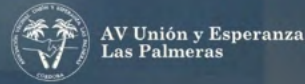




IN-HABIT - INclusive Health And wellBeing In small and medium size ciTies

D1.5. - Upscaling Plan of Las Palmeras





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ABBREVIATIONS

AI	Artificial Intelligence
AAI	Animal Assisted Intervention
AMD	Amendment
D	Deliverable
DEC	Dissemination and Exploitation Committee
DECO	Dissemination, Exploitation, Communication and Outreach
EAB	External Advisory Board
ERACIS	Andalusia Regional Strategy for Social Cohesion and Inclusion (<i>Estrategia Regional Andaluza para la Cohesión e Inclusión Social</i>)
ERDF	European Regional Development Fund
EU	European Union
EWB	Economic Wellbeing
GA	General Assembly
GDEI	Gender, Diversity, Equity and Inclusion
GDPR	General Data Protection Regulation
GL	Gendered Landscape
H&W	Health and Wellbeing
H2020	Horizon 2020
HL	Healthy Lifestyle
Hum-An	Human-Animal
IA	Innovation Action
IEC	International Electrotechnical Commission
IHW	Inclusive Health and Wellbeing
ITPath	Inclusive Transition Pathway
ITP	Inclusive Transformation Plan
KII	Key Impact Indicator
KLC	Key Local Communicator
KPI	Key Performance Indicator
LCA	Local Community Activator
LGBTQI+	Lesbian, Gay, Bisexual, Transgender, Queer, Intersex
MHWP	Mental Health and Wellbeing
NBS	Nature-Based Solution
NGO	Non-Governmental Organisation
OECD	Organisation for Economic Co-operation and Development
OPI	International Project Office (Oficina de Proyectos Internacionales)
P	Partner
PC	Pilot City
PP	Project Partner
PPPP	Public-Private-People Partnership
PWB	Psychological Wellbeing
R&I	Research and Innovation
SC	Steering Committee
SMSC	Small and Medium-Size Cities
SWB	Social wellbeing
UAB	User Advisory Board
UNESCO	United Nation Educational, Scientific and Cultural Organization
VIS	Visionary and Integrated Solutions
WHO	World Health Organization
WP	Work Package





EXECUTIVE SUMMARY

This deliverable presents the Upscaling Plan for Las Palmeras (Córdoba) within the IN-HABIT project. This project has been carried out over five years across four European medium-sized cities: Córdoba, Spain; Riga, Latvia; Lucca, Italy; and Nitra, Slovakia. The project proposes a methodological framework based on testing visionary and integrated solutions (VISs) that combine social, cultural, digital, and nature-based innovations to enhance health and well-being. It also employs participatory action research and people-public-private partnerships to co-design, co-deploy, co-manage, and co-assess solutions for these VISs. The project focuses on leveraging underutilised resources to promote inclusive health and well-being (IHW) for both vulnerable and general urban populations. An upscaling plan is proposed for each city, following a common general framework but tailored to the local context, the specific vulnerabilities, undervalued resources, and the unique adaptations and VISs developed (these plans can be consulted in the [IN-HABIT Zenodo community](#)).

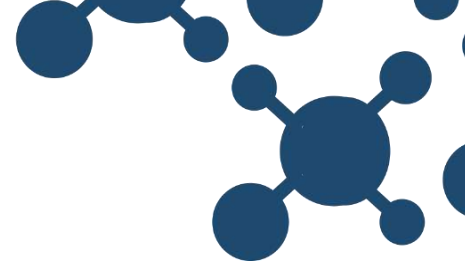
In Córdoba, efforts were concentrated on Las Palmeras, a highly marginalised neighbourhood marked by social, economic, and environmental deprivation. IN-HABIT developed and tested a methodology to foster social transformation in vulnerable areas, drawing on five years of experience (see Annexes 1 and 2 for the detailed methodology in English and Spanish), and based on a collection of soft and hard VISs (Annexe 3) that have been implemented. Collectively, these VISs encourage inclusion, healthier lifestyles, social cohesion, and new employment opportunities, while tackling stigma. Opportunities for replicating and scaling up both the methodology and the VISs have been explored.

Replication activities have already been piloted in Medellín (Colombia), Puente Genil (Spain), and Seville (Spain), demonstrating that the methodology can be applied beyond Córdoba and even across Europe. These cases confirmed the need for flexibility, long-term institutional support, and community ownership to ensure sustainability. National, regional, and educational actors, such as the Spanish Senate, the Andalusian government, and several cities and universities, have expressed interest in scaling up the methodology. Other cities such as Huelva, Lucena, Nitra, and NGOs will upscale or replicate specific VISs.

The Córdoba experience shows that small, targeted actions can bring about transformational change when co-created with residents and integrated into broader urban policies. This deliverable provides a replicable roadmap for cities to address urban vulnerability through inclusive, participatory, and sustainable innovations that enhance health, well-being, and social cohesion. It emphasises the importance of community ownership, institutional support, modest yet well-managed resources, and long-term continuity.

The results align strongly with EU policy objectives, contributing to the Urban Agenda, the New European Bauhaus, and strategies for social inclusion, environmental justice, education, and disability rights. It highlights how VISs can support the Right to the City, democratic participation, solidarity, and sustainable urban regeneration.





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1. Introduction

IN-HABIT is giving answers to the challenges specified in [SC5-14-2019: Visionary and integrated solutions to improve well-being and health in cities](#): “*delivering visionary and integrated solutions at the intersection of social, cultural, digital and nature-based innovation to increase citizens' health and well-being in cities; demonstrating how the integration of these solutions into innovative land use management, urban design and planning could reduce health-related environmental burdens in socially deprived neighbourhoods, foster equitable access for all to public spaces, enhance their quality and use and promote sustainable urban mobility patterns; and testing new transition management approaches, governance models, legal frameworks and financing mechanisms to re-design public spaces and urban commons and assess their contribution to improving health and well-being. They should promote multistakeholder initiatives, citizens' engagement and co-creation and co-ownership of public spaces.*”

Over the past five years, the project has been developed in four European peripheral medium-sized cities: SMSCs - [Córdoba \(Spain\)](#), [Riga \(Latvia\)](#), [Lucca \(Italy\)](#), and [Nitra \(Slovakia\)](#). It focuses on **innovative methods of resource mobilisation** to promote **Inclusive Health and Well-being (IHW)** in cities, targeting both **vulnerable groups** and the broader **urban population**. Each city addresses specific urban challenges, but all utilise a **similar methodological framework** based on **participatory action research**, the creation of people-public-private partnerships (PPPPs) involving the **public, private sector, and local communities** to **mobilise existing and underused resources**. This approach allows them to co-design, co-deploy, and co-manage visionary and integrated solutions (VISs) to **tackle emerging societal issues** and a **holistic monitoring framework** to co-assess the impact of the VISs, measuring aspects related to social, economic, environmental, spatial, and subjective wellbeing and healthy lifestyles (CO-CO-CO-CO method)

In Córdoba, cultural and environmental resources are leveraged within a **deprived neighbourhood**, affected by segregation, concentration of socio-economic-environmental problems and territorial stigma. Riga concentrates on **food and food culture** by revitalising an old traditional food market. Lucca focuses on human-animal bonds by establishing the first EU city **with an integrated human-animal urban policy**, addressing the needs of **vulnerable populations** and revitalising urban dialogue. Nitra aims to foster a **new culture for architectural manufacturing** and design by engaging with residual areas and **marginalised communities**, harnessing environmental resources.

Throughout the process, the cities encountered several challenges, including the onset of the COVID-19 pandemic in 2020, the economic repercussions of the Russia–Ukraine conflict, inflation affecting physical investments in public space reorganisation, and mid-term political changes in the city's administration. These factors **slowed progress but simultaneously enriched** the research by providing valuable insights for future replication strategies. Despite these challenges, the project achieved **significant and innovative outcomes** that can be of interest to other cities.

IN-HABIT introduced new approaches to **transition management**, **governance models**, **legal frameworks**, and **financing mechanisms** to reimagine public spaces and urban commons, while assessing their contribution to health and well-being. The project demonstrated the **feasibility of delivering visionary and integrated solutions (VIS)** at the **intersection of social, cultural, digital, and nature-based innovation to improve health and well-being in cities**.



We took an innovative approach to nature-based solutions (NBS), developing the concept of social NBS (S-NBS) by incorporating co-design, co-deployment, co-management, and co-assessment processes in the naturalisation of public spaces that reduce health-related burdens and promote equitable and sustainable urban regeneration. Additionally, the Lucca pilot advanced the vision of an innovative human-animal city, introducing animal NBS (A-NBS) based on multistakeholder collaboration, citizen engagement, co-creation, and co-ownership of public spaces.

Each city has prepared a deliverable to share the main VISs and the specific methodological adaptations it has developed and tested over the past five years, along with opportunities for replication and upscaling. Collectively, the cities have addressed the most pressing needs they face to enhance IHW, such as social transformation of vulnerable neighbourhoods (Córdoba), creating a new culture of food markets as multifunctional hubs (Riga), developing spaces and initiatives to include pets in city life and valorise animal-human bonds for promoting new public goods (Lucca), and using art, design, and nature to build links with marginalised communities (Nitra). This deliverable presents the **Córdoba results**, but the other three can be accessed on the [IN-HABIT Zenodo community](#).

While the four deliverables follow a similar approach, they are tailored to the specific contexts and solutions tested in each city. Together, they form **a collection of potential actions, methods, and solutions** that can be **scaled up** to tackle a wide array of **urgent societal challenges**, such as increasing poverty and vulnerability, an ageing population, contradictions caused by migratory flows, rising animal populations, and the growing need for greater cohesion and societal dialogue in our cities. The variation in the scale of the pilot areas, the main issues addressed, and the VIS implemented open up numerous options for replication and upscaling, which can be **customised** to suit the **resources and contexts of other cities**.



Figure 1: IN-HABIT event in Las Palmeras.

1.1. Contribution to EU Policy Objectives

The proposed **catalogue of replication and upscaling opportunities** directly contributes to **key EU policy objectives, values, and principles** by fostering an inclusive, equitable, and sustainable approach to community development and by facilitating active participation in the policy design processes.

IN-HABIT VISs and working methods advance the **EU policy objectives** of **social inclusion and equality** by **creating participatory frameworks** that empower vulnerable communities, promote equal opportunities, and reduce disparities. Additionally, by addressing well-being through community-led initiatives, it supports the **health and well-being** objective, ensuring access to resources that improve quality of life. In alignment with **EU values**, particularly **freedom**, the solutions empower individuals and communities to actively shape their environment, ensuring inclusive participation and self-determination. The solutions embody the **EU Principle of Solidarity**, fostering cooperation, mutual support, and collective action to address shared challenges. By strengthening social cohesion and reducing disparities, the solutions contribute to national and city-specific policy priorities focused on

economic resilience, digital inclusion, and public well-being. Through its multi-faceted and participatory approach, the solution drives meaningful progress while reinforcing fundamental EU commitments to equality, sustainability, and innovation.

The solutions also reinforce the **education system**, promoting **inclusion and social cohesion** by engaging students in reflective activities and designing solutions focused on assisting vulnerable members of society. They also support the goal of **Democracy and Active Citizenship** by fostering democratic values and empowering individuals to participate fully in society.



Figure 2: IN-HABIT presentation at NEB Sur Meeting Point.

The European Union promotes the **Right to the City** and **public spaces** to foster democracy, social cohesion, and cultural integration. In this context, the INHABIT VISs and regenerated urban spaces create new opportunities for inclusivity, dialogue, accessibility, and active citizen participation, fully aligned with the **EU Urban Agenda** and **Urban Innovative Actions**. These interventions aim to build vibrant, safe, and well-designed areas that symbolise EU values by supporting citizens' rights, respecting diversity, equity, and human rights, and strengthening social cohesion. They also foster encounters across social groups and generations, generating belonging, pride, and stronger community

bonds. The new public spaces actively involve citizens in co-design, co-deployment, and co-management, ensuring that strategies remain responsive and incorporate feedback through co-assessment. Their added value lies in their inclusivity and openness, their role in reinforcing democracy and freedom of expression through public discourse, and their ability to nurture community identity and belonging. They can also contribute to the local economy and tourism by attracting visitors, enhancing attractiveness, and encouraging broader social exchanges, while simultaneously creating opportunities to share innovative solutions linked to the Urban Agenda. Finally, the reorganisation of public spaces, together with the integration of social and animal-based nature solutions (S-NBS and A-NBS), directly supports the objectives of the **New European Bauhaus (NEB)** by enhancing sustainable aesthetic and inclusive urban development.

2. Purpose of the upscaling plan

Upscaling refers to activities that aim to **expand the reach and impact of a VIS** (or combination of VIS), often involving modifications to fit new contexts and suit diverse settings. Upscaling activities require innovative and reflexive strategies to address larger-scale challenges and resource constraints. This may include (but is not limited to):

- Increasing the number of beneficiaries or coverage area (e.g. entire city) within the original context (city).
- Integrating with city-wide urban planning
- Deepening the intervention's impact through enhanced features or services.
- Strengthening capacity to deliver the solution at a larger scale.
- Integrating the solution into existing city-wide systems and policies.



- Establishing new partnerships and stakeholder networks that expand the scope of the innovation.

In the urban context of IN-HABIT, upscaling refers to the expansion of a VIS beyond its initial scope to reach wider geographical or institutional levels (e.g. regional, national, or international). For instance, this may involve transforming a pilot programme into a citywide or nationwide initiative. However, multiple pathways for upscaling remain possible, depending on context and objectives.

Upscaling is important for IN-HABIT for several reasons. First, it maximises the potential impact of the piloted solutions by ensuring they reach more people who could benefit from them. This is particularly important for urban health and well-being initiatives aimed at inclusivity, as it helps create more equitable access to beneficial programmes across different neighbourhoods and socioeconomic groups. Second, upscaling builds on existing achievements, relationships and an intimate understanding of the local context. Third, successful upscaling can lead to transformative change by embedding solutions into broader local systems and policies, creating lasting institutional change that supports long-term innovation and sustainability.

Moreover, upscaling often creates **opportunities for refining solutions that might not be apparent at a smaller scale.** As programmes grow within their original context, they can develop more sophisticated and tailored responses to the needs of a greater number of socioeconomic groups, build stronger partnerships with local stakeholders, and create more robust implementation mechanisms. This process of learning, adaptation and extension can subsequently inform future efforts to scale impact.

IN-HABIT upscaling plans serve as roadmaps for expanding the solutions explored and implemented in the project to a broader context, ensuring their continued impact, effectiveness and sustainability on a larger scale. Building on the replication activities carried out in the project, the plans provide a summary overview of the process in each of the cities, outlining the steps, methodologies, and resources employed. They provide comprehensive guidelines that offer actionable strategies for scaling and adapting solutions aimed at fostering inclusive health and well-being, while also addressing potential challenges. The plan does not focus solely on positive results but also shines a light on the barriers encountered during the project's initial and implementation stages. By documenting these obstacles and detailing the strategies used to overcome them, the plan equips stakeholders and interested parties with valuable insights to anticipate and navigate similar challenges in future implementations.

The deliverable begins with a brief overview of what we mean by upscaling. We then situate the work within the city's specific context, outlining local challenges, opportunities, and the solutions that were designed to address them. Next, we outline the replication activities conducted during the project. Finally, we present a clear plan for upscaling those solutions, specifying the steps and resources needed to extend the impact beyond the initial scope.

3. Information about Córdoba and the problem statement

In the city of Córdoba (Spain), four entities have developed the project: UCO, AVUE, Córdoba City Hall and PAX. The University of Cordoba (UCO) acts as the project coordinator and is responsible for the



city pilot. AVUE, a neighbour association of Las Palmeras, contributes to grounding the actions, while the City Hall was meant to provide political and administrative support. Finally, PAX, an association dedicated to promoting urban regeneration through social innovation processes, have contributed to valorise patios as eco-social hubs.

IN-HABIT work in Cordoba was centralised in a socio-economically deprived and stigmatised neighbourhood. The neighbourhood is characterised by segregation and disconnection, high dependence on social assistance, family breakdown, gender violence, lack of role models and failure of educational models. Problems such as illegal activities, conflicts and policy raids are common. Welfare is limited by a lack of employment, low-quality social housing, unstable income, insufficient green areas and public spaces, and low educational levels. Unhealthy diets and lifestyles characterise the state of health, with problems of obesity, unwanted pregnancies and drug use from an early age. To these are added other problems related to ethnicity and social exclusion. Being born in the neighbourhood is a stigma.

Solution(s) developed in IN-HABIT:

The **general objective** of the Cordoba pilot (WP1) has been to **enhance IHW** - particularly social and labour inclusion as well as healthy habits - **of marginalised people living in Las Palmeras neighbourhood** by creating happiness zero emission patios and an intangible corridor connecting *Las Palmeras* with Axerquia neighbourhood and transforming the district's central square into a green and creative area. We have delivered evidence on the role of patios in fostering health and well-being in marginalised neighbourhoods and in the historical centre. Our outcomes aim to contribute to the global debates on climate change adaptation and resilience of Mediterranean cities.

IN-HABIT has concentrated on developing different actions to enhance the public spaces of Las Palmeras, especially its patios. However, considering the neighbourhood's characteristics, before any physical or infrastructural intervention, the project has implemented various soft VIS initiatives to involve residents in improving IHW, increasing their access to culture, and combating stigma and isolation. Social and cultural innovations have included holding traditional celebrations (Christmas, Carnival, May Crosses), video dance activities, theatrical performances based on scripts depicting the neighbourhood through women's perspectives, artistic and cultural cycles, concerts, residents creating videos to participate in international competitions, neighbourhood visits to cultural events in the city, recycling and reuse activities, as well as events to attract Cordoba citizens to Las Palmeras and activities promoting healthier diets and lifestyles.

The main hard VIS co-created in Las Palmeras have been the refurbishment, greening and transformation of the central square of the neighbourhood into a meeting place with some creative art; the creation of a picnic area and the renaturalisation of the part of the Cantarranas stream; the transformation of patios by planting over 300 trees and 800 bushes and setting up benches and urban furniture to create spaces for socialisation; and the painting of a high dimension art street mural. More information on these activities can be found in Martínez-Carranza et al. (2025). Likewise, a citizen science-based system to monitor the patios of La Axarquia, the historical centre of Córdoba, has been put in place, and now we have sensors installed in 24 patios that are transferring data to the IN-HABIT platform to monitor environmental parameters linked to IHW.

Nonetheless, the evolution of the IN-HUB and the emergence of new needs have led to other interventions being carried out in different parts of the city and with other vulnerable groups, such as



renaturalising a homeless shelter by creating an urban orchard, a therapeutic garden, and renovating a nude patio to transform it into an eco-social hub. Additionally, the project has developed an immersive experience to train adults with Down syndrome to serve as hosts and hostesses at congresses and events, using a serious game specifically tailored to their needs.

The primary target and beneficiary groups have been the residents of Las Palmeras neighbourhood, the homeless temporarily staying in the shelter, and adults with Down syndrome. Nevertheless, other residents of the city can also benefit from these VISs.

4. Solution description

The primary outcome delivered by IN-HABIT in Córdoba is the creation and testing of a **methodology to enhance IHW in vulnerable contexts by co-creating social urban transformations from within**. The method is built on two key components: inclusive multi-actor governance based on strong collaboration among residents, researchers, local authorities, companies and a grassroots organisation, as well as the central role of Local Community Activators (LCAs). It follows four main steps: understanding the local context, establishing an inclusive governance model, co-creating an Inclusive Transformation Plan, and co-deploying and co-managing the interventions with end-users.



Figure 3: Breakfast with policy makers.

All processes are based on integrating social innovations (soft solutions) with physical, tangible interventions (hard solutions) to enable social transformation and promote the acceptance of these interventions. This working method empowers local communities, strengthens institutional collaboration, and ensures that interventions are co-created, adapted to the residents' needs, context-specific, and sustainable. It promotes social cohesion, ownership, and a sense of place, mobilises undervalued resources, and builds capacities and long-term community resilience. A detailed description of this methodology is provided in Annexe 1 (in English) and Annexe 2 (in Spanish),

as our primary replication and upscaling target are Spanish-speaking cities. The guidelines describe the main steps, which may be of interest to local governments, researchers, grassroots and civil society organisations.

The primary **beneficiaries** are residents of vulnerable neighbourhoods, particularly those facing socioeconomic marginalisation or health inequalities. The methodology is designed for scalability and adaptability. Its **core principles** - involving local communities in all the stages of the development of the interventions, listening to diverse voices, valuing local knowledge, creating an inclusive governance model, and building capacities among vulnerable groups - can be tailored to different cities and policy contexts, making it a viable model for widespread replication across Europe and beyond.

The interest of the methodology for policymakers was evaluated in a **breakfast meeting with policymakers** that brought together representatives from national, regional, and local institutions, as well as from academic, social, and community spheres. As invited speakers, there was a Senator and spokesperson for the Spanish Senate's Housing and Urban Agenda Committee, the General Director of Social Protection and Vulnerable Neighbourhoods of the Andalusia Regional Government, and the Director of the Homeless Programme in Córdoba. The Senator highlighted five fundamental aspects that, in his opinion, make the IN-HABIT project a model to follow for the **21st-century social policies**: putting people at the centre of all actions; apply a logic of urban microsurgery (small, precise interventions, rooted in the territory and capable of being replicated); the use of scientific methods and data as the basis of the project; the need for a cross-cutting approach to address vulnerability and IHW; and the need to professionalise social intervention, arguing that, just as professionals are needed to build infrastructure, trained professionals are also needed to build community and generate lasting social transformation.

The methodology draws on key lessons learnt from the co-design, co-deployment, co-management, and co-monitoring of the following soft and hard VISs in the Córdoba pilot along the five years of project development. This section provides a description of each of these VISs, but all necessary information for stakeholders aiming to replicate and scale up actions can be found in a dedicated factsheet in Annexe 3. Specifically, for each VIS, we detail its main components, the challenges it addresses, the targeted beneficiaries and stakeholders involved in co-creation, the primary enabling and blocking factors, as well as the key outcomes, impacts, and lessons learnt. Additionally, we have selected 1-2 videos from our YouTube channel for each VIS to help illustrate the work carried out (please note that voices are in Spanish).

