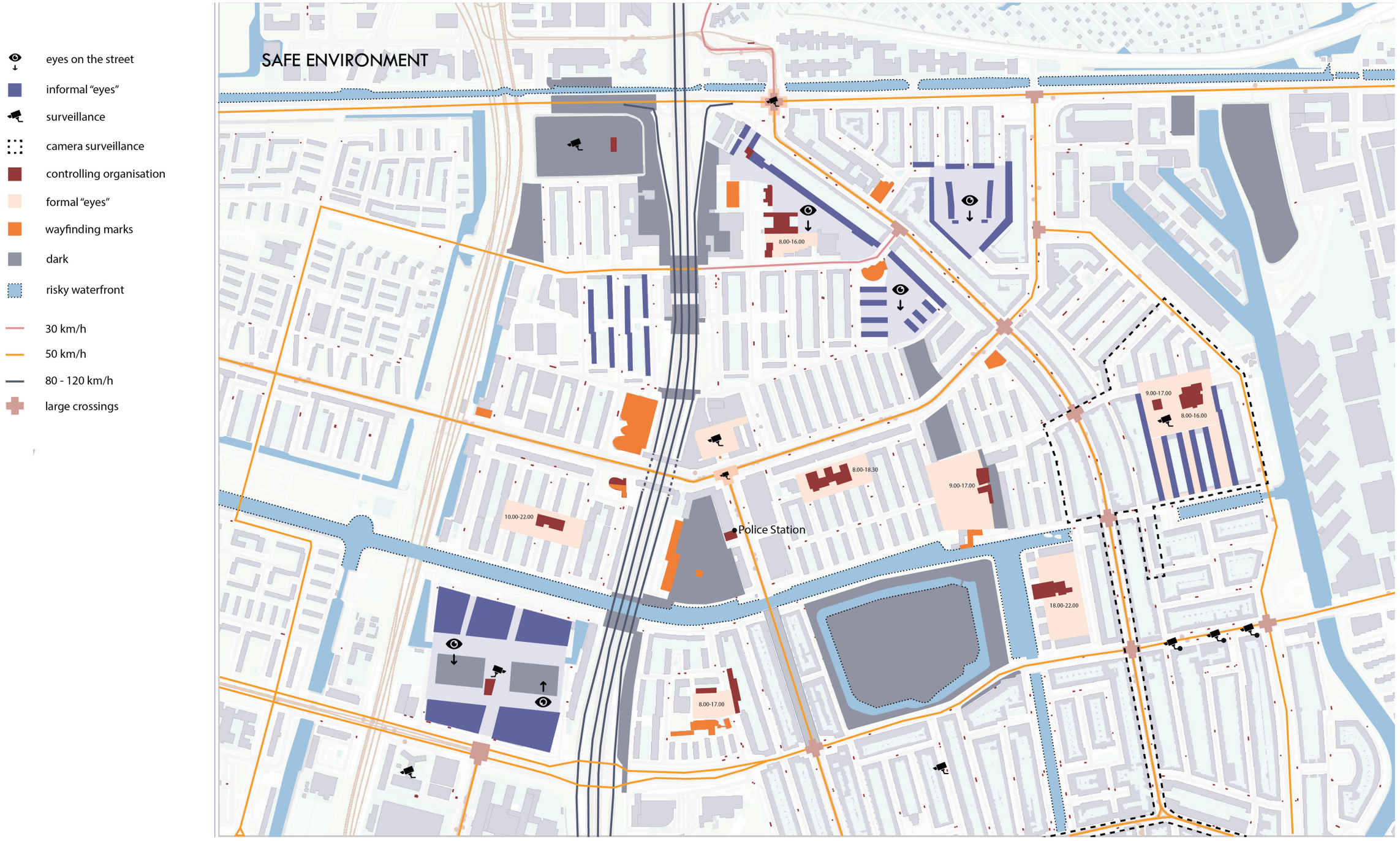
Bos en Lommer Buurtleven Nieuws

Speelplek Bos en Lommer langer dicht na vernielingen

Door **redactie De Westkrant** - 7 juli 2023



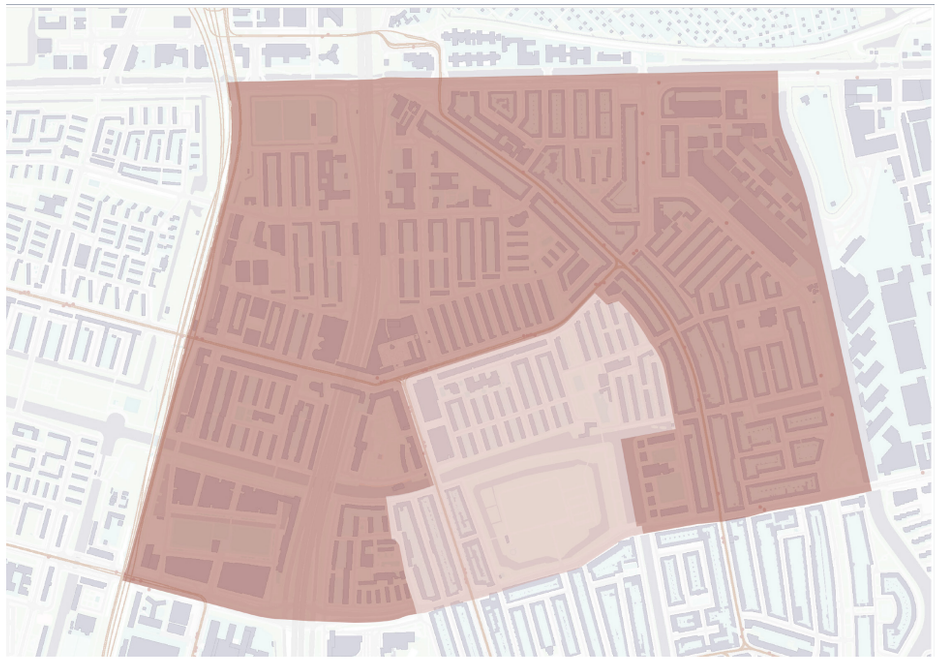
De Ruijne Speelplek. Enkele nieuwe speeltoestellen zijn al vernield. (Foto Richard Mooyman)


SAFE ENVIRONMENT
eyes on the street
informal "eyes"
surveillance
camera surveillance
controlling organisation
formal "eyes"
wayfinding marks
dark
risky waterfront
30 km/h
50 km/h
80 - 120 km/h
large crossings
8.00-16.00
8.00-18.30
9.00-17.00
10.00-22.00
Police Station
8.00-17.00
18.00-22.00
9.00-17.00
8.00-16.00

DATA FROM ‘STAAT VAN DE STAD’

HIGH FEELINGS OF INSECURITY

NUISANCE DEGREE - LOITERING YOUTH



‘STAAT VAN DE STAD’ - SOURCE: OIS & Gemeente Amsterdam (2021)

HIGH NUISANCE DUE TO POLLUTION IN STREETS

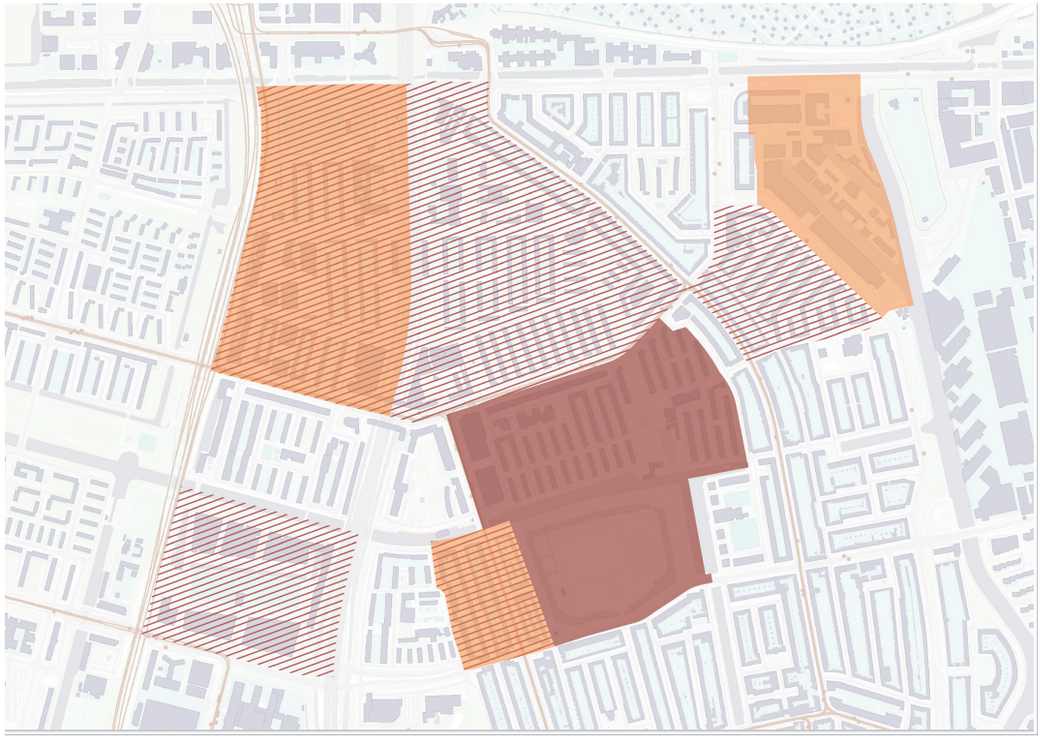
NUMBERS OF EXTENSIVE VICTIM-HOOD



‘STAAT VAN DE STAD’ - SOURCE: OIS & Gemeente Amsterdam (2021)

DATA FROM ‘STAAT VAN DE STAD’

QUALITIES BUILT ENVIRONMENT



non aestethic housing

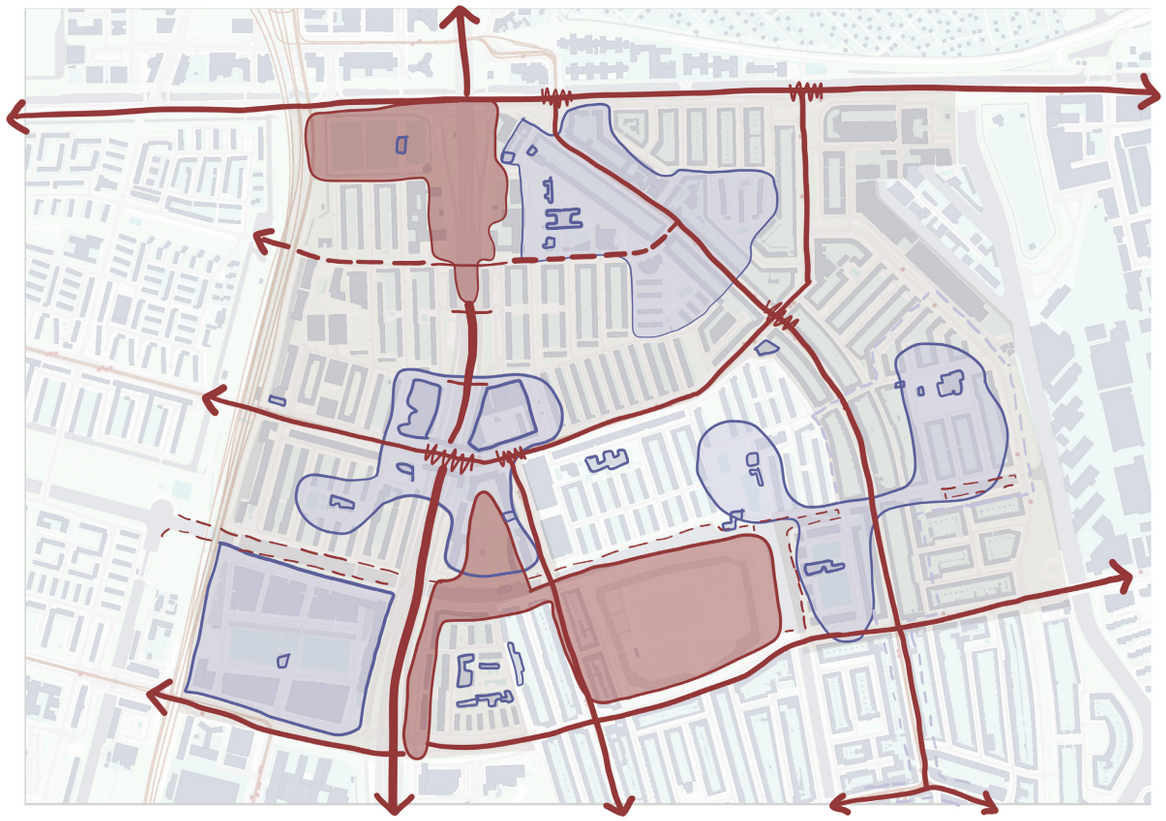
low quality housing

Low maintenance

‘STAAT VAN DE STAD’ - SOURCE: OIS & Gemeente Amsterdam (2021)

PROFESSIONAL ANALYSIS PER THEME

CONCLUSION SAFE ENVIRONMENT



The academic analysis in regard to safety brings the following concluding illustration. What stands out is the lack of safety in the larger infrastructural areas. It also seems there could be a relation between the quality of specific areas and the positive and negative aspects of these places. In this conclusion the assumption is made that the areas around certain communal functions benefit from an increased level of “eyes on the street” as a more natural variation on surveillance. This is assumed through knowledge from literature review. The question is if this is in accordance with the perceived safety.

PROFESSIONAL ANALYSIS PER THEME

ENGAGING ENVIRONMENT (R+I)

CREATIVE ENVIRONMENT

A creative environment engages people through the concepts of innovation, exploration and imagination. Elements like; interactive art installations; opportunities for artistic expression; street art; and paintings of games on the pavement, foster a sense of wonder and exploration leading to a more engaging and playable environment. (Roe & McCay, 2021)

SPORT FACILITIES

By incorporating indoor and outdoor sport facilities the urban fabric can provide opportunities for physical activities which engages people by increasing their active behaviour. Engaging in sport activities can also promote social interaction and sense of community. Roe and McCay (2021) emphasize the incorporation of sport facilities that are suitable for all ages. Examples of implementations are: outdoor gyms, table tennis and chess tables, ball game areas, and natural environments supporting walking and running exercises.

DIVERSITY

It is important to commit to a diverse environment offering a range of opportunities. By catering to the various preferences and interests, we guarantee restorative and engaging activities that promote inclusivity. Additionally, encouraging participation from diverse individuals. (Roe & McCay, 2021; Gardner, 2018)

EDUCATIVE ENVIRONMENT

Examples of educational activities that engage people with the environment are; outdoor interactive exhibitions; informational signs; natural exploration areas; and cultural, historic or artistic elements. Elements that are educational stimulate curiosity, promote cognitive development and foster a sense of exploration. (Roe & Mccay, 2021)

NATURAL ENVIRONMENT

Natural elements, such as green spaces and blue features like rivers or fountains, are essential in urban areas because they attract people and stimulate engagement in several ways. First of all natural elements have a way of engaging people through ‘fascination’ and ‘extent’ (kaplan, 1995). Additionally, these spaces offer ample opportunities for physcial activities, social interaction an relaxation. Moreover, the aesthetic appeal of natural environments makes them inviting an enjoyable. (Roe & McCay, 2021; McCay et al., 2019)

AGE APPROPRIATE

It is important to provide age appropriate opportunities within urban areas fostering inclusive “playable” spaces. Important is that these activities are stimulating and suitable for people with different (phsysical) abilities. Interesting is that certain facilities can promote intergenerational use. Examples are: offering facilities at a close proximity to people’s homes; locating children’s playgrounds near seating areas; and structures with flexible use like grass fields. By meeting the needs of different life stages with age-appropriate and intergenerational activities, cities foster social interaction, interaction between generations and a sense of community and cohesion. (Roe & McCay, 2021; Scopelliti and Giuliani, 2004)

MULTIFUNCTIONAL

Multi-functionality of spaces can maximize usability and accommodate various activities and experiences. These spaces promote efficiency and social interaction. For examples, designated play areas in parks can also serve as spaces for social interaction or exercise. Places that offer pop-up activities increase self-expression and can contribute to community engagement. Multifunctional areas can increase the vibrancy of a by attracting different types of people.

SECURITY

Roe and McCay (2021) suggest implementing security measures, such as adequate lighting and safe play equipment, to ensure the safety and wellbeing of individuals within the playable environment. This promotes feelings of security and comfort, encouraging active engagement in play activities.

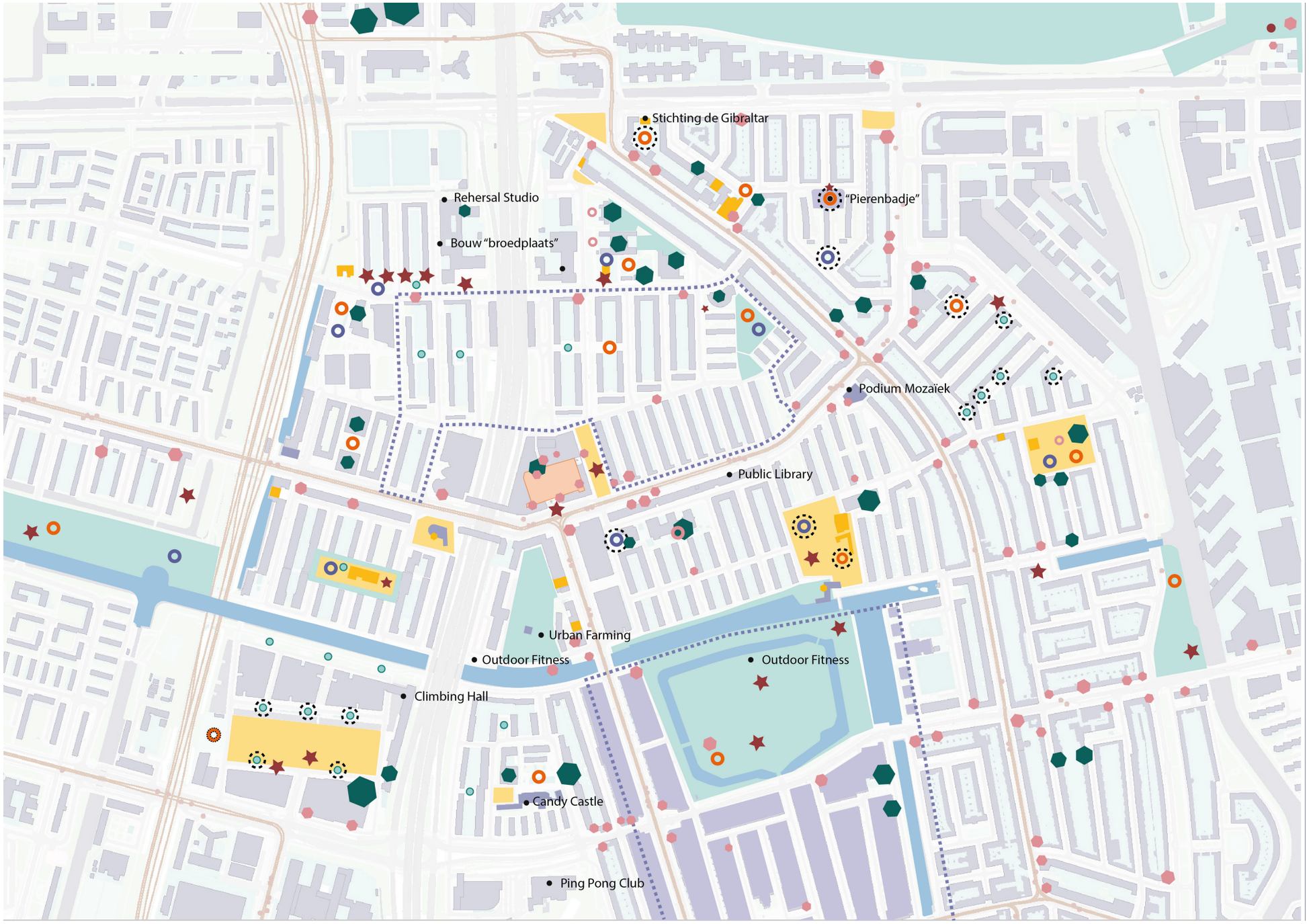
QUALITY

Planners should prioritize high-quality environments to maximize their appeal and increase optional activities of users (Hanafi et al., 2013). High-quality environments enhance aesthetic appeal, functionality, and usability, thereby improving the overall user experience and satisfaction. Inviting and attractive spaces not only encourage individuals to engage but also foster a sense of pride, ownership, and attachment to the environment. This leads to positive emotions and experiences (Roe & McCay, 2021). However, it is important to realize that aesthetics might personal, and secondly, that the realization of high-quality environments can be costly, possibly leading to gentrification and displacement.

ACTIVITIES

Activities such as; traditional sports; artistic expression; and nature exploration, encourage active engagement and participation within the environment. Offering a diverse range of activities within the playable environment ensures that individuals have options for leisure, recreation, and socialization that align with their interests and preferences. (Roe & McCay, 2021) Activities should not only differentiate for different interests in activities, but also to different compatibility. Different physical abilities, but also preference to more quiet or vibrant spaces due to personal stress levels or needs for stimuli. (Scopelliti and Giuliani, 2004)

- school playground
- playground
- single element
- sports cage
- in development
- eyes on the street
- public squares
- community locations
- natural inspiration
- education
- horeca
- historic value architecture
- art



SPORT FACILITIES



DE WESTKRANT

Bos en Lommer | Buurtleven | Nieuws

Allerlaatste dag voor Bos en Lommermarkt

Door **redactie De Westkrant** - 28 oktober 2023



Klanten bij de groente- en fruitkraam op de Bos en Lommerweg. Het is de laatste keer. (Foto Richard Mooyman)

DE WESTKRANT

Minder haltes tram 7 en bus 15 in BoLo

Door **Martine de Vente** - 7 februari 2018

DE WESTKRANT

Buurtleven | Nieuws | Parkeer Vast

Lekker spartelen in peuterbadjes in de buurt

Door **redactie De Westkrant** - 8 juni 2023



De spartelvijver in het Westerpark, een geliefde plek op warme dagen. (Archieffoto Westkrant)

De temperaturen gaan flink omhoog. Op warme dagen kun je met de kleintjes naar openbare pierenbaden in de buurt. Dat is een stuk makkelijker dan naar een zwembad of het strand gaan.

DE WESTKRANT

Nieuw plein met fontein bij Kolenkitkerk

Door **redactie De Westkrant** - 30 mei 2023



Het nieuwe pleintje, met rechts de fontein waar kinderen op kunnen spelen. (Foto Richard Mooyman)

Het nieuwe plein bij de Kolenkitkerk wordt woensdagmiddag 31 mei op feestelijke wijze geopend. Op het pleintje kunnen buurtbewoners zitten op banken en spelen. Ook is er een fontein aangelegd.

DE WESTKRANT

Buurtleven | Cultuur & Uit | Eten & Drinken | Nieuws

West in top 10 'coolste buurten van de wereld' – volgens Time Out

Door **Richard Mooyman** - 20 oktober 2023

DE WESTKRANT

Buurtleven | Nieuws | Oud-West

Plan kleinere voetbalkooi splijt buurt en politiek in West

Door **Richard Mooyman** - 12 juli 2023

Een meerderheid van de stadsdeelcommissie West steunt de plannen om de voetbalkooi bij het WG-terrein in Oud-West fors kleiner te maken. Het dagelijks bestuur van West wil op die manier de geluidsoverlast beperken.

DE WESTKRANT

Buurtleven | Eten & Drinken | Nieuws | Oud-West

West krijgt er wéér een koffiezaak bij

Koffiemerk Wakuli opent filiaal in de J.P. Heijestraat

Door **Patricia Jacob** - 31 januari 2023

ECHT AMSTERDAMS NIEUWS ACTUEEL

Verdwijnen Bos en Lommermarkt 'jammer' maar niet heel gek: "Kijk om je heen. Het is een ramp"

5 april 2023, 20.00 uur · Door Tjeerd Kleijn

Het is binnenkort over en uit voor de Bos en Lommermarkt in West. Het aantal kramen aan de Bos en Lommerweg is op twee handen te tellen en op regenachtige dagen op één hand. "Kijk om je heen. Het is een ramp."

DE WESTKRANT

Bos en Lommer | Buurtleven | Nieuws

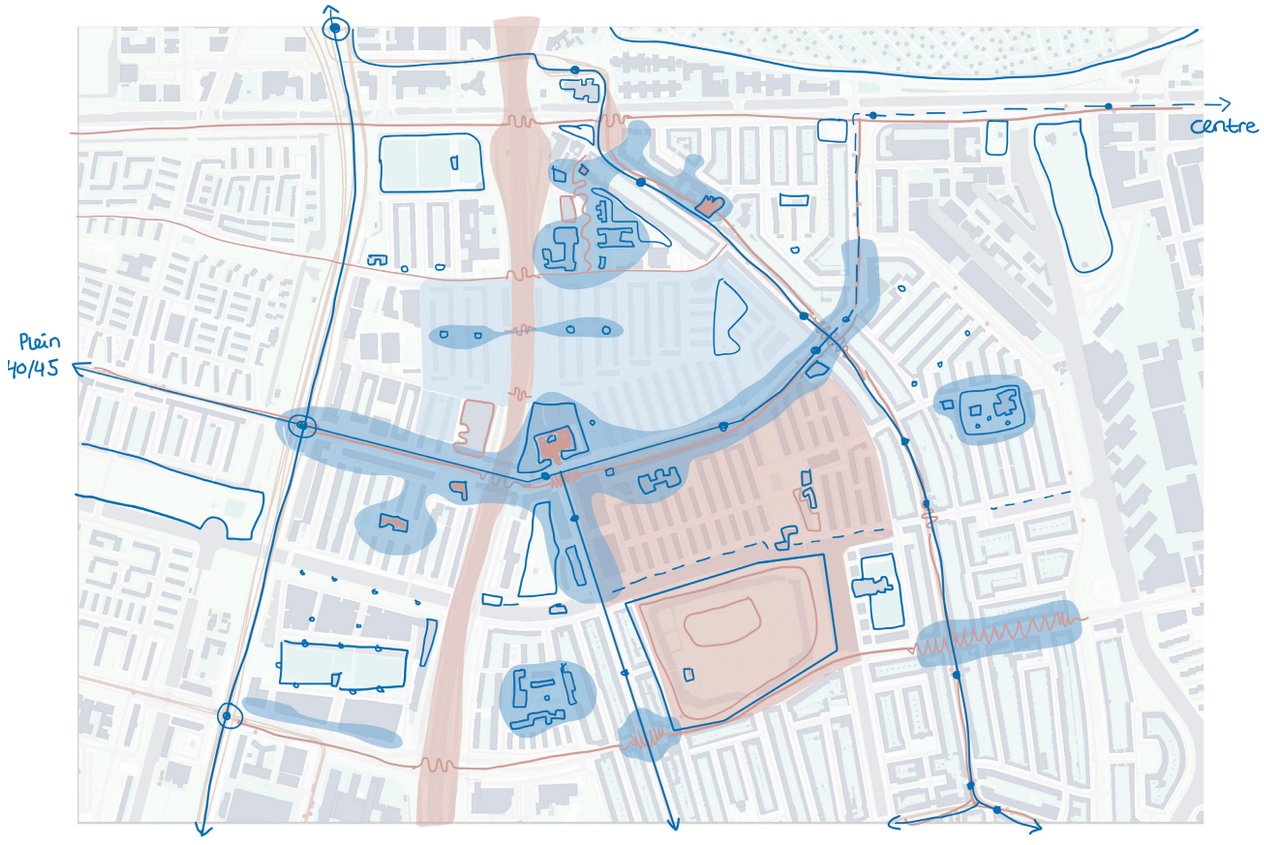
Speelplek Bos en Lommer langer dicht na vernielingen

Door **redactie De Westkrant** - 7 juli 2023



PROFESSIONAL ANALYSIS PER THEME

CONCLUSION ENGAGING ENVIRONMENT



There are a lot of facilities within Bos en Lommer, which was already depicted in the problem analysis by the data from the municipality on liveability (leefbaarometer). This makes for an environment where engagement does not really seem like a problem. The only question is if there i enough compatibility with the needs of residents and future target groups (Kaplan, 1995). What can be perceived as negative and make environments less inviting is crowding and low levels of maintenance. This is why the area around the Erasmuspark has been highlighted as possible negative when it comes to levels of engagement for this conclusion. This already makes a small bridge towards the perceived ability of the environment to engage with certain groups.

PROFESSIONAL ANALYSIS PER THEME

SENSORY ENVIRONMENT (R)

The sensory topic is a bit harder to understand from an academic perspective. This is because the sensory environment depends more on experience. This is why for this overview every topic has been complemented with a positive and a negative example. Therefore the academic conclusions on the sensory environment are mainly based on health aspects. The presence of for example noise pollution and air pollution or the ability to be in contact with nature as positive and negative outcomes on a person's health. This is still not always objective, so this topic will be more in depth when it comes to the analysis of the lived experience.

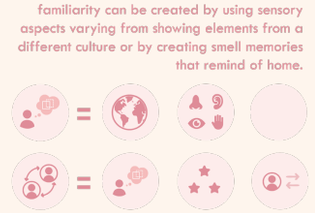
TOUCH
Positive: Smooth textures, comfortable seating, well-maintained surfaces.
Negative: Rough surfaces, uncomfortable seating, poorly maintained infrastructure.

SOUND
Positive: Birds chirping, soothing music in public spaces, water fountains.
Negative: Traffic noise, construction sounds, loud industrial activities.

SIGHT
Positive: Green spaces, public art, well-designed architecture.
Negative: Graffiti, rundown buildings, lack of greenery.

SMELL
Positive: Aromatic gardens, fresh bakeries, clean air.
Negative: Pollution, garbage odor, industrial emissions.

TASTE
Positive: Accessible and diverse food options, farmers' markets.
Negative: Lack of food options, poor quality of available food.



NATURAL ENVIRONMENT
Positive: Parks, water features, green roofs, sustainable design.
Negative: Concrete jungles, lack of green spaces, environmental degradation.

FAMILIARITY
Positive: Recognizable landmarks, clear wayfinding, community identity.
Negative: Confusing layout, lack of landmarks, disorienting design.

CULTURAL / SOCIETAL VALUES
Positive: Inclusive spaces, cultural celebrations, religious centres.
Negative: Lack of representation, cultural insensitivity in design.

HEALTH
Positive: Accessible healthcare facilities, walking/cycling infrastructure.
Negative: Polluted air, lack of healthcare access, unsafe environments.

SIXTH SENSE (Ambience, Social, Engagement):
Positive: Vibrant street life, community events, inclusive spaces.
Negative: Empty or unsafe streets, lack of community engagement.

SENSORY ENVIRONMENT

It is important to realize that the ten themes all share some interconnectedness. For example, pleasant smells can enhance the overall ambiance of a space (sixth sense) and contribute to the degree of social interaction. A street lined with flower shops or cafes emitting delightful aromas can attract people, thus adding to the overall vibrancy of the area. Smells can also be linked to familiarity or cultural aspects. Specific scents can become distinctive elements of a neighbourhood's identity, such as the aroma of a coffee factory or a particular cuisine. These smells can also trigger memories of cultural values from an individual's home country.

Other themes can also be connected to each other. Incorporating green spaces, trees, and other natural elements into the visual landscape not only enhances the beauty of an area but also provides tangible health benefits. Access to nature within urban environments has been linked to improved physical and mental well-being. Secondly, sounds associated with cultural or religious practices, such as the call to prayer or traditional music, can be integral to the cultural identity of a community. Considering these sounds in urban planning ensures that the cultural and religious values of residents are respected and celebrated. However, it can also lead to negative interpretations if these sounds aren't familiar to a certain individual, and they can potentially become overwhelming. This emphasizes the individual differences in the experience of these sensory aspects of the urban environment and the aspect of personal preference.

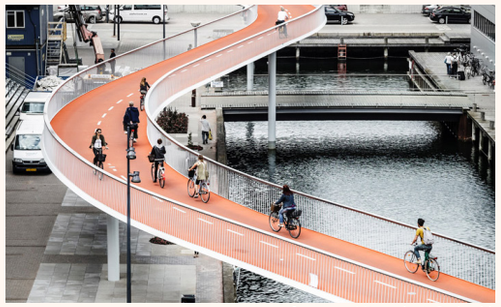
Additionally, four case studies where added to further elaborate on the interconnectedness. These case studies demonstrate how, within urban environments, a design can address multiple sensory themes, creating spaces that are for example not only visually appealing but also culturally rich and contributory to the well-being of residents.



Amsterdam's Canal Ring:
Themes Highlighted: Visual, Touch, Familiarity, Sixth Sense
Interconnected Aspects: Amsterdam's Canal Ring is a UNESCO World Heritage site known for its picturesque canals, historic architecture, and vibrant street life. The visual aesthetics of the canal houses, the tactile experience of walking along cobblestone streets, and the overall ambiance contribute to the city's unique sixth sense. The canal ring is a familiar and iconic part of Amsterdam's identity, shaping the way residents and visitors experience the city.

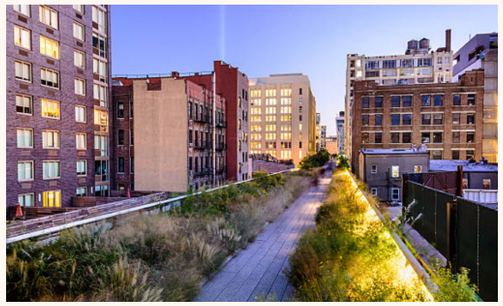


La Boqueria Market, Barcelona:
Themes Highlighted: Smell, Taste, Visual & Cultural/Religious Values
Interconnected Aspects: La Boqueria Market engages multiple sensory aspects. The aroma of fresh produce, the vibrant visual display of colourful fruits and spices, and the diverse culinary offerings create a sensory-rich environment. The market reflects the cultural values of Barcelona, showcasing the importance of food and communal gatherings.



Source: Hjortshøj, R. (n.d.)

Cykelslangen Copenhagen:
Themes Highlighted: Touch, Health, Sixth Sense
Interconnected Aspects: Copenhagen's emphasis on cycling infrastructure is a case study in how touch, health, and the overall sixth sense experience can be positively impacted. Well-maintained cycling paths provide a tactile and accessible mode of transportation, promoting physical activity and contributing to the overall ambiance of the city.



High Line Park, New York City:
Themes Highlighted: Visual, Natural Elements, Health, Familiarity
Interconnected Aspects: The High Line, an elevated park built on an old railway track, showcases the integration of visual aesthetics with natural elements. The greenery and unique design not only contribute to the visual appeal but also provide a recreational space that promotes health and well-being. The park has become a familiar and iconic part of the city's landscape.

DE WESTKRANT

Home › Nieuws › Digitaal bord met 'te luid' voor hennemakers verkeer

Buurtleven Nieuws

Digitaal bord met 'Te luid' voor



Het digitale waarschuwingsbord op de Stadhouderskade. Bij te veel herrie licht de tekst 'Te luid' op. (Foto Richard Mooyman)

DE WESTKRANT

Bos en Lommer Buurtleven Eten & Drinken Groen & Duurzaam Nieuws Westerpark

Smaken ontdekken tijdens speurtocht door West

Door **Richard Mooyman** - 15 oktober 2022



(Foto De Gezonde Stad)

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws Wonen

Vernieuwing laatste deel Kolenkitbuurt begint volgend jaar

Door **Richard Mooyman** - 20 februari 2023



Grote delen van de Kolenkitbuurt gaan vanaf 2024 op de schop. (Foto Richard Mooyman)

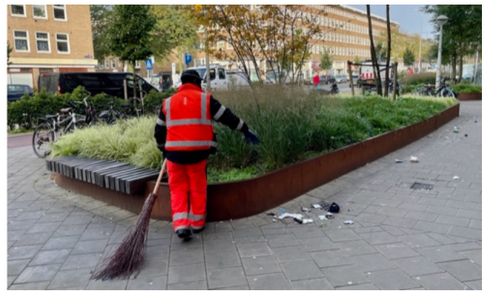
Het ingrijpende project om een deel van de Kolenkitbuurt te vernieuwen gaat volgend jaar van start in de Schaapherderstraat. Vandaag ondertekent de gemeente met woningstichting Rochdale een intentieovereenkomst voor de aanpak van de buurt.

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws

Na overlast bankjes weggehaald op Bos en Lommerweg

Door **redactie De Westkrant** - 23 oktober 2023



Een medewerker van de reiniging haalt afval uit de struiken bij een bankje op de Bos en Lommerweg. (Foto De Westkrant)

Stadsdeel West gaat twee bankjes op de Bos en Lommerweg weghalen na klachten over overlast. De bankjes staan ter hoogte van de nummers 117 en 129, in de buurt van supermarkt Albert Heijn. Het gaat om een proef van een jaar.

Het aantal meldingen over overlast is toegenomen, aldus dagelijks bestuurder Ester Fabrie in een brief aan omwonenden. "Bewoners en ondernemers klagen over jongeren en volwassenen die daar hangen, alcohol drinken, drugs gebruiken en dealen en veel troep achterlaten."

DE WESTKRANT

Buurtleven De Baarsjes Nieuws Oud-West Wonen

Chaos op de stoep

Door **Martine de Vente** - 19 september 2015



DE WESTKRANT

Bos en Lommer Buurtleven De Baarsjes Groen & Duurzaam Nieuws Oud-West Westerpark

Gaia-West brengt grofvuil in beeld

Door **Patricia Jacob** - 19 september 2022



Grofvuil op straat in de Staatsliedenbuurt. (Foto Richard Mooyman)

DE WESTKRANT

Buurtleven

Ideeën gezocht voor een beter, groener of inclusiever West

Door **Bijdrage partner stadsdeel West Amsterdam** - 21 juni 2023

DE WESTKRANT

Bos en Lommer Buurtleven Nieuws

Allerlaatste dag voor Bos en Lommermarkt

Door **redactie De Westkrant** - 28 oktober 2023



Klanten bij de groente- en fruitkraam op de Bos en Lommerweg. Het is de laatste keer. (Foto Richard Mooyman)

DE WESTKRANT

Bos en Lommer Buurtleven De Baarsjes Nieuws Oud-West Westerpark

Steeds meer afval op straat

Door **redactie De Westkrant** - 21 februari 2023



Bellamystraat dinsdagochtend. (Foto Richard Mooyman)

Trouw

ECONOMIE RELIGIE&FILOSOFIE OPINIE CULTUUR&MEDIA

Essay Stedenbouw

Een pleidooi tegen de afbraak van na-oorlogse wijken

Waarom voelen architecten toch de drang om wederopbouwarchitectuur te overschrijven met 'gezellige' retro-bouw?

Bas Kok 11 november 2023

DE WESTKRANT

Bos en Lommer Buurtleven Wonen

Veel lawaai rond Ring A10

Door **Martine de Vente** - 13 augustus 2014



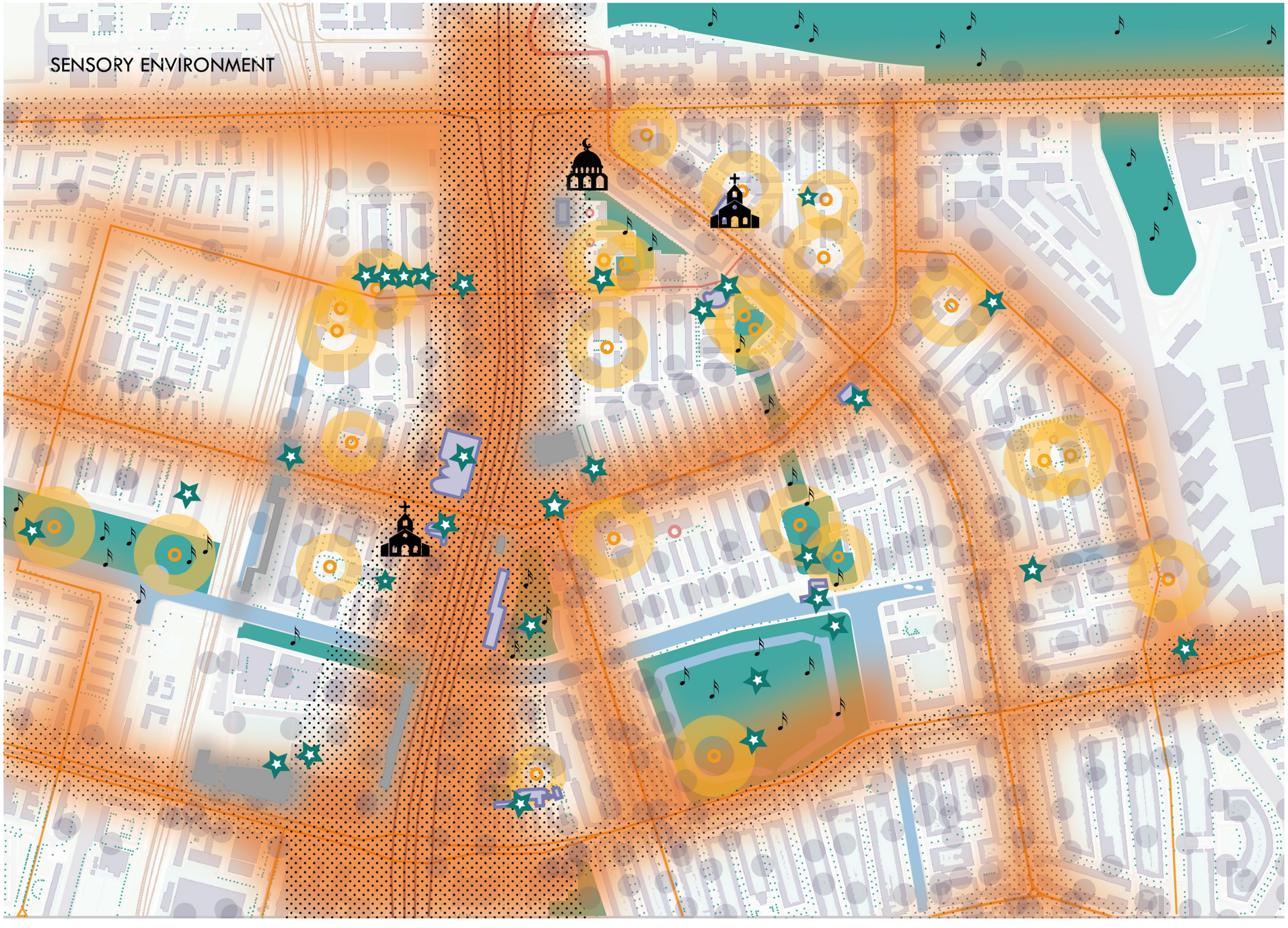
SENSORY ENVIRONMENT

30 km/h
50 km/h
80 - 120 km/h
green elements
water elements
geluidsoverlast
fijnstof
school playground
playground

buildings 50+ mtr

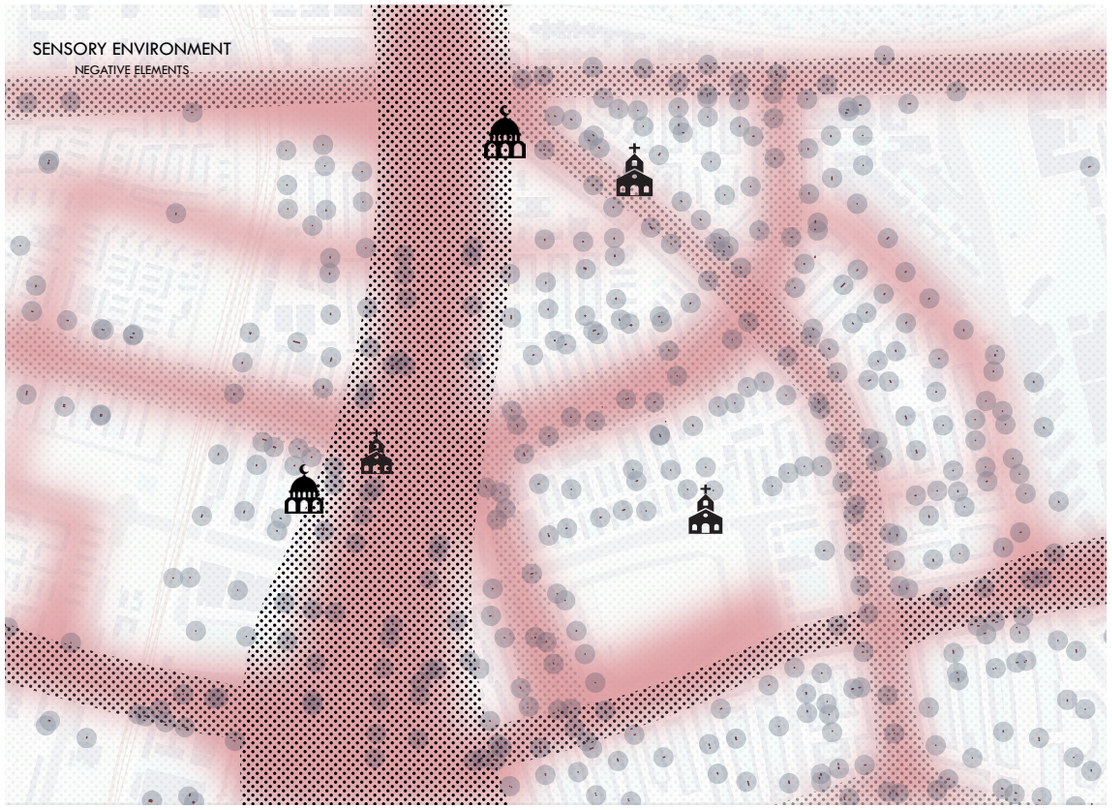
visual highlight
waste point

Sounds playing children



ACADEMIC ANALYSIS PER THEME

NEGATIVE ASPECTS - SENSORY ENVIRONMENT



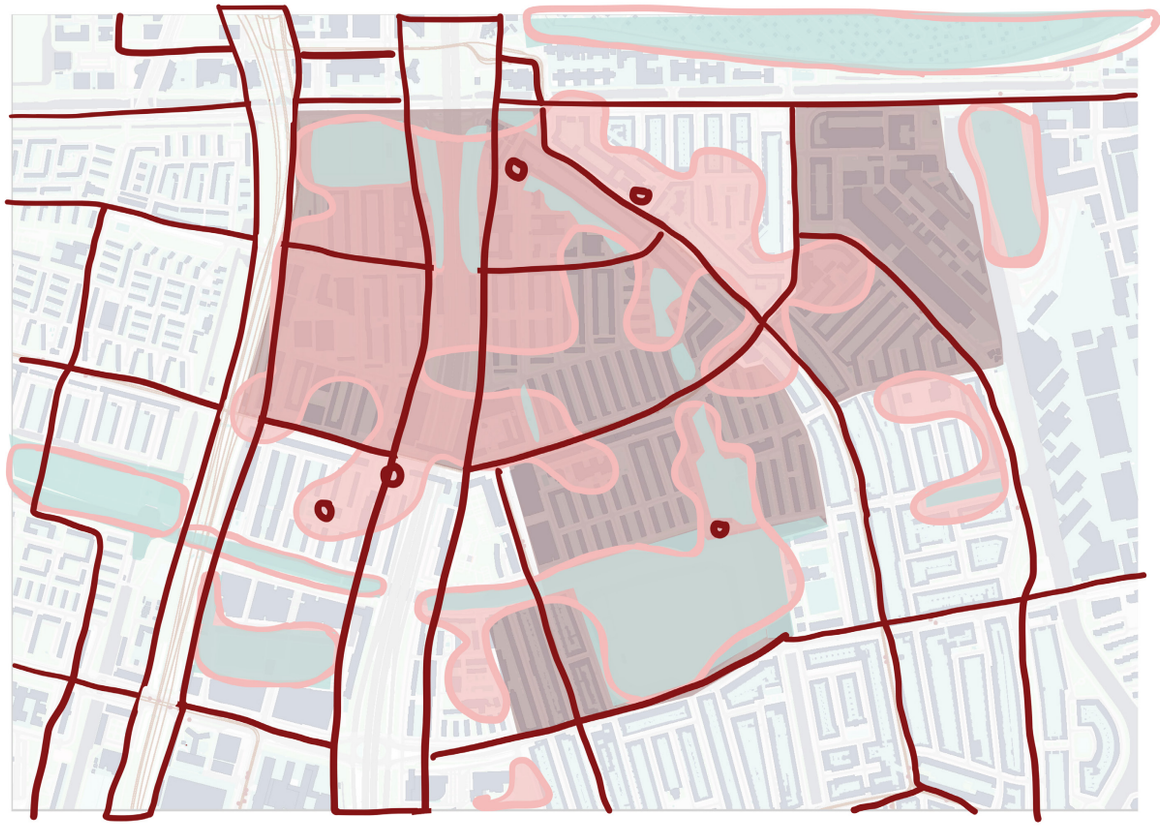
The influences of sensory experiences can vary based on individual preferences and cultural perspectives. This map shows an example of what could be the negative sensory environment of Bos en Lommer. Among other things, cultural differences, age or gender can play a significant role in shaping how individuals perceive and interact with their urban environment.

