

## Health: The Design, Planning and Politics of How and Where We Live

- **Paper / Proposal Title:**

Necessity of open space. Systems of urban superposition and porosity.

- **Format:**

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- **Author(s) Name:**

Luisa Alarcón González

Francisco Montero-Fernández

- **University or Company Affiliation:**

University of Sevilla

- **Abstract (300 words):**

The world population grows progressively in numbers and complexity, both of which generate an increase in the demands of land. This double process produces an important conflict because we have a limited space on our planet. The most elementary growth process, the extensive urbanization, produces great consumption of territory and large pollution problems due to the need to use the car for commuting. In front of this system, the city can grow in height, folding over itself in order to multiply the land, generating intensity and density but the excess density can return to the city unhealthy due to lack of free space. Not only the lack of sun or pure air affects the health of people, but also agoraphobia due to anybody feels instinctively unfortunate beyond certain dimensional limits because by losing the ability to associate with the surrounding surface. Both systems of growth have been explored throughout nineteenth

and twentieth centuries, producing in many cases unsustainable places of low habitability.

Nowadays, we have the need to generate density and friendly urban spaces, in better healthy conditions, exploring concepts such as urban superposition and porosity not developed yet. The city needs small green-hollows to assist in breathing, free spaces where people can feel good. Traditionally, they have been conceived as big islands associated with free time, which respond to normative parameters, without analyzing their link with urban life. Images like the section of Golden Lane of Alison and Peter Smithson, which show us free spaces in height each two floors, suggests the possibility to change the city, building small green-hollows to different levels, an environmental improvement that is able to multiply the urban green surface and create a connection between citizen and free space, which directly affects the physical and mental health of citizens, and therefore of the city.

• **Author(s) Biography (200 words each):**

MONTERO-FERNANDEZ, Francisco. Professor of Architectural Projects since 1997. E.T.S.A. University of Sevilla. Architect since 1987 and Doctor of Architecture since 1995. Scholarship holder at the Spanish Academy in Rome in 1992-93. Lecturer of Analysis of Architectural Forms between 1987 and 1995. E.T.S.A. University of Sevilla. Lecturer of Architectural Projects between 1995 and 1997. E.T.S.A. University of Sevilla. He has taught doctorate and master since 1995, in the doctorate programs of the Institute of Architecture and Construction Sciences (1996-2000), in the Department of Architectural Projects (2000-2012) and coordinates the research line "Housing and Habitat Contemporary" in the current PhD program of the ETS Architecture of Seville. He also participates in the Master of Architecture and Historical Heritage and in the largest of Urbanism, Planning and Urban Design. He belongs to the Editorial Board of the Journals, Proyecto, Progreso y Arquitectura of the University of Seville and Boletín de Arte of the University of Málaga.

ALARCÓN GONZÁLEZ, Luisa. Lecturer of Architectural Projects since 2009. E.T.S.A. University of Sevilla. Architect since 1992 and doctor architect since 2015.