

Welcome to

Session 8:

Great parks and green spaces: Creating Healthy and Liveable Cities





Healthy Parks Healthy People
Creating Cities for ALL People
IUCN World Parks Congress

Gil (Guillermo) Penalosa, Executive Director, 8-80 Cities
Sydney, Australia November 15th, 2014

WHAT IF



Connected People with Nature



Everyone welcome



Everyone felt
welcome

Totally free = 0 Cost





Sense of Belonging

Help solve obesity





Improve concentration and reduce stress



Reduced Health Care Costs



Injection \$ into Local Economy

BRYANT PARK YOGA

with lululemon  athletica

FREE CLASSES

TUESDAYS

10:00am - 11:00am

May 6th through August 13th

Upper Terrace (children welcome)

THURSDAYS

8:00pm - 9:00pm

May 9th through August 12th

Southwest corner of the Lawn

Classes are weather permitting.
In case of rain,
please call 212.768.4242.

BRYANT PARK

— CORPORATION —

PRESENTS

Introducing a new way to enjoy the summer

TUESDAYS

Classical music ensembles

WEDNESDAYS

Singer-songwriters and jazz

THURSDAYS

Jazz, barbershop, piano, and more

at 5



www.bryantpark.org

Bryant Park Knits

FREE Beginner Knitting Classes

sponsored by KNIT NEW YORK

Mondays 2:00pm - 3:00pm

from 10th through October 10th

Meet upstairs the Bryant Park Grill
Yarn and needles provided

Please call 212.768.4242

to learn more and

register. Space is limited.

Events subject to weather and

classroom availability.



www.bryantpark.org

Bryant Park ping pong

Free

Equipment & rules available
Daily on the southwest corner
of the lawn

For more information
visit us online at
www.bryantpark.org
or call 212.768.4242

Open 10:00am - 6:00pm
Daily on the southwest corner
of the lawn

For more information
visit us online at
www.bryantpark.org
or call 212.768.4242



Well managed improves safety



Sustainable Happiness

Parks

HEALTHY PARKS

HEALTHY PEOPLE

Parks :

More than

Fun & Games

Parks :

Are they

important?



“Go do some
fundraising”







