



## IN-HABIT'S IMPACT

IN-HABIT is an ambitious research project funded by Horizon 2020, the European Union's research framework program, and coordinated by the University of Cordoba. The project's overall aim is to mobilize undervalued resources to increase health and well-being (culture, food, links with animals and integration of art and the environment) in four small or medium-sized cities: Cordoba (Spain), Riga (Latvia), Lucca (Italy) and Nitra (Slovakia).

In each of these cities, the project investigates the effects of combining and integrating different innovations (infrastructural, technological, digital, nature-inspired, cultural and social) with an inclusive, gender and diversity approach. The project focuses its process and actions in different selected public spaces in each of these cities, preferably in disadvantaged areas and vulnerable groups. The target population of this European project are children, the elderly, women, people with disabilities and ethnic minorities that have limited access to health and well-being.

IN-HABIT's endeavor is the co-design of visionary and integrated solutions replicable in other small or medium-sized cities. The project insights and outcomes might be of significant relevance considering that at least 65% of the European population resides in cities of less than 500,000 inhabitants.



# CORDOBA

HABIT in Cordoba focuses on undervalued resources such as culture and cultural heritage to analyse how visionary and integrated solutions (VIS) related to these resources may boost inhabitants' health and wellbeing.

The patios are one of the most representative elements of Cordoba. They exist from the Roman times and are part of the city's cultural and patrimonial value. The first step to co-design these VIS have been a process of citizen engagement and dynamization through different workshops and activities aiming to break the lack of connections between the neighbours.

Some of these actions have been focused on naturalizing the area, with gardening workshops. Two popular parties had been celebrated so far, the first at Christmas, and the second recently at Carnival, where more than one hundred neighbours for the first time have participated in a joint activity. Also, cultural excursions have been organized like the visit to the Flora Festival and the Botanic Garden. Activities directly related to the naturalization of the environment.

Finally, IN-HABIT has started its own space in the local Radio Onda Palmeras. The program, broadcasted monthly, will be a fantastic opportunity to update the community on future activities and workshops. Further to this, neighbours from Las Palmeras will be invited to the show to share their experiences about the project in the neighbourhood, and how they feel about it.

# UPCOMING EVENTS



**EU Green Week 2022 will take place from 30 May to 5 June 2022.**

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