

From Pixels To



Urban Design that Invites Back Into the Open

When was the Last Time You Spent a Full Day Outside?

From Pixels To



Content

Problem

Place

People

Vision

Impact





The Copenhagen Post
Leifhaleen named Europe's whitest neighbourhood

The Copenhagen Post

Tuesday, 16 June 2055

Copenhagen's English-language newspaper since 1988

Issue No. 12.847 | DKK 49



URBAN LIVING · HEALTH & CITY

Refshaleøen named Europe's healthiest neighbourhood

Thirty years after a TU Delft thesis proposed transforming a forgotten industrial waterfront into a health-promoting district, Copenhagen's boldest urban experiment has been validated by a generation of residents who simply call it home.

[Read full article on page 2](#)

OTHER ARTICLES

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By Kristine Holm · City Hall correspondent

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LIFESTYLE

'I haven't opened a fitness app in three years' - residents on life after the algorithm

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Screen time down 34% among Refshaleøen children, new study finds

The data is striking. Parents say the explanation is simpler than the researchers make it sound: there is just too much else to do.



What is the Problem?





Digital Fatigue

So gefährlich ist zu viel Bildschirmzeit für Kinderherzen



Laut einer Erhebung kommen 15-Jährige in Deutschland auf knapp sieben Stunden Bildschirmzeit pro Tag

Children in England growing up 'sedentary, scrolling and alone', say experts

A mental health crisis

One of the report's most heartbreaking projections is that 42 million years of healthy life will be lost to mental disorders or suicide in 2030, which is two million more than in 2015. Mental health is "the single largest cause of disease burden among adolescents across all countries," according to the report.

Meet the real screen addicts: the elderly

The digital habits that defined youth are transforming old age



Excessive screen time among youth may pose heart health risks

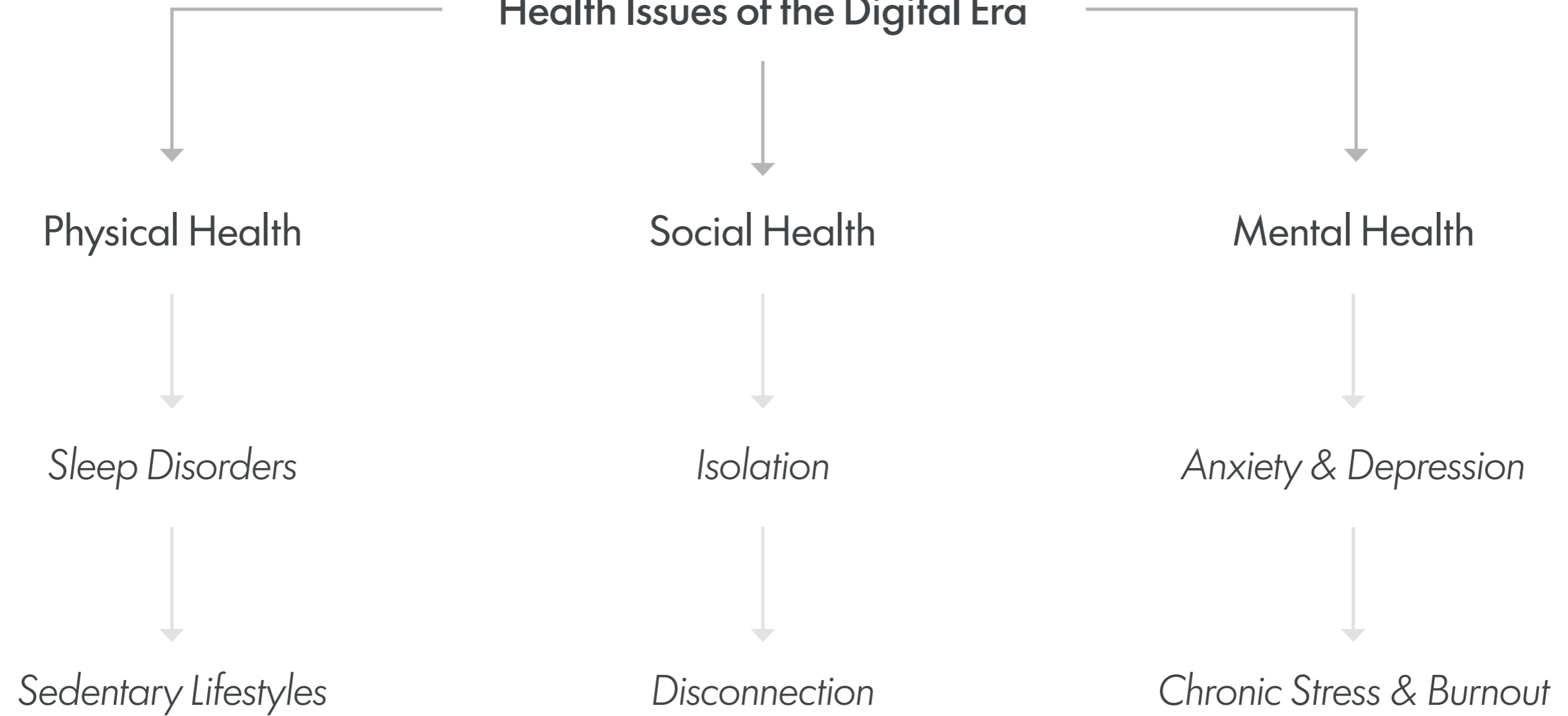
The time children and young adults spend on phones, gaming consoles and other devices could put their heart health at risk, finds a new study published in the Journal of the American Heart Association

This generation is facing a host of completely unique health threats

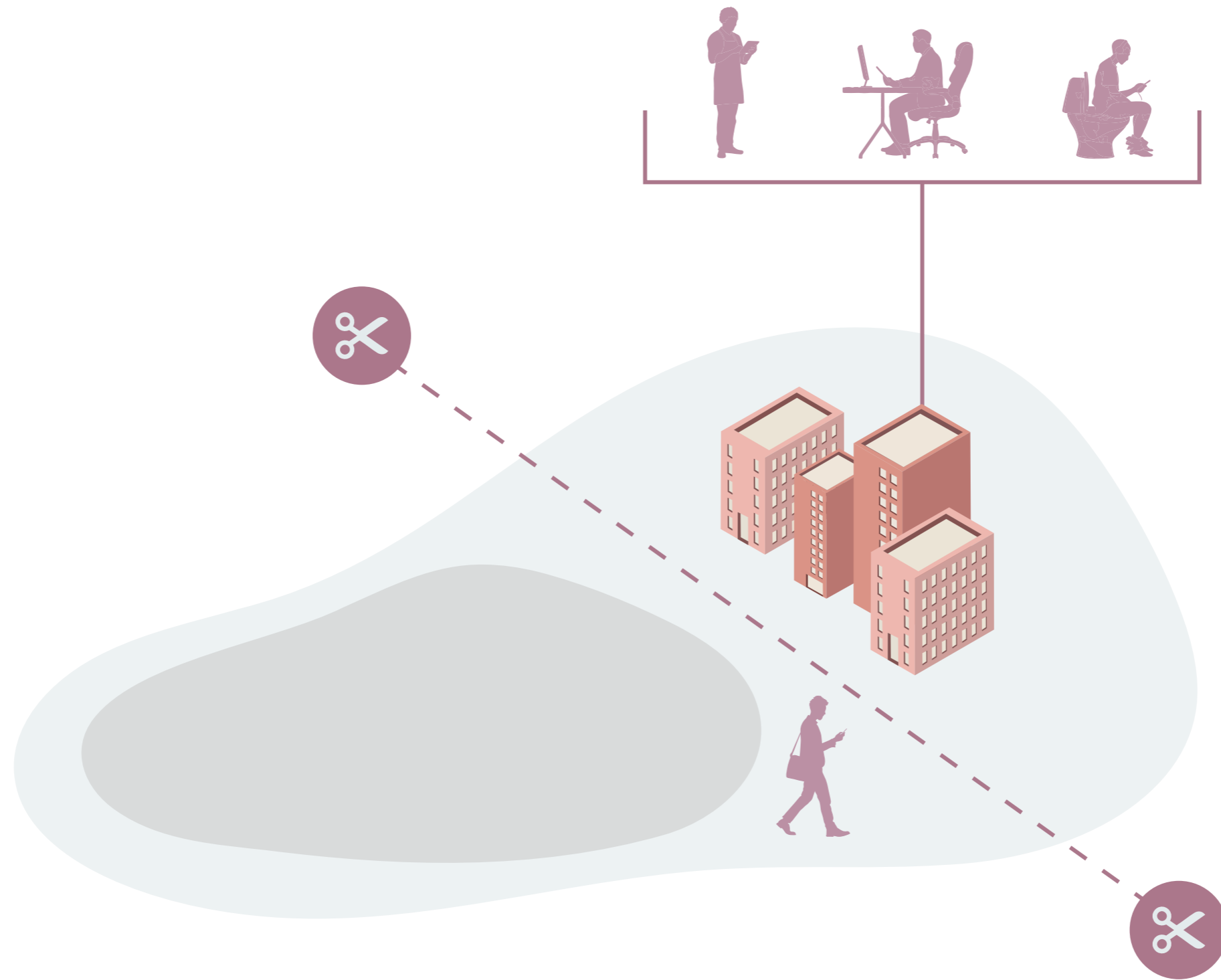
Four ways the world has profoundly changed for today's young people, according to a comprehensive new global report.