Action 4
NEWS 3

10:18



Let's save
Vehicles this
Spring



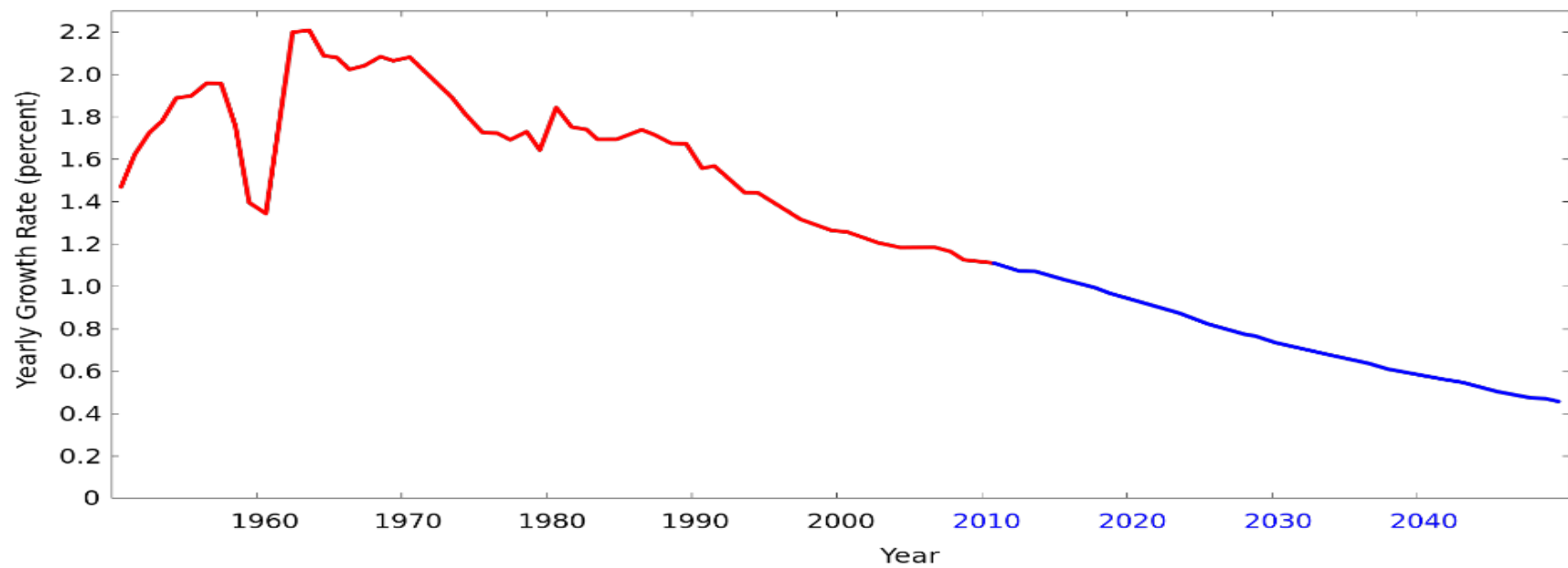


HEALTHY PARKS

HEALTHY PEOPLE

URGENCY





WORLD POPULATION

1830

1 BILLION

2014

7 BILLION

2050

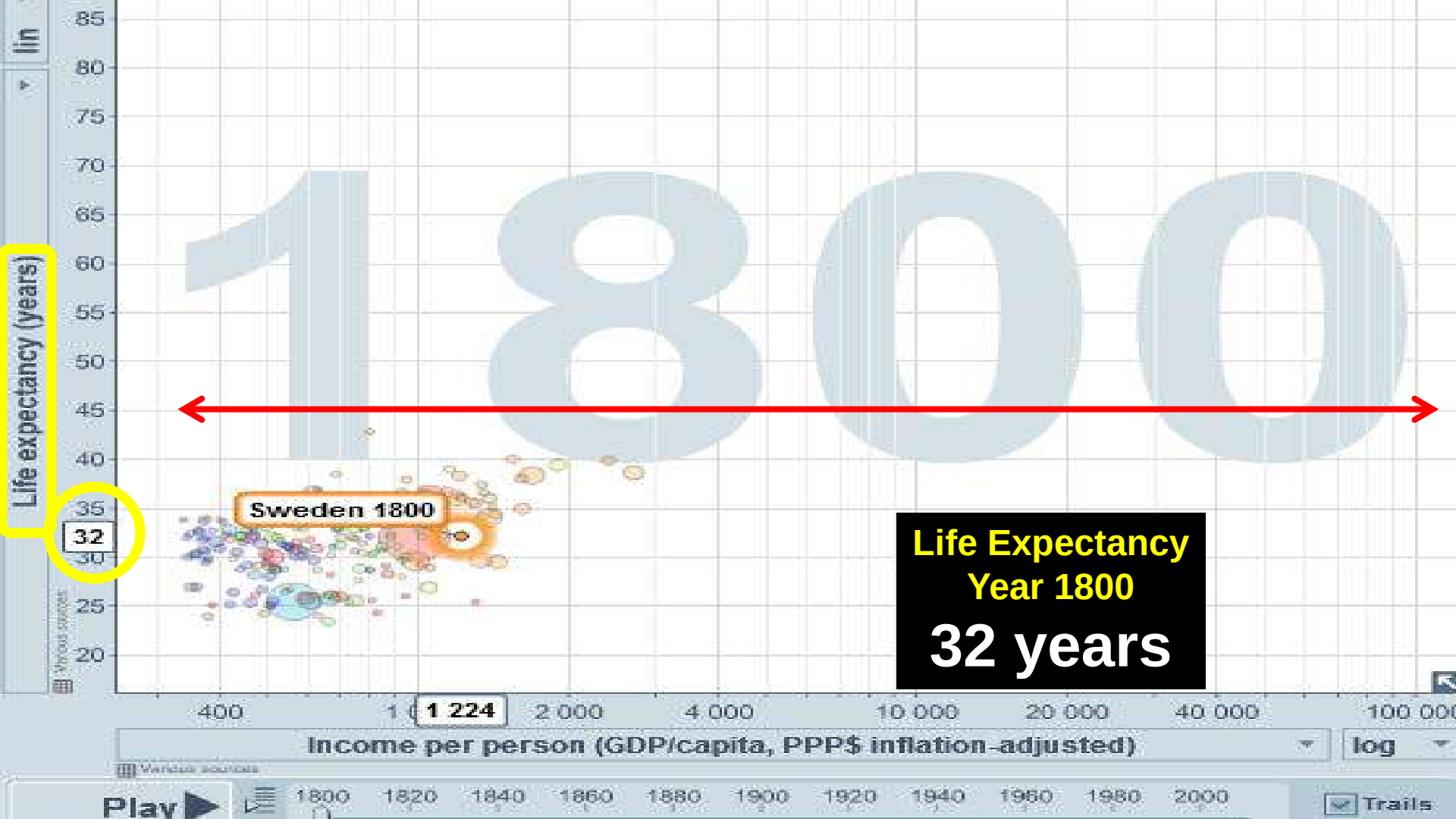
9.5 BILLION

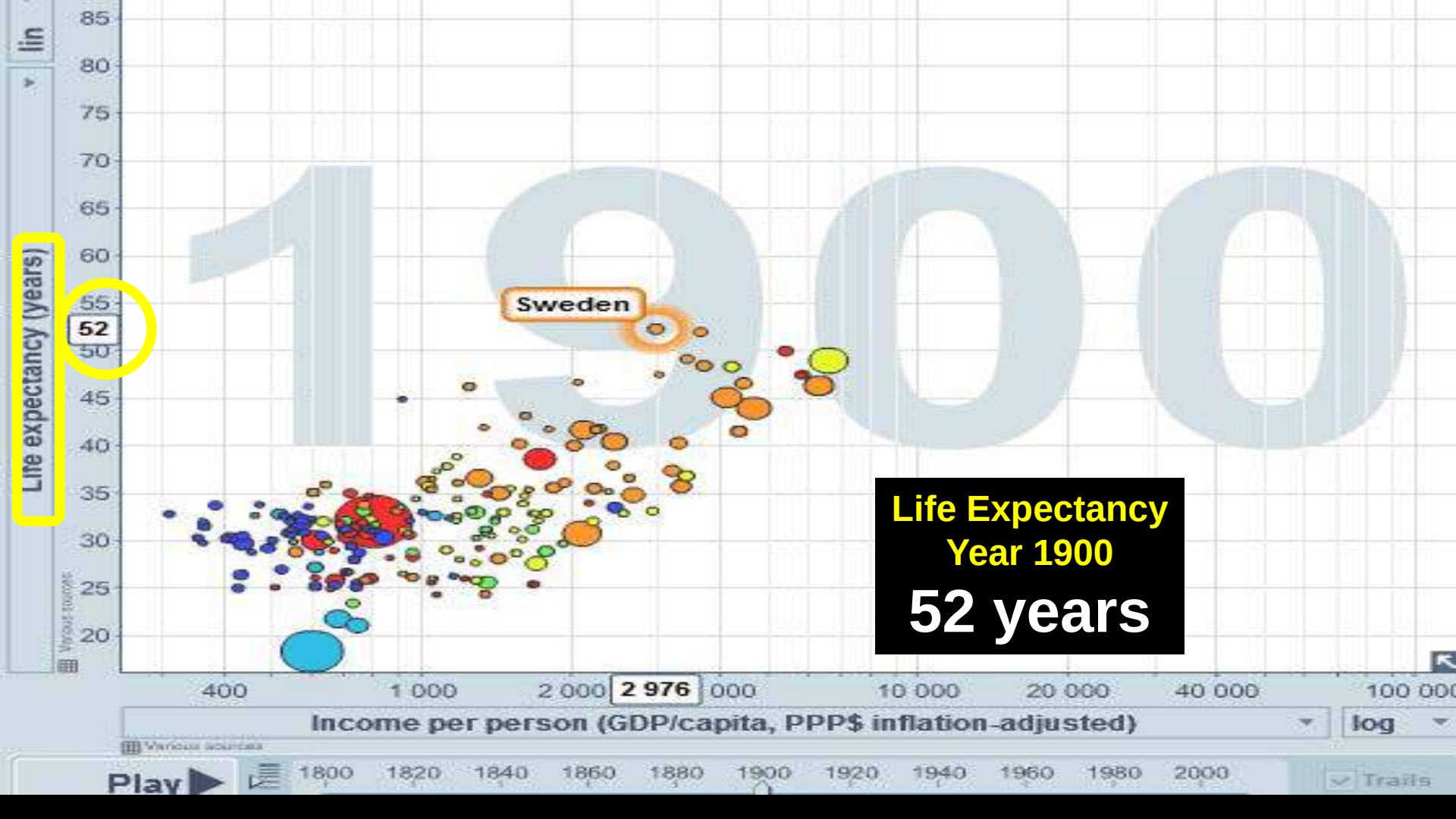
Population :