4.1. Soft VIS

Weekly workshops to enhance participation and empowerment: The weekly workshops are at the core of the engagement process. They are designed to create social skills and well-being opportunities among the participants, fostering participation and social inclusion, strengthening the sense of belonging, and promoting teamwork. The workshops addressed the five main lines included in the Inclusive Transformation Plan - Health and Wellbeing; Culture, Heritage and Art; Gender, Diversity, Inclusion, and Social Innovation; Naturalisation and Environment, and Infrastructure, Technology, and Digitalisation. Through them, a core working nucleus of residents is formed, responsible for guiding and channelling all subsequent actions. By addressing overarching and cross-cutting themes, participants collaborate to shape a cohesive, inclusive vision for the community.

Socio-cultural dynamisation in a vulnerable neighbourhood: The socio-cultural dynamisation in Las Palmeras, achieved through regular workshops and cultural events, has helped foster social cohesion and active participation. It has created opportunities for residents to access culture, connect, collaborate, and build trust. These activities have strengthened community identity, promoted inclusion, challenged stigma, and highlighted positive stories. Activities include meditation, dance, self-esteem and trust-building workshops, stress management, and promoting a healthy lifestyle. Cultural initiatives involved cultural weeks, theatre workshops, videodancing, socio-cultural visits, and activities related to environmental awareness. Schools and children from Las Palmeras and Córdoba have been highly involved. These soft VISs pave the way for the implementation of the hard VISs. By



providing consistent spaces for learning, creativity, and interaction, they help improve wellbeing and foster a sense of belonging.

Healthy habits and healthy lifestyle activities:

Las Palmeras is recognised as a food desert (Cruz Piedrahita et al., 2024), with the only sports facility being a football pitch, which poses challenges for healthy living, especially for women. IN-HABIT has promoted healthy eating, safe sports options (particularly for women), cultural events centred around food, and wellbeing initiatives through workshops on health and mental wellness. Initiatives included cooking classes using affordable seasonal ingredients, two cultural



Figure 4: Sport activities in Las Palmeras with young people.

gastronomy events related to diet education, debates on food deserts and nutrition, therapy-dance for stress relief, a running event (La Milla) that drew over 400 participants from the city, and sports activities that support weekly exercise. These (outdoor) initiatives support the idea of “healthy patios” as shared spaces for socialising, and cultural exchange, connecting Las Palmeras with the wider city through shared cultural and culinary traditions and sporting activities. Over 1000 people have visited the neighbourhood through these various events.

Immersive Training Experience for Adults with Down Syndrome: The immersive training experience (ITE) is a serious game designed to train adults with Down syndrome to act as hosts and hostesses at conferences and events. It is a digital tool that simulates real-life scenarios such as reception, catering, seating, and setup. It helps participants learn routines, improve memory, and gain confidence in performing these tasks. The ITE is the first phase within a structured training cycle that combines gameplay, guided practice, and real-world application. This approach allows participants to transfer what they learn in the simulation to actual employment settings, ultimately giving them job opportunities under standard labour conditions. It has been an innovative initiative co-developed by researchers, a video game company, and the Córdoba Down Syndrome Association. The tool could also be adapted for use by other individuals with neurodivergent conditions.

Inclusive and participatory communication, along with positive messaging in vulnerable contexts: Communication in vulnerable settings must be adaptable and tailored to the audience’s needs (such as low literacy and limited access to digital devices). Multiple channels were utilised to disseminate messages, including weekly articles, videos, monthly newsletters, timelines and activity maps, social media profiles tailored to popular platforms among residents, and a monthly radio programme. A key element of the strategy was involving the neighbourhood itself in the communication process, ensuring inclusive, participatory, and positive messaging that empowers residents to tell their own stories, as exemplified by the Las Palmeras in Positive documentary, which has attracted great attention.

4.2. Hard VIS

Renaturalisation of Las Palmeras neighbourhood: Las Palmeras is a vulnerable area on the periphery of Córdoba, characterised by low-quality social housing, a lack of green spaces, and limited, if any, areas for socialising. Dirt, degradation, and concrete materials dominate most of the patios, buildings, and communal spaces. IN-HABIT has planted over 300 trees and 800 bushes in the neighbourhood's patios and streets, and has created a biodiversity corridor alongside a water stream. To achieve this, more than 30 co-design workshops have been held to plan the shared spaces. Co-deployment and co-management workshops were also conducted with residents and local stakeholders, along with a gardening course to train residents in caring for the newly planted vegetation. Planting and caring methods to increase tree survival have been tested and shown very positive results. Volunteer work from neighbours has been key to the success.

Creation and renovation of public urban spaces: IN-HABIT has co-created various infrastructures to make Las Palmeras more sustainable, green, and liveable: a picnic area for meeting, chatting, and eating together in a former landfill; the renovation of the central square and the five patios through some creative art, the building and installation of over 70 benches, and the creation of spaces for socialisation; the participatory painting of the city's largest mural (reflecting local identity and traditions) and a biodiversity corridor parallel to



Figure 5: Las Palmeras Picnic area.

the water stream. In this corridor, about 70 granite monoliths coated with bioluminescent paint have been installed, guiding people at night without harming biodiversity. All these features have been built with durable, vandal-resistant materials, and through the active participation of residents via our co-design, co-deployment, co-management, and co-assessment approach, which fosters respect, attachment, and a sense of ownership. Local social companies and volunteers carried out the work.

Citizen science initiatives to monitor urban wellbeing: IN-HABIT has created a "powered by FIWARE" open platform to monitor urban wellbeing using citizen science in the city of Córdoba. Citizens engage with the initiative by installing sensors in their homes to monitor different parameters. Some participants have installed sensors in their patios that measure the thermal comfort provided by patios (inner courtyards). Other citizens participate in the creation of the first acoustic climate map by installing sound sensors packed in flowerpots in their windows or terraces. Sensors transmit data through collaborative, cost-free LoRaWAN networks that operate at no cost to individuals, thereby democratising access to scientific participation and facilitating broader citizen contributions to scientific knowledge. The data collected will support decision-making processes.



Figure 6: Green walls in homeless shelter.

Greening and renaturalisation in a shelter for homeless people: This greening intervention rehabilitated neglected spaces in a homeless shelter based on the co-creation and shared management of interventions through the so-called “Green Team”. Homeless individuals were invited to participate in weekly sessions that include the development of social and team-building skills and physical work outdoors to build the following spaces: a vegetable garden; a therapeutic garden with features like a pond, bird cages, and insect hotels and the creation of the “patio for the future” using plants that require very little summer irrigation. An innovative lighting system, with low impact on biodiversity, energy efficiency, low maintenance, and user comfort, is also being tested.

4.3. Policy alignment

Urban poverty and vulnerability are continuously increasing. Global trends marginalise more individuals, who tend to concentrate in vulnerable neighbourhoods. Cities need to address this pressing issue, and various policies could benefit from these guidelines. The proposed methodology and the VISs described contribute to specific EU policy objectives, EU values and principles, such as equality, non-discrimination, and social justice and/or national and city-specific policy priorities.

URBAN PLANNING POLICIES: IN-HABIT results contribute to the [Urban Agenda for the EU](#) by proposing different aspects that urban planning policies should include to reflect how cities are designed and who they are designed for. Rather than focusing solely on efficiency or aesthetics, planning policies should become more attentive to the **diversity of citizens** and the vulnerabilities they might face. **Social equity, accessibility**, and the everyday needs of diverse urban populations, especially those living in vulnerable or stigmatised neighbourhoods, should be part of these policies. Aspects such as the prioritisation of mixed-use, walkable and safe neighbourhoods that promote physical activity, social interaction, and access to essential services might highlight the need to integrate IHW-promoting infrastructure, such as pedestrian-friendly streets, green spaces, and community centres, into all urban developments, not just in affluent areas. Urban policies should include minimum standards for **inclusive design**, such as barrier-free public transport, adequate lighting, and safe recreational and socialising spaces accessible to all age groups and conditions. But also encourage more **participatory planning processes** through innovative approaches. Our results demonstrated that when vulnerable communities are engaged in the co-creation of their built environment, urban policies reflect lived experiences and local knowledge, ensuring that planning decisions do not reinforce existing inequalities and safeguard the “Right to the City”, as described in the [Global Charter Agenda for Human Rights in the City](#). Urban planning and **housing policies** should also reflect the strong links between physical environments and wellbeing. [EU Housing policy](#) should evolve to ensure that affordable, quality housing is available in peripheral or underserved areas, actively shaping healthier,

more inclusive, and more resilient urban environments. Summarising, by embedding IHW into urban planning, cities can promote **social justice, reduce disparities, foster a sense of belonging**, and support the **long-term well-being of all their inhabitants**.

ENVIRONMENTAL POLICIES: [EU urban environmental policies](#) focus on creating sustainable, healthy, and resilient cities by integrating environmental action with urban planning. Our results align with the fact that environmental policies profoundly influence IHW due to the interconnectedness between environmental conditions and health and well-being. Key areas include promoting **sustainable mobility**, developing **urban greening plans** with nature-based solutions, improving urban **wastewater treatment**, and fostering a **circular economy** to reduce resource use and pollution. The policies aim to reduce greenhouse gas emissions, combat **climate change** impacts, and improve the overall **quality of life** for citizens. These policies should shift the focus from purely ecological or technical goals to a broader understanding of the **health and wellbeing needs of vulnerable or marginalised groups**. These collectives often experience the most significant impact of environmental degradation, such as poorer air quality, increased pollution, and noise disturbances. Similarly, policies regarding green infrastructure, such as parks, community gardens, or urban forests, should be redefined to prioritise **equitable access**, ensuring that all communities benefit from the physical and mental health advantages these spaces offer. Furthermore, **climate adaptation strategies** must become more socially responsive. Instead of applying one-size-fits-all solutions, policies should account for how different groups are affected by heatwaves, flooding, or energy insecurity, and tailor responses accordingly, such as prioritising green cooling infrastructure or energy subsidies to make access to thermal comfort more affordable in vulnerable areas. Greater community participation in **environmental monitoring** and decision-making also fosters alignment between policies and needs. By embedding inclusivity and wellbeing into the environmental policy agenda, our results encourage governments to adopt a more **just, health-aware, and participatory approach to environmental problems**, recognising that **environmental justice** is a critical dimension of **social justice**.



Figure 7: Senator and Regional Director visiting the homeless shelter.

SOCIOECONOMIC POLICIES: EU social policy objectives, as described in the **Article 151** of the Treaty on the Functioning of the European Union (TFEU) aim at promoting employment, improving working and living conditions, equal treatment of workers, adequate social protection according to need, social dialogue, developing human resources aimed at achieving a high and sustainable level of employment, as well as combating exclusion. In addition, **Article 6** of the Treaty on European Union (TEU) gives binding force to the social rights in the **EU Charter of Fundamental Rights**. Applying the proposed guidelines to enhance IHW can lead to the design of more **equitable policies** that address the needs of marginalised communities, including

culturally sensitive policies and listening to those who have been traditionally excluded. Economic policies must recognise the **structural inequalities** that limit wellbeing, particularly for those in precarious or informal employment, and advocate for more **equitable and human-centred economic strategies**. Employment and labour policies should also be informed by evidence linking job insecurity

and poor working conditions to negative IHW outcomes, leading to enhanced workplace wellbeing standards and more inclusive employment practices. IHW approaches can support place-based economic policies aimed at revitalising neighbourhoods through local employment schemes or social enterprises.

Social protection and welfare policies could be reoriented to reflect a broader understanding of wellbeing, which encompasses not only material support but also social connectedness and access to care. Governments might consider **community-based support programmes** targeting vulnerable groups. Listening to end-users and providing them with a voice and decision-making capacity to co-design the actions to be developed increases their acceptance and engagement. Additionally, **involving them** in the co-deployment fosters **care and ownership** of the interventions, as well as recognising their efforts and skills. Co-management fosters responsibility, self-esteem, and empowerment among participants. Social policies for vulnerable groups should have **mid- and long-term timelines** to achieve meaningful results. Finally, the EU [migration and integration policies](#) could benefit from recognising and addressing the specific barriers faced by minorities or stigmatised neighbourhoods, thereby promoting opportunities for connection and integration. IHW should be understood as **collective rights**, embedded across various dimensions of public life through social policy frameworks.

The EU has also progressively advanced policies to support the rights and inclusion of people with intellectual disabilities, including citizens with Down syndrome. The cornerstone is the [EU Strategy for the Rights of Persons with Disabilities 2021–2030](#), which builds on the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD), ratified by the EU and all Member States. The strategy emphasises equal access to healthcare, education, employment, and independent living, while addressing barriers to participation in civic and cultural life. Complementary initiatives include the [European Pillar of Social Rights](#), which outlines principles of employment, social inclusion, non-discrimination, and access to essential services. IN-HABIT has explored innovative training opportunities for the employment of people with different intellectual capacities, opening opportunities for them as equal citizens across the Union.

EDUCATIONAL POLICIES: The IN-HABIT project delivers results to support the [EU Strategy on the Rights of the Child and the European Child Guarantee](#). Schools and students' curricula are crucial in vulnerable areas and often serve as the only supportive environment where children can thrive, irrespective of their background. Incorporating **IHW perspectives into educational policy** enhances the role of schools as community hubs, offering services and activities beyond the regular school hours, while involving families and local stakeholders in the educational process. This approach recognises that learning does not occur in isolation but is influenced by broader social and emotional contexts that shape children's development. **Engaging children in the co-creation process** promoted by the project can transform neighbourhoods. Educational policies should also advocate for **inclusive pedagogical practices** that reflect the diverse cultural and social backgrounds of students, thereby reducing exclusion and fostering a sense of belonging. Educational policies must recognise the unique challenges faced by these children and teenagers, and avoid penalising students from these neighbourhoods when their levels of attainment are lower than those in wealthier areas. The [European Education Area](#) and teacher training policies should equip educators to identify and address **well-being-related challenges** in the classroom. Finally, involving **university students** and training them to understand the challenges faced by vulnerable communities helps promote **mutual learning and**

awareness. Students gain firsthand understanding of the realities and difficulties faced by vulnerable communities, helping them develop **empathy, social responsibility, and professional skills** that extend beyond theory. Furthermore, vulnerable groups benefit from the **energy, creativity, and knowledge** of students, which enhances impact and opportunities for innovation. Ultimately, universities **nurture future professionals** who are better prepared to design **inclusive, socially responsive solutions**.

5. Replication activities

5.1. Medellín

Goals and objectives

The replication in Medellín aimed to reproduce core elements of IN-HABIT's methodology, such as the CO-CO-CO-CO approach. Researchers and residents were highly attracted by the project concept and actions. The approach places idea generation and execution in residents' hands, and although the interventions differ, the focus on well-being and social initiatives was preserved. The ideas aimed to adapt IN-HABIT's concepts, particularly those from Córdoba, to the context of Commune 9 in Medellín, focusing on the Miraflores and La Asomadera neighbourhoods. Among the approaches replicated were the protection and reforestation of an urban forest (Asomadera), dedicated work with transgender people (Cristo de Miraflores), and the activation of a public soccer field as a social meeting point (Miraflores). Similar to Córdoba, qualitative methods were utilised to engage community leaders and assess the neighbourhood's social situation, including problem trees, semi-structured paired interviews, and situation murals. The replication did not aim to duplicate every component of Córdoba exactly, as the context does not permit this. Instead, it focused on adapting intervention areas that could be relevant to the Medellín context. In this way, the goal was to sustain the method of co-creation, co-decision, co-implementation, and co-evaluation, while prioritising key local needs and stakeholders.

Activities were concentrated in Commune 9, particularly in the Miraflores and La Asomadera neighbourhoods. This area was selected because of its existing social organisation and prior working relationships, which allowed the process to start quickly. The target audiences were the residents of Commune 9, with particular attention to groups related to the key themes: protection and reforestation of La Asomadera's urban forest, dedicated work with transgender people in Cristo de Miraflores, and activating a public football pitch in Miraflores as a social meeting point. These initiatives aimed to adapt the concepts developed in Córdoba to Medellín's context, creating IN-HABIT communities in Commune 9 focused on nature, food, social inclusion, and active living.

The process started with an analysis of the neighbourhood's action areas, inviting residents to suggest and carry out initiatives using the CO-CO-CO-CO methodology. Similar to Córdoba, qualitative tools were employed to engage community leaders and assess the social situation. Methods included problem trees, semi-structured paired interviews, and situation murals. These tools helped both to guide interventions and to evaluate initial effects, enabling action and reflection to develop together from early on.





Figure 8: Healthy activities in Miraflores, Medellín.

Two psychologist researchers from Luis Amigó University guided the process. Already trusted actors in Commune 9, they facilitated participation and launched a community neuroscience project that linked aesthetic perceptions with health and well-being. Their involvement, combined with the leadership of community leaders and social movements from Miraflores and La Asomadera, was central to defining priorities and implementing actions.

The IN-HABIT communities progressed through volunteer efforts and the dedication of social leaders, with support from widespread community participation across several

neighbourhoods of Commune 9. The replication ultimately showed how the CO-CO-CO-CO method could be transferred beyond the European Union, while tailoring interventions to local contexts and strengthening community ownership through social bonds, shared spaces, and collective activities.

Relevant stakeholders

The stakeholders involved in the Medellín replication mainly consisted of two groups: civil society and researchers. Civic actors, such as neighbourhood leaders, community organisations, and social movements, set priorities, gathered the community, and carried out actions. They offered local legitimacy and continuity that a short-term project alone could not provide. The research sector, represented by two researchers from Luis Amigó University and the UCO research team, supplied methods, facilitation, and evaluation. The team designed tools, trained participants, and documented processes and early impacts.

Preconditions, barriers and challenges

Among the factors that enabled replication on this scale were the perfect alignment between the IN-HABIT Córdoba approach and the needs of Comuna 9 residents - they created the logo **#YoSoy IN-HABIT** (I'm IN-HABIT), as well as the fact that the communities within this Comuna 9 had been organising around social initiatives for years, which fostered networks and collaborative practices. In other words, local leaders held credibility, so mobilisation did not require intensive campaigns. The prior connection between the researchers and the commune allowed for a swift start and facilitated coordination. The IN-HABIT framework provided a clear set of themes and tools, offering a common language for action. Public spaces, including an urban forest and a sports field, offered tangible sites for action.

However, further actions required funding for long-term operation, and although the researchers and the community applied for a participatory budget offered by the Medellín mayor's office, they were not selected. Lack of resources remains the primary challenge and obstacle to replicability in Medellín to this day. UCO and Luis Amigó researchers are exploring other funding sources to continue deploying VISs in the area.



Sustainability and impact

The Medellín replication can be maintained due to the strong sense of ownership among residents, community leaders, and social movements in Commune 9. The active involvement of participants and their interest in co-design and local implementation ensure a lasting commitment to sustain these efforts. Partnerships with universities, especially Luis Amigó and UCO, also enhance continuity by providing expertise, trusted relationships, and opportunities for knowledge transfer.

The selected interventions — protecting the La Asomadera forest, supporting transgender communities in Cristo de Miraflores, and revitalising the Miraflores football pitch, combined environmental restoration with social inclusion, securing long-term benefits for both cohesion and well-being. Financial sustainability needs to be strengthened by connecting with municipal, national, or international programmes, NGOs, or local businesses, while ongoing volunteer work and visible community results will help secure future support.

Finally, by documenting and sharing the methods used, the initiative has strong potential for replication in other neighbourhoods of Medellín and beyond, increasing its impact and integrating the CO-CO-CO-CO approach into wider urban innovation strategies.

5.2. Puente Genil

Goals and objectives

Puente Genil is the third largest municipality in the province of Córdoba, with approximately 30,000 inhabitants. The town has two neighbourhoods (Calle Bailén and Juan Rejano) facing similar socio-economic and urban challenges to those of Las Palmeras in Córdoba, such as degradation of public spaces, social fragmentation, ethnic minorities, and limited access to opportunities, which makes them particularly relevant for testing



Figure 9: Puente Genil Mayor during the replication actions,

replication. They are both recognised under the Andalusian Regional Strategy for Social Cohesion and Inclusion (ERACIS). This strategy, funded by the ESF, strengthens the work of social services in vulnerable areas.

The Mayor of Puente Genil contacted the UCO research team to explore the possibilities of replicating the core elements of Córdoba's IN-HABIT methodology in these neighbourhoods. They became aware of IN-HABIT thanks to the strong media visibility of one of the gastronomic events celebrated in Las Palmeras (the Perol Gourmet), which was broadcast on national television and covered in several newspapers. The testing of the methodology could be focused on two VISs: socio-cultural dynamisation in vulnerable areas through collective activities that foster identity, a sense of belonging,

and trust, and the creation and renovation of public urban spaces, using participatory approaches to enhance safety, inclusion, and accessibility.



Figure 10: Site visit in Puente Genil.

The first action taken was organising a seminar in this town to train social services workers, staff of ERACIS, policymakers, and other interested stakeholders on the IN-HABIT methods in Córdoba. UCO and AVUE researchers, along with other speakers including experts from Distrito 5 in Huelva and a researcher from Medellín, explained their working methods. Puente Genil staff presented their challenges and approaches to address them. Participatory practical sessions for drafting an action plan and training followed. Participants also visited the outlined neighbourhoods and engaged in initial interactions with residents. Puente Genil staff

actively took part in the breakfast meeting with policymakers to explore opportunities for replicating the methodology.

Some actions are already in practice to apply the CO-CO-CO-CO methodology with ERACIS workers, educators, NGOs, and municipal staff. These activities combined training with reflection and resulted in the initial steps of a local version of the IN-HUB, providing an inclusive governance space for coordination and collaboration. However, it is essential to mention that some unfortunate events, such as the accidental death of two young neighbours, are slowing down the process.

Relevant stakeholders

The replication has been led by the Municipality of Puente Genil, with the University of Córdoba serving as the methodological partner. NGOs, educators, and social workers played a crucial role in transferring the participatory aspect from institutions to the community. The main beneficiaries were residents of Juan Rejano and Calle Bailén, particularly women, young people, and families in vulnerable circumstances.

Preconditions, barriers and challenges

Replication in Puente Genil was facilitated by two key factors: the visible and positive outcomes of Córdoba's actions, which established a supportive environment for action, and the political will of the local government, which committed to testing the approach. The ERACIS Strategy is also highly relevant because it can provide the necessary human capital to develop the project: the local community activators.

Nevertheless, several challenges had to be overcome. Tailoring the interventions to the specific realities of Puente Genil required flexibility, as each neighbourhood had its own dynamics and actors. A group of committed neighbours (as the core group of Las Palmeras) has not yet been created. Engaging residents is not always easy in contexts marked by mistrust and fatigue towards institutional projects. Furthermore, financial and human resources remained a concern, since it is necessary to mobilise funds to develop the VISs, and maintaining activities beyond the ERACIS programme required a clear long-term commitment from local entities, the City Hall and social services.