For example:

Positive (Cultural Perspective): In a culturally diverse neighbourhood, having public spaces that celebrate and showcase various cultural elements can foster a sense of inclusivity and pride. For instance, a public square with art installations representing different cultural symbols and events can be positively perceived by residents from various backgrounds.

Negative (Cultural Perspective): Conversely, if urban design neglects or overlooks the cultural diversity of a community, it may lead to feelings of exclusion. For example, if a public space only features elements from a dominant culture, it may alienate residents from minority backgrounds, creating a negative impact on their sense of belonging and well-being.

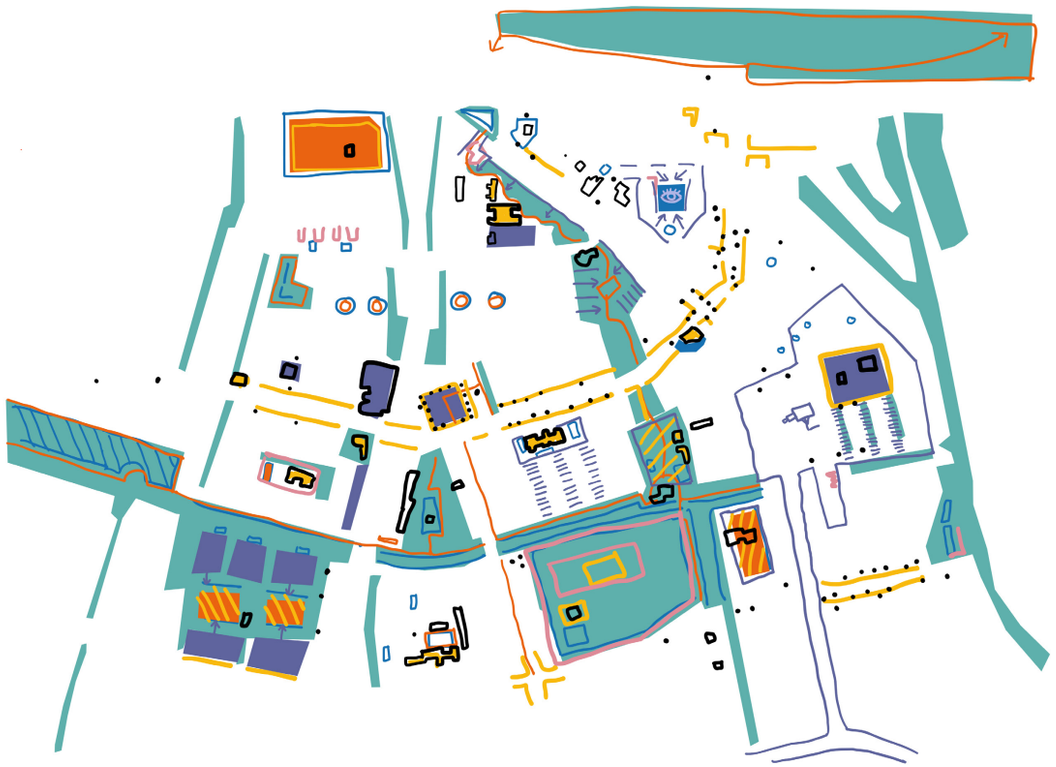
CONCLUSION SENSORY ENVIRONMENT



This concluding map is based on the possibility that sensory aspects are of a negative influence on a person's health or because they have a high possibility to cause stress according to literature. What then stands out in this concluding map is the higher presence of noise pollution, because of the large presence of cars in the neighbourhood. Another thing that stands out is the quality of buildings and the lack of maintenance in some areas according to the data gather by OIS and the municipality of Amsterdam (2021). The presence of natural elements has been showcased as large influencer of the positive sensory environment, because this aspect has the most scientific backing.

CONCLUSION ACADEMIC ANALYSIS

POSITIVE ELEMENTS (I+R)



Safe
Active
Enganging

sensory
natural
social
Building SI
amenity

NEGATIVE ELEMENTS (I+R)



Safe
Active
Engaging

sensory
natural
social
Buildings
X stop removed
camera's
≠ Barrier

06



ERASMUSPARKBUURT

Jan van Galenstraat

In the western part of the Erasmusparkbuurt there are some owners that have used the public street-scape to put up some furniture. Is this a good thing... or is it not?

Unveiling Lived Experiences: perspectives of diverse inhabitants

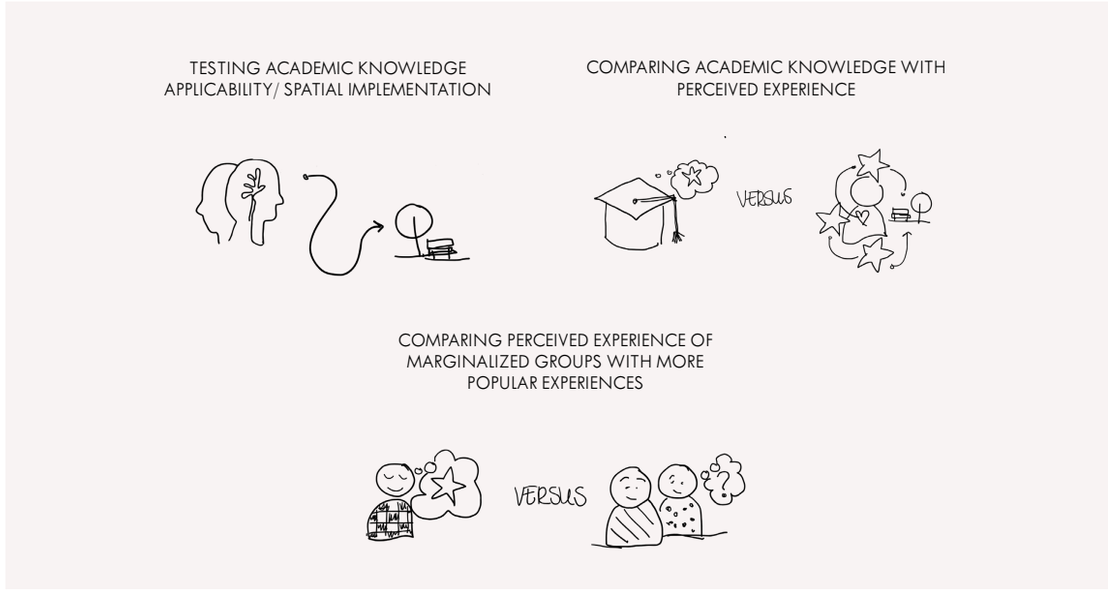
This chapter goes beyond the academic perspective, delving into the lived experiences of diverse inhabitants within the case study. Through extensive fieldwork and engagement with different inhabitant groups, we uncover a narrative that reveals nuanced perspectives on the positive and negative experiences influencing inclusive and restorative design of the urban fabric. This exploration sheds light on the similarities and differences in experience between user groups. The chapter concludes by providing an overview of the conflicts in experiences of specific spatial elements between diverse groups categorized per environmental theme (all six).

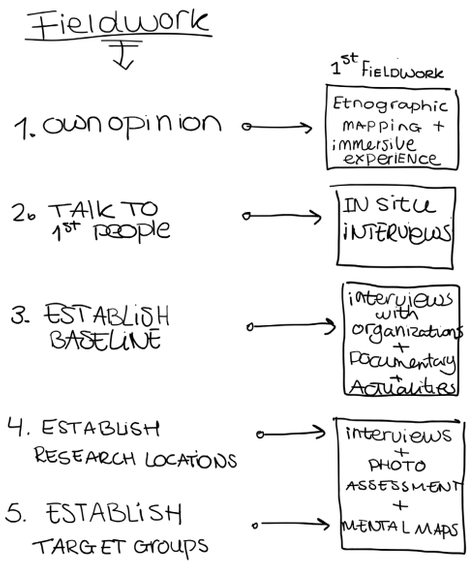
CHAPTER 6

FIELDWORK METHODS	178
INTERVIEWS AND MENTAL MAPPING	180
FIELDWORK - CONTENT	182
FIELDWORK - PARTICIPANTS	184
GROUP I: VULNERABLE WOMEN	186
GROUP II: YOUTH	194
GROUP III: MAROCCAN WOMEN	202
GROUP IV: ISLAMIC MEN (FATHERS)	210
OTHER RESIDENT GROUPS	218
LIVED EXPERIENCE	222
CONFLICTS	234

FIELDWORK METHODS

MAPPING THE PERCEIVED ENVIRONMENT





In the last chapter we have reviewed the academic analysis of Bos en Lommer in regard to the six environmental themes derived from theory. In this chapter wel will look at the same six themes, but from the perspective of the inhabitants. To achieve this, several steps were taken to ensure that we obtain the best possible understanding of these experiences.

The first step involved forming an initial impression through ethnographic mapping and multiple site visits. The second and third steps consisted of interviewing different individuals. The first group comprised a small, but diverse range of residents in brief in-situ conversations. The second group consisted of individuals from a higher organisational level in the neighbourhood. Such as, the owner of a community centre, the founder of a protest group, several youth counsellors from Dock, etc. These interviews provided a solid foundation of information upon which the next steps were based. This foundational knowledge was supplemented by reading (local) newspaper articles and watching a documentary (Rottenberg & NTR, 2020) on segregation and integration of various groups within Bos en Lommer.

In these last steps, after selecting a number of research locations and target groups, a concept for the workshops was devised. These were conducted with four different groups to analyse the perceived experiences in regard to their living environment. All the while keeping in mind the six environmental themes.

MENTAL MAPPING

"How specific target groups live and experience the public space within Bos en Lommer, Amsterdam"

"Mental mapping as a method to find common experiences, needs and stressors."

Human Behaviour and Mental Mapping

Expanding on Kaplan and Kaplan's (1989) insights, human perception relies heavily on the visual information provided by our immediate environment. We use the stored information not only to assess current situations but also to anticipate future scenario's, as well as to recall specific contextual details. Our relationship with the information stored about environments is often emotionally charged, leading us to perceive a situation as either positive or negative. This emotional anticipation significantly influences our interpretation of circumstances. The fact that we are able to store and evaluate details of environmental contexts, along with our personal interactions, profoundly shapes our behaviour and experiences.

These aspects becomes relevant when using the method of mental mapping, which serves as a cognitive representation of one's surroundings or a specific location. By inviting people to draw a mental map, researchers can gain access to the stored knowledge, revealing how people perceive and use their surroundings. It is important to acknowledge that mental maps give a subjective representation of the actual environment, influenced by the individual's experience. Hereby, this method allows for the cataloguing of both positive and negative experiences, as well as the identification of the most prominent features of a specific location. This reflect on the tendency of people to filter information based on relevance and evaluation on significance - a person will draw what is most relevant to them according to their experience.

Restorative Cities - An Inclusive Approach

One thing that is acknowledged to be of great importance within the framework for restorative cities by Jenny Roe and Layla McCay (2021) is the subjective nature of place experience. To effectively grasp the various experiences of people and the requirements of diverse demographic groups it is necessary to use creative, participatory and alternative research methods with a focus on qualitative methods. Methods that are increasingly used within achieving well-being and more specific goals from within this framework are; "walk-along" interviews, trying to immerse oneself within the experience of residents or communities; "photovoice, a method in which participants will try to capture significant or meaningful aspects of their surroundings; and finally approaches where the integration of qualitative methods and geo-spatial methods are combined in a way that offers insights into the local environments and how they are perceived and used.

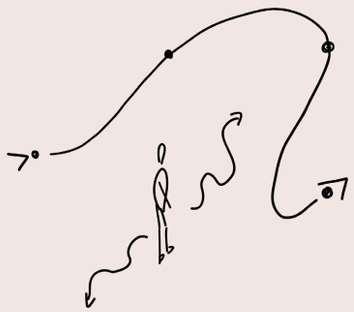
Mental Mapping

In his book 'The image of the city' Kevin Lynch (1960) explores the urban fabric from the perspective of cognition and "imageability". He illustrates how urban design can leave us with mental images that enables us to orient, navigate and link spaces with significant meaning (place-attachment. This theory is the concept used in the mental mapping workshops.

INTERVIEWS AND MENTAL MAPPING

Analysing the Lived Experience of Residents / Visitors

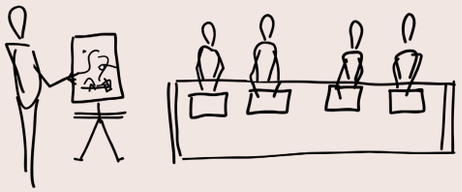
1.



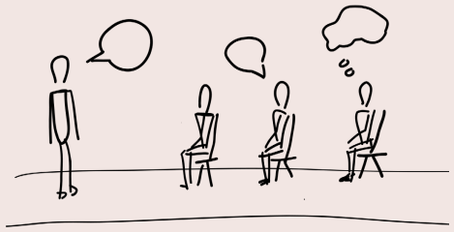
2.



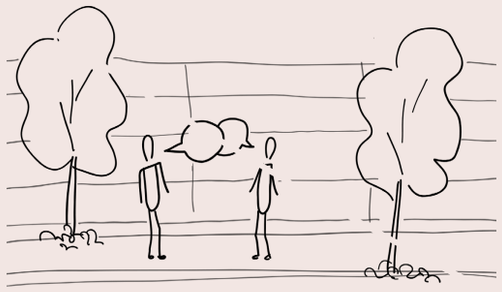
3.



4.



5.



Typologies

1. Unstructured, walk-along interviews:
This method involves conducting interviews while walking with the participant in their natural environment. It's used to gather qualitative data and gain insights into the participants behaviour, experiences, and perspectives within the context.

2. One-on-one interview
This method was used to interacts with one participant at a time. It allows for in-depth exploration of the participant's thoughts, opinions, and experiences. It also gives more privacy than the group based interviews.

3. Mental mapping workshop with a focus group:
This method involves conducting a workshop with a specific, targeted focus group where participants create visual representations (mental maps) of their thoughts and experiences on a particular topic. In this case the experiences around their homes and within their neighbourhood, Bos & Lommer. This method was utilised in groups to understand shared perceptions, and common themes among selected target groups. Additionally, it was easier to get more participants at the same way with this execution.

4. Interviewing a focus group simultaneously:
To gather insight in the groups perception and experiences, but also to explain the context of this study most workshops also entailed a presentation and a group interview where multiple participants were questioned. This allowed for exploration of group dynamics and recognizing consensus or divergence of opinions on specific topics.

5. Interviews, in situ (short questions):
This method entailed conducting interviews at specific locations within context of the study, Bos & Lommer. It mainly involved looking in more detail at the occurrence of specific phenomena or locations where conflict seemed to happen. It involved asking brief, targeted questions to gather immediate insights / observations about a particular situation or behaviour.

FIELDWORK

CONTENTS

FIRST STEPS

1. Gathering photo's for assessment

2. Interviews with protest groups, community centres, youth workers and other organizations to gather in-tell on the community context

WORKSHOP 1.1 & 1.2

1.1 Photo assessment with vulnerable woman / Wachterliedplantsoen

1.2 Mental mapping with vulnerable woman / Wachterliedplantsoen

WORKSHOP 2.1 & 2.2

2.1 Photo assessment with Moroccan woman / stichting fath / Mansveld

2.2 Mental mapping with Moroccan woman / stichting fath / mansveld

WORKSHOP 3

Photo assessment with Moroccan men / stichting fath / mansveld

WORKSHOP 4

Photo assessment and mental mapping with youth / stichting fath / mansveld

EXPANDING

1. Interviewing inhabitants and visitors at specific locations within the neighbourhood

2. Interviews and mental mapping with individuals from belonging to the other groups

FIELDWORK

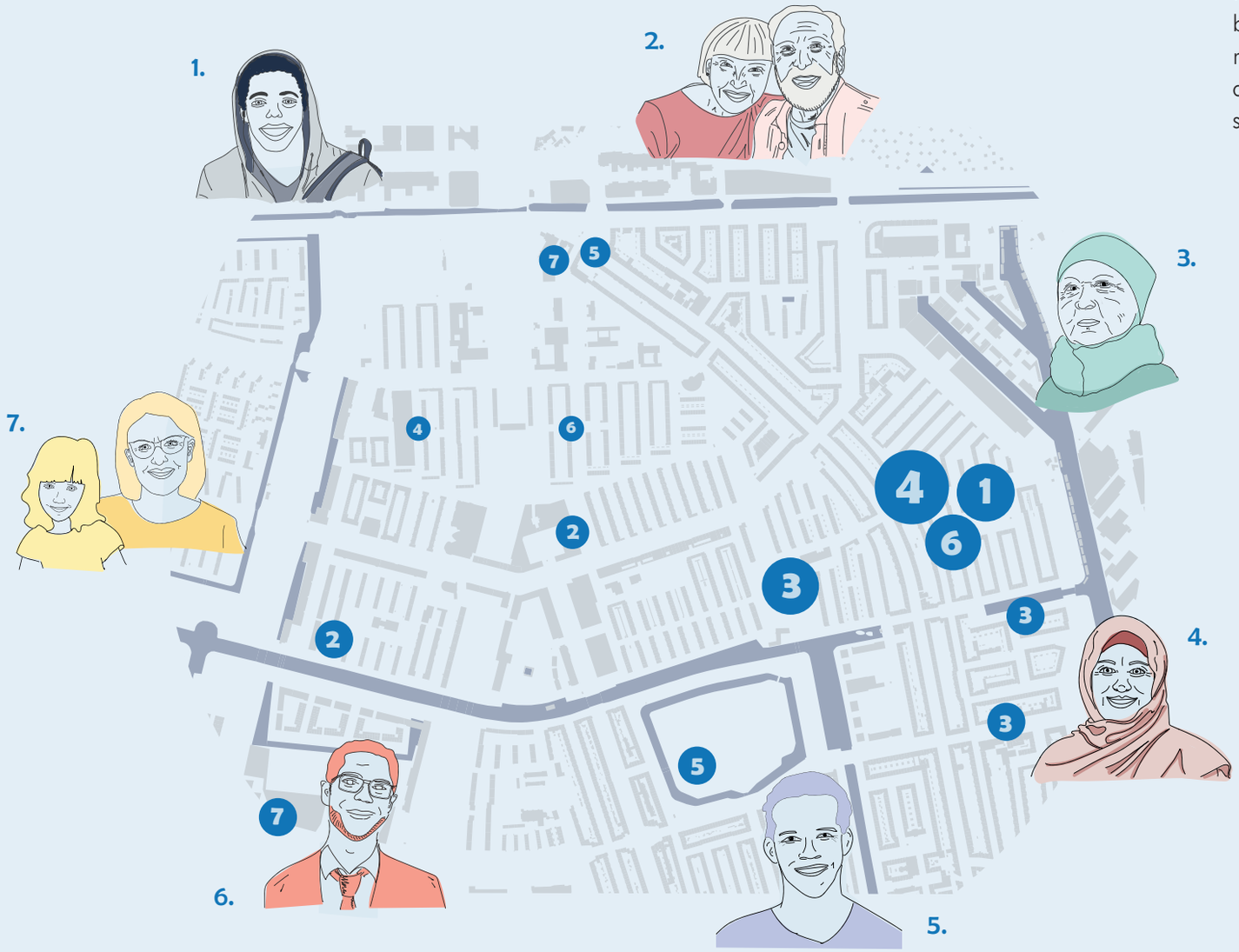
PARTICIPANTS

1. Existing focus group of troubled youth, all male. Programme included: group interview, mental mapping and photo evaluation.

2. Interviews at a few different locations. Main information from documentary: “Terug naar de Abkarstraat”.

3. Participation through focus group at the wachterliedplantsoen. Individual interviews ending in the creation of individual mental maps. Added data through several extra individual interviews.

4. Two sessions with a large focus group. The 1st session was a photo evaluation and group interview. The 2nd session was a workshop mental mapping.



5. Interview and mental mapping with two room-mates, Yups. Added details by unstructured walk-along interviews randomly throughout the neighbourhood and at the Erasmuspark with yups and students.

6. Workshop with existing focus group for fathers with an Islamic background. Workshop consisted of photo evaluation and a group interview.

7. Data gathered through a protest group in the north of the neighbourhood. Added information gathered by individual participants of interviews and unstructured walk along interviews.

TARGET GROUPS

GROUP 1: VULNERABLE WOMEN

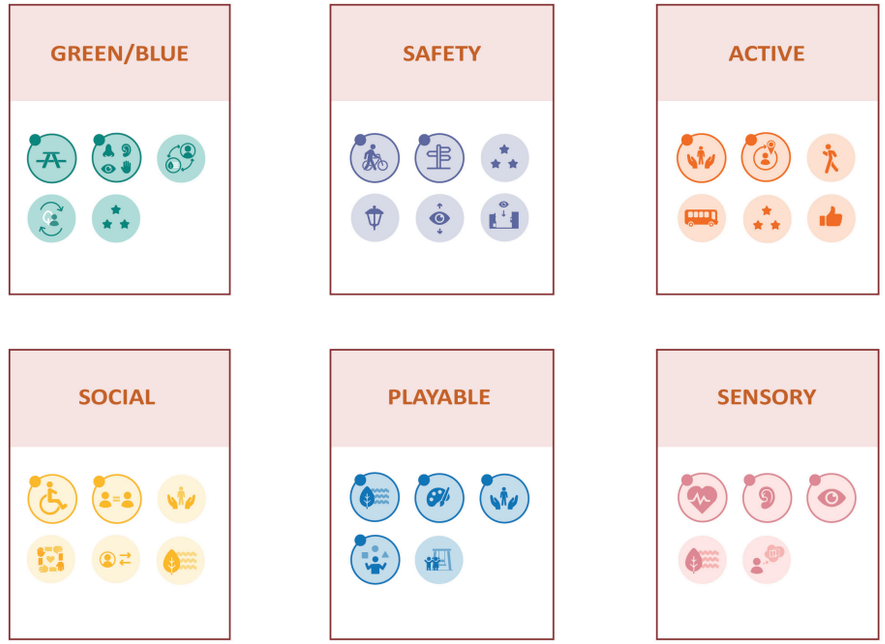
The first target group to be discussed are vulnerable female inhabitants. This group is mainly represented by the volunteers working at the community centre at the wachterliedplantsoen, because most of the interviews were conducted here. This is completed by a few other interviews at other community centres and a café. The methods that are used are walk-along interviews, individual interviews and a mental mapping workshops with the volunteers at the Wachterliedplantsoen.

FEMALE
40 - 65



Women who are characterized by a low socioeconomic status and have a distance to the labour market due to conditions like health issues, lack of education or care-giving responsibilities.

PLAN OF REQUIREMENTS: GROUP 1



In the diagram above, a selection of figures is depicted from the guiding principles for restorative and inclusive design. This selection is based on the information gathered from the previously mentioned workshops with a selected group. Key topics that stood out included active behaviour, sensory overload, and livelihood security. The latter is related to the ongoing reconstruction in the neighbourhood. While redesigning improves quality, it also leads to gentrification, causing many familiar places to disappear and change. This often means that the group no longer has security within the neighbourhood. They are very afraid of this, as they have lived here for extended periods. It is particularly difficult for the women in this group to rebuild their community elsewhere.

Regarding their active behaviour, they prefer slow traffic and walking over cycling. This preference is also due to the concern about the high number of cars in the neighbourhood, which always drive too fast, making cycling feel unsafe. Although they prefer walking, it is often difficult for this group, especially if there are few places to sit along the way. They complain that many seating areas have been removed due to causing nuisance in the neighbourhood, which now makes it less accessible. Some places are essentially out of reach for the women in this group because they cannot travel that far without resting. Public transport could help extend their travel radius, but they report that options are decreasing as many stops have been removed.

The last topic discussed extensively was the natural environment within Bos en Lommer. According to the group, the parks are often poorly designed, very crowded during the warm season, and lack shaded places to sit. For this group, sitting on the ground under a tree is not an option. The parks are also frequently visited by many dogs, which they do not find pleasant. What this group finds most important is the presence of smaller green spaces. They don't need to be large parks, but simply places to sit quietly in the greenery and seek shade when needed. This would also help alleviate the feeling of over stimulation in the neighbourhood caused by cars and crowding.



EXAMPLE: PARTICIPANT THREE

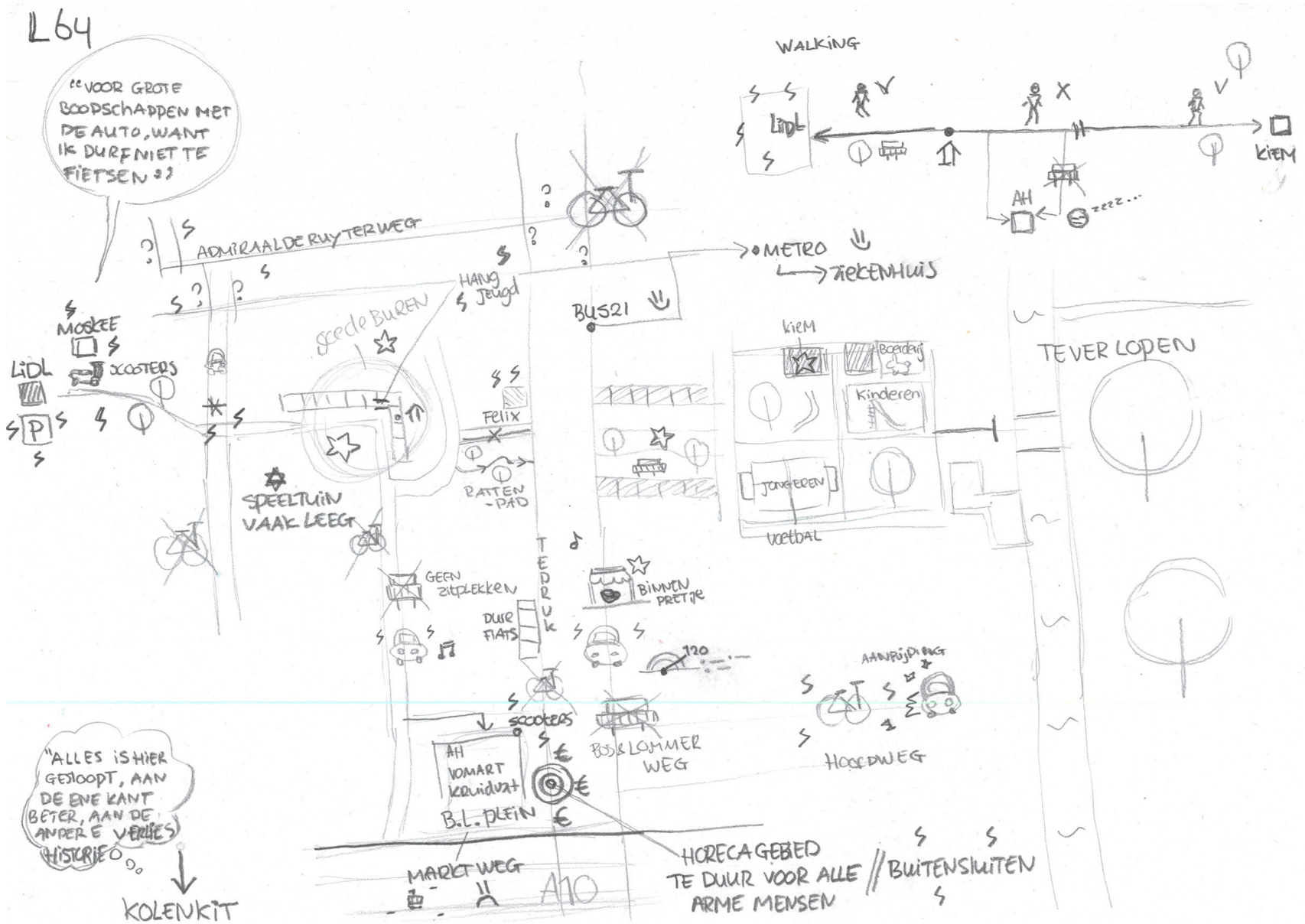
L64

This participant is working as a volunteer at the community centre at the Wachterliedplantsoen. As part of this focus group, the participant is 64 years old and lives in Bosleeuw. She has a health problem that prevents her from taking longer walks. When we start talking about the neighbourhood, her mobility issues come up quite often. As walking becomes harder, especially since there aren't many seating areas along the way, her radius gets smaller. A visit to Erasmuspark to relax simply will not work anymore. This would be possible if there were ample seating.

The reason why she walks more often is because she is scared to use her bike in the neighbourhood. It is too busy, and there are too many cars. There also aren't enough separate bicycle lanes. There are only a few places where she would go using her bike. When she does go out, it is mainly to visit a café around the corner with family, to do groceries, and to volunteer at the community centre. She often visits the Lidl around the corner from her place, but the way there is not comfortable. You can walk part of the way through the greenery, but then you have to cross a few busy roads, and there are always people hanging around near the supermarket. This makes her feel unsafe.

The people hanging around in the neighbourhood make her feel unsafe in the evening. It's not only youngsters, but also adult males without a migrational background who get drunk at the local bars. There is not enough street lighting, which is why she also moves through different spaces in the evening than during the day. At night, she also experiences disturbances at her own place. There is a small dark alley where people are always standing and making noise. She often wakes up because of this. This is something other women from this focus group living in different places also experience, so it happens in multiple areas.

Some positive elements she mentioned are the qualities offered at the Wachterliedplantsoen, the café "'t Binnenpretje," and the availability of public transport. Because the trams and bus stops are close to her home, she can use them to increase her radius, and she can go to the hospital by herself.





GREEN/BLUE SAFETY ACTIVE

SOCIAL PLAYABLE SENSORY

POSITIVE EXPERIENCES TARGET GROUP 1



1. Blocks unwanted visitors
2. Waterfront
3. Restaurant
4. Happy seating area
5. Waterfront and park
6. Public Transport
7. Church
8. Quiet because of green
9. Social environment
10. Walking and resting
11. Separate bicycle lane
12. Public transport
13. Serene environment
14. Communal function

1.


2.


3.


4.

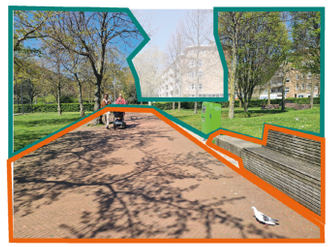

5.

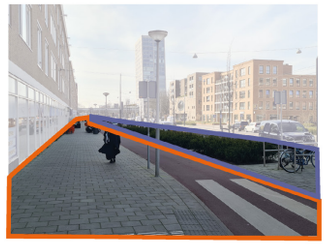

6.


7.


8.

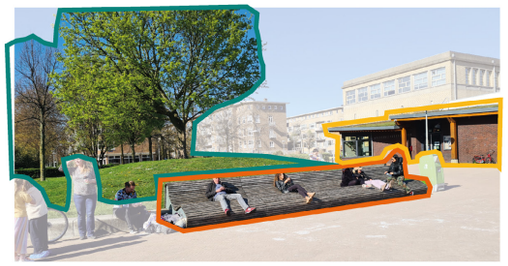

9.


10.


11.


12.


13.


14.




GREEN/BLUE SAFETY ACTIVE

SOCIAL PLAYABLE SENSORY

NEGATIVE EXPERIENCES TARGET GROUP 1



1. Dark and cluttered
2. No crossing
3. Noisy cars, crowded
4. Too dark
5. Dog conflict
6. Too dark
7. Unwanted guests
8. Cluttering bicycle parking
9. Hard to cross, unsafe cycling
10. Car-oriented, too paved
11. Nuisance because youth
12. Closed to the public
13. No function, just weeds
14. Too paved and no seating area

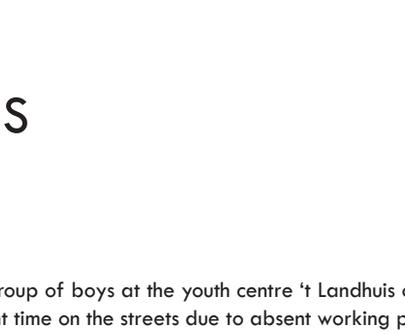
TARGET GROUPS

GROUP II: YOUTH

This workshop was conducted with a group of boys at the youth centre ‘t Landhuis on Karel Doormanplein. This group of boys, aged 14 to 18, spends significant time on the streets due to absent working parents and cultural norms. The aim of the community centre is to increase their engagement with the community and to prevent radicalisation.

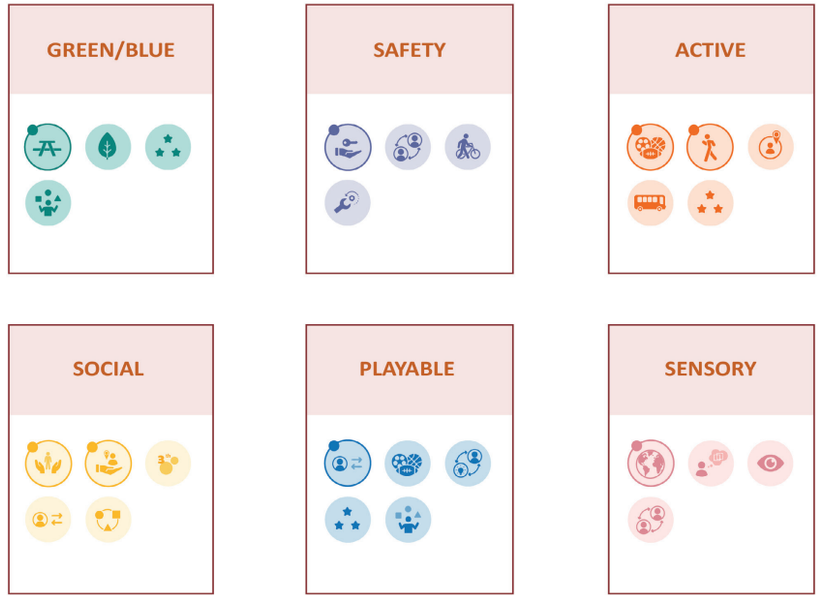
The workshop organised for this group began with an introduction in which an explanation of public space and urban design was given, followed by a conversation on public environments, how they are used an what is important. After this introductionary conversation they were asked to evaluate photos of their neighbourhood, Bos en Lommer, marking positive and negative aspects. For the second part of the workshop they engaged in a mental mapping exercise, highlighting positive and negative aspects of their surroundings and the specific elements related to these experiences.

MALE
14 - 18



Third or forth generation Turkish / Marroccan immigrants. Youth group of DOCK Amsterdam. All of them at the moment actively engaged in a high school career.

PLAN OF REQUIREMENTS: GROUP II



This group expressed a clear need for a sense of belonging, spaces for energy release, unsupervised hangout spots, and areas near playgrounds for watching younger siblings. They mention often feeling unwelcome in certain places which is strengthened by the presence of cameras, signs and people sending them to go elsewhere. Next to the absence they feel in ownership, they also have strong feelings about the visual aspects of their surroundings. They often mention that spaces are boring, neglected, dirty, broken etcetera. To improve this they suggest more maintenance, some newer spaces and additional recreational facilities where they are welcomed and were they can have fun.

Within the conversation on the way spaces are used a discussion follows on types of spaces and for whom they are suitable. They mention something what is for them the difference between “male spaces” and “female spaces”, earlier mentioned by the Moroccan women’s group. They recognise spots that provide qualities for “hanging with the dudes” and more enclosed, sheltered spots for females. It should be noted, that in general this group prefers spaces that are more comparable with “female spaces”, but they would like them to be absent of adult figures.

* a more detailed description of this workshop is given in the appendix.



EXAMPLE: PARTICIPANT THREE

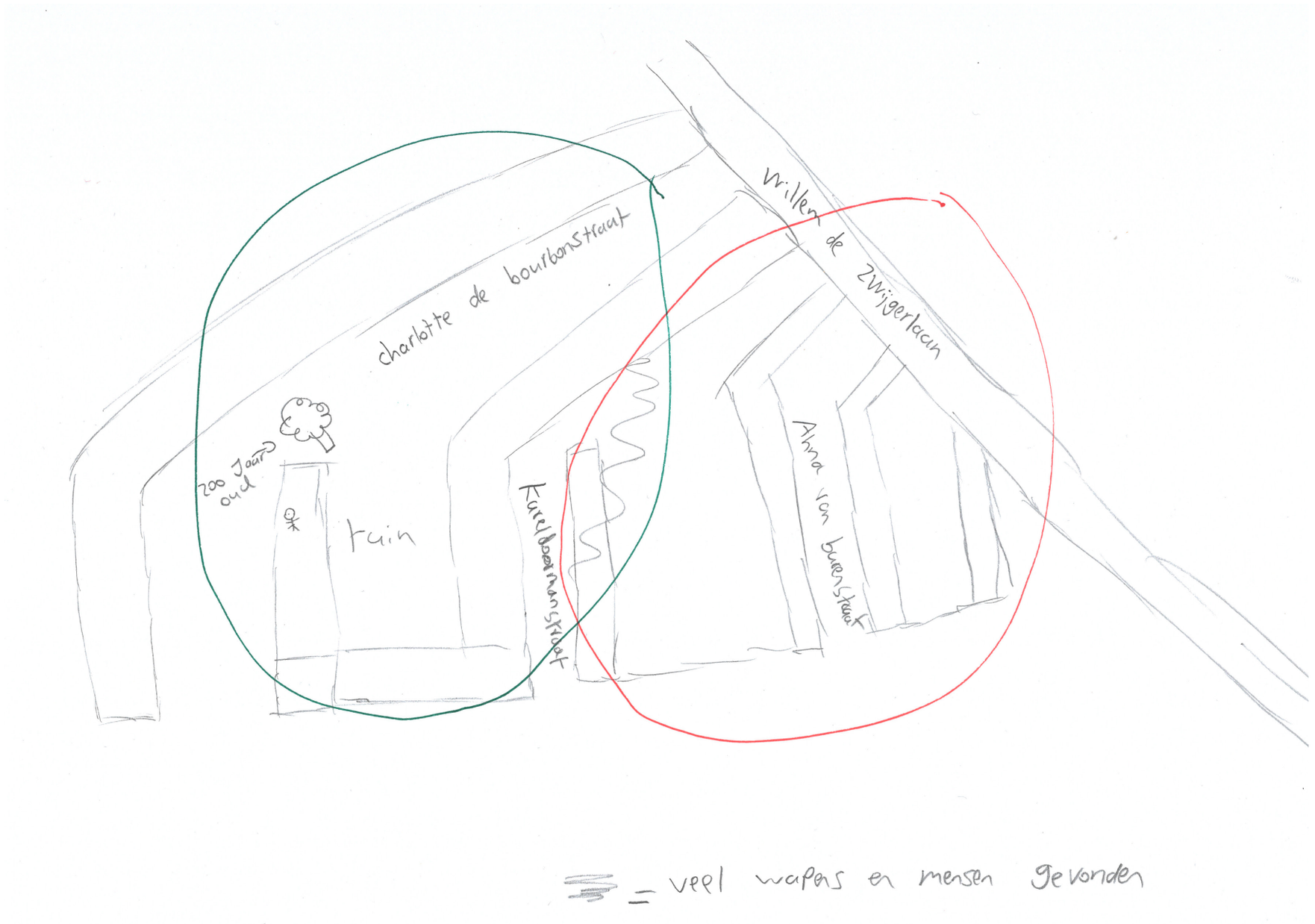
T15

This participant lives directly around the corner from the youth centre and goes to school in this part of the neighbourhood as well. The other boys in this group are his friends and go to the same school. They often hang out together. This specific participant seems to find studying more important than the others and uses the community centre to study, because it is more quiet than at home. He has a large family with a few siblings. Older ones and younger ones who he sometimes has to watch during the day.

The boy first draws a picture depicting his school and the square where we are currently present. Afterwards, he creates a new drawing focusing more on the area where he lives. This is the drawing show in this spread. It concerns an area with rows of apartment buildings with communal courtyards. These courtyards are not utilized within every block. The block adjacent to the block where his family lives, has a closed communal garden that is out of use. According to him, this might be due to the frequent discovery of knives and weapons, which he describes as unpleasant and “not very safe”. He remains fairly casual about it because it occurs quite often, but he also doesn’t seem to find it particularly comfortable and marks these spaces with a red colour.

He sees his own living block as more positive. Here, he knows more people, and they do utilise the communal gardens. There is a very beautiful old tree and other greenery that creates a pleasant atmosphere. There isn’t much greenery in the surroundings, so this is a good addition. The tree also provides shade in the summer.

Furthermore, the boy mentions places he likes to visit, such as soccer cages, street corners to hang out with friends, and small shops where you can buy snacks.





GREEN/BLUE SAFETY ACTIVE

SOCIAL PLAYABLE SENSORY

POSITIVE EXPERIENCES TARGET GROUP 2

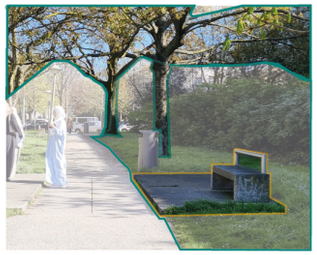


1. Nice for younger siblings
2. Men´s place
3. Hanging with the boys
4. Seating area, enclosed
5. Nice water element
6. Good shop for snacks
7. Hanging by the water
8. Nice for walking and hanging
9. We don´t get send away here
10. Sports are always good
11. We don´t get disturbed
12. Public transport increases our radius
13. Sports area
14. Chilling and recreating in the park
    Good for family dinners
15. Active environment

1.


2.


3.


4.


5.

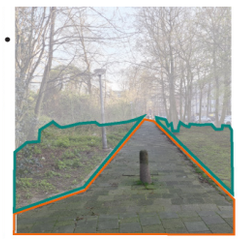

6.


7.


8.


9.


10.


11.


12.


13.


14.


15.




GREEN/BLUE SAFETY ACTIVE

SOCIAL PLAYABLE SENSORY

NEGATIVE EXPERIENCES TARGET GROUP 2



1. Too many cars
2. This could also be a park
3. Boring street, monotonous
4. Camera surveillance
5. Monotonous street, fast traffic
6. Bicycles are messy
7. Park is not suitable for us
8. Women´s place
9. Neglected and too paved
10. Neglected and messy

1.



2.



3.



4.



5.



6.



7.



8.



9.



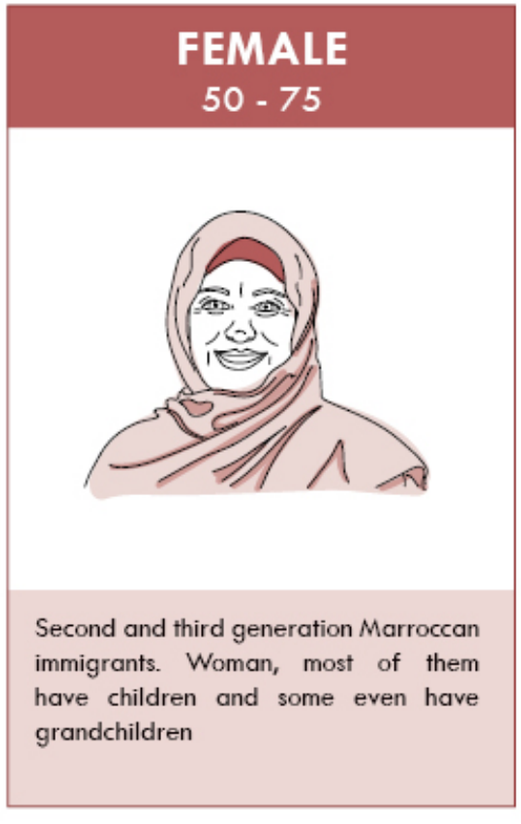
10.



TARGET GROUPS

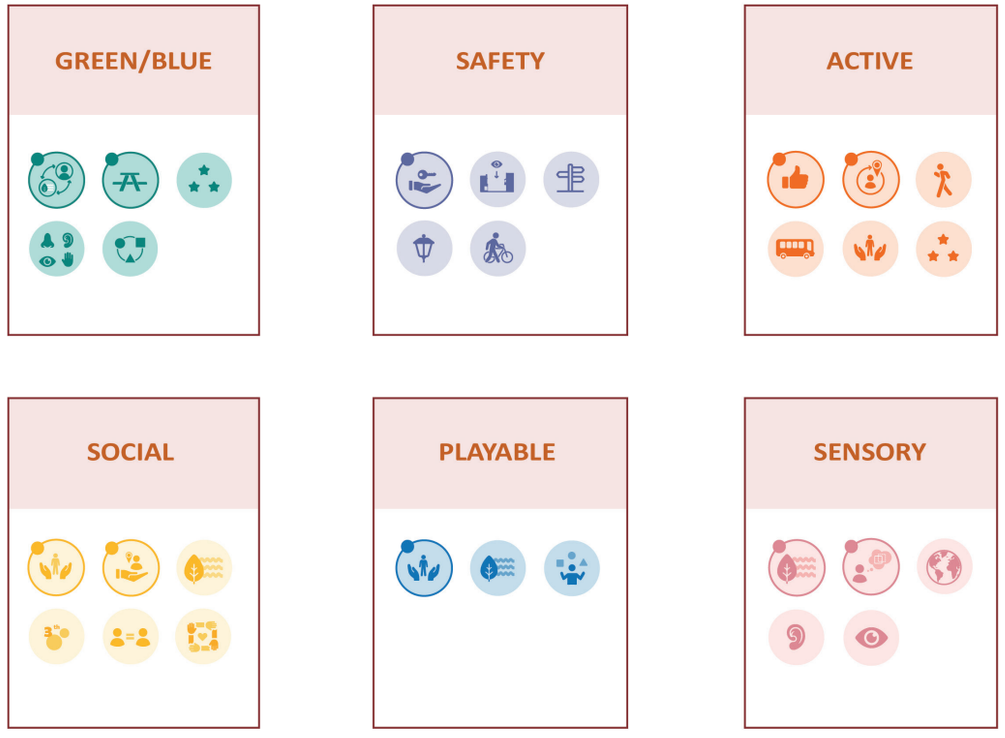
GROUP III: MOROCCAN WOMEN

The third target group that will be discussed consists of Moroccan women from one of the community centres in Landlust, located near Karel Doormanplein. These women form a group for workshops related to the art of making clothing. Most of the women are fifty years old and above. To organize workshops with this group and build a relationship of trust, several visits were made to their meetings. The earlier meetings focused more on discussing public space and how this is used, to later better assess its value. The spoken language in these meetings was Dutch, but an interpreter was present to ensure mutual understanding.