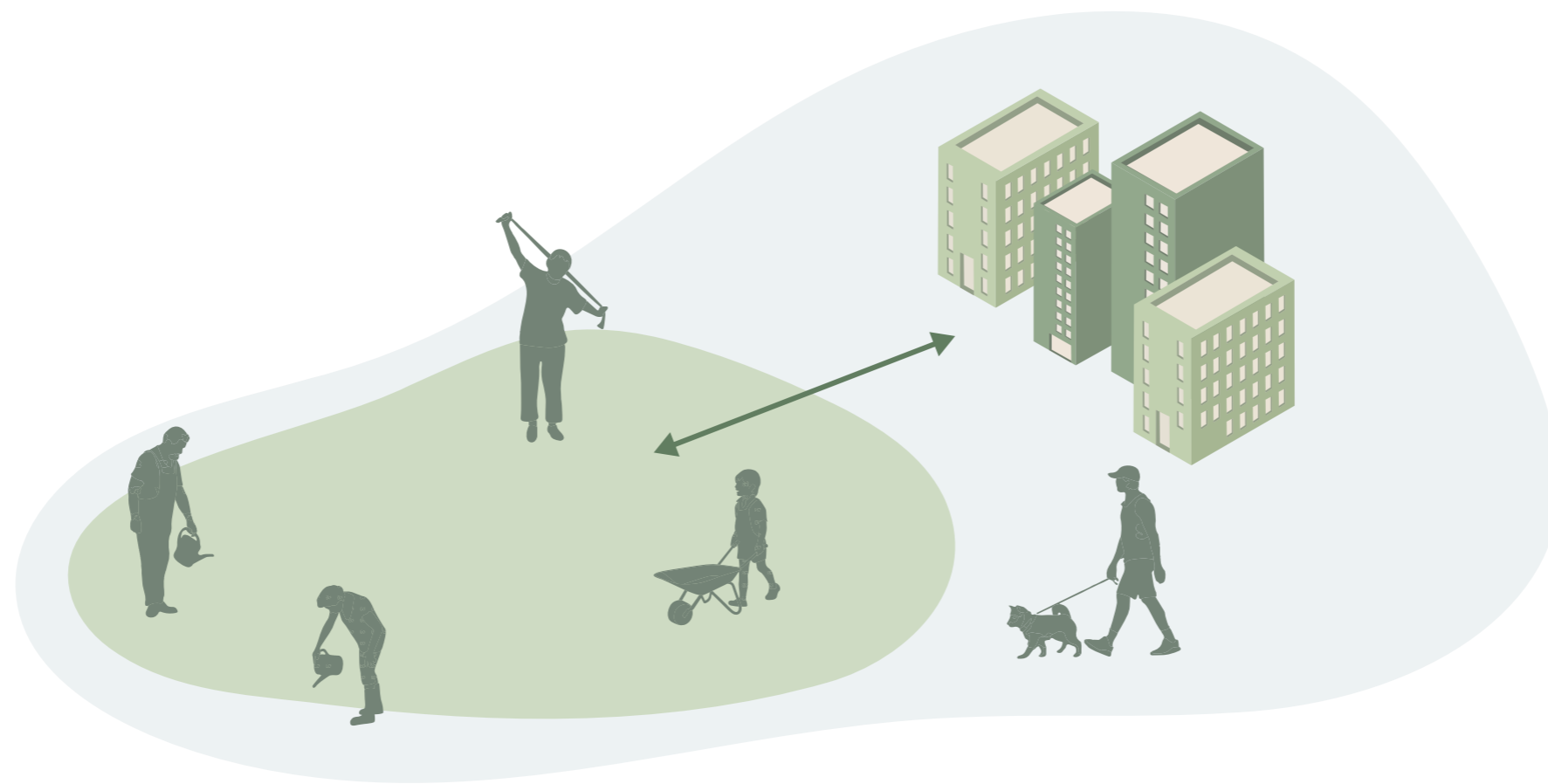


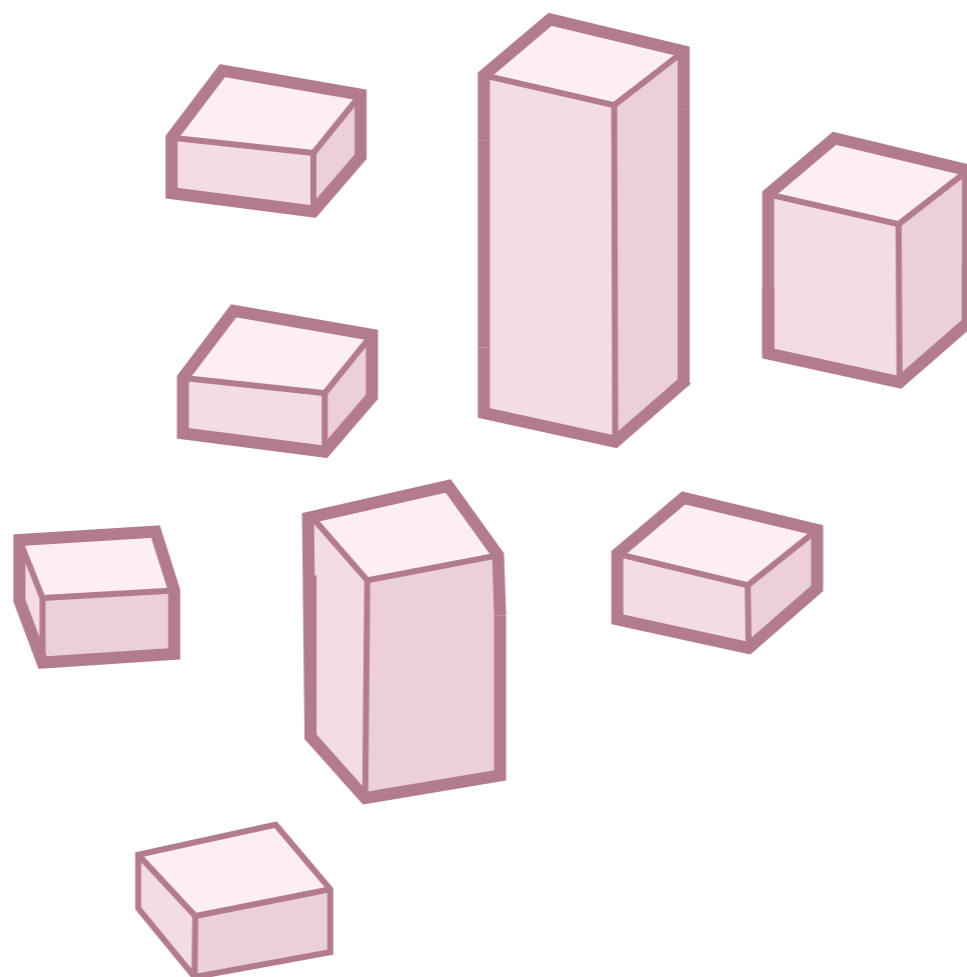
Health Issues of the Digital Era



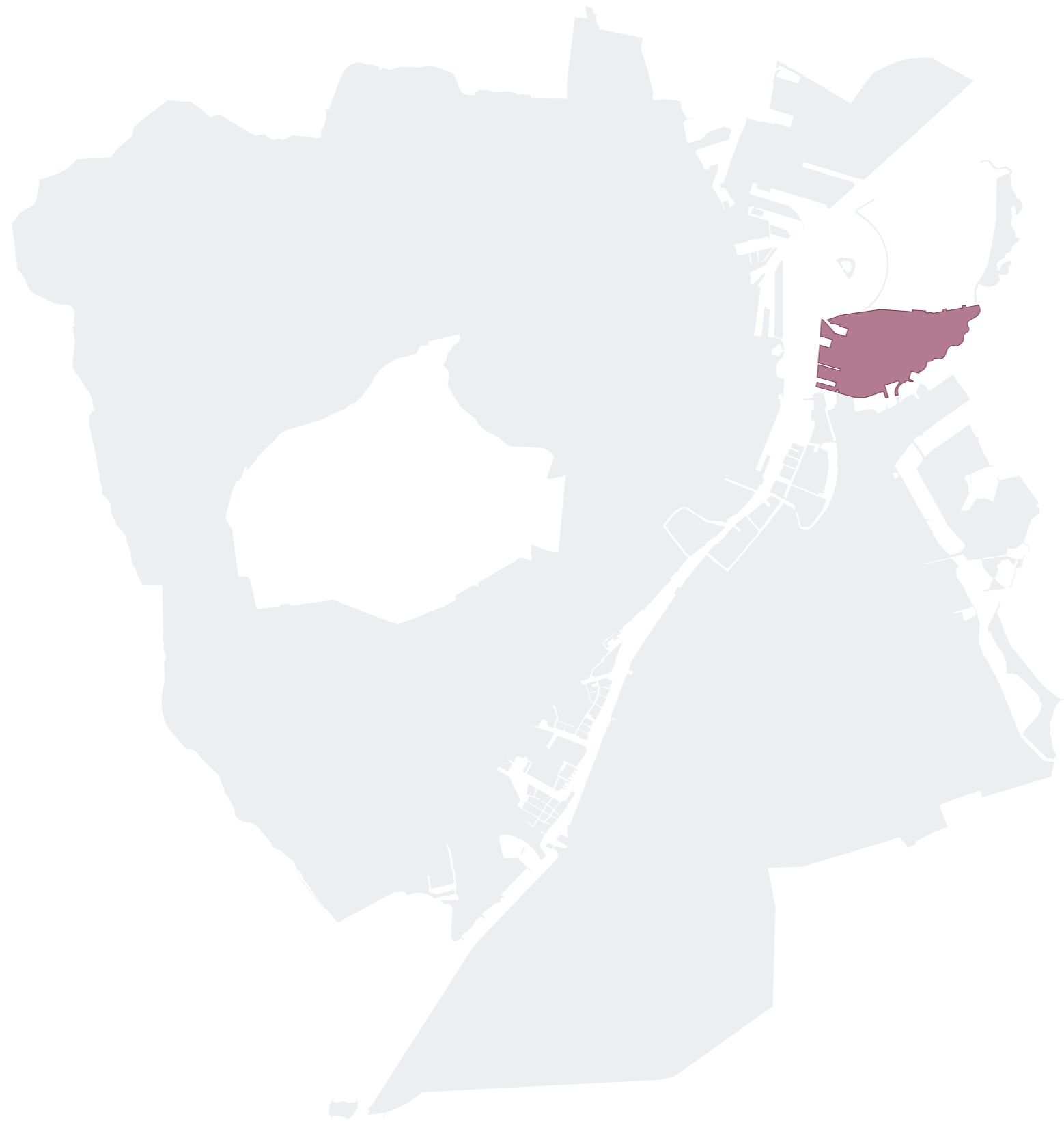
What Does This Have to do With Urban Design?







