

# UIA , Day of Architecture 2022 : 3 Oct. 2022



## Cities inviting for a healthy lifestyle

Jan Gehl, Professor, Dr.hc, Arch. FRIBA, FAIA

## 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



# 20<sup>th</sup> 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



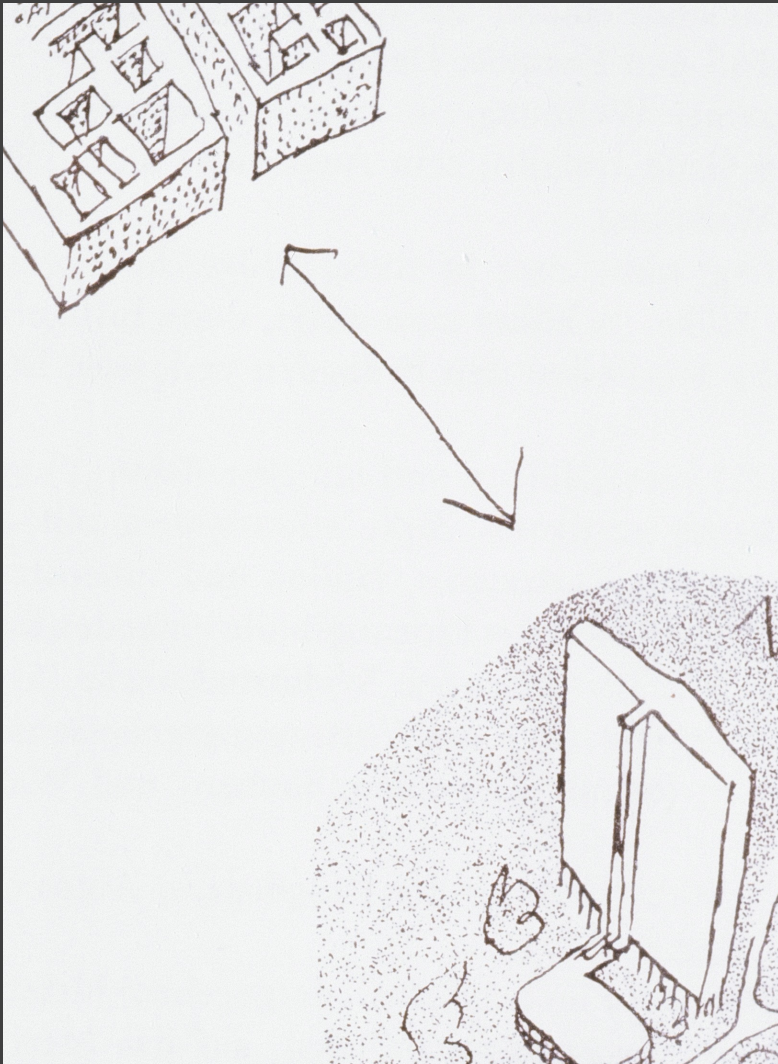