In the meetings with this group, it was particularly noticeable that they were very cautious about expressing their opinions. Especially when it comes to giving criticism. They tend to remain positive and not easily give critique. As the conversation progresses, it becomes clear that they do have criticism and definately perceive some places negatively. To bring this out more and to get a stronger response, patience and friendly attention were needed. The workshops were ultimately very useful and provided significant input regarding the experience of the public spaces within the neighbourhood.

PLAN OF REQUIREMENTS: GROUP III



This diagram shows the values considered important by this group. Based on the previously mentioned guiding principles per theme, a selection has now been made based on interests and needs. Within the conversations with this group, it became clear that they value the green environment highly and that they really like to use these spaces for meeting others and as a place for relaxation. Additionally, it is important for this group to have enough places in the neighbourhood where they can sit to rest.

It is also noteworthy that these women mainly seem to use public space for functional visits. This includes trips to the supermarket, going to the market to buy fabrics, or visiting the community centre. These are the places and moments when they have social interactions with others. For them, it is important that they can reach these spaces on foot and that they are located at near proximity.



EXEMPLARY OUTCOME TARGET GROUP III

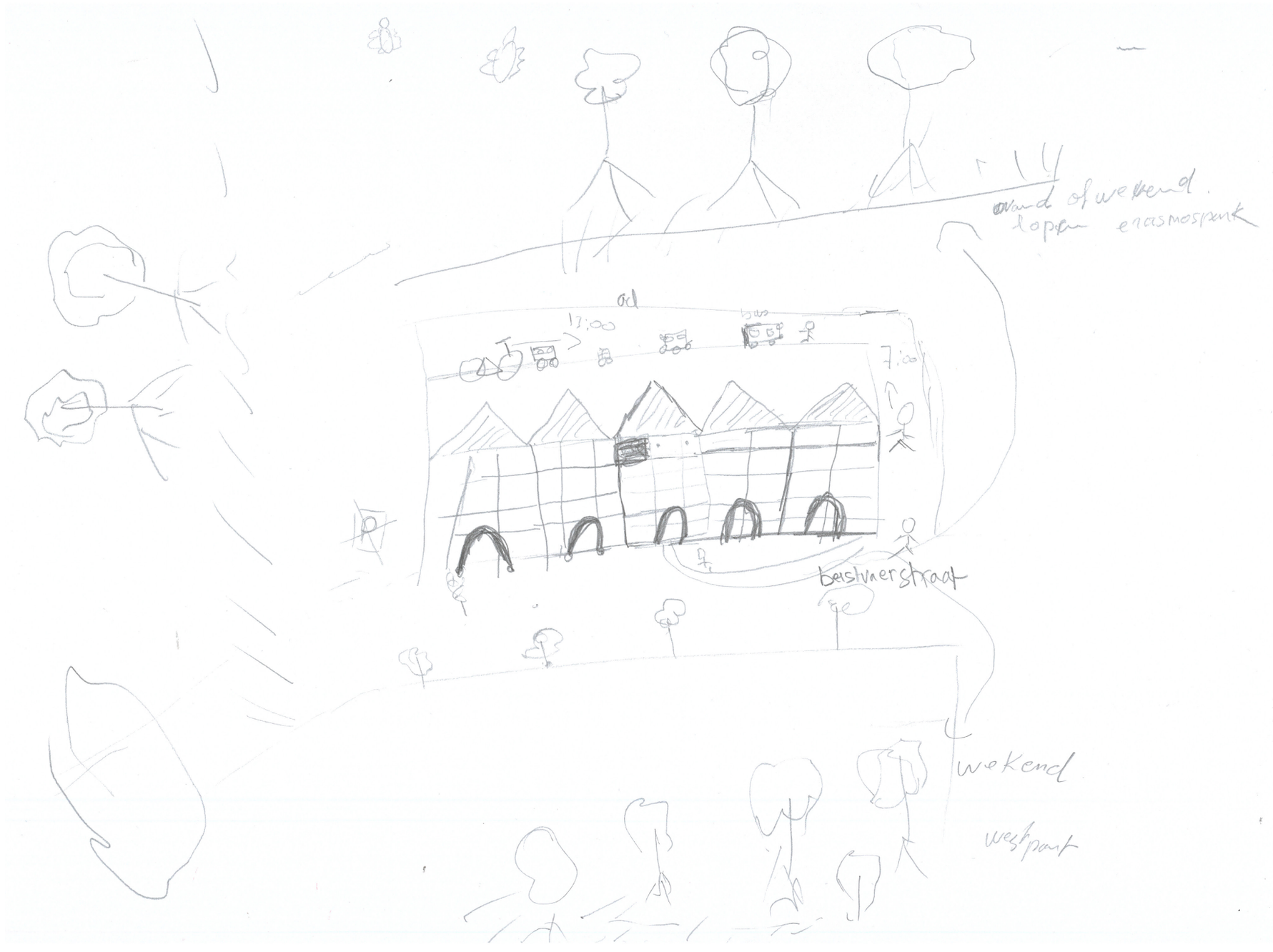
F53

This participant begins by drawing her block of houses and then illustrates how she moves within the environment. She lives on one of the higher floors in the block, providing her with a beautiful view on the surrounding trees. The location of her home is near Westerpark. According to her, the streets in her residential area are greener than in others, so she emphasizes that this is a real advantage for her.

She doesn't have a car, and there are no parking spaces next to her house, making it difficult for other family members to visit her. Parking in the rest of the neighbourhood is also very expensive. She often travels by bike or bus and walks for shorter distances. She finds the experience of cycling in the neighbourhood okay, but that's because she travels outside of peak times. She leaves earlier than other people and returns home earlier as well. What she notices when she's out later in the day is that it becomes too crowded and uncomfortable. During such times, she sometimes takes the bus because it's safer to be in a vehicle. However, unfortunately, buses don't run as frequently as they used to, and public transportation stops are disappearing.

Another thing she mentions is that she enjoys visiting Westerpark on weekends with family or friends. She also occasionally goes to Erasmuspark, but it's a bit further away. The only downsides to visiting these parks is that you have to cross several major roads and that they are often crowded on sunny days. Her children are not allowed to walk these routes alone as it's not safe.

On a larger scale, in the rest of the neighbourhood, she finds that there are too many cars and not enough greenery, which is something she finds very unfortunate. However, fortunately, she herself lives in a favourable location. Green spaces like the ones mentioned are also very enjoyable for social gatherings. Besides these activities she often goes to the markets in the surrounding areas. There used to be a really nice one in the neighbourhood but unfortunately this no longer exists. According to her, what happened to the market is a big shame, and it's somewhat unacceptable that the municipality tried to shift the market's focus to a wealthier audience. Nowadays, this new resident is often the target for upgrades within the area, as paid terraces are slowly replacing places where before you could just sit on a bench in the sun. The coffee is also very expensive here.





GREEN/BLUE SAFETY ACTIVE
SOCIAL PLAYABLE SENSORY

POSITIVE EXPERIENCES TARGET GROUP III



1. Regularly visited long-established shops
2. Public transport used to visit markets and family
3. Seating area surrounded by greenery
4. Communal function - Mosque
5. Good supermarket, not too expensive
6. Small square with benches to sit
7. Park to gather with family
8. Good school and daycare for the kids
9. Nice playground surrounded by greenery
10. Good place for social interaction
11. Nice shop with many fresh produce
12. Nice smaller playground nearby housing

1.


2.


3.


4.


5.


6.


7.


8.


9.


10.


11.

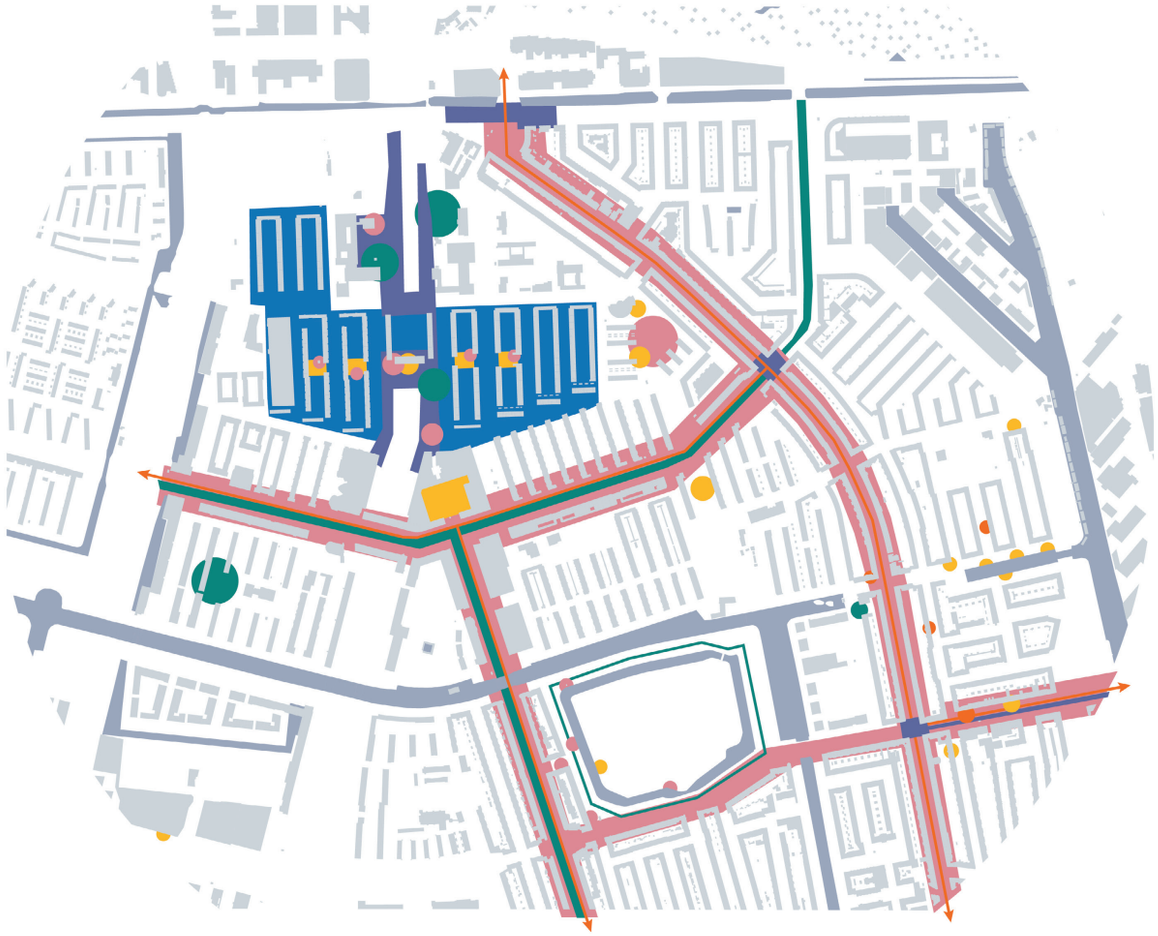

12.




GREEN/BLUE SAFETY ACTIVE

SOCIAL PLAYABLE SENSORY

NEGATIVE EXPERIENCES TARGET GROUP III



1. Neglected area, too paved
2. Unsafe crossing for kids
3. Public space turned into private space
4. Neglected playground, not safe enough
5. Car oriented space, non functional green
6. Too paved and too busy, traffic too fast
7. It is a great loss that the market is gone

7. Newer shops do not attract
8. Cars drive too fast. Noisy and busy
9. Loitering youth causes nuisance and unsafe feeling
10. Dark spaces, not safe
11. Not enough crossing spaces for pedestrians
12.Men's seating area
13. Car dominated and ugly

1.



2.



3.



4.



5.



6.



7.



8.



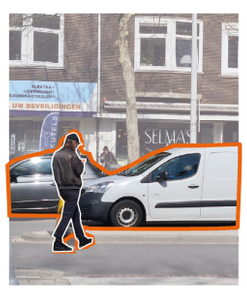
9.



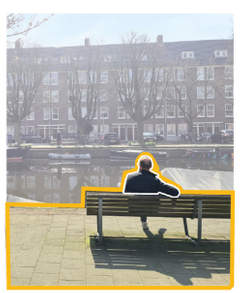
10.



11.



12.



13.



TARGET GROUPS

GROUP IV: ISLAMIC MEN (FATHERS)

At one of the community centres of Dock this group of fathers gets lessons about preventing radicalisation in young adults. For this workshop one of there meetings could be joined and turned into an afternoon workshop. Because there were also a few other lectures, the choice was made to start with the evaluation of photo´s in the neighbourhood and end with an exploration conversation about the environment. Only a few mental maps were made if there was extra time.

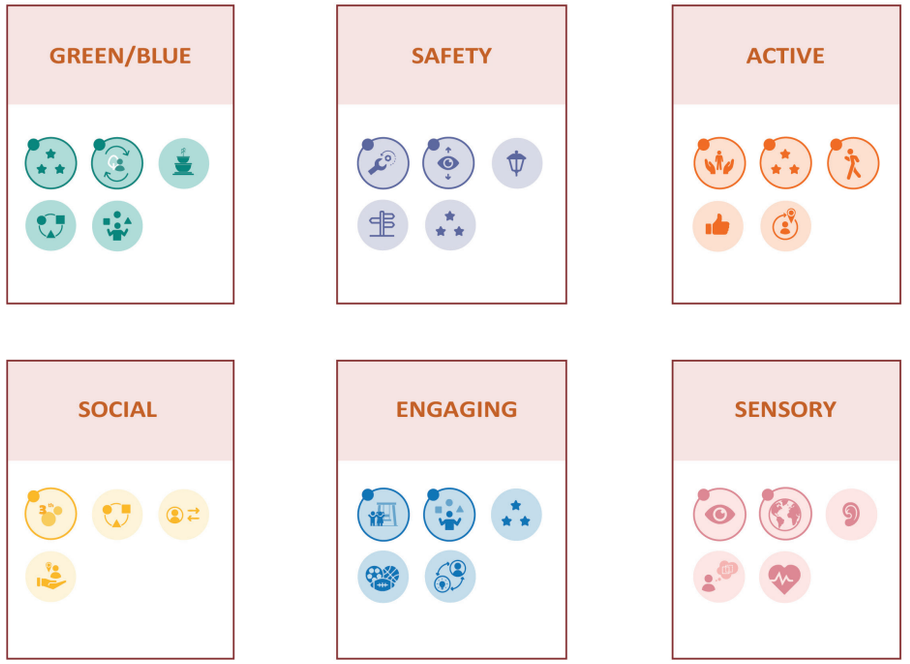
In this group are included, males from roughly the ages thirty to fifty. They have one or more kids and live with their family. They have Islamic beliefs and generally live according to traditional roles. They all have jobs for which the car is almost indispensable, as they use it for driving to assignments/clients. In their descriptions about public spaces, they are precise and careful. They appreciate the other person's opinion and are very clear in giving their own. In this, they are also definitely articulate.

MALE
30 - 50



Second generation islamitic immigrants. Fathers of children in the ages of six to twelve. They are part of a program, learning about parenting skills and preventing extremism in young adults.

PLAN OF REQUIREMENTS: GROUP IV



In determining the most important needs for this group, it especially came to light how important this target group finds it that the design is clear, uncluttered, structured, and practical. They pay attention to things like the presence of parking for cars and bicycles, the distribution of lanes, the presence of benches, and important functions such as supermarkets and hairdressers. To give another example, if they see a terrace, they find this positive, provided that the terrace does not interfere with pedestrian flows.

Because they pay such attention to these things themselves, they can be very disturbed by issues such as negligent maintenance, a lack of ample trash points, accessibility of greenery, and the width of the sidewalk. They believe the pedestrian should be given much more space in general. This should also be done in a clear and safe way, so that it is feasible for everyone to get to places on foot. Getting around on foot is more important to them than using a bicycle; many of them don't have one. Bicycle lanes in the neighbourhood are sometimes preferred over pedestrian flows, which they do not think is necessary. Continuous bicycle lanes are seen as unsafe because crossing them is dangerous for pedestrians, especially with faster bikes and for children.

Having young children themselves, they pay great attention to the safety of children in their surroundings. They consider things like safe crossings, benches near playgrounds to watch their children, and well-maintained spaces because children could get hurt as a result of neglect. Even when they talk about the very positive aspects of the green environment and the water quays, they also relate these to aspects that could make those elements unsafe. Water quays without fences are not safe for children, and greenery, especially if it has a cluttered design, can prevent a good overview in the evening.



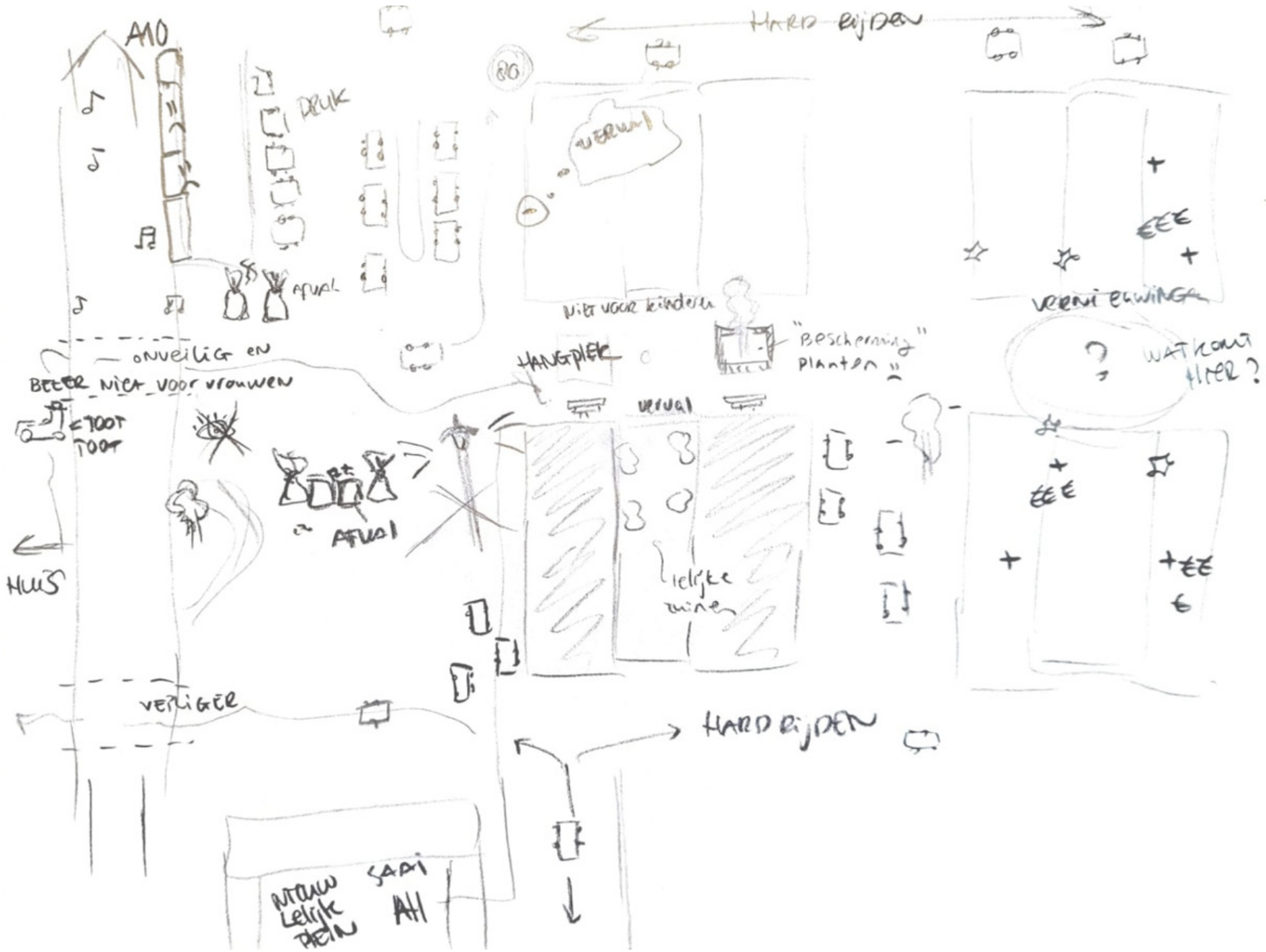
EXAMPLE: PARTICIPANT ONE

M37

This is an additional participant belonging to the same target group. The (individual) interview took place at one of the playgrounds on “Lidewijdepad.” The drawing was made in collaboration with the participant, as he did not want to draw it himself. The participant is 37 years old and has a young daughter. His parents have been living in the neighbourhood for over 40 years, so he grew up in Bos en Lommer. They live near the Kolenkit side of the “Lidewijdepad,” where he himself now resides in Landlust.

The participant frequently discusses the continuous changes happening within the neighbourhood. The new group of “white” residents coming to the area feels like a significant change to him. The neighbourhood is being renovated, and wealthier people are slowly moving in. He describes a situation where new people are not really welcome in the area. It feels only safe and pleasant if you are part of the “established group”. He also mentions that groups live very separately from each other. He acknowledges that safety in the neighbourhood has improved somewhat over the past few years, but there are still concerns. According to him, this has to do with multiple facts, such as: harassment of women in the night, dark corners, polluted and unclear streets and the speed of cars.

Besides the matter with safety, he also talks about the poor quality of public spaces and facilities. In his opinion, the public spaces in many parts of the neighbourhood are poorly maintained, and improvements are made mainly intended for newer target groups or the elderly. His view is that older people tend to complain more and thus achieve more, and that young professionals (yups) know their way better within the system. Not much is being done for children and the long-standing residents of the neighbourhood. He mentions that the playgrounds in this part of the neighbourhood are neglected and of a very low quality. Recently, some greenery has been added, but it’s often small patches with a focus on biodiversity, surrounded by fences to protect them (“yups-projects”). This means there’s still no real contact with nature. These public spaces are not used much unless it’s warm, when people go outside because they have no other options. The higher-quality spaces, like Gerbrandy Park and Westerpark, become overcrowded during these periods, making them unpleasantly busy.





GREEN/BLUE SAFETY ACTIVE
SOCIAL PLAYABLE SENSORY

POSITIVE EXPERIENCES TARGET GROUP IV



1. Clear street, good parking facility
2. Increases accessibility
3. Increases green environment
4. Nice street, good sidewalk
5. Nice square, not the right religion
6. Good qualitative playground
7. Peaceful playground
8. Place to meet people
9. Place to relax and watch surroundings
10. Playable amenities close to homes
11. Good for walking
12. Clear and tidy street
13. Nice seating area, good for coffee
14. Good for walking

1.


2.


3.


4.

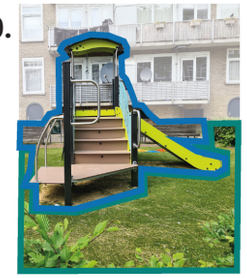

5.


6.


7.


8.

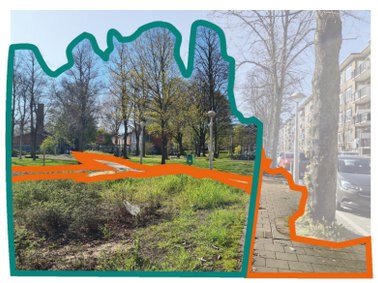

9.


10.


11.


12.


13.


14.




GREEN/BLUE SAFETY ACTIVE
SOCIAL PLAYABLE SENSORY

NEGATIVE EXPERIENCES TARGET GROUP IV



1. Lack of maintenance and untidy
2. Too dark in the evening
3. Lack of adequate design
4. Not accessible. Not used
5. Bike wrongly parked
6. Dangerous waterfront for kids
7. Too much traffic and takes long
8. Dangerous for walking and cycling
9. Seating areas have been removed
10. No familiarity and low quality
11. Not maintained, unsafe equipment
12. No reason to visit this place anymore
13. Untidy. Trash out of windows
14. Unsafe crossing for kids with school

1.


2.


3.


4.


5.


6.


7.


8.


9.


10.


11.


12.


13.


14.


15.


OTHER RESIDENT GROUPS

MIDDLE CLASS
40 - 60



Within this group, it varies whether the residents have been living in the neighbourhood for a longer period of time or if they have recently moved there. The participant of the mental map depicted below has been living in the area for a longer time. They explain that they have good connections with their neighbours. When asked about the type of neighbours they have contact with it seems it concerns only the neighbours within small radius, living in similar housing from similar socio-economic groups. They say that from time to time events are organised for the neighbourhood, but that only their own bubble attends, and they never see the other residents. This specific resident lives in the Gulden Winckel area and is troubled by the upcoming high-rise development in the neighbourhood. They are also part of the protest group "Beton en Lommer." They fear that the new residents will come in large numbers and will have little to no connection to the neighbourhood. They are also worried that this will add extra stress within the public space. At the moment, it is already very crowded with cars, scooters and bicycles. This is mainly due to the many people visiting the Lidl, the schools and the mosque. These facilities have peak hours which create unsafe situations.

This type residents finds green spaces very important and enjoys walking through the neighbourhood. The green "strip" that runs from Westerpark to Erasmuspark is a route they like for this. It is a pity that it isn't a continuous strip, as it is frequently interrupted by busy streets. The crossings unsafe and cars drive very fast. The small green area near them, in the school triangle, is used a lot. However, it doesn't have an optimal layout. It is dull green with no nice benches.

The design of the neighbourhood often doesn't match their needs. For example, the range of amenities doesn't fit their requirements. They believe it is a good thing that there is gentrification, because previously there was really little to do in the neighbourhood. Now there is more money coming in and the quality of the neighbourhood is improving because of it. The atmosphere is also starting to become more lively. It is a shame that there are very few well-designed public spaces and a lot of quality could still be added. Westerpark is for them, what makes the area. The municipality has often promised that renovation would come for several squares and parks through participation projects, but promises are repeatedly unkept. In their view, this happens quite often in Amsterdam, and participation almost always fails. This makes this type of residents in Amsterdam feel weary of participation.

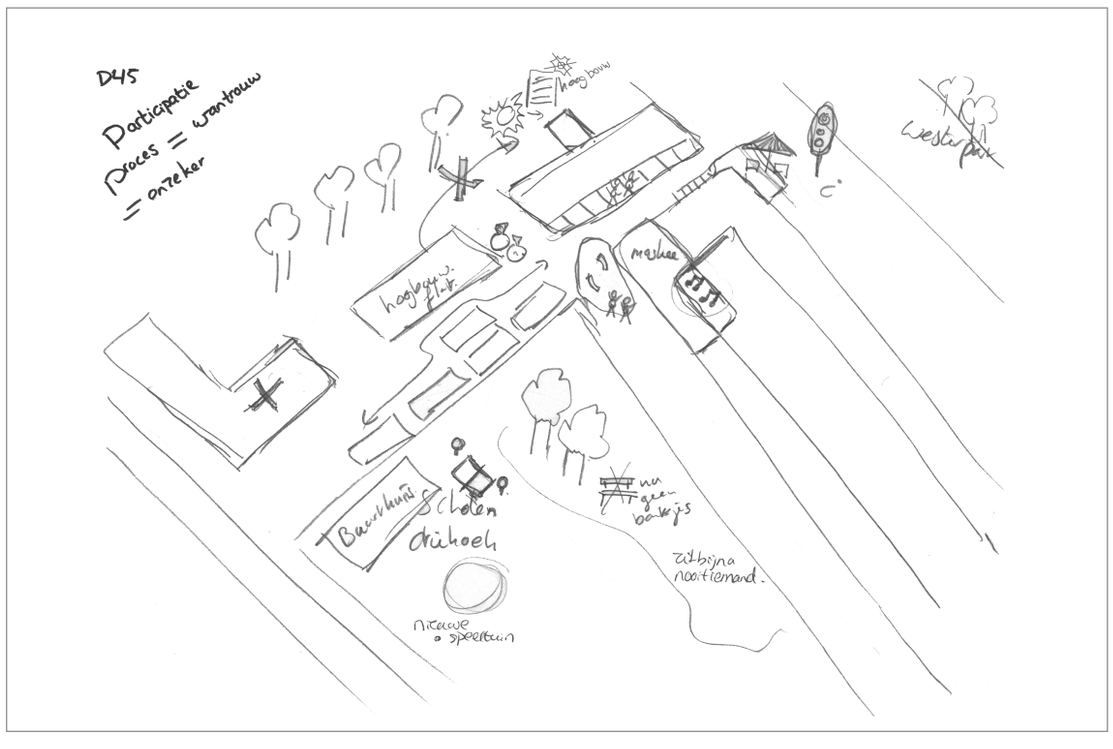
YUP'S | STUDENTS
25 - 35

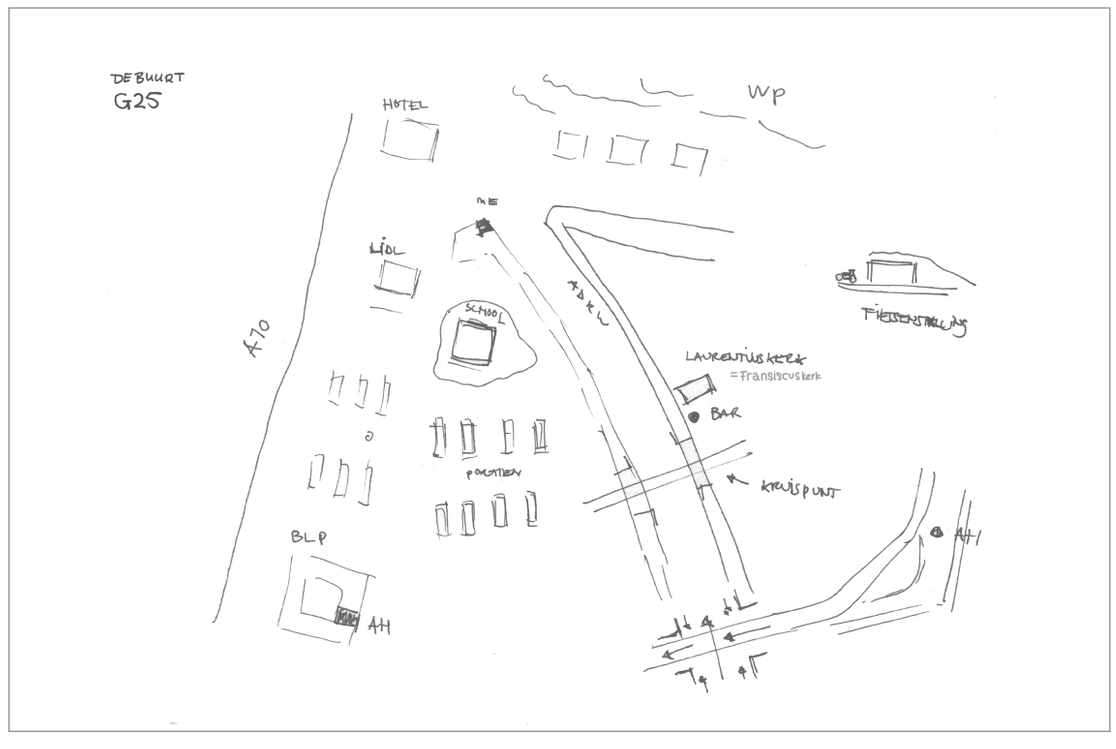


For the young urban professionals applies that they've recently moved into the neighbourhood. Slowly, more people from within this target group are moving to the area. It can be hard for them to find housing at the moment, but they're living in reasonably good homes and have high standards. They also often struggle to find suitable amenities as these types are still slowly popping up in the area. They know the system well and can quickly raise issues,. They're vocal about this as well.

Within the public environment, they're looking for things like cultural amenities, sports, restaurants and cafes. They enjoy undertaking many activities. They undertake these activities with their large, already existing social network. They're highly mobile and often have a large radius. They find it very convenient that there's a good connection to public transport as there are two nearby stations: Amsterdam Sloterdijk and Amsterdam Central. Because they're so mobile and their network is on a larger scale, they're less connected to the neighbourhood scale. This can sometimes feel negative for other residents.

What they need in the neighbourhood is good cycling infrastructure, green spaces, plenty of hospitality options, and other meeting places. At the moment, the people interviewed for this study feel that their requirements are not fully met. Cycling isn't always pleasant and safe, so they often choose different routes. Additionally, green spaces are often crowded, and the range of amenities doesn't quite match their desires. They often find the public space messy and of a low quality and prefer the more carefully considered exterior of the design of the new Bos en Lommerplein.





LIVED EXPERIENCE

MATERIALS WORKSHOPS

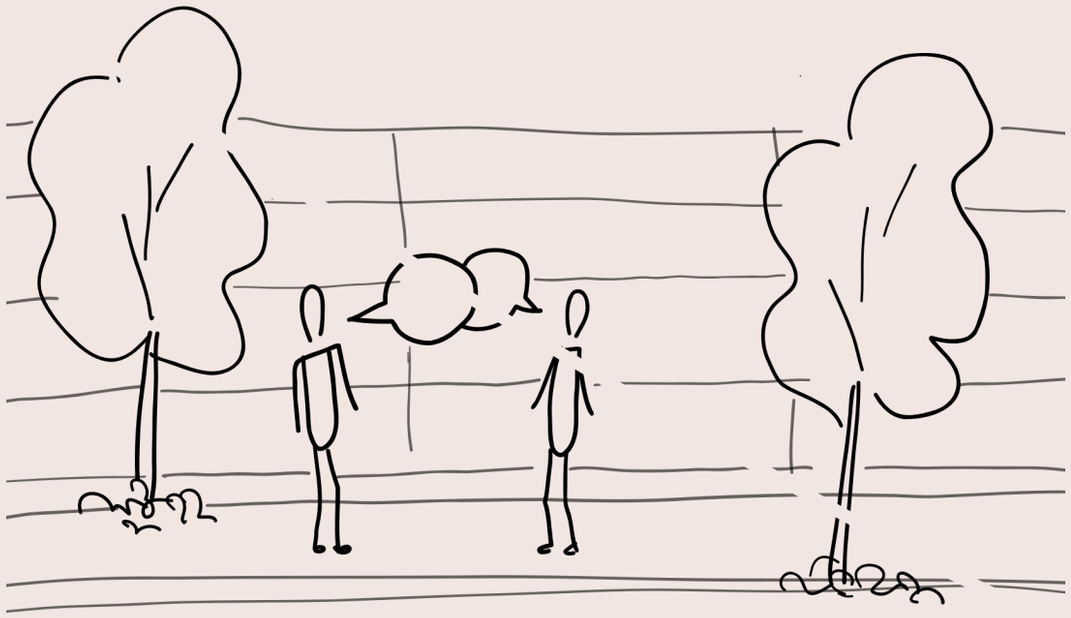
In the preceding paragraph, you will find a summary of the outcomes of the workshops and interviews for each user group. Additionally, you saw an example story from one participant of the focus group for each group. Further materials can be found in the appendix, such as the assessments of public spaces through photos and the mental maps of the participants.



LIVED EXPERIENCE

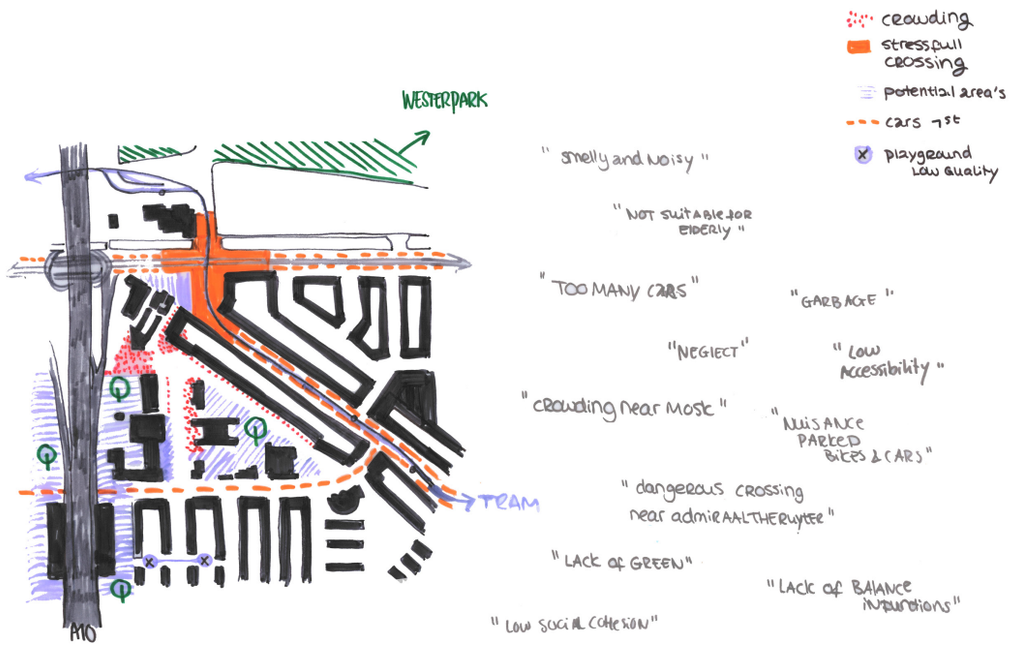
METHOD: IN SITU

For the following part of this research fieldwork has been conducted to get a better image of the lived experience in certain parts of the neighbourhoods. In the following pages the results of these data is showing simple analytic drawings surrounded by quotes from visitors and inhabitants. This was done to get a clearer view on some locations when the information was not yet sufficient, conflicting or lacking in general.



LIVED EXPERIENCE (M)

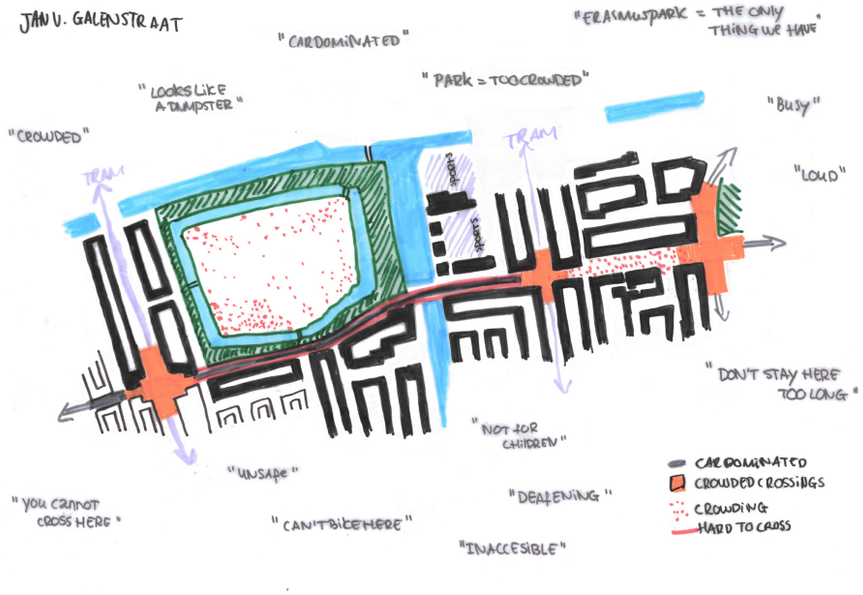
SITUATION - “SCHOLENDRIEHOEK”



In depth information about this area was required because it seemed like certain groups had conflicts with each other in their experience. This image depicts the average opinion on this area. What is mentioned most is the amount of traffic and cars and the feeling of unsafety in regard to this topic. The amount of cars increases because of the presence of certain important amenities that were already recognized in the academic analysis, such as the mosque, the large variation of schools and the supermarket. These amenities attract larger groups of people, which in the eyes of some people can be seen as disturbing. Especially when one is not part of the user group themselves.

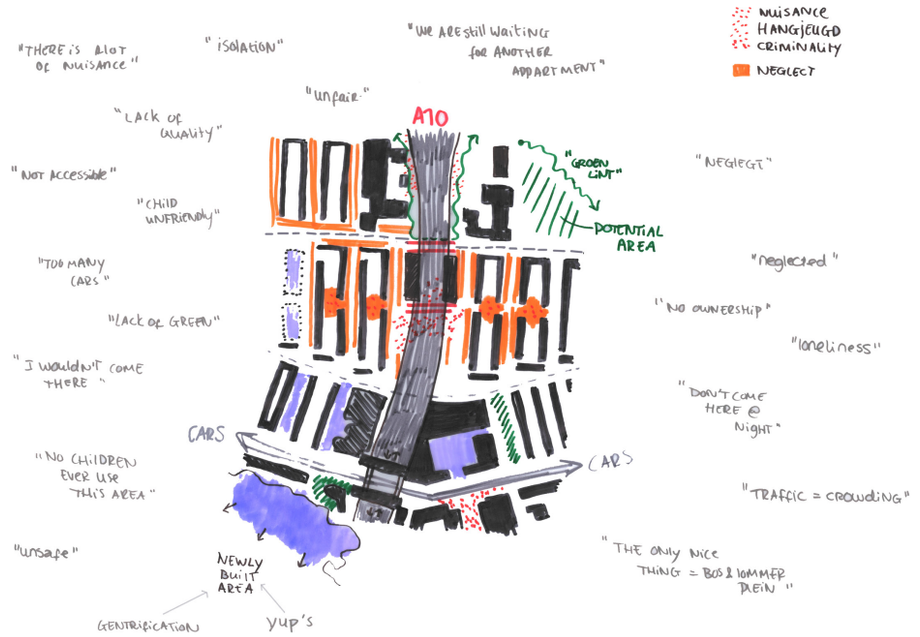
LIVED EXPERIENCE (M)

SITUATION - JAN VAN GALEN STRAAT



On the area around the Jan van Galen straat the research was not conclusive yet, because there was not really enough detail in the information. This is why again an in depth analysis was done by visiting the specific site and asking short questions to passerby's. The main issues were again with safety around the larger infrastructural elements accompanied by complaints about being child-unfriendly and unsafe. New insights this analysis gave were more about the methods of transportation that seemed to be used the most. And about the preference in transportation if the design were different.

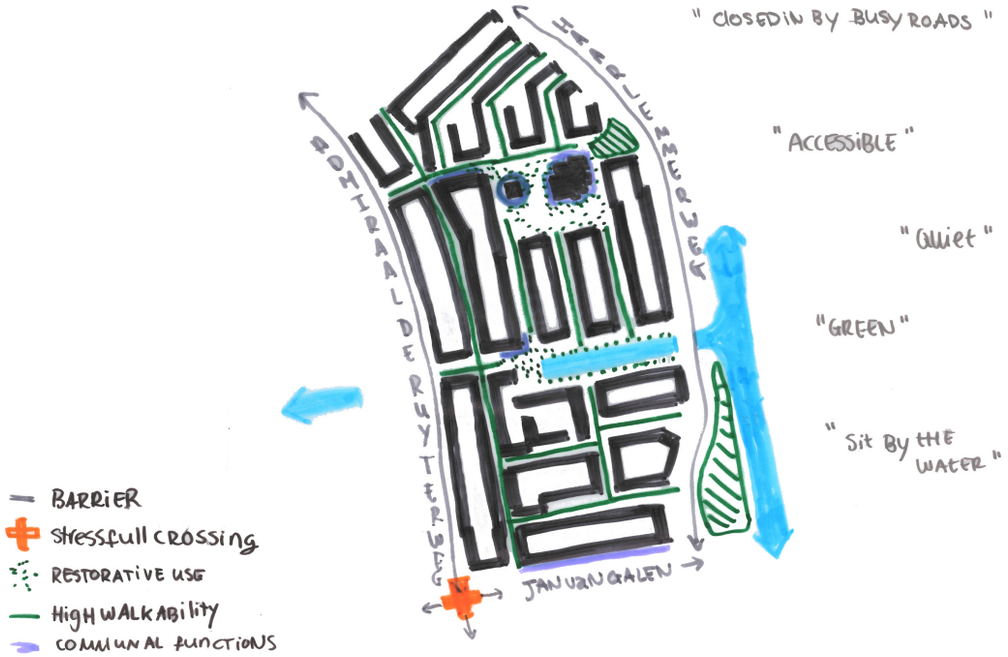
SITUATION - LIDEWIJDEPAD



The 'Lidewijdepad' and its surroundings have been a focus study, because from the academic analysis it seemed that this was an area with many positive amenities. A larger amount of green spaces, enough facilities for children and great accessibility, also for slow traffic. In the actual experience of people the area was viewed negatively and many people choose other sites to visit over these. After an in depth look at the situation it can be concluded that this is mainly because of the neglect in this area. The quality is low, there is a lot of pollution and public spaces, like playground are not maintained well enough. Also the greenery in this area is often underused. The fact that the green spaces are not well-designed and mainly consist of empty grass fields without a clear purpose and lacking quality, plays a huge role in this.

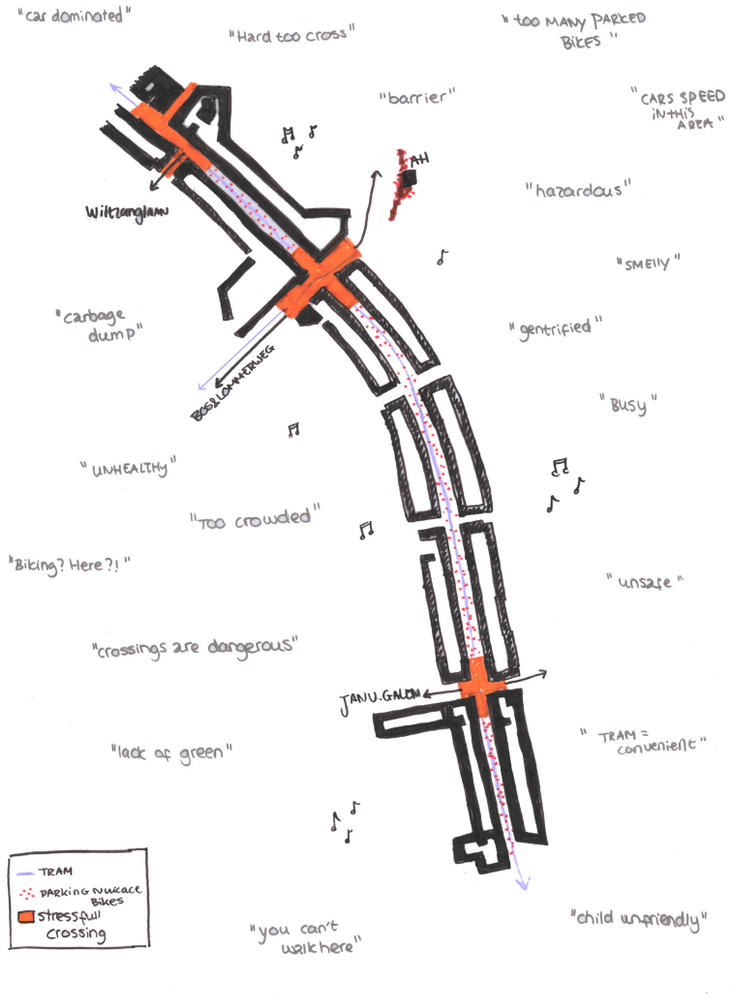
LIVED EXPERIENCE (M)

SITUATION - KAREL DOORMAN



The area around the Karel Doormanplein is seen as a more quiet area where you can go for a walk and where it is quite green. From the academic analysis the result was that in this area there is a lack of green. This is in conflict with each other. The main reason for this seems to be that the streets are quite calm, there is not that much traffic, and the water really upgrades the environment. Still the amount of green is not that high. Within these streets there are a lot of small front yards and green elements with in self acclaimed areas in front of the homes. This might actually increase the feeling of walking in a green environment. This opinion is limited to certain groups of people. The main groups walking around in this area where woman without a migrational background and groups of young adults.