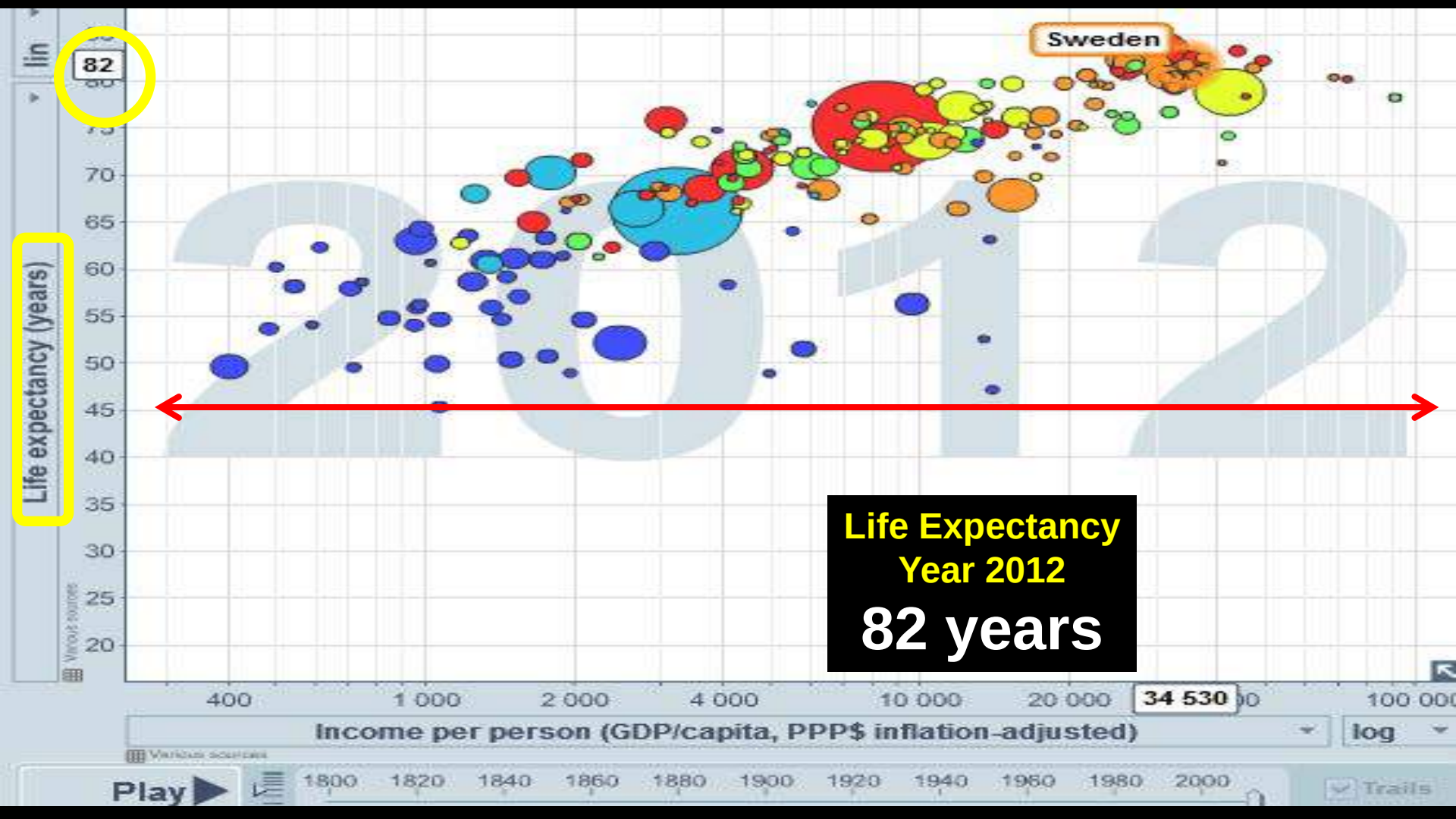
Living Longer

Living in Cities



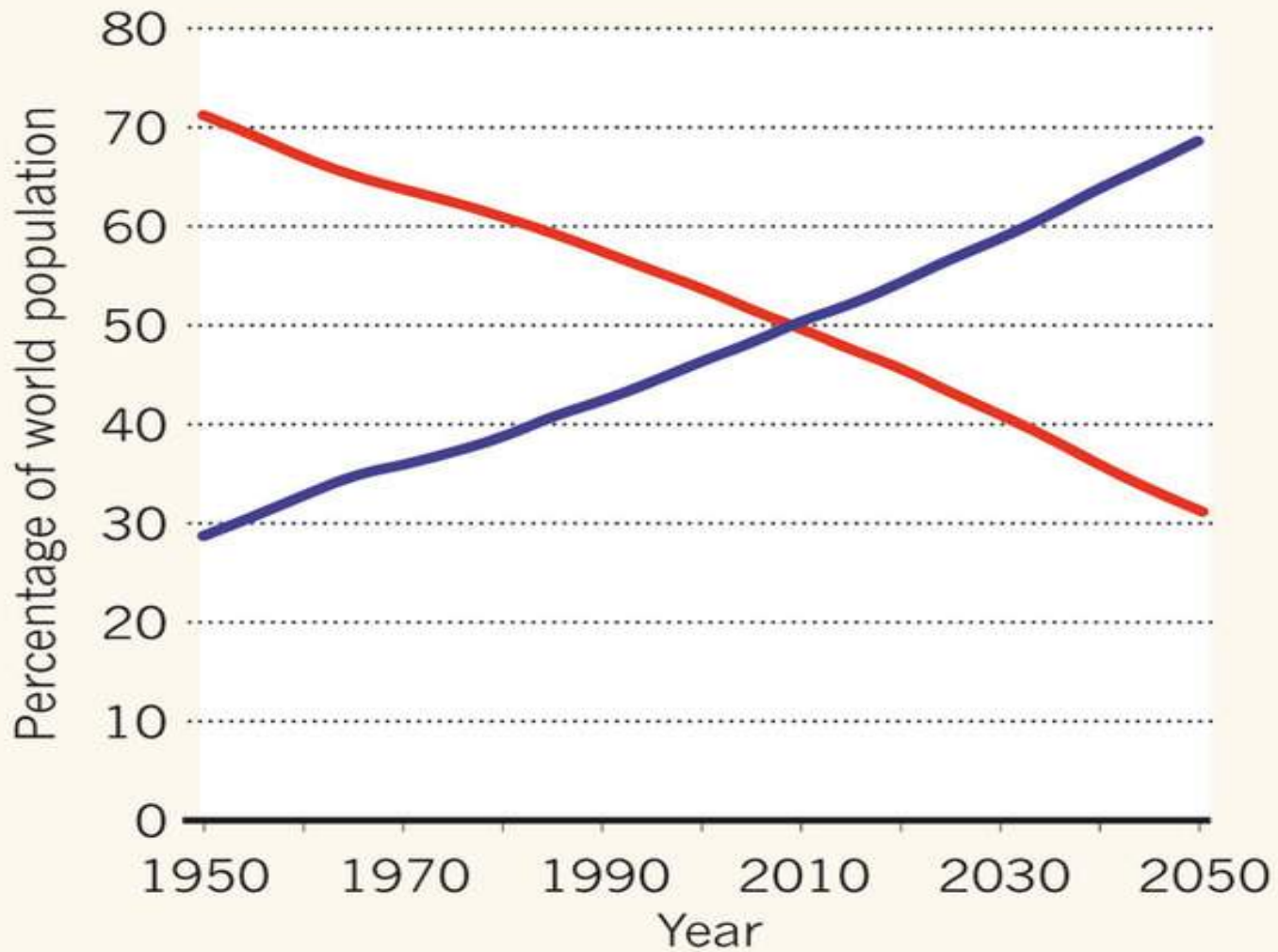






Urban Pop.

Rural Pop.



World URBAN Population

1900

200 MILLION

20%

2014

3.5 BILLION

50%

2100

7.6 BILLION

80%

