**Before Modernism: Focus on Spaces**



# 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?**

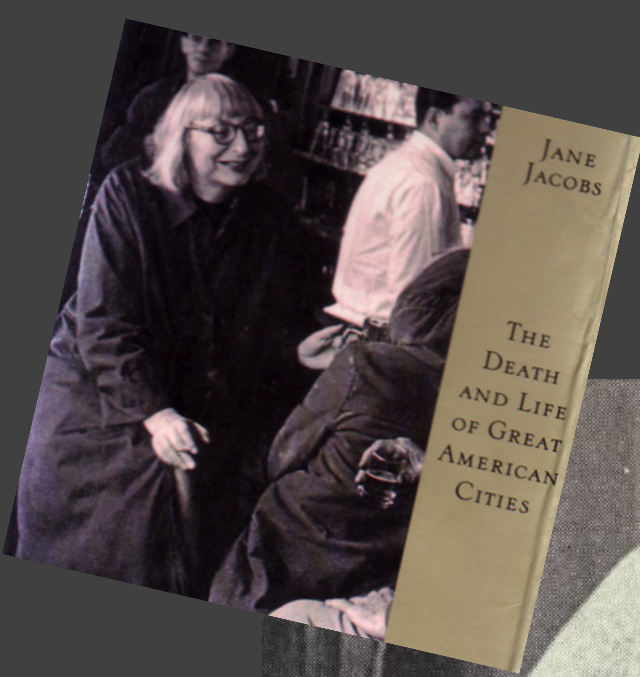
**Virtually nothing**



**Short story of my life**

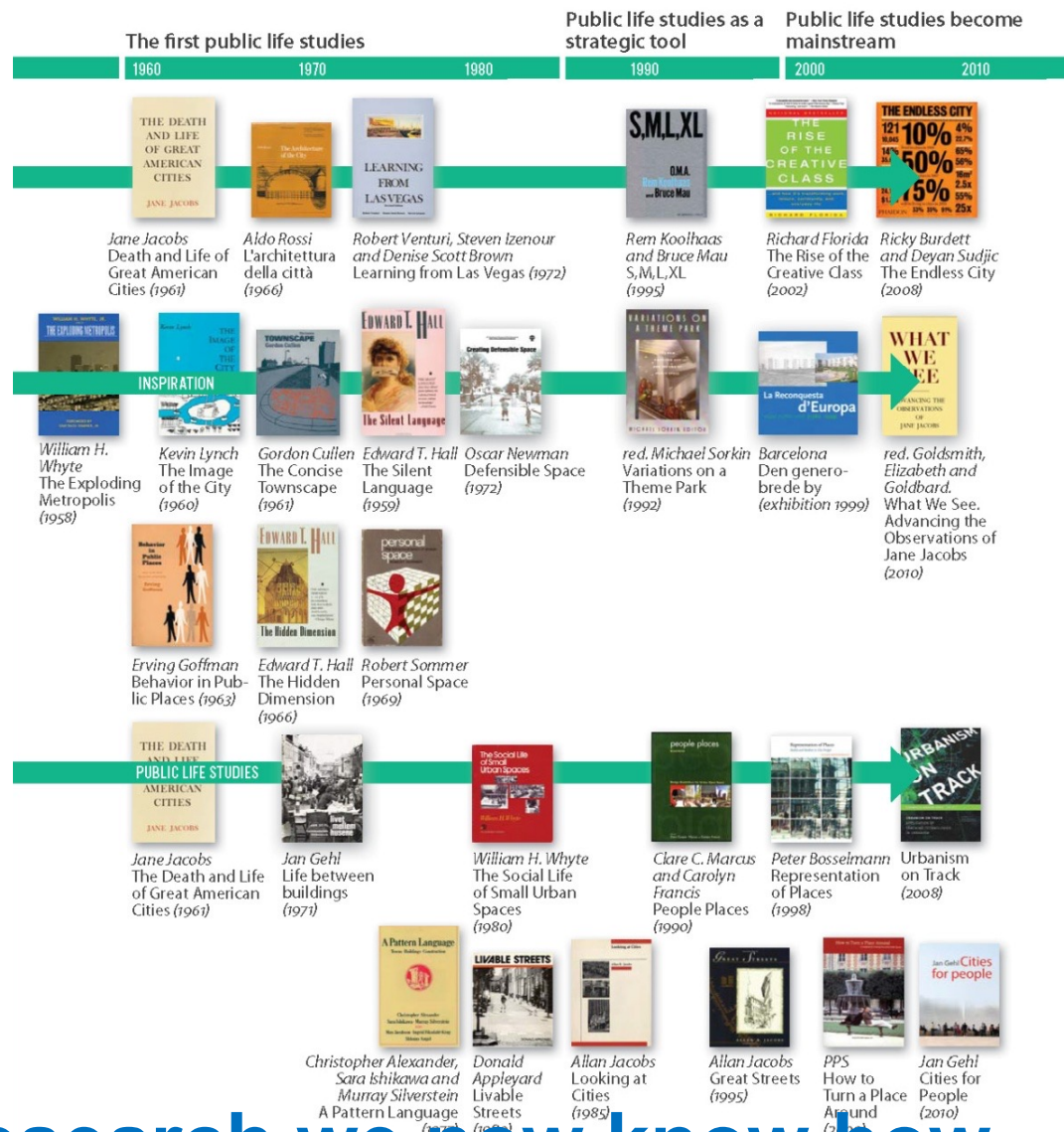
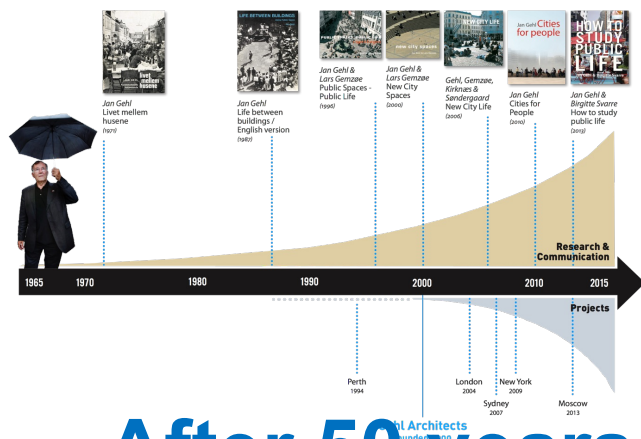
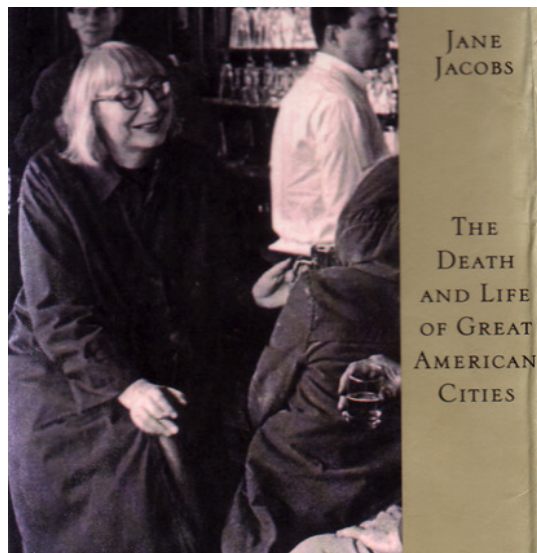
**1960**