The Place



The City of Copenhagen

Reffen Food Market



Event Space



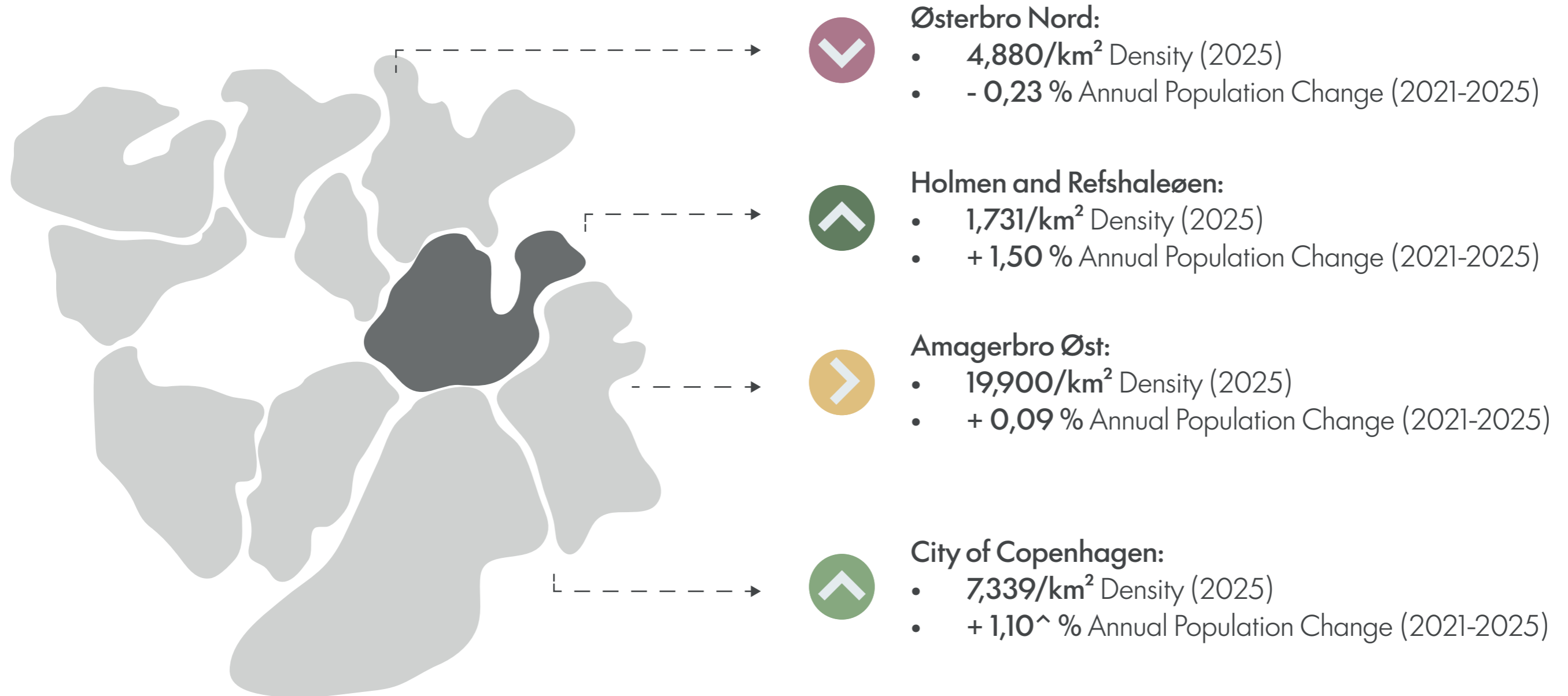
Atmosphere



Urgencies

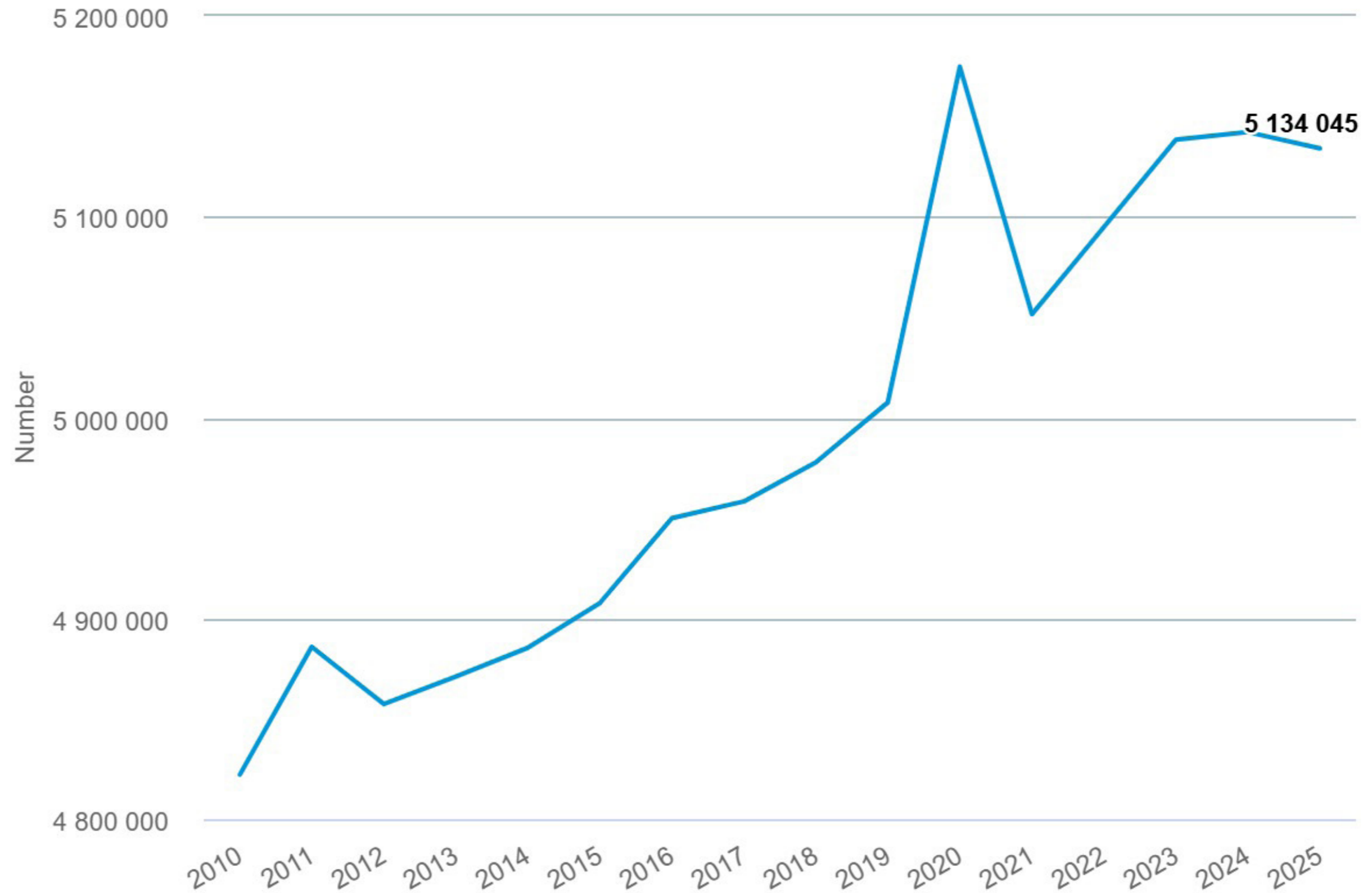


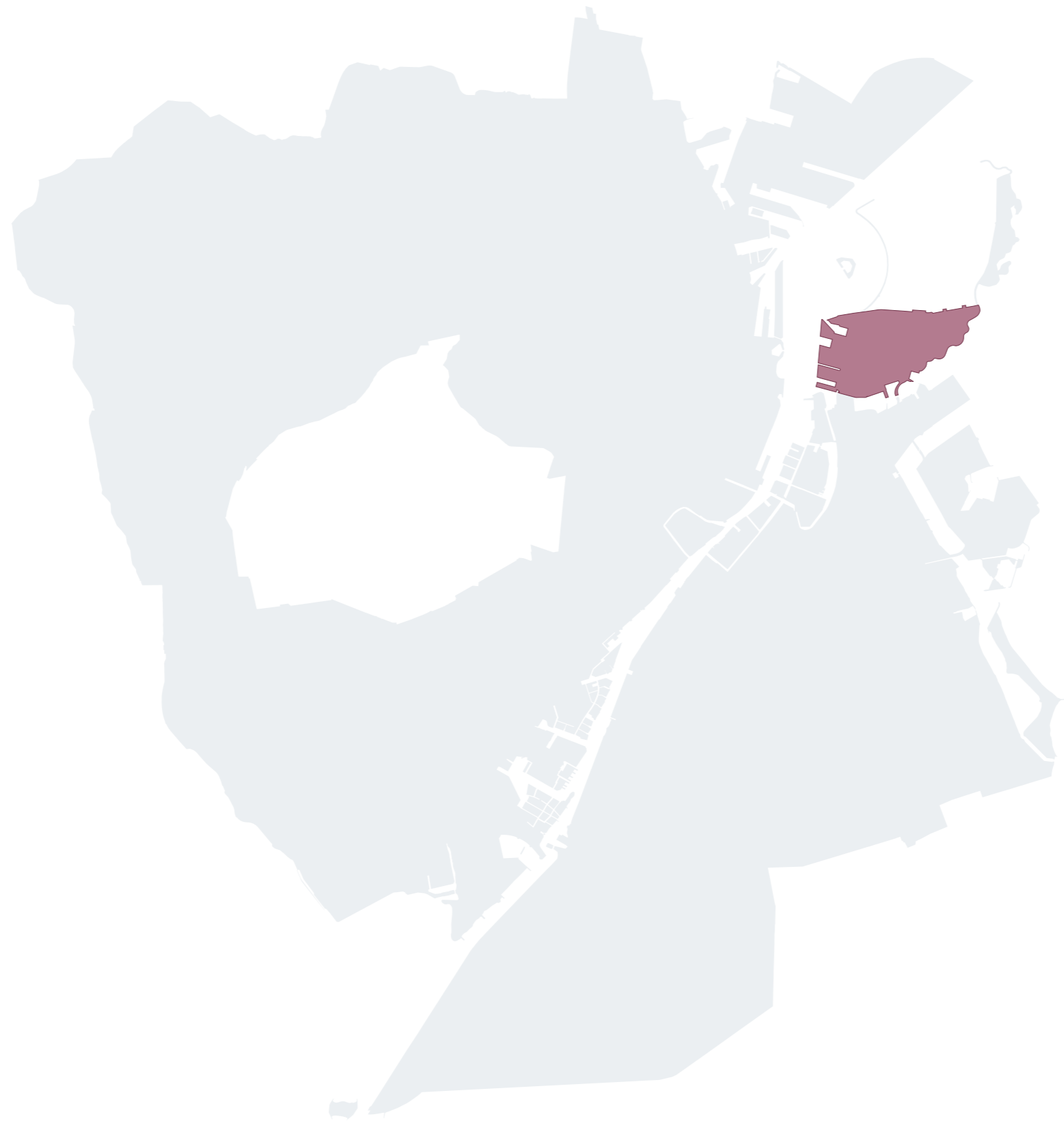
Densification Potential



Number of people per year

Type of benefits: GENERAL MEDICAL TREATMENT, TOTAL:





The City of Copenhagen

Meet the People

Children

Jonas (5 years) & Mia (10 years)



Children

Jonas (5 years) & Mia (10 years)



Main Health Issue

Indoor & Sedentary Lifestyles

Jonas & Mia



Indoor & Sedentary Lifestyles



Adolescents

Felix (16 years)



Adolescents

Felix (16 years)



Main Health Issue

Mental Health Decline

Felix



Mental Health Decline



Students

Maria (23 years)



Students

Maria (23 years)



Main Health Issue

Lack of Restorative Spaces

Maria



Lack of Restorative Spaces



Young Professionals

Martin (31 years)



Young Professionals

Martin (31 years)



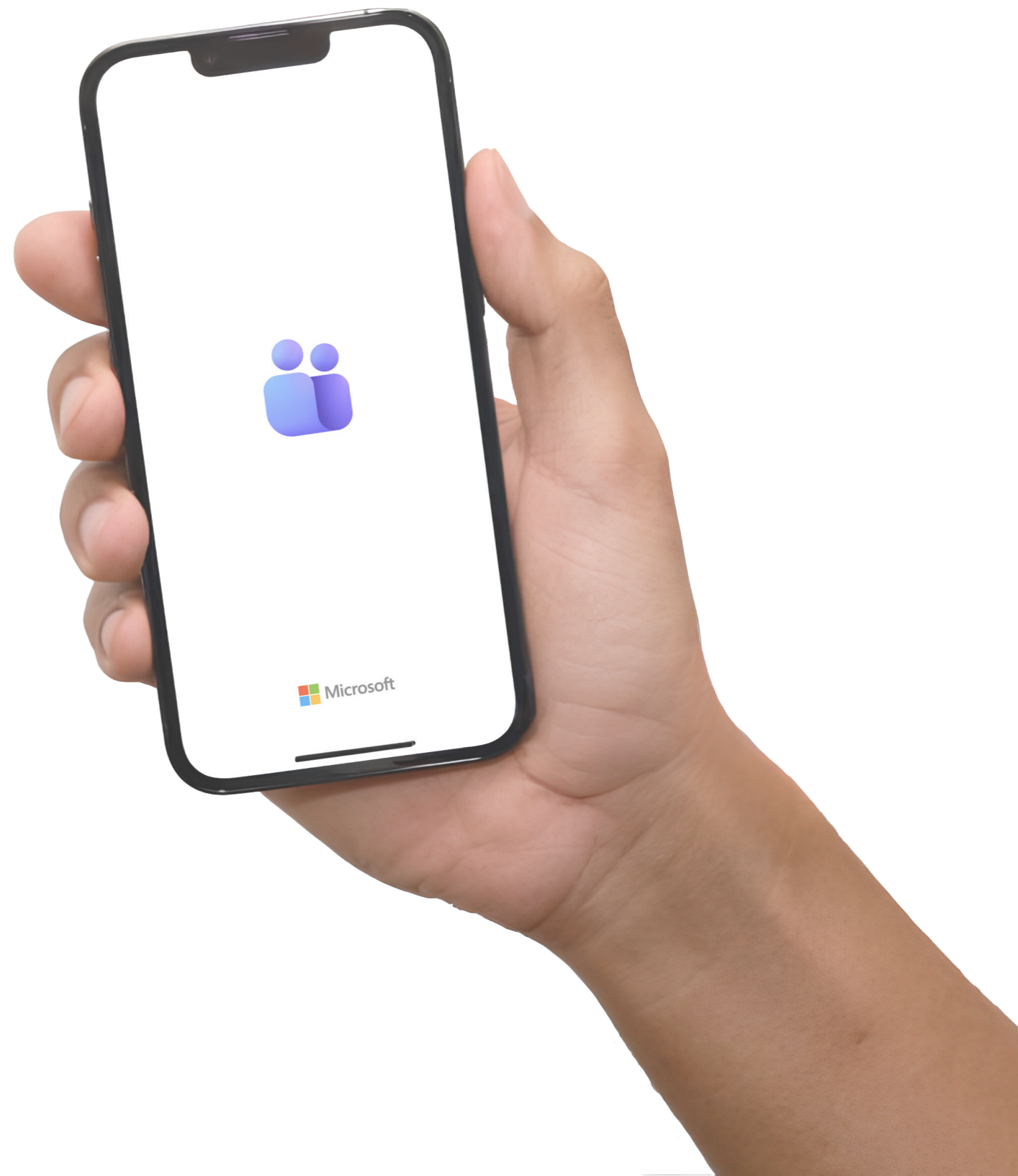
Main Health Issue

Chronic Stress

Martin



Chronic Stress



Elderly

George (78 years)



Elderly

George (78 years)



