

# international seminar series **LANDSCAPE DESIGN FOR HEALTH AND WELLBEING**

**Corsi di  
 PROGETTAZIONE  
 TECNOLOGICA E DESIGN B  
 Prof.ssa Daniela Ladiana**

**TECNOLOGIE PER  
 LA GESTIONE SOSTENIBILE  
 DELL' AMBIENTE COSTRUITO  
 Proff. Michele Lepore  
 Daniela Ladiana**

**A.A.**  
**2022/23**

The World Health Organisation emphasises the importance of incorporating health-promoting public space planning into urban policies. Through the creation of parks and gardens, sensory, therapeutic and healing gardens, the design of the urban landscape can influence not only health, but also education and economic performance in each context. The importance of outdoor physical activity is reaffirmed by scientific research that has correlated the incidence of certain diseases with distance from green areas. Citizens who have green spaces at their disposal are not only more physically active, they are also less stressed and more socially integrated. In the case of children, greenery improves behaviour and attention.

The seminar series, therefore, introduces the social, economic and environmental benefits and possible design approaches for green spaces for health and well-being in the urban context. Through the urban landscape design reading series and design practice, criteria and methods are presented that can be put into practice to add ecological and salutogenic value to public or community-use green spaces.

#### **Scientific Committee**

Abdelghani Tayyibi  
 École Nationale D'architecture Marrakech  
 Loreta Çapeli, Jonida Meniku  
 Polytechnic University of Tirana - Faculty of  
 Architecture and Urbanism  
 Michele Di Sivo, Giovanni Santi Università di  
 Pisa

#### **Organisational secretariat**

Arch. Mario Rainaldi (Phd. Std.UDA)  
 Arch. Chiara Iacovetti, Dott.ssa Rebecca  
 Albano.

#### **Contacts**

daniela.ladiana@unich.it

**Monday  
 03 October  
 14.00 -16.00**

**Daniela Ladiana, DdA**  
*Introduction to the seminar series*  
*The Man Who Planted Trees - Frédéric Back*

**Tuesday  
 04 October  
 09.00 -12.00**

**Monica Botta, Landscape architect**  
*Scientific studies and wellness in nature*

**Tuesday  
 11 October  
 09.00 -12.00**

**Piergiorgio Baranzini, Agronomist**  
*Sustainable approach to vegetation choices*

**Tuesday  
 18 October  
 09.00 -12.00**

**Monica Botta, Landscape architect**  
*Environmental, economic and social requirements  
 of green areas*

**Monday  
 24 October  
 15.00 -17.00**

**Vilma Recchia, architect Ph.D**  
*The Labyrinth, an architectural archetype*

**Tuesday  
 25 October  
 09.00 -12.00**

**Monica Botta, Landscape architect**  
*Cities and parks towards well-being and sustainability*

**Monday  
 14/21 November  
 14.00 -15.00**

**Silvia Romagnoli, architect**  
*Pills of green*

**Tuesday  
 22 November  
 09.00 -12.00**

**Luca Rogora, Entrepreneur, Green Bricks**  
*Green façades and green roofs*  
**Marco Callerio, engineer, Gruppo CAP**  
*Stormwater management in the urban environment*

**5/6 December  
 14.00 -16.00  
 09.00 -12.00**

**Monica Botta, Daniela Ladiana**  
*Presentation and discussion of student proposals*