**Graduated as Architect**



**The all time low point of City planning**





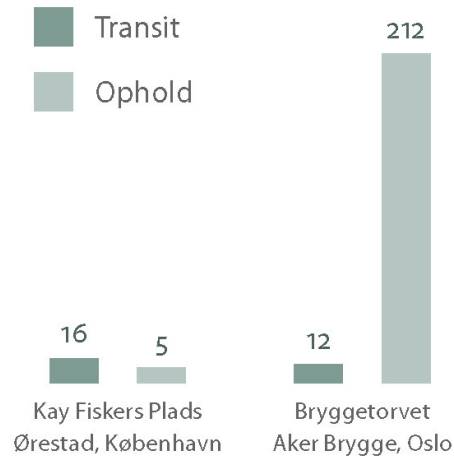
After 50 years of research we now know how to make fine Cities for Peoples well being



**First we shape the cities  
-then they shape us**



# Inviting spaces –and repelling spaces



Søjlediagrammet viser det gennemsnitlige antal personer, der på sommerkene mellem kl. 12 og 16 går og opholder sig på to nybyggede torve i henholdsvis København (Kay Fiskers Plads, Ørestad) og Oslo (Bryggetorget, Aker Brygge).

Der er flest gående i København, men et meget højere aktivitetsniveau i Oslo. I København er der stort set kun mulighed for at gå. Alle besøg klares på mindre end et minut. I Oslo er aktivitetsniveauet på typiske sommerkene 10 gange højere, da der foruden gåtrafik inviteres til ophold på torvet.<sup>7</sup>



**-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



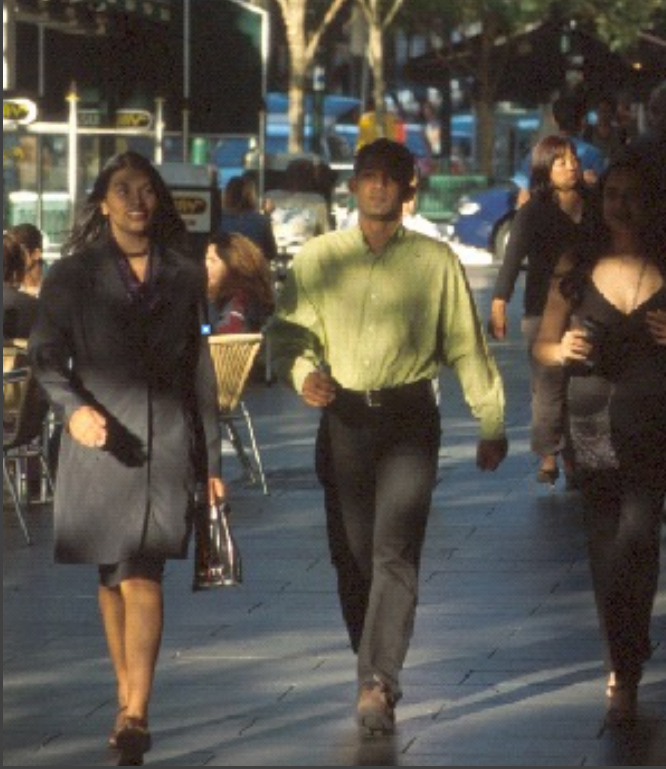
**Lively cities-are loved cities**



**Just look at the Architects Perspective Drawings**



# Sustainable City



**The more we walk, cycle and use public transport the better.**



# Increasing number of elderly people



**Already 20-25% elderly people in our cities**



# Cities inviting for a Healthy Lifestyle




**“The Sitting Syndrome” makes it essential that we move more - and SIT less**





**Shopping in Miami—For our valued customers**





## EVERYDAY EXERCISE

With today's hectic pace, it's hard to make time for regular exercise. Exercise helps reduce jet lag and stress.

*"We make decisions about our health every day."*

Follow these suggestions to help keep healthy and fit:

- Take the stairs instead of the elevator or escalator.
- Park your car at the far end of the lot and walk.
- Do isometric exercises in your chair at work or while you travel.
- Do stretching exercises while standing, sitting or lying.
- Take walking tours around your neighborhood, business area and cities that you visit while traveling.