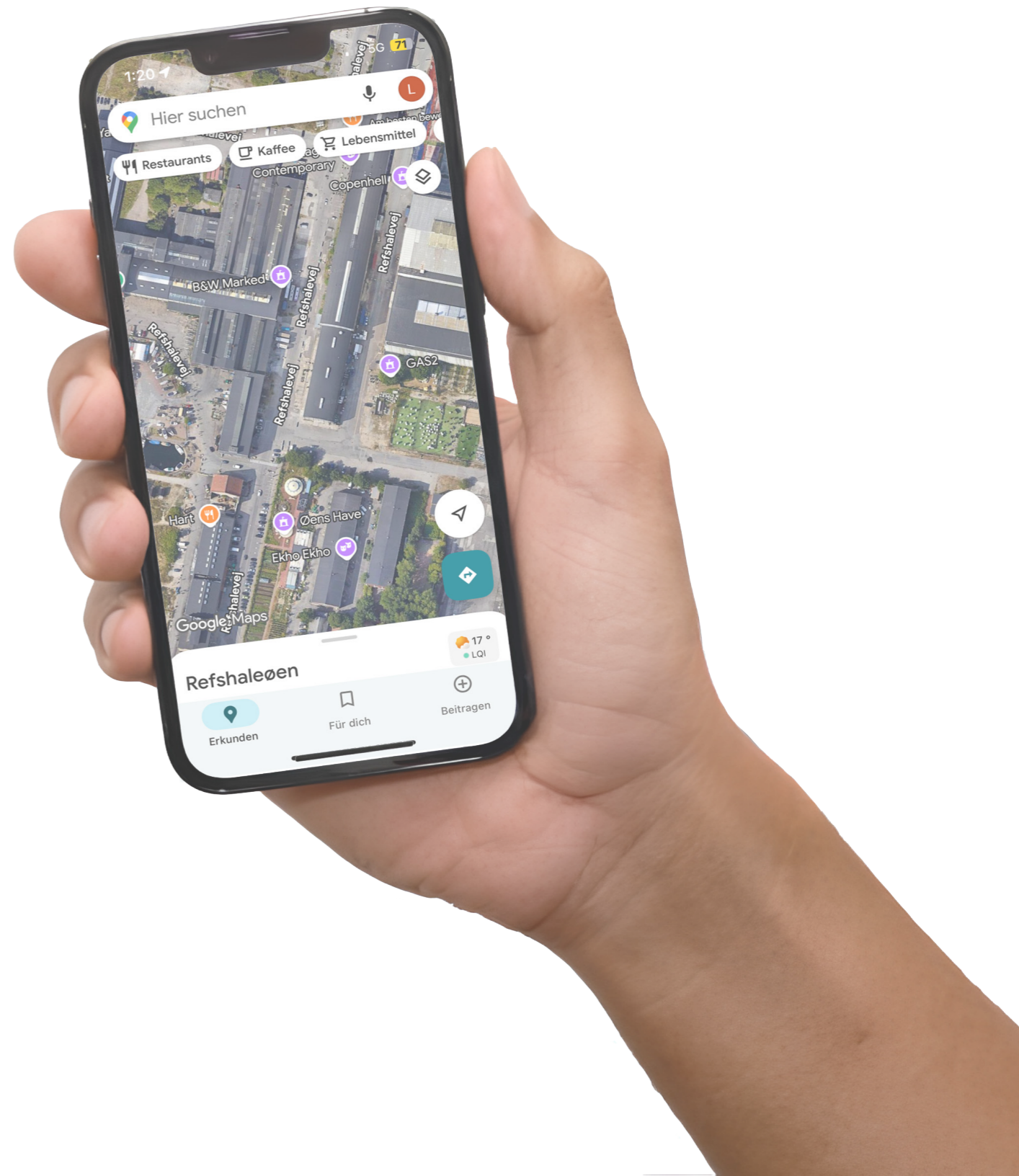
Main Health Issue

Social Isolation

George

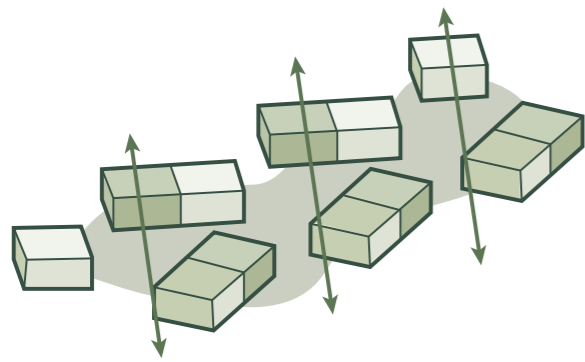


Social Isolation

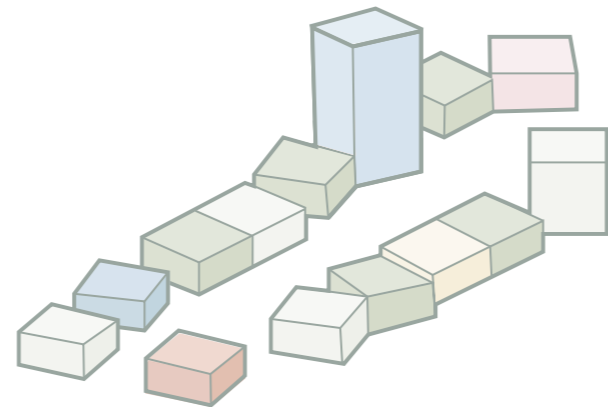


The Vision

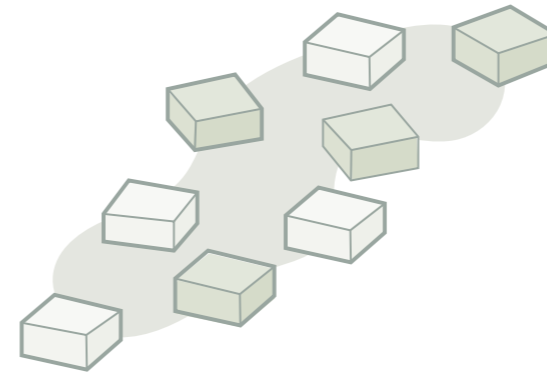
Street Structure & Mobility Features



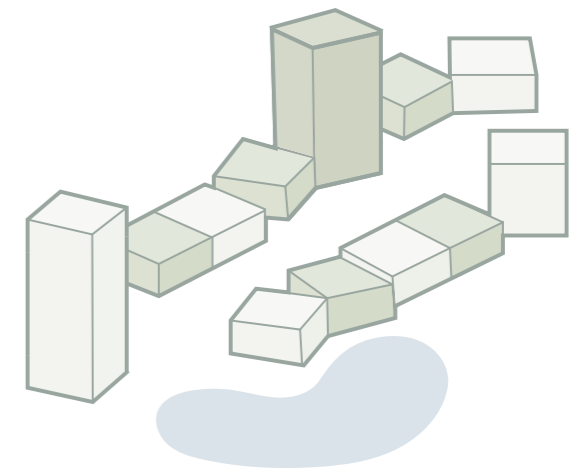
Built Environment



Public Space Design & Socio-Spatial Features



Green & Blue Structure



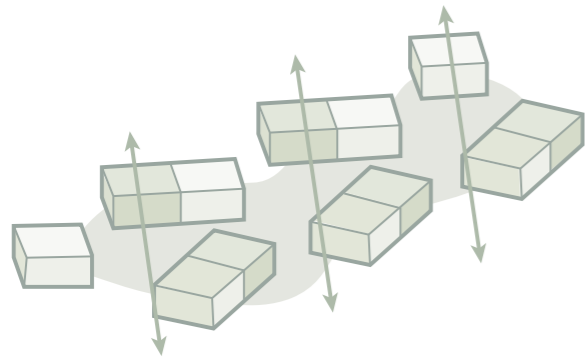
Street Structure & Mobility Features | Design



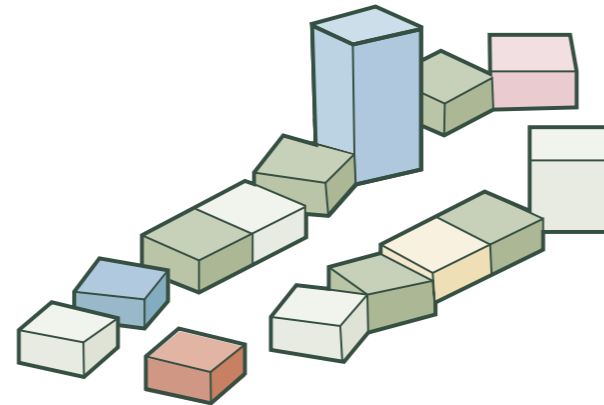
Scale 1 : 8.500

- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Entrances
- Street Grid
- Bridges
- Main Streets
- Residential Streets
- Green Streets

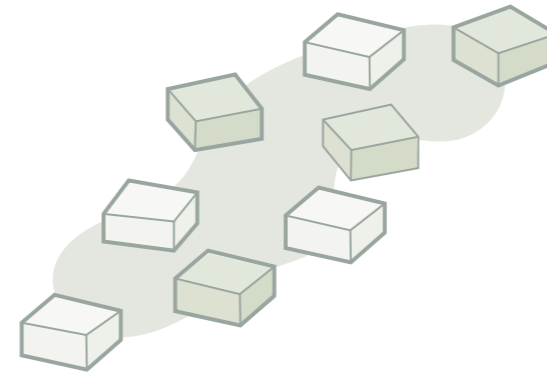
Street Structure & Mobility Features



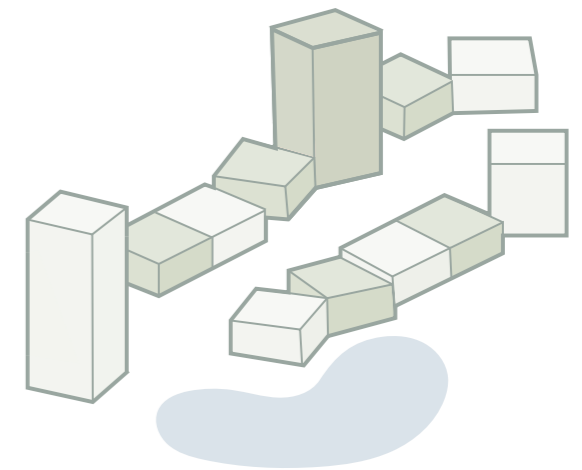
Built Environment



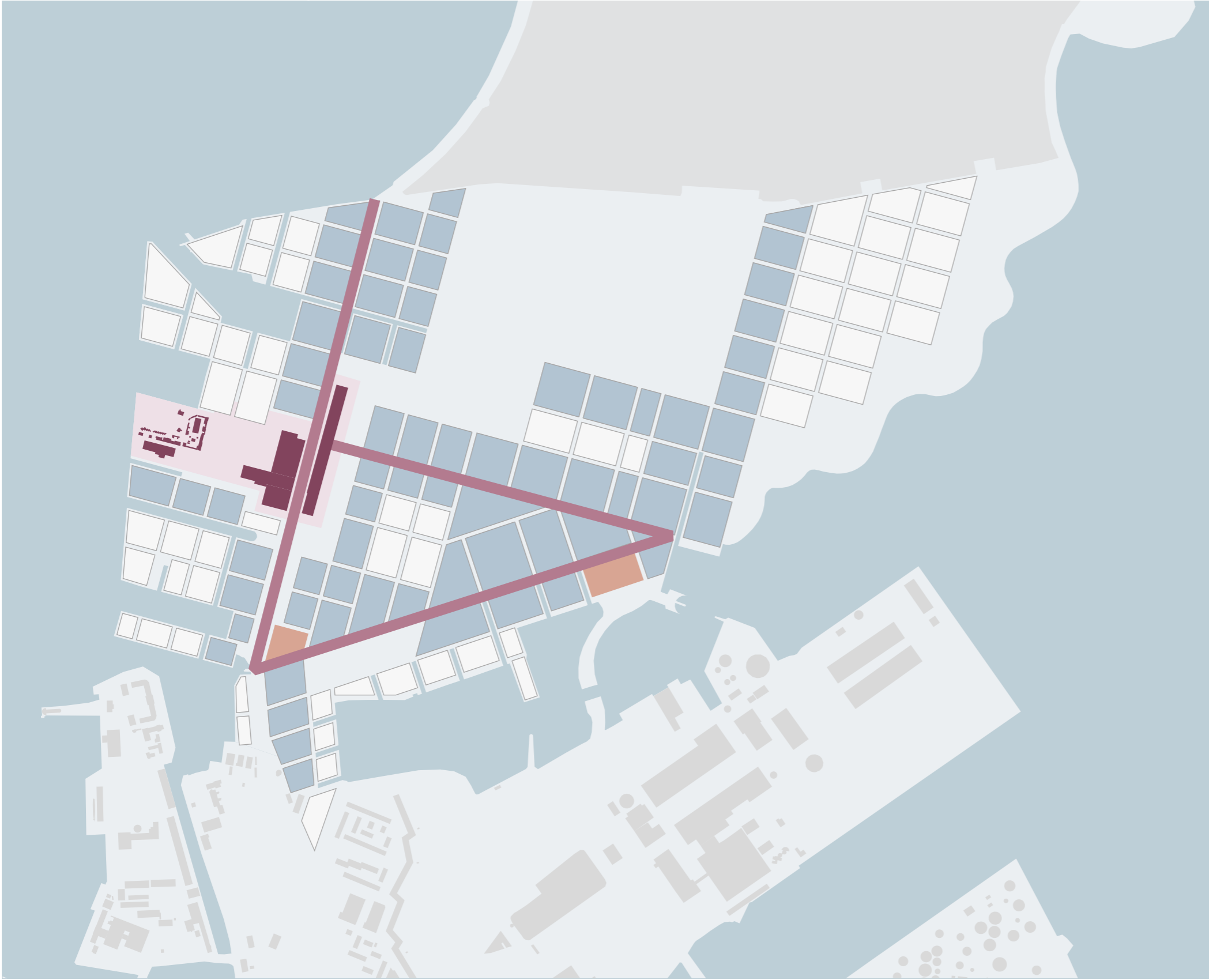
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Green & Blue Structure



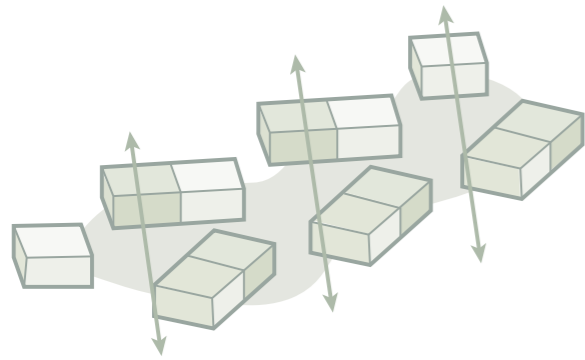
Built Environment I Design



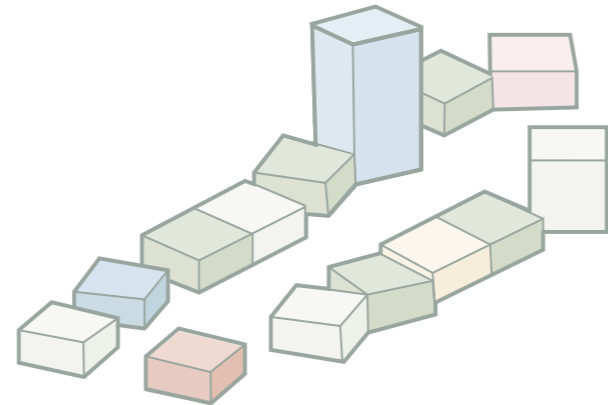
Scale 1 : 8.500

- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Heritage Area
- Active Areas
- Added Landmarks
- Residential Building Plots
- Mixed Use Building Plots