2005

600 MILLION

2014

1 BILLION

2050

3 BILLION



2 BILLION +



CHANGES



















A few years ago...
The meat packing
industry

6 lanes of cars,
3 each direction









Streets :

15 – 25% CITIES

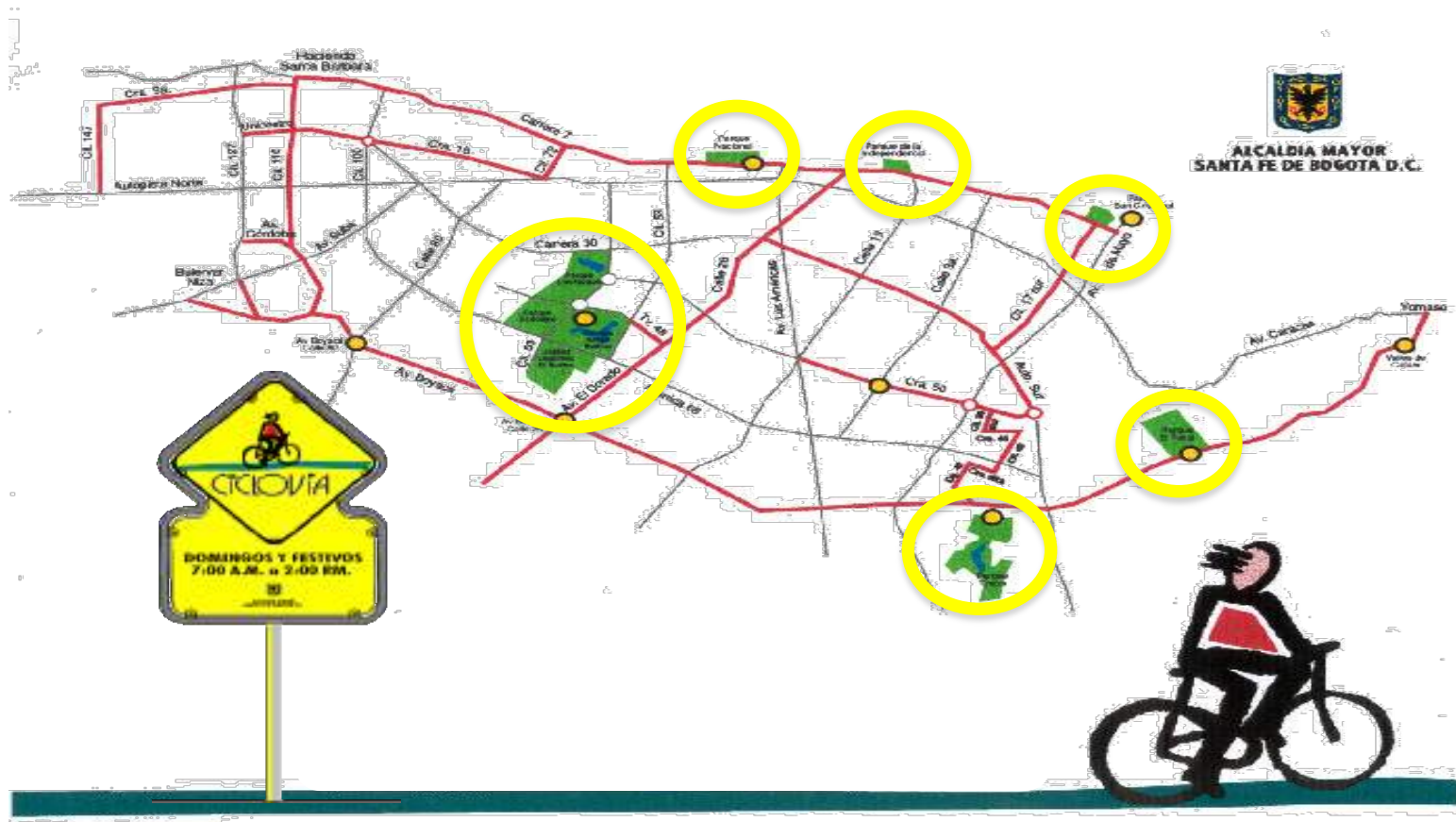
Streets :

