Cities inviting for a healthy lifestyle

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Problem:
For the past 50 years we have done almost everything to make it difficult, unpleasant and dangerous to walk or bicycle in our cities.
20th Century:
Two dominating planning paradigms
(It got really bad from 1960)

Modernism
A complete new way of building Cities

Car-invasion
A completely new way of organising transport
Before Modernism: Focus on Spaces
1960 - "Modernism" becomes dominating paradigm for Planning
Modernism: Focus on Objects
The result being:
A good bye to concern for People
The result being:

A good bye to Human Scale
- in the same period the ‘Car Invasion’ took over city spaces worldwide and the People were chased out
1905 Copenhagen 1960
The Car is King
Main idea behind all our suburbs:
Car driving (and cheap gasoline)
5 Km/hour  Architecture  60 Km/hour

Motorism: Another good by to Human Scale
What was known about quality for people by 1960? Virtually nothing
Short story of my life

Graduated as Architect

The all time low point of City planning
After 50 years of research we now know how to make fine Cities for Peoples well being
First we shape the cities - then they shape us
Inviting spaces –and repelling spaces

-but 10 times more activity in the square which is cared for
Inviting routes – and repelling routes
By 2022:
A distinct change of Paradigm

WANTED:
- Lively, Liveable City
- Sustainable City
- Good City to be old in
- Healthy City - inviting for healthy lifestyles
The Human Dimension
Give People room to walk and to meet

People have always been City attraction No. 1
Lively cities are loved cities

Just look at the Architects Perspective Drawings
The more we walk, cycle and use public transport the better.
Increasing number of elderly people

Already 20-25% elderly people in our cities
“The Sitting Syndrome” makes it essential that we move more - and SIT less
Shopping in Miami—For our valued customers
Sign on Men´s Toilet:, Atlanta, Georgia

Always park in the far end of the parking lot -and walk the rest of the way

” – introduce transport policies that promote active and safe methods of travelling such as walking or cycling.”
WANTED:

- Lively, Liveable City
- Sustainable City
- A good city to be old in
- Healthy City

Looking carefully after people in city planning will efficiently address all 4 issues
If we want to see more walking and bicycling in our cities, we must invite very carefully – it should be a very convenient element in daily life – the simplest thing to do.
We must take Walkability and Bicability seriously
Respect peoples choice of comfortable routes

Make it easy and straightforward
Will there be cities saying:

In this City everything will be done to invite people to walk and bicycle as much as possible in the course of their daily doings”

Cities all over the World are doing this now
Copenhagen, Denmark (1,5 Mio) 1962 – 2020:
From traffic place to People Place

58 years of people-first policies!
Strøget (main street)
pedestrianized 1962

Before

After
What you count, you care for.

Copenhagen: First city in the World to have the Life in the City Documented (1967). This have been followed up ever since

City and University working closely together 1967-2006
Car free public spaces in central Copenhagen
City of Copenhagen

- Livability
- Sustainability
- Health
- Social Inclusion
- Democracy

Strategy 2009
“Best City in the World for People”
Bicycling in Copenhagen - on a citywide network of good bicycle lanes
Providing a citywide, alternative, transportation system
Bicycles in the city trains – for free
City of Copenhagen

- Livability
- Sustainability
- Health
- Economy

New Strategy 2011

“Best City in the World for Bicycling”
Shortcuts for bicycles everywhere
An impressive culture of using bicycles has gradually evolved.

2018: 49% use bicycle for commuting (2009: 38%)
Lesson from Copenhagen: You get what you invite for!

Given good invitations you will have more walking, more public life and more bicycling.
In conclusion:

PEOPLE CITIES
Will be a very good policy for achieving
CITIES INVITING
FOR A HEALTHY LIFESTYLE

* It's the simplest and cheapest you can do
* It creates better cities for everyone
* It is for cities in ALL PARTS of the World
* And you can start tomorrow
Come see for yourself:

UIA World Congress of Architects
"Sustainable Futures - Leave no one behind"

Copenhagen, Denmark
2-6 July 2023
So this is what you mean by HELL!
Walking as an obstacle course? Oh no!
Inviting facades – and repelling facades

Make nice facades to walk by – and to stay by!
Respect peoples choice of comfortable routes

Make it easy and straightforward
The easy and obvious way – and the other one!!

Generally people love to save energy – their own!
The easy and obvious way – and the other one!!

1 m² NEXT TO THE ENTRANCE OF THE HOUSE IS INVARiABLY MORE USEFUL THAN 10 m² AROUND THE CORNER
Why make it so difficult for people to do what they want?
Why make life complicated - where you do not need to!
The closer you live to the ground – the more you use the common areas.
The two lover floors in multi story housing areas, generate 50% of all activities in the areas!