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THE PROJECT

INclusive Health And wellBeing In small and medium size cities (IN-HABIT) is an EU Horizon 2020 project that aims to identify visionary and integrated solutions to promote inclusive health and wellbeing in small and medium size cities. In each of the four pilot cities, the project will investigate how the mobilisation of existing undervalued resources, such as culture and heritage, food, human-animal bonds and art and environment might contribute to boost health and wellbeing, with a focus on gender, diversity, equity and inclusion. The integrated approach will combine technological, digital, nature-based, cultural, and social innovations in selected urban public spaces. These solutions will be co-design, co-deployed and co-managed with local inhabitants and stakeholders. The project will be implemented during a five-year period (2020-2025).

THE TEAM

The IN-HABIT consortium is a multidisciplinary team of 21 partners from 7 European countries (Spain, Italy, Latvia, Slovakia, United Kingdom, Germany, Belgium) and Colombia. The team is composed of universities, high-level research organisations, city representatives, grass-roots partners, small or medium-sized enterprises, and non-profit organisations, all working together towards a common goal:



- University of Cordoba
- Ayuntamiento de Córdoba
- Neighbourhood Association of Las Palmeras
- Baltic Studies Centre
- Riga Planning Region
- Kalnciema Quarter
- University di Pisa
- Comune di Lucca
- Lucca Crea
- Slovak University of Agriculture
- Mesto Nitra
- Hidepark Civic Association Triptych
- University of Reading
- isIMPACT
- Tesserae
- Bridge for Billions
- Design for Change Spain
- Book on a Tree
- Engie Laborelec
- Wellness TechGroup
- Pontificia Universidad Javeriana

THE OBJECTIVES

IN-HABIT, over its five-year duration, will strive to meet the following specific objectives with the overall aim of fostering inclusive health and wellbeing in small and medium size cities:



To make urban public spaces safer, more accessible and more inclusive.



To promote healthy behaviours and increase the wellbeing of inhabitants in selected neighbourhoods.



To create IN-HUBs in each city: innovative interaction spaces whose objective is to design and implement collaborative neighbourhood development measures through public, private, people partnerships.



To develop an inclusive urban planning framework focusing on gender, diversity, equity and inclusion aspects.



To develop new ways of measuring the impact of actions on health and wellbeing, using an inclusive approach.



To share knowledge of the visionary and integrated solutions, successfully deployed in each city, for replication in other places.

THE CITIES

The IN-HABIT project is focusing on four peripheral small and medium size cities in Europe: Riga (Latvia), Cordoba (Spain), Lucca (Italy), and Nitra (Slovakia). IN-HABIT's actions in each city aim to foster inclusive health and wellbeing by integrating innovative solutions around four main values: Heritage & Culture; Food; Animal-Human Bonds; Art & Environment.

CÓRDOBA

Located in the south of Spain, the city has a long history and cultural tradition. In spite of its cultural and historical richness, Cordoba faces socio-economic problems such as unemployment and low income levels, and hosts some marginal neighbourhoods that represent a real challenge in terms of social inclusion.

IN-HABIT VALUE: Heritage & Culture

AREA OF FOCUS: Las Palmeras neighbourhood



What is the project looking for?

Cordoba's patios are recognised as UNESCO Intangible Culture Heritage sites. IN-HABIT will create an intangible corridor that connects Las Palmeras and Axarquia neighbourhoods through patios and explore how the ecological and social systems existing in the patios of the historical city centre can be co-created and replicated in Las Palmeras courtyards to boost inclusive health and wellbeing.

Latvia's capital city and largest city, Riga has a population of more than 600,000 inhabitants that is steadily declining. It is also the most economically developed and vibrant city in Latvia. The city's historical Āgenskalns neighbourhood, on the left bank of the river Daugava, is currently envisaged as a residential area and place for innovative businesses, with three university campuses and the National Library located nearby.

IN-HABIT VALUE: Food

AREA OF FOCUS: Āgenskalns neighbourhood

Setting up a multifunctional food hub for sustainably produced and



locally sourced food in the area of the local market. The market will also serve as a recreational and educational space, with integrated different sorts of physical activities appropriate for visitors of different ages and social groups, like children's playgrounds, therapy gardens etc.

aly, Lucca has a population of about 88,000 inhabitants. It is a relatively wealthy city where tourism and creativity are cornerstones of the local economy, with Lucca Comics or Lucca Summer Festival attracting international attention. The city in turn presents important ageing problems.

IN-HABIT VALUE: Animals

AREA OF FOCUS: Whole city

What is the project looking for?

Creating the first Human-animal (Hum-an) smart city in Europe. Animal Lines (animal paths such as cycle paths) accessible to all will be built in order to reconnect the historic centre, the Ancient Walls and the



surrounding green areas. Public spaces (such as recreational areas for dogs) will also be set up and used to promote activities that bring together animals and humans. Together with infrastructures, the project will implement several activities aimed at improving human well-being, such as cultural activities, new enterprises, tourism, all related to the hum-an bond. The whole set of actions will be accompanied by the creation of policies for a hum-an smart city.

large employers, it has experienced an increase in foreign immigration. Foreign investments have brought wealth to the city, but also important challenges linked to its inhabitants' health and wellbeing.

IN-HABIT VALUE: Art & Environment

AREA OF FOCUS: Dražovce neighbourhood

What is the project looking for?

Establishing a Reversible Multifunctional Open-source Urban Landscape along the 8 km cycle road linking the Industrial Park and Dražovce with the main city. A series of movable multifunctional elements will provide a platform for social, cultural, educational and sport activities



along the cycle road. Interactive lighting solutions and experimental gardens will also be developed as part of the project.

GETTING INVOLVED

To learn more about the project and find out how you can get involved, please visit our website:
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