75 – 90% PUBLIC SPACES









Participation:

Young & Old

Men & Women

Rich & Poor

ALL!

Every Sunday

**1.3 million
People**



















Times Square
after





NYC
GO
COM

EARNES

GENER

IRIS



Joshua David, Robert Hammond
Friends of High Line Park

NYC Planning
Commissioner
**Amanda
Burden**







HIGH LINE



HIGH LINE ACCESS POINTS







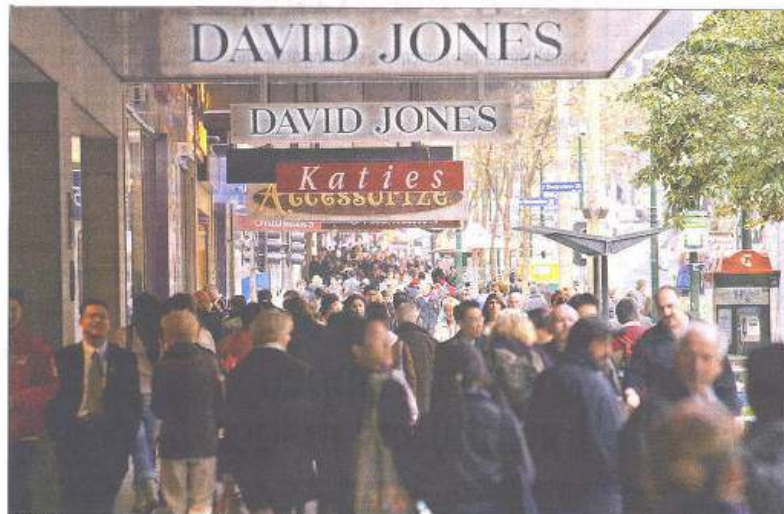


MELBOURNE
NOW

The World's Most Liveable City



The most liveable city has more life and more living there



Central Melbourne now has more workers and apartment dwellers, and there is a renaissance in shops and bars.

PICTURE: NICK DAVIN

Our revived urban heart has new beat

By **ROYCE MILLAR**
and **MARTIN BOULTON**

MELBOURNE'S heart is revived and pumping, with new figures painting a picture of a city reasserting itself as a residential, shopping and social mecca.

Twenty years after planners warned that the CBD was in terminal decline, Melbourne City Council's latest land-use and floorspace census shows that new apartments, shops, bars and jobs are underpinning a renaissance.

The census, compiled every two years, tracks the use of land and buildings across the Melbourne municipality and CBD. The 2004 census, released today, reports that there are 12,693 apartments in the CBD, up from just 375 in 1992.

The CBD includes the Hoddle grid plus the area north to Victoria Parade and south to the

Yarra River. It does not include Docklands or Southbank.

There are now more city workers than ever before, but full-time and male employment is declining. Increasingly city workers are female and part-time, casual or contracting.

After the economic slump of the early to mid-1990s, the city is growing. Total city floorspace has expanded by about 70 per cent in the 20 years to 2004.

Lord Mayor John So welcomed the findings and said he was especially pleased by figures showing that more than 4000 jobs had been added since the last census in 2002.

"Melbourne has been undergoing a phenomenal change. We may not even notice it here all the time, but people who visit us regularly (from overseas) are amazed at the development and the changes," he said.

Retail growth continues with

the QV, former GPO and Melbourne Central redevelopments, but the census shows the retail construction boom is more of a regeneration, returning the city's shopping floorspace to late-1990s levels.

Notable is the shift in the type of retail activity: department stores are losing space — Daimaru's closure had a big impact — as are postal services and banks. But bars and pubs, cafes and restaurants are flourishing. Supermarkets, grocery stores, sports facilities and specialised food shops are also on the increase.

Office vacancies have risen since 2002 following a flurry of commercial construction but are a long way short of the recession days of the early '90s.

And the city's bomb sites have reduced, with key sites including the former Southern Cross and Queen Victoria

Hospital sites now spoken for. Long-time CBD watcher Bill McHarg, chairman of Colliers International (Victoria), said the CBD rejuvenation was due in part to its increasing popularity as a residential destination.

"The city has a marketing plan, a vision and a dynamic city council. It's a more interesting city than it was 15 years ago and its evolving in front of us," he said.

But not everyone is swept up in the excitement. David Zeiner's father opened the Job Warehouse fabric store at the top end of Bourke Street more than 50 years ago. Little has changed since.

He said business is now quieter than 20 to 30 years ago and depends on long-time regular customers. "This part of the city has more restaurants and cafes than retail shops now," he said.