SITUATION - ADMIRAAL DE RUYTERWEG



Regarding many of the larger street networks, the initial reactions from people about their experiences were negative, but they did not elaborate on the reasons. To gain more insight into the reasons behind these negative experiences, short in situ interviews were conducted. During these interviews, numerous individuals were asked the same brief questions to gather information on specific scenarios or questions, such as their experience of a particular street. The results are compiled above.

LIVED EXPERIENCE | ACTIVE ENVIRONMENT



Cycling
Too few bicycle parking spaces
The crossing at Haarlemmerweg and Admiraal de Ruijterweg is unclear
Parking nuisance from bicycles
Those cargo bikes are always in my way
I take a longer route for accessibility
There isn't enough bicycle parking space
Cycling in Bos en Lommer is poorly organised

Walking
The A10 is a barrier
Sidewalks are too narrow
There are too many bicycles on the sidewalk
There aren't enough places to rest
I do choose a specific route; it's less busy that way
It's a shame the green route is so interrupted
I prefer walking this way
Crossing the road isn't pleasant
The building blocks are too large
There's nowhere to sit down for a moment
I go to another Lidl because it's easier to walk there

Public Transport
If I could take the tram to my mum, that would be really nice
There are fewer and fewer buses
The metro is convenient for getting to the hospital
Public transport accessibility could really be improved
Without the tram, we couldn't manage here

Safety
Those streets aren't very safe
The junctions aren't clear
My mum still doesn't allow me to cycle alone
The traffic comes onto the pavement

Car Traffic
This is nothing (amount of traffic)
The A10 just gives me stress
It's very expensive for my family to park when they visit
Won't it just get busier with so many new residents
I park my second car in Jeptastraat
... that's the only place where it's possible
The A10 is a physical barrier

LIVED EXPERIENCE | NATURAL ENVIRONMENT



Lack of Green Spaces
There's too little greenery.
They need to plant more trees.
Bos en Lommer is a motorway.
Sloterdijk is just an asphalt slab.
I'd like some smaller green areas where you can sit.
Luckily, I have a garden.
I'd like more greenery.
There are almost no trees.
They've even removed those beautiful old trees.
The trees on Jan van Galen Street have been cut down, terrible!

Conflicting Use
The green space is for dogs.
The green space is for biodiversity, not for people.
But then they put fences around it, don't touch!
Erasmus Park is a dog park.

Crowding
The parks are too crowded.
Spaces are too busy.

Accessibility
The greenery is very hidden.
For me, Erasmus Park is too far away.
Erasmus Park has a diverse programme.
The green "ribbon" was a nice attempt.
The green "ribbon" is a nice idea.
There aren't enough places to sit comfortably.
I always enjoy walking along the water.

Positive
It's a bit greener towards Sara Burgerhart Street.
They've put new green spaces in parking spots, which is good.
Wachterliedplantsoen is really good now.
Westerpark defines the neighbourhood.
Without Westerpark, there would be nothing here.
When I go walking with the donkeys, I go along Erasmusgracht.
Erasmusgracht is relaxing.
I always take my dog along Erasmusgracht.
Bos en Lommer Plantsoen has improved now.
Erasmusgracht is nice to look at.
We always play in Erasmus Park; it's fun.
Erasmus Park is a nice place.
Erasmus Park has a diverse programme.

Poorly Designed
You could do so much with those small spaces.
Lots of decorative greenery
Scholendriehoek Park is rarely used, poorly designed!
Schaapsherderstraat and its surroundings have no public space.

Low Quality
Erasmusgracht is plastic soup.
The only greenery is the weeds due to poor maintenance.
The greenery isn't maintained.
You can't call those little patches parks.
Especially few places to sit in the shade.
Not enough choice in types of seating.
Dog parks are better maintained than the regular parks.
Scholendriehoek Park is poorly maintained.

LIVED EXPERIENCE | SAFE ENVIRONMENT



Cars / Scooters
Car nuisance.
Cars drive too fast here.
For large grocery trips, I need to use the car.
When you pass by the A10, you need to pay very close attention.
Cars drive too fast.
It's just a matter of time before accidents happen here.
Scooters always ride on the sidewalk
All those electric scooters are so quiet.
There used to be fewer cars.
The number of cars on Jan van Galen Street is abnormal.
Cars often drive 70 km/h through residential areas.
Cars speed around the corner here.

Loitering Youth
The loitering youth wakes me up in the night
There's a lot of loitering youth under the tunnel.

Women
At night, you shouldn't come here.
Women choose specific routes here.
For men, it's fine here.
After a certain time, I walk the other way.
It depends whether you ask a man or a woman.
The tunnels are indeed considered unsafe by women.
There are certain groups that will definitely intimidate "you."
My daughter feels safe here (Erasmus Park area).

Dark / No Lighting
The lamps don't work here at night.
It's not safe here at night.
The lamps often don't work in the squares.

Children
You don't let your child go out alone here.
I don't let my children go out alone.
Child-unfriendly.
My children aren't allowed to cycle alone (10, 12).
You mustn't let them out of your sight.

Slow Traffic
Cycling is dangerous.
You always get knocked over here.
I don't dare to cycle here.
...if I could cycle here.
I've had an accident once already.
Maybe next year I'll be allowed to cycle alone.
Today I cycled alone for the first time.
... It was quite exciting; I had to cross the main road.

Social Cohesion
The sense of community used to be stronger, and we were allowed to go out on the street more as children.
If you don't know anyone here, you shouldn't come here.
It's better if you've lived here longer.

LIVED EXPERIENCE | SOCIAL ENVIRONMENT



Youth
There's a lot of loitering youth.
They often wake me up by honking.
We used to have youth spots, which really helped.
There's always loitering youth by the gate.

Segregation
In tight groups, there's also people who don't belong
There are many men on the streets.
Each target group has its own community centre
Politics doesn't belong in public spaces.
More needs to be done for families.
I don't think there's any mix.
We're still waiting for a new house.
Fear that the new housing will be too expensive.
Some aren't happy about those new "white" people
I'm afraid that if they start changing things, they'll demolish and I'll have to leave the neighbourhood.
I'm bothered by the mosque.
Newcomers aren't welcome here.
We need to be patient.
Expectations of ethnic minority groups aren't high.
There's no community here.
De Kolenkit is the new "white" spot.
Some residents are invisible.
Here I know all the residents, which is nice.
I'm not so negative about gentrification.
If you go to the community centres, you see unemployed men who don't want to be with their wives.
People forget where the neighbourhood came from.
I mean that rainbow terror!
Public spaces should remain neutral for everyone.
It's good that it was demolished because it wasn't good there, but it has also lost its history.
Some parts of the neighbourhood are better maintained than others.
The flats by Bos en Lommerplein were empty for a long time (price).

Yups
Only apartments are being added.
Yups ruin the atmosphere.
Older people and yups find their way better.
The typical sustainable yups projects.
More yups towards Erasmusgracht.
Gentrification is saving the neighbourhood.
If we have a neighbourhood party or organise something, only a specific group of people come.
Many yups live "there" now too.

Connection to the Neighbourhood
New residents will also have little connection with the neighbourhood.
The student flat has no connection with the neighbourhood.
People don't feel responsible.
Contact with direct neighbours is good.
New residents who don't have a sense of ownership neglect the neighbourhood more, and the sense of community will decline.
It's difficult to make contact here.
It took a long time before I got to know people.
The sense of community used to be stronger.

Functions
All the shops are disappearing because of high rents.
Erasmus Park has a diverse programme.
Bos en Lommerplein is for the yups.
There aren't enough nice shops.
There are too many hairdressers and butchers.
The market has gone.
The mosque causes rush hours in these streets
The range of shops is too one-sided.
The café's are nice but they exclude people.
The balance is off (amenities, functions).
Spaces are rarely used.
The shared gardens aren't used much.
Community centres help to make contact.
Erasmus Park doesn't offer something for everyone.
The amenities aren't diverse enough.
Podium Mozaïek is a nice place.
There's no balance in the amenities. J
an van Galen has a lot of shops/destinations.
When I walk, I want to come across more nice things along the way.

Children
Children have no voice.

Elderly
The elderly complain too much
My mother doesn't go anywhere anymore (scared)
My father needs another house, but there's nothing available for him

LIVED EXPERIENCE | SENSORY ENVIRONMENT



Visual
Light, air, space.
Bikes are also ugly.
Too much vehicles everywhere
Bos en Lommer is a rubbish dump.
The municipality does poor maintenance.
The new Bos en Lommerplein is boring.
There's waste everywhere.
Too few waste points.
Buildings are too large.
People leave so much rubbish lying around in the summer.
There's too much garbage.
There aren't enough waste points.
Rubbish is often placed next to the bins.
Maintenance in parts of the neighbourhood is poor.
The Bos en Lommerplein is the only "nice" thing on this side of the A10, but unfortunately, it's very boring.
The buildings are huge, long prefab strips.
Where the yups live, the streets are cleaner.

Smell
I prefer cycling to walking, so I don't smell the cars as much.
There's a lot of dog poop on the streets.
Bos en Lommer stinks.
All those stinky barbecues.

Noise
It's really awful, I live right on a motorway.
Lots of noise at night.
I wish I could hear the birds singing.
I can't open my window.
The youth keep me awake.
I can hear the A10 from my bed.
I don't really use the rooms facing the street.
There's a lot of noise at night under the tunnels of the A10 from loitering youth with scooters.
In the Bos en Lommerplantsoen, you can hear the birds singing.
The main road is always very busy and noisy.

Unhealthy / Stress
Living in Bos en Lommer is bad for your lungs.
The A10 just gives me stress.
The neighbourhood is overstimulating.
The houses are poorly renovated; insulation is still not good.

Crowding
Scooters, cars, cars, scooters…
It's too crowded.
In good weather, it's busy everywhere.
There's no peace to be found.
There are people everywhere, and I don't like that.
Parking nuisance.
The mosque causes peak loads.
You can't sit quietly anywhere.
The main road is always very busy and noisy.
Jan van Galen Street is a motorway.

Atmosphere
The old flats were better for the neighbourhood in terms of scale and connection to the ground level.
No human scale anymore.

LIVED EXPERIENCE | ENGAGING ENVIRONMENT



Children
Children don't play here.
Children have no voice. In summer,
I take them for a round of playgrounds.
The playgrounds at Lidewijdepad are pointless.
Better playgrounds need to be created.
We always play in Erasmus Park; it's fun.
I'm allowed to go to Erasmus Park on my own.
The playgrounds are too crowded in good weather.
Some playgrounds just aren't safe.
The playground at Herspiegelweg is hardly used.
Children need to stay with their parents.
We are waiting to move somewhere else with the children.
Jan van Galen Street is not child-friendly.
There's no place where you can let them play.

Maintenance
Playgrounds aren't equally well maintained everywhere.
Neglected.
Lidewijdepad is neglected.

Crowding
Gerbrandypark is nice, but it's busy.
There are too many cars here.

Accessibility
People don't know where to find places.

Unsuitable
Playgrounds and parks are boring.
The places for children are far, poor, or crowded.
There isn't much to do here.
Fortunately, more cafés are opening up.
The facilities are not enjoyable.
We need more families here, but you need to create amenities for them, or they won't come!

Youth
Young people have little space.
The youth is bored here.
Young people have no place here.
Where should we go then?
The African kids are no longer welcome there.

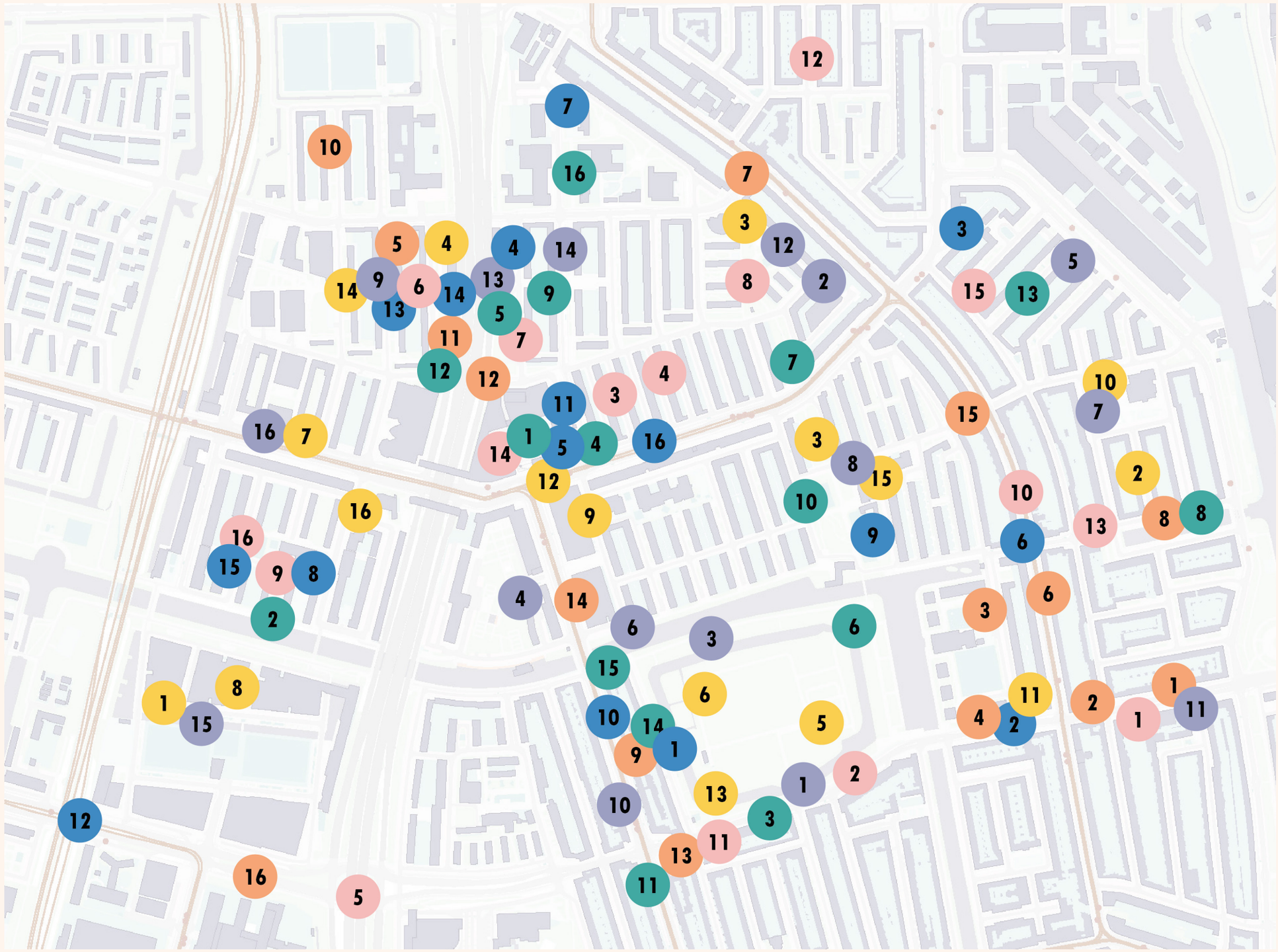
CONFLICTS

The focus of this report has been on the mental well-being of diverse inhabitants, with Bos en Lommer as the test location. Based on the analysis in the preceding chapters, we can see that it will be vital for the area to tackle, among other things, the infrastructural problems causing stress and to add more qualitative green spaces. However, the emphasis in this study lies in the examination of the group-specific outcomes. Shedding light on the disparity between, on the one side, theoretic assumptions and the experience of more established groups, and on the other hand, the experience of marginalized groups. Furthermore, the focus lies in identifying conflicts and finding ways to resolve them.

In the following pages six sets of conflicts have been depicted, per environmental theme. These conflicts are either between groups or between the academic and the perceived perspective.

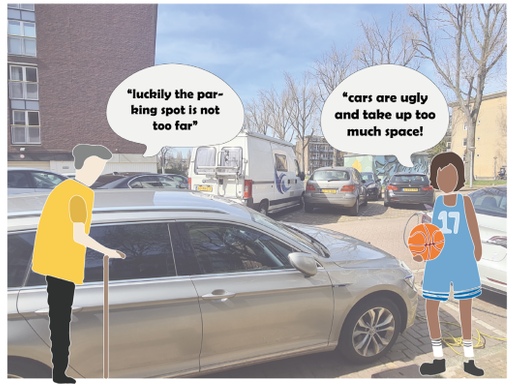
Differences in experiences are natural, but if the experiences are actually conflicting it can lead to social segregation and a lower perceived liveability for certain groups.

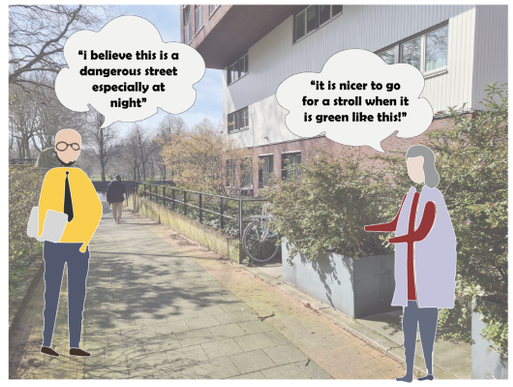
Noticeable is that the less researched groups/marginalized groups more often vary in experience to the expected experience from an academic perspective than some other groups.

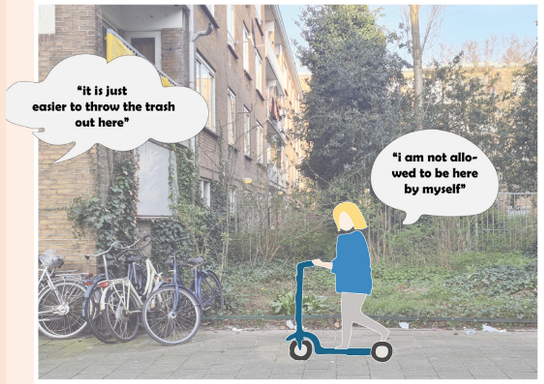


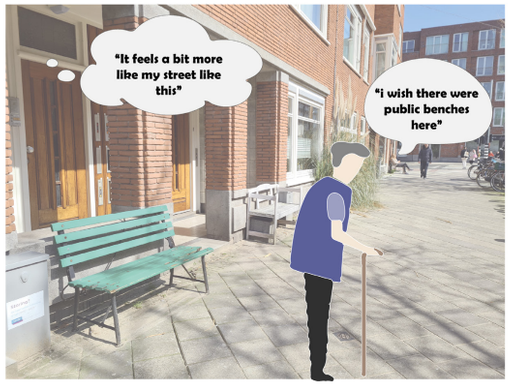

"what a great new café!"
"i can't get through.."


"Since I have a job as a plumber, I appreciate the accessibility here."
"where can i cross the street?"

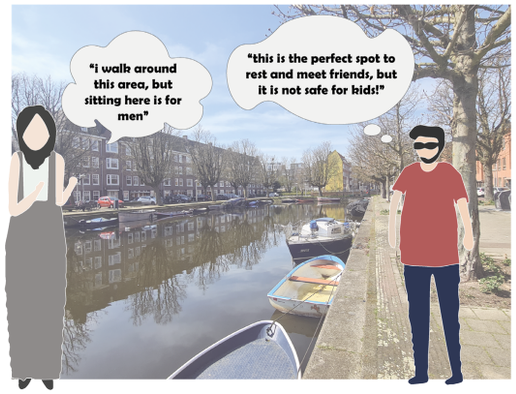

"luckily the parking spot is not too far"
"cars are ugly and take up too much space!"


"i believe this is a dangerous street especially at night"
"it is nicer to go for a stroll when it is green like this!"


"it is just easier to throw the trash out here"
"i am not allowed to be here by myself"


"It feels a bit more like my street like this"
"i wish there were public benches here"


"Crossing is dangerous and parking is dramatic!"
"those streets are just boring!"


"i walk around this area, but sitting here is for men"
"this is the perfect spot to rest and meet friends, but it is not safe for kids!"


"There is no space to park, this will have to do"
"What a mess, it is a vehicle mayhem over here!"


"This could be a wonderful oasis if the greenery were further developed."
"Lets create bicycle- and carparking here!"

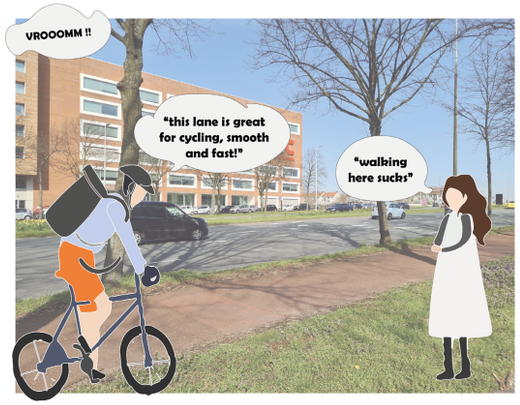

"perfect walk during lunch-break"
"Lack of biodiversity and low quality"
"There is no playground and mommy says to stay of the grass"


"i avoid this tunnel if possible there are better routes"
"This is the fastest way!"
"My friends and i come here to play soccer"


"convenient store, but the ostruction of the sidewalk is not good"
"cheap store to buy drinks and snacks, but the carts outside are ugly and disturbing"
ZONDAGS OPEN


"This is one of the fastest ways through the neighbourhood"
"i don't go out here often because i am scared"


"the sidewalks are always full and i didn´t learn to use a bike"
"people should park within the spots, but this street is very functional and clear."


VROOOMM !!
"this lane is great for cycling, smooth and fast!"
"walking here sucks"



















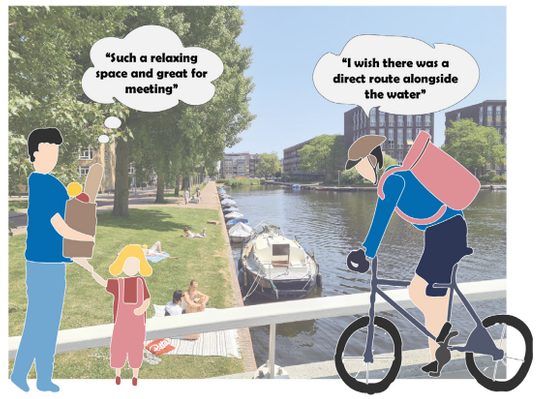










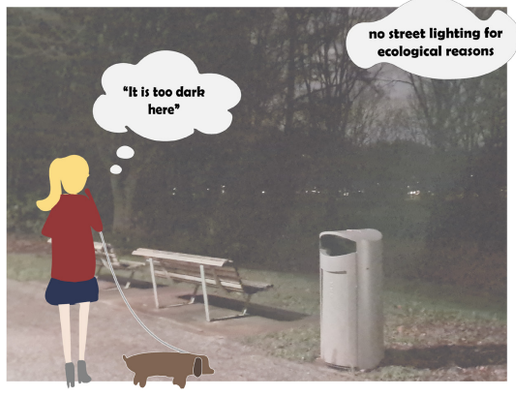




NATURAL ENVIRONMENT


"Crossing seems impossible"
"this is a qualitative, but crowded road."


"i can't sleep and it's annoying when i come home"
"Where else can we go!"


"It is too dark here"
no street lighting for ecological reasons


"It is a bit dark, but there is a lot of space"
"my wife does not come here in the evening!"


"Strangers can't get in!"
"no one uses this green space"

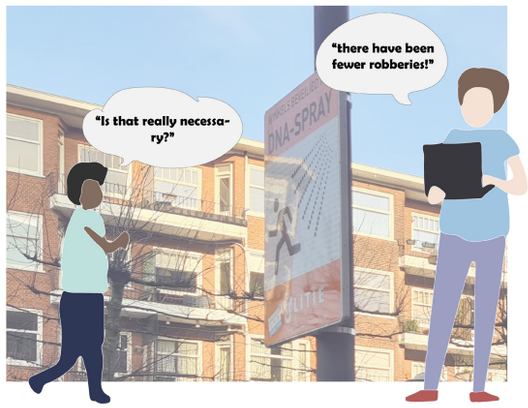

"i can't swim"
"this quiet spot by the water is calm and safe"


"I like it here, when it is not too busy"
"there are cameras and people telling us to go away!"

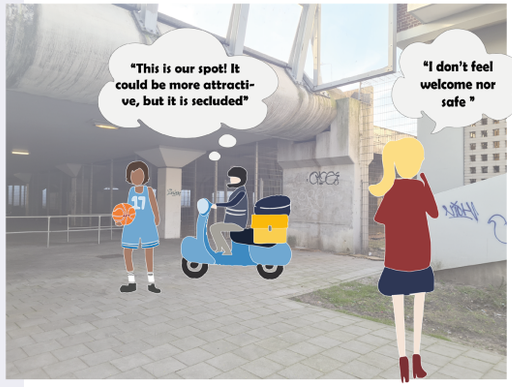

"I have so many bad memories about this place. I've felt scared and intimidated"
"We are no longer welcome here!"


"It's enclosed and I can sit here to watch my kids"
"this playground is old and unsafe"


"Traffic here is too busy and too fast."
"The road is clearly organized and safe."


"Is that really necessary?"
"there have been fewer robberies!"

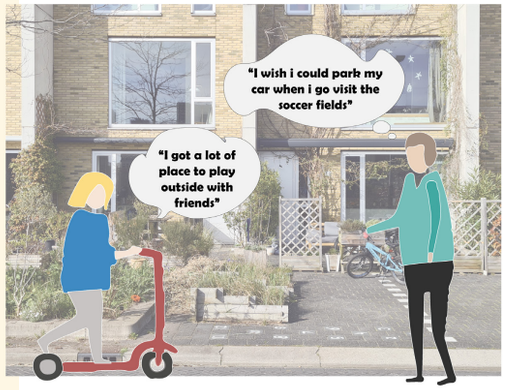

"I get scared by the noise!"
"My friends and I claimed this spot!"


"This is our spot! It could be more attractive, but it is secluded"
"I don't feel welcome nor safe "


"I grew up here, so I know everyone, which makes me feel safe."
"It is strange walking these streets. Like i don't belong."


"the kids can play here without supervision"
"I don't really feel welcome anymore, but it's nice our neighbourhood looks like this"


school
"woooh i did not see that coming"
"This is a nice continuous bike path separated from the road, which makes it safer."





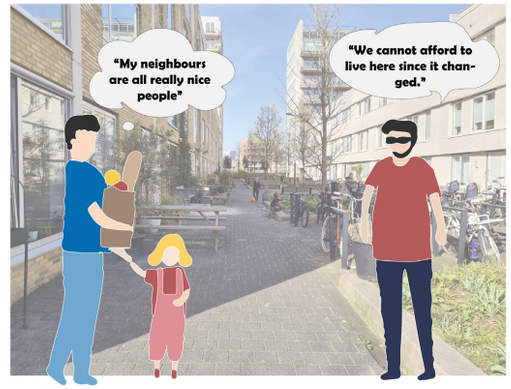








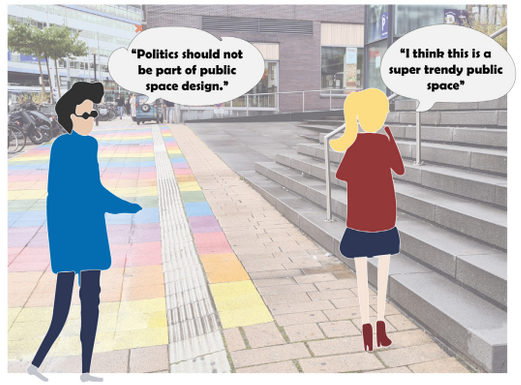


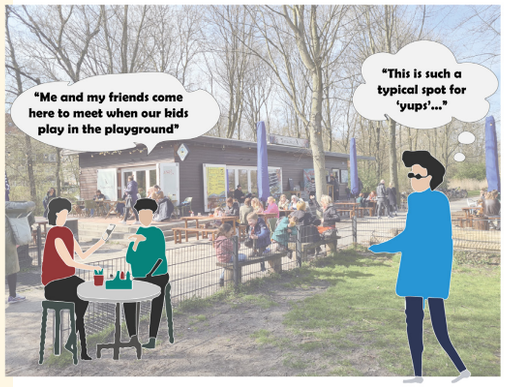


















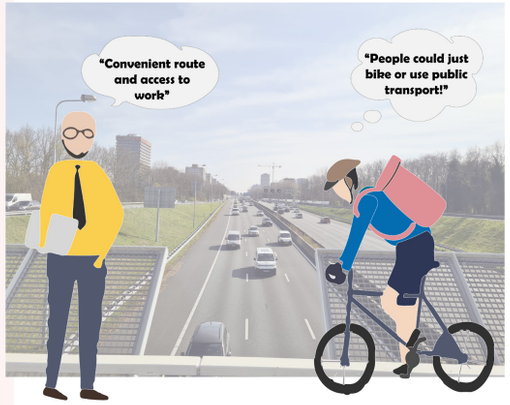
SOCIAL ENVIRONMENT

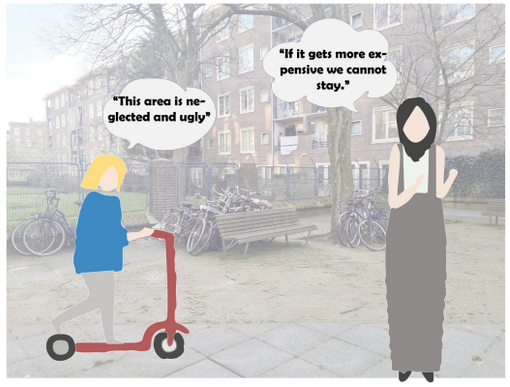
















SENSORY ENVIRONMENT


















"this is the perfect place to walk my dog"
"Are dogs more important then people, or what?"


"It's like cars have priority everywhere"
"The owner lets us sit here because we know him."


"I have found the perfect hangout!"
"I don't feel welcome with all these people hanging out in front."
Albert Heijn


"This is perfect for parking, because the walk isn't to far away from my home"
"If there would just be a place to walk through the greenery"


"This is a great spot to work from and afterwards do your groceries"
"There is no reason for me to go to this square anymore. It even looks boring"


"I wish there were some more public benches and with all these bikes and cars it´s not attractive to take a walk at all."


"There are to many cars and the greenery is lacking quality and function."
"I just conveniently dropped of my kids at school with the car and now i am going to he mosque"


"Couldn´t we just make some nice square with a terrace. This isn´t attractive at all."
"I go here everyday. However, it lacks any semblance of aesthetic appeal or resemblance to what a mosque should be"

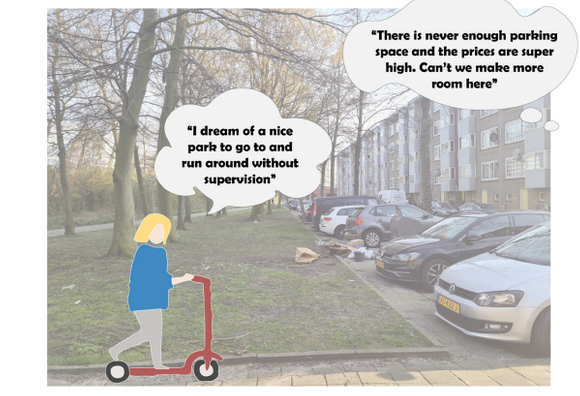

" I've just picked up my daughter from ballet class, and now we're off to grab some homemade, organic juices. "
"This used to be more interesting, but at least the playground is cool"


"I wish i was allowed to go outside, but mommy says it is not safe for me to go by myself."


"There is no reason for me to go to 'Bos en Lommerplein' since the market closed. "
"We just took the cargo bike to do some shopping"


"There aren't quite as many stops anymore, but fortunately, I can still get to the market at 40-45 Square from here."
"It's really crowded at this road."


"When the weather is good we always go here, but it could be better maintained"
" Mommy i want to go somewhere nice instead! "


"There is never enough parking space and the prices are super high. Can't we make more room here"
"I dream of a nice park to go to and run around without supervision"


"It's great here, I can really let loose and my friends often come here too."
"There are mainly boys here. As girls we get super bored here.


"This location is crappy for a market and the products don´t meet my expectations"
"It´s not what it´s used to be, so i go somewhere else or not at all.

07



LAAN VAN SPARTAAN

Wim van Estlaan

Laan van Spartaan is relatively new developed residential area by Ymere and Bouwfonds. Construction began in 2007 and was completed in April 2021. In the heart of this neighbourhood you can find football club VVA/Spartaan.

From Analysis to Action: integrating results into design suggestions

In this chapter examples are given for the resolution of conlicts within the public environment, that cause stress and prevent restorative effects on diverse user groups. To do so, we will look into the co-creational process of a design for the "Ernest Staesplein". This starts by showing the experience of the target groups. After which, the different viewpoints are integrated to create an overall design vision for this exemplary location to achieve a more inclusive and restorative environment.

CHAPTER 7

CONFLICT RESOLUTION 250
APPROACH 251
CONFLICT RESOLUTION – ERNEST STAESPLEIN 252
CONCLUSION ERNEST STAESPLEIN 282

CONFLICT RESOLUTION

FOUR METHODS

When resolving conflicts, four different methods were derived that can be utilized. Within trying to achieve the desired endresult it is important to keep the diversification of the design in mind as an important final outcome. This is relevant because restorative qualities and needs can vary for various groups and even differ from person to person. Users do not only use space in different ways, but they also enjoy different things making diverse elements important for them in restorative behaviour.

This mean, within the design process, next to mitigating conflict between various groups it is crucial to focus on introducing diversity within the design. Additionally we can incorporate new elements that can increase the restorative qualities for users in general of for the need of groups that were initially overlooked within the design due to lack of knowledge on the requirements for these (marginalised) groups.

1. Zoning
Implementing zones for various target groups and for diverse forms of restoration can enhance the restorative experience in general. This includes for example, creating areas for social interaction as well as zones for tranquillity. This allows users to choose their preferred space and ensures that users with differing needs have their own space. It can also help to designate specific zones for certain groups to soften the conflict between interaction of different users. For instance, a sports area for kids provides them with their own space, and at the same time prevents others from being disturbed by the kids running in front of their feet when they are having a stroll.

2. Adding New Functionality/Re-designing
This method involves introducing functions that do not currently exist in the present context. For example, adding seating area where people can sit to meet other and relax if they cannot afford to sit at the terrace of a café.

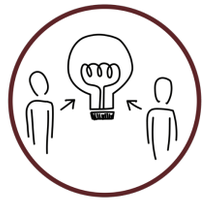
3. Rules and Policies
This category includes solutions that can be implemented by the local municipality. One example would be to maximise the width of pavements that can be used for terraces while ensuring a specific width remains for pedestrian passage. Another example would be improving policies regarding bicycle parking, encouraging cycling without reducing the restorative use of pedestrian because bicycles are obstructing the way and decreasing walkability.

4. Circulation of Users
This option builds on the first method of zoning, but focuses more on user circulation. It involves designing spaces where different users, use the same space at different times of the day. These spaces must then meet the requirements of both/all groups. Additionally, this approach can help nudge movement of certain groups' within the environment, in order to prevent conflicts that are the result of the specific interaction of activities.

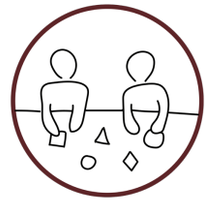
APPROACH FOR A CO-CREATIVE DESIGN

In the following pages an exemplary case will be made for the resolution of conflict when it comes to the creation of inclusive, restorative environments. For this exemplary design a cocreative approach has been chosen to showcase what an effective approach would look like. Hereby the co-creation is used to achieve higher feelings of ownership and to create an identity that fits with the target groups in a specific place. At all time the guiding principles for restorative design are kept in mind.

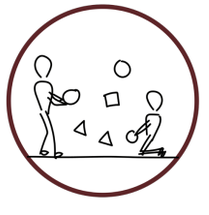
LEVELS OF PARTICIPATION



Informed decision making through participation
(focus group interviews)



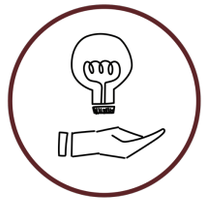
Cocreation - Design
(focus group workshops)



Cocreation - Execution
(active participation by actually making things / physical changes)



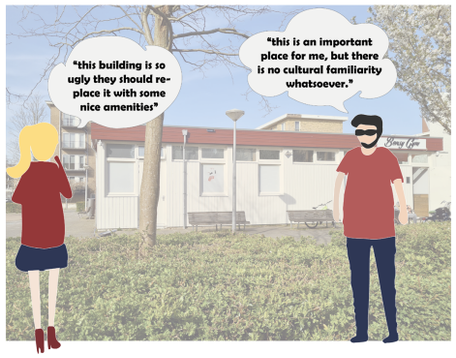
Conflict Resolution
(as an urban designer this is where you should make the decisions)



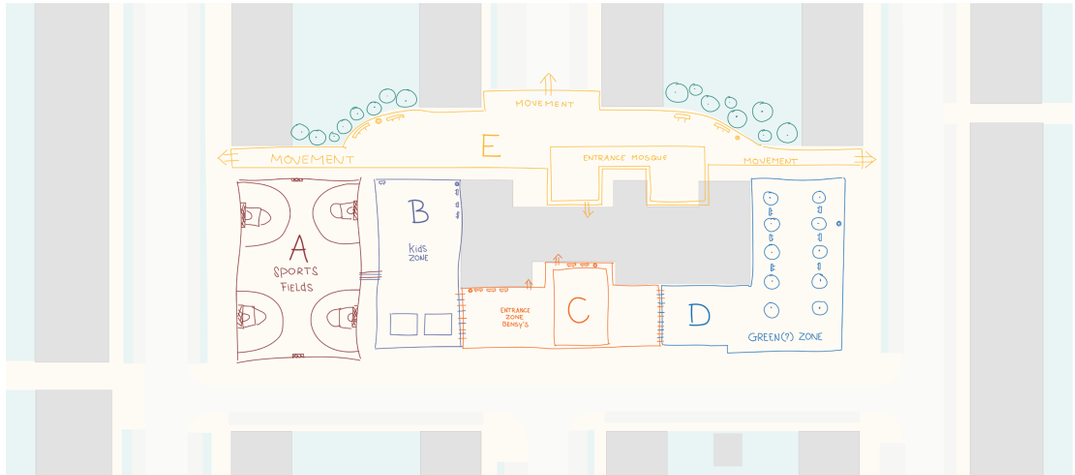
Designers Choice
(to decrease stress and segregation these are actions the designer needs to perform)

CONFLICT RESOLUTION (M)

LOCATION: ERNEST STAESPLEIN



The Ernest Staesplein is used in this study as an exemplary case for designing a restorative and inclusive environment in a medium-scale site. Due to the scale of this site, multiple conflicts will be present. One example is the one shown on the left, some others are illustrated in the street view below this text. It is important to address these conflicts to make an appropriate and diverse design and enhance its restorative aspects for a broader audience, thereby achieving an inclusive, restorative environment.



30 m

NOW

There is a lot of noise resulting from the balls bouncing of the fences and in the night there are larger groups of loitering youth. Often, this causes me to wake up at night.

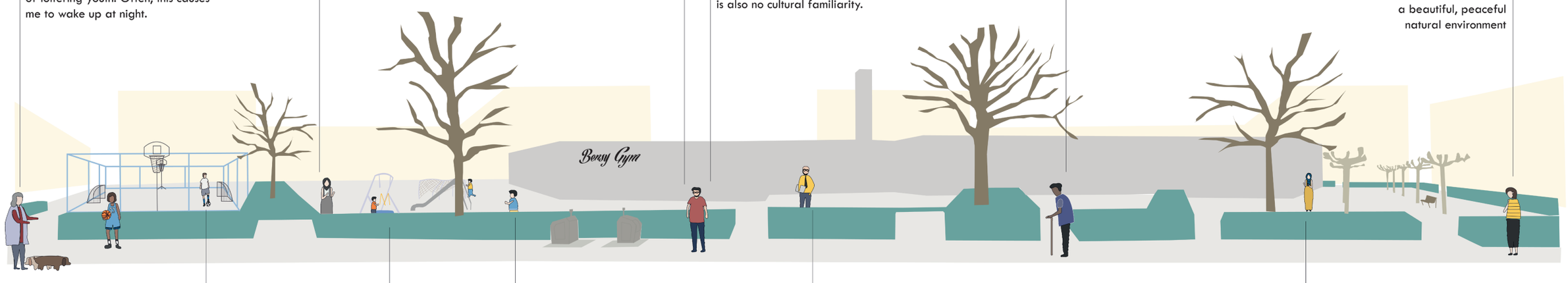
There is a lack of green and the quality of the existing green is low. The bushes are prickly, which causes balls to be punctured and kids get hurt. Also, the greenery is only green in summer.

There is a lot of littering and there should be more waste points. This results in nuisance by rats.

The mosque has a large communal and cultural value, but the design of the building and the square do not live up to the expected quality. There is also no cultural familiarity.

The pathways are a bit small and there are not enough benches.

This place has a lot of potential to grow into a beautiful, peaceful natural environment



This is a good place for sports, but unfortunately people complain a lot about our presence here.

I am allowed to go here without my mom, because my brother plays soccer on the field next to this playground.

The playground is old and neglected. More so, it is a bit boring.

The gym offers a place for (troubled) youth and a form of outlet. This is an important communal function. The space in front of the entrance is underused.

This could be a nice and quiet enclosed space where we could come together to socialize and relax, but it isn't green enough and there is not enough place to sit.

GROUP I : Agnes Age: 69

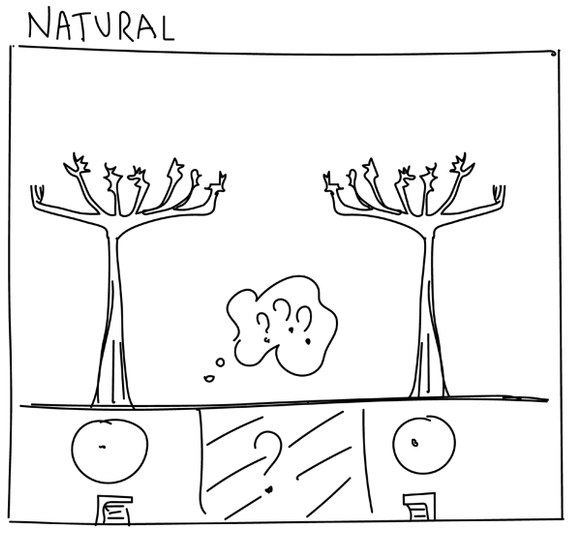
Mobility problems due to illness. Lives alone. Has one son



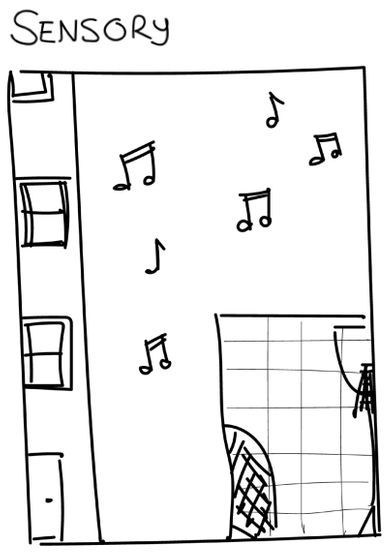
- EASY ACCESS
- GREEN, QUIET ZONES
- RESTING SPOTS/SEATING AREAS
- MEETING POINTS

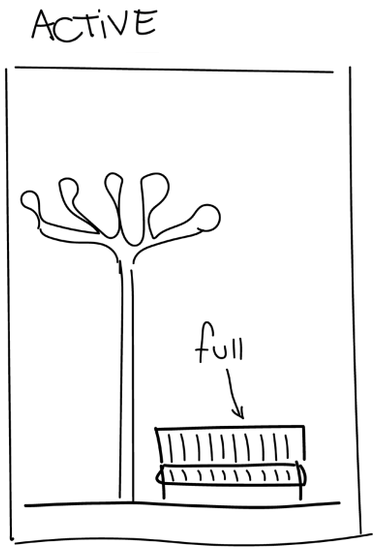
EXPECTED LEVEL OF PARTICIPATION:
This group is expected to be quite involved in the conversational part of the co-creation. They are expected to have a clear opinion on most topics and to be quite expressive about this. It is very probable they would like to help with the execution, but that this might not lay within their capabilities.

Positive Ernest Staesplein



Negative Ernest Staesplein





GROUP II : Ahmed Age: 15

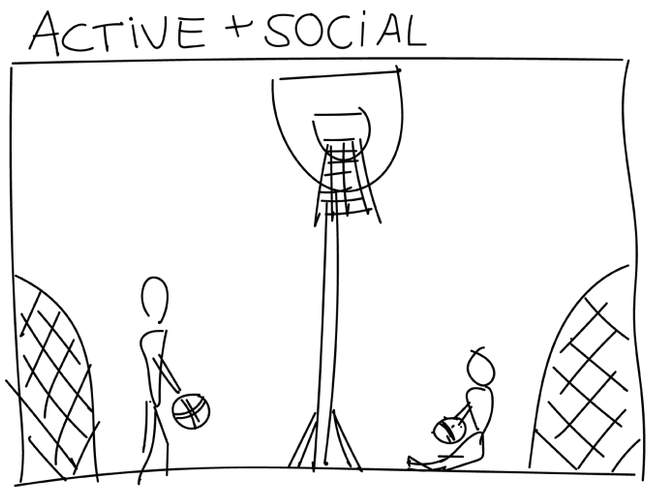
High school student. Lives with family. Two sisters, One brother



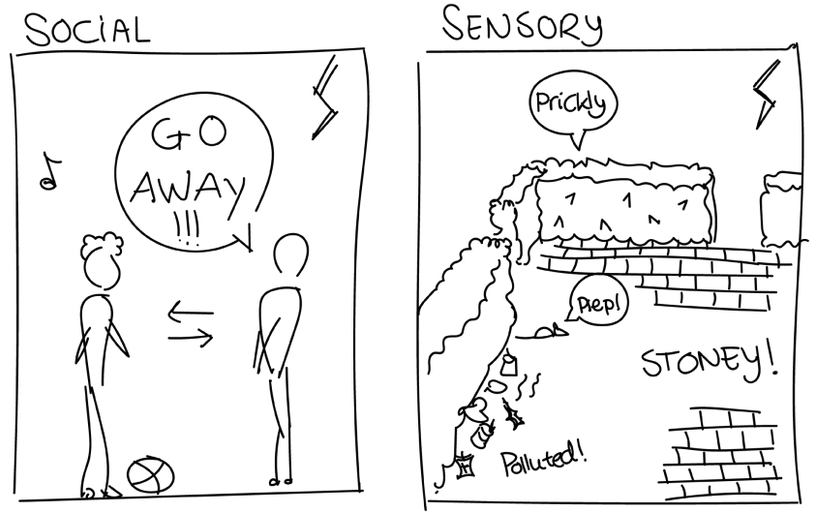
- ACTIVE ZONES
- SOCIAL INTERACTION
- HANG OUT SPOTS
- SENSE OF BELONGING

EXPECTED LEVEL OF PARTICIPATION:
This group is expected to need some stimulation in starting the conversation, but when they are involved they will definately have an opinion. They might need help in how to realize their needs and how to make their thoughts spatial, but they could come up with strong ideas. If made possible and with suitable tasks they could help with the execution. When their needs and ideas are acknowledged, they may feel empowered, which could result in a stronger sense of belonging.