**7 DAYS**  
A series of seven posters of the public health message  
© 1987 H&M CAPITAL, WASHINGTON, DC



**Sign on Men's Toilet: Atlanta, Georgia**  
**Always park in the far end of the parking lot**  
**-and walk the rest of the way**

# **WHO**

## **(World Health Organization)**

### **Global Action Plan**

#### **2008**

**” – introduce transport policies that promote active and safe methods of travelling such as walking or cykling-  
”**





## 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 dailyday 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 day doings”**

**Cities all over the World are doing this now**

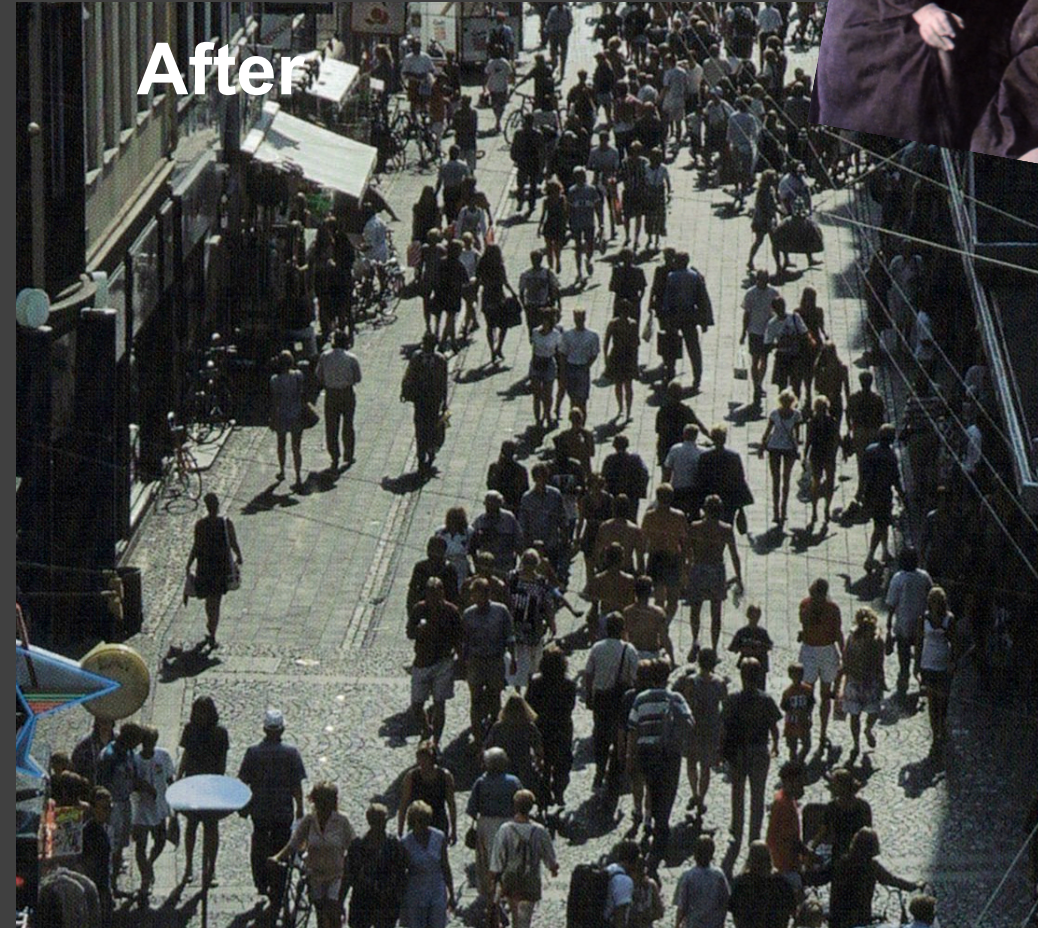
Copenhagen, Denmark (1,5 Mio) 1962 – 2020:  
**From traffic place to People Place**



**58 years of people-first policies!**



# Strøget (main street) pedestrianized 1962





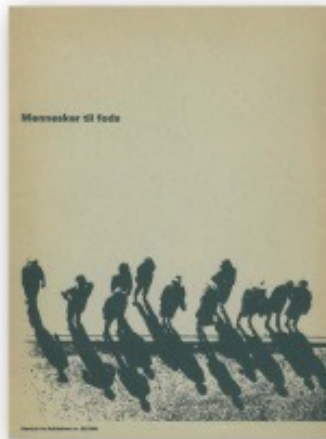




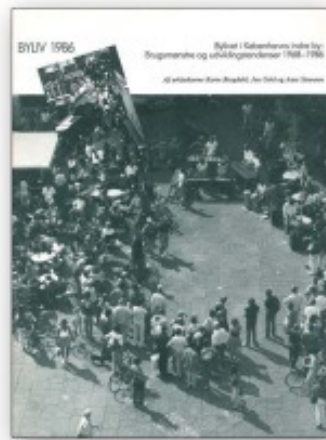


**What you count, you care for.**  
**Copenhagen: First city in the World to have the Life in the City Documented (1967). This have been followed up ever since**