A CITY REVISITED

JOBS BY INDUSTRY



SPACE USERS PROPORTION OF OVERALL RETAIL



1992 2000 2004

RESIDENTIAL



OFFICE VACANCIES (sq m)



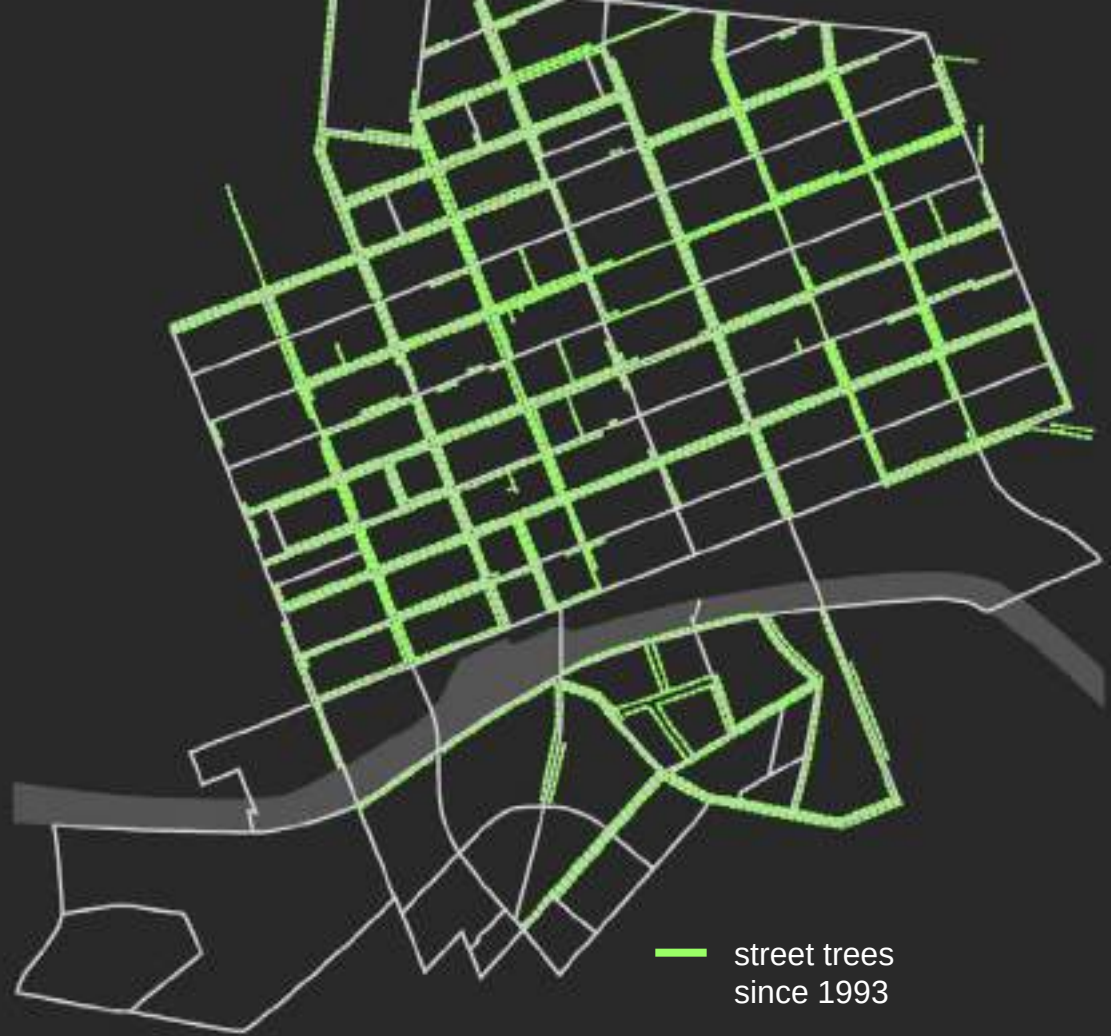
CBD EMPLOYMENT



BAR & PUBS BY CAPACITY



More street trees





2005











1983

• = 5 dwellings

GEHL ARCHITECTS
URBAN QUALITY CONSULTANTS



1992



= 5 dwellings

GEHL ARCHITECTS
URBAN QUALITY CONSULTANTS



2002

• = 5 dwellings

GEHL ARCHITECTS
URBAN QUALITY CONSULTANTS



Azcapotzalco Refinery area in 1945



Site prior to the Site prior to the commencement of works. 2005





Desert

Restaurant + Expositions

Oak Forest

Tropical Evergreen Forest

Mesophyll Montane Forest

Chinampa

Orchidarium

Temperate Wetland













parque
Bicentenario

SEMARNAT



SECRETARÍA DE
MEDIO AMBIENTE Y
RECURSOS NATURALES



Grant Park, Chicago, USA



Seoul, South Korea



Parque 93
Bogota, Colombia



Berlin, Germany



Puerta del Sol, Madrid,
Spain



Tahrir Square in Cairo, Egypt



Shanghai's



Zuccotti Park, NYC – USA (Occupy Wall St)



Parks

Renaissance







Not about the future...

Let's educate children very well...

they'll go home and
educate their parents



PUENTE EXCLUSIVO PARA BICICLETAS

Ana
Baquero
13 years old

ESCUELA SECUNDARIA
4-5

Hue

Low buildings,
street level activity

More people
in bicycles

Few
cars

Cars

Buses

Many
people
walking

Edgar
Villarreal
13 years
old

Bicyclists

Public parks

Pedestrians

How we get to parks?