Positive Ernest Staesplein

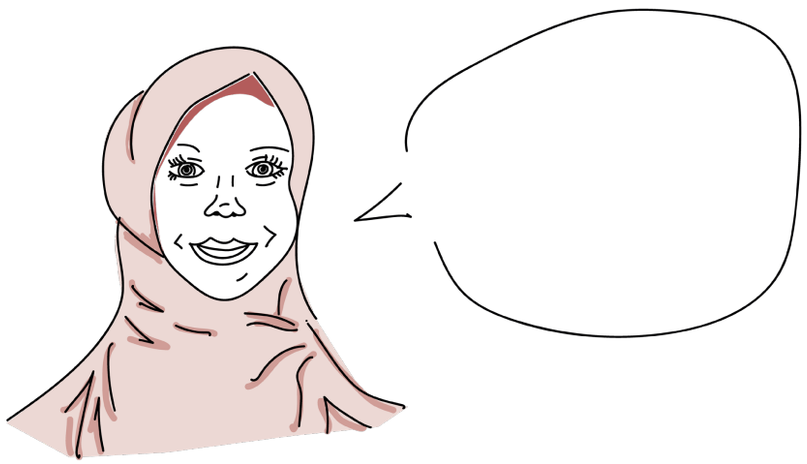


Negative Ernest Staesplein



GROUP III : Farah Age: 53

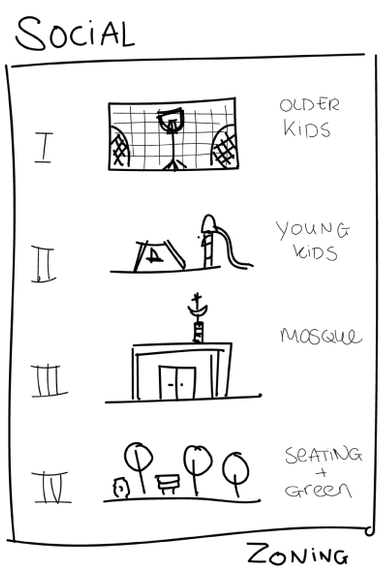
Family home. Four kids. Parents live nearby

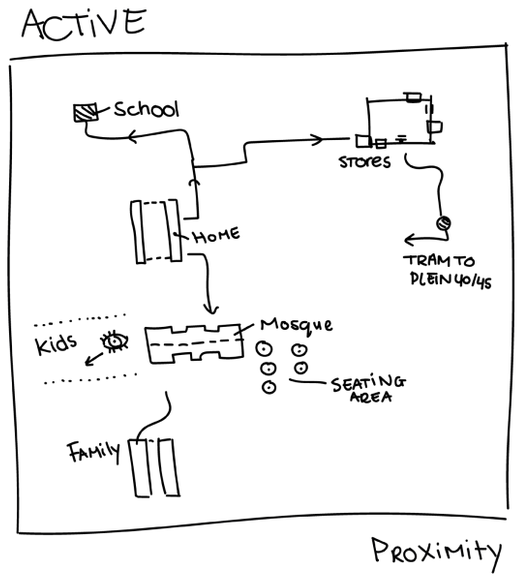


- CLEAN, TIDY, MAINTAINENANCE
- FUNCTIONAL ACTIVITIES
- GREEN, ENCLOSED SPACES
- SEATING AREAS
- INTERACTION IN FUNCTIONAL SPACES

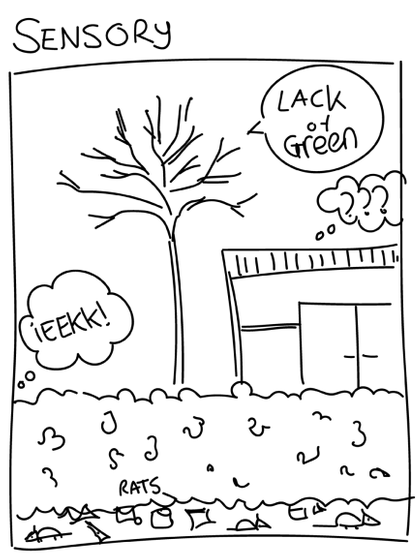
EXPECTED LEVEL OF PARTICIPATION:
This group is expected to be quite involved in the conversational part of the co-creation. They are expected to have a clear opinion on most topic, but they might need some stimulants and encouragement to give this opinion. Especially when it comes to critique. When given time and assurance it is probable they will be quite invested. For them it will be a positive addition to be able to help with the execution, this might also increase the feeling of ownership.

Positive Ernest Staesplein





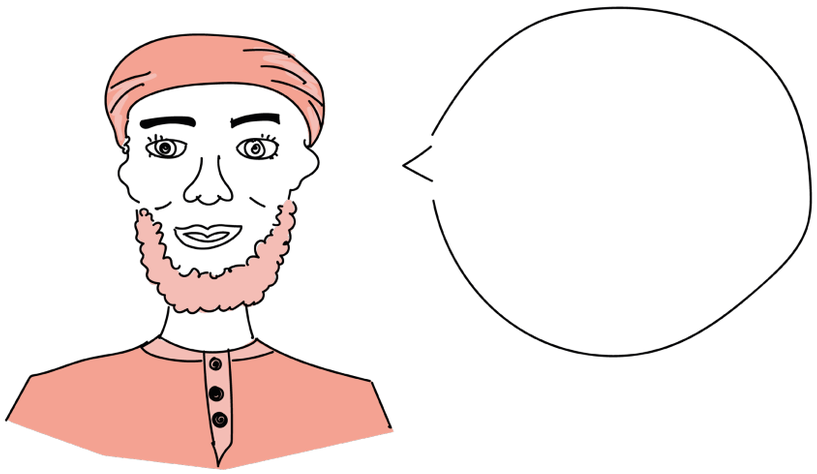
Negative Ernest Staesplein





GROUP IV : Malik Age: 38

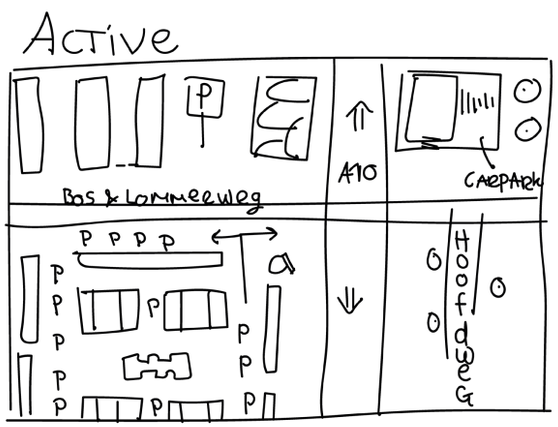
Has two sons. Works as an electrician



- QUALITATIVE SPACES
- CLARITY/STRUCTURES/FUNCTIONAL
- FAMILIARITY
- CULTURAL VALUES
- ACCESS TO WORK

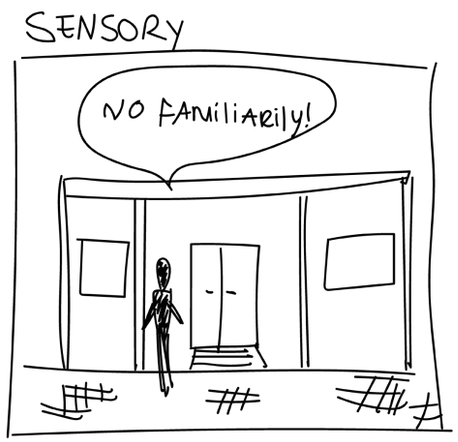
EXPECTED LEVEL OF PARTICIPATION:
This group may find it challenging to allocate time for extended sessions. However, when they do manage to find time, they are likely to contribute considerate and thoughtful ideas. Their input would greatly benefit the design process, as they are adept at considering the needs of others, particularly those of younger children. Additionally, members of this group may excel in assisting with execution, given their propensity for hands-on roles, which could be invaluable.

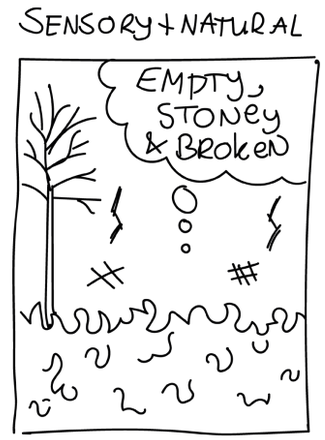
Positive Ernest Staesplein





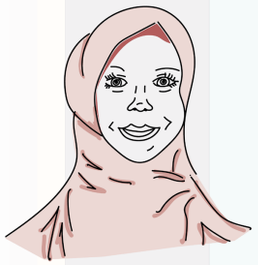
Negative Ernest Staesplein

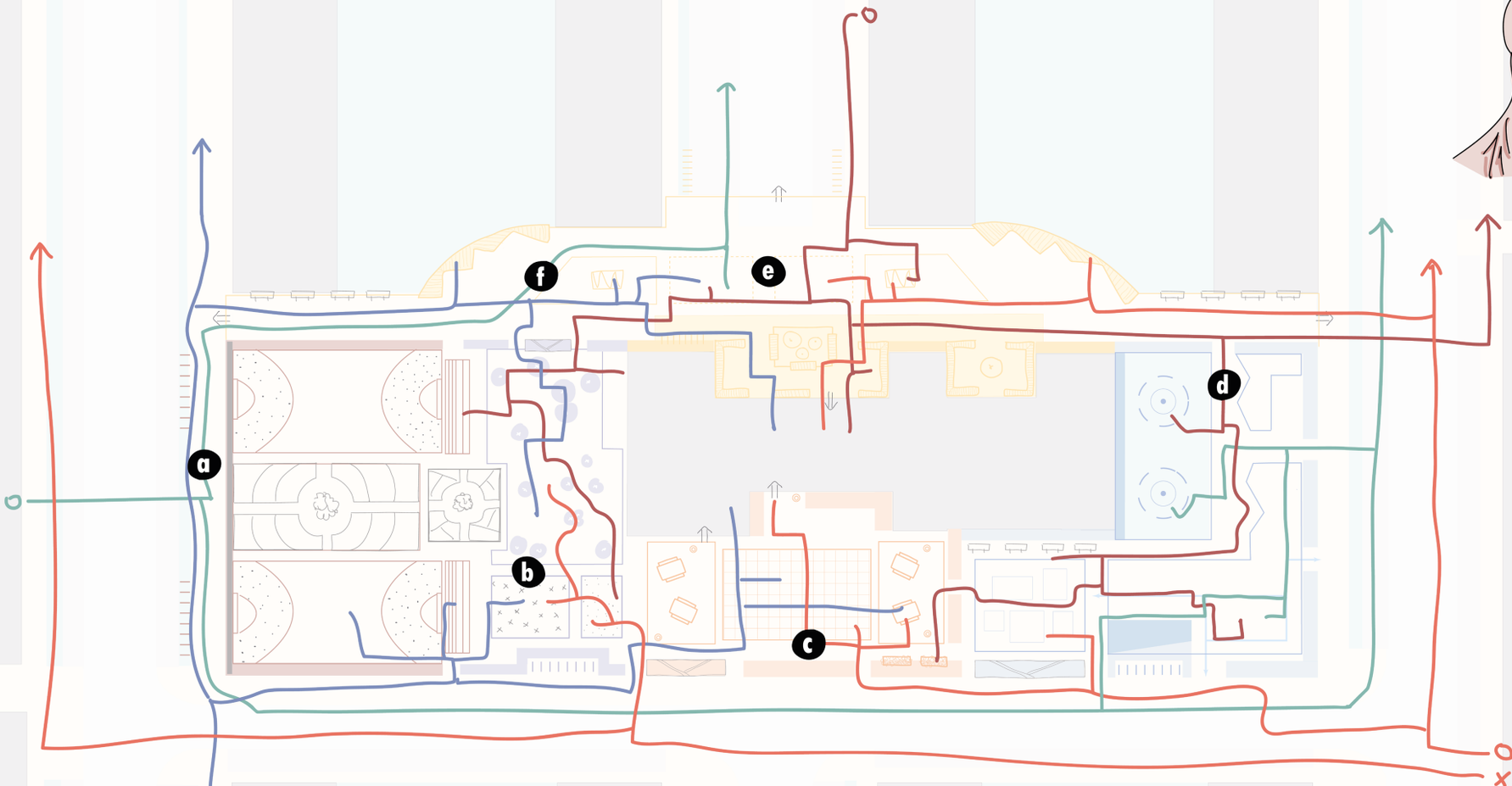




EXPECTED MOVEMENT AND USE BY TARGET GROUPS





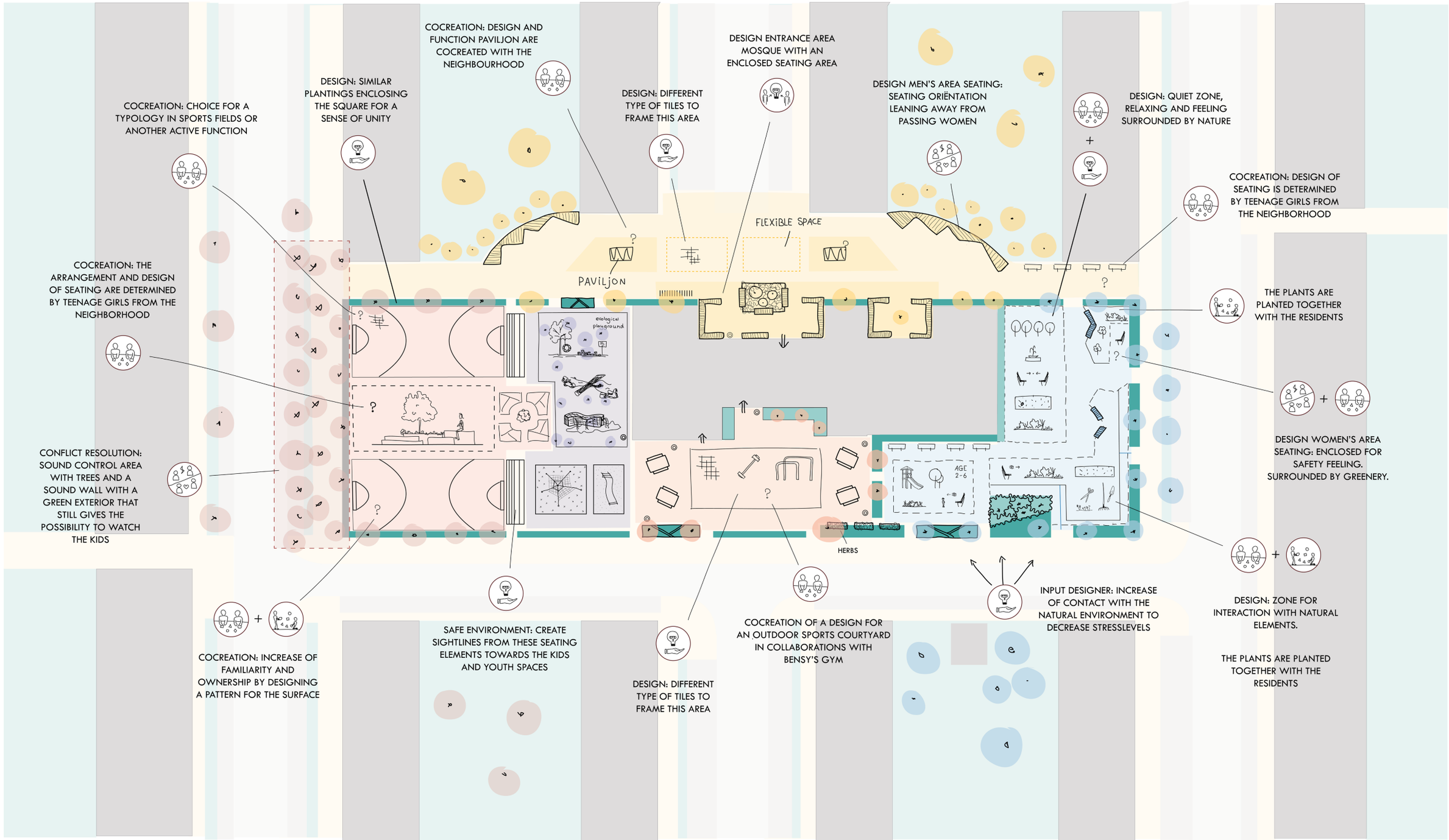


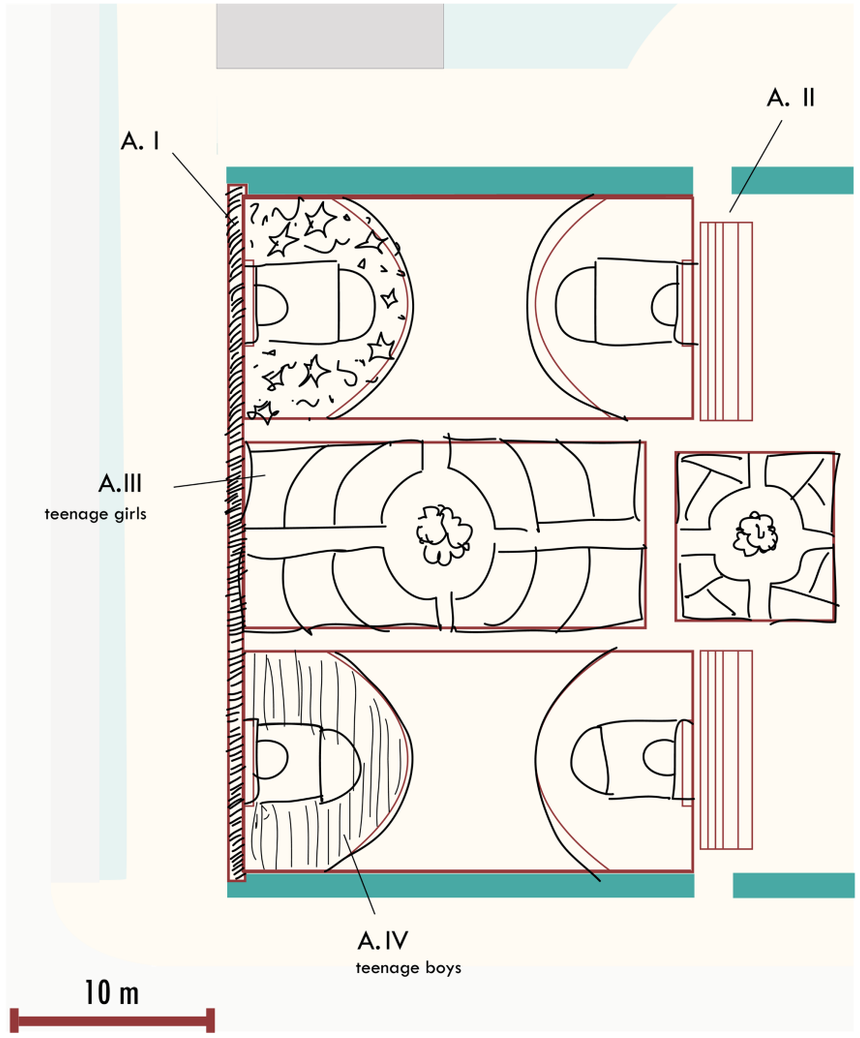




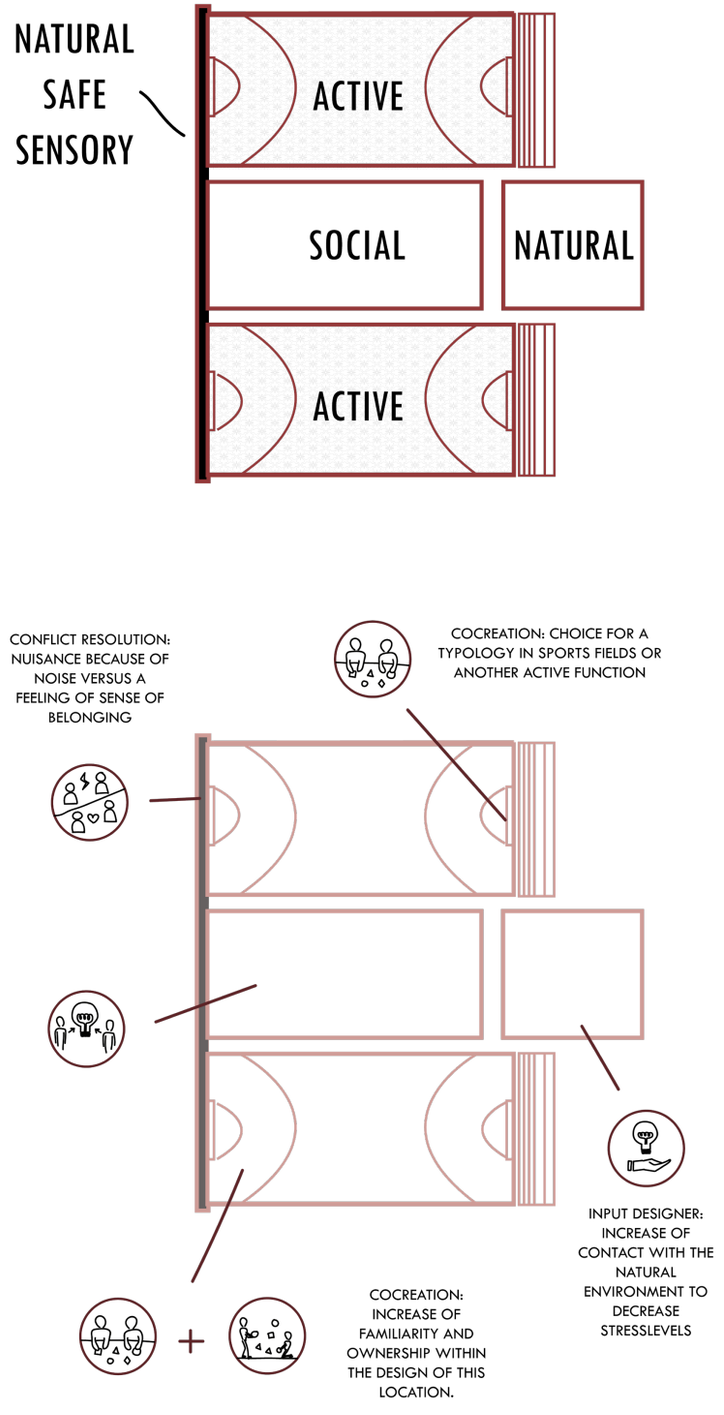
30 m

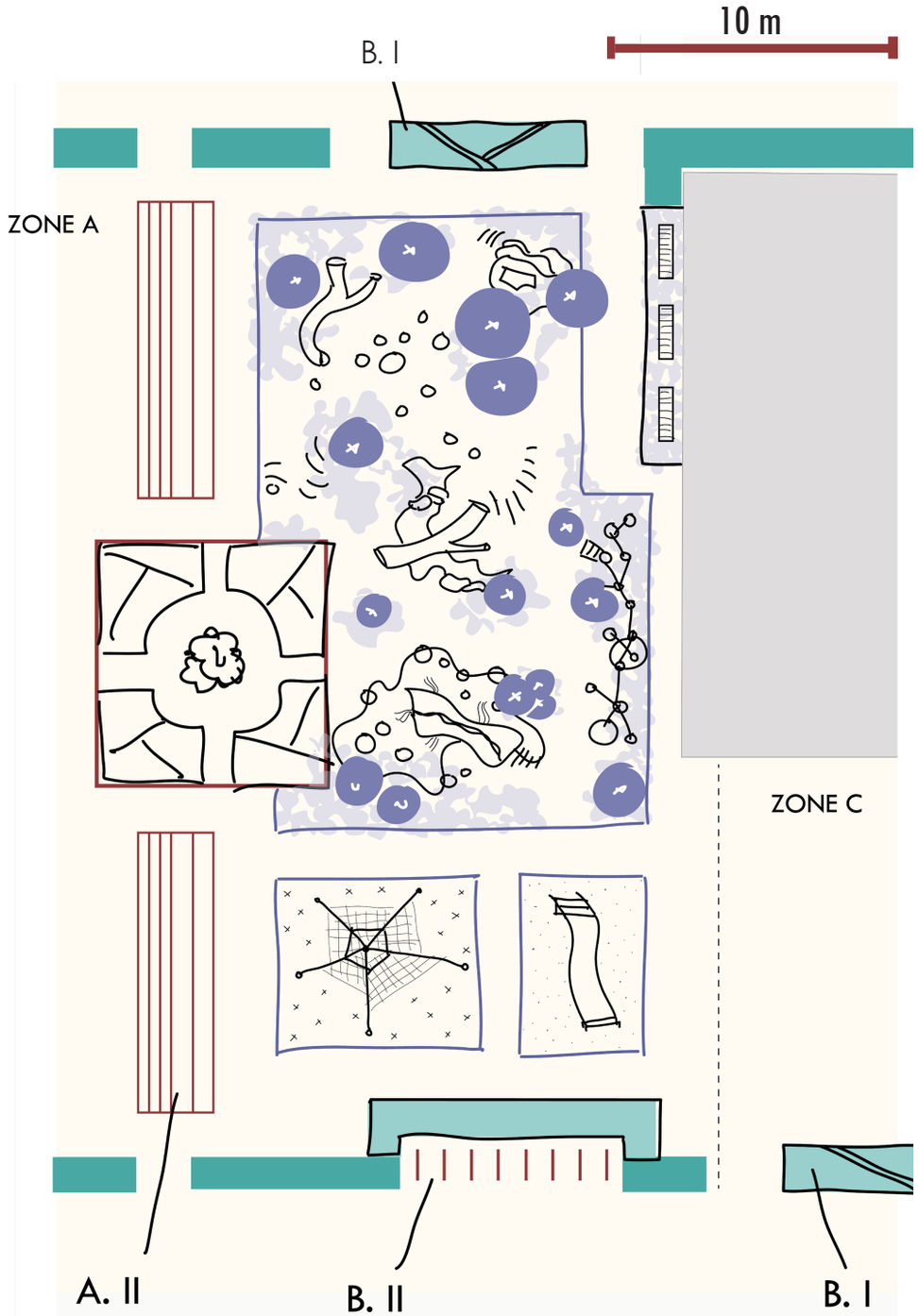
COCREATIVE DESIGN ERNEST STAES PLEIN





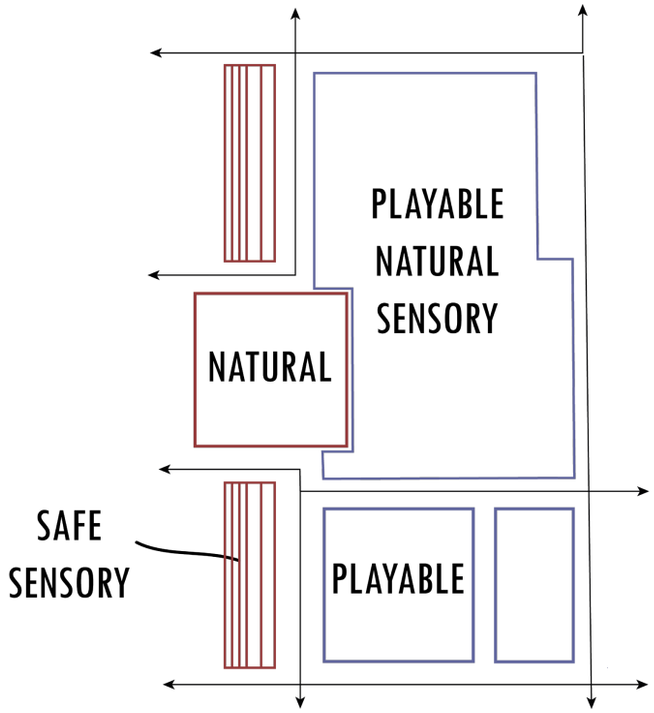
Zone A is mainly purposed for sports and other active behaviour. The main target group are teens male and female. In the middle a seating area will be created to enhance possibilities for social interaction with ample natural elements to ensure its restorative qualitiy. This can be designed in collaboration with teen girls, in order to give them a say in the environment ensuring both genders to be present within this co-creation process.

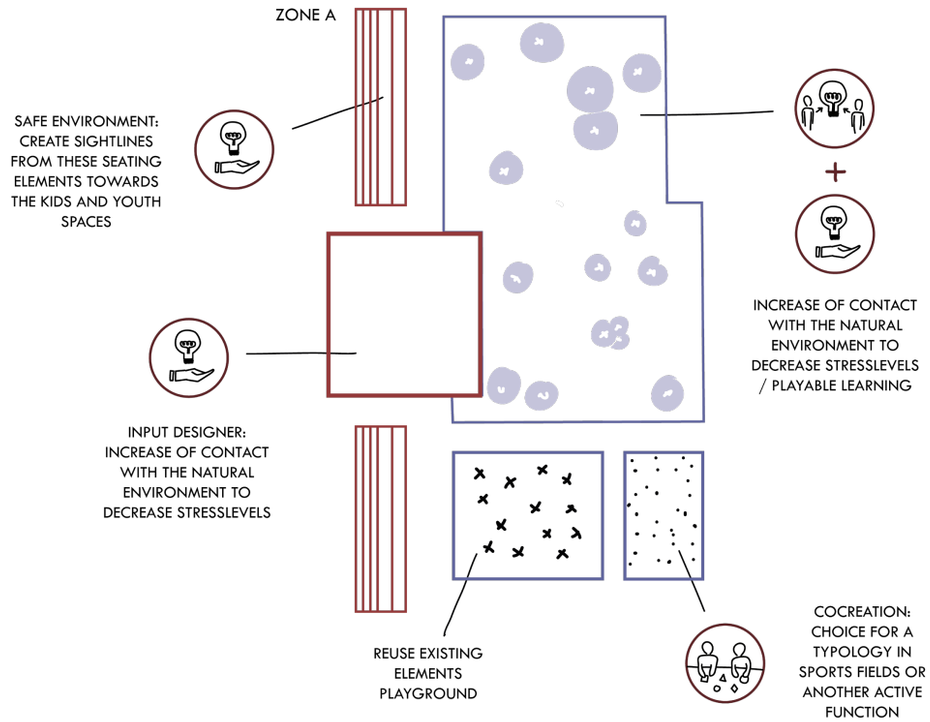


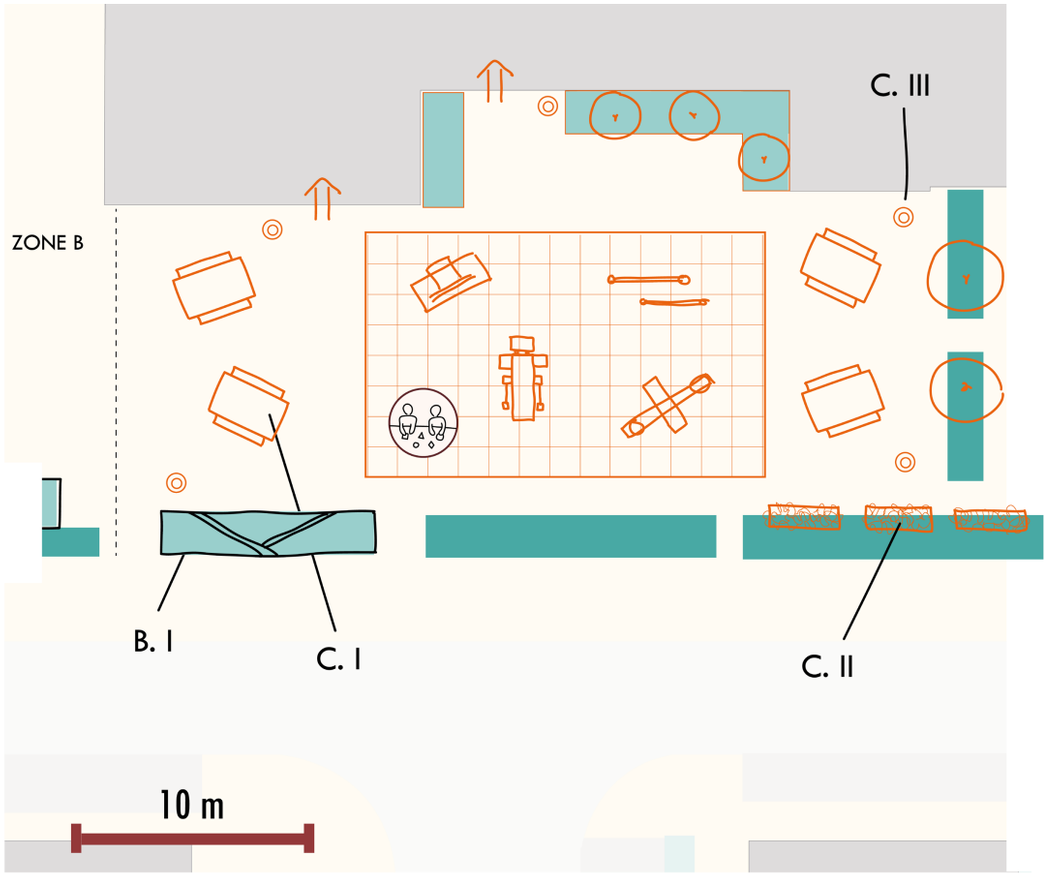


For zone B, an ecological playground will be created to increase the restorative qualities. The design for this area can be enhances in its suitability by talking with the user groups, but in order to achieve maximum restorative qualities and because the users are mainly young kids, the designer will take the lead in the decision.

B

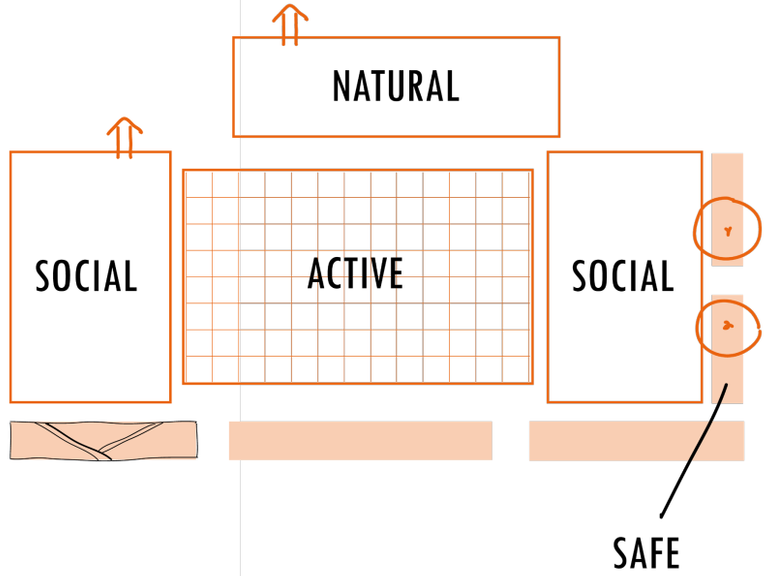


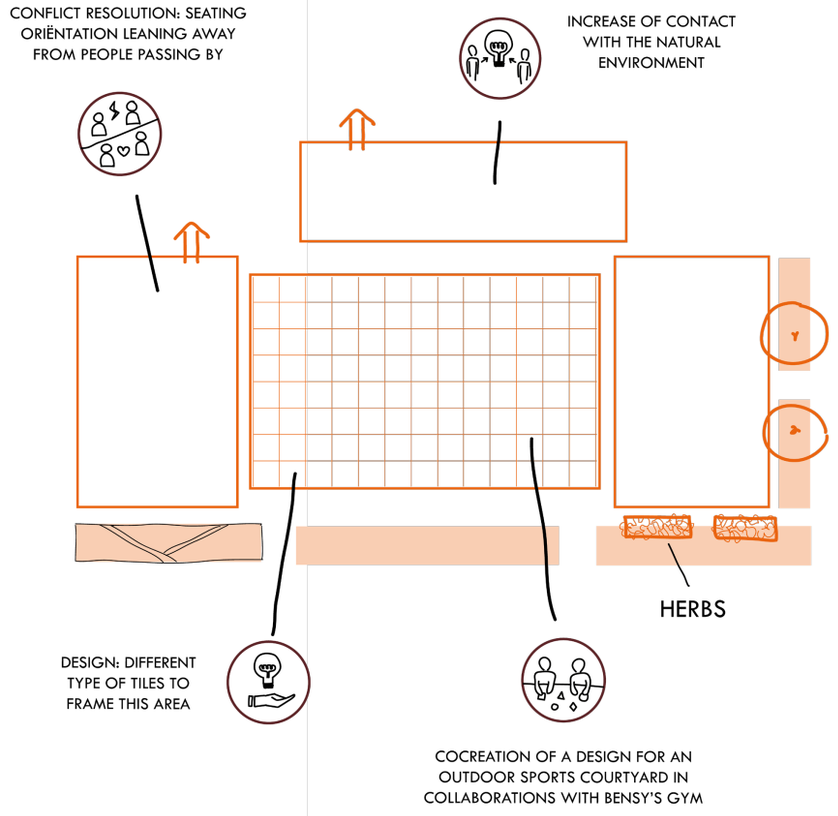


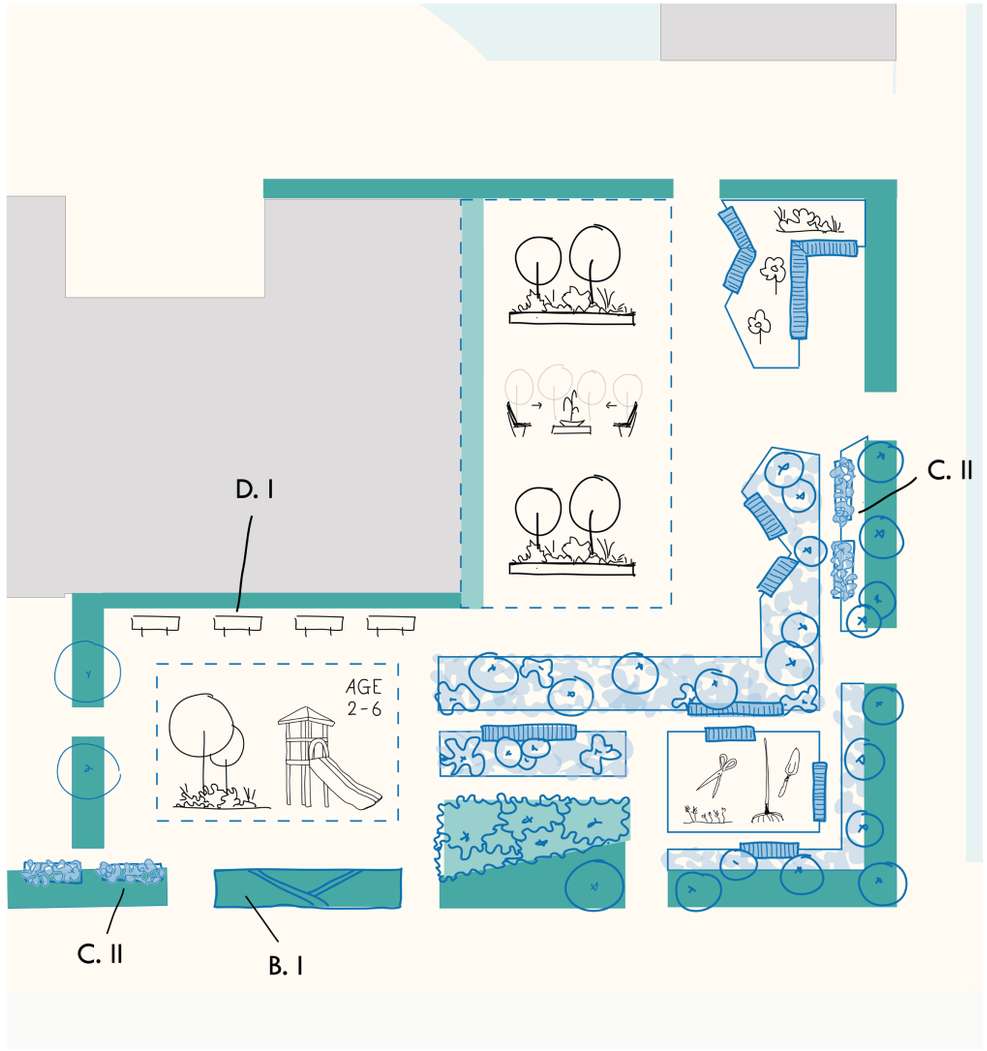


Zone C could be created in collaboration with Bensy's gym. The area in front of the entrance can be utilized as an active area where the gym can use the space as a flexible space or choose to make a more permanent design. The surrounding space should at least offer seating area for social interaction before and after visiting the gym or during a visit to the other amenities on the square.

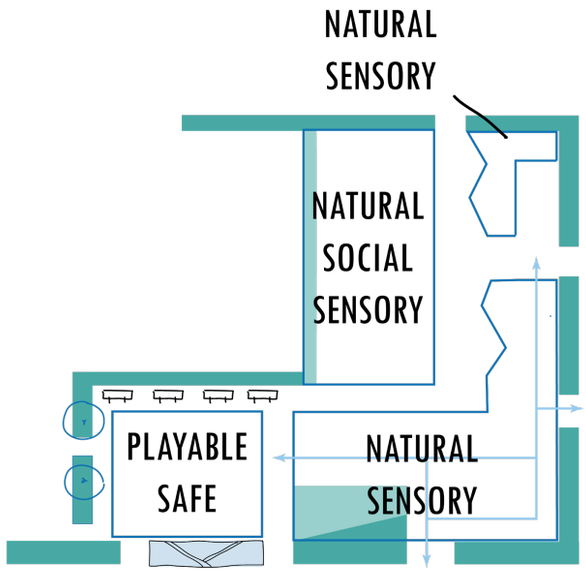
C

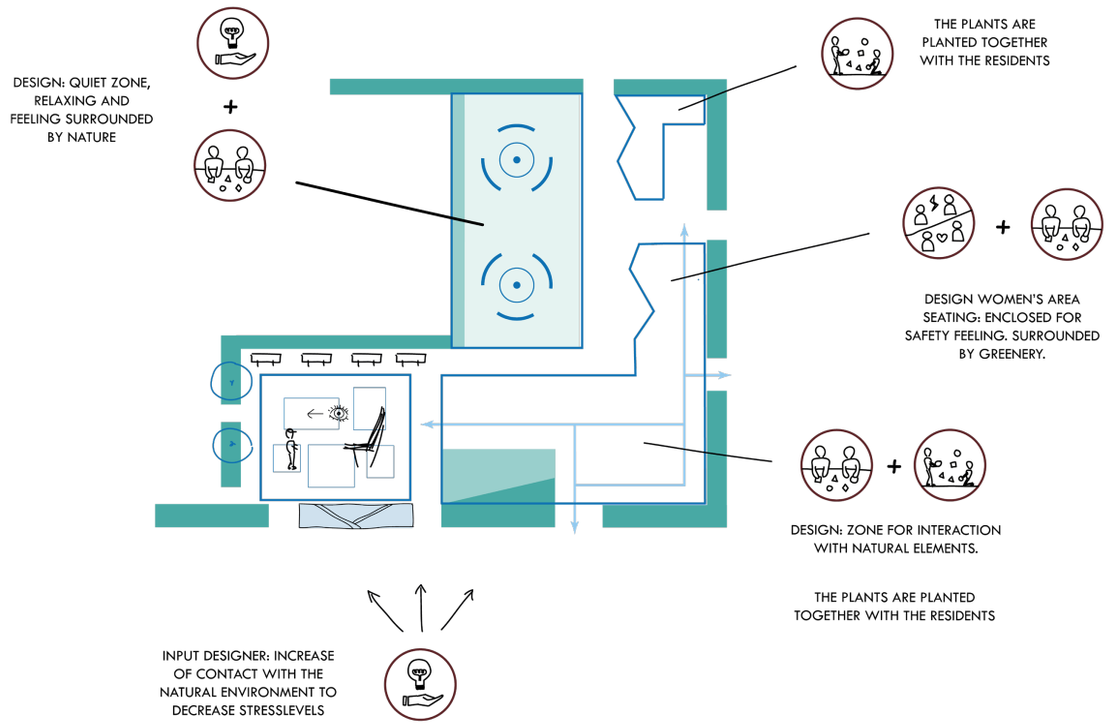




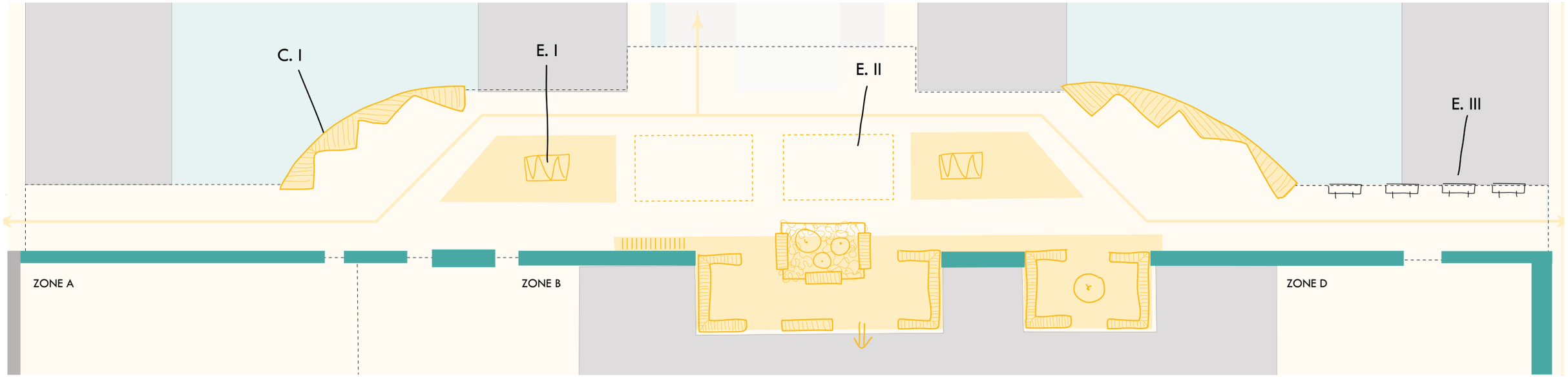


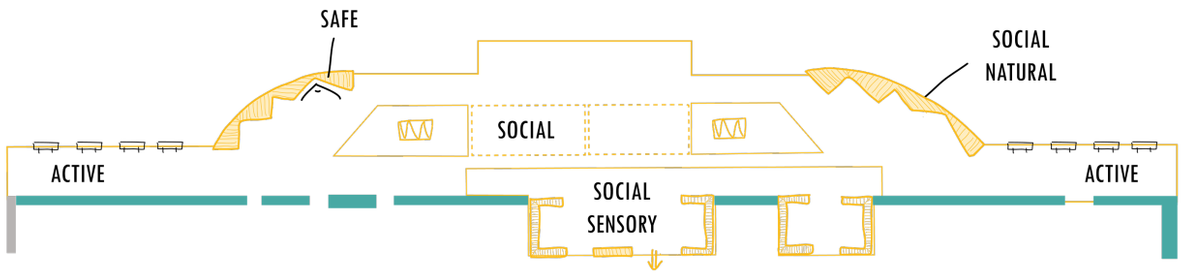
Zone D will be designed as a tranquillity zone to give people the opportunity to opt for a more quiet space from time to time. This zone will also be the one that focusses most on the natural experience. From all of the conversations with participants of this study it became really clear that the woman where longing for small scale greenery where they could `enjoy the peace and quiet`. To live up to the demands and restorative potential the specificss can be designed together with the inhabitants.