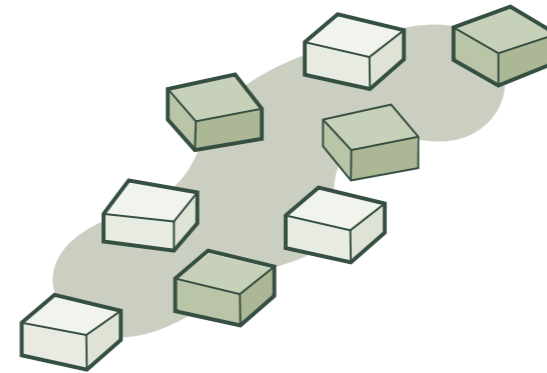
Street Structure & Mobility Features



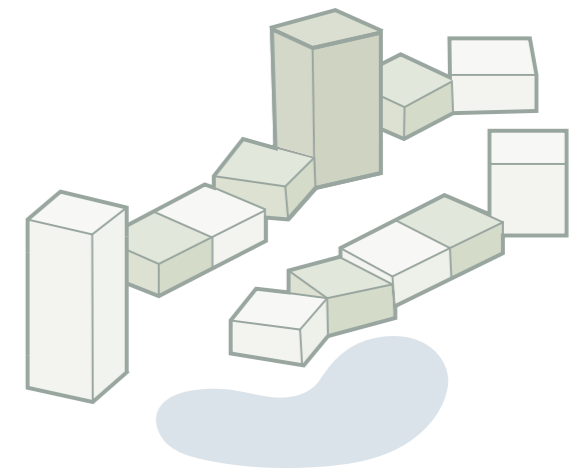
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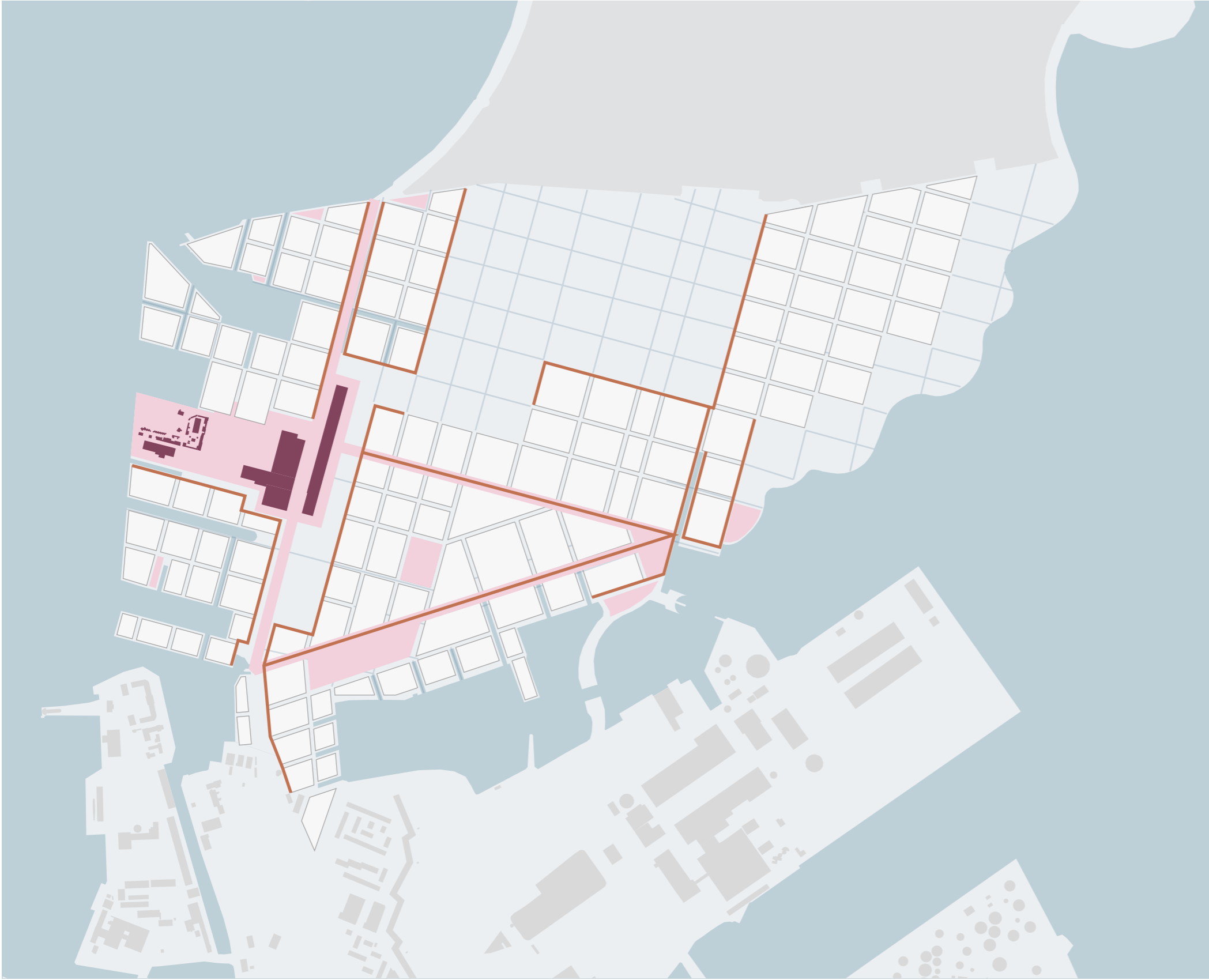
Public Space Design & Socio-Spatial Features



Green & Blue Structure



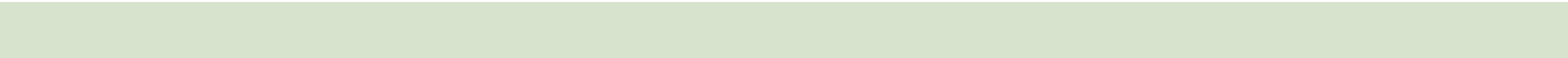
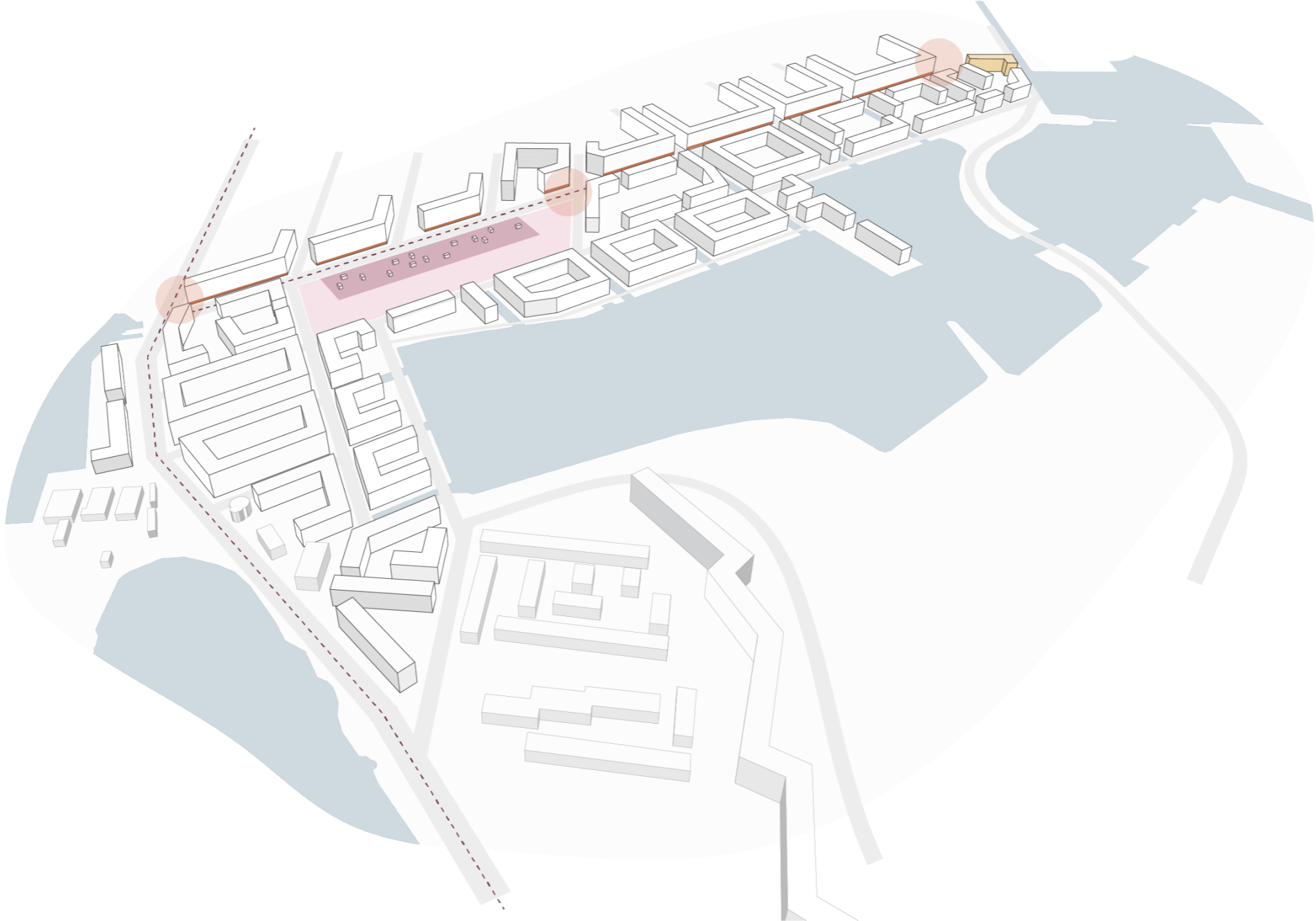
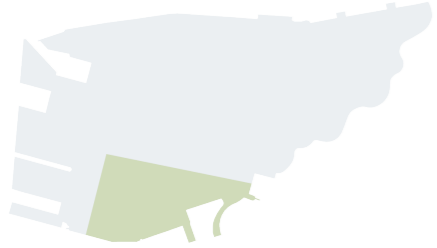
Public Space Design & Socio-Spatial Features I Design



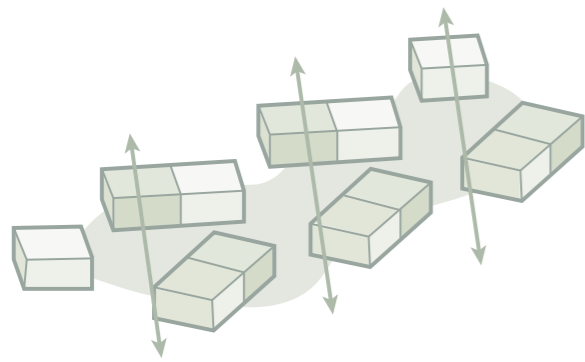
Scale 1 : 8.500

- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Public Space Network
- Active Frontages
- Street Grid
- Building Plots

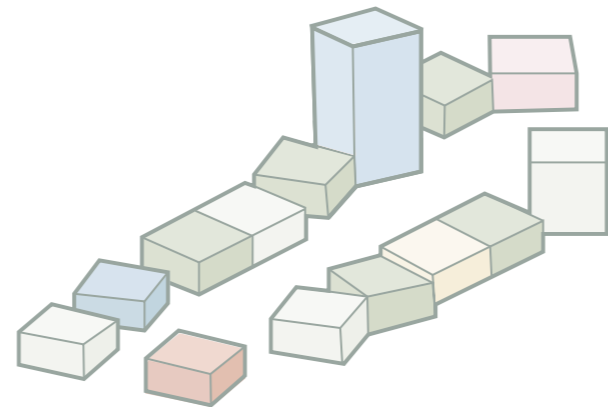
Public Space Design & Socio-Spatial Features | Design