WE WALK

장안보살
10-3384-3414
11-791-8508







Sharjah, UAE







WALKING

Pedestrians MUST be the priority

보행자가 최우선이 되어야 합니다

Peatones deben ser la prioridad

























Calle Madero,
Ciudad de México









5 MILLION

INJURIES

270,000

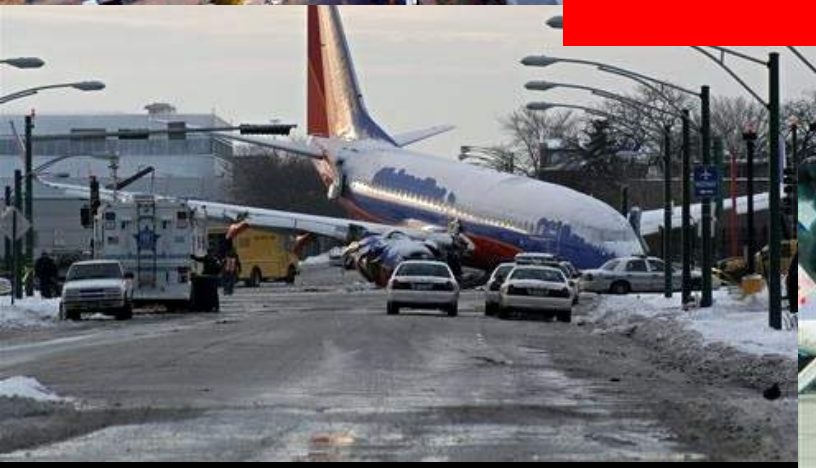
DEATHS

IMAGINE





Every Day!!!



NOT

“ACCIDENTS”

PARKS PEOPLE

=

WALK PEOPLE

EVALUATE CITIES?

MOST VULNERABLE

CHILDREN

OLDER ADULTS

THE POOR

Why 8 80 Cities?



W

Parks

Streets

Walking

Cycling

are Means NOT Ends

Our “ends” are
contributing to re-create...

Successful Cities





Healthy Communities

Sustainable Happiness



Great Parks, Streets & other Public Places





Keynotes - Workshops – Consulting - People Making Places



8 / 80 Rule

(useful rule of thumb)



Step 1: Think of a child that you really love



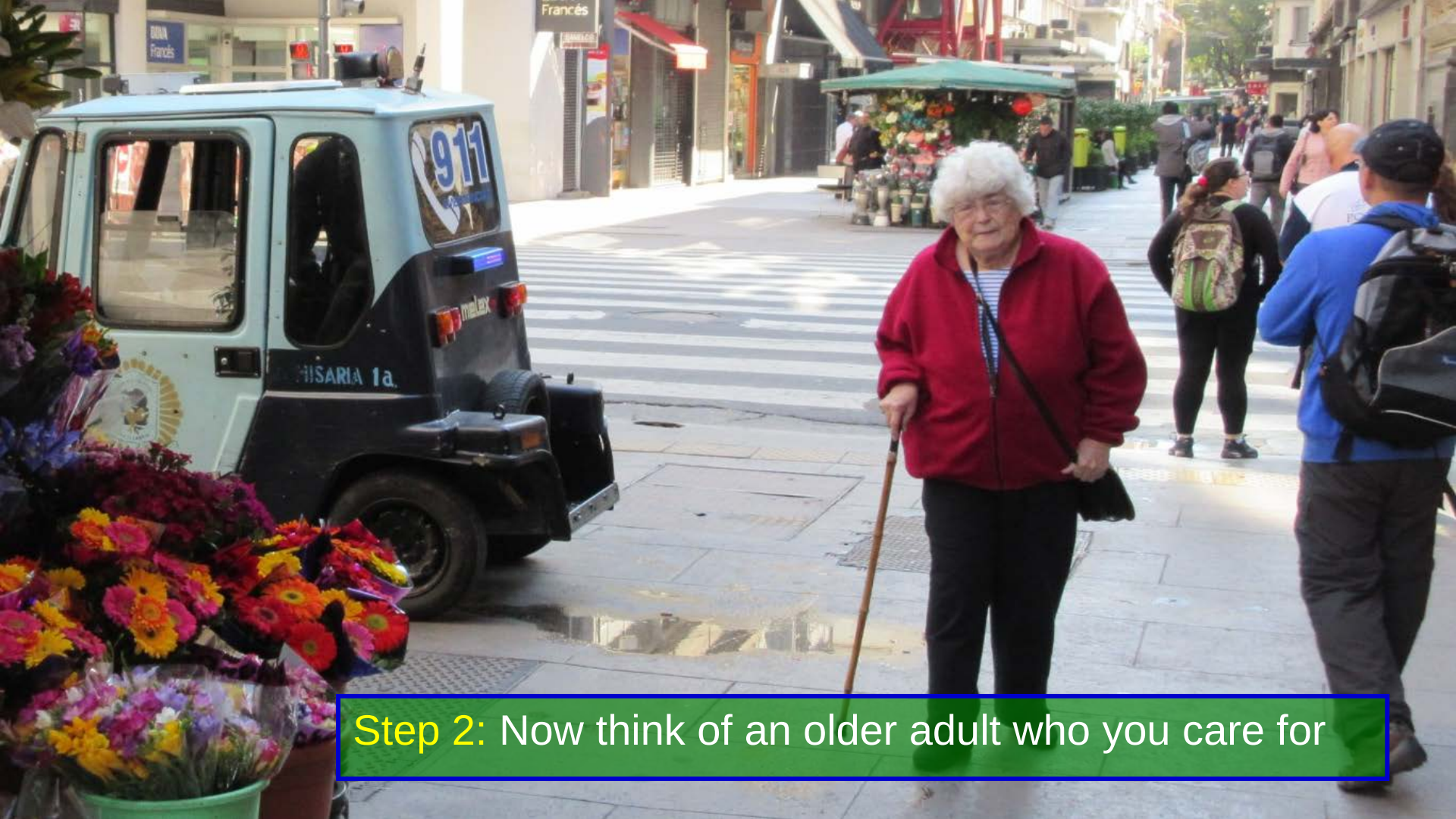
Step 1: Think of a child that you really love



Step 1: Think of a child that you really love



Step 2: Now think of an older adult who you care for



Step 2: Now think of an older adult who you care for



Step 3: Would you send this child and the older adult to walk or bike on the streets and parks?

If you would,
it is safe enough.

If you would not,
it is NOT

What if...

Everything we did in

our Parks

and other Public Spaces,

like Streets, Side-walks,

had to be fantastic for

the 8 and the 80 year olds?

