More than half of the world population is living in cities nowadays. This urbanisation process brings problems and some of them are not solved yet. So do city people experience more stress and are less happy compared to people living in rural areas. The quality of the living environment is crucial to the city. By quality of living environment is meant: 'The degree in which the environment contributes to the well-being of its inhabitants and the degree in which it contributes to a long and happy life'.

During my graduation I gave answer to the key question of my study: "What is the role of an urban designer?". I believed that an urban designer should make the city people more happy. During my graduation project I have sought for a better quality of the living environment in the city. In that way I want people to become more happy.

Research shows that urban green can have a crucial role in improving the living environment in the city. Urban green is therefore the main topic of my graduation project. By urban green is meant: 'Land that consist predominantly of unsealed, permeable, soft surfaces (green areas) and elements of vegetation (green elements), whether or not they are publicly accessible or publicly managed'.

The first part of the graduation project is an overview of the benefits of urban green. This theoretical part is based on a literature study. A distinction is made between environmental/ecological benefits and social/psychological benefits. The focus of the graduation project lays on the social and psychological benefits of urban green. So far urban green potential for stress reduction, aesthetic improvement, child development and social cohesion. All these benefits contribute to a better living environment. Next to that, user's preferences of urban green are submitted from literature. In that way the project can also contribute to individuals.

The second part of the graduation project focuses on the design: an urban regeneration. This practical part is based on the results of the process of research by design. The location is set by two pre-war neighbourhoods in the city of Elinkwijk and Zuilen. Both of the neighbourhoods have a low quality of living environment. This is caused by the large parking problem, the lack of public space, the low density and the lack of urban green.

The third part of the gradua/g415 on project puts the urban design in a wider perspective. The design solutions are linked to benefits of urban green. In that way it is clear for what reason they are introduced. Green elements will reduce stress of inhabitants and the environment will be aesthetically improved. A natural play area gives children the opportunity to develop freely. A network of cycling and walking paths will connect the neighbourhoods to urban green areas outside the city. The design solutions are linked to benefits of urban green. Next to that, user's preferences of urban green are submitted from literature. In that way the project can also contribute to individuals.

The focus of the gradua/g415 on project lays on the social and psychological benefits. The benefits of urban green are a front garden, a tree line, a public garden and a waterway. The focus of the gradua/g415 on project lays on the social and psychological benefits. The high density of Elinkwijk and Zuilen make it difficult to solve these problems. The problems are endless and the space for solutions is small. The difference between the two neighborhoods becomes clear in that way. However an urban design split in steps gives solution. It shows how urban green can improve the living environment in the two neighbourhoods through time. The street profiles will be changed, new parking solutions are put forward and nearby potential areas are used. The design solutions are linked to benefits of urban green. In that way it is clear for what reason they are introduced. Green elements will reduce stress of inhabitants and the environment will be aesthetically improved. A natural play area gives children the opportunity to develop freely. A network of cycling and walking paths will connect the neighbourhoods to urban green areas outside the city. Next to that, it will encourage physical activity and therefore improve physical health. Public gardens will encourage social contact and foster social cohesion. With all these benefits Elinkwijk and Zuilen will be good examples of urban areas with urban green, where people live satisfied and happy.

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