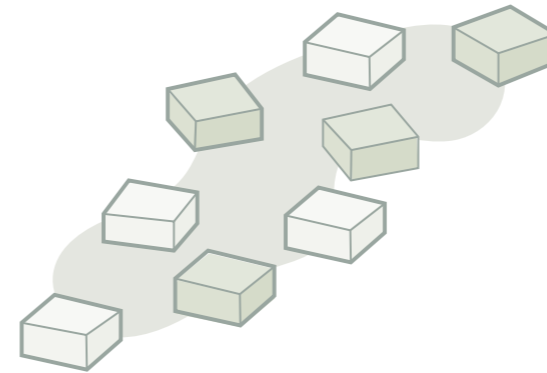
Street Structure & Mobility Features



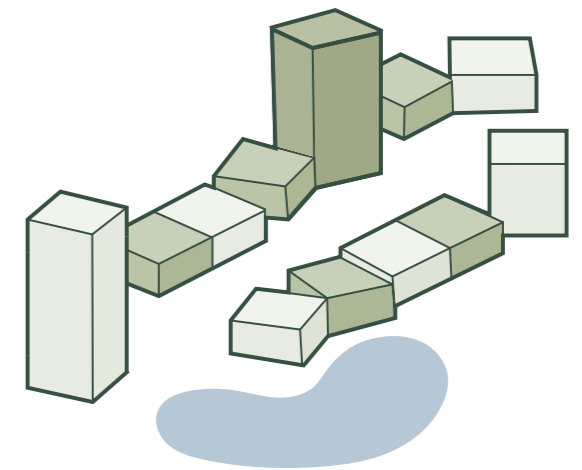
Built Environment



Public Space Design & Socio-Spatial Features



Green & Blue Structure



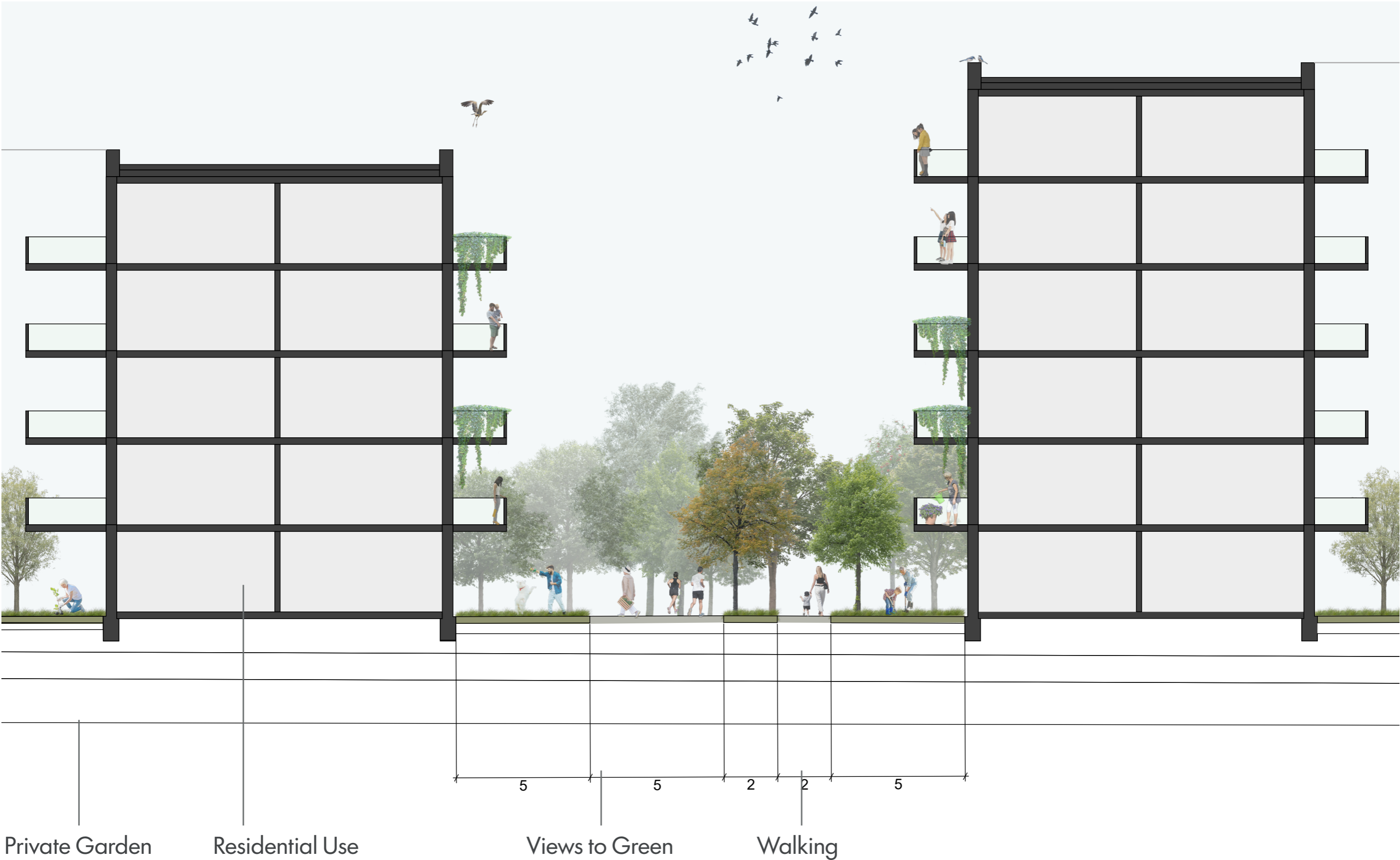
Green & Blue Structure I Design



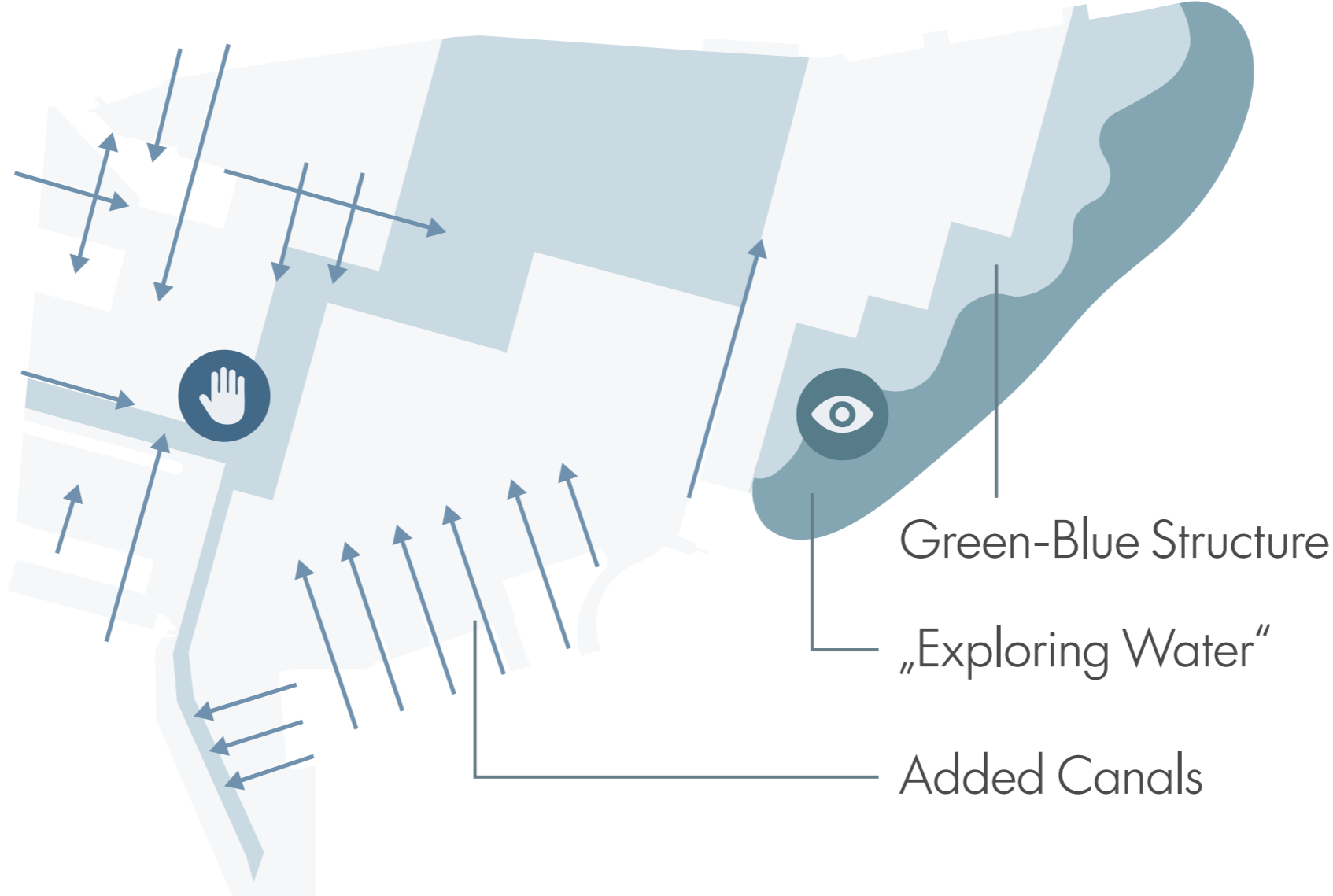
Scale 1 : 8.500

- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Areas
- Green Structure
- Green Connectors
- Street Grid
- Building Plots
- Greened Building Plots

Green & Blue Structure | Green Street



Green & Blue Structure I Canal Structure



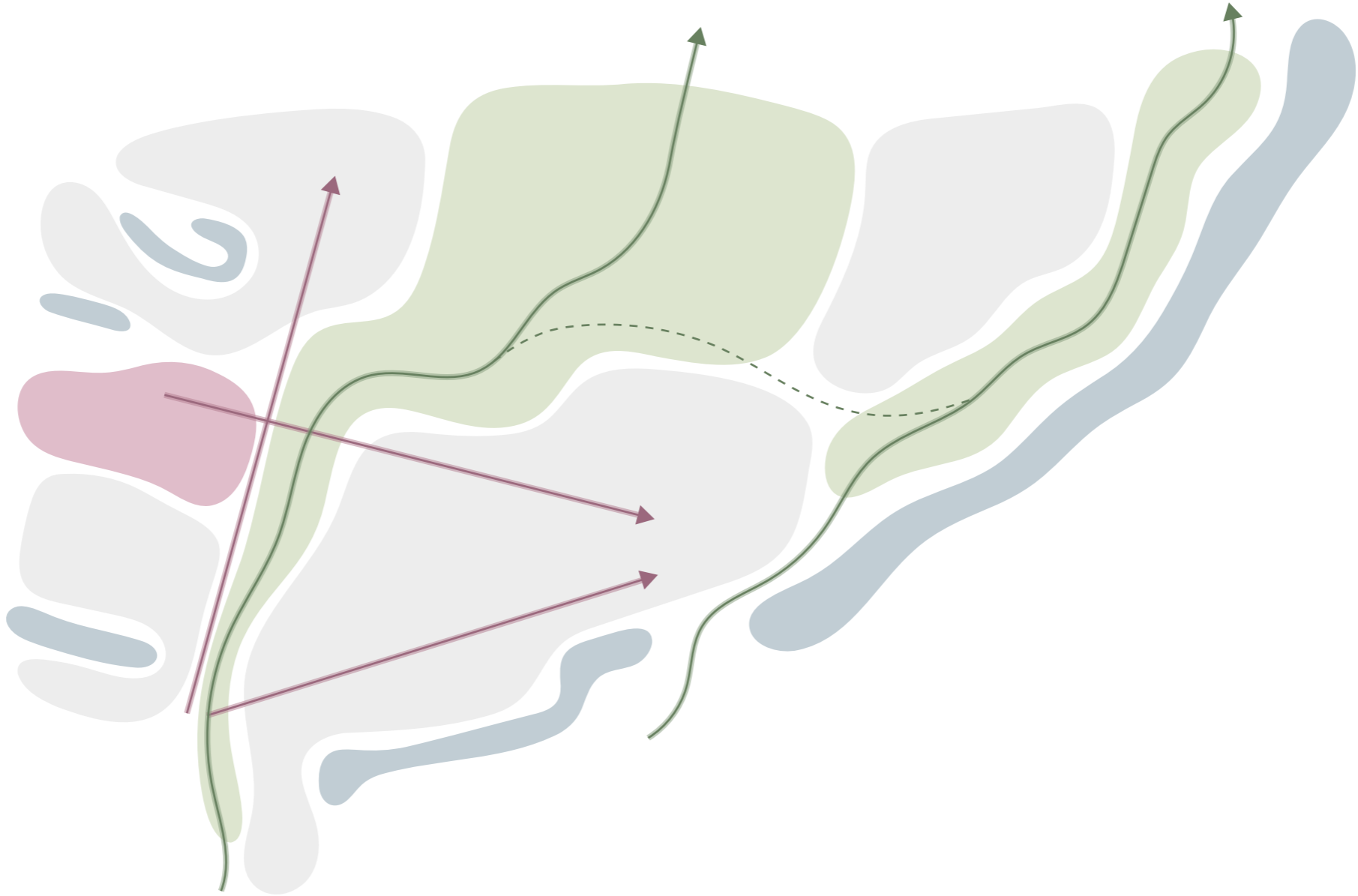
Green & Blue Structure | Gate to Calmness



Green & Blue Structure | Residential Green



Framework Plan I Overlay



A Day in the Life

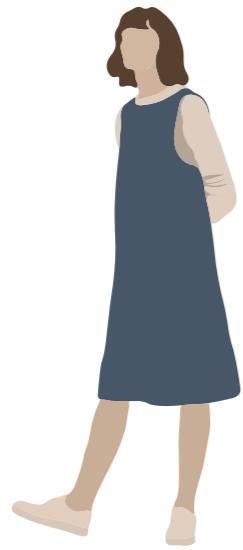
Persona

Martin (31 years)



Persona

Laura (30 years)

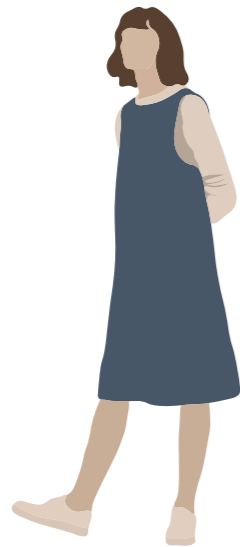


Martin (31 years)



Persona

Laura (30 years)



Martin (31 years)



Lina (8 years) & Paul (5 years)



The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

Persona

Maria (23 years)



The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

Persona

Felix (16 years)



The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

Persona

George (78 years)



The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

Persona

Jonas (5 years) & Mia (10 years)



The Day of a Resident



Before



After



- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Swimming Area
- Green Structure
- Martins & Lauras Home
- Street Grid
- Building Plots
- Heritage Part
- Route Point
- Cycling Route
- Walking Route