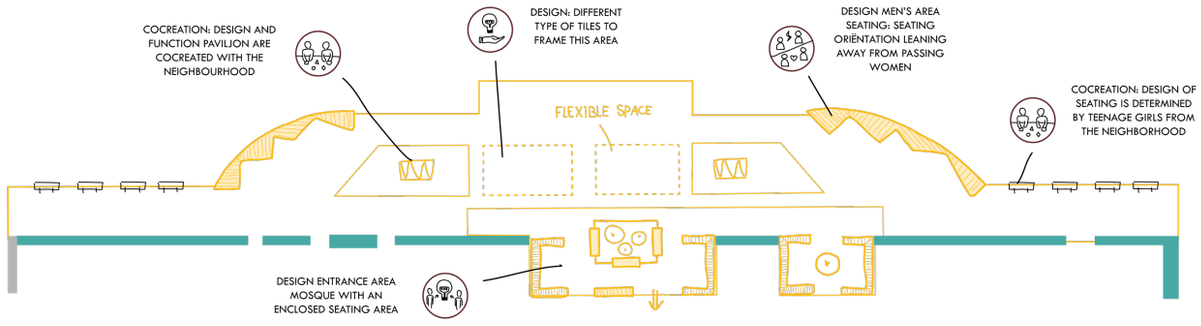




E



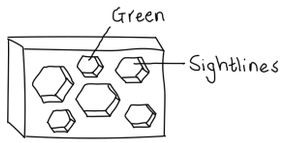




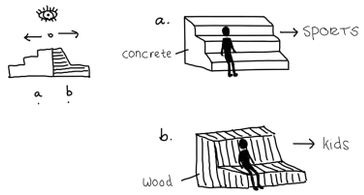
Zone E will become the most active zone and has the most potential to bring groups together. This will be aimed to achieve through the design of two small pavilion with a flexible space in between or communal activities. The exact details of this design and the function of the pavilions will be decided upon with the inhabitants.

DESIGN COMPONENTS - COHERENCE IN DESIGN

A. I



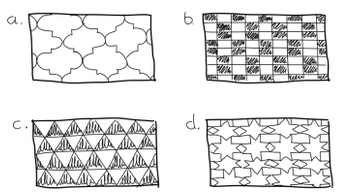
A. II



A.III



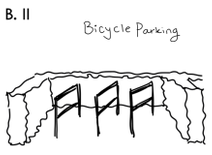
A.IV



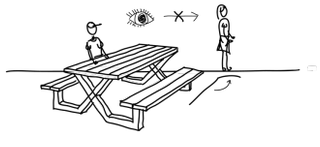
B. I



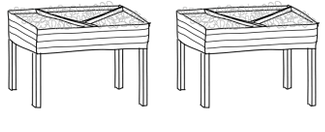
B. II



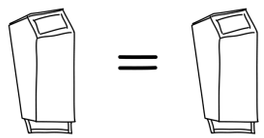
C. I



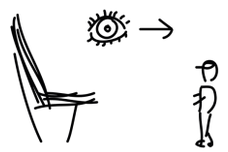
C. II



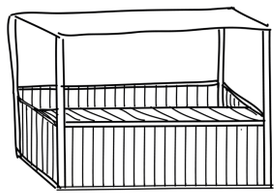
C. III



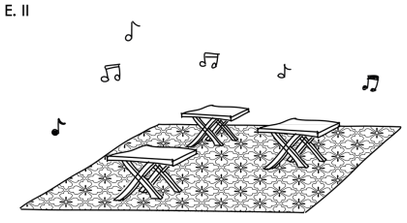
D. I



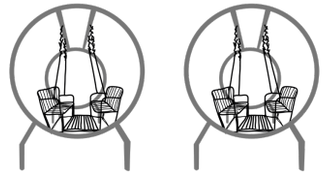
E. I



E. II



E. III



DESIGN ZONE: ENTRANCE SIDE BENSY'S (c)





DESIGN ZONE: ECOLOGICAL PLAYGROUND (b)

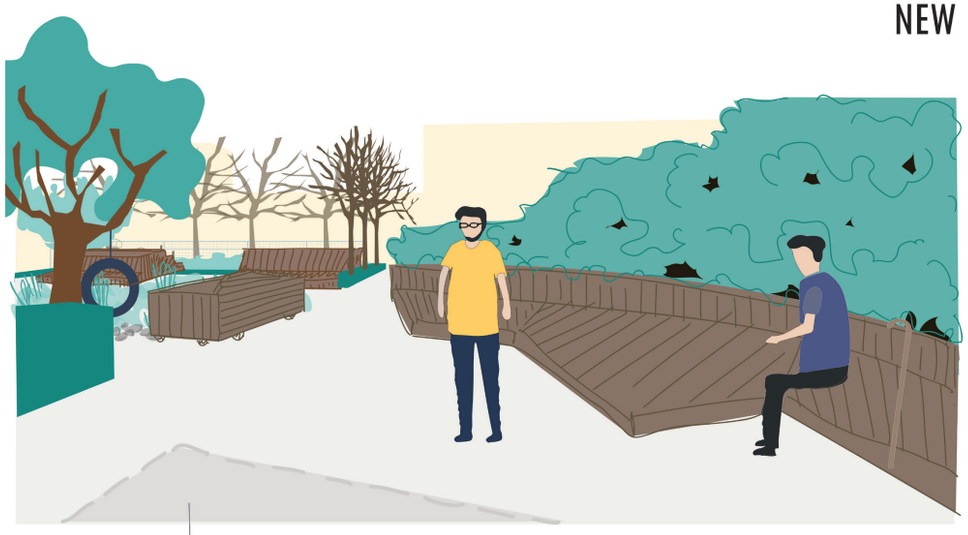




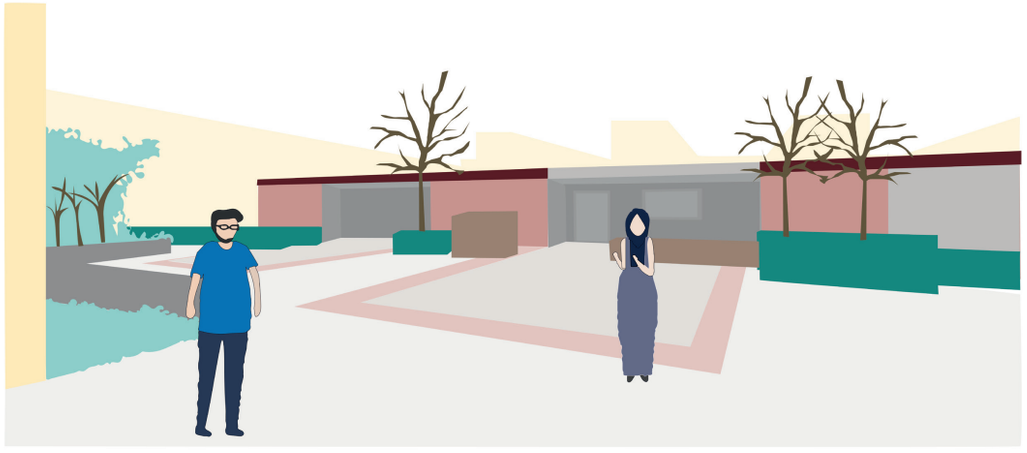
DESIGN ZONE: RELAX ZONE (MALE) (f)

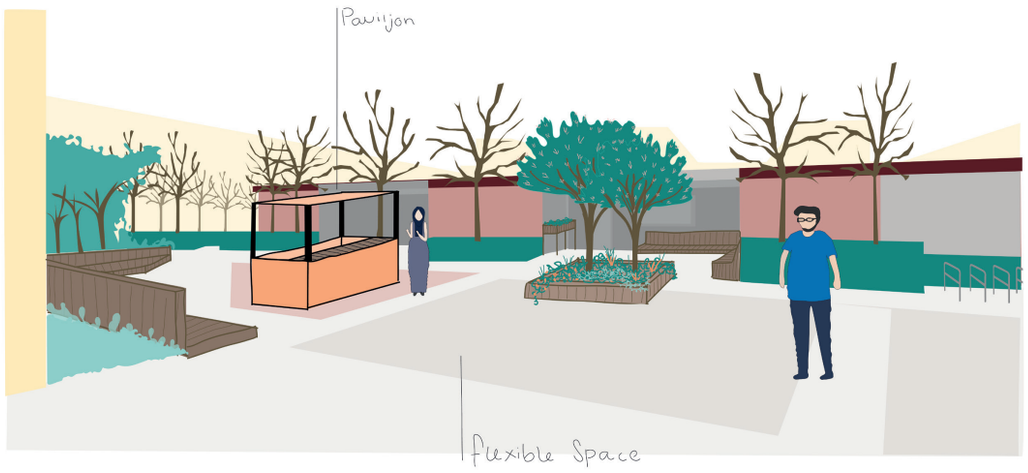


NEW

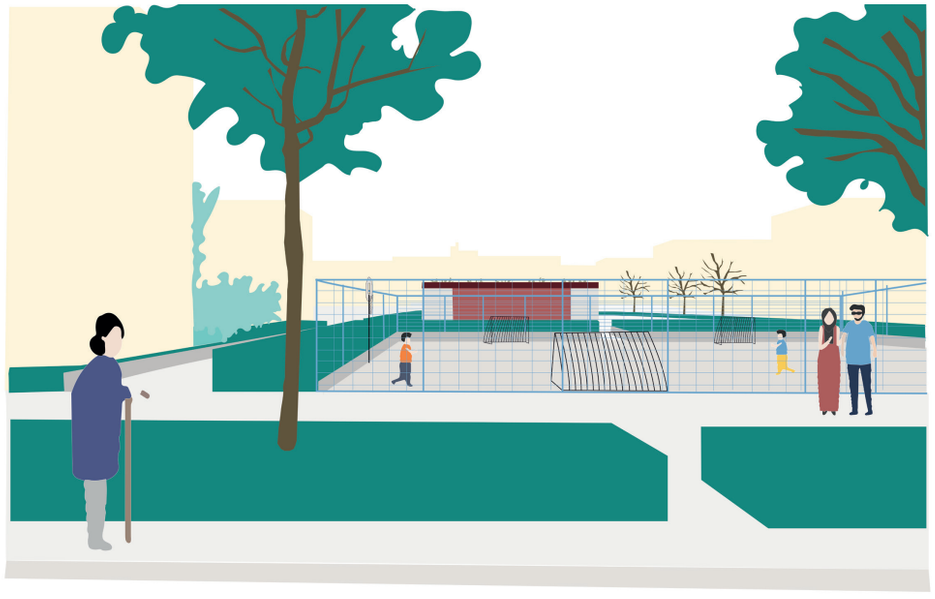


DESIGN ZONE: ENTRANCE SIDE MOSQUE (e)



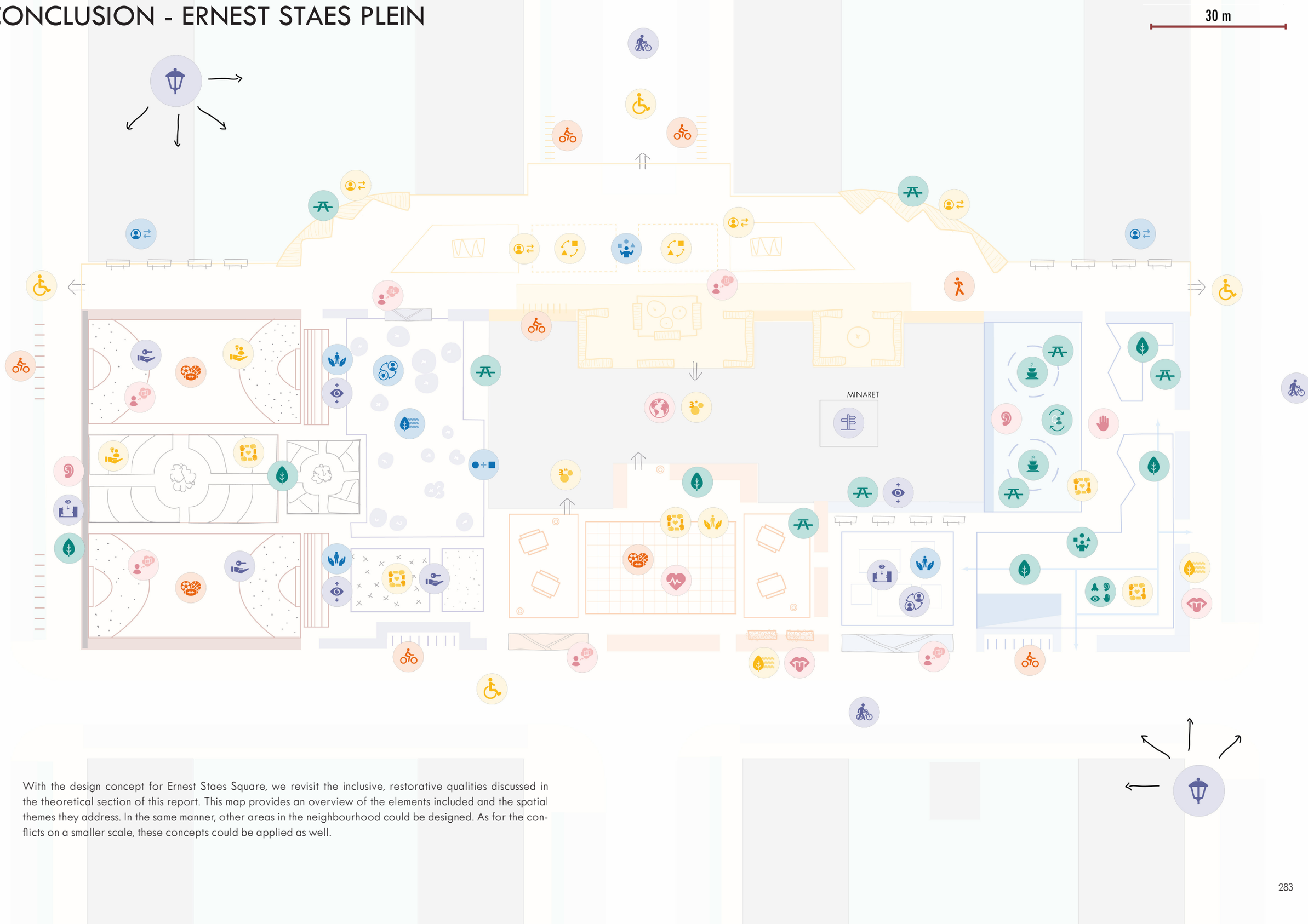


DESIGN ZONE: BORDER SPORT COURTYARD SIDE (a)





CONCLUSION - ERNEST STAES PLEIN



With the design concept for Ernest Staes Square, we revisit the inclusive, restorative qualities discussed in the theoretical section of this report. This map provides an overview of the elements included and the spatial themes they address. In the same manner, other areas in the neighbourhood could be designed. As for the conflicts on a smaller scale, these concepts could be applied as well.



KOLENKIT

Wiltzanghlaan

The Wiltzanghlaan currently forms the border of the southern part of the Kolenkit that has been renovated and the northern part that is still in the old state.

08

Discussion and Reflection

As we conclude this thesis, this chapter offers a conclusion on key findings and suggests future research that can be done in the direction of this project. This chapter is ended with a personal reflection on the course of this project.

CHAPTER 8

REFLECTION AND DISCUSSION	286
PERSONAL REFLECTION	288
ACKNOWLEDGEMENTS	289

REFLECTION AND DISCUSSION

1. How did your research influence your design/recommendations and how did the design/recommendations influence your research?

I have based my analysis entirely on the theoretical framework that I established beforehand. The six spatial themes that emerged from the combination of the restorative and inclusive design methods have been the guidelines for every conversation I had and every analysis map. This is then also one of the limitations of my research. I relied on the existing theory and did not seek out any new topics that might influence the restorative qualities of the urban fabric. However, the research into the lived experiences of the target groups I have researched, provided me with a fairly open perspective because I did not ask them any specific questions. Aiming not to influence their answers. Though, later I did categorize their stories into the existing themes. It is possible that if I had conducted this research first and then looked at the theoretical background, different themes might have emerged. This could thus be an option for further research, by looking into the experiences of residents without this spatial framework.

2. How do you assess the value of your way of working (your approach, your used methods, used methodology)? Reflect on the process.

With my thesis I have looked closely into the spatial elements that will benefit mental well-being within the urban environment, and the accessibility of these settings to its diverse inhabitants. I started with reading the theory on urban design and mental health. Soon, I realized that it was very important to find out what the differences in perception would be in the experience of the urban environment of certain groups. As this is personal and the needs and values of groups probably differ. This is why is started doing qualitative research on the positive and negative experiences of targeted groups by organizing workshops. A limitation in this is that the selected groups, are just that, a selection of groups. Even though I made this selection with careful consideration more research could be done into the experiences of other groups. Nonetheless, I do think there is a great value in this method of researching, as it provided me with insights a mere academic research or just reading the theory would not have.

Another limitation is present within the documentation of the conversations I had with the residents and their stories. For starters, I was not allowed to record the conversations due to an importance for privacy, so my memory of the conversations and the notes I made are the base line for the information I summarized afterwards. While I sincerely tried to extract the exact essence from the stories without any bias, I naturally still looked at these conversation through my own lens. Secondly, I asked the participants to evaluate places based on a selection of photos of the physical context I provided. Even though I made a quite broad selection, this selection was still mainly based on places I thought would be relevant to review. As a result it is possible that some places might not have come to light. I have tried to minimalize this by asking them to also talk about the neighbourhood, tell me about places or experiences they have had, and by the exercise of mental mapping I executed with most of them. The theory about mental mapping tells us, that people usually draw the places that are the most important to them in regard to positive or negative memories. This makes me think that if I missed something really essential it would have come across in this part of the analysis.

3. What were the advantages and/or limitations of your methodology? You can also discuss problems that occurred during the process, e.g., with data collection. State how you fixed them!

During the process of my thesis, I sometimes struggled to maintain focus solely on the project's main topic, and avoid delving too deeply into connected topics. The first framework of the project was quite broad, including two design methods, which sometimes allowed for deviation from the main concern. However, I am glad that I stuck to my decision to stay with the two methods, as some did say I should have picked one in the beginning of this project. I am glad, because I truly see inclusive design as a fundamental requirement for the restorative city. This is something the literature also strongly supports. Ultimately, the inclusion of the inclusive design method, mainly influenced my approach. This allowed me to focus on the restorative design method with the building of my theoretical framework and to keep the social data analysis to the minimal.

Another thing that I found challenging was the documentation and visualisation of all of the conversations I have had with all of the residents and organisations without losing their depth and value. I find that this is what happens quite easily when you try to map them. I made several attempts; for example, I started by organizing everything per theme, but I quickly realized that this would make conflicts appear in the maps and that I would have to map these experiences separately. Additionally, I noticed that when I wanted to present the results on the neighbourhood scale that details would become obscured. But these were the things within the results that were so important in the differentiating between something that is experienced as positive or where it turns to become an negative experience. Besides the fact that these details are what I found the most interesting and enjoyable about the results of this project.

Ultimately, I solved this problem with the visualisation by mapping the experiences of each group, sorted into positive and negative experiences. Then bringing the experiences of the different groups together by mapping the similarities and the conflicts. The conflicts I mapped on a relatively small scale and the similarities on a somewhat larger scale.

The approach I've taken with this project and the focus on the analysis, means that due to the time constraints of the graduation project, I won't be able delve into designing with complete precision. At the end of this project I will only propose suggestions, as precisely as possible, for adapting the public spaces in 'Bos en Lommer'. With this I will attempt to articulate the task at hand and the necessary changes within the neighbourhood in order to achieve a more restorative and inclusive environment. This also means that a limitation of this project could be that if this proposal is not precise/clear enough, the suggestion may give too much freedom for the actual design and the intended goals may not be achieved. This is the risk of formulating my final outcome in this manner. In the coming weeks, after my P4 presentation, I will try to shape these suggestions as precisely as possible to reduce this risk.

4. Is your research transferable to other situations and if so, how can it be used by others?

The research I did for my case study is specific for Bos & Lommer and the insights I gained from all the workshops might be specific to the groups I have had the opportunity to question over the course of this project. But apart from this, the method I used is applicable to other situations. The new combination of the two methods (inclusive and restorative design) I made, and the conceptual/methodological framework I derived from this could be applied to other situations. Where per situation one topic, or another could be more important. Where in the case of Bos & Lommer the issue of segregation was really important, another case study could have a different emphasis. When you would apply this method on another case study you would have to start, like the theory and thus my method suggest, with the analysis of the community context. After which you will need to start looking at your case study with the environmental themes in mind. By doing so, you could find the "case specific focus" for your chosen context. This means the steps would have to be slightly adjusted to the situation, but the themes and the methodological structure would be similar.

Secondly, the way I compared the academic research with the participatory research on site would be significant in order to apply this method on another situation. With this participatory method, I think you could find the pivotal elements, for any situation, and be able to find a starting point for change towards a more restorative and inclusive environment.

What is true, however, is that with this method, the design is never truly finished. The research and its outcomes are based on the current residents and thus has its limitations. If the research is conducted as it is currently developed, this would mean that when the community context changes, you will need to analyse the impact this has and look into the needs and values of the new resident/visitor groups. This results in a design that is never finished. Further research could focus on the variability of resident compositions and how as a researcher/ designer, you can be better prepared for these changes. Perhaps by exploring the needs of potential resident groups.

Another thing this study does not consider is changes to the environment due to, for example, changes in climate and the effects this could have on the possibility to have restorative experiences within the urban environment. When temperatures rise due to climate change, the design would possible benefit more from for example spatial elements like shade providing trees or water elements. These types of changes could also influence the importance of elements from the six environmental themes which should be considers when conditions change. The relationship between themes like climate change and sustainability and mental well-being could thus be another topic for further research.

PERSONAL REFLECTION

1. What insights did you have?

The academic analysis we often conduct as urban designers, are usually based on our own perspectives and on the outcomes from existing data and analysis. Often, certain groups and experiences are not included in these types of studies, because they simply do not respond to questionnaires or because they are in other ways less visible. Additionally, we always bring our own perspective to the table, even when we try hard to set it aside. Despite being very conscious of my own perspective throughout this entire process, is still made assumption during this process. The addition of the participatory fieldwork, had been extremely valuable in reminding me of personal differences, differences in needs and values. Which I think is especially relevant in our experience of factors within the urban environment.

Another insight I gained during this process is in regard to the visibility of certain groups, or rather, their invisibility. It can be quite challenging to locate these groups and talk to them about these kinds of issues. This takes time and, in reality, money. This is of less significance during a graduation project, but it can become more challenging within practice.

In relation to the analysis of the lived experience of my target groups, I have also learned it is essential to approach them with a certain flexibility. Being open-minded and realizing beforehand what kind of group you're dealing with is crucial. For instance, children often speak their minds more freely, which can lead to very honest responses. Though, with them it is also important to ask further. What is the real situation? Are there other factors influencing their answers? Sometimes, they may not have thought deeply yet about it themselves, meaning you will need to assist them in forming an answer without putting words in their mouths.

Another example involves groups of women with vulnerable backgrounds. These participants were in general very cautious, and it took quite some time for them to trust me. As a result, I choose to come back to these groups a second and a third time to build on this trust. With the Arabic-speaking women, it was also crucial to have an interpreter they knew, which made them feel safer and more competent to participate. Another advantage was that choose to hold the meetings within their own environment with already established groups instead of at a separate location with people they might not know yet. In conducting these fieldwork days I relied mostly on intuition and I definitely gained valuable insights from the experience.

Additionally, one example of a personal insight I have gained during this process is that it is okay not to fully know where a project is heading at the beginning. At the start, I really had no idea whether I would be creating a design or not, and if I did, whether it would involve making patterns or taking a different approach. What I did know is that I didn't want to delve into the very precise details of the design, and that I wanted to start with a broader analysis and a socially connected topic. This ultimately led to an extensive analysis based on many different conversations with very diverse people, and I am very glad I was able to take my time doing so.

2. What did you learn from the process, what can you do now that you couldn't a year ago?

I have learned a lot about the applying theoretical frameworks in analysis and design. I do not think I have ever used as many principles from theory, as I did during my thesis. Often in previous projects, these concepts were more improvised or based on something you had read somewhere once. This made this process incredible valuable in relation to its theoretical framework. I had also never worked with a conceptual framework before. This greatly helped me to stay on track during the process, as I tend to be easily distracted by other connecting themes I find interesting.

Content-related I have learned a great deal about the relationship between mental well-being and urban design, which I believe I have defined quite well within my report. Additionally, concerning the topics of inclusive design and gentrification, I have learned that addressing these can be very challenging. Yet, I find that it starts with an interested attitude toward the involved groups and increasing you knowledge on the topic as a designer. In the end, there is still so much more to learn and to consider when it comes to urban design. Connecting to something many teachers will ever tell you, urban environments are complex systems where everything relates to almost everything.

ACKNOWLEDGEMENTS

I would like to express my gratitude to my primary mentor, Maurice Harteveld, for his unwavering attention throughout the entirety of this project. His consistent availability every Friday, and the enjoyable and insightful discussions we had on the subject matter, but also on various other topics. This has been very valuable to me.

A special thanks also goes to my second mentor, Denise Piccinini, for her valuable insights in methods of communication of the project, visualization and design. Her feedback has played a great role in refining the quality of my work and strengthening the spatial elements and its presentation.

Additionally, I wish to extend my heartfelt thanks to my family, friends, and roommates for their support during the challenging period of completing my thesis.

Finally, I would like to express my gratitude to the Philip Spangenberg Travel Grant for making the inspiring trip to Paris possible with the group of my graduation studio.

09



METRO STOP

Jan van Galenstraat

At the western end of Jan van Galen Street, there is a metro station where Metro lines 50 and 51 pass through. This station provides a connection to Amsterdam Sloterdijk station.

Bibliography and Appendices

In this chapter, you can find the bibliography including all of the materials and references used for this project. After the bibliography follows the appendix including, for example, all of the materials gained from the extensive fieldwork done over the course of this project.

CHAPTER 9

REFERENCES	292
APPENDIX 1: ADDITIONAL DATA	298
APPENDIX 2: EXTRA CONTENT RESULTS	300
APPENDIX 3: PATTERN WORKSHOP	362

REFERENCES

Abdulkarim, D., & Nasar, J. L. (2014). Are livable elements also restorative?. Journal of Environmental Psychology, 38, 29-38.

Centraal Bureau voor de Statistiek. (2020). Wijk- en buurtstatistieken. Centraal Bureau Voor de Statistiek. Retrieved from https://www.cbs.nl/nl-nl/dossier/nederland-regionaal/wijk-en-buurtstatistieken

Centre for Urban Design and Mental Health. [UD/MH]. (2022). How urban design can impact mental health. Retrieved from https://www.urbandesignmentalhealth.com/how-urban-design-can-impact-mental-health.html

Centre for Urban Design and Mental Health [UD/MH]. (n.d.). How mental health affects the city. Centre For Urban Design And Mental Health. Retrieved from https://www.urbandesignmentalhealth.com/how-mental-health-affects-the-city.html

Chu, A., Thorne, A., & Guite, H. (2004). The impact on mental well-being of the urban and physical environment: an assessment of the evidence. Journal of Public Mental Health, 3(2), 17-32.

Cozens, P. M., Saville, G., & Hillier, D. (2005). Crime prevention through environmental design (CPTED): a review and modern bibliography. Property management, 23(5), 328-356.

Van Dorst, M. (2012). Liveability. In Sustainable Urban Environments: An Ecosystem Approach (pp. 223–241). Springer Netherlands. Retrieved from https://doi.org/10.1007/978-94-007-1294-2_8

Van Eesteren Museum. (z.d.). De tuinsteden. Retrieved on 12-02-23 Retrieved from https://www.vaneesterenmuseum.nl/tuinsteden

Florida, R., Mellander, C., & Rentfrow, P. J. (2013). The Happiness of Cities. Regional Studies, 47(4), 613-627.

Francis, J., Wood, L. J., Knuiman, M., & Giles-Corti, B. (2012). Quality or quantity? Exploring the relationship between Public Open Space attributes and mental health in Perth, Western Australia. Social Science and Medicine, 74(10), 1570–1577. Retrieved from https://doi.org/10.1016/j.socscimed.2012.01.032

Gardner, J., Marpillero-Colomina, A., & Begault, L. (2018). Inclusive Healthy Places—A Guide to Inclusion and Health in Public Space: Learning Globally to Transform Locally. Gehl Institute: New York, NY, USA.

Gehl, J. (2013). Cities for people. Island press.

Gehl, J. [TEDx Talks]. (2015, 18 december). In Search of the Human Scale | Jan Gehl | TEDxKEA [Video]. YouTube. Retrieved from https://www.youtube.com/watch?v=Cgw9oHDfJ4k

Gemeente Amsterdam. (2022, 10 mei). Gebiedsanalyses 2022 | Website onderzoek en statistiek. Retrieved from https://onderzoek.amsterdam.nl/publicatie/gebiedsanalyses-2022

Global Goals. (n.d.). Goal 11: Sustainable cities and communities - The Global Goals. Retrieved from https://www.globalgoals.org/goals/11-sustainable-cities-and-communities/

Good Migrations. (2024). The ultimate neighborhood guide to Bos en Lommer Amsterdam. Retrieved May 18, 2024, Retrieved from https://www.goodmigrations.com

Gruebner, O., & McCay, L. (2019). Urban design. Urban health, 256.

Gruebner, O., Rapp, M. A., Adli, M., Kluge, U., Galea, S., & Heinz, A. (2017). Cities and mental health. Deutsches Ärzteblatt International, 114(8), 121. Retrieved from https://www.aerzteblatt.de/pdf.asp?id=186433

REFERENCES

Guite, H. F., Clark, C., & Ackrill, G. (2006). The impact of the physical and urban environment on mental well-being. Public health, 120(12), 1117-1126.

Hajrasoulih, A., del Rio, V., Francis, J., & Edmondson, J. (2018). Urban form and mental wellbeing: scoping a theoretical framework for action. Journal of Urban Design and Mental Health, 5(10).

Halpern, D. (1995). Mental Health and the Built Environment: More Than Bricks and Mortar? Taylor & Francis.

Hanafi, I., El Araby, M., Al Hagla, K., & El Sayary, S. (2013). Human social behavior in public urban spaces: Towards higher quality cities. SPACES & FLOWS, 3(2), 23-35.

Herzog, T. R., Maguire, P., & Nebel, M. B. (2003). Assessing the restorative components of environments. Journal of environmental psychology, 23(2), 159-170. Hanafi, I., El Araby, M., Al Hagla, K., & El Sayary, S. (2013). Human social behavior in public urban spaces: Towards higher quality cities. SPACES & FLOWS, 3(2), 23-35.

Hirst, S.A., O'Neill, M.L., Sorochan, J. (2021). Mental Illness. In: Maggino, F. (eds) Encyclopedia of Quality of Life and Well-Being Research. Springer, Cham. Retrieved from https://doi.org/10.1007/978-3-319-69909-7_1791-2

I amsterdam. (2024, January 16). Bos en Lommer & De Baarsjes then and now. Retrieved from https://www.iamsterdam.com

Jacobs, J. (1961). The Death and Life of Great American Cities. (1998). Random House.

Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. Journal of environmental psychology, 15(3), 169-182.

Kaplan, R., & Kaplan, S. (1989). The Experience of Nature: A Psychological Perspective. Cambridge University Press.

Kuo, F. E., Sullivan, W. C., Coley, R. L., & Brunson, L. (1998a). Fertile ground for community: Inner-city neighborhood common spaces. American Journal of Community Psychology, 26(6), 823-851.

Kuo, F. E., Bacaicoa, M., & Sullivan, W. C. (1998b). Transforming inner-city landscapes: Trees, sense of safety, and preference. Environment and behavior, 30(1), 28-59.

Lafortezza, R., Carrus, G., Sanesi, G., & Davies, C. (2009). Benefits and well-being perceived by people visiting green spaces in periods of heat stress. Urban Forestry and Urban Greening, 8(2), 97–108. Retrieved from https://doi.org/10.1016/j.ufug.2009.02.003

Litman, T. & Victoria Transport Policy Institute. (2014). Urban Sanity: Understanding Urban Mental Health Impacts and How to Create Saner, Happier Cities. Victoria Transport Policy Institute. Retrieved from http://www.vtpi.org/urban-sanity.pdf

López, M., Luten, I., Woldendorp, T., & van Zwam, C. (2008). Handboek Veilig Ontwerp en Be-heer: Sociale veiligheid in buitenruimten, gebouwen en woningen. THOTH.

Lynch, K. (1964). The image of the city. MIT press.

McCay, L., Bremer, I., Endale, T., Jannati, M., & Yi, J. (2017). Urban Design and Mental Health (pp. 1–24). Retrieved from https://doi.org/10.1007/978-981-10-0752-1_12-1

McCay, L., Centre for Urban Design and Mental Health [UD/MH], Litman, T., & Victoria Transport Policy Institute. (z.d.). Facts and Figures. Centre For Urban Design And Mental Health. Retrieved from https://www.urbandesignmentalhealth.com/facts-and-figures.htmlb749bd2c-4b5c-4731-9a7f-b378f8eb2164 on february 24th, 2024

REFERENCES

Niemiec, C.P. (2014). Eudaimonic Well-Being. In: Michalos, A.C. (eds) Encyclopedia of Quality of Life and Well-Being Research. Springer, Dordrecht. Retrieved from https://doi.org/10.1007/978-94-007-0753-5_929

OIS & Gemeente Amsterdam. (2021, 27 september). De Staat van de Stad Amsterdam XI, 2020-2021 | Website Onderzoek en statistiek. Retrieved from https://onderzoek.amsterdam.nl/publicatie/de-staat-van-de-stad-amsterdam-xi-2020-2021

Ouda, M., Stino, M., Abd, N., & Aziz, E. L. (2020). THE EFFECT OF URBAN DENSITY ON MENTAL WELL-BEING. In JOURNAL OF ENGINEERING AND APPLIED SCIENCE (Vol. 67, Issue 6).

Parool, & Bakker, F. (2016). DPG Media Privacy Gate. Retrieved from https://www.parool.nl/columns-opinie/toen-was-gewoon-heel-gewoon-in-bos-en-lommer~b98da32b/

Pelgrims, I., Devleesschauwer, B., Guyot, M., Keune, H., Nawrot, T. S., Remmen, R., ... & De Clercq, E. M. (2021). Association between urban environment and mental health in Brussels, Belgium. BMC public health, 21, 1-18.

Pfeiffer, D., & Cloutier, S. (2016). Planning for happy neighborhoods. Journal of the American planning association, 82(3), 267-279.

Post, H. C. (2022). Best in the world [Video]. Vimeo.

PvdA. (n.d.). Gulden Winckelbuurt. Retrieved from https://amsterdamwest.pvda.nl/buurtplannen/gulden-winckelbuurt/

Roe, J., & McCay, L. (2021). Restorative Cities: Urban design for mental health and wellbeing. Bloomsbury Publishing.

Schulman, S. (2017). Gentrification and Other Lies: The Truth About Cities. University of California Press.

Scopelliti, M., & Giuliani, M. V. (2004). Choosing restorative environments across the lifespan: A matter of place experience. Journal of environmental psychology, 24(4), 423-437.

Soomeren, P. F., Lohman, P. M. S. (1987). Criminaliteit in de gebouwde omgeving. Ministerie van Volkshuisvesting. Ruimtelijke Ordening en Milieubeheer.

Sullivan, W. C., & Chang, C. Y. (2011). Mental health and the built environment. In Making healthy places (pp. 106-116). Island Press, Washington, DC.

Ulrich, R. S., Simons, R. F., Losito, B. D., Fiorito, E., Miles, M. A., & Zelson, M. (1991). Stress recovery during exposure to natural and urban environments. Journal of environmental psychology, 11(3), 201-230.

Vidal, C.; Toro-Huerta, C. Factores asociados al auto reporte del bienestar mental o emocional del hombre en Chile. Rev. Panam. Salud Pública 2018, 42, e181.

Wikipedia. (2024). Bos en Lommer. Retrieved May 18, 2024, Retrieved from https://en.wikipedia.org/wiki/Bos_en_Lommer

Wilson, J. Q., Kelling, G. L. (1982). Broken windows. Atlantic monthly, 249(3), 29-38.

World Health Organisation [WHO]. (n.d.). Constitution. WHO. Retrieved from https://www.who.int/about/accountability/governance/constitution

World Health Organization [WHO.] (2022). Mental health. Retrieved from https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response

Xiao, J., Zhao, J., Luo, Z., Liu, F., & Greenwood, D. (2022). The impact of built environment on mental health: A COVID-19 lockdown perspective. Health & Place, 77, 102889.

Zavadskas, E. K., Bausys, R., & Mazonaviciute, I. (2019). Safety evaluation methodology of ur-ban public parks by multi-criteria decision making. Landscape and urban planning, 189, 372-381.

Zumelzu, A., & Herrmann-Lunecke, M. G. (2021). Mental well-being and the influence of pla-ce: conceptual approaches for the built environment for planning healthy and walkable cities. Sustainability (Switzerland), 13(11). Retrieved from https://doi.org/10.3390/su13116395

REFERENCES IMAGES AND FIGURES

Alle Cijfers. (z.d.). Woningwaarde per jaar - Wijk De Kolenkit. Retrieved 2023, from https://allecijfers.nl/wijk/de-kolenkit-amsterdam/

Berg, N. (2023). Atlas voor gemeenten 2022 - Woondruk - Atlas Research. Atlas Research. Retrieved from https://atlasresearch.nl/atlas-voor-gemeenten-2022-wonen/

CBS Statline. (2023). Kerncijfers wijken en buurten 2022. Retrieved from https://opendata.cbs.nl/#/CBS/nl/dataset/85318NED/table

Centraal Bureau voor de Statistiek. (2022). Sociaal-economische status; scores per wijk en buurt, regio-indeling 2021. Centraal Bureau Voor de Statistiek. Retrieved from https://www.cbs.nl/nl-nl/cijfers/detail/85163NED

Gemeente Amsterdam. (2022). Gebiedsanalyses 2022 Retrieved from Https://onderzoek.amsterdam.nl/publicatie/gebiedsanalyses- 2022

GGD Amsterdam. (2022). Gezondheidsmonitor Volwassenen en ouderen. GGD Amsterdam. Retrieved from https://www.ggd.amsterdam.nl/onderzoek/gezondheidsmonitors/volwassenen-ouderen/#hc8f69e58-5e78-eb56-2567-7277f0e155ab

Van Zelm, I., Schoemaker, H., & Asselbergs, K. (2022). Bos en lommer - Gebiedsanalyse 2022. Openresearch.Amsterdam. Retrieved from Https://openresearch.amsterdam/nl/page/85634/bos-en-lommer---gebiedsanalyse-2022

Gemeente Amsterdam (n.d.). Interactieve Kaarten. Retrieved from https://maps.amsterdam.nl/

REFERENCES IMAGES AND FIGURES

Hajrasoulih, A., del Rio, V., Francis, J., & Edmondson, J. (2018). Figure 1: Conceptual Framework of the relationship between Urban Form and Mental Well-Being. Centre For Urban Design And Mental Health. Retrieved from https://www.urbandesign-mentalhealth.com/journal-5---urban-form-and-mental-wellbeing.html

Hanafi, I., El Araby, M., Al Hagla, K., & El Sayary, S. (2013). Figure 4: Schematic Diagram for Quality of Physical Environment in Relation to Activities Types . Human social behavior in public urban spaces: Towards higher quality cities. SPACES & FLOWS, 3(2), 28

Hjortshøj, R. (n.d.). Cykelslangen [photo]. Topos Magazine Geraadpleegd op 02/11/23, van https://toposmagazine.com/co-penhagen-cykelslangen/'

Marquardt, N., & Greenberg, S. (2011). Figure 1. Hall's proxemic zones. ResearchGate. Retrieved from https://www.research-gate.net/figure/Halls-proxemic-zones_fig2_254058742

Ministerie van binnenlandse zaken. (2022) Leefbarometer Retrieved from https://www.leefbaarometer.nl/page/FAQ#in-tro

OIS & Gemeente Amsterdam. (2021). De Staat van de Stad Amsterdam XI, 2020-2021 | Website Onderzoek en statistiek. Retrieved from https://onderzoek.amsterdam.nl/publicatie/de-staat-van-de-stad-amster-dam-xi-2020-2021

OOZO. (2022). Gezondheid in de gemeente Amsterdam. Oozo.nl. Retrieved from https://www.oozo.nl/gezondheid/amster-dam

Stadsarchief Amsterdam. (z.d.). Beeldbank. Retrieved from https://archief.amsterdam/beeldbank/

Rijksinstituut voor Volksgezondheid en Milieu [RIVM]. (2022). Buurtatlas: gezondheid per buurt, wijk en gemeente. Retrieved from https://buurtatlas.vzinfo.nl/#hoog_risico_op_depressie

* To make an historic overview historic pictures were used from Wikimedia Commons.

** Multiple snapshots were made from newspaper articles from Parool.nl and Westkrant.nl. Within these snapshots the news-paper is always depicted as the source.

REFERENCES BACKGROUND INFORMATION

Bhugra, D., Ventriglio, A., Castaldelli-Maia, J., & McCay, L. (2019). Urban mental health. Oxford University Press.

Cooper, K. (2020). Dystopia, utopia – or somewhere in between? Healthy City Design 2019, London, 14–15 October. Cities & Health, 4(1), 50–53. Retrieved from https://doi.org/10.1080/23748834.2020.1742492

Dissart, J.-C., Seigneuret, N., & Edward Elgar Publishing. (n.d.). Local resources, territorial development and well-being.

Edwards, P., Tsouros, A. D., & Weltgesundheitsorganisation Regionalbüro für Europa. (n.d.). A healthy city is an active city : a physical activity planning guide.

Fassio, O., Rollero, C., & De Piccoli, N. (2013). Health, Quality of Life and Population Density: A Preliminary Study on "Contex-tualized" Quality of Life. Social Indicators Research, 110, 479-488.

Grove H (2021). Restorative Cities: Urban Design for Mental Health and Wellbeing by Jenny Roe and Layla McCay. - a book review. Journal of Urban Design and Mental Health 7;12

Hochschild, T. R. (2015). The Cul-de-sac Effect: Relationship between Street Design and Residential Social Cohesion. Journal Of Urban Planning & Development, 141(1)

Leyden, K. M. (2003). Social capital and the built environment: the importance of walkable neighborhoods. American journal of public health, 93(9), 1546-1551.

Li, X., Lv, Z., Zheng, Z., Zhong, C., Hijazi, I. H., & Cheng, S. (2017). Assessment of lively street network based on geographic information system and space syntax. Multimedia Tools and Applications, 76(17), 17801–17819. Retrieved from https://doi.org/10.1007/s11042-015-3095-2

Mcallister, J. C. (2021). Active frontage design architecture, affordances and atmospheres.

Montgomery, C. (2013). Happy city: Transforming our lives through urban design. Penguin UK.

Sendra, P. (2015). Rethinking urban public space: assemblage thinking and the uses of disorder. City, 19(6), 820-836.

Sim, D. (2019). Soft city: building density for everyday life. Island Press.

Soltani, S., Gu, N., Ochoa, J. J., & Sivam, A. (2022). The role of spatial configuration in moderating the relationship between social sustainability and urban density. Cities, 121. Retrieved from https://doi.org/10.1016/j.cities.2021.103519

APPENDIX 1: Additional Data

KEY LITERATURE

Mental Health and Spatial Design
The impact of the built environment on human well-being is something that has been studied for quite a while, especially in the domain of environmental psychology. For example researchers like **Kaplan** (1995) and **Jane Jacobs** (1961) first state the importance of spatial dimension to the well being of citizens.

One of the first books that tries to encapture the relation of urban design and mental health is "Restorative Cities: Urban Design for Mental Health and Well-Being" by **Layla McCay** and **Jenny Roe** (2021). This book and her many elaborate theories has been quite the inspiration for this thesis.

To contribute to this the centre for urban design and mental health **(UD/MH)** has a website on which experts have published articles, blogs and a magazine. This website has been used to create an broadened understanding of the topic by the start of this graduation trajectory.

Inclusive Design and Gentrification
Just like the relation of urban environments with human well-being, the impact of the built environment on our social fabric has been a subject of studies for decades. While there isn't a singular definition of how to navigate away from gentrification or whether it is inherently positive or negative, there exists a substantial body of literature on segregation and inclusive urban design.

The following writers and the mentioned books they wrote have provided a foundation for this thesis and helped to make educated decisions during the whole process:

Jane Jacobs: Renowned for her groundbreaking work "The Death and Life of Great American Cities," Jacobs emphasized the importance of community input, diversity, and mixed land use in creating vibrant and inclusive urban environments.

Richard Florida: Known for his work on urban studies and economic development, Florida's book "The New Urban Crisis" examines the challenges of inequality, segregation, and affordability in contemporary cities, advocating for more inclusive approaches to urban planning and design.

Jan Gehl: Gehl is known for his research and advocacy for human-centred urban design, emphasizing the importance of designing cities for people rather than cars. His books, including "Cities for People" and "Life Between Buildings," discuss strategies for creating inclusive, pedestrian-friendly urban spaces.

More recent contributions include studies by the **Gehl Institute**, an organization founded by Jan Gehl, which continues to advance the cause of inclusive urban design. Additionally, **Hans Christian Post**'s documentary "The Best in the World - Copenhagen" offers a contemporary exploration of exemplary urban design practices in fostering inclusivity.

Chapter three elaborates on the theory written about these matters. It will explain what others have found and gives an extensive overview of the knowledge this thesis connects to.