Sustainability and impact

Despite these difficulties, the replication process is beginning to deliver some meaningful results. It has contributed to building capacity among professionals through seminars and training, equipping them with tools to continue participatory work in vulnerable contexts. It also helped to strengthen community identity and belonging, with some public space interventions generating new opportunities for interaction and pride. At the same time, staff are working in positive and inclusive communication to improve the external image of the neighbourhoods.

In the long term, sustainability will depend on incorporating these practices into municipal policies and keeping community engagement at the centre of local strategies. If successfully implemented, these actions can promote greater inclusion, cohesion, and well-being in Puente Genil, aligning with broader European targets for healthier and inclusive cities.

5.3. Seville

Goals and objectives

Replication in Seville aimed to explore how the IN-HABIT methodology, tested in Córdoba's Las Palmeras, could be adapted to large metropolitan neighbourhoods facing structural inequalities. The main focus was on Torreblanca, with additional field visits to La Oliva and Tres Mil Viviendas. All three are vulnerable districts marked by unemployment, low social cohesion, stigma, and limited access to opportunities. The goal was twofold: to test the transferability of IHW interventions to these contexts, and to use the Seville university environment as a platform to train future professionals in participatory and innovative approaches.

Relevant stakeholders

The process began with coordination sessions and field visits in Torreblanca, where municipal staff, social services, NGOs, and residents engaged with UCO researchers. These activities provided insights into the neighbourhood's vulnerabilities, compared to the experience of Las Palmeras. Later, dissemination and training sessions took place at the University Pablo de Olavide (UPO) with students from Social Work and Social Education. The aim was to replicate the "I Can" mindset change methodology previously used in Córdoba through a series of workshops organised by Design for Change (DFC), an IN-HABIT member. These workshops enabled students to experience the participatory cycle DFC, applying it to urban and social challenges similar to those faced in Torreblanca. In this way, the replication combined practical, field-based learning with academic training, creating a bridge between practice and education.



Figure 11: DFC workshops in Seville.

Preconditions, barriers and challenges

Replication in Seville benefited from proactive efforts in vulnerable districts and the university's alignment with social innovation, which created a supportive environment. However, challenges arose

from the size and complexity of Seville, requiring careful adaptation of methods originally developed for smaller cities and neighbourhoods with more controlled conditions. Building trust among residents in highly stigmatised areas proved difficult, and the limited timeframe of the replication restricted the depth of community engagement. Another concern was ensuring that the DFC workshops went beyond academic exercises and could support future interventions.

Sustainability and impact

The field visits and coordination meetings helped to identify needs and opportunities in Torreblanca and similar districts, establishing a foundation for potential future interventions by local entities. At UPO, the DFC workshops were especially effective in disseminating IN-HABIT methods: students were not only trained but also actively replicated the “I Can” approach in the classroom, applying it to real problems and designing small-scale solutions. This experience enhanced their capacity as future professionals and integrated the IN-HABIT philosophy into their academic training.

The long-term sustainability of the Seville replication relies on ongoing collaboration between universities, local authorities, and community stakeholders. However, the actions already taken have shown how participatory methodologies can be scaled up to metropolitan levels, how DFC workshops can replicate effective mindset change strategies, and how the link between research, practice, and education can help prepare a new generation of professionals to work in vulnerable neighbourhoods.

6. Upscaling plan

The upscaling plan is based on the interest and demands we have received from different cities and stakeholders, and focuses on 2 possibilities:

- The methodology for social transformations in vulnerable contexts.
- The replication or upscaling of specific VISs, even if many VISs are naturally embedded in the application of the methodology.

6.1. Upscaling the methodology

The methodology has attracted the interest of policymakers at both national and regional levels.

At the **national level**, the Spanish version presented in Annexe 2 has been shared with members of the Spanish Senate working on the national Urban Agenda, and they showed great interest in incorporating it into the new initiatives aimed at vulnerable neighbourhoods in this Urban Agenda. Other Senators have also demonstrated their interest. The fact that over 600 neighbourhoods are considered vulnerable highlights the strong interest and upscaling potential of the method.

At the **regional level**, representatives of the Andalusia Ministry of Social Inclusion acknowledged the importance of key aspects of the methodology, such as networking, shared governance, and inter-institutional cooperation, in promoting social cohesion and genuine inclusion, and expressed interest in testing the methodology within the Andalusian Regional Strategy for Social Cohesion and Inclusion (ERACIS). Various ERACIS teams from different Andalusian municipalities have shown interest in the Córdoba experience, reaching out to the IN-HABIT team for guidance, materials, and methodological advice. Indeed, part of the replication activities described for the town of Puente Genil are linked to its ERACIS project.



At the **educational level**, three upscaling possibilities have emerged. The University Pablo de Olavide in Seville will continue using the IN-HABIT methodology in its lectures. The University of Huelva is a member of the European Alliance PIONEER focused on United Nations Sustainable Development Goal (SDG) 11, which supports the creation of safe, resilient, sustainable and inclusive cities. The UCO research team has been invited to participate in training and events to disseminate the IN-HABIT methodology. Finally, researchers from the Universidad Complutense de Madrid have shown their interest in our methods for their teaching activities.

The IN-HABIT research team will be eager to participate in the above-mentioned activities and any others that may emerge from this interest, as part of the project legacy.

6.2. Replicating or upscaling of specific VISs

The UCO team have been contacted by several cities and towns expressing interest in replicating specific VISs, as follows.

Distrito 5 - Huelva (Spain). We have established links with Distrito 5, an initiative that brings together the five most vulnerable neighbourhoods in Huelva. This initiative has been ongoing for the past 15 years and has seen promising results, despite the persistent conditions of deprivation. This is mainly because when residents improve their circumstances, they tend to move to other areas and are replaced by others in similar vulnerable states. We have shared methodologies and findings with researchers and practitioners of Distrito 5 and have mutually refined some of our insights. They participated in our replication seminar in Puente Genil, as mentioned, and in the final colloquium following the screening of *Las Palmeras in positive* documentary. As a result of this colloquium, we are now working together to replicate actions linked to the inclusive communication VIS. Based on their experience, we aim to draft an agreement with the Córdoba Press Association to promote ethical journalism, especially when engaging with vulnerable groups, and to equip these neighbourhoods with tools to share and communicate their stories from within. The success of the documentary and the interest it has generated (over 560 views in YouTube in less than 2 months) confirm the acceptance of this approach.



Figure 12: Distrito 5 representative during replication actions.

Puente Genil (Spain). We will continue to upscale our solutions in the town of Puente Genil. They are already applying our methodology, and more specifically, they aim to develop the following VISs:

- Socio-cultural dynamisation in a vulnerable neighbourhood.
- Creation and renovation of public urban spaces.

Lucena (Spain). Representatives from the town of Lucena (Córdoba) have also expressed their interest in the project. Lucena is a town in southern Córdoba that does not have any vulnerable neighbourhoods, but it does have vulnerable groups and an interest in some of our results. We have

held several meetings to present our method and VISs to them, and we now have an agreement to test the methodology, but more specifically, the following VISs:

- Citizen science initiatives to monitor urban wellbeing.
- Immersive Training Experience for Adults with Down Syndrome.

EMET NGO. Fundación EMET is a social and therapeutic organisation based in Córdoba. Its main focus is health and wellbeing seen from a holistic perspective that encompasses physical, mental, and social aspects of life, which aligns fully with the IN-HABIT approach in the Córdoba pilot. Its work combines prevention, treatment, and social reintegration of minors with behavioural disorders, women at risk of human trafficking, migrants, and those battling addiction. Recently, the Foundation, the University of Córdoba, and the municipality of Baena established a Social Innovation Centre that aims to translate university knowledge into practical initiatives for a fairer and more inclusive society. The centre will accommodate migrant women and their children following their participation in the Ödos programme (an initiative providing urgent protection and support for women victims of human trafficking, abuse, gender-based violence, and forced migration), offering a safe space to start social integration and empowerment processes. This residence has an unoccupied space, and the NGO intends to replicate IN-HABIT methods, specifically by launching a programme to duplicate the actions undertaken in the shelter for homeless people, namely the IN-HABIT VIS: *Greening and renaturalisation in a shelter for homeless individuals*.

NGOS working with people with disabilities. The immersive training experience has been presented to other associations, which received the initiative very positively. The innovative training method, fully tailored to the needs of these individuals, and its focus on employability, have been highly praised. Agreements will be established between the researchers, the developers, and the interested NGOs to use the serious game and to improve it according to the needs of the different groups that could benefit from it.

Nitra City Hall and SUA. Nitra authorities and the Slovak University of Agriculture are about to replicate the creation of a citizen science-based acoustic map in the city, along with other environmental sensors, inspired by the Cordoba experience. They have secured national funds for the project, with the aim of extending the network of sensors beyond the IN-HABIT pilot. As they are also part of the IN-HABIT platform, they are now adapting the platform and preparing the procurement procedures for sensors to implement it. New types of sensors were also co-designed with representatives of several municipal departments (Department of Culture, Department of Social Services, Department of Environment, City Chief Architect) as well as stakeholders from the neighbourhoods expected to introduce them in their spaces.

In summary, the upscaling and replication of these actions will undoubtedly require financial support from relevant authorities and institutions. However, the core strength of the IN-HABIT methodology lies in the **human element**. We were able to rely on a highly dedicated team of local community activators and researchers, and much of the work behind the VISs was performed **voluntarily**. From our experience, funding does not need to be the primary limiting factor. In places where institutions already have staff capable of acting as community activators, many VISs can be achieved with relatively modest resources.



6.3. Engaging relevant stakeholders

The upscaling of the IN-HABIT methodology and VISs needs to be supported by different actors. The primary stakeholders for replication are the four included in the four helix of our IN-HUB: public administrations and NGOs working in IHW, residents and vulnerable groups, businesses and the scientific community.

Public administrations have a primary responsibility to anticipate and mitigate urban risks. Urban areas face increasing pressures that raise the vulnerability of their populations, from rising housing costs and insecure employment to the effects of climate change, public health emergencies, lack of green spaces, and widening digital and social divides. If these issues are not addressed, they can deepen inequality, weaken social cohesion, and undermine the resilience and sustainability of cities. Public authorities should establish safety nets and implement long-term policies that actively reduce vulnerability and create opportunities for all citizens. However, they are often overwhelmed by numerous problems and limited budgets. The IN-HABIT working methods provide participatory approaches to address some of these challenges by involving vulnerable groups. Our approach cannot eliminate the fundamental structural issues of vulnerability, but it can improve the livability of affected areas and promote a sense of inclusion among residents, helping them feel that authorities are attentive and supportive.

NGOs and associations promoting IHW are often the first to identify emerging vulnerabilities and the most trusted actors in fragile contexts. They can adapt IN-HABIT methods and VISs to align with their objectives and the needs of marginalised groups they serve. They are also highly active in mobilising networks of volunteers and local resources that public authorities cannot always access.

Together, public administrations and NGOs can work proactively towards prevention and empowerment. By combining institutional capacity with community-based knowledge, they can contribute to building more equitable, resilient, and liveable neighbourhoods.

Residents in vulnerable neighbourhoods are the primary focus of these initiatives. The IN-HABIT method emphasises involving them directly in shaping solutions that impact their daily lives. Our CO-CO-CO approach ensures that interventions align with local priorities while fostering a sense of ownership. Small, visible improvements such as temporary gardens, murals, or street furniture can demonstrate progress and motivate further involvement. Over time, investing in capacity building empowers residents and opens up new opportunities. Recognising and supporting local leaders or community groups is particularly important, as these actors can act as trusted intermediaries, maintaining participation and building a culture of collective responsibility.

Businesses, especially those with a social vision, have proven essential in developing our VISs. They have directly contributed to sharing knowledge, providing resources, creating employment, and offering tailored job opportunities for vulnerable groups. They have also participated in skills development. Corporate social responsibility strategies can be aligned with neighbourhood priorities by supporting training programmes, offering resources, or sponsoring cultural and health-related initiatives.

The scientific community is essential for consolidating and spreading our conceptual and methodological framework. As previously outlined, several universities and researchers have expressed interest in integrating our solutions into their lectures and utilising our VISs as examples of



successful outcomes. The UCO team will continue to include these methods and results in their lectures, participate in events, workshops, and forums to disseminate these findings, and reach out to other target groups. The results are also being communicated through scientific papers and conferences.

6.4. Preconditions, barriers and challenges

The success of implementing IN-HABIT VISs to address vulnerability relies on several essential preconditions. Achieving results in vulnerable neighbourhoods or with at-risk groups depends mainly on **people**. Committed neighbours, volunteers, and researchers who invest their time and energy are what drive change. They can mobilise residents and establish trust where institutions often fall short.

Institutional commitment also plays a crucial role; public administrations and associations provide legitimacy, resources, and access to spaces where actions can be carried out. In our case, administrations supplied permissions, knowledge to develop the hard VISs, and institutional support. Engaging residents and end-users requires **time and effort**. They often distrust institutional projects because they feel they have been used or deceived. Many residents have experienced years of broken promises and, therefore, hesitate to become involved. However, community engagement is crucial. People tend to be more interested when they feel like the true protagonists, and that their ideas, traditions, culture, and everyday needs are taken seriously. External assistance, such as project funding, expert advice, or collaboration with NGOs and companies, provides additional capacity.

At the same time, significant **obstacles** hinder these initiatives. Administrative barriers, such as slow permit processes and unsuitable procurement procedures, can delay or even prevent VIS development. Lack of coordination between institutions, or simply negligence, causes confusion and reduces the effectiveness of the work. The vulnerable situations faced by the target groups also complicate participation: residents in marginalised areas often deal with unemployment and stigma, daily struggles, and unmet basic needs that make engagement in other activities difficult; women bear additional burdens, including caregiving and informal work; homeless people frequently face unstable routines or health issues; and individuals with disabilities require specialised support and understanding employers. Conflicts within communities, or disinterest from certain groups such as young people or men, also limit participation. Finally, funds are necessary both to employ specialised teams such as local community activators and researchers and to finance the interventions.

A key aspect is the duration of interventions. **Long-term projects and continuity** are essential. Building trust takes time, and projects cannot disappear once the community is engaged. Public administration and funding agencies need to understand this reality and should not halt interventions in vulnerable contexts when initial results begin to show positive progress.

A more detailed description of other practical and environmental barriers, such as droughts, pests, and the short planting windows in hot climates for greening VISs, training adapted to the needs of vulnerable groups, risks of vandalism, etc., can be found at the specific VIS description in Annexe 3.

6.5. Monitoring and evaluation

Evaluation Framework: IN-HABIT has created a participatory evaluation framework including indicators to measure IHW organised around the following five dimensions and subdimensions (Figure 13):



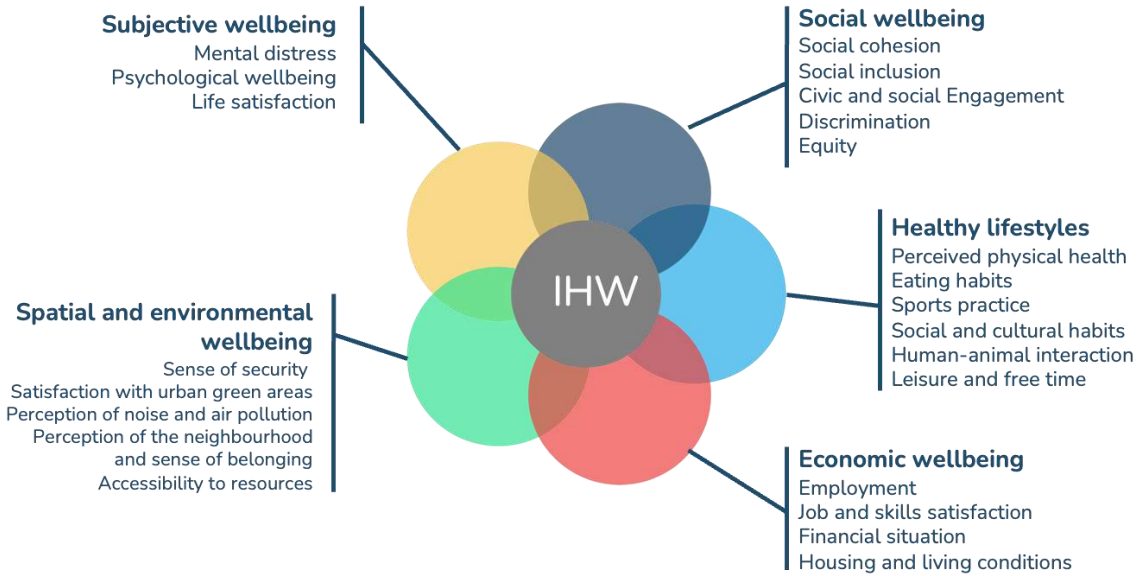


Figure 13: Participatory evaluation framework including indicators to measure IHW.

VIS assessment should be continuous and participatory, running across all stages from design to management. It should not only assess whether objectives are met but also act as a process of shared learning and improvement. Co-assessment builds trust and ensures that interventions remain relevant to community needs. This process should enable immediate feedback for short-term adjustments, as well as mechanisms for monitoring the impacts in the medium- and long-term. Failures or difficulties should be treated as opportunities for reflection and adaptation, ensuring flexibility, transparency, and sustained community involvement.

Indicators: Progress and impact should be measured through a combination of quantitative and qualitative indicators. Quantitative measures may include the number of users engaged, surface area improved, reductions in emissions, or health-related outcomes. Qualitative indicators capture residents' perceptions, experiences, and narratives, reflecting changes in daily life, social cohesion, and subjective well-being. Together, these indicators ensure that technical data is balanced with lived reality. The list of indicators proposed by the Córdoba pilot can be consulted in Mac Fadden et al. (2024).

Data Collection Methods: Monitoring should use mixed methods that go beyond formal surveys and interviews. Alongside traditional approaches (surveys, workshops, citizen science tools, and regular meetings), creative formats such as community photography, theatre, murals, or collective art can be employed. These methods allow participants to express emotions and perceptions freely, reduce barriers linked to literacy or language, and involve groups who might otherwise remain excluded.

Further details on how to implement these aspects can be found in Annex 1.

6.6. Sustainability and impact

The long-term viability of the initiatives described in this report depends on three key factors: **community ownership, institutional support, and resource management**. A learnt lesson across all actions is that sustainability is strongest when local residents are not only beneficiaries but also involved in the co-design, co-deployment, co-management, and co-assessment of the VISs. They

develop a sense of pride and attachment that helps protect and maintain the spaces or activities over time. This community ownership has already been evident in the use of renovated squares and patios for socialising and cultural events, or in the ongoing involvement of residents and even former residents in the shelter gardening workshops.

Institutional support is another key factor for sustainability. Even when projects show strong community involvement, they need the backing of local authorities, social services, and NGOs to ensure maintenance, obtain permissions, and integrate actions into wider city policies. Without ongoing institutional support, many interventions risk fading once funding runs out. Equally important are **partnerships with companies and associations**, which can offer technical expertise, employment opportunities, or resources that go beyond the lifespan of a single project.

The durability of physical interventions also depends on technical and environmental factors. The use of robust, vandal-resistant materials, climate-suitable designs, and low-maintenance infrastructure boosts resilience in areas where resources for maintenance are scarce. Likewise, training residents in gardening or plant care enhances local capacity to maintain green spaces, while applying techniques that reinforce survival for trees and shrubs ensures environmental interventions can endure drought and heat waves. For the digital VISs, replicability and scalability are supported by open platforms and adaptable tools, but ongoing investment in equipment, internet access, and technical support is necessary.

Financial sustainability remains a challenge, but the experience of IN-HABIT suggests that relatively modest budgets can have a significant and lasting impact when combined with voluntary work and strong community leadership. Small, visible successes generate trust and momentum that motivate ongoing participation without the need for constant external funding. In the long run, embedding these actions into local governance structures and policy agendas will be crucial. By aligning with existing urban development strategies, cultural traditions, and health promotion programmes, these interventions can transition from temporary projects into permanent features of neighbourhood life.

6.7. Governance and maintenance framework for the long-term viability of NBS and VIS

A critical dimension of the long-term viability of Nature-Based Solutions (NBS) and Visionary and Integrated Solutions (VIS) in vulnerable urban contexts is the establishment of robust governance and maintenance arrangements. In Las Palmeras, IN-HABIT's approach combines institutional support with community ownership, operationalised through the IN-HABIT governance model and the CO-CO-CO approach (co-design, co-deployment, co-management, and co-assessment).

The hard VISs implemented in public spaces (e.g., renovated squares/patios, the picnic area, and the biodiversity corridor) are sustained through inclusive multi-actor governance that links residents, local authorities, researchers, and local organisations. The central enabling factor is the role of Local Community Activators (LCAs) and the wider IN-HUB ecosystem, which help maintain engagement, coordinate collaboration, and support ongoing shared management with end users.

To reinforce day-to-day care capacity, the project combined co-management workshops with practical training, including a gardening course for residents focused on caring for newly planted vegetation; volunteer work from neighbours is explicitly identified as key to success. This strengthens local skills



for routine upkeep (e.g., basic greening care and monitoring), which is especially important where resources are scarce.

Maintenance needs and costs were also reduced by design. Physical interventions prioritised robust, vandal-resistant materials, climate-suitable designs, and low-maintenance infrastructure, improving resilience in contexts where sustained upkeep budgets are limited. In parallel, greening actions tested planting and care methods that improve survival under hot, dry conditions, and several interventions used plants that require very little summer irrigation (e.g., the “patio for the future” in the shelter intervention), demonstrating a cost-aware approach to long-term maintenance.

Beyond the local case, the **methodological guidelines** can add even more value to current European debates on NBS in **social housing** and vulnerable neighbourhoods, because they translate an “NBS-for-equity” ambition into concrete, transferable steps for co-governance, co-management, capacity building, and long-term stewardship. This is particularly relevant in contexts like Las Palmeras, marked by low-quality social housing and where the durability of NBS depends as much on governance and ownership as on design.



7. ANNEXES



7.1. Annex 1: Methodological guide (Eng version)





Co-creating social transformation:

*IN-HABIT methodology to transform
vulnerable urban realities from within*



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CÓRDOBA



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Co-creating social transformation:

IN-HABIT methodology to transform vulnerable urban realities from within.

Methodological guide for the replication of the IN-HABIT methodology.