**City and University working closely together 1967-2006**



**1967**



**1986**



*Public Spaces Public Life 1996  
bogudgivelse, Arkitektens  
Forlag og Kunsthøgskolens  
Arkitektskole*

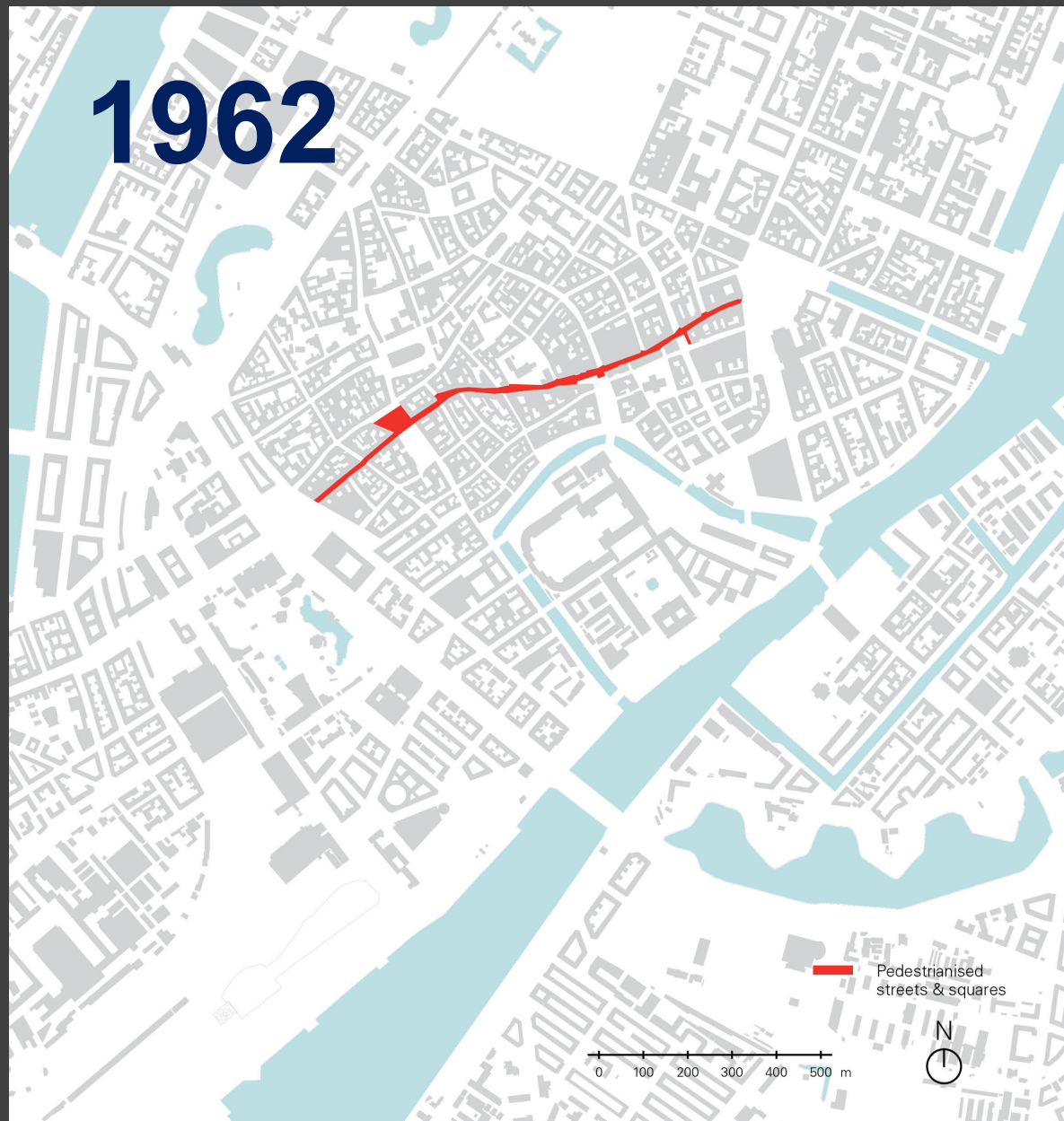
**1996**



*Det nye byliv 2006  
bogudgivelse, Arkitektens Forlag*