ADDITIONAL INFORMATION COMMUNITY CONTEXT

Aanvullende cijfers over Landlust Kleuren

	2017	2018	2019	2020	2021	2022	2023	Ontwikkeling laatste 4 jaar Landlust	Amsterdam
Woningbezetting	1,94	1,91	1,93	1,97	1,95	1,92	1,89	-0,04	-0,02
Verhuisgeneigden (%)	34	-	39	-	44	-	-	+10	+9
Gemiddelde woonduur (jr)	8,4	8,6	8,5	8,6	8,7	8,9	9	+0,5	+0,1
WOZ-waarde (euro)	229.202	277.755	303.598	350.019	355.009	362.077	453.322	+149.724	+145.153
Sociale huur (%)	60	-	59	-	54	-	-	-6	-5
Middelhoge huur (%)	4	-	3	-	5	-	-	+1	+2
Hoge huur (%)	8	-	10	-	13	-	-	+5	+6

Aanvullende cijfers over Erasmuspark Kleuren

	2017	2018	2019	2020	2021	2022	2023	Ontwikkeling laatste 4 jaar Erasmuspark	Amsterdam
Woningbezetting	1,88	1,91	1,91	1,9	1,89	1,87	1,84	-0,07	-0,02
Verhuisgeneigden (%)	17	-	41	-	31	-	-	+14	+9
Gemiddelde woonduur (jr)	8,1	8,1	8,2	8,2	8,3	8,2	8,4	+0,2	+0,1
WOZ-waarde (euro)	233.687	282.925	314.325	354.340	362.680	371.755	467.225	+152.900	+145.153
Sociale huur (%)	46	-	36	-	28	-	-	-18	-5
Middelhoge huur (%)	5	-	8	-	8	-	-	+3	+2
Hoge huur (%)	4	-	11	-	21	-	-	+17	+6

Aanvullende cijfers over De Kolenkit Kleuren

	2017	2018	2019	2020	2021	2022	2023	Ontwikkeling laatste 4 jaar De Kolenkit	Amsterdam
Woningbezetting	2,09	2,12	1,92	1,93	2,01	1,89	1,96	+0,04	-0,02
Verhuisgeneigden (%)	38	-	37	-	50	-	-	+12	+9
Gemiddelde woonduur (jr)	5,9	5,7	6	5,8	6	6,1	6,3	+0,3	+0,1
WOZ-waarde (euro)	221.333	269.635	285.920	318.637	330.371	350.635	427.710	+141.790	+145.153
Sociale huur (%)	66	-	65	-	58	-	-	-8	-5
Middelhoge huur (%)	9	-	9	-	12	-	-	+3	+2
Hoge huur (%)	2	-	5	-	11	-	-	+9	+6

source: gebied in beeld (gemeente amsteredam, n.d.)

Gemeente Amsterdam

APPENDIX 2: EXTRA CONTENT RESULTS

Selection photos workshop: Evaluation of the neighbourhood [1]

1.1



1.2



1.3



1.4



1.5



1.6



1.7



1.8



1.9



Selection photos workshop: Evaluation of the neighbourhood [2]

2.1



2.2



2.3



2.4



2.5



2.6



2.7



2.8



2.9



Selection photos workshop: Evaluation of the neighbourhood [3]

3.1



3.2



3.3



3.4



3.5



3.6



3.7



3.8



3.9



Selection photos workshop: Evaluation of the neighbourhood [4]

4.1



4.2



4.3



4.4



4.5



4.6



4.7



4.8



4.9



Selection photos workshop: Evaluation of the neighbourhood [5]

5.1



5.2



5.3



5.4



5.5



5.6



5.7



5.8



5.9



Selection photos workshop: Evaluation of the neighbourhood [6]

6.1



6.2



6.3



6.4



6.5



6.6



6.7



6.8



6.9



Selection photos workshop: Evaluation of the neighbourhood [7]

7.1



7.2



7.3



7.4



7.5



7.6



7.7



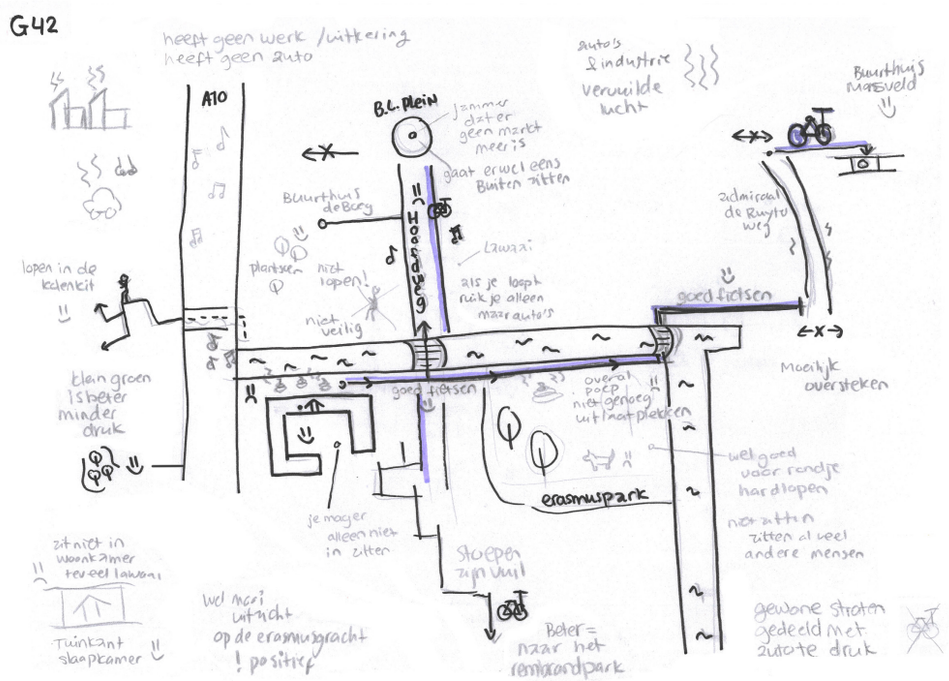
7.8



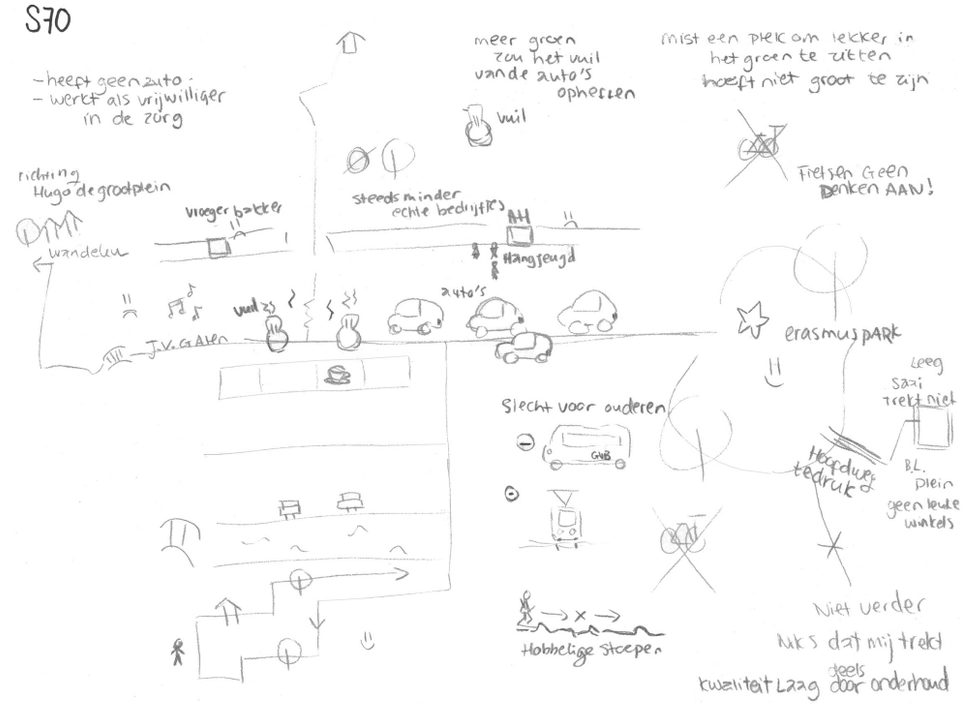
TARGET GROUPS RESULTS

GROUP 1: VULNERABLE WOMEN

1st participant: G42
Location: community centre Mansveld, Karel Doormanstraat



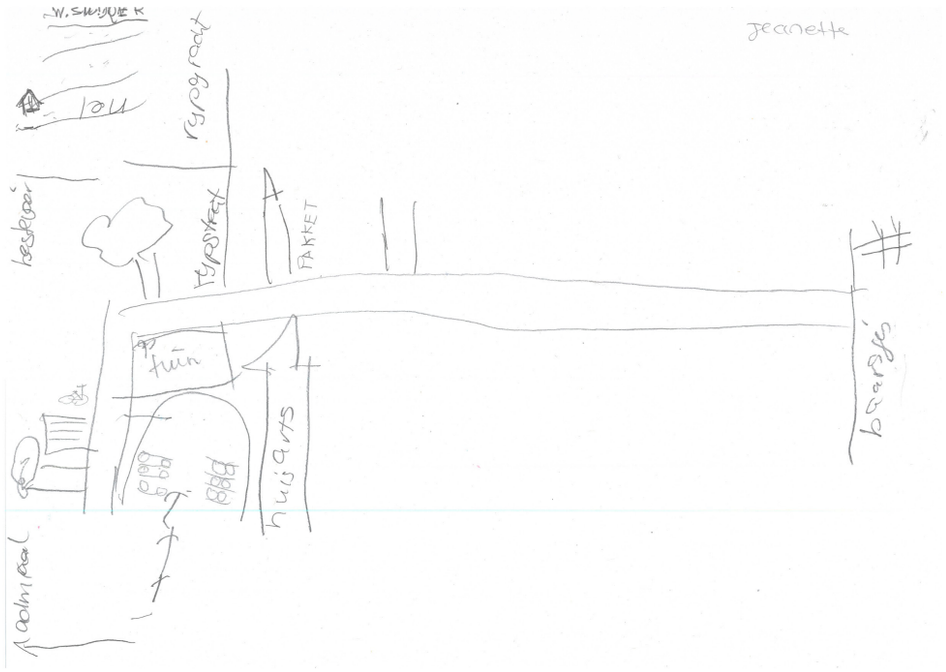
2nd participant: S70
Location: coffee shop Selma's, Jan van Galenstraat 70



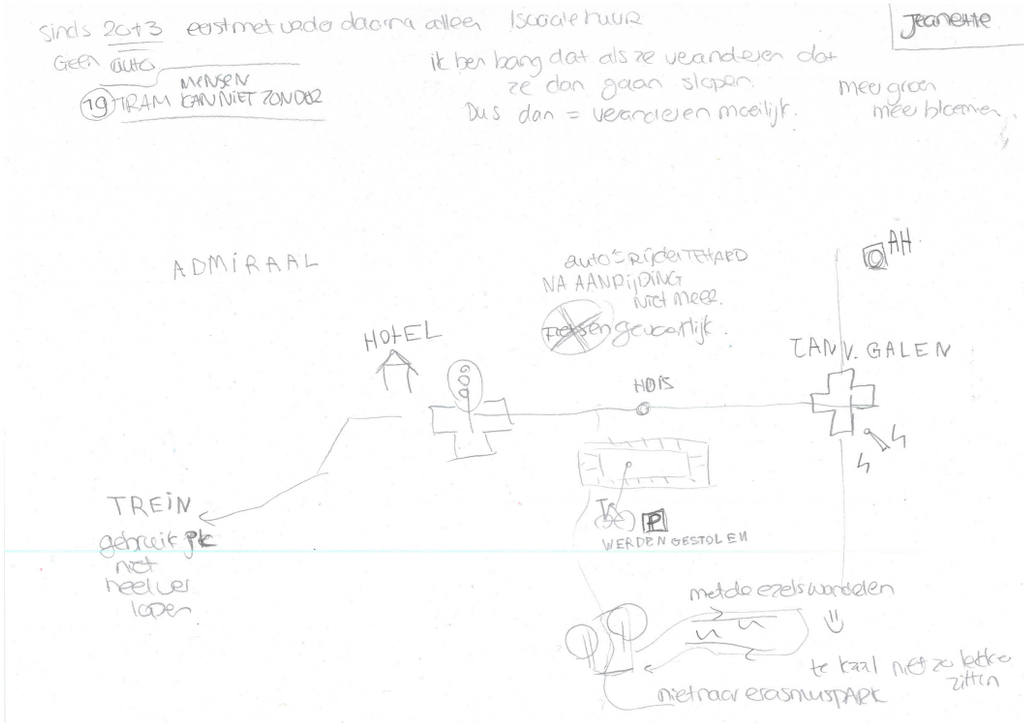


GROUP 1: VULNERABLE WOMEN

3d participant: J52
Location: community centre Wachterlied Paviljoen, Wachterliedplantsoen



J52 part one, small scale

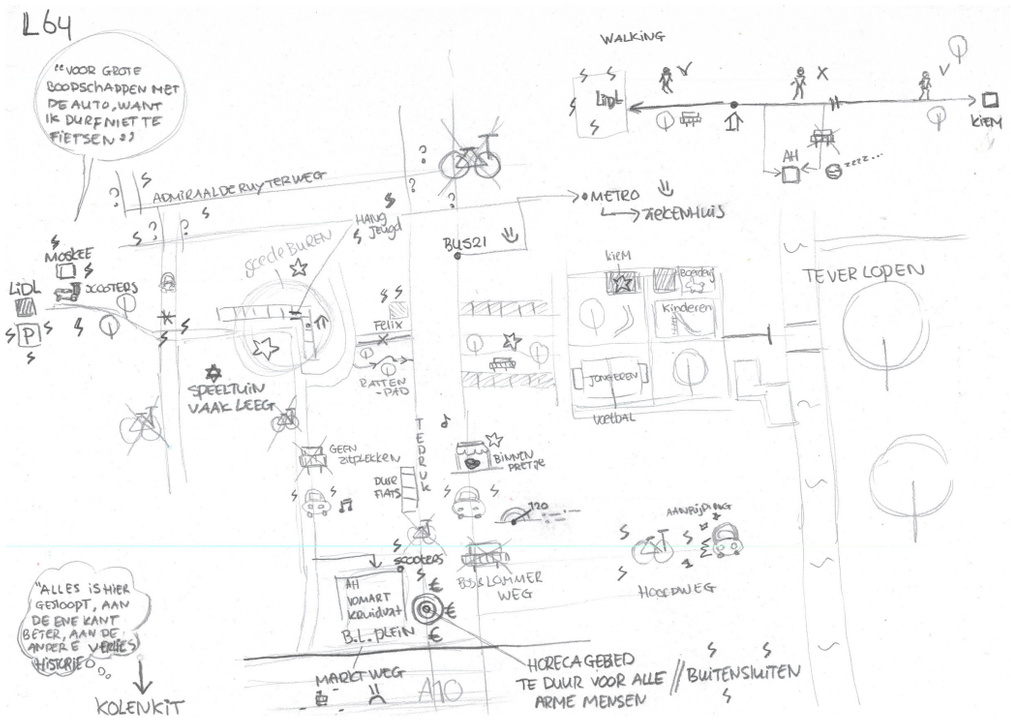


J52 part two, large scale

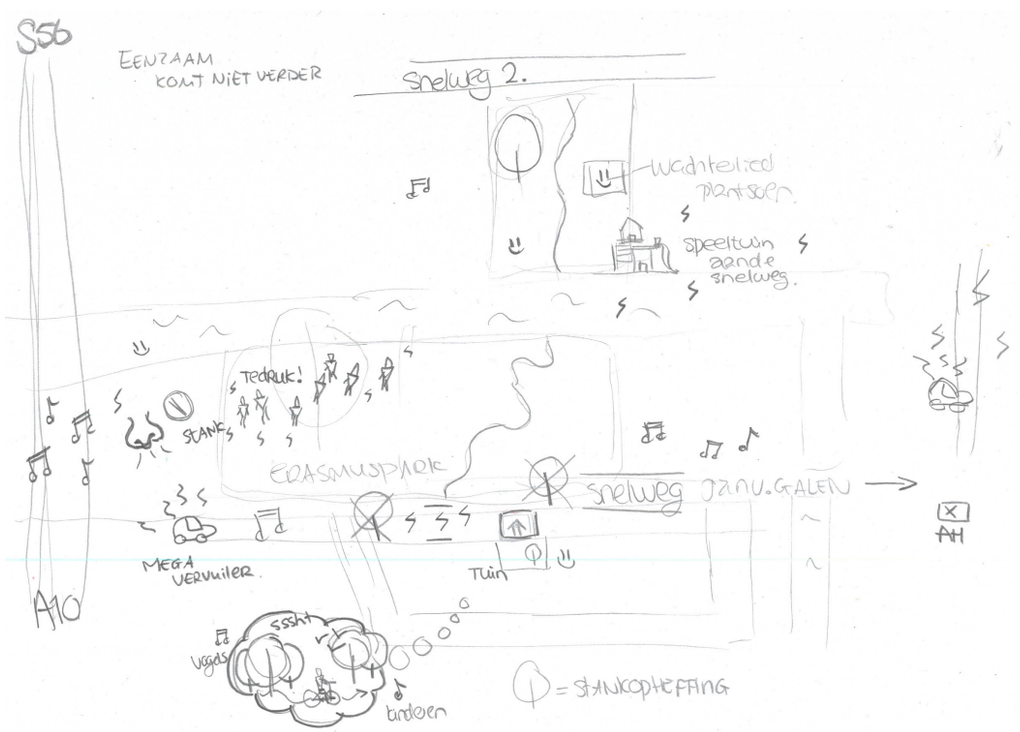


GROUP 1: VULNERABLE WOMEN

4th participant: L64
Location: community centre Wachterlied Paviljoen, Wachterliedplantsoen



5th participant: S56
Location: community centre Wachterlied Paviljoen, Wachterliedplantsoen



TARGET GROUP II| MOROCCAN WOMAN



WORKSHOP 2.1 PHOTO ASSESSMENT







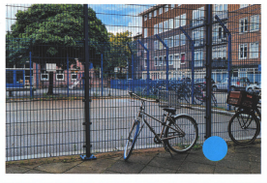





EPHTASTRAAT







school















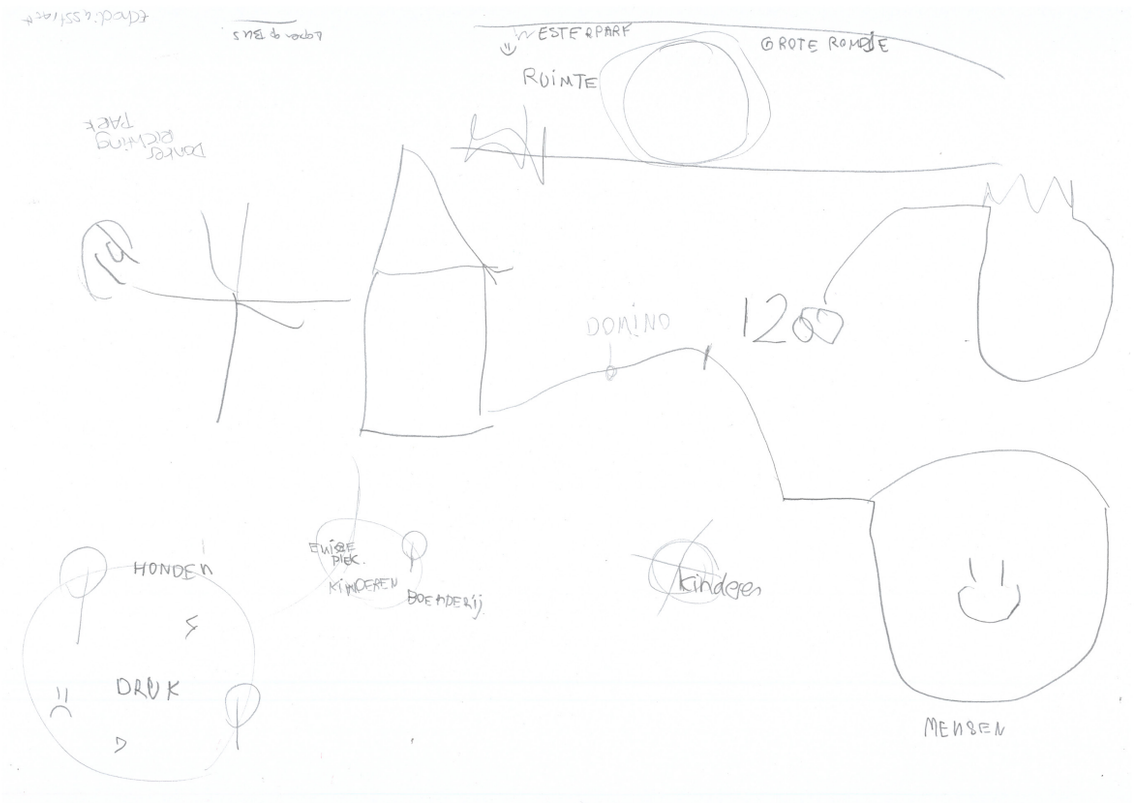




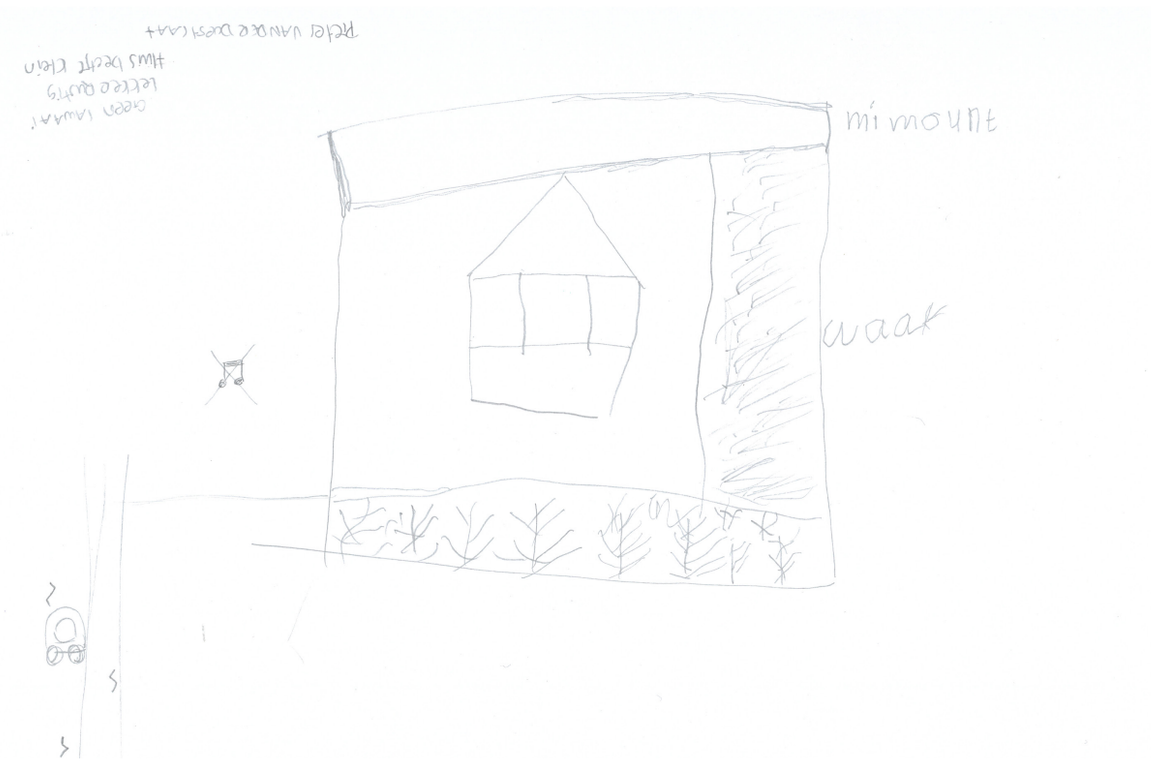


WORKSHOP 2.2 MENTAL MAPPING

1st participant: xx
Location: community centre landlust, DOCK

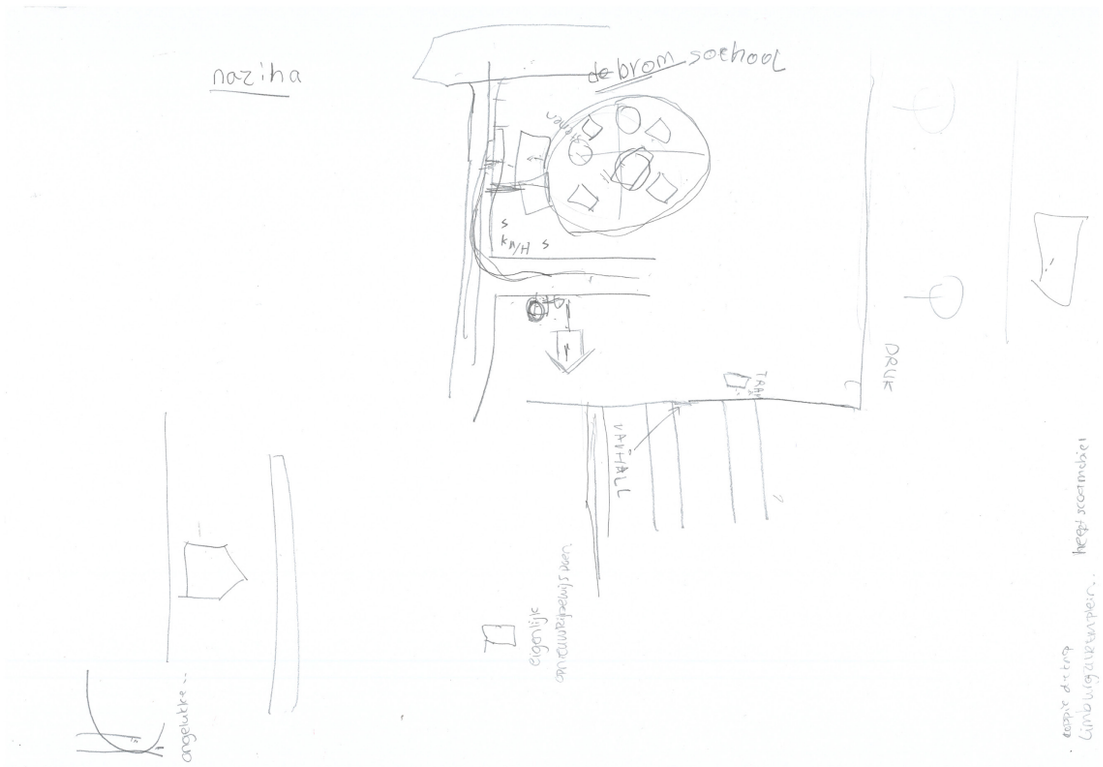


2nd participant: xx
Location: community centre landlust, DOCK

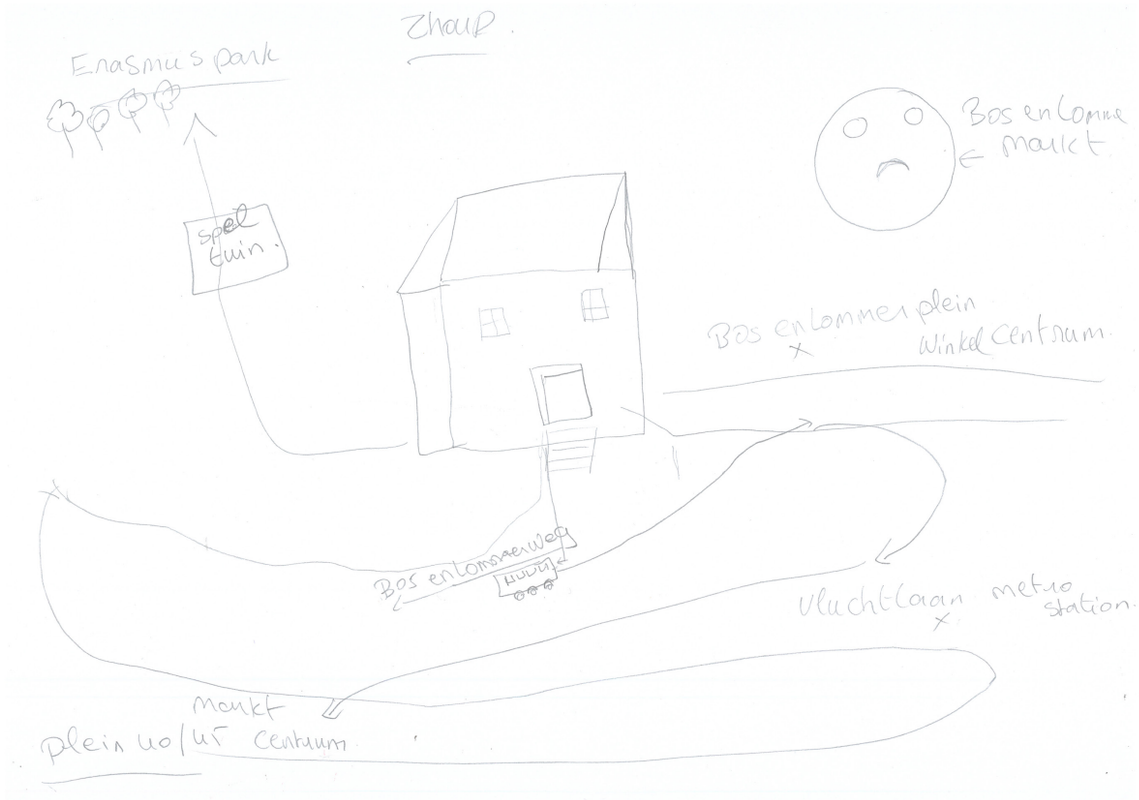




3d participant: xx
Location: community centre landlust, DOCK



4th participant: xx
Location: community centre landlust, DOCK





5th participant: xx
Location: community centre landlust, DOCK

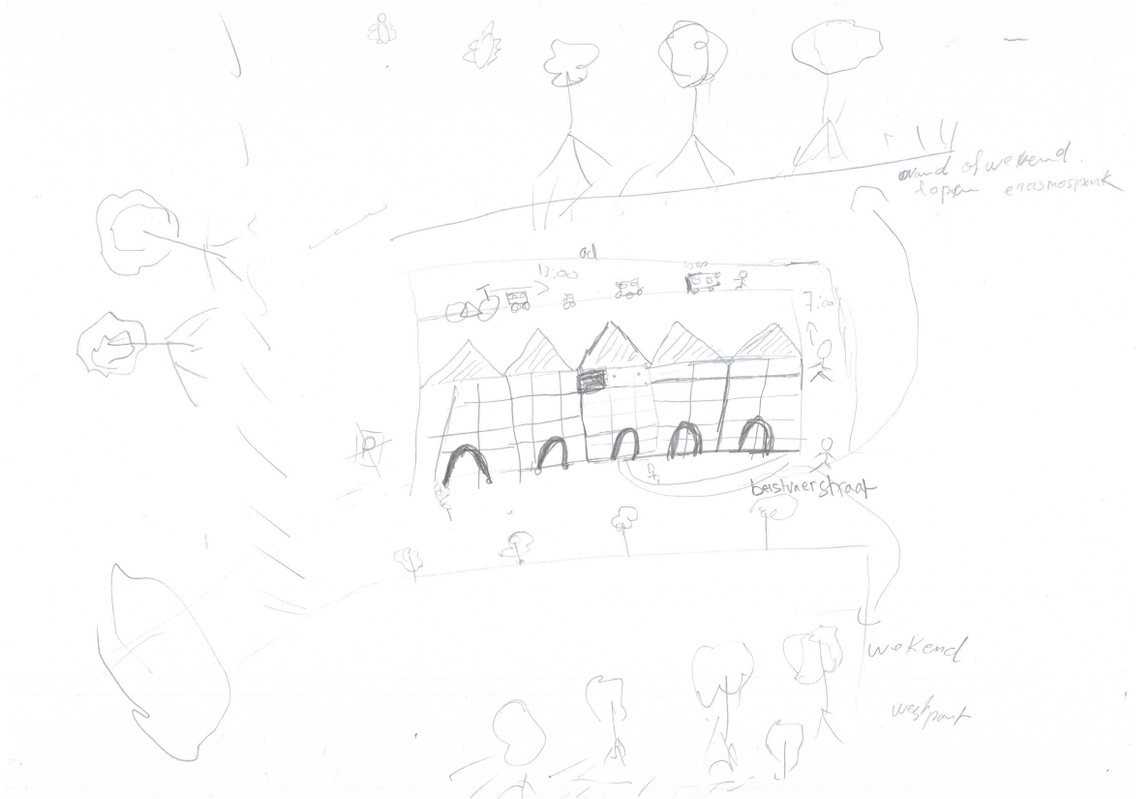


6th participant: xx
Location: community centre landlust, DOCK

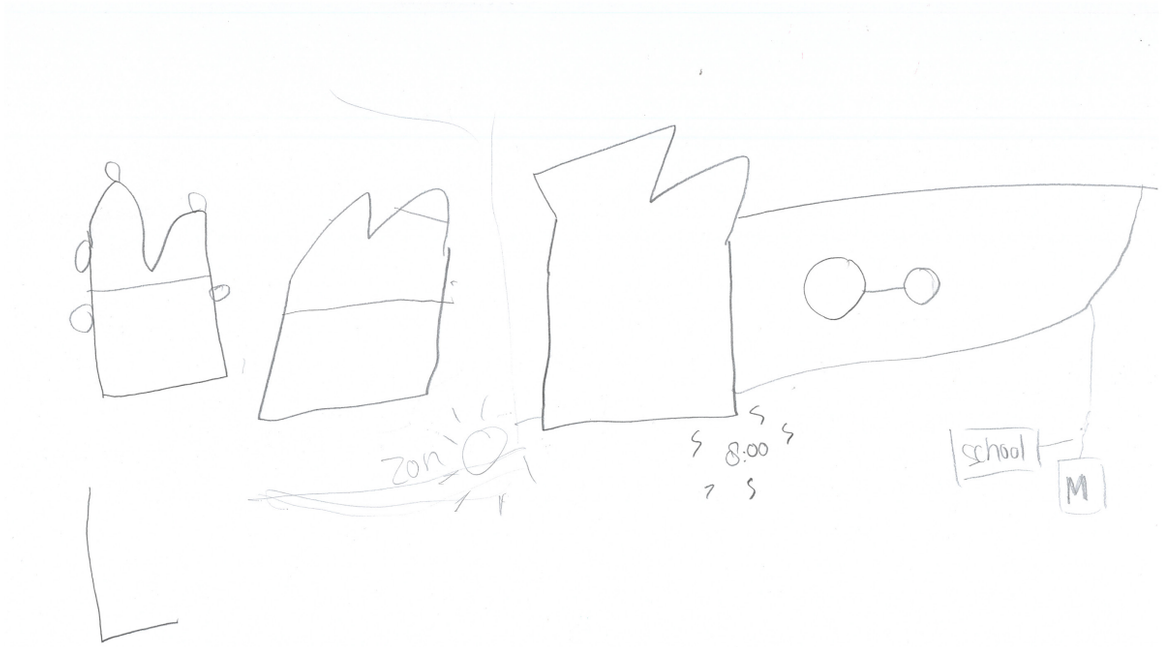




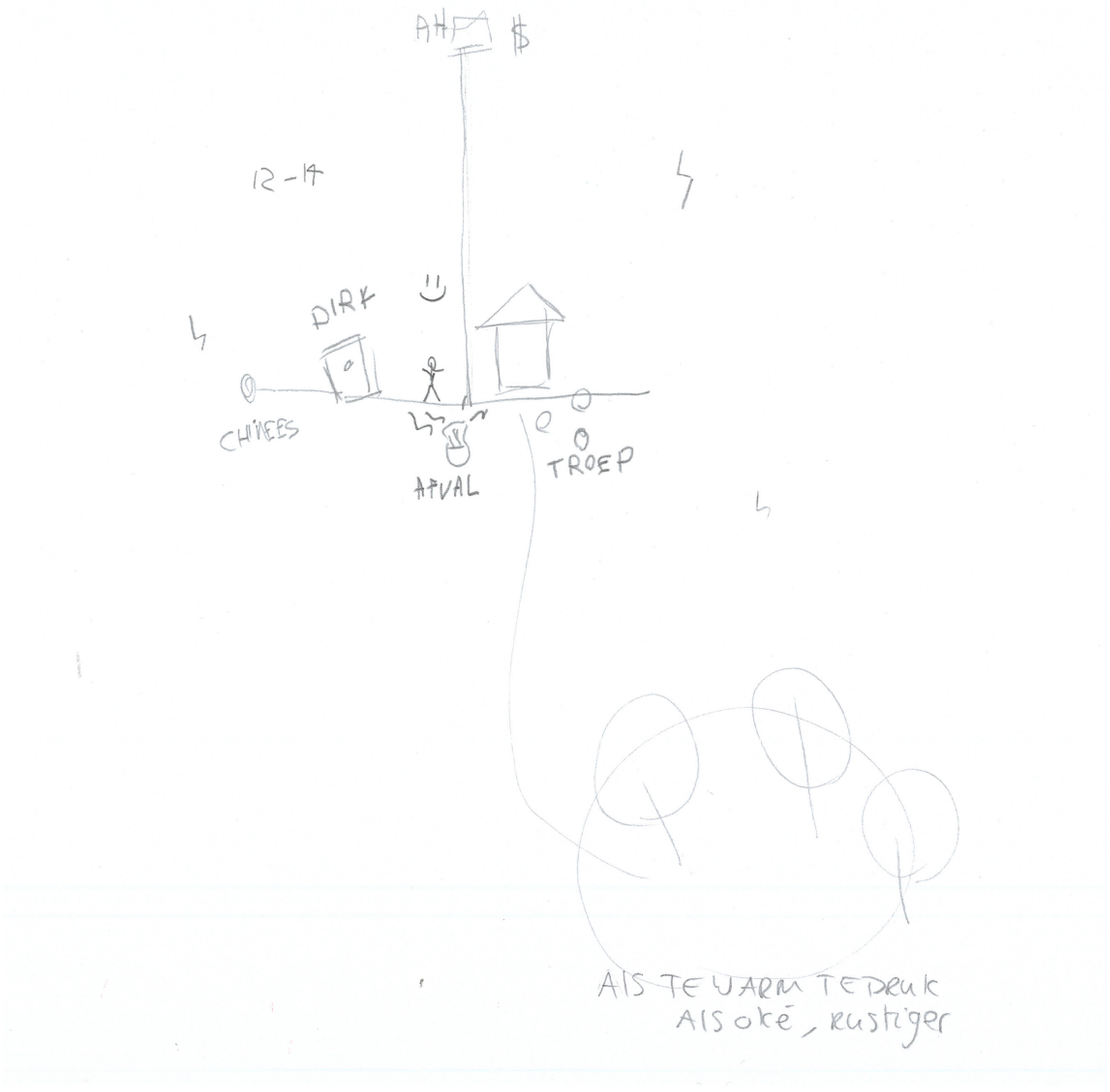
7th participant: xx
Location: community centre landlust, DOCK



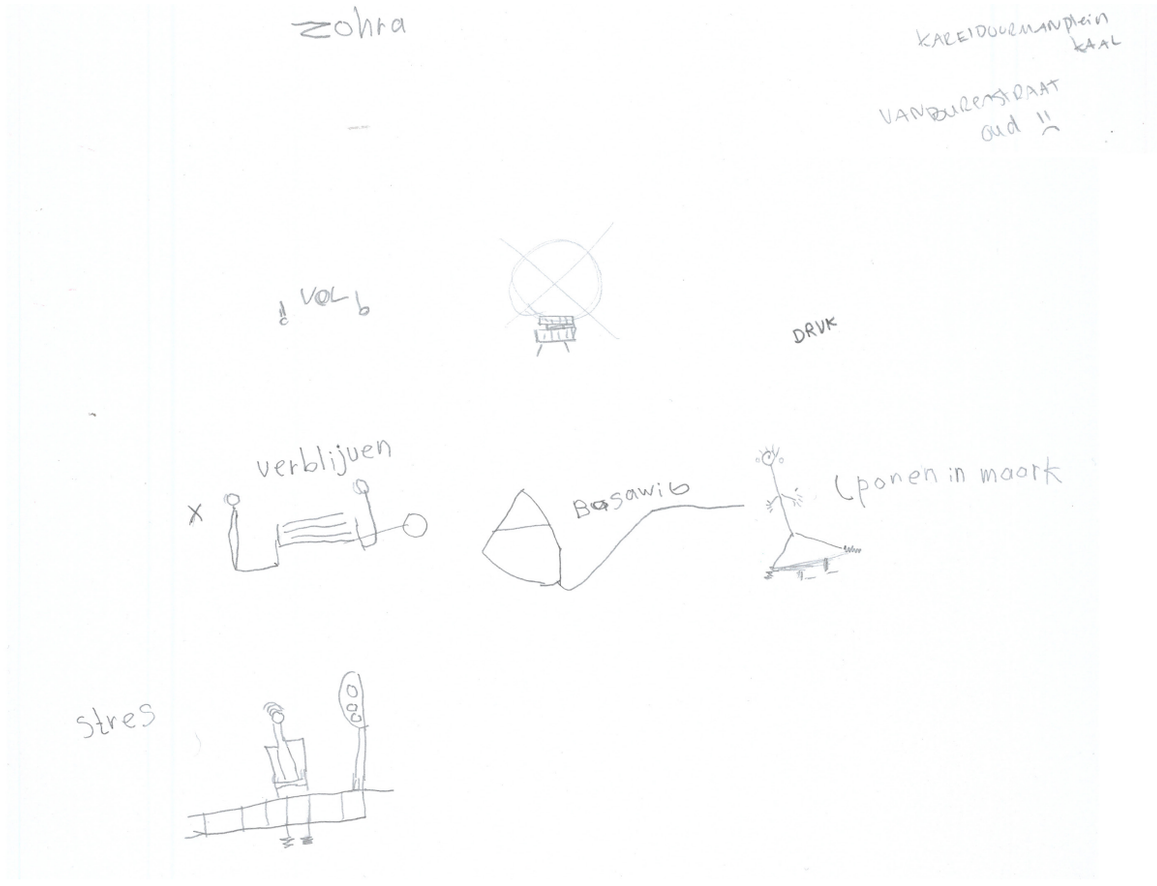
8th participant: xx
Location: community centre landlust, DOCK