Martin



2026

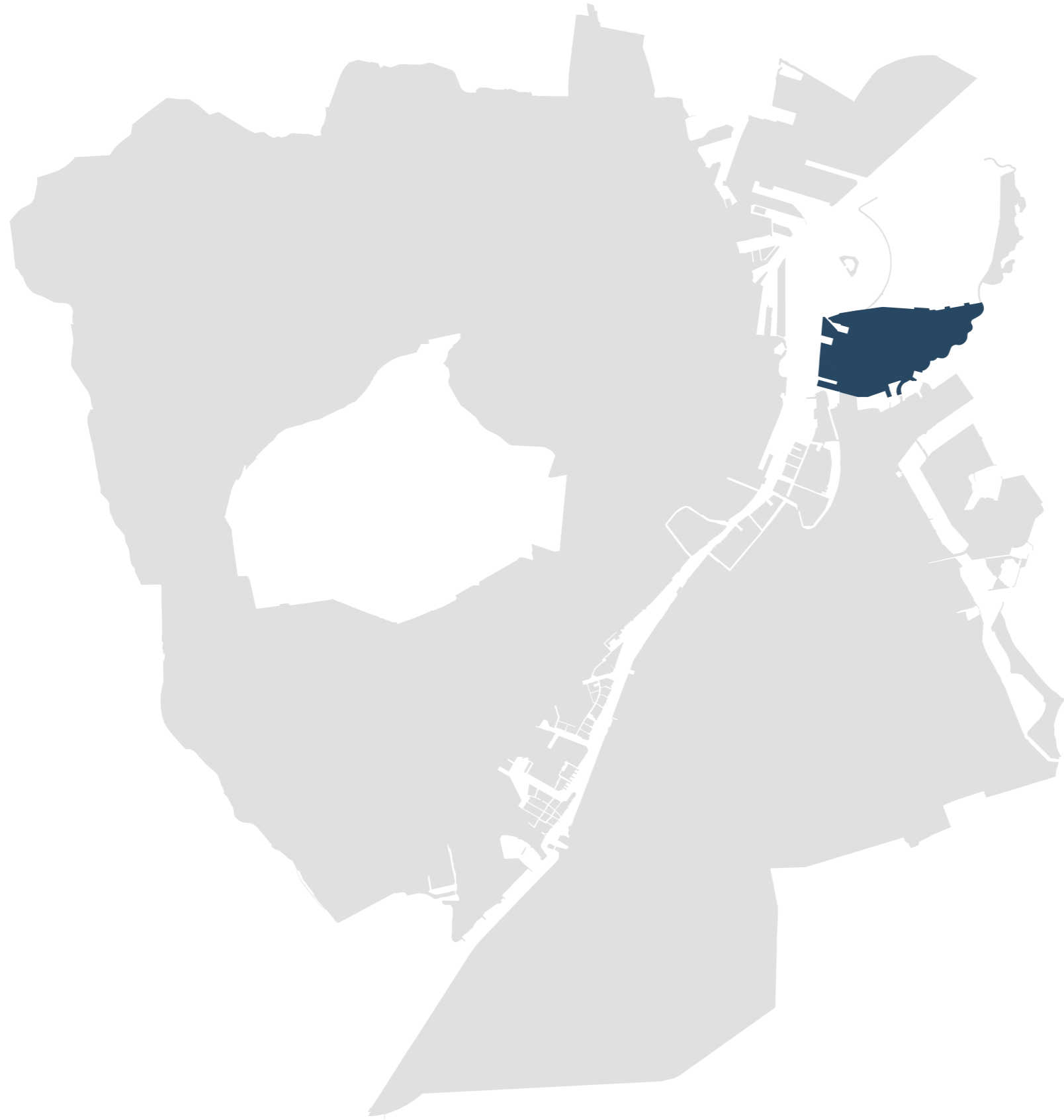
Martin



2055

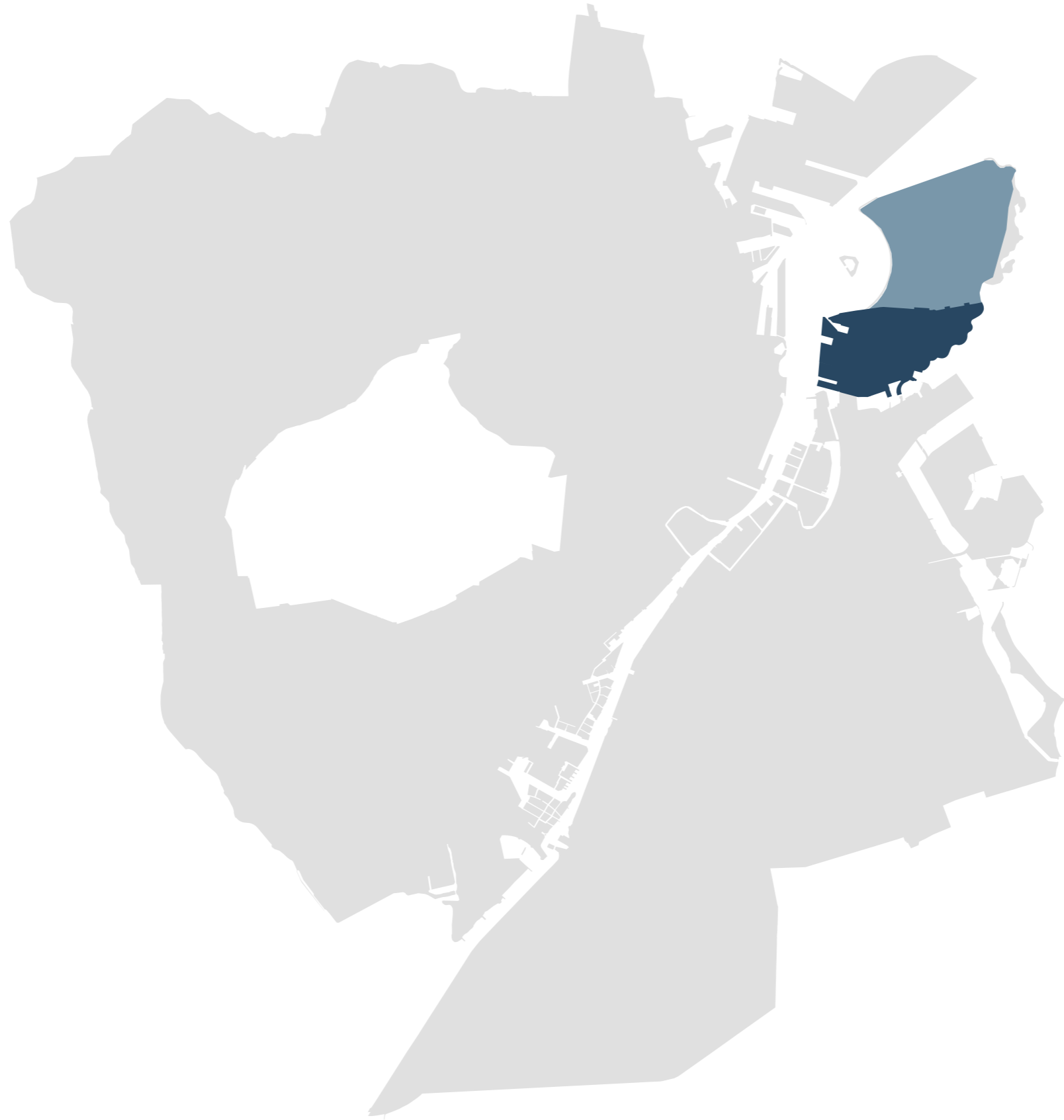
What this Means for Copenhagen

Urban Expansion



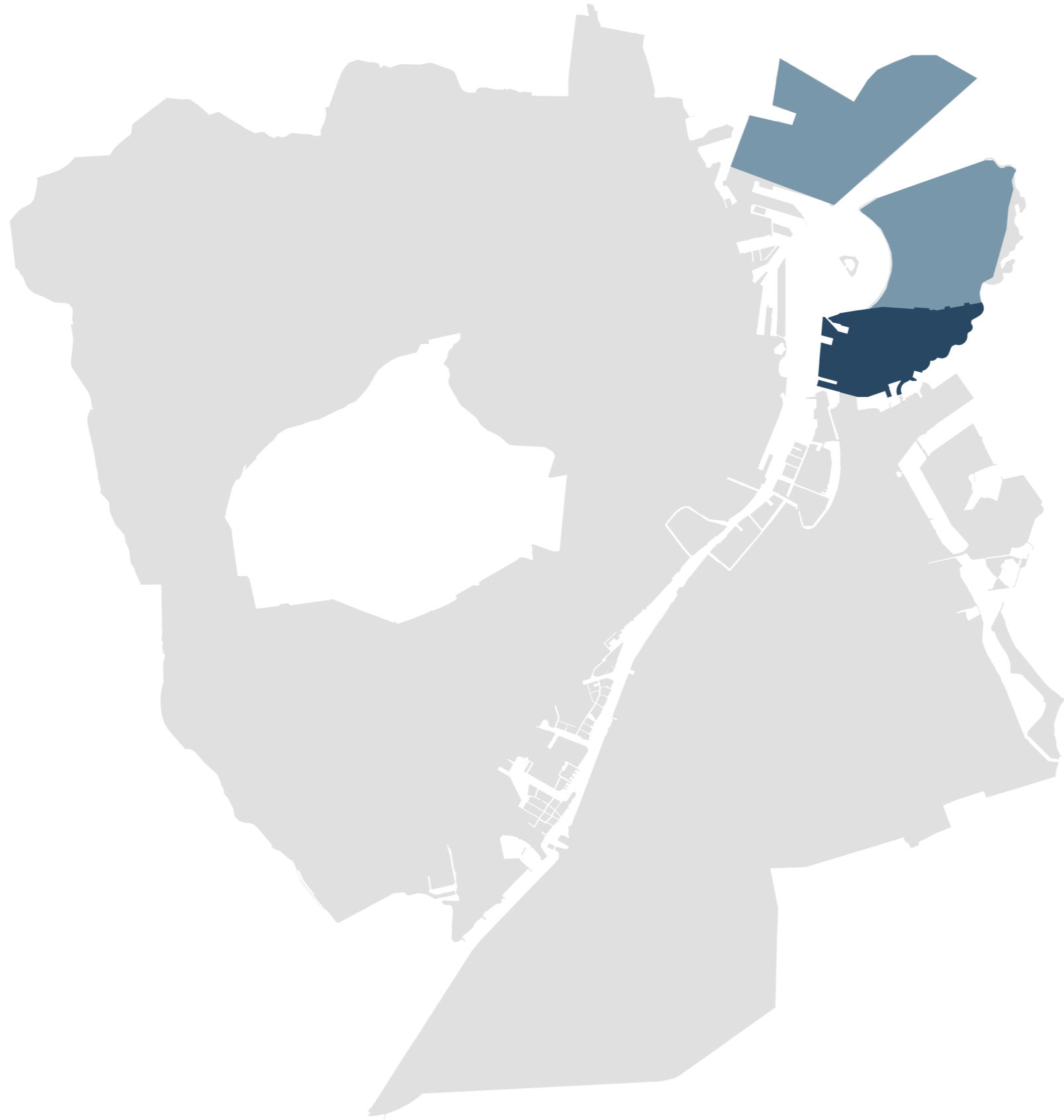
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Urban Expansion



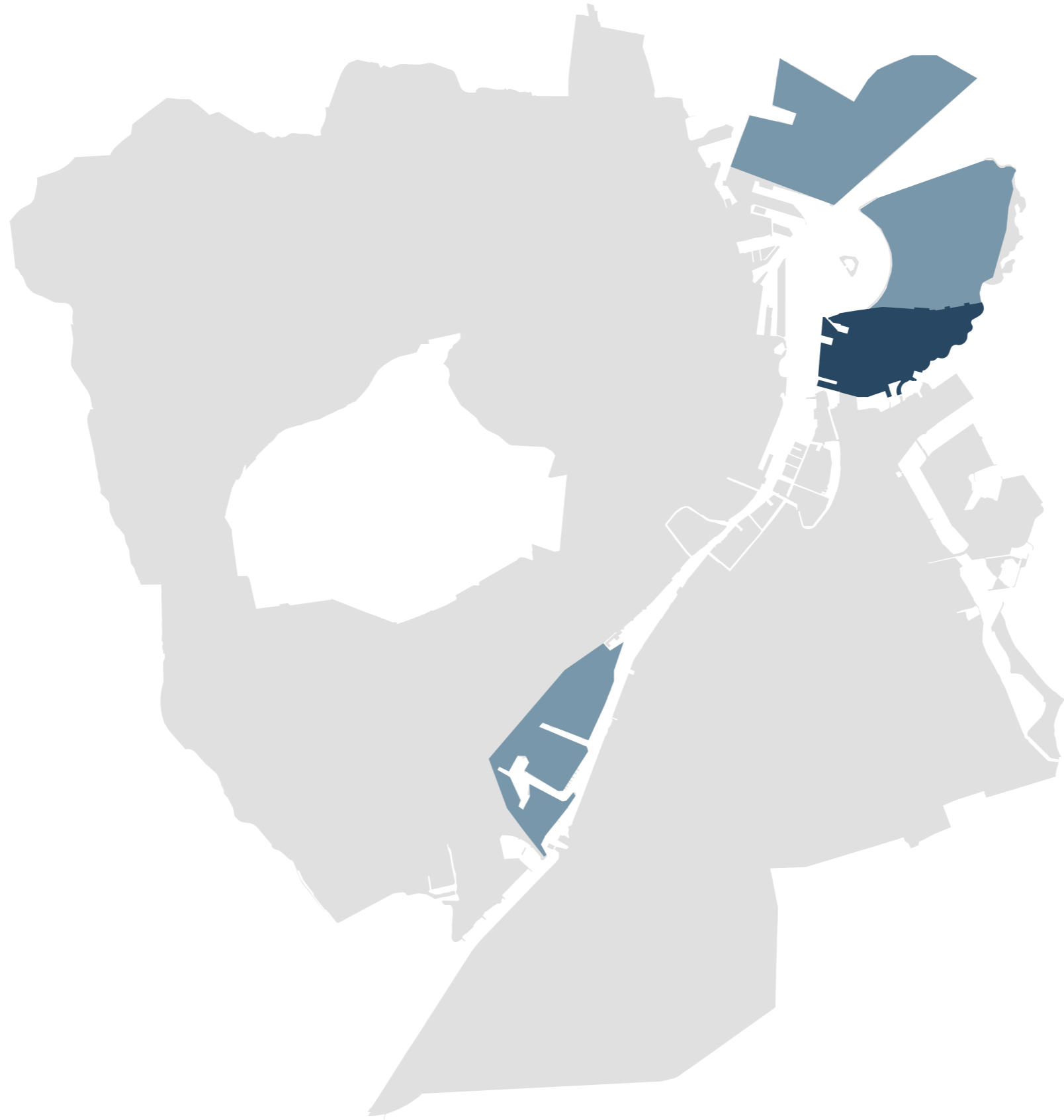
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Urban Expansion