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Access the video explaining the methodology at:

youtu.be/JZca-nrblwg

TRANSFORMING URBAN WELLBEING STARTS LOCALLY

The IN-HABIT project (Inclusive Health and Wellbeing in Small and Medium-Sized Cities), funded by the European Union's Horizon 2020 programme, has explored how inclusive, nature-based, and socially innovative interventions can transform vulnerable urban contexts. In Córdoba, Spain, a significant part of the work has focused on Las Palmeras, one of the country's most disadvantaged neighbourhoods. Over five years, residents, researchers, local authorities, and grassroots organisations **have worked together to imagine and co-create new forms of inclusive wellbeing.**

This methodological guide draws from that experience and **provides a practical roadmap to replicate and adapt the IN-HABIT approach in other neighbourhoods, cities, and with other vulnerable groups.** Through participatory processes and integrated solutions, both tangible and intangible, it shows that it is possible **to generate real, sustainable, and context-sensitive transformations.**

The guide is designed for local authorities, community associations, urban professionals, researchers, and social actors who aim to design and implement community-driven interventions that reduce inequalities and promote health and wellbeing in an inclusive way.

In these pages you will find:

- The key principles of the IN-HABIT methodology.
- The steps to follow, including tools and recommendations.
- Concrete examples of interventions.
- Success factors.
- Barriers and strategies for adaptation.

We invite you to explore this guide as a flexible and adaptable resource, which can be used as a whole or consulted in parts, depending on the needs of each context.

*The starting point:
context and methodological foundations*





7

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01. INTRODUCTION

The continuous growth of the urban population is transforming cities worldwide (Carmichael et al., 2017). Although urbanisation brings economic and social benefits, it also has profound effects on health and wellbeing, intensifying segregation and existing inequalities (Badland & Pearce, 2019; Carmichael et al., 2017). In many cases, urban environments amplify these gaps, disproportionately exposing minorities and vulnerable populations to situations of risk.

Factors such as air pollution, noise, waste accumulation, extreme weather events, precarious employment, long commutes, or social isolation contribute to the deterioration of both physical and mental health, leading to a general decline in wellbeing (Kuddus et al., 2020). These impacts particularly affect people with low incomes, older adults, migrants, ethnic minorities, and individuals with disabilities, who often face multiple and interconnected barriers that limit their access to healthcare, decent housing, employment, green spaces, and social support networks (Corburn, 2017; Short et al., 2018).

In the face of this reality, it is increasingly important to address health and wellbeing from a cross-cutting and holistic perspective.

Cities are under strong pressure to reduce socio-economic inequalities and to guarantee equitable access to urban wellbeing. To achieve this, innovative approaches are needed that integrate **social justice, environmental sustainability, and community participation**. At the same time, contemporary research stresses the need to ground urban planning in scientific evidence and context-specific approaches (De Sá et al., 2022).

Within this framework, the IN-HABIT research project, funded by the Horizon 2020 programme, explores strategies to increase Inclusive Health and Wellbeing in small and medium-sized European cities. It examines how inclusive, nature-based, and socially innovative interventions can transform urban environments.

The project is being developed in four cities: Córdoba (Spain), Lucca (Italy), Riga (Latvia), and Nitra (Slovakia). Despite hosting a large share of the European urban population, small and medium-sized cities are often absent from policy and research priorities (McPhearson et al., 2016).

IN-HABIT addresses structural inequalities through the development of so-called **Visionary and Integrated Solutions (VIS)**. They are **integrated** because they combine intangible interventions, such as social, cultural, or participatory innovations, with tangible ones, such as infrastructure improvements, nature-based solutions, or digital and technological tools. They are **visionary** because they mobilise undervalued local resources such as culture, food systems, human-animal bonds, or the transformative potential of art and nature. Although each city focuses on different groups and strategies, they all share a common methodological framework and generate experiences that can be replicated in different urban contexts.



This document presents the strategy carried out in Córdoba, Spain, to address a central challenge: **improving inclusive health and wellbeing in vulnerable contexts through a participatory and context-sensitive approach**. It proposes replication guidelines based on the experience and lessons learned during the five years of IN-HABIT's implementation. The city has functioned as a **living laboratory of social innovation and research, co-creating interventions designed to improve inclusive health and wellbeing (IHW)** in urban contexts with high levels of vulnerability.

These guidelines describe the key processes and highlight both the success factors and the opportunities and barriers that arise in socially complex urban contexts, thus contributing to European objectives of **inclusion, innovation, and community resilience**. Their purpose is to serve as an example for designing interventions tailored to specific realities and to support institutions, professionals, and local actors interested in applying or adapting the approaches developed.

By transferring theoretical knowledge into applicable solutions, this document acts as a bridge between research and practice. IN-HABIT proposes a replicable model of inclusive urban transformation, showing how a medium-sized city like Córdoba can lead innovation in health and wellbeing, in line with the European Union's principles of sustainability, social cohesion, and territorial equity.

02. CURRENT URBAN CHALLENGES

Vulnerability is a persistent reality in many European cities. Factors such as structural inequality, economic precariousness, pressure on public services, and successive socio-economic and health crises have deteriorated living conditions in numerous cities and neighbourhoods.

In Spain alone, there are more than 600 vulnerable neighbourhoods. In these contexts, poverty and exclusion tend to concentrate geographically, limiting access to basic services, educational and employment opportunities, healthcare, and quality public spaces.

IN-HABIT's work in Córdoba has focused mainly on one of these vulnerable neighbourhoods, Las Palmeras, which is marked by strong social stigmatisation, structural dependence on public assistance, family breakdown, gender violence, lack of role models, and the failure of traditional educational models. It is also characterised by territorial segregation and disconnection between its residents and the rest of the city.

Problems such as illegal activities, neighbourhood conflicts, and police raids are frequent. In addition, the wellbeing of the population is limited by unemployment, the poor quality of social housing, economic instability, the lack of green areas and public spaces, low educational levels, and restricted access to culture.



Unhealthy lifestyles (including unbalanced diets, sedentary behaviour, obesity, early drug use, and unwanted pregnancies) further worsen the overall state of health. Cases of ethnic discrimination and social exclusion are also present, making being born in the neighbourhood itself a source of stigma.

In response to this reality, IN-HABIT has developed a strategy tailored to the local context, seeking to **address these challenges through the direct participation of the community**. Numerous social VIS (Visionary and Integrated Solutions) have been launched to engage residents, increase access to culture, strengthen the sense of belonging, and combat isolation.

Alongside the work carried out in Las Palmeras, the project has also addressed the situation of people experiencing **homelessness**, whose profile has changed significantly in recent decades. Homelessness is no longer linked only to a lack of income but has become an extreme expression of social exclusion. Today, a person may have income (from employment or benefits) yet still lack access to stable and decent housing.

Factors such as the breakdown of family networks, job loss, mental health issues, bureaucratic barriers, or the absence of strong local ties can all push someone into homelessness, even in cities with available public resources. This phenomenon, more complex and less visible than traditional poverty, requires interventions that go beyond temporary assistance.

IN-HABIT has implemented its methodology with homeless people to promote inclusive health and wellbeing, through nature-based solutions and cultural and training activities designed to encourage active participation, self-esteem, skills development, and the rebuilding of social networks.



03. THE IN-HABIT PROJECT IN CÓRDOBA

IN-HABIT proposes a **replicable methodology to promote inclusive health and wellbeing** in vulnerable urban contexts, starting from a participatory and place-based approach.

The model is built on inclusive, multi-actor governance, actively involving residents, local authorities, research teams, and social organisations, and recognising the essential role of so-called **local community activators** (LCA's), as key figures to connect the project with the community.

This approach strengthens institutional collaboration, allows actions to be adapted to real local needs, and reinforces the protagonism of participants, thereby increasing both the **impact** and the **sustainability** of interventions. It also helps to foster social cohesion, mobilise local resources, and develop collective capacities.

One of the central structures of the project has been the **IN-HUB**, an urban laboratory for social innovation and inclusive governance that functions as a space for coordination, dialogue, and decision-making.

In Córdoba, the IN-HUB has been made up of women residents of Las Palmeras, social organisations and NGOs, companies, public institutions, researchers, educators, and community activators.

This working space operates at different levels: it identifies needs and possible actions, drives strategic processes, defines local priorities, facilitates connections between institutional and community actors, and monitors actions. The IN-HUB has met regularly and has acted as a platform to ensure that proposed solutions are viable, contextualised, and shared by those living in the areas of intervention. Its **horizontal and flexible** logic has enabled the process to be sustained over time, adapt to new needs, and give value to previously underused resources.

Interventions have been developed through a combination of intangible and tangible actions (Visionary and Integrated Solutions – VIS), aimed at generating change from the bottom up. Before implementing tangible actions in Las Palmeras, IN-HABIT prioritised **recovering social fabric, making community assets visible, and involving residents** in collective improvement processes.



Among the **social and cultural** (also called soft) **VIS**, notable examples include traditional celebrations such as Christmas festivities, Carnival, and the May Crosses, video-dance activities, theatre plays based on women's stories from the neighbourhood, cultural cycles and concerts, videos produced by residents to showcase the neighbourhood in international competitions, visits to cultural events in the city, recycling workshops, and campaigns to promote healthy lifestyles.

These activities have helped to strengthen the sense of belonging and collective self-esteem, while also generating new dynamics of participation. In parallel, **hard VIS** have been implemented in **urban public space**, such as the refurbishment and renaturalisation of the central square as a meeting place, the creation of a picnic area and a corridor along the Cantarranas stream, the embellishment of patios, the planting of more than 300 trees and 800 shrubs to create areas for socialisation, and the participatory creation of a large-scale mural in a public space.

One of the most significant advances has been the consolidation of a **volunteer women's group ("Las Vecinas")**, working closely with the community activators.

This core group has fostered the participation of residents, especially women and young people, generating both tangible and intangible changes in the perception of the neighbourhood, in internal relations, and in existing support networks. These transformations have not only improved the physical environment through increased biodiversity, but have also driven a symbolic and social transformation of the area.

In parallel, the experience in the homeless shelter has allowed the IN-HABIT approach to be applied to a socially invisible collective. Here, interventions have focused on **creating safe, green, and therapeutic spaces** within the shelter. A cement and concrete courtyard has been transformed into a gardened space for socialisation, an urban vegetable plot and a therapeutic garden have been created, and training and cultural activities have been organised to strengthen self-esteem, personal skills, and social integration.

Far from being a mere assistance strategy, this work has emphasised the **direct participation** of homeless people in all stages of the process, from design to implementation, recognising their personal, social, and teamwork skills.

Both in Las Palmeras and in the homeless shelter, social and physical interventions have been designed, developed, and managed in a participatory way, reflecting the project's commitment to transformation that grows from within the communities themselves.

The experience in Córdoba shows that, through **contextualised methodologies and genuine co-creation processes**, it is possible to build sustainable and replicable alternatives to improve health and wellbeing in vulnerable neighbourhoods and among groups facing residential exclusion.

These processes, based on trust, listening, and active involvement, can open the way towards more just, resilient, and inclusive urban environments.

IN-HABIT has carried out more than 60 socio-cultural activities in Las Palmeras over five years, with an estimated participation of more than 1,500 people. Over 3,000 m² of public space have been refurbished (including the community picnic area, the renovation of the central square, and the patios), more than 300 trees and 800 brushes have been planted, a green, accessible, and sustainable corridor with innovative lighting has been created, artistic spaces have been established, and community training processes have been launched in gardening, creative recycling, and health promotion.

At the homeless shelter, both tangible and intangible VIS have been combined, creating spaces for the development of social and interaction skills, encouraging teamwork and interpersonal relationships. Thanks to these efforts, more than 300 m² of green spaces have been created, including an urban orchard and a therapeutic garden that functions as a space for rest, dialogue, biodiversity, and connection with nature. In addition, another space has been rehabilitated by renaturalising and experimenting with the creation of a "patio of the future", based on plants requiring minimal amounts of water. Some participants have begun processes of personal autonomy linked to the daily use of the space.

Key lessons include the importance of ensuring **continuity** of community work beyond the duration of projects, the need to create **shared governance structures** that outlive institutional frameworks, and the **crucial role of art, culture, and nature** in driving inclusive health and wellbeing, even in highly vulnerable contexts.





Methodological guide to promote
Inclusive Wellbeing in vulnerable contexts

04. METHODOLOGY

The methodological strategy of IN-HABIT redefines how urban transformations aimed at inclusive health and wellbeing can be conceived, implemented, and sustained, particularly among groups facing high levels of vulnerability. Far from applying standard solutions, the project proposes the following **paradigm shift**:

Cities are not merely recipients of policies, but active co-creators of change, capable of generating innovation and social inclusion by mobilising their own resources, knowledge, and contexts.

In this approach, **health and wellbeing** are understood as **collective, transversal, and dynamic processes**, resulting from the interaction between multiple social, economic, spatial, environmental, and cultural dimensions. **Participation** is therefore not a complement but the structural axis of intervention.

From the outset, **participatory tools** have been activated to understand the environment from within, such as mapping assets and vulnerabilities, neighbourhood workshops, collaborative diagnostics, and personal narratives.



These processes make it possible to design solutions and action plans that connect with the priorities expressed by the community. This principle is reflected in the **CO-CO-CO-CO approach** (co-design, co-implementation, co-management, and co-evaluation), which guides all phases of the project, from identifying needs to assessing results:

- **Co-design:** A collective process of identifying needs, generating ideas, and making decisions, encouraging dialogue between technical, institutional, and social actors, and recognising local knowledge as the foundation of design.
- **Co-implementation:** Residents and final beneficiaries participate actively in the execution of actions, which strengthens commitment, builds capacities, and ensures that interventions are adapted to the reality of the territory.
- **Co-management:** Promotes shared responsibility in the use, care, and maintenance of interventions, to guarantee their sustainability and local ownership, while reinforcing inclusive governance structures.
- **Co-evaluation:** Results are assessed collaboratively, combining quantitative, qualitative, and participatory tools, in order not only to measure impacts but also to learn, adjust, and improve continuously.

In Córdoba, this logic has been applied through a context-sensitive strategy that has considered issues such as institutional mistrust, territorial stigmatisation, and long-standing social exclusion.

Another key pillar of this methodology is the **creation of inclusive governance spaces**, such as the IN-HUB, conceived as a dynamic network that brings together residents, grassroots associations, public administrations, universities, and the private sector.

The IN-HUB operates as a horizontal and flexible working platform, ensuring that decisions remain connected to the reality of the territory. It works on several levels: identifying demands, validating proposals, promoting shared responsibility, and supporting implementation. Its open and evolving nature enables alliances to endure beyond the project, ensuring continuity of the processes set in motion.

The IN-HABIT methodological model is **adaptable, replicable, and scalable**. Its value does not lie in a fixed format, but in its guiding principles: a people-centred intervention, grounded in local knowledge, integrating multiple dimensions, and placing participation at the heart of innovation and sustainability. The results in Córdoba show that inclusive governance, combined with commitment, active listening, and genuine collaboration, can create more resilient, inclusive, and cohesive urban environments.



05. REPLICATING CÓRDOBA MODEL

The practical application of the IN-HABIT methodology in Córdoba has helped consolidate a structured process that can serve as a guide for other cities interested in initiating similar transformations. This intervention model rests on two essential pillars: on the one hand, **collaboration** between three key types of entities (the university, local authorities, and a grassroots association), and on the other, the central role of community activators, who connect the project's interventions with everyday reality.

The joint work between the university, public administrations, and the social fabric makes it possible to **integrate technical knowledge, political support, and territorial anchoring**. The university contributes tools for social transformation, analysis, monitoring, and systematisation of results. Local authorities ensure regulatory feasibility and institutional sustainability. The grassroots association acts as a bridge between the project and the community, offering closeness, legitimacy, and deep knowledge of the context.

Local community activators are a key figure for the success of the process. This role can be performed either by professionals with strong social involvement or by residents with the necessary training to combine technical skills with listening, empathy, and commitment.

Their work consists of energising the area, activating community networks, supporting interventions, and mediating between actors. Given the demands of the role, **it is recommended that it be a paid, stable, and full-time position**.

Building on this support structure, the model is organised into seven phases:

1. Understand the local context.

Preparation of a participatory diagnosis to identify vulnerabilities, existing assets, and needs expressed by the community. Tools include direct observation, interviews, social mapping, personal narratives, and meetings with key actors.

2. Identify and engage key actors.

Carry out an actor mapping exercise to identify individuals, groups, or organisations with the interest and capacity to make interventions possible. It is crucial to include less visible actors and to consider the most vulnerable members not only as beneficiaries but also as key agents in the process.

3. Build inclusive governance: the IN-HUB modelB.

Creation of a collaborative space between the public, private, academic, and community sectors, where decisions are taken in a horizontal and transparent way. The IN-HUB functions as a platform for the joint design, implementation, and evaluation of interventions.

4. Co-design an action plan.

Participatory design of interventions, combining intangible solutions (cultural, educational, or social activities) with tangible ones (improvements to public space, green infrastructure, facilities). The plan should be realistic, flexible, and consistent with the territory's resources and capacities, as well as with the project's scope of action.

5. Co-implement the actions.

Active participation of the community in the execution, maintenance, and monitoring of interventions. This involves training and capacity-building processes, with the aim of fostering social ownership and ensuring long-term sustainability.

6. Co-manage the results.

Engagement of the final beneficiaries in the maintenance and management of the interventions, to encourage their proper use and to strengthen involvement and shared responsibility.

7. Co-evaluation and monitoring.

Establishment of clear criteria and indicators on the objectives and desired impact, in order to evaluate progress and adapt actions if the expected outcomes are not achieved. Involving the community in this stage helps align project promoters' objectives with the needs expressed locally.



Another central element is **participatory evaluation**, understood not only as the measurement of impact but as an active part of the transformation process. The methodology combines quantitative and qualitative tools, such as surveys, direct observation, monitoring technologies, narrative records, and interviews. This makes it possible to capture both visible effects and more subtle changes in relationships, capacities, or perceptions. Moreover, evaluation is conceived as a **tool for collective learning**, guiding adjustments and reinforcing community ownership..



Preliminary analysis

Governance and planning

Co-implementation

Follow-up and impact

1

Understand the local context

2

Identify and engage key actors

3

Build inclusive governance: the IN-HUB model

4

Co-design an action plan

5

Co-implement the actions

6

Co-manage the results

7

Co-evaluation and monitoring



UNDERSTAND THE LOCAL CONTEXT

VULNERABILITY, RESOURCES AND PARTICIPATION

The first step of the methodology is to understand the local context and the cultural norms that shape community life. Before implementing any strategy in a vulnerable neighbourhood or working with groups at risk of exclusion, it is essential to carry out a detailed analysis of the situation of health and wellbeing, as well as an inventory of the existing services and infrastructures.

This diagnosis should also include the history of previous interventions, their outcomes, and, above all, a deep reflection on what has worked, what has not, and why.

In vulnerable areas, it is crucial to understand the emotional and political legacy of these interventions. Many communities have historically been neglected or misinterpreted, which generates scepticism and mistrust towards new initiatives. Building trust with residents, the project team, and community activators therefore requires time, presence, and consistency, but is absolutely essential.

This process should be led by people with genuine skills, experience, and commitment to addressing the social needs of the area, especially those responsible for decision-making and field coordination.

In this process, it is important to:

- Adopt an attitude of active listening rather than delivering speeches.
- Cross-check information to avoid bias.
- Remain open to different cultural and social perspectives.
- Identify key people to collaborate with and involve them from the outset..

Methods:

- Participant observation and individual conversations to uncover everyday realities and lived experiences that are often overlooked in formal data.
- Engagement with associations, businesses, and community groups to identify local goals, challenges, and power dynamics, and to understand the broader social landscape.
- Identification of key informants and respected voices to foster meaningful collaboration, while also recognising those who may support or hinder initiatives.

Critical success factors:

1. Involve professionals with technical expertise, knowledge of the local culture, experience in vulnerable contexts, and a strong commitment.
2. Use participatory tools to engage participants, paying particular attention to those traditionally excluded or overlooked.
3. Create synergies with existing institutions, organisations, and projects.
4. Take into account the history of previous interventions, including what has worked, what has not, and why.
5. Adapt working methods to local needs, habits, and cultures.
6. Identify and empower local actors and work with them.
7. Prioritise trust-building as a goal in itself.
8. Listen patiently and take time to compare and contrast different perspectives.
9. Allow local actors to set the pace and the language of engagement.





UNDERSTAND THE LOCAL CONTEXT

MAPPING OF VULNERABILITIES AND LOCAL RESOURCES

The mapping of vulnerabilities makes it possible to identify people who are most at risk (such as children, older adults, migrants, women, or persons with disabilities) and those who may be most affected, positively or negatively, by interventions. All of them should be considered key actors in the process.

This analysis should go beyond conventional indicators and address the structural causes of vulnerability, such as conflicts, geographical factors, stigmatisation, or systemic exclusion. To do so, it is recommended to apply an intersectional perspective, recognising that variables such as age, gender, ethnicity, legal status, income, or disability interact with one another, shaping both access to resources and the capacity of each person to participate.

At the same time, the process helps to detect underused assets that can be brought into value. Assessing resources and capacities allows a better understanding of what is available: from community infrastructures and human resources, to organisations already working in health and wellbeing.

It also helps identify significant gaps, such as the absence of health services, knowledge, adequate public spaces, training, or basic equipment. Furthermore, mapping can reveal leverage points: elements that already work and could be scaled up or connected to new initiatives.

Finally, it is essential to establish clear ethical guidelines that ensure approaches sensitive to gender, diversity, equity, and inclusion, avoiding any action that may unintentionally aggravate existing vulnerabilities.



Methods:

- Analytical frameworks that identify the intersection of variables present in inequality.
- Creation of safe spaces that foster trust, open dialogue, and the participation of traditionally excluded groups.
- Storytelling and interviews that provide personal perspectives, often absent from formal evaluations.
- Risk analysis to anticipate potential barriers.

Critical success factors:

1. Apply intersectionality frameworks to identify layers of exclusion.
2. Recognise informal leadership, local knowledge, and community rituals as assets.
3. Create spaces that encourage participation, trust, inclusion, and social cohesion.
4. Include both risks and strengths in the diagnosis.
5. Define ethical guidelines adapted to community dynamics.



UNDERSTAND THE LOCAL CONTEXT

PARTICIPATORY NEEDS ASSESSMENT

Interventions should be based on a participatory assessment of needs and priorities. The target group must be actively involved in identifying the needs related to inclusive health and wellbeing, as well as the most urgent problems within the area of action.

To achieve this, different tools can be used that capture not only what residents need, but also how they wish to participate in the process. This approach ensures that interventions are based on real demands rather than externally imposed ones. It also helps to uncover underlying social barriers, such as mistrust towards institutions, community fragmentation, or a sense of invisibility among certain minority groups.