**2006**

1962



2021



**Car free public spaces in central Copenhagen**

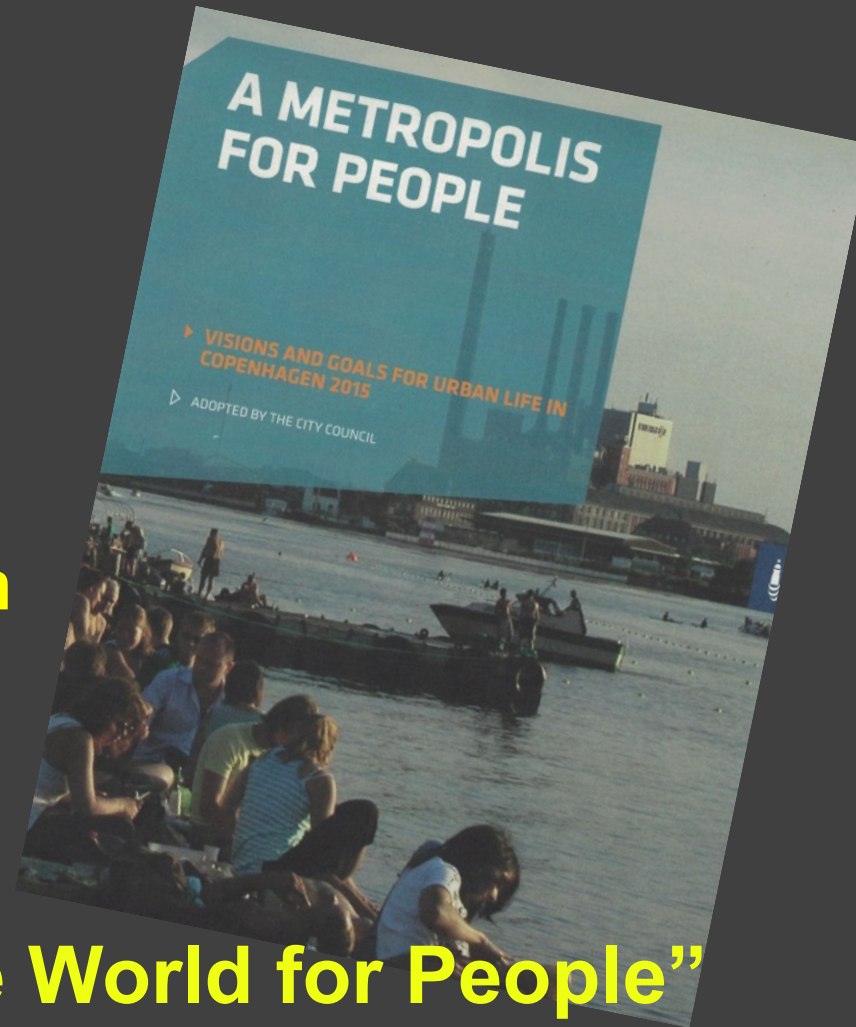


## City of Copenhagen

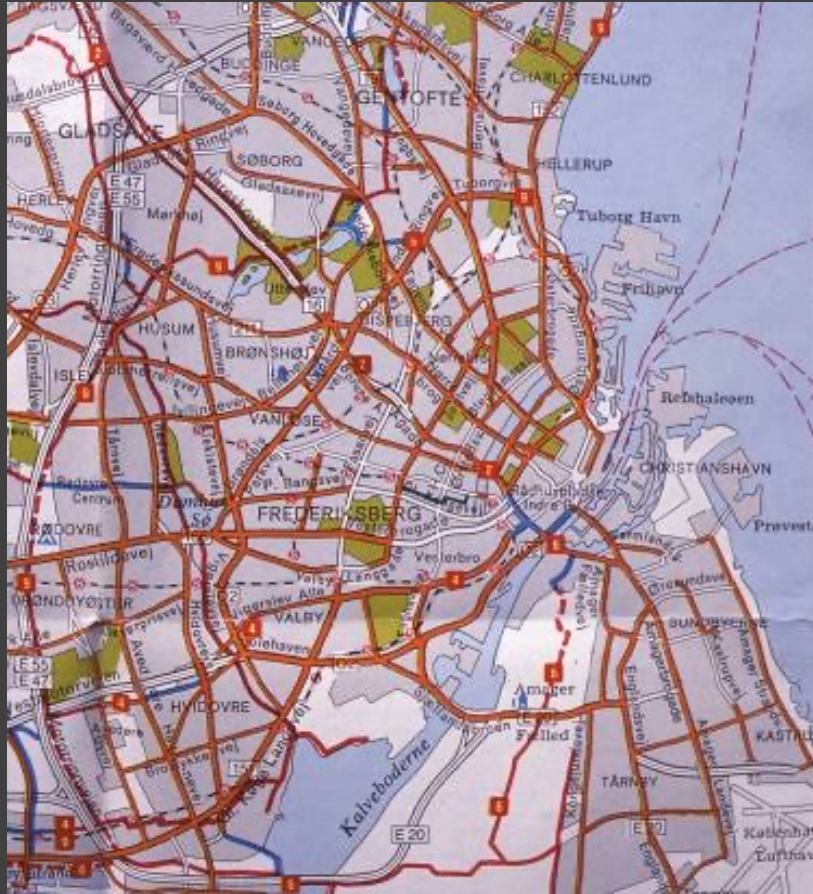
- **Livability**
- **Sustainability**
- **Health**
- **Social Inclusion**
- **Democracy**