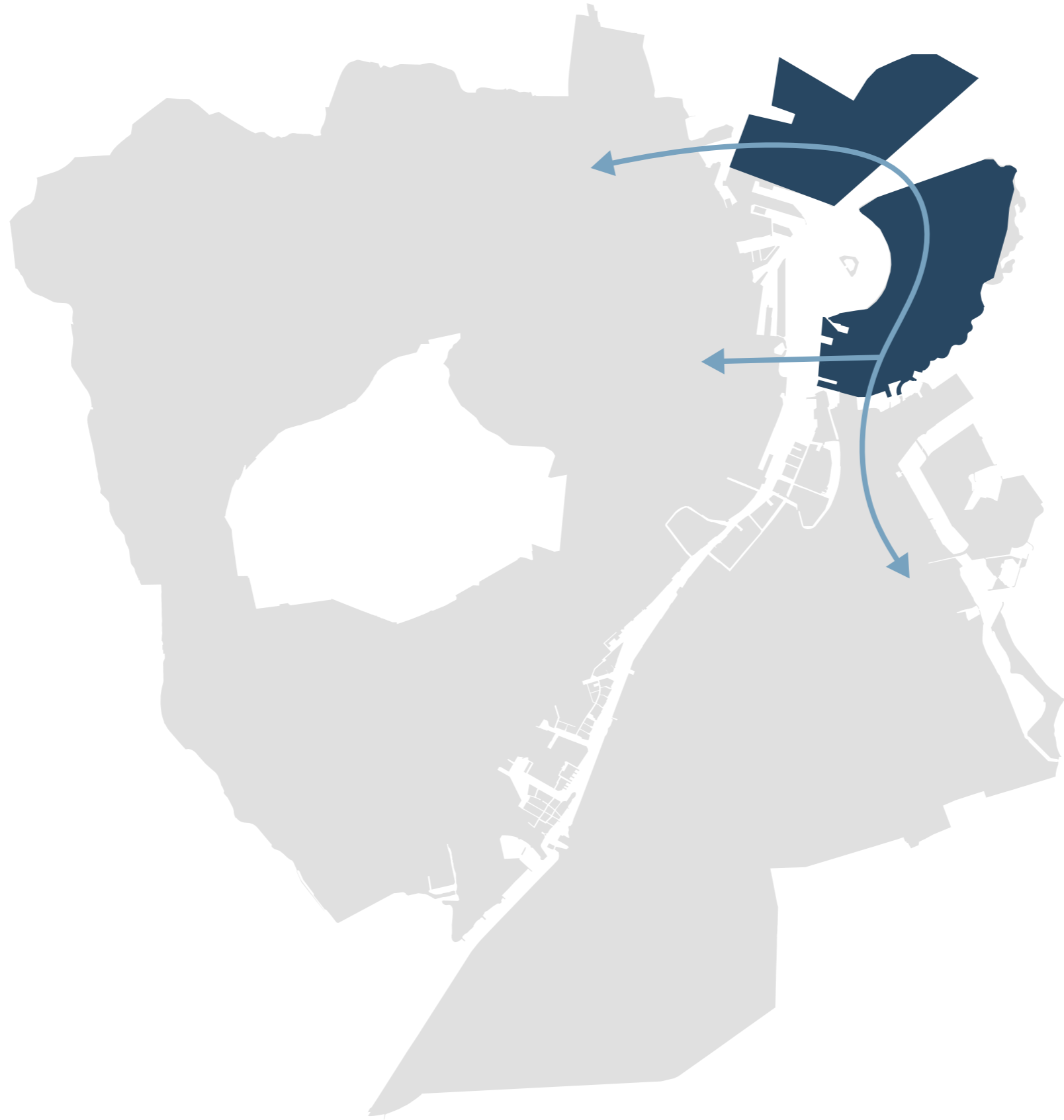
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Urban Expansion

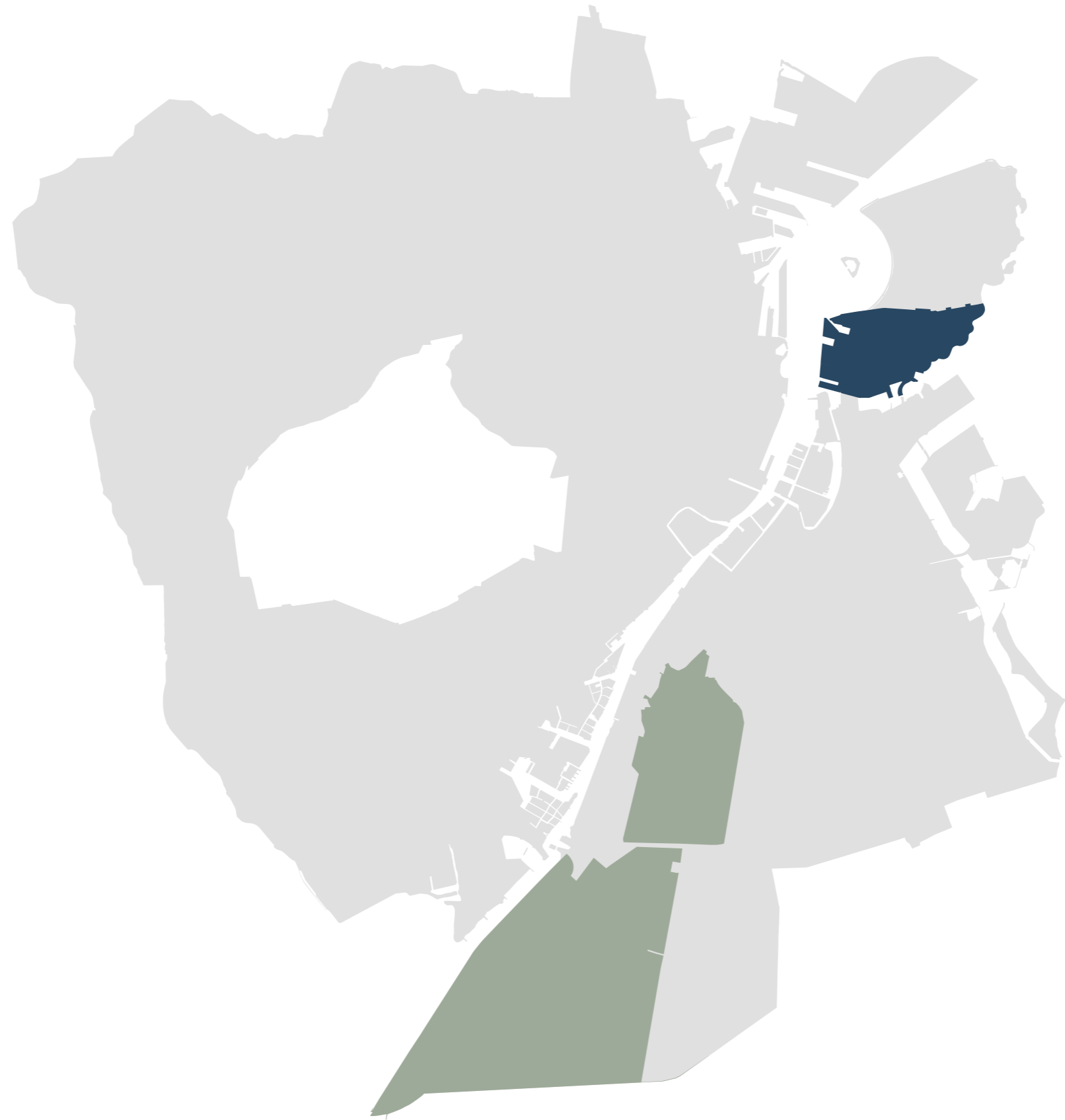


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Connections



Green-Blue Network



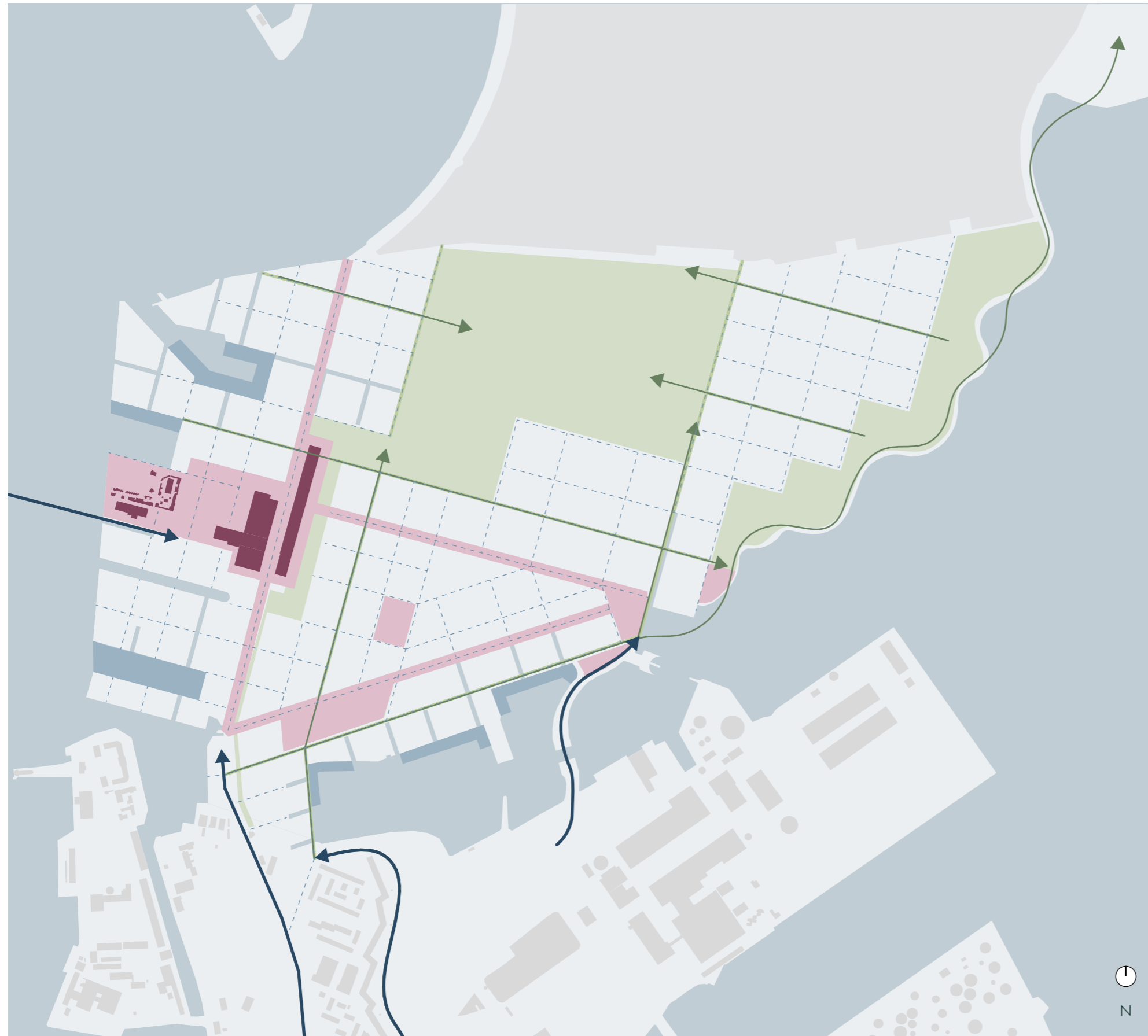
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Green-Blue Network



N

Relation to the City



„At my age, being outside and moving is not something you take for granted - it's something you make a conscious effort to do. And a good neighborhood makes that effort much easier.“ (Ole, 2026)

Scale 1 : 8.500

- Land Area
- Lynetteholmen Development
- Existing Water Structure
- Existing Surrounding Buildings
- Kept Buildings
- Entrances
- Street Grid
- Green Corridors
- Green Structure
- Bathing Areas
- Active Areas

Maria



2026

Maria



2055



1:57

5G 63



Photos

Movie





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