At this stage, it is essential to communicate clearly and honestly the scope of the project, the resources available, and the expected outcomes, in order to avoid raising false expectations. It is also important that the project maintains enough flexibility to adapt to local demands and dynamics, avoiding rigid structures that might restrict participation or adaptability.



Methods:

- Community workshops and focus groups to foster collective reflection and co-creation, including voices that have traditionally been marginalised.
- Discourse analysis to reveal dominant narratives and power relations that shape perceptions and actions.
- Direct observation of public spaces to identify patterns of use, exclusion, and interaction, which provide valuable insights into underlying dynamics.

Critical success factors:

1. Work with open and flexible projects that can adapt to the needs of the target group.
2. Facilitate open participation formats, such as informal gatherings, outdoor activities, and peer-to-peer debates.
3. Plan for both immediate impact and long-term outcomes.
4. Treat identified needs as the result of a co-creative process.
5. Anticipate resistance or fatigue, and respond with empathy rather than pressure.





IDENTIFY AND ENGAGE KEY ACTORS

After understanding the local context, the next step is to identify and engage the actors who can influence the process or benefit from it. This means recognising not only the visible or most prominent institutions within the intervention area, but also the individuals and groups that usually remain in the background yet hold deep knowledge of the territory. Their involvement and collaboration are essential to build legitimacy, reduce resistance, and ensure that the project responds to real needs.

To achieve this, an actor mapping exercise is carried out, assessing not only their level of interest but also their influence and spheres of action. Some will play a central role in design and implementation, while others may only be involved in specific activities or prefer simply to be kept informed about progress.

An inclusive strategy recognises the most vulnerable groups not merely as passive recipients but as active agents in defining priorities and making decisions together with other social actors in their environment.

Actor mapping should not be conceived as a one-off or merely technical exercise, but as a political and social process subject to change. It must therefore be revised and updated continuously as new leadership emerges, alliances shift, or circumstances evolve.

Communication is a key element at this stage. In contexts marked by mistrust of institutions or by low levels of literacy and digital access, traditional channels may be insufficient. Accessible and creative formats are needed to reach the whole population: from clear and visually attractive leaflets distributed door-to-door to community radio programmes, participatory videos, or local social media. The goal is twofold: to inform, and at the same time to listen, recognise, and legitimise those who take part.



Methods:

- Dynamic actor mapping (interest, areas of action, influence, and interrelations).
- Interviews and door-to-door information to identify actors not immediately visible.
- Inclusive communication channels: newsletters and leaflets, radio programmes, social media, instant messaging, participatory videos, etc.
- Spaces for active listening and participatory dialogue.

Critical success factors:

1. Carry out and regularly update the actor map, adjusting it to changes and lessons learned.
2. Recognise and empower less visible actors and vulnerable groups.
3. Treat communication as a process of inclusion and legitimisation, not just information.
4. Avoid clientelist incentives, encouraging genuine and spontaneous motivation instead.
5. Build trust by aligning discourse and practice, maintaining a consistent presence in the territory.



BUILD INCLUSIVE GOVERNANCE

THE IN-HUB MODEL

The inclusive governance model of IN-HABIT is based on the creation of a Public-Private-People Partnership, known as the IN-HUB (Inclusive Hub). This structure functions as a social innovation laboratory, aimed at fostering genuine participation of stakeholders and aligning project goals with their needs.

More than a physical space, the IN-HUB acts as a meeting point and organisational platform that promotes cross-sector collaboration and facilitates the transformation process. Its design seeks to strengthen networks, promote structural dialogue, and ensure that decisions are guided by local perspectives.

The IN-HUB should integrate four key sectors:

- Residents, whose experiences and knowledge guide interventions.
- Public sector, providing regulatory, financial, organisational, and administrative support.
- Private sector, offering resources and facilitating the implementation of actions.
- Researchers and educational sector, contributing technical advice, monitoring and analysing results, providing scientific evidence and, in some cases, financial support.



This combination avoids generic solutions and allows interventions to be tailored to the real conditions of the context, creating a solid and sustainable working environment that endures beyond the project cycle.

Participation may be organised through an open call as well as targeted strategies to inform and engage key actors, including end-users of the activities and groups traditionally excluded.

In vulnerable neighbourhoods, the IN-HUB is configured as a polycentric, bottom-up, open, and flexible governance model, structured at three levels of involvement:

- Steering group: composed of residents and community organisations, it identifies needs and proposes solutions.
- Operational level: includes companies, institutions, and municipal bodies that assess the feasibility of proposals and provide knowledge and resources for their development.
- Support level: made up of partners, networks, and organisations that participate indirectly, contributing dissemination, endorsement, or occasional collaboration.

Coordination between these three levels supports project development and improves results. Constant interaction between the steering group and the operational level ensures that actions are viable, collaborative, and adapted to the context.

IN-HUB meetings can be held as often as needed, depending on requirements, and subcommittees can be set up for specific areas. While the full IN-HUB should ideally meet at least once a year, thematic or specific subcommittees may meet regularly as required.





BUILD INCLUSIVE GOVERNANCE



In Córdoba, for instance, numerous ad hoc meetings were organised to co-design, co-implement, and co-manage interventions together with relevant actors and residents.

The IN-HUB is a facilitating space for implementing the CO-CO-CO-CO methodology. Its design ensures that no single actor has unilateral control over decisions, fostering an environment of trust, negotiation, and collective learning.

In addition to guiding implementation, this platform contributes to the replicability of the model, integrating local knowledge, trust-based relationships, and multisectoral cooperation. Its functioning is open and adaptable, able to respond to new priorities, changing participation, or emerging dynamics, with the aim of becoming a lasting structure for future initiatives..

Methods:

- Inclusive actor mapping.
- Identification and outreach to key actors.
- Active and inclusive participation techniques.
- Tools adapted to participants' needs and capacities.
- Spaces for active listening and participatory dialogue.

Critical success factors:

1. Launch an open call to involve people interested in the project, while also contacting key actors directly, including those traditionally excluded.
2. Request commitment from those who wish to join the IN-HUB.
3. Avoid creating false expectations about project outcomes.
4. Start with a manageable number of committed partners.
5. Create subcommittees and define their roles clearly, while allowing them to evolve flexibly.
6. Provide opportunities for different actors to participate both in decision-making and in implementation.
7. Adapt working methods and tools to the needs and capacities of each level.



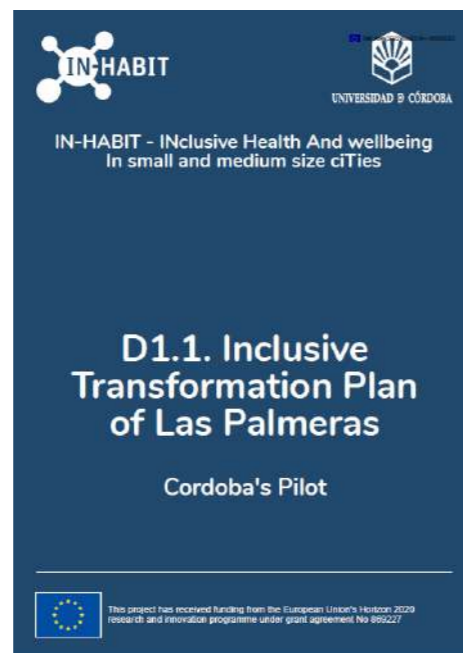
CO-DESIGN AN ACTION PLAN

DESIGN TANGIBLE AND INTANGIBLE (SOFT & HARD) INTERVENTIONS

The next step is to co-design an Inclusive Transformation Plan (ITP) to define the actions that will deliver the project results. This plan is developed in close collaboration with levels 1 and 2 of the IN-HUB, through a combination of bottom-up and top-down participatory processes. Participation is voluntary and does not include financial incentives.

The bottom-up approach is articulated through co-design workshops with residents, where participants collectively reflect on how they imagine their environment, what actions could be implemented, and which community resources could be mobilised. At this stage, the first level of the IN-HUB (made up of the local community) plays a central role. It is important that the resulting proposals are realistic and coherent with the objectives and resources of the project.

These initiatives are then reviewed in a top-down process with members of the second level of the IN-HUB, as well as with authorities, experts, and institutions, to assess their technical, economic, and institutional feasibility. Constant interaction between both levels makes it possible to adjust and refine the set of actions that will form the ITP.



<https://doi.org/10.5281/zenodo.14795145>



Methods:

- Inclusive actor mapping.
- Identification and outreach to key actors.
- Active and inclusive participation techniques.
- Tools adapted to the needs and capacities of participants.
- Spaces for active listening and participatory dialogue.



CO-DESIGN AN ACTION PLAN



The ITP should include all actions planned within the scope of the project, structured around the VIS (Visionary and Integrated Solutions). At the same time, it should remain a flexible and dynamic document, capable of adapting as the project evolves or as new community needs emerge.

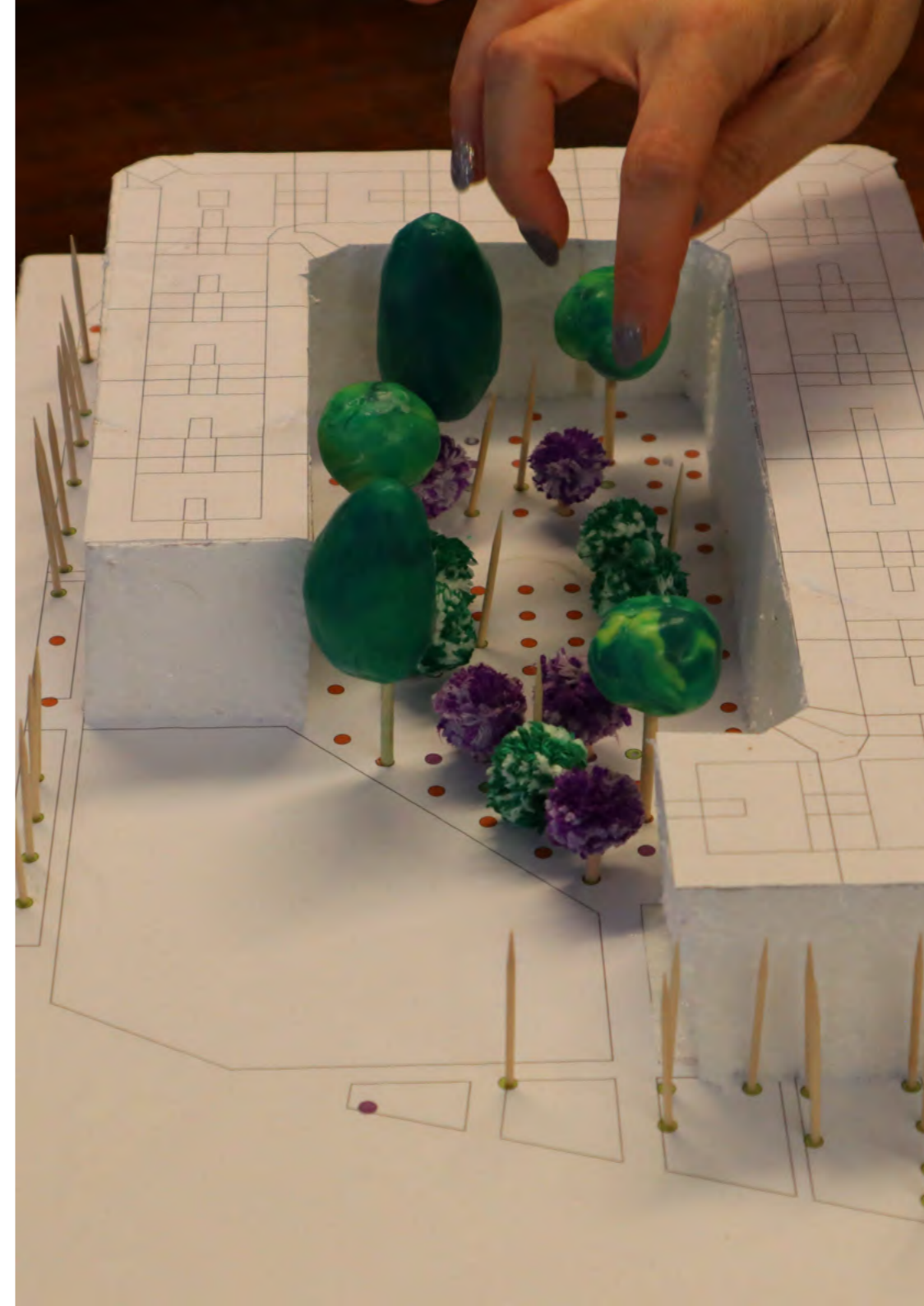
Before implementing tangible VIS, it is important to develop social and cultural VIS that motivate, prepare, and connect residents, creating the conditions necessary for physical interventions to have both impact and acceptance.

- Tangible VIS include physical infrastructures, such as the refurbishment and renaturalisation of public spaces, the creation of picnic areas, community gardens, accessible pathways, or artistic murals, as well as digital tools (videos, platforms, sensors).
- Intangible VIS encompass social, cultural, or educational activities, such as cultural events, socio-cultural visits, wellbeing and healthy eating workshops, sports activities, or digital skills training, among others.

This dual approach ensures that spatial transformation is accompanied by real social activation, strengthening ownership and the long-term sustainability of interventions.

Critical success factors:

1. Co-design an action plan with all relevant actors, especially end-users or beneficiaries of the interventions.
2. Be realistic about the actions included in the ITP.
3. Ensure that actions can be implemented with the available human, financial, and institutional resources, and within the project's timeline.
4. Combine hard infrastructures with soft activities that make them viable and meaningful.
5. Recognise the fundamental value of intangible solutions as essential for the long-term impact of tangible ones, rather than as complementary.
6. Create flexible and dynamic plans that can adapt to changing contexts.
7. Design spaces to be used and lived in, not only to be seen.
8. Promote voluntary participation based on a genuine commitment to improving inclusive wellbeing in the neighbourhood, and not on monetary or similar incentives.





CO-IMPLEMENT THE ACTIONS

Once the ITP has been developed, actors must participate actively in its co-implementation and co-management. Participation is voluntary and no financial incentives are offered, although symbolic incentives are considered for those who remain continuously and meaningfully engaged throughout the process.

An initial analysis of existing skills helps to identify and make use of neighbourhood talents, ensuring they are made visible and recognised. It is advisable to begin with small-scale interventions to gauge their acceptance within the community before moving on to larger actions.

Although resident involvement is key, many interventions need to be subcontracted to specialised companies. In such cases, priority should be given to those that:

- Include people in vulnerable situations.
- Employ residents from the neighbourhood.
- Or demonstrate genuine social responsibility.

Providing training for the tasks to be carried out also helps to build local capacities and open up socio-economic opportunities.

Respecting local cultural practices facilitates community acceptance and participation, especially in diverse neighbourhoods. For example, in Córdoba, the Roma community celebrates night-time bonfires: setting up safe spaces and using fire-resistant materials makes it possible to integrate these traditions without creating risks or conflict.

The type of participation promoted by IN-HABIT empowers vulnerable groups, strengthens their sense of belonging, and fosters more sustainable use and maintenance of public spaces. To maintain coherence between the co-design process and the co-execution phase, it is essential to keep participants informed of any changes, challenges, or adjustments. This open communication helps to consolidate trust and commitment.



Methods:

- Co-responsibility workshops to foster collective commitment to change.
- Capacity-strengthening tools to equip individuals and groups with practical skills for implementing interventions and facing challenges.
- Educational training to promote long-term empowerment by increasing knowledge, confidence, and agency, enabling community members to participate actively and sustain transformation processes.
- Recognition and visibility activities to highlight achievements and acknowledge the actors who made them possible.
-



CO-IMPLEMENT THE ACTIONS

The sustainability of actions does not depend on their formal delivery once completed, but on the community's continuous involvement throughout the whole process, which ensures long-term ownership and maintenance.

It is also important to give visibility to what has been achieved, celebrating successes through inaugurations or cultural activities. These events are an excellent opportunity to highlight collective effort, reinforce community pride, and invite residents from other areas to learn about the changes promoted by the project. This contributes to improving the neighbourhood's image and building external links, even if it can be challenging in stigmatised contexts. Nonetheless, investing in such actions is worthwhile.



Critical success factors:

1. Identify existing talents and skills, and use and value them in co-implementation.
2. Build capacities and develop skills through practice and training (construction, planting, creative art).
3. Respect cultural traditions and practices when co-implementing interventions.
4. Start with small-scale interventions and evaluate residents' acceptance before moving to larger-scale actions.
5. Offer small but meaningful incentives to recognise participants (free access, public recognition, invitations to other decision-making spaces, or opportunities to present their results in wider contexts).



CO-MANAGE THE RESULTS

Once interventions have been implemented, their sustainability depends on the capacity for co-management and on how community involvement is articulated throughout the process. Sustainability is not achieved through handover strategies at the end of a project, but through the development of local capacities and community engagement from the very beginning.

This phase involves sharing responsibilities between residents, public administrations and, in some cases, the private sector, to ensure the maintenance and appropriate use of transformed spaces. Co-management should not be understood as a final step that begins only when results are visible but as a process that starts with co-design, reinforced during co-implementation and consolidates once results are tangible. Co-management is built in a way that allows the community to progressively engage and assume responsibilities.

Co-managing means that the spaces or actions created do not depend exclusively on institutions, but are embraced by the community as part of its daily life and local reality. This can take the form of neighbourhood management committees, cooperation agreements with local authorities, joint activities, and conflict-resolution mechanisms regarding the use of spaces and resources. Such collaborative and adaptive models respond better to the community's changing needs, ensuring that public spaces remain useful and relevant for their users.

Active involvement of residents reinforces the sense of belonging and can lead to stronger and more consistent participation in the daily management of spaces. In addition, limited institutional involvement in maintaining public spaces in vulnerable neighbourhoods may motivate residents themselves to take on a more active role, provided there is a sense of ownership and pride.

The experience of Córdoba demonstrates that when the community feels pride and ownership of what has been created, the risk of vandalism decreases, social cohesion is reinforced, and responsible use of public spaces increases. At the same time, institutions can find in the community an ally for ensuring maintenance, especially in neighbourhoods where public resources are limited or where complex social dynamics exist.

Co-management is not limited to distributing responsibilities or resolving potential conflicts; it also involves giving visibility to achievements and integrating them into collective, cultural, and social processes that take place at different times or under different circumstances. Celebrations, inaugurations, or cultural activities in the transformed spaces reinforce belonging, project a positive image, and attract more actors to the process. These dynamics strengthen the social and symbolic sustainability of the project just as much as the physical maintenance of the spaces.

Methods:

- Co-design processes and workshops that incorporate the dimension of co-management in their implementation and development.
- Community management committees, neighbourhood meetings, and local alliances.
- Collaboration agreements with local or regional authorities, associations, and NGOs for the maintenance of interventions.
- Mediation workshops on the use of spaces.
- Joint programming of cultural, social, and educational activities.
- Inaugurations, celebrations, and events that reinforce community pride.

Critical success factors:

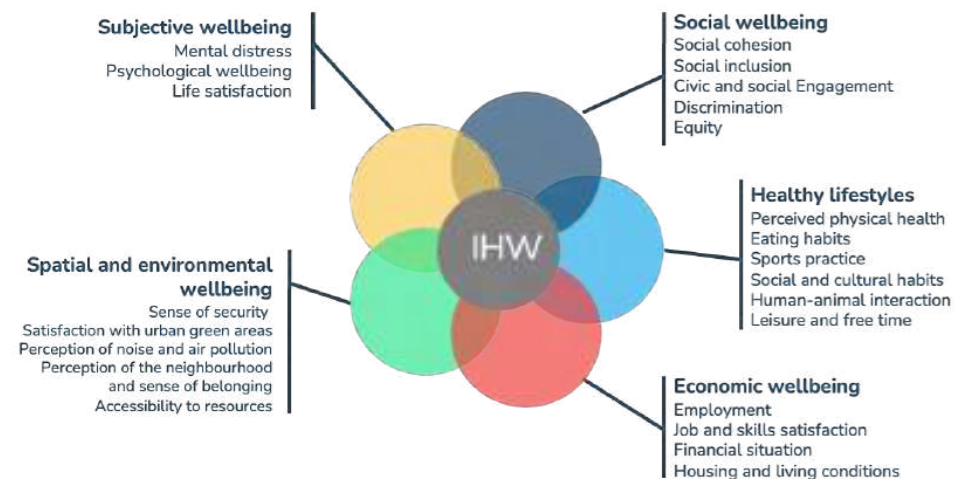
1. Start co-management from the co-design phase, not at the end of the process.
2. Distribute responsibilities clearly but flexibly.
3. Guarantee minimum resources for maintenance.
4. Publicly recognise and value the efforts of residents and actors involved.
5. Ensure transparency in decision-making.
6. Promote diverse and inclusive use of spaces to avoid exclusive appropriation.



CO-EVALUATION AND MONITORING

Evaluation should be understood as a transversal thread running across all phases, not as an isolated exercise at the end of the process. It provides continuous feedback to adjust diagnosis, design, implementation, and management, ensuring a cycle of ongoing improvement. Evaluation should not be limited to checking whether objectives have been met or to what extent, but should instead become a participatory process of collective learning and continuous improvement.

IN-HABIT understands health and well-being holistically and shaped by the following dimensions and subdimensions:



Our co-evaluation framework makes it possible to understand what matters to the community and to assess not only the physical results of interventions, but also their impact on daily life, social cohesion, and people's subjective wellbeing. It also highlights options for improving co-creation, co-implementation, and co-management processes.

An effective system combines quantitative indicators (such as number of users, surface area recovered, reduction of emissions, or improvement in health indicators) with qualitative indicators that capture the community's perceptions, experiences, and narratives. This mixed-method approach ensures that technical data align with the lived reality of residents and reflect everyday circumstances.

Co-evaluation also has a temporal dimension. It is important to measure immediate impacts, which allow short-term corrections, while also establishing mechanisms for medium- and long-term follow-up and development perspectives.

Failures or initial difficulties should be understood as opportunities to learn, reflect, adjust, and improve. Flexibility and transparency in co-evaluation processes strengthen trust between institutions and the community, fostering commitment and involvement.

Mac Fadden et al., (2024)





CO-EVALUATION AND MONITORING

In Córdoba, among many other actions, citizen science tools have been used to monitor environmental parameters, alongside training and information sessions, weekly evaluation and discussion workshops, and regular meetings with residents to review progress. Creative formats have also been incorporated, such as evaluation through art, plastic expression, community photography, or music, allowing participants to express perceptions and emotions beyond formal questionnaires.