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”**

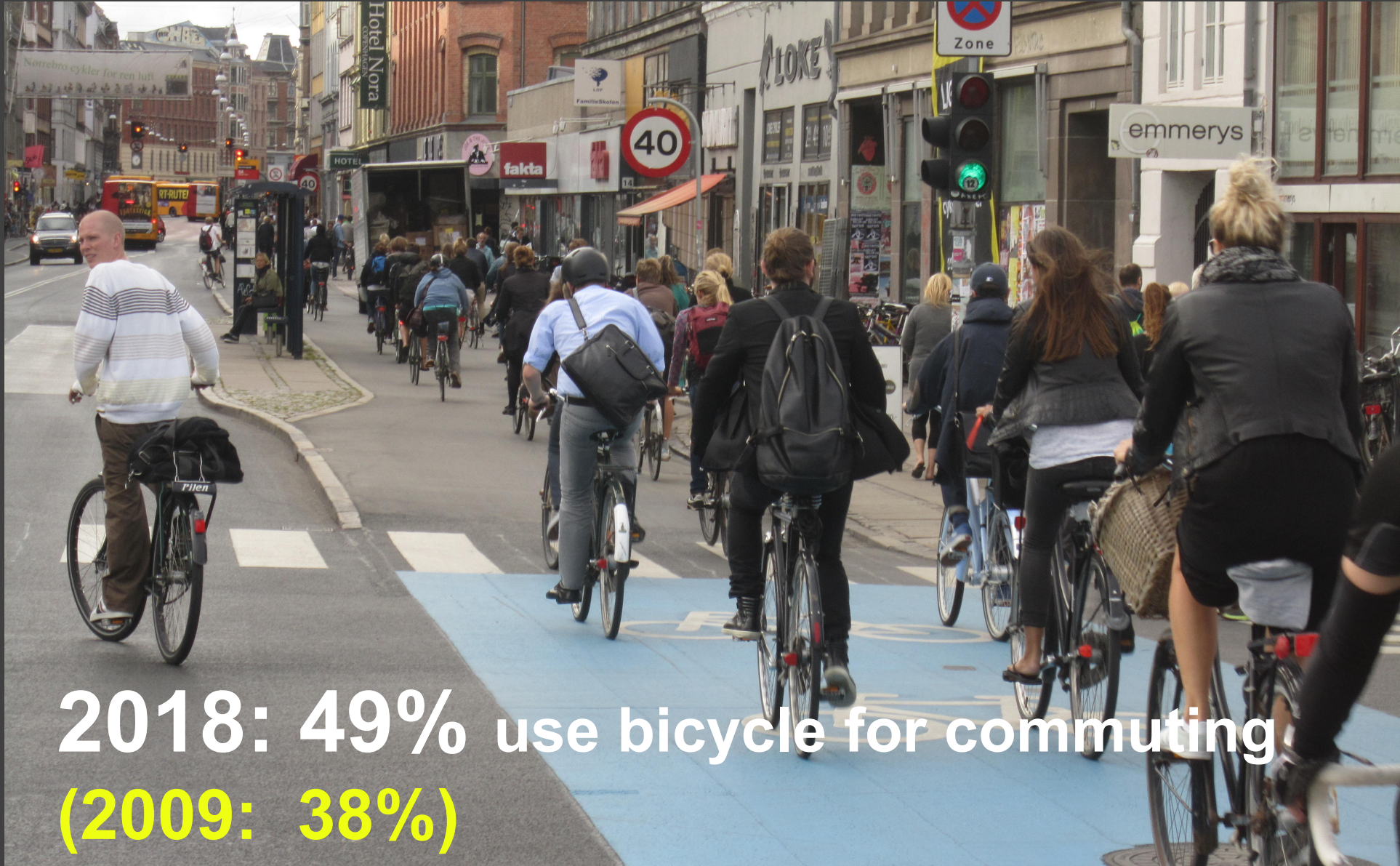




**Shortcuts for bicycles everywhere**



# 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**

- \*Its 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**











*"Oh, no! You mean this is it?"*

**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 m<sup>2</sup> NEXT TO  
THE ENTRANCE OF  
THE HOUSE IS  
INVARIABLY MORE  
USEFUL THAN  
10 m<sup>2</sup> AROUND THE CORNER**