9th participant: xx
Location: community centre landlust, DOCK



10th participant: xx
Location: community centre landlust, DOCK



TARGET GROUP III| MOROCCAN MEN



WORKSHOP III MANSVELD STICHTING FATH


1

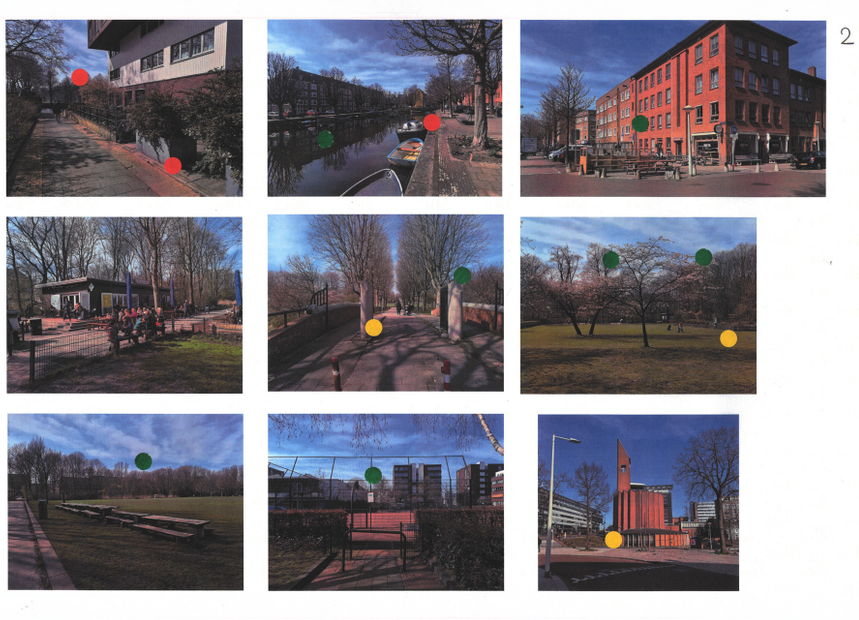

2

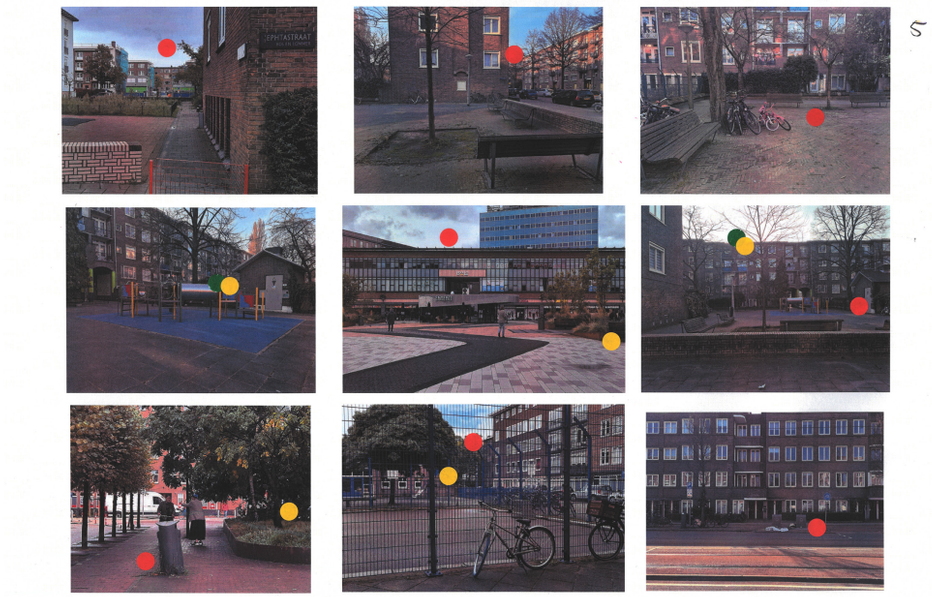
PHOTO ASSESSMENT


3


4



WORKSHOP III MANSVELD STICHTING FATH



5



6



7

TARGET GROUP IV| YOUTH



WORKSHOP: LANDHUIS - YOUTH GROUPS



PART 1: PHOTO ASSESSMENT



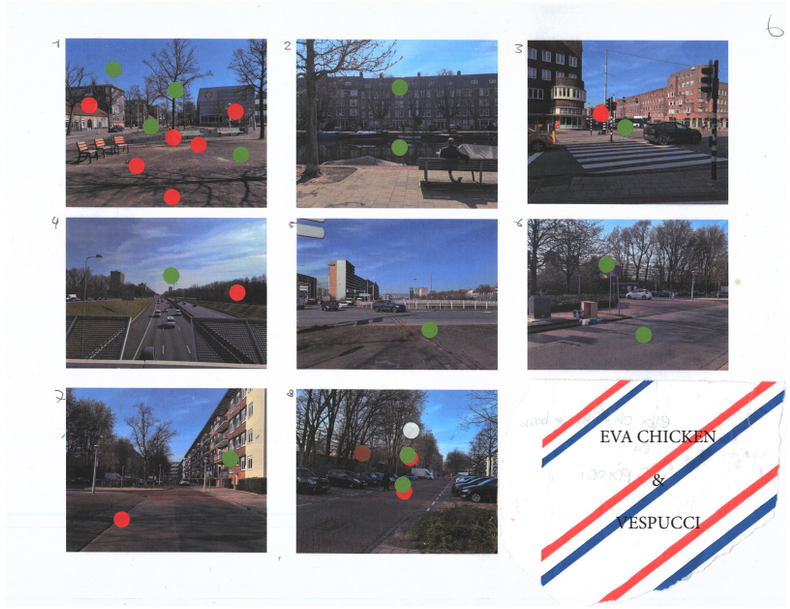




WORKSHOP: LANDHUIS - YOUTH GROUPS







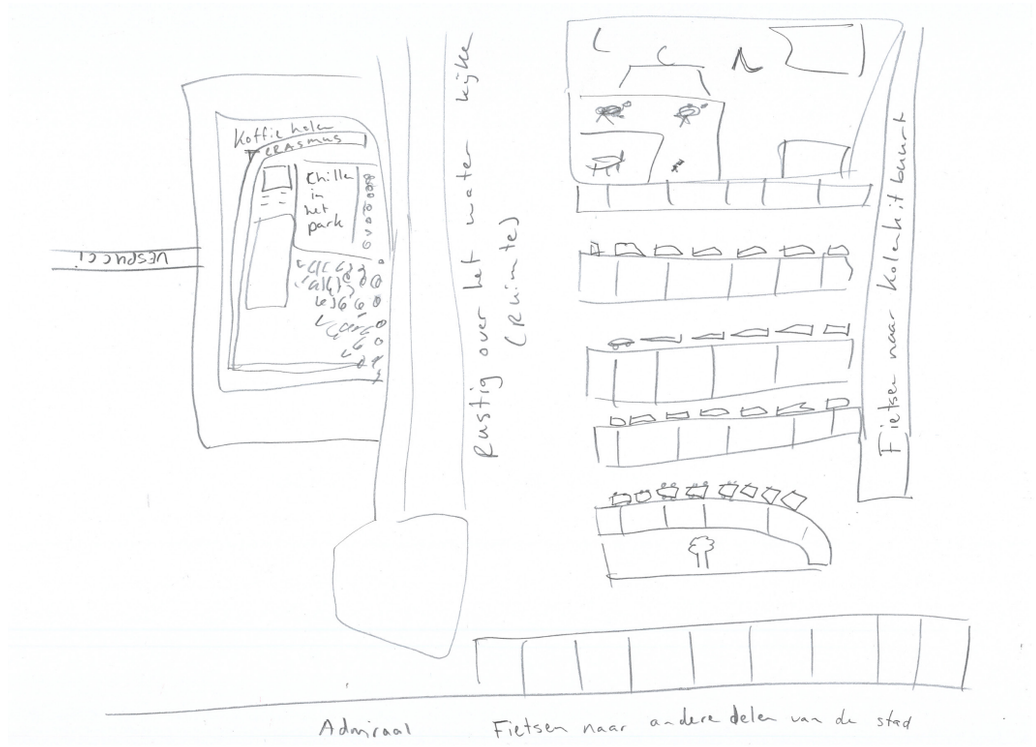


PART 2: MENTAL MAPPING

1st participant: xx
Location: youth community centre landlust, DOCK



2nd participant: xx
Location: youth community centre landlust, DOCK

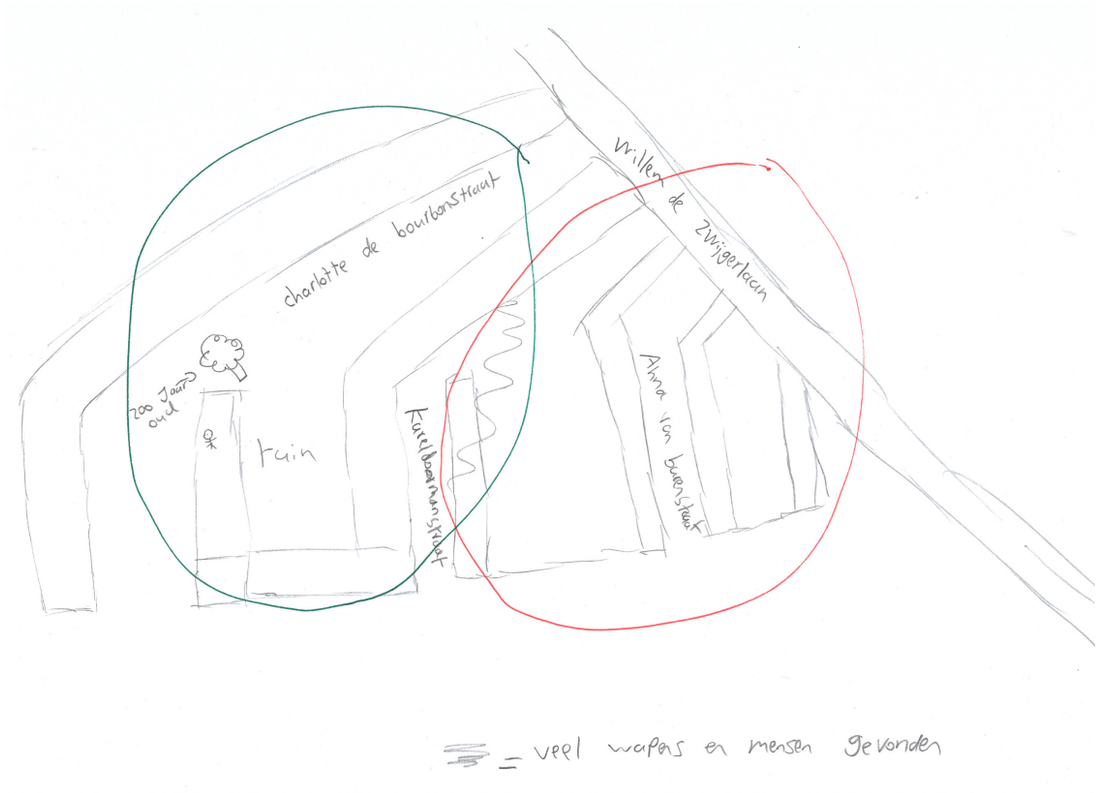




3d participant: xx
Location: youth community centre landlust, DOCK

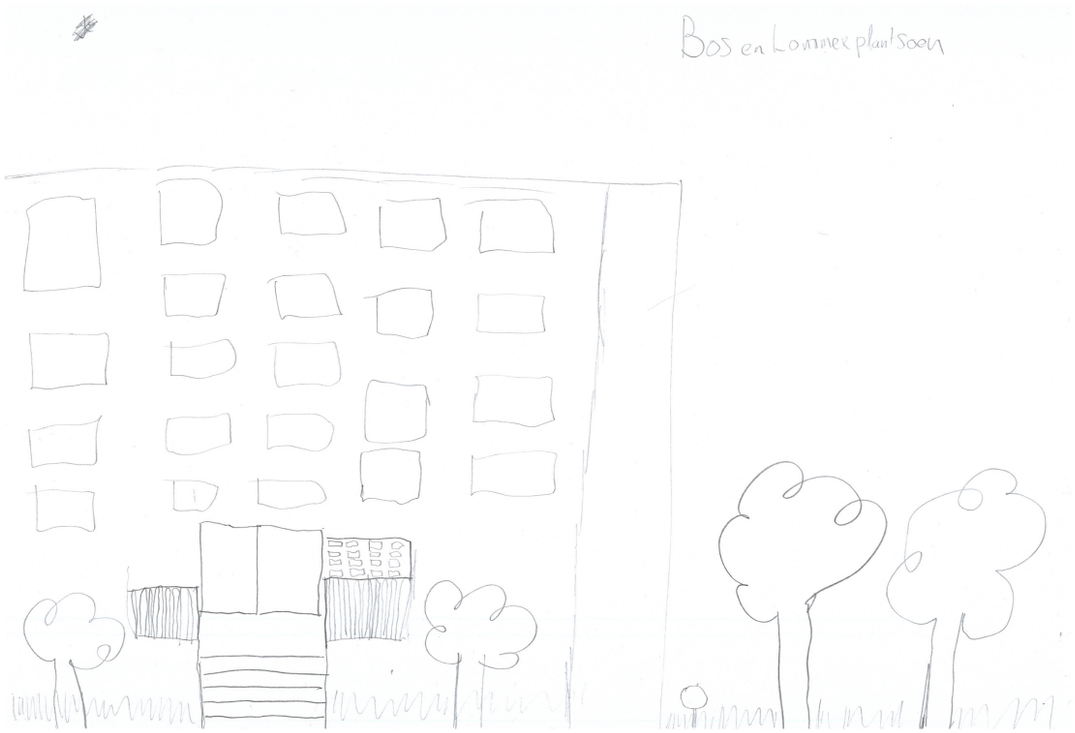


4th participant: xx
Location: youth community centre landlust, DOCK

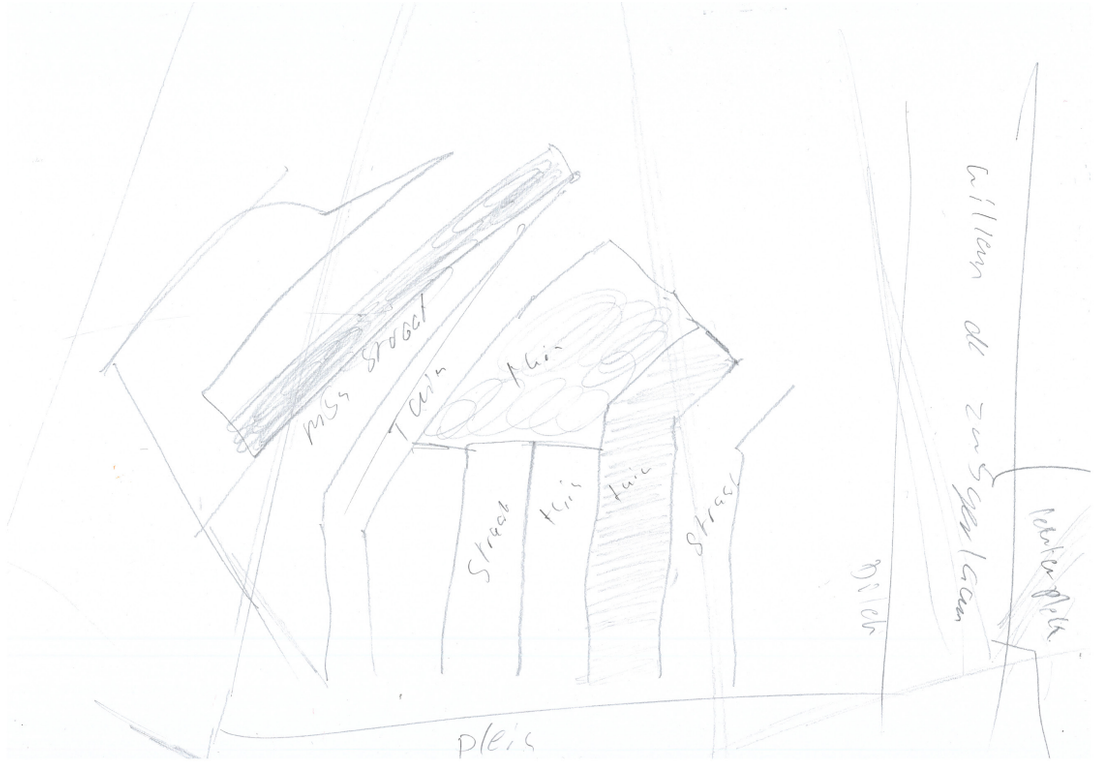




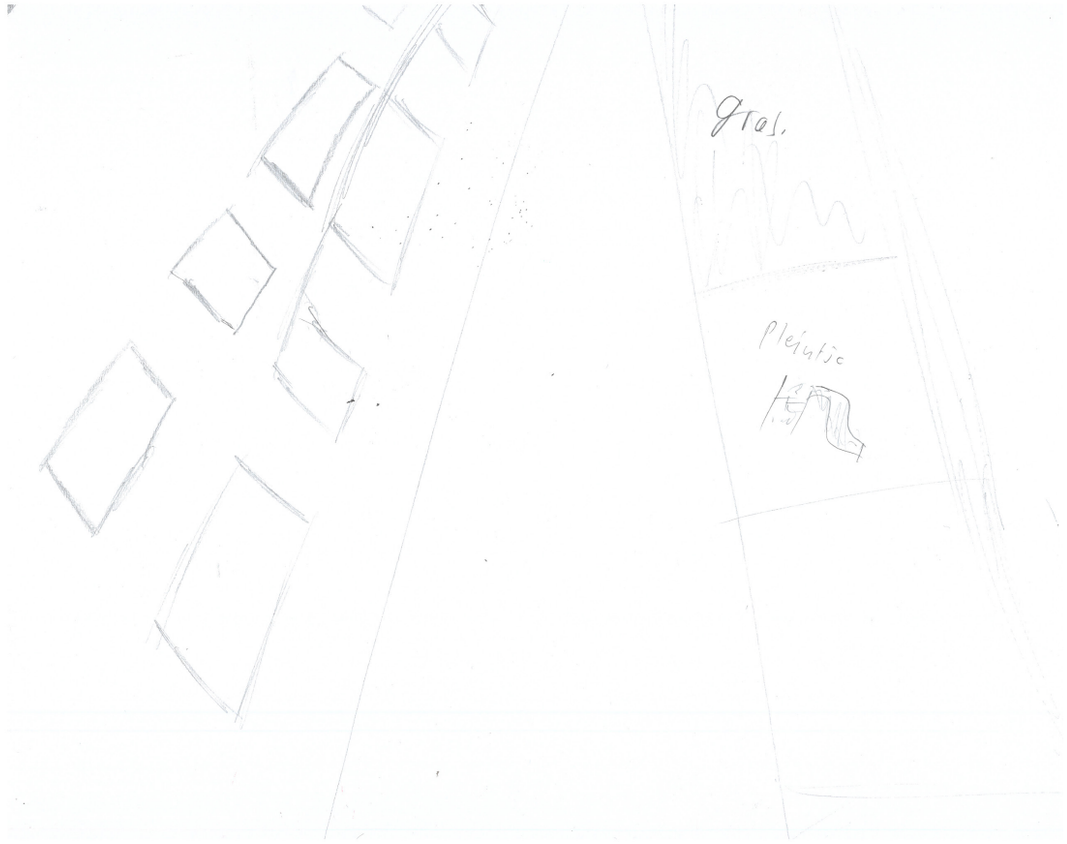
5th participant: xx
Location: youth community centre landlust, DOCK



6th participant: xx
Location: youth community centre landlust, DOCK



5th participant: xx
Location: youth community centre landlust, DOCK





SUMMARY

This workshop took place in youth-centre ‘t Landhuis on the ‘Karel Doormanplein’. The participants were all male and there were two supervisors present. Currently, male supervisors are assigned to boys’ groups and female supervisors to girls’ groups, a practice they wish to change for better insights through mixed-gender supervision. The boys’ group supervisors have recently started working in pairs rather than alone to build trust more effectively, especially in the age group from 18 - 25. The age group that participated in this meeting consists of boys that still attend high-school, but they are developing a dislike for these types of activities. This group is currently at high risk for radicalisation, prompting efforts to engage them in community activities. The boys spend much of their time on the streets due to absent working parents and cultural norms that push them to go outside. Efforts are made to involve them in constructive activities to prevent future trouble and vandalism.

The boys meet weekly at the community centre for a meal and an activity, such as sports or larger organized events. In these meetings there is a continuous focus on their behaviour in the community centre and within the neighbourhood. For this meeting, they are working with me to give their opinion about their living environment. At the start of the workshop I explained the concept of public space and urban design and we starting discussing on public environments. I tried to keep the information light and divided the workshop in several round to help maintain their focus.

Results:

After talking briefly about public space, we started the practical part of the workshop on evaluating photo’s of their neighbourhood, Bos en Lommer. The participants were to use green stickers, for positive environments, and red stickers, for negative environment. They decided they wanted to add more colours, for example agreeing they needed a colour that represents places where their mothers or sisters would go. This led to a discussion on “male spaces” and “female spaces,” with the boys recognizing chill spots that were for “hanging with the dudes” and more enclosed, sheltered spots for females. It should be noted, that in general this group prefers spaces that are more comparable with “female spaces”, but they would like them to be absent of adult figures. When I ask if they can define other female spaces, they mention this includes childcare facilities, the supermarket, and other “household” destinations. Interestingly, this touches on a more traditional role division.

After a while they got a bit restless with this task at hand and started to evaluate places on their ability to vape unseen. When they completely lost their focus, we decided to take a break. After this break we started the mental mapping workshop, I ask them to include highlight positive and negative aspects of their surroundings. I tell them it doesn’t matter what they draw, but that they draw whatever comes to mind when they think about where they live. In this exercise new themes emerge, such as appreciation for a 200-year-old tree, family activities, neighbourhood improvements, disturbances, and areas with frequent weapon sightings. Their experiences are mainly about paces close to home, involving activities with their families and friends. They don’t seem to perceive this violence as very severe, possibly due to desensitization.

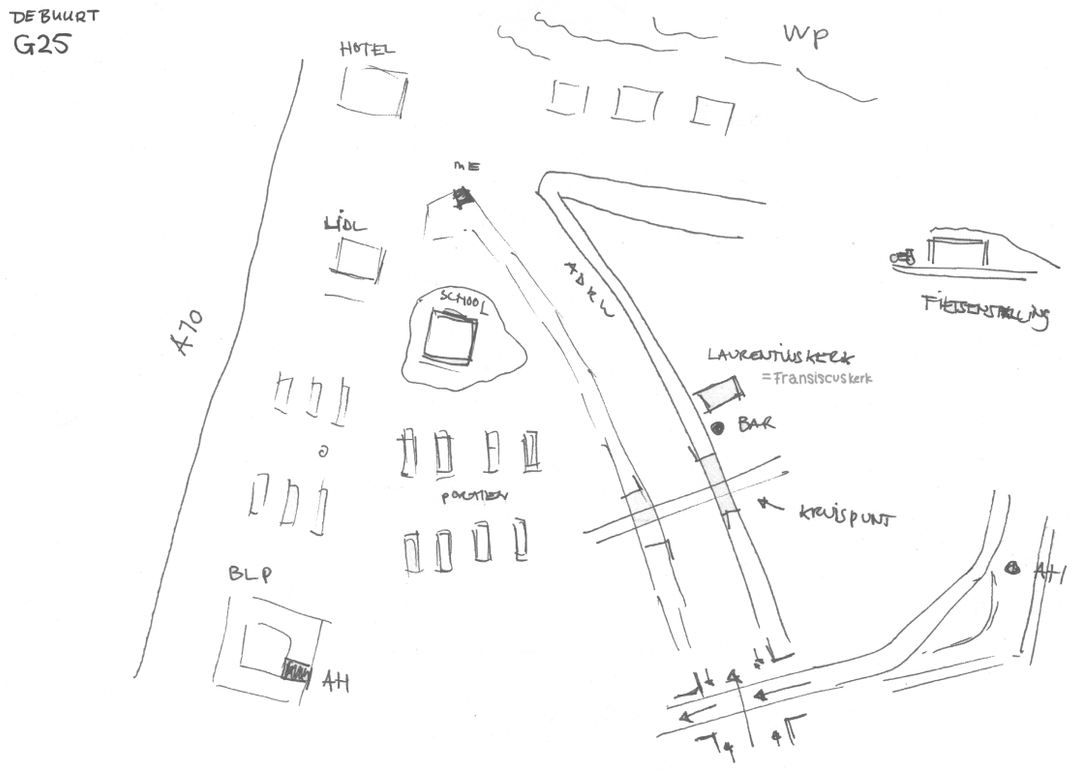
Conclusion:

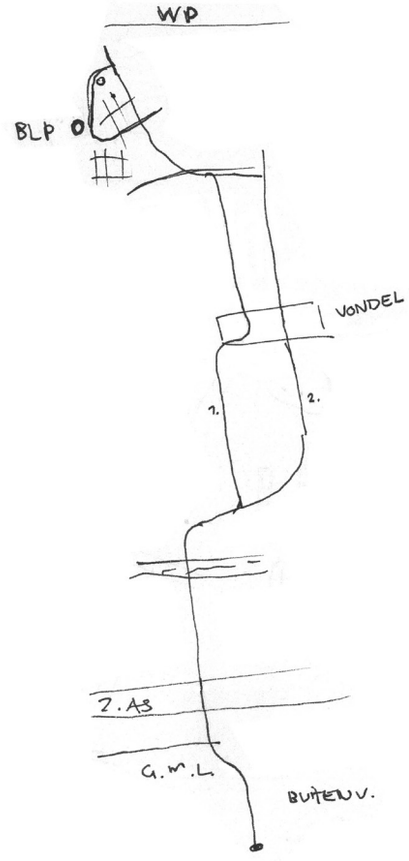
At the end of the day I ask them to reflect on what we’ve done and discussed. They initially gave expected positive feedback but the supervisors encourage them to be critical, as they normally always have an opinion. We revisit the main themes: the need for a sense of belonging, being able to move around and make noise to release energy, the need for places where they can hang without supervision, and hangouts near playgrounds so they can watch their younger (female) siblings. In connection to this sense of belonging they mention that in some places they get sent away, or that you need to pay to visit them. They also mention some places are just bad because they aren’t maintained or because they are boring. When I ask what we could add to the neighbourhood to make it less boring or what they would like to have, they agree that an outdoor pool or a hangout park would increase engagement.

TARGET GROUP V| MIXED METHODS



Students / young urban professionals

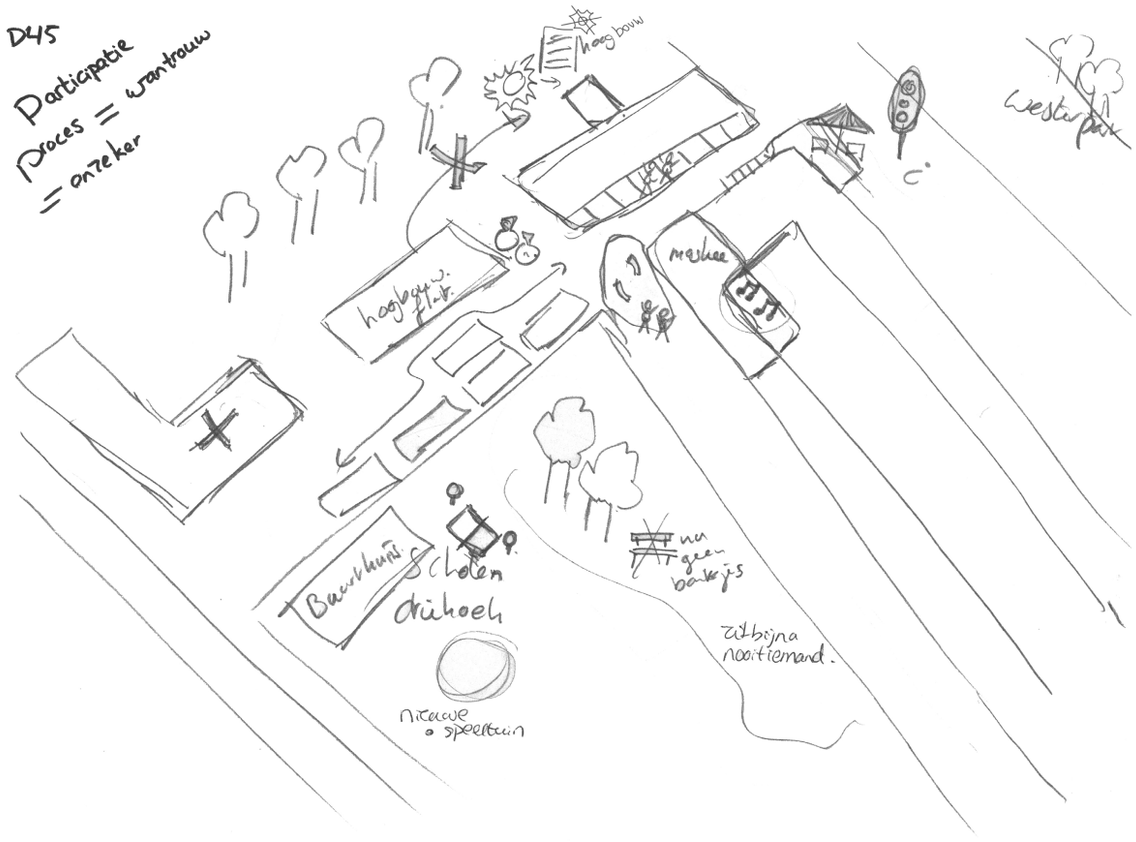


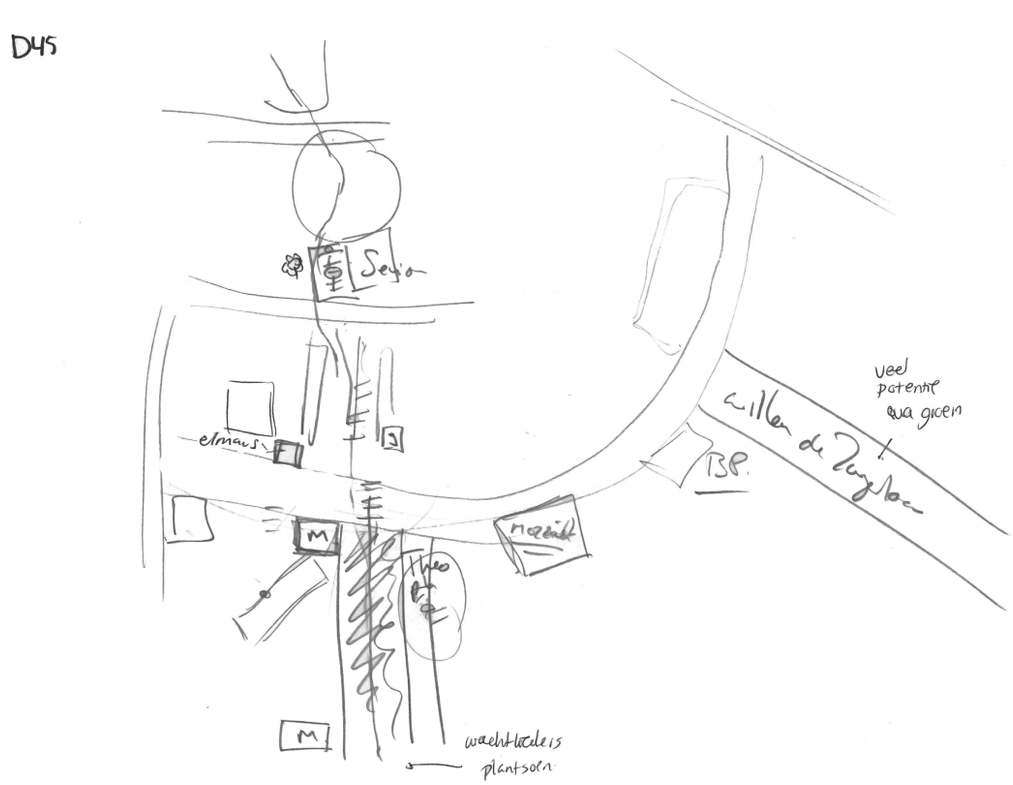


TARGET GROUP VI | MIXED METHODS



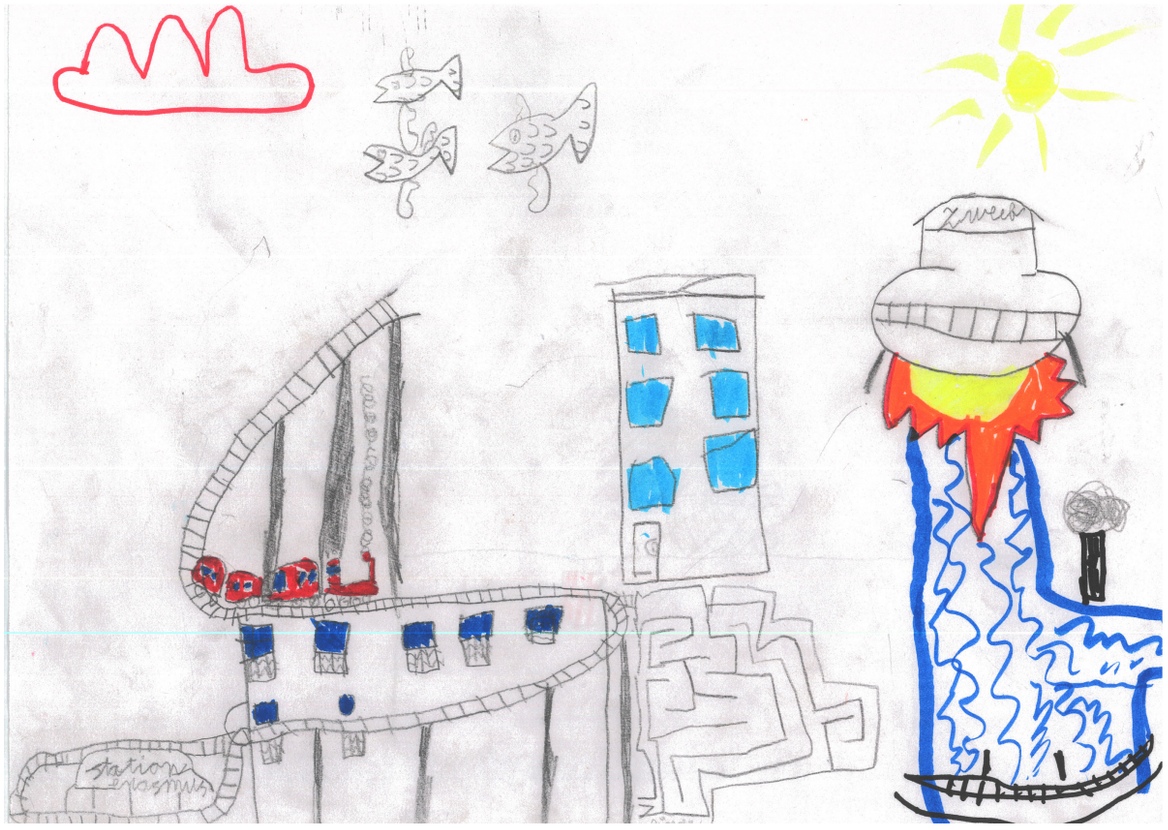
MIDDLE CLASS (40 - 60)

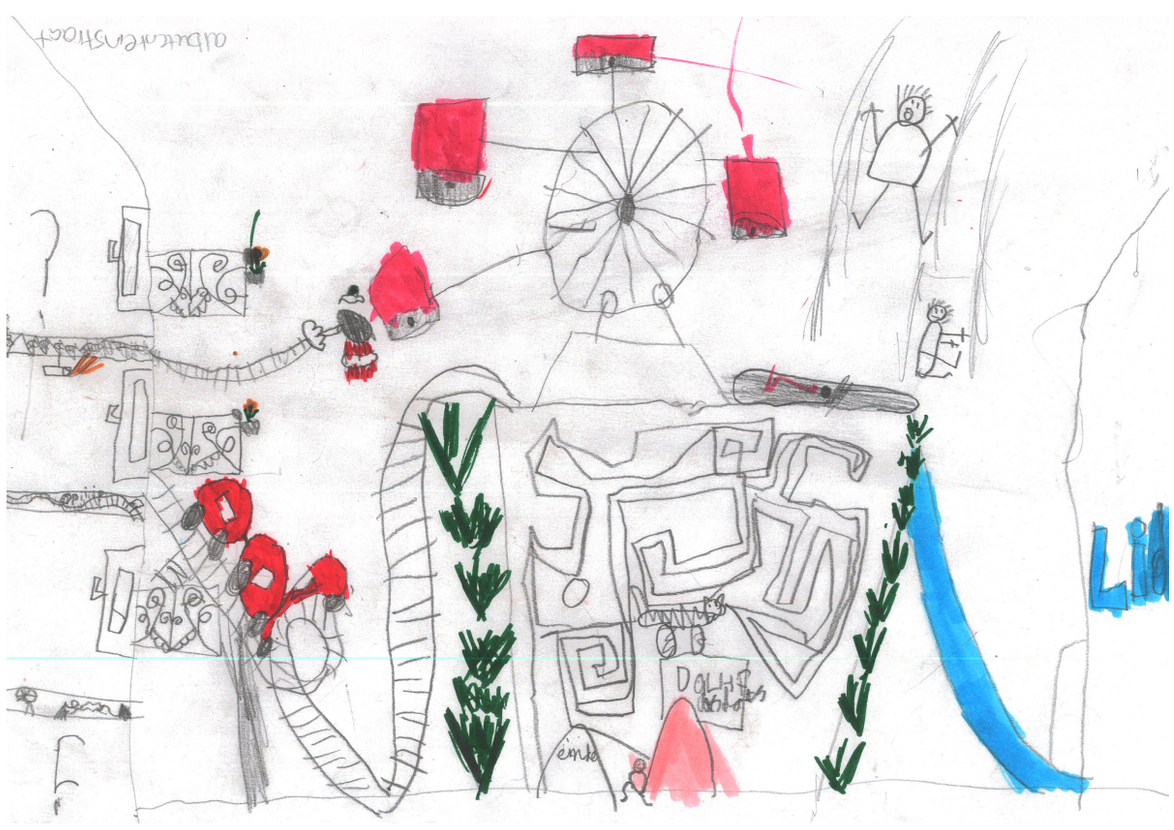






MIDDLE CLASS KIDS





CONFLICT RESOLUTION (XS)

LOCATION: ERNEST STAESPLEIN



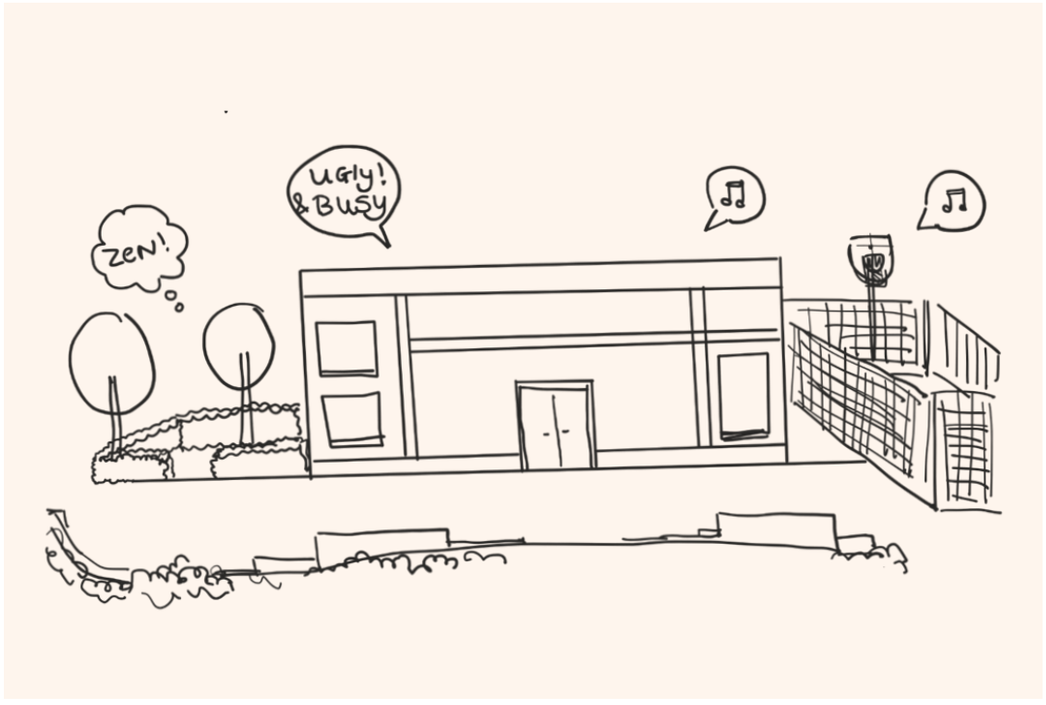
DESCRIPTION OF CONFLICT

This conflict is connected to the medium scaled conflict at the Ernest Staes plein. In an medium sized location often multiple smaller scale conflicts happen at the same time. One example of such a small scale conflict is the conflict in building design. This is often more a task for the architect, but in this conflict it is important to give a direction to the future designer. The biggest problems are the lack of familiarity, lack of quality and the difference in quality compared to the new design of the square around the church. Because of the lack of identity, other groups are wondering what is happening in this, for them undefined, space.

SPATIAL INGREDIENTS (R, I OR R+I)

- FAMILIARITY
- CULTURAL/SOCIETAL VALUES
- ATMOSPHERE
- QUALITATIVE
- THIRD PLACE
- MAINTENANCE
- SENSE OF BELONGING
- SIGHT: AESTHETICS

OLD SITUATION



NEW SITUATION



CONFLICT RESOLUTION (S)

LOCATION: TUNNEL WILTZANGHLAAN



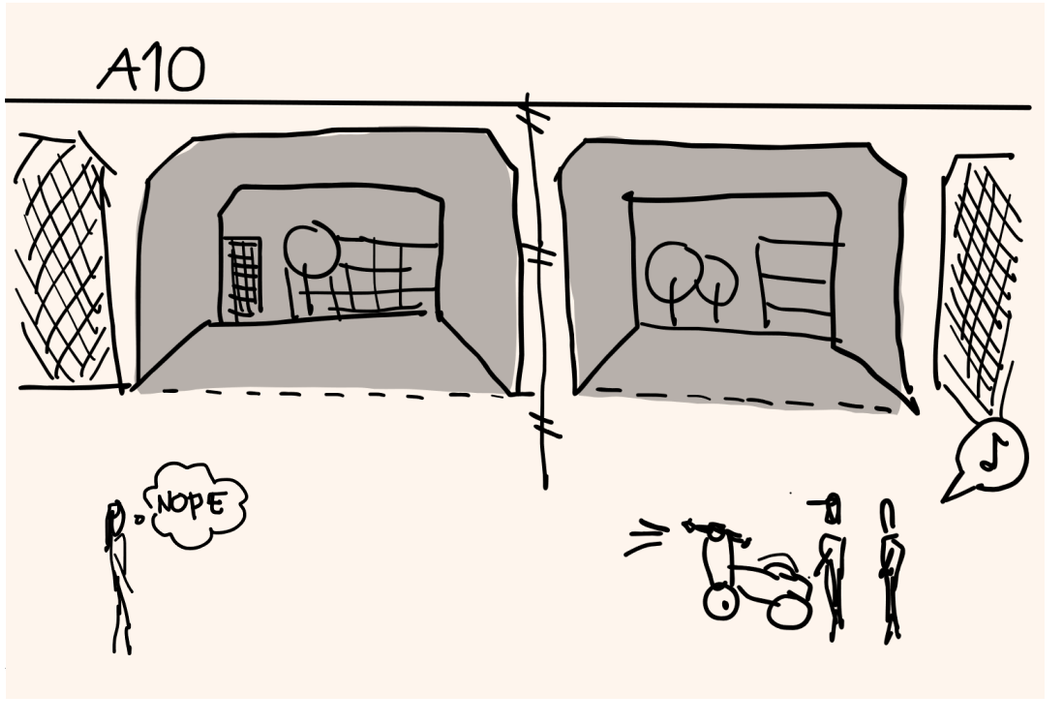
DESCRIPTION OF CONFLICT

This situation is an example for multiple locations within the neighbourhood. Youth groups and young adults, mainly male, hang around secluded places. They do so because they are not welcome else where and because they prefer places away from the public. This creates a conflict with other people, mainly female, because these types of situations make them feel unsafe. They feel like they have little control over their environment and they often have experiences of past harassment.

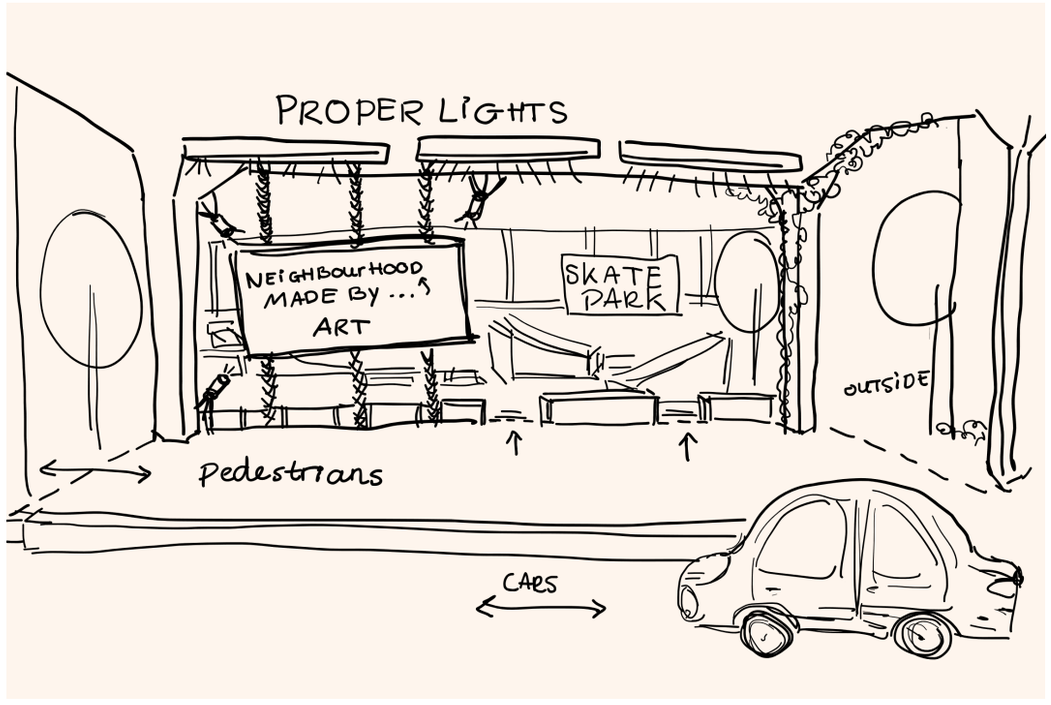
SPATIAL INGREDIENTS (R, I OR R+I)

- OWNERSHIP
- SENSE OF BELONGING
- SPORTS
- MULTIFUNCTIONAL
- LIGHTING
- DIVERSITY
- PARTICIPATORY
- SIGHT
- WALKABILITY
- EYES ON THE STREET

OLD SITUATION



NEW SITUATION



CONFLICT RESOLUTION (L)

DISTRICT LEVEL: BICYCLE PARKING SOLUTIONS



DESCRIPTION OF CONFLICT

This conflict depicts the struggle with bicycle parking in the area. These neighbourhoods are very much car oriented and because of this there is little space for and attention to slow traffic. This results in a conflict between pedestrians and cyclists. Bicycle parking has now defined location. Because of this they are always "dumped" on the sidewalk or in pedestrian areas where they clutter the street image and block pedestrian flows. The location shown here is exemplar for many locations within the context of this case study.

SPATIAL INGREDIENTS (R, I OR R+I)

- SIGHT:AESTHETIC
- ACTIVITIES
- BIKEABILITY
- QUALITY
- HEALTH

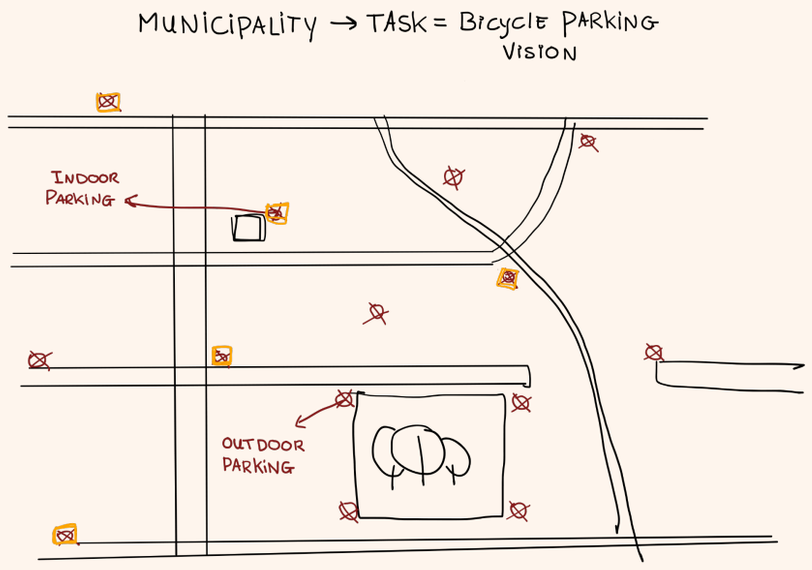
OLD SITUATION







NEW SITUATION



APPENDIX 3

PATTERNS - PATTERN WORKSHOP

Slowly, Slowly

Traffic-calming measures within neighbourhoods stimulate walking and feelings of safety.

001



Ah! Here I am!

Legibility, that increases way-finding, prevents stress from getting lost.

002



Painting a new environment

Application of proper street art in tunnels increases safety feelings in people that are moving through.

009

Theoretical Back-up

Dark and neglected tunnels are creating unsafe areas within street networks, decreasing walkability and feelings of safety in the neighbourhood. Revitalizing these places with art projects, like light installations and muralism, has public benefits. By being perceived as well maintained and cared for, the art projects will give visual safety cues reducing association of illegal or dan-gerous activities. (Street-studies, 2022)

Fresh Visuals

Variations in façades that provide new information every 4-5 seconds help you stay more positive.

004

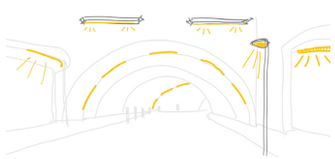
Theoretical Back-up

According to the world health organization Europe and Gehl Institute (2017) monotonous Façades give room for negative thoughts to emerge. With fresh visual cues every 4 - 5 seconds this does not occur as much, because this is a form of 'soft fascination'. This is a concept from the attention restoration theory (ATR), which helps our brain to relax in a controlled manner.

Let's bring some light.

Street lighting increases feeling of safety and creates a more active environment.

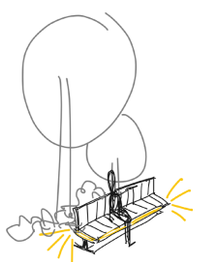
005



Come, sit down.

The placing of benches within public space must occur every xx meter. As an addition lighting can be used to create a more comfortable place in the evenings.

008



Fascinating natural elements

Green structures in urban environments create opportunity for "soft fascination" which increases one's mental restoration process.

013

Theoretical Back-up

The attention restoration theory (ART; Kaplan, 1995) describes that for restoring diminished attentional capacity natural environments are the ideal places. This is the result from nature's ability to induce a "soft" fascination which is described as a moderate attention span which leaves head space for "essential mental housekeeping". On the contrary "hard" fascination, from for example watching television, occupies one's complete mental capacity leaving no space for unrelated thoughts to emerge. Types of stimuli that to permit other thoughts to emerge offer the opportunity for reflection. (Kaplan et al, 2019)

Adding green to daily routines

The possibility to visit green spaces in urban environments leads to the improvement of mental health.

014

Theoretical Back-up

Exposure to green environments has proven to reduce stress and restore cognitive capacities and gives a positive swing to inhabitants perceived satisfaction with a neighbourhood. (Lafortezza, 2009 & Kaplan, 1995) Visiting green structures in urban environments can also decrease the effect of urban heat stress on individuals. Heat stress can have multiple negative effects on individuals health, for example their sleep quality. (Lafortezza, 2009) Sleep quality is an important factor for a good mental health.