These formats encourage freedom of expression, remove potential barriers, and enable people with limited literacy or language barriers to contribute actively. Collective murals, theatre performances, and visual narratives have also been used to reflect how changes in the neighbourhood are perceived, creating a common language that transcends words and connects different generations.

Together, these dynamics have fostered a shared culture of co-evaluation in which residents are not merely informants but co-generators of knowledge, resources, and beneficiaries of their own actions.



Methods:

Participatory definition of quantitative and qualitative indicators.

Evaluation workshops with open dynamics and collective discussion.

Citizen science tools to involve the population.

Creative evaluation sessions (plastic arts, photography, music, theatre, visual narratives, etc.).

Collective murals and artistic representations to express personal and community perceptions and beliefs.

Use of accessible graphic and visual formats that overcome barriers of literacy or language.

Critical success factors:

1. Combine traditional methods with creative expressions that allow greater freedom and diversity in participation.
2. Ensure evaluation goes beyond closed responses, opening spaces for subjective and emotional expression.
3. Remove barriers by using graphic, artistic, and sensory resources.
4. Value not only technical results but also the stories, symbols, and collective representations generated by the community.
5. Promote a safe and trusting environment where everyone can express their views without feeling judged.
6. Strengthen the intergenerational dimension through art and culture as common languages that connect different groups.

06. METHODOLOGICAL ADAPTATION FRAMEWORK

This section presents the key elements of the proposed methodological framework for implementing inclusive health and wellbeing initiatives in vulnerable neighbourhoods, together with the common barriers that may arise when adapting it to other contexts.

Key elements:

- Create a steering group to drive the project, composed of authorities, researchers or facilitators, and a neighbourhood association.
- Involve community activators with technical skills, contextual knowledge, and a high level of social commitment.
- Establish an inclusive governance model representing the four key sectors: citizens, public sector, private sector, and academia.
- Design adaptable projects with realistic timelines and resources.
- Develop a thorough understanding of the local context and the history of previous interventions in the area.
- Generate real opportunities for co-design, co-implementation, co-management, and co-evaluation with the community.
- Practise active listening, especially with people who are most vulnerable or traditionally excluded.

- Combine tangible and intangible solutions to support both social transformation and the transformation of urban spaces, as well as the acceptance of physical actions.
- Encourage the voluntary participation of residents who are genuinely interested in improving the inclusive health and wellbeing of their environment.
- Apply robust scientific methods and generate useful evidence to inform decision-making and public policy.



Flexible elements:

- Projects and budgets may be limited, and actions small in scale. If the guidelines are followed, however, they can still achieve significant impact.
- Actions and solutions are highly variable and must be adapted to the environment, the population, and the specific objectives.
- The composition and internal dynamics of IN-HUBs may vary depending on the actors involved and their level of commitment.
- Evaluation methods should be adjusted to technological capacities, local needs, and available resources, but evaluation for adaptation and decision-making must always be an integral part of the process.

Barriers:

- Mistrust in institutions due to past failed experiences.
- Lack of social cohesion and a limited culture of collaboration among residents.
- Difficulties in identifying and involving key community profiles.
- Limited participation skills in vulnerable groups.
- Precarious living conditions (unemployment, poverty, daily urgencies) that hinder long-term commitment.
- General scepticism towards new initiatives.
- Lack of safe spaces and channels for community interaction.
- Projects and interventions with rigid, top-down designs that prevent adaptation and genuine participation.
- Shortages of human, technical, and financial resources.
- Dependence on political will, with the risk of discontinuity it entails.
- Prevalence of individualism over collective action.
- Environments with the presence of illegal activities, which create insecurity and hinder intervention..



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youtu.be/JZca-nrblwg

WANT TO KNOW MORE ABOUT IN-HABIT?



By scanning the QR code you can access the project's website, where you will find extended information about its objectives and activities. In the section dedicated to Córdoba, you will find practical resources and examples to implement Visionary and Integrated Solutions in your own context: from event maps to radio programmes, videos, and other support materials.

www.inhabit-h2020.eu

Through the Zenodo link you can access the project's repository, which gathers all generated data, publications, and documents. There you will find everything from scientific articles to technical reports and support materials, available for consultation and download.

www.zenodo.org/communities/in-habit-h2020/



On the project's YouTube channel you can see practical examples of the interventions carried out, with videos of presentations, workshop summaries, performances, and other activities that show the fieldwork and may serve as useful support tools.

www.youtube.com/@sustlabuco7791



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7.2. Annex 2: Methodological guide (Esp version)





Co-crear el cambio:

Metodología IN-HABIT para transformar realidades urbanas vulnerables desde dentro



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Este proyecto ha recibido financiación del fondo para la investigación y la innovación Horizonte 2020 de la Unión Europea bajo el acuerdo n°869227

Co-crear el cambio:

Metodología IN-HABIT para transformar realidades urbanas vulnerables desde dentro.

Guía metodológica para la replicación de la metodología IN-HABIT.

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Accede al vídeo explicando la metodología aquí:

youtu.be/JZca-nrblwg

TRANSFORMAR EL BIENESTAR URBANO COMIENZA DESDE LO LOCAL

Esta guía metodológica nace de la experiencia del proyecto IN-HABIT trabajando con colectivos vulnerables en la ciudad de Córdoba, España. Una parte importante del proyecto se ha llevado a cabo en el barrio de las Palmeras, uno de los entornos urbanos más vulnerables del país. A lo largo de cinco años, residentes, investigadores, autoridades locales y organizaciones de base **han trabajado conjuntamente para imaginar y construir nuevas formas de bienestar inclusivo.**

El objetivo de este documento es **ofrecer una hoja de ruta práctica para replicar y adaptar el enfoque IN-HABIT en otros barrios y ciudades y con colectivos que enfrentan desafíos similares.** A través de procesos participativos y soluciones integradas (tanto tangibles como intangibles), se demuestra que es posible impulsar **transformaciones reales, sostenibles y adaptadas al contexto.**

Esta guía está dirigida a autoridades locales, asociaciones comunitarias, profesionales urbanos, investigadores y agentes sociales que buscan diseñar e implementar intervenciones centradas en la comunidad, orientadas a reducir desigualdades y promover la salud y el bienestar de forma inclusiva.

Aquí encontrarás:

- Los principios clave de la metodología IN-HABIT.
- Las pasos a seguir, incluyendo herramientas y recomendaciones.
- Ejemplos concretos de intervención.
- Factores de éxito.
- Barreras y estrategias de adaptación.

Te invitamos a explorar esta guía como un recurso flexible y adaptable, que puede usarse íntegramente o por secciones, según las necesidades de tu entorno.

*El punto de partida:
contexto y fundamentos metodológicos*





7

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01. INTRODUCCIÓN

El crecimiento continuo de la población urbana está transformando las ciudades a nivel global (Carmichael et al., 2017). Aunque la urbanización conlleva beneficios económicos y sociales, también tiene efectos profundos sobre la salud y el bienestar, intensificando la segregación y las desigualdades existentes (Badland y Pearce, 2019; Carmichael et al., 2017). En muchos casos, los entornos urbanos amplifican estas brechas, exponiendo de forma desproporcionada a minorías y poblaciones vulnerables a situaciones de riesgo.

Factores como la contaminación del aire, el ruido, la acumulación de residuos, los fenómenos meteorológicos extremos, el empleo precario, los largos desplazamientos o el aislamiento social contribuyen al deterioro de la salud física y mental, y a una disminución general del bienestar (Kuddus et al., 2020). Estos impactos afectan especialmente a personas con bajos ingresos, de edad avanzada, migrantes, minorías étnicas y personas con discapacidad, quienes a menudo enfrentan múltiples barreras, interconectadas entre sí y que limitan su acceso a servicios de salud, vivienda digna, empleo, espacios verdes y redes de apoyo social (Corburn, 2017; Short et al., 2018).

Ante esta realidad, resulta cada vez más relevante abordar la salud y el bienestar desde una perspectiva transversal y holística.

Las ciudades enfrentan una fuerte presión para reducir las desigualdades socioeconómicas y garantizar el acceso equitativo al bienestar urbano. Para lograrlo, se requieren enfoques innovadores que integren **justicia social, sostenibilidad ambiental y participación comunitaria**. Al mismo tiempo, la investigación contemporánea subraya la necesidad de fundamentar la planificación urbana en evidencias científicas y enfoques contextualizados (De Sá et al., 2022).

En este marco, el proyecto de investigación IN-HABIT, financiado por el programa Horizonte 2020, explora estrategias para incrementar la Salud y el Bienestar Inclusivos en Ciudades Pequeñas y Medianas de Europa. Para ello, investiga como intervenciones inclusivas, basadas en la naturaleza y socialmente innovadoras pueden transformar los entornos urbanos.

El proyecto se desarrolla en cuatro ciudades: Córdoba (España), Lucca (Italia), Riga (Letonia) y Nitra (Eslovaquia). Las ciudades pequeñas y medianas pese a concentrar una parte importante de la población urbana europea, suelen estar fuera de las prioridades políticas y de investigación (McPhearson et al., 2016).

IN-HABIT aborda las desigualdades estructurales a través de la puesta en marcha de las llamadas **soluciones integradas y visionarias (SIV)**. **Integradas**, porque se combinan intervenciones intangibles, como innovaciones sociales, culturales, de dinamización, etc., con otras tangibles, mejoras en infraestructuras, soluciones basadas en la naturaleza o elementos tecnológicos y digitales. **Visionarias** porque activan recursos locales infravalorados, como la cultura, los sistemas alimentarios, los vínculos humano-animal o el potencial transformador del arte y la naturaleza. Aunque cada ciudad se enfoca en colectivos y estrategias distintas, todas comparten un marco metodológico común y generan experiencias replicables en diferentes contextos urbanos.



Este documento presenta la estrategia llevada a cabo en Córdoba, España para abordar un reto central: **mejorar la salud y el bienestar inclusivos en contextos vulnerables a través de un enfoque participativo y adaptado al contexto**. Se proponen unas directrices de replicación basadas en la experiencia y los aprendizajes obtenidos durante los cinco años de implementación del proyecto IN-HABIT. La ciudad ha funcionado como un **laboratorio vivo de innovación social e investigación** para **co-crear intervenciones** orientadas a mejorar la **salud y el bienestar inclusivos (SBI)** en contextos urbanos con altos índices de vulnerabilidad.

Estas directrices detallan los procesos clave y destacan tanto los factores de éxito como las oportunidades y barreras que emergen en contextos urbanos con alta complejidad social, contribuyendo así a los objetivos europeos de **inclusión, innovación y resiliencia comunitaria**. Su objetivo es servir de ejemplo para diseñar intervenciones adaptadas a realidades específicas y apoyar a instituciones, profesionales y actores locales interesados en aplicar o adaptar los enfoques desarrollados.

Al trasladar el conocimiento teórico a soluciones aplicables, este documento se configura como un puente entre la investigación y la acción. IN-HABIT propone un modelo replicable de transformación urbana inclusiva, mostrando cómo una ciudad de tamaño medio como Córdoba puede liderar procesos de innovación en salud y bienestar, en línea con los principios de **sostenibilidad, cohesión social y equidad territorial** promovidos por la Unión Europea.

02. RETOS URBANOS ACTUALES

La **vulnerabilidad** es una realidad persistente en muchas ciudades europeas. Factores como la desigualdad estructural, la precariedad económica, la presión sobre los servicios públicos y las sucesivas crisis socioeconómicas y sanitarias han deteriorado las condiciones de vida en numerosas ciudades y barrios.

En España existen más de 600 barrios vulnerables. En estos contextos, la pobreza y la exclusión tienden a concentrarse geográficamente, limitando el acceso a servicios básicos, oportunidades educativas y de empleo, atención sanitaria o espacios públicos de calidad.

El trabajo de IN-HABIT en Córdoba se ha centrado principalmente en uno de estos barrios vulnerables, Las Palmeras, caracterizado por una fuerte estigmatización social, dependencia estructural de ayudas públicas, desestructuración familiar, violencia de género, ausencia de referentes y fracaso de los modelos educativos tradicionales, además de segregación territorial y desconexión entre sus habitantes y el resto de la ciudad.

Problemas como actividades ilegales, conflictos vecinales o redadas policiales son frecuentes. Además, el bienestar de la población se ve limitado por la falta de empleo, la baja calidad de la vivienda social, la inestabilidad económica, la escasez de zonas verdes y espacios públicos, los bajos niveles educativos y el limitado acceso a cultura.



A esto se suman estilos de vida poco saludables (alimentación desequilibrada, sedentarismo, obesidad, consumo temprano de drogas, embarazos no deseados, entre otros) que agravan el estado general de salud. También se observan situaciones de discriminación étnica y exclusión social que hacen que nacer en el barrio se perciba como una forma de estigmatización en sí misma.

Frente a esta realidad, IN-HABIT ha desarrollado una estrategia basada en un enfoque adaptado al contexto local, que busca **abordar estos retos mediante la participación directa de la comunidad**. Se han puesto en marcha numerosas SIV de carácter social para implicar a los residentes, facilitar el acceso a la cultura, reforzar el sentido de pertenencia y combatir el aislamiento.

En paralelo al trabajo desarrollado en el barrio de Las Palmeras, se ha abordado también la situación de las personas sin hogar, cuyo perfil ha cambiado de forma significativa en las últimas décadas. El **sinhogarismo** ya no responde únicamente a una falta de ingresos, sino que se ha convertido en una expresión extrema de exclusión social. Hoy en día, una persona puede tener ingresos (por trabajo, ayudas...) y aun así carecer de acceso a una vivienda estable o digna.

Factores como la ruptura de redes familiares, la pérdida de empleo, problemas de salud mental, la burocracia o la falta de arraigo en un territorio pueden empujar a alguien a vivir en la calle, incluso en ciudades que disponen de recursos públicos. Este fenómeno, más complejo y menos visible que la pobreza tradicional, requiere intervenciones que vayan más allá de la asistencia puntual.

IN-HABIT ha implementado su metodología de trabajo con personas sin hogar para favorecer su salud y bienestar inclusivos, a través de soluciones basadas en la naturaleza y actividades culturales y formativas orientadas a fomentar la participación activa, la autoestima, el desarrollo de habilidades y la reconstrucción de redes sociales.



03. EL PROYECTO IN-HABIT EN CÓRDOBA

IN-HABIT propone una **metodología replicable para promover la salud y el bienestar inclusivos (SBI)** en contextos urbanos vulnerables, partiendo de un enfoque participativo y vinculado al territorio.

El modelo se apoya en una gobernanza inclusiva y multiactor, que involucra activamente a residentes, autoridades locales, equipos de investigación y entidades sociales, y reconoce el papel esencial de los llamados **activadores comunitarios**, como figuras clave para facilitar la conexión entre el proyecto y la comunidad.

Este enfoque fortalece la colaboración institucional, permite adaptar las acciones a las necesidades reales del entorno y refuerza el protagonismo de las personas participantes, lo que incrementa el **impacto** y la **sostenibilidad** de las intervenciones. Además, favorece la cohesión social, la activación de recursos locales y el desarrollo de capacidades colectivas.

Una de las estructuras centrales del proyecto ha sido el **IN-HUB**, un laboratorio urbano de innovación social y gobernanza inclusiva que funciona como espacio de coordinación, diálogo y toma de decisiones.

En Córdoba, el IN-HUB ha estado conformado por las vecinas del barrio de Palmeras, organizaciones sociales y ONGs, empresas, instituciones públicas, investigadores y educadores, y los activadores comunitarios.

Este espacio de trabajo opera en distintos niveles: identifica necesidades y posibles acciones, impulsa procesos estratégicos, define prioridades locales, facilita la conexión entre actores institucionales y comunitarios, y hace seguimiento de las acciones. El IN-HUB se ha reunido de forma periódica y ha funcionado como plataforma para garantizar que las soluciones propuestas sean viables, contextualizadas y compartidas por quienes habitan en las zonas de actuación. Su lógica **horizontal y flexible** ha permitido sostener el proceso en el tiempo, adaptarse a nuevas necesidades y poner en valor recursos previamente infrautilizados.

Las intervenciones se han desarrollado a través de la combinación de acciones intangibles y tangibles (Soluciones Integradas y Visionarias-SIV) orientadas a generar cambios sostenibles desde la base. Antes de poner en marcha acciones tangibles, en Las Palmeras, las acciones impulsadas por IN-HABIT han buscado **recuperar el tejido social, visibilizar los activos comunitarios e implicar a la población** en procesos de mejora colectiva.



Entre las **SIV sociales y culturales** destacan celebraciones tradicionales como las fiestas de Navidad, el Carnaval o las Cruces de Mayo, actividades de videodanza, obras teatrales basadas en relatos de mujeres del barrio, ciclos culturales y conciertos, vídeos realizados por los propios vecinos para dar visibilidad al barrio en concursos internacionales, visitas a eventos culturales de la ciudad, talleres de reciclaje o campañas para la promoción de hábitos de vida saludables.

Estas acciones han contribuido a reforzar el sentido de pertenencia y la autoestima colectiva, al tiempo que han generado nuevas dinámicas de participación. Paralelamente, se han implementado **SIV físicas en el espacio urbano**, como la rehabilitación y renaturalización de la plaza central del barrio como lugar de encuentro, la creación de un merendero y un corredor en el arroyo Cantarranas, el embellecimiento de los patios, la plantación de más de 300 árboles y 800 arbustos para crear zonas de socialización, y la elaboración participativa de un mural artístico de gran formato en un espacio público.

Uno de los avances más significativos ha sido la consolidación de un **grupo motor de mujeres voluntarias ("Las Vecinas")**, que colabora estrechamente con los activadores comunitarios.

Este núcleo de personas ha dinamizado la participación del vecindario, especialmente de mujeres y jóvenes, generando cambios tangibles e intangibles en la percepción del barrio, en las relaciones internas y en las redes de apoyo existentes. Estas transformaciones no solo han mejorado el entorno físico a través de incremento de la biodiversidad, sino que han impulsado una transformación simbólica y social del entorno.

En paralelo, la experiencia en la casa de acogida de personas sin hogar ha permitido aplicar el enfoque IN-HABIT a un colectivo socialmente invisibilizado. En este caso, las intervenciones se han centrado en la **creación de espacios seguros, verdes y terapéuticos** en esta casa de acogida. Se ha transformado un patio de cemento y hormigón en un espacio ajardinado que invita a la socialización, se han creado un huerto urbano y un jardín terapéutico, y se han puesto en marcha actividades formativas y culturales diseñadas para fortalecer la autoestima, las habilidades personales y la integración social.

Lejos de ser únicamente una estrategia asistencial, este trabajo ha apostado por la **participación directa** de las personas sin hogar en todas las fases del proceso, desde el diseño hasta la ejecución, reconociendo sus capacidades y habilidades tanto personales como sociales y de trabajo en equipo.

Tanto en Las Palmeras como en la casa de acogida, las intervenciones sociales y físicas se han diseñado, desarrollado y gestionado de forma participativa, reflejando el compromiso del proyecto con una transformación que nace desde dentro de las propias comunidades.

La experiencia de Córdoba demuestra que, mediante **metodologías contextualizadas y procesos reales de co-creación**, es posible construir alternativas sostenibles y replicables para mejorar la salud y el bienestar en barrios vulnerables y en colectivos en situación de exclusión residencial.

Estos procesos, basados en la confianza, la escucha y la implicación activa, pueden abrir camino hacia entornos urbanos más justos, resilientes e inclusivos.

IN-HABIT ha generado más de 60 actividades socioculturales en Las Palmeras en cinco años, con una participación estimada de más de 1.500 personas. Se han rehabilitado más de 3.000 m² de espacio público (merendero vecinal, renovación de la plaza central y los patios) se han plantado más de 300 árboles y 800 arbustos, se ha creado un corredor verde, accesible y sostenible con una iluminación innovadora, se han creado espacios artísticos y se han puesto en marcha procesos de formación comunitaria en jardinería, reciclaje creativo y promoción de la salud.

En la casa de acogida también se han combinado SIV intangibles y tangibles, creando espacios para el desarrollo de habilidades sociales y de interacción, fomentando la creación de equipos y las relaciones interpersonales. Gracias a ello se han creado más de 300 m² de espacios verdes, a través de un huerto urbano y un jardín terapéutico que funciona como un espacio de descanso, diálogo, biodiversidad y conexión con la naturaleza. Además, se ha rehabilitado un espacio, renaturalizando y experimentando la creación de un 'patio del futuro' basado en el uso de plantas que necesitan dotaciones mínimas de agua. Algunos participantes han comenzado procesos de autonomía personal vinculados al uso cotidiano del espacio.

Entre los aprendizajes clave destacan la importancia de la **continuidad** del trabajo comunitario más allá de los proyectos, la necesidad de generar **estructuras de gobernanza compartida** que sobrevivan al marco institucional, y **el papel del arte, la cultura y la naturaleza** para generar procesos de mejora de salud y bienestar inclusivos, incluso en contextos de elevada vulnerabilidad.



Guía metodológica para promover el bienestar inclusivo en contextos vulnerables

04. LA METODOLOGÍA COMO EJE DE REPLICACIÓN

La estrategia metodológica de IN-HABIT redefine cómo pueden concebirse, implementarse y sostenerse transformaciones urbanas orientadas a la salud y el bienestar inclusivos, especialmente en colectivos marcados por altos niveles de vulnerabilidad. Lejos de aplicar soluciones estándar, el proyecto propone el siguiente **cambio de paradigma**:

Las ciudades no son meras receptoras de políticas, sino co-creadoras activas de cambio, capaces de generar innovación e inclusión social desde sus propios recursos, saberes y contextos.

En este enfoque, la **salud** y el **bienestar** se entienden como **procesos colectivos, transversales y dinámicos**, resultado de la interacción entre múltiples dimensiones sociales, económicas, espaciales, ambientales y culturales. Por ello, la **participación** no es un complemento, sino el eje estructural de la intervención.

Desde el inicio, se han activado **herramientas participativas** para comprender el entorno desde dentro, como mapeo de activos y vulnerabilidades, talleres vecinales, diagnósticos colaborativos o narrativas personales.