We'd probably end up with
great cities for ALL

From 0 to 100+

We need to **STOP** building
cities as if everyone was
30 year old and athletic

We need to build

Cities for ALL



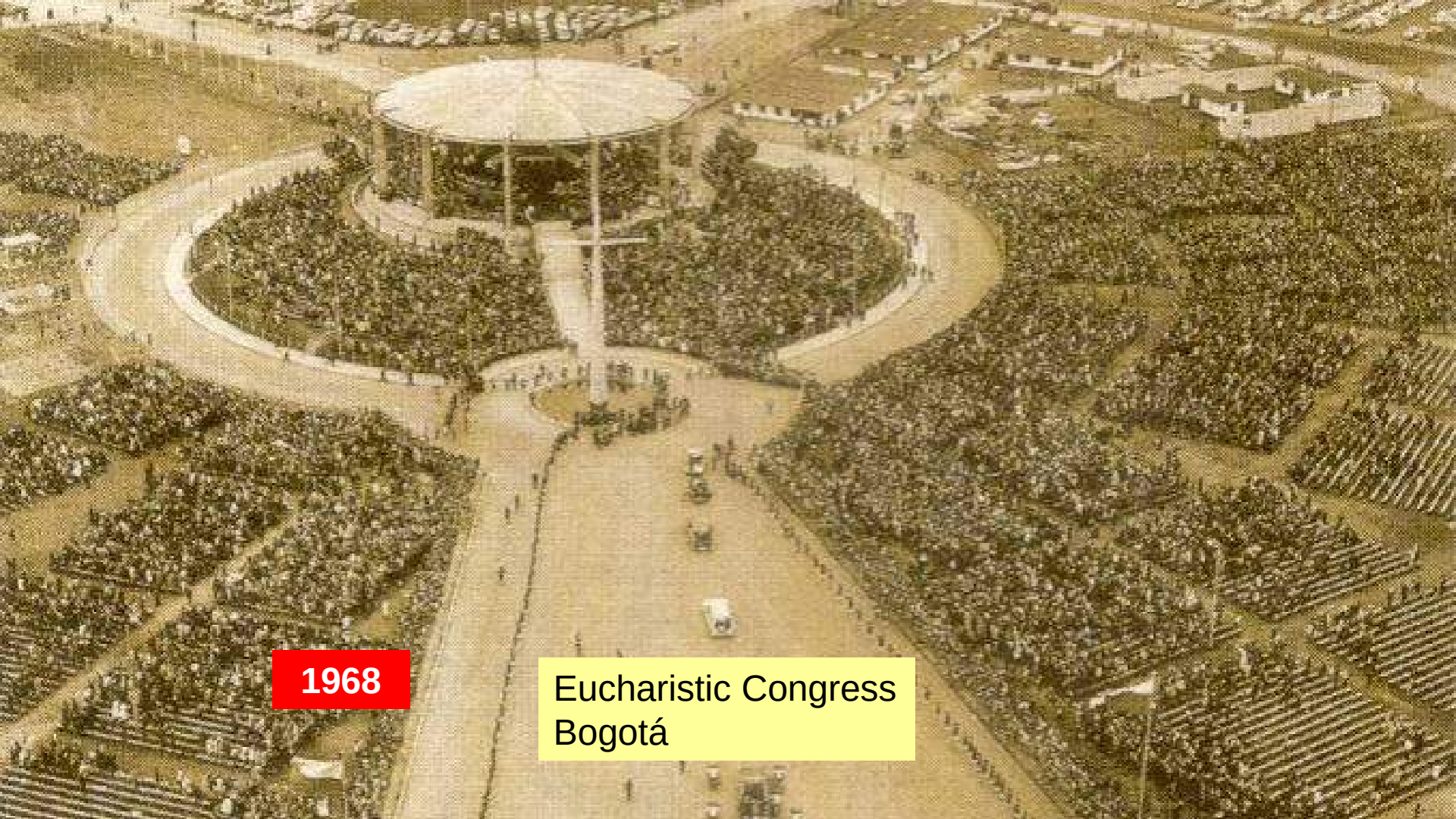
HEALTHY PARKS

HEALTHY PEOPLE

Parque Central Simón Bolívar
113 hectares / 279 acres in the Heart of the City

Before





1968

Eucharistic Congress
Bogotá



1980

Site future Simon Bolivar Park
Bogotá, 1980

Citizens pay us every other week

to get things **DONE**

not to have 20 “reasons why things

cannot be done”

An aerial photograph showing a large, rectangular, fenced-in area, possibly a sports field or training ground. The area is divided into several sections by white lines, and there are some structures or equipment visible within the field. A red box with the word "Before" is overlaid on the left side of the image.

Before

Parque Central Simón Bolívar
113 hectares / 279 acres in the Heart of the City

After



Parque Central Simón Bolívar

















festi val **del verano**
www.icrd.gov.co
ALCO SANTANDER
MUNICIPIO DE SAN CARLOS

CELEBRAR.
JUNTOS EN LAS OBRAS
fes







BROAD ALLIANCES

SUCCESSFUL CITIES

HEALTHY COMMUNITIES

HAPPY PEOPLE



Thanks!

Healthy Parks Healthy People
Creating Cities for ALL People
IUCN World Parks Congress

Gil Penalosa, Executive Director, 8-80 Cities
Sydney, Australia November 15th, 2014

For more information
or to receive our free
monthly newsletter:

www.8-80cities.org



Penalosa_G



Stay connected

For more information on the *Healthy Parks Healthy People* approach visit www.hphpcentral.com

Contribute to the Promise of Sydney at www.worldparkscongress.org/about/promiseofsydney





Coming up in Stream 3

Hall 3B1 Home Room, 10.30am-12pm

Session 9: Sustaining parks and improving human health 1

Charley Room, 1.30-3pm

Session 13: Inspiring business solutions for *Healthy Parks
Healthy People*

Hordern Room, 1.30-3pm

Session 17: The healing power of nature