# Why make it so difficult for people to do what they want?



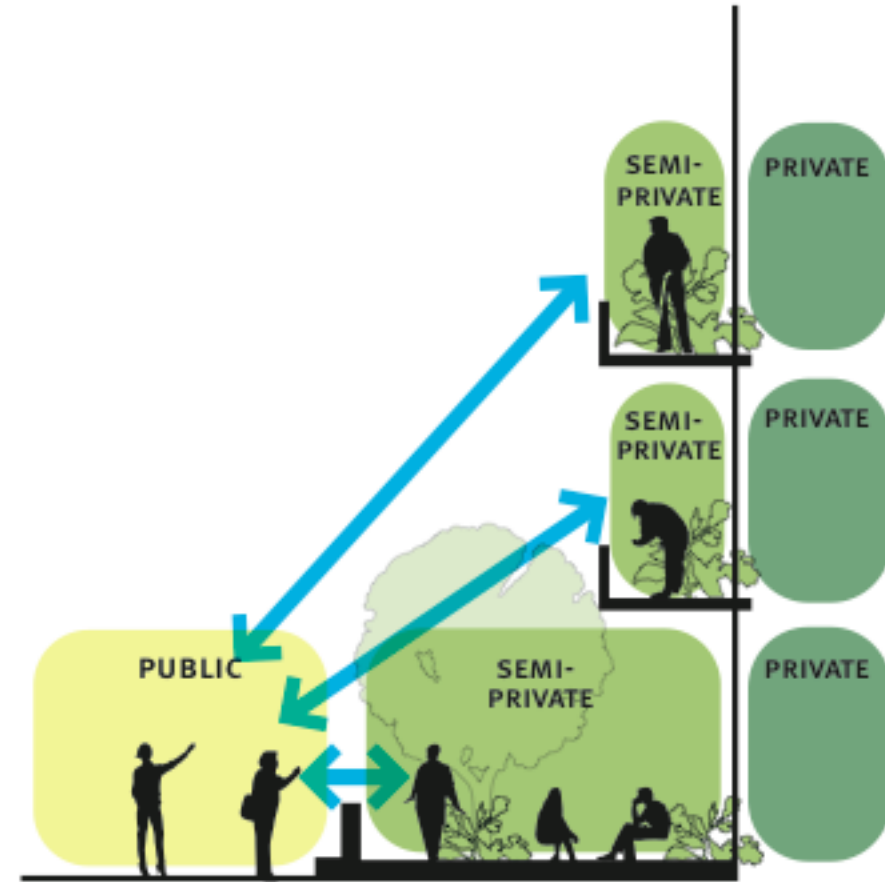
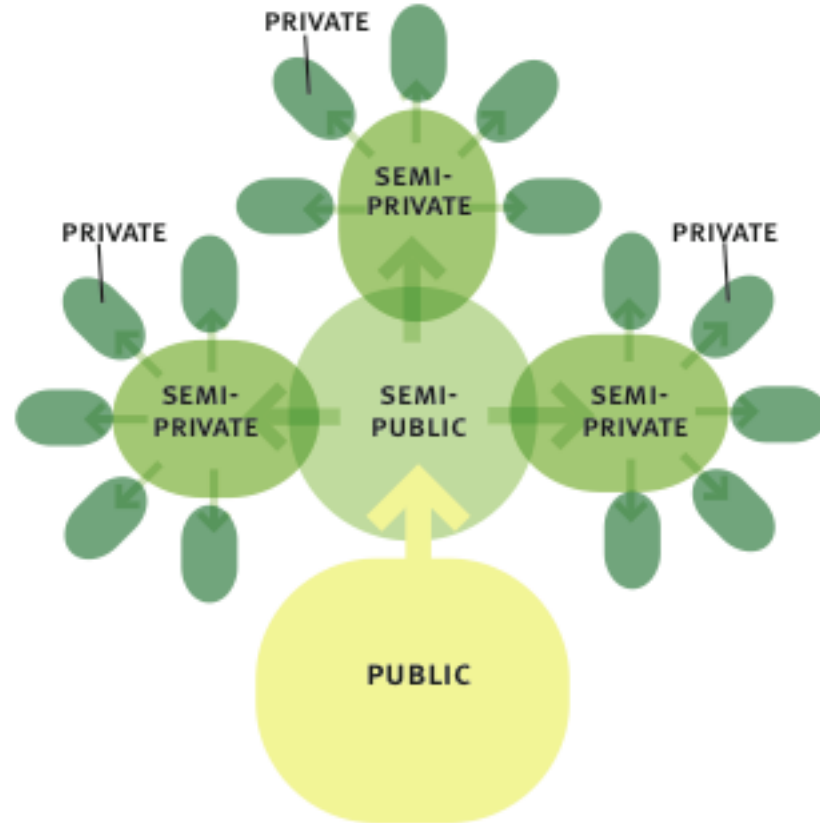
**Why make life complicated -where you do´nt need to!**





**The closer you live to the ground –the more you use the comon areas**





**The two lower floors in multi story housing areas ,  
generate 50 % of all activities in the areas!**