Estos procesos permiten diseñar soluciones o planes de acción que conectan con las prioridades expresadas por la comunidad. Este principio se traduce en el **enfoque CO-CO-CO-CO** (codiseño, coejecución, cogestión y coevaluación), que guía todas las fases del proyecto, desde la identificación de necesidades hasta la valoración de resultados:

- **Co-diseño:** Proceso colectivo de identificación de necesidades, generación de ideas y toma de decisiones, promoviendo el diálogo entre actores técnicos, institucionales y sociales y reconociendo el conocimiento local como base del diseño.
- **Co-implementación:** Los residentes y beneficiarios finales participan activamente en la ejecución de las acciones, lo que refuerza el compromiso, genera capacidades y permite adaptar las intervenciones a la realidad del territorio.
- **Co-gestión:** Promueve la responsabilidad compartida en el uso, cuidado y mantenimiento de las intervenciones para garantizar la sostenibilidad y el arraigo local de las acciones, fortaleciendo estructuras de gobernanza inclusiva.
- **Co-evaluación:** Se evalúan los resultados de forma colaborativa, combinando herramientas cuantitativas, cualitativas y participativas, para medir no solo los impactos, sino también aprender, ajustar y mejorar de forma continua.

En Córdoba, esta lógica se ha concretado a través de una estrategia adaptada al contexto, que ha tenido en cuenta aspectos como la desconfianza institucional, la estigmatización territorial y la exclusión social de largo recorrido.

Otro de los ejes clave de esta metodología es la **creación de espacios de gobernanza inclusiva**, como el IN-HUB, concebido como una red dinámica que articula a residentes, asociaciones de base, administraciones públicas, universidad y sector privado.

El IN-HUB funciona como una plataforma de trabajo horizontal y flexible, orientada a que las decisiones estén siempre conectadas con la realidad del territorio, que opera a varios niveles: detecta demandas, valida propuestas, promueve la corresponsabilidad y acompaña la ejecución. Su carácter abierto y evolutivo permite sostener las alianzas más allá del proyecto, dando continuidad a los procesos iniciados.

El modelo metodológico de IN-HABIT se caracteriza por ser **adaptable, replicable y escalable**. Su valor no está en un formato cerrado, sino en sus principios rectores: una intervención centrada en las personas, basada en el conocimiento local, que integra múltiples dimensiones y apuesta por la participación como motor de innovación y sostenibilidad. Los resultados en Córdoba evidencian que la gobernanza inclusiva, unida a compromiso, escucha activa y colaboración genuina, permiten generar entornos urbanos más resilientes, inclusivos y cohesionados.



05. REPLICANDO EL MODELO DE CÓRDOBA: FASES

La aplicación práctica de la metodología IN-HABIT en Córdoba ha permitido consolidar un proceso estructurado que puede servir como guía para otras ciudades interesadas en activar transformaciones similares. Este modelo de intervención se apoya en dos pilares esenciales: por un lado, la **colaboración** entre tres tipos de entidades clave (la universidad, las autoridades locales y una asociación de base) y, por otro, el papel central de los activadores comunitarios, que conectan las intervenciones del proyecto con la realidad.

El trabajo conjunto entre universidad, administraciones públicas y tejido social permite **integrar conocimiento técnico, respaldo político y arraigo territorial**. La universidad aporta herramientas de transformación social, análisis, monitoreo y sistematización de resultados. Las autoridades locales garantizan viabilidad normativa y sostenibilidad institucional. Y la asociación de base actúa como nexo entre el proyecto y la comunidad, ofreciendo cercanía, legitimidad y conocimiento profundo del contexto.

Los **activadores comunitarios** son una figura clave para el éxito del proceso. Este papel lo pueden desempeñar profesionales con fuerte implicación social o residentes con la formación necesaria para combinar habilidades técnicas con capacidad de escucha, empatía y compromiso. Su trabajo consiste en la dinamización de la zona, la

activación del tejido comunitario, el acompañamiento de las intervenciones y la mediación entre actores. Por la exigencia del rol, se recomienda que sea una **figura remunerada, estable y a tiempo completo**.

A partir de esta estructura de apoyo, el modelo se organiza en siete fases:

1. Comprender el contexto local.

Elaboración de un diagnóstico participativo que identifique vulnerabilidades, activos existentes y necesidades sentidas por la comunidad. Para ello se utilizan herramientas como la observación directa, entrevistas, mapeo social, narrativas personales y reuniones con actores clave.

2. Identificar e implicar a actores clave.

Realizar un mapeo de actores que permita identificar a las personas, grupos u organizaciones con interés y capacidad para hacer posible el desarrollo de las intervenciones. Es muy importante incluir a los actores menos visibles y considerar a los miembros más vulnerables no solo como beneficiarios, sino como agentes clave en el proceso.

3. Construir una gobernanza inclusiva: el modelo IN-HUB.

Creación de un espacio de colaboración entre sectores público, privado, académico y comunitario, donde las decisiones se toman de forma horizontal y transparente. El IN-HUB funciona como una plataforma para el diseño, implementación y evaluación conjunta de las intervenciones.

4. Co-diseñar un plan de acción.

Diseño participativo de las intervenciones, combinando soluciones intangibles (actividades culturales, educativas o sociales) con soluciones tangibles (mejoras del espacio público, infraestructura verde, equipamientos). El plan debe ser realista, flexible y coherente con las capacidades y recursos del territorio y con las capacidades de intervención del proyecto o la acción.

5. Co-ejecutar las acciones.

Participación activa de la comunidad en la ejecución, mantenimiento y seguimiento de las intervenciones. Ello conlleva procesos de formación y refuerzo de capacidades, con el objetivo de fomentar la apropiación social y asegurar la sostenibilidad a largo plazo.

6. Co-gestionar los resultados.

Implicación de los beneficiarios finales de las intervenciones en el mantenimiento y gestión de las mismas para fomentar un uso adecuado de las mismas y para desarrollar implicación y corresponsabilidad entre los mismos.

7. Co-evaluación y seguimiento.

Establecimiento de criterios e indicadores claros sobre los objetivos y el impacto deseado para poder evaluar los avances conseguidos y adaptar las acciones en el caso de que los mismos no sean los esperados. La implicación de la comunidad en estos aspectos permite alinear los objetivos de los promotores del proyecto con las necesidades sentidas.



Otro elemento central es la **evaluación participativa**, entendida no solo como medición de impacto, sino como parte activa del proceso de transformación. La metodología combina herramientas cuantitativas y cualitativas, como encuestas, observación directa, tecnologías de monitoreo, registros narrativos o entrevistas. Esto permite capturar tanto los efectos visibles como los cambios más sutiles en vínculos, capacidades o percepciones. Además, la evaluación se concibe como una **herramienta de aprendizaje colectivo**, que guía ajustes y refuerza la apropiación comunitaria.



Análisis previo

Gobernanza y planificación

Co-ejecución

Seguimiento e impacto

1

Comprender el contexto local

2

Identificar e implicar a actores clave

3

Construir una gobernanza inclusiva

4

Co-diseñar un plan de acción

5

Co-ejecutar las acciones

6

Co-gestionar los resultados

7

Co-evaluación y seguimiento



COMPRENDER EL CONTEXTO LOCAL

VULNERABILIDAD, RECURSOS Y PARTICIPACIÓN

El primer paso de la metodología consiste en comprender el contexto local y las normas culturales que configuran la vida comunitaria. Antes de implementar cualquier estrategia en un barrio vulnerable o trabajar con colectivos en situación de exclusión, es fundamental realizar un análisis detallado de la situación de salud y bienestar, así como un inventario de los servicios e infraestructuras existentes.

Este diagnóstico debe incluir también el historial de intervenciones previas, sus resultados y, muy especialmente, una reflexión profunda sobre qué ha funcionado y que no, y por qué.

En áreas vulnerables, es clave entender el **legado emocional y político** de esas intervenciones. Muchas comunidades han sido históricamente desatendidas o malinterpretadas, lo que genera escepticismo y desconfianza hacia nuevas iniciativas. Por eso, **construir confianza** con los vecinos, el equipo del proyecto y los dinamizadores comunitarios es un proceso que requiere tiempo, presencia y constancia, pero resulta absolutamente esencial.

Este proceso debe ser liderado por personas con competencias, experiencia y compromiso reales para abordar las necesidades sociales del entorno, especialmente los responsables de la toma de decisiones y coordinación del trabajo en terreno.

En este proceso, es importante:

- Adoptar una actitud de escucha activa más que de discurso.
- Contrastar la información para evitar sesgos.
- Estar abiertos a distintas perspectivas culturales y sociales.
- Detectar a las personas clave con las que colaborar e integrarlas desde el inicio.

Métodos:

- Observación participante y conversaciones individuales para descubrir realidades cotidianas y experiencias vividas que a menudo se pasan por alto en los datos formales.
- Vinculación con asociaciones, empresas y colectivos para detectar objetivos, desafíos y dinámicas de poder locales, para comprender el panorama social.
- Identificación de informantes clave y voces respetadas para impulsar una colaboración significativa, al tiempo que se reconozca a quienes pueden apoyar u obstaculizar las iniciativas.

Factores críticos de éxito:

1. Involucrar a profesionales con competencias técnicas y conocimiento de la cultura local, experiencia en entornos vulnerables y un fuerte compromiso.
2. Utilizar herramientas participativas para involucrar a los participantes, prestando especial atención a quienes tradicionalmente han sido excluidos o ignorados.
3. Crear sinergias con instituciones, organizaciones y proyectos existentes.
4. Conocer el historial de intervenciones llevadas a cabo, incluyendo qué ha funcionado, qué no, y por qué.
5. Adaptar el método de trabajo a las necesidades, hábitos y culturas.
6. Identificar y empoderar a los actores locales y trabajar con ellos.
7. Priorizar la construcción de confianza como un objetivo en sí mismo.
8. Escuchar, aunque lleve tiempo, y contrastar diferentes puntos de vista.
9. Permitir que los actores locales marquen el ritmo y el lenguaje del compromiso.





COMPRENDER EL CONTEXTO LOCAL

MAPEO DE VULNERABILIDADES Y RECURSOS LOCALES

El mapeo de vulnerabilidades permite identificar a las personas que están en mayor riesgo (como niños, personas mayores, migrantes, mujeres o personas con discapacidad) y aquellas que pueden verse más afectadas, positiva o negativamente, por las intervenciones. Todas ellas deben ser consideradas como actores clave en el proceso.

Este análisis debe ir más allá de los indicadores convencionales y abordar las causas estructurales de la vulnerabilidad, como conflictos, factores geográficos, estigmatización o exclusión sistémica.

Para ello, se recomienda aplicar una **perspectiva interseccional**, que tenga en cuenta que variables como la edad, el género, la etnia, el estatus legal, los ingresos o la discapacidad interactúan entre sí, afectando al acceso a recursos y la capacidad de participación de cada persona.

Al mismo tiempo, el proceso permite detectar activos infrautilizados que pueden ser puestos en valor. La evaluación de recursos y capacidades ayuda a comprender los medios disponibles: desde infraestructuras comunitarias y recursos humanos, hasta organizaciones que ya trabajan en salud y bienestar.

También permite identificar carencias relevantes, como la falta de servicios sanitarios, conocimientos, espacios públicos adecuados, formación o equipamientos básicos. Además, este mapeo puede revelar **puntos de apalancamiento**: elementos que ya funcionan y que podrían ampliarse o conectarse con nuevas iniciativas.

Por último, es fundamental establecer directrices éticas claras que aseguren enfoques sensibles al género, la diversidad, la equidad y la inclusión, evitando cualquier acción que pueda agravar de forma involuntaria las situaciones de vulnerabilidad existentes.



Métodos:

- Marcos de análisis que identifiquen la intersección de variables presentes en la desigualdad.
- Creación de espacios seguros que fomenten la confianza, el diálogo abierto y la participación de los colectivos tradicionalmente excluidos.
- Narración de historias y entrevistas que ofrecen perspectivas personales, a menudo no incluidas en las evaluaciones formales.
- Análisis de riesgos permite anticipar posibles barreras.

Factores críticos de éxito:

1. Emplear marcos de interseccionalidad para identificar las capas de la exclusión.
2. Identificar el liderazgo informal, el conocimiento local y los rituales comunitarios como activos.
3. Crear espacios que fomenten la participación, la confianza, la inclusión y la cohesión social.
4. Incluir tanto los riesgos como las fortalezas en el diagnóstico.
5. Definir directrices éticas adaptadas a la dinámica comunitaria.



COMPRENDER EL CONTEXTO LOCAL

EVALUACIÓN PARTICIPATIVA DE NECESIDADES

Las intervenciones deben estar basadas en la evaluación participativa de necesidades y prioridades. El **grupo destinatario** debe implicarse en la identificación de las necesidades relacionadas con la salud y el bienestar inclusivos, así como en los problemas más urgentes dentro del ámbito de actuación.

Para ello, pueden utilizarse distintas herramientas que permitan comprender no solo qué necesitan los residentes, sino también cómo desean participar en el proceso. Este enfoque garantiza que las intervenciones estén basadas en **demandas reales** y no impuestas desde fuera. Además, este proceso ayuda a identificar **barreras sociales subyacentes**, como la desconfianza hacia las instituciones, la fragmentación comunitaria o el sentimiento de invisibilidad entre ciertos grupos minoritarios.

En esta fase, es clave explicar de forma clara y honesta el alcance del proyecto, los recursos disponibles y los resultados previstos, con el fin de **evitar generar falsas expectativas**. También es importante que el proyecto cuente con suficiente **flexibilidad** para adaptarse a las demandas y dinámicas del territorio, evitando estructuras demasiado rígidas que limiten la participación o la adaptabilidad.



Métodos:

- Talleres comunitarios y grupos focales para fomentar la reflexión colectiva y la co-creación, incluyendo a las voces tradicionalmente marginadas.
- Análisis del discurso para revelar narrativas dominantes y relaciones de poder que influyen en percepciones y acciones.
- Observación directa de los espacios públicos para identificar patrones de uso, exclusión e interacción que pueden dar información sobre las dinámicas subyacentes.

Factores críticos de éxito:

1. Trabajar con proyectos abiertos y flexibles que puedan adaptarse a las necesidades del grupo objetivo.
2. Facilitar formatos de participación abierta, como encuentros informales, actividades al aire libre y debates entre iguales.
3. Planificar tanto el impacto inmediato como los resultados a largo plazo.
4. Tratar las necesidades identificadas como el resultado de un proceso co-creativo.
5. Anticipar resistencias o fatiga, y responder con empatía, no con presión.





IDENTIFICAR E IMPLICAR A ACTORES CLAVE

Después de comprender el contexto local, el siguiente paso consiste en identificar y dinamizar a los actores que pueden influir en el proceso o beneficiarse de él. Esto implica reconocer no solo a las instituciones visibles o con más relevancia dentro del área de intervención, sino también a las personas y colectivos que suelen permanecer en la sombra, pero que cuentan con un conocimiento profundo del territorio. Su implicación y colaboración es esencial para construir legitimidad, reducir resistencias y garantizar que el proyecto responde a necesidades reales.

Para ello, se recurre a un mapeo de actores que debe contemplar tanto su nivel de interés como su capacidad de influencia o los diferentes ámbitos de actuación. Algunos tendrán un papel central en el diseño y la ejecución, mientras que otros se implicarán puntualmente en actividades concretas o simplemente querrán ser informados de los avances.

Una **estrategia inclusiva** reconoce a los colectivos más vulnerables no solo como receptores pasivos, sino como agentes activos en la definición de prioridades y en la toma de decisiones en colaboración con los actores sociales de su entorno.

El mapeo no debe concebirse como un ejercicio puntual o meramente técnico, sino como un proceso político y social sujeto a cambios. Por eso debe revisarse y actualizarse de manera continua a medida que emergen nuevos liderazgos, se modifican alianzas o cambian las circunstancias del entorno.

La comunicación es un elemento clave en esta etapa. En contextos marcados por la desconfianza hacia instituciones o por bajos niveles de alfabetización y acceso digital, los canales tradicionales pueden ser insuficientes. Es necesario utilizar formatos accesibles y creativos que permitan llegar a toda la población: desde folletos gráficos y atractivos distribuidos puerta a puerta hasta programas de radio comunitaria, vídeos participativos o redes sociales locales. El objetivo es doble: informar y, al mismo tiempo, escuchar, reconocer y legitimar a quienes participan.



Métodos:

- Mapeo dinámico de actores (interés, áreas de actuación, influencia e interrelaciones).
- Entrevistas e información puerta a puerta para identificar actores ocultos a primera vista.
- Canales de comunicación inclusiva: boletines y folletos, programas de radio, redes sociales, mensajería instantánea, vídeos participativos...
- Espacios de escucha activa y diálogo participativo.

Factores críticos de éxito:

1. Realizar y revisar periódicamente el mapa de actores, ajustándolo a cambios y aprendizajes.
2. Reconocer y empoderar a los actores menos visibles y a colectivos vulnerables.
3. Mantener la comunicación como proceso de inclusión y legitimación, no solo de información.
4. Evitar incentivos clientelares, favoreciendo la motivación genuina y espontánea.
5. Construir confianza con coherencia entre discurso y práctica, manteniendo presencia constante en el territorio.



CONSTRUIR UNA GOBERNANZA INCLUSIVA

EL MODELO IN-HUB

El modelo de gobernanza inclusiva de IN-HABIT se basa en la creación de una Asociación Público-Privada-Popular, conocida como IN-HUB (Hub Inclusivo). Esta estructura funciona como un laboratorio de innovación social, cuyo objetivo es fomentar la participación real de los actores interesados y alinear los objetivos del proyecto con sus necesidades.

Más que un espacio físico, el IN-HUB actúa como un punto de encuentro y una plataforma organizativa que impulsa la colaboración entre sectores y facilita el proceso de transformación. Su diseño busca fortalecer redes, promover el diálogo estructural y garantizar que las decisiones estén orientadas por las perspectivas locales.

El IN-HUB debe integrar cuatro sectores clave:

- Residentes, cuyas experiencias y conocimientos orientan las intervenciones.
- Sector público, que aporta apoyo normativo, económico, organizativo y administrativo.
- Sector privado, que ofrece recursos y facilita la ejecución de acciones.
- Investigadores y sector educativo, que proveen de asesoramiento técnico, monitorean y analizan resultados, aportan evidencias científicas y, en algunos casos, respaldo financiero.



Esta combinación evita soluciones genéricas y permite adaptar las intervenciones a las condiciones reales del contexto, generando un entorno de trabajo sólido y sostenible más allá del ciclo del proyecto.

La participación puede organizarse a través de una convocatoria abierta, así como mediante estrategias específicas para informar e implicar a actores clave, incluyendo los usuarios finales de las actividades y colectivos tradicionalmente excluidos.

En barrios vulnerables, el IN-HUB se configura como un modelo de gobernanza policéntrico, ascendente, abierto y flexible, y se estructura en tres niveles de implicación:

- **Grupo motor:** compuesto por residentes y organizaciones comunitarias, identifica necesidades y propone soluciones.
- **Nivel operativo:** incluye empresas, instituciones y organismos municipales que evalúan la viabilidad de las propuestas y aportan conocimientos y recursos para su desarrollo.
- **Nivel de apoyo:** formado por socios, redes y entidades que participan de manera indirecta, contribuyendo con difusión, respaldo o colaboración puntual.

La coordinación entre estos tres niveles favorece el desarrollo del proyecto y mejora sus resultados. La interacción constante entre el grupo motor y el nivel operativo garantiza que las acciones sean viables, colaborativas y contextualizadas.

Las reuniones del IN-HUB se pueden organizar con la periodicidad necesaria, según las necesidades, pudiendo organizarse en subcomités por áreas específicas.

Aunque todo el IN-HUB debería reunirse al menos una vez al año, pueden formarse subcomités temáticos o específicos que se reúnan periódicamente según las necesidades.





CONSTRUIR UNA GOBERNANZA INCLUSIVA



En Córdoba, por ejemplo, se organizaron numerosas reuniones ad hoc para codiseñar, coimplementar y cogestionar intervenciones junto con actores relevantes y residentes.

El IN-HUB es un espacio facilitador para implementar la metodología CO-CO-CO-CO. Su diseño asegura que ningún actor tenga un control unilateral sobre las decisiones, fomentando un entorno de confianza, negociación y aprendizaje colectivo.

Además de guiar la implementación, esta plataforma contribuye a la replicabilidad del modelo, integrando conocimiento local, relaciones de confianza y cooperación multisectorial. Su funcionamiento es abierto y adaptable, capaz de responder a nuevas prioridades, cambios en la participación o dinámicas emergentes, con el objetivo de convertirse en una estructura duradera para iniciativas futuras.

Métodos:

- Mapeo de actores inclusivo.
- Identificación y contacto con actores clave.
- Técnicas activas e inclusivas de participación.
- Herramientas adaptadas a las necesidades y capacidades de los participantes.
- Espacios de escucha activa y diálogo participativo.

Factores críticos de éxito:

1. Lanzar una convocatoria abierta para involucrar a personas interesadas en el proyecto, al mismo tiempo que se contacta específicamente con actores clave, incluidos aquellos que han sido tradicionalmente excluidos.
2. Solicitar compromiso a quienes deseen formar parte del IN-HUB.
3. Evitar crear falsas expectativas sobre los resultados del proyecto.
4. Comenzar con un número manejable de socios comprometidos.
5. Crear subcomités y definir claramente sus funciones, permitiendo al mismo tiempo que evolucionen con flexibilidad.
6. Generar oportunidades para que distintos actores participen tanto en la toma de decisiones como en la implementación.
7. Adaptar los métodos y herramientas de trabajo a las necesidades y capacidades de cada nivel.



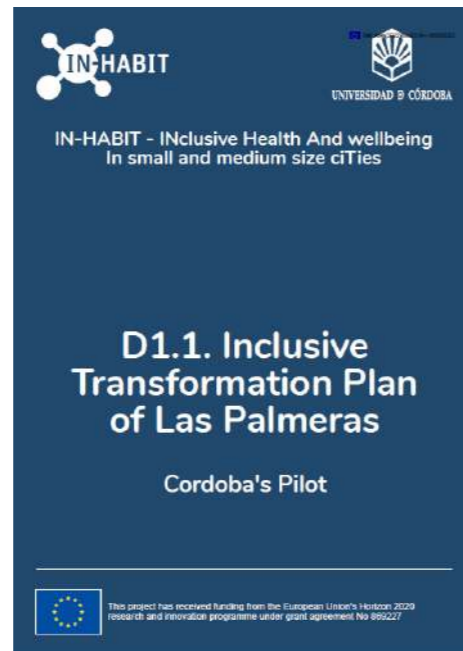
CO-DISEÑAR UN PLAN DE ACCIÓN

DISEÑAR INTERVENCIONES TANGIBLES E INTANGIBLES

El siguiente paso consiste en codiseñar un Plan de Transformación Inclusiva (PTI) para definir las acciones que permitirán alcanzar los resultados del proyecto. Este plan se elabora en estrecha colaboración con los niveles 1 y 2 del IN-HUB, mediante una combinación de procesos participativos ascendentes y descendentes. La participación es voluntaria y no contempla incentivos económicos.

El enfoque ascendente se articula a través de talleres de codiseño con residentes, donde se reflexiona colectivamente sobre cómo imaginan su entorno, qué acciones pueden impulsarse y qué recursos comunitarios pueden movilizarse. En esta etapa, el primer nivel del IN-HUB (formado por la comunidad local) tiene un papel esencial. Es importante que las propuestas resultantes sean realistas y coherentes con los objetivos y recursos del proyecto.

A continuación, las iniciativas planteadas se analizan en un proceso descendente con los miembros del segundo nivel del IN-HUB, así como con autoridades, expertos e instituciones, para valorar su viabilidad técnica, económica e institucional. La interacción constante entre ambos niveles permite ajustar y afinar el conjunto de acciones que conformarán el PTI.



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Métodos:

- Mapeo de actores inclusivo.
- Identificación y contacto con actores clave.
- Técnicas activas e inclusivas de participación.
- Herramientas adaptadas a las necesidades y capacidades de los participantes.
- Espacios de escucha activa y diálogo participativo.



CO-DISEÑAR UN PLAN DE ACCIÓN

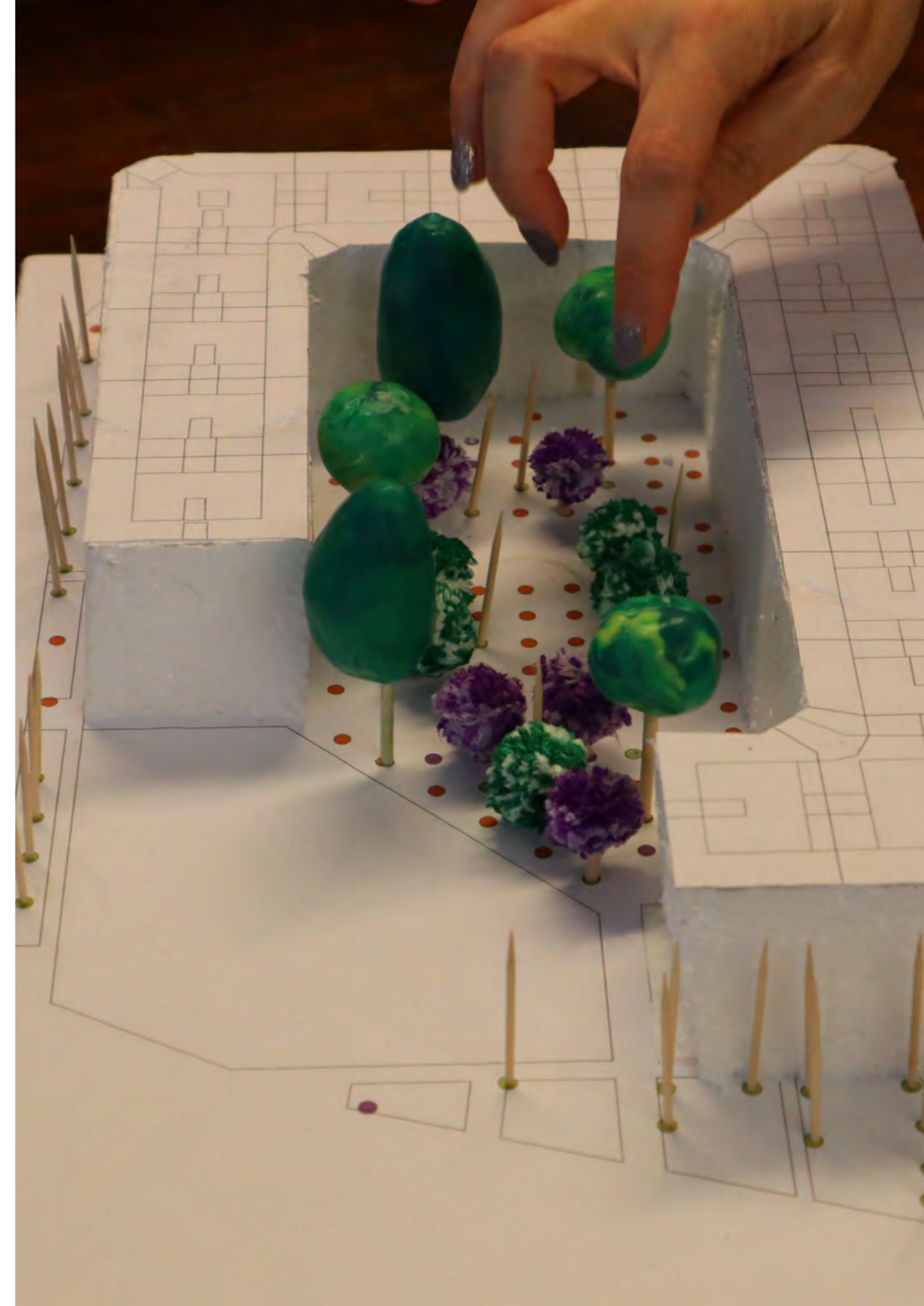


El PTI debe recoger todas las acciones previstas dentro del alcance del proyecto, que se estructuran en torno a las SIV, aunque también debe ser un documento flexible y dinámico, que puede adaptarse a medida que evoluciona el proyecto o emergen nuevas necesidades en la comunidad.

Antes de poner en marcha las SIV tangibles, es importante implementar SIV sociales y culturales que motivan, preparan y conectan al vecindario, generando el ambiente necesario para que las intervenciones físicas tengan impacto y aceptación.

- Las SIV tangibles incluyen infraestructuras físicas, como la rehabilitación y renaturalización de espacios públicos, la creación de merenderos, jardines comunitarios, caminos accesibles o murales artísticos, así como herramientas digitales (vídeos, plataformas, sensores).
- Las SIV intangibles engloban actividades de tipo social, cultural o formativo, como eventos culturales, visitas socioculturales, talleres de bienestar y alimentación saludable, actividades deportivas o formaciones en capacidades digitales, entre otras.

Este enfoque dual garantiza que la transformación del espacio se acompañe de una activación social real, fortaleciendo la apropiación y la sostenibilidad de las intervenciones a largo plazo.



Factores críticos de éxito:

1. Co-diseñar un plan de acción con todos los actores relevantes, especialmente los usuarios finales o beneficiarios de las intervenciones.
2. Ser realistas respecto a las acciones incluidas en el PTI.
3. Asegurar que las acciones puedan desarrollarse con los recursos humanos, financieros e institucionales existentes y dentro del cronograma del proyecto.
4. Combinar infraestructuras duras con actividades blandas que las hagan viables y significativas.
5. Reconocer el valor fundamental de las soluciones intangibles como esenciales para el impacto a largo plazo de las soluciones tangibles y no como complementarias.
6. Crear planes flexibles y dinámicos que puedan adaptarse a contextos cambiantes.
7. Diseñar espacios para ser usados y vividos, no solo para ser vistos.
8. Promover una participación voluntaria basada en un compromiso genuino con la mejora del bienestar inclusivo en el barrio, y no en incentivos monetarios u otros similares.



CO-EJECUTAR LAS ACCIONES

Una vez elaborado el PTI, los actores deben participar activamente en su co-implementación y co-gestión. La participación es voluntaria y no se ofrecen incentivos económicos, aunque sí se contemplan incentivos simbólicos para quienes se implican de forma continua y comprometida a lo largo del proceso.

Realizar un análisis inicial de las habilidades existentes permite identificar y aprovechar los talentos del vecindario, asegurando que sean visibilizados y reconocidos. Se recomienda iniciar con intervenciones de pequeña escala para valorar su aceptación en la comunidad antes de avanzar hacia acciones de mayor envergadura.

Aunque la implicación de los residentes es clave, muchas intervenciones deben ser subcontratadas a empresas especializadas. En estos casos, se debe priorizar a aquellas que:

- Incluyan a personas en situación de vulnerabilidad,
- empleen a residentes del barrio,
- o demuestren una auténtica responsabilidad social.

Ofrecer formación para las tareas a desarrollar también contribuye a crear capacidades locales y abrir oportunidades socioeconómicas.

Respetar las prácticas culturales locales facilita la aceptación y participación de la comunidad, especialmente en barrios diversos. Por ejemplo, en Córdoba, la comunidad gitana celebra hogueras nocturnas: habilitar espacios seguros y usar materiales resistentes al fuego permite integrar estas costumbres sin generar conflictos ni riesgos.

La participación que promueve IN-HABIT empodera a los colectivos vulnerables, refuerza su sentido de pertenencia y fomenta un uso y mantenimiento más sostenibles de los espacios públicos, y para mantener la coherencia entre el proceso de co-diseño y la fase de co-ejecución, es esencial informar continuamente a los participantes sobre cualquier cambio, dificultad o ajuste. Esta comunicación abierta contribuye a consolidar relaciones de confianza y compromiso.



Métodos:

- Talleres de corresponsabilidad para fomentar el compromiso colectivo con el cambio.
- Herramientas de fortalecimiento de capacidades para dotar a individuos y grupos de habilidades prácticas para desarrollar intervenciones y enfrentar desafíos.
- Formación educativa para promover el empoderamiento a largo plazo mediante el aumento del conocimiento, la confianza y la capacidad de acción de los miembros de la comunidad, permitiéndoles participar activamente y mantener los procesos de transformación.
- Actividades de reconocimiento y visibilización de las acciones realizadas y de los actores que lo han hecho posible.



CO-EJECUTAR LAS ACCIONES

La sostenibilidad de las acciones no depende de su entrega formal una vez finalizadas, sino de la participación continua de la comunidad en todo el proceso, lo que asegura su apropiación y mantenimiento a largo plazo.

Es importante también dar visibilidad a lo realizado celebrando los logros mediante inauguraciones o actividades culturales. Estas actividades ofrecen una excelente oportunidad para visibilizar el esfuerzo colectivo, reforzar el orgullo comunitario e invitar a residentes de otras zonas a conocer los cambios promovidos por el proyecto. Esto contribuye a mejorar la imagen del barrio y a generar vínculos externos, aunque puede resultar un reto en contextos estigmatizados. Aun así, vale la pena invertir en este tipo de acciones.



Factores críticos de éxito:

1. Identificar los talentos y habilidades existentes, y utilizarlos y valorizarlos en las acciones de co-implementación.
2. Fortalecer capacidades y desarrollar habilidades a través de la práctica y la formación (construcción, plantación, arte creativo).
3. Respetar las tradiciones y prácticas culturales al co-implmentar las intervenciones.
4. Comenzar con intervenciones a pequeña escala y evaluar la aceptación de los residentes antes de aplicar acciones de mayor alcance.
5. Ofrecer incentivos pequeños pero significativos para reconocer a los participantes (acceso gratuito, reconocimiento público, invitaciones a otros espacios de toma de decisiones o a presentar sus resultados en otros contextos).



CO-GESTIONAR LOS RESULTADOS

Una vez implementadas las intervenciones, la sostenibilidad depende de la capacidad de co-gestión y de cómo se articula la implicación comunitaria a lo largo del proceso. La sostenibilidad no se logra con estrategias de transferencia al cierre, sino mediante capacidades locales y la implicación comunitaria desde el inicio.

Esta fase supone compartir responsabilidades entre residentes, administraciones... y, en algunos casos, el sector privado, con el fin de garantizar el mantenimiento y el uso adecuado de los espacios transformados. La co-gestión no debe entenderse como un paso final que comienza cuando los resultados ya son visibles, sino como un proceso continuo que se inicia en el co-diseño, se refuerza en la co-ejecución y se consolida cuando los resultados son tangibles. La co-gestión se construye de modo que la comunidad se implique progresivamente y asuma responsabilidades de forma natural.

Co-gestionar significa que los espacios o acciones creados no dependen únicamente de las instituciones, sino que son asumidos por la comunidad como parte de su vida cotidiana y realidad local. Esto se traduce en comités de gestión vecinal, acuerdos de colaboración con autoridades locales, actividades conjuntas y mecanismos de resolución de conflictos sobre el uso de los espacios y los recursos. Este modelo colaborativo y adaptativo responde mejor a las necesidades cambiantes de la comunidad, garantizando que los espacios públicos sigan siendo útiles y relevantes para sus usuarios.

La implicación activa de los residentes refuerza ese sentido de pertenencia y puede derivar en una participación aún más sólida y constante en la gestión cotidiana de los espacios. Además, la limitada implicación institucional en el mantenimiento de espacios en barrios vulnerables puede motivar a los propios residentes a asumir un rol más activo, siempre que exista sentido de apropiación y pertenencia.

La experiencia de Córdoba demuestra que cuando la comunidad siente orgullo y apropiación sobre lo construido, disminuye el riesgo de vandalismo, se refuerza la cohesión social y aumenta el uso responsable de los espacios públicos. A su vez, las instituciones pueden encontrar en la comunidad un aliado para asegurar el mantenimiento, especialmente en barrios donde los recursos públicos son limitados o existen dinámicas sociales complejas.

La co-gestión no se limita a distribuir responsabilidades o resolver posibles conflictos, también incluye dar visibilidad a los logros e integrarlos en procesos colectivos, culturales y sociales que tienen lugar en diferentes momentos o circunstancias. Celebraciones, inauguraciones o actividades culturales en los espacios transformados refuerzan el sentido de pertenencia, proyectan una imagen positiva y atraen a más actores al proceso. Estas dinámicas fortalecen la sostenibilidad social y simbólica del proyecto tanto como el mantenimiento físico de los espacios intervenidos.

Métodos:

- Procesos y talleres de codiseño que incorporen la dimensión de la co-gestión en su implementación y desarrollo.
- Comités de gestión comunitaria, reuniones vecinales y alianzas comunitarias.
- Acuerdos de colaboración con autoridades locales o regionales, asociaciones y ONGs para el mantenimiento de las intervenciones.
- Talleres de mediación en el uso de espacios.
- Programación conjunta de actividades culturales, sociales y educativas.
- Eventos de inauguración, celebraciones, actividades... que refuercen el orgullo comunitario.

Factores críticos de éxito:

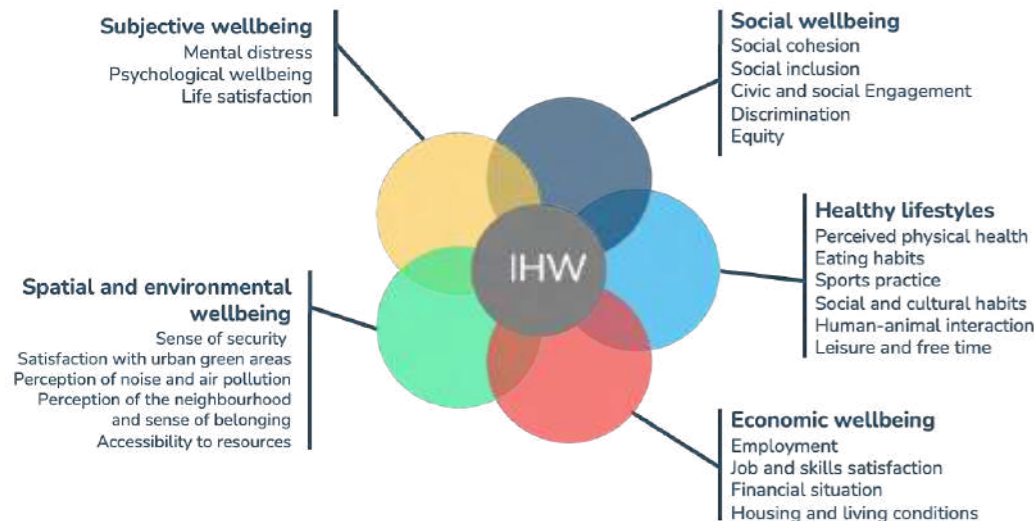
1. Iniciar la co-gestión desde las fases de co-diseño, no al final del proceso.
2. Repartir responsabilidades de forma clara pero flexible.
3. Garantizar recursos mínimos para el mantenimiento.
4. Reconocer y valorar públicamente el esfuerzo de los vecinos y actores implicados.
5. Asegurar la transparencia en la toma de decisiones.
6. Promover un uso diverso e inclusivo de los espacios para evitar apropiaciones exclusivas.



CO-EVALUACIÓN Y SEGUIMIENTO

La evaluación debe entenderse como un hilo conductor transversal a todas las fases, no como un ejercicio aislado al final del proceso. Aporta retroalimentación constante para ajustar los procesos de diagnóstico, diseño, ejecución y gestión, garantizando así un ciclo de mejora continua. La evaluación no debe limitarse a comprobar si se han cumplido los objetivos o hasta qué punto se han alcanzado, sino que debe convertirse en un proceso participativo de aprendizaje colectivo y de mejora continua.

IN-HABIT aborda la salud y el bienestar de manera holística influenciada por las siguientes dimensiones y subdimensiones:



Nuestro marco de co-evaluación permite entender qué importa a la comunidad y así valorar no solo los resultados físicos de las intervenciones, sino también su impacto en la vida cotidiana, la cohesión social y el bienestar subjetivo de las personas. También permite como opciones de mejora en los procesos de co-creación, co-ejecución y co-gestión.

Un sistema eficaz combina indicadores cuantitativos (como número de usuarios, superficie recuperada, reducción de emisiones o mejora en indicadores de salud) con indicadores cualitativos, que recogen las percepciones, experiencias y narrativas de la comunidad. Este enfoque mixto asegura que los datos técnicos se alineen con la vivencia real de los residentes y reflejen las circunstancias cotidianas.

La co-evaluación también implica una dimensión temporal. Es importante medir impactos inmediatos que permiten corregir desviaciones puntuales y establecer mecanismos de seguimiento a medio y largo plazo, así como perspectivas de desarrollo. Los fracasos o las dificultades iniciales deben entenderse como oportunidades para aprender, reflexionar, ajustar y mejorar. La flexibilidad y la transparencia en los procesos de co-evaluación refuerzan la confianza entre las instituciones y la propia comunidad, incentivando su implicación y compromiso.

Mac Fadden et al., (2024)





CO-EVALUACIÓN Y SEGUIMIENTO

En el caso de Córdoba, entre otras muchas acciones, se han utilizado herramientas de ciencia ciudadana para monitorizar parámetros ambientales, sesiones formativas e informativas, talleres semanales de evaluación y discusión, así como sesiones periódicas para revisar avances con los residentes. A ello se han sumado dinámicas más creativas, como espacios de evaluación a través del arte, la expresión plástica, la fotografía comunitaria o la música, que permiten a los participantes expresar percepciones y emociones más allá de los cuestionarios formales.

Estos formatos fomentan la libertad de expresión, eliminan posibles condicionantes y abren la puerta a que personas con menor nivel de alfabetización escrita o con barreras idiomáticas puedan aportar su visión de forma activa.

También se han utilizado murales colectivos, representaciones teatrales y narrativas visuales que recogen cómo se perciben los cambios en el barrio, generando un lenguaje común que trasciende las palabras y conecta a diferentes generaciones.

En conjunto, estas dinámicas han facilitado una cultura de co-evaluación compartida, en la que los vecinos no son meros informantes, sino co-generadores de conocimiento, recursos y beneficiarios de sus propias acciones.



Métodos:

- Definición participativa de indicadores cuantitativos y cualitativos.
- Talleres de evaluación con dinámicas abiertas y de discusión colectiva.
- Herramientas de ciencia ciudadana para involucrar a la población.
- Sesiones creativas de evaluación (plástica, fotografía, música, teatro, narrativas visuales...).
- Elaboración de murales colectivos y representaciones artísticas para expresar percepciones y creencias personales y comunitarias.
- Uso de formatos gráficos y visuales accesibles que eliminen barreras de alfabetización o idioma.

Factores críticos de éxito:

1. Integrar métodos tradicionales con expresiones creativas que permitan mayor libertad y diversidad en la participación.
2. Garantizar que la evaluación no se limite a respuestas cerradas, sino que abra espacios para la expresión subjetiva y emocional.
3. Eliminar condicionantes usando recursos gráficos, artísticos y sensoriales.
4. Valorar tanto los resultados técnicos como los relatos, símbolos y representaciones colectivas generados por la comunidad.
5. Promover un entorno seguro y de confianza donde cada persona pueda expresar su opinión sin sentirse juzgada.
6. Reforzar la dimensión intergeneracional mediante el arte y la cultura como lenguajes comunes que conectan a diferentes grupos.

06. ESQUEMA DE ADAPTACIÓN METODOLÓGICA

Esta sección presenta los elementos clave del marco metodológico propuesto para implementar iniciativas de salud y bienestar inclusivos en barrios vulnerables y las barreras comunes que pueden encontrarse al adaptarlo a otras realidades.

Elementos clave:

- Crear un grupo motor que dinamice el proyecto, compuesto por autoridades, investigadores o facilitadores y una asociación vecinal.
- Involucrar a activadores comunitarios con competencias técnicas, conocimiento del contexto y alto nivel de compromiso social.
- Establecer un modelo de gobernanza inclusivo que represente a los cuatro sectores clave: ciudadanía, sector público, sector privado y sector académico.
- Diseñar proyectos adaptables, con cronogramas y recursos realistas.
- Conocer a fondo el contexto local y el historial previo de intervenciones en el entorno.
- Generar oportunidades reales de co-diseño, co-implementación, co-gestión y co-evaluación con la comunidad.

- Escuchar activamente, especialmente a las personas más vulnerables o tradicionalmente excluidas.
- Combinar soluciones tangibles e intangibles para favorecer tanto la transformación social como la transformación de espacios urbanos y la aceptación de las acciones físicas.
- Fomentar la participación voluntaria de residentes con interés en mejorar la salud y el bienestar inclusivo de su entorno.
- Aplicar métodos científicos contrastados y generar evidencias útiles para la toma de decisiones y la formulación de políticas públicas.



Elementos flexibles:

- El proyecto y el presupuesto para implementar acciones pueden ser limitados y las acciones de pequeña escala. Si se siguen las directrices, pueden lograr impactos importantes.
- Las acciones y soluciones son muy variables y deben adaptarse al entorno, la población y los objetivos específicos.
- La composición y dinámica interna de los IN-HUB pueden variar según los actores implicados y su nivel de compromiso.
- Los métodos de evaluación deben ajustarse a las capacidades tecnológicas, necesidades locales y recursos disponibles, pero la evaluación para la adaptación y la toma de decisiones debe ser siempre una parte integral del proceso.

Barreras:

- Desconfianza en las instituciones por experiencias previas fallidas.
- Falta de cohesión social y escasa cultura de colaboración entre residentes.
- Dificultades para identificar e implicar perfiles comunitarios clave.
- Habilidades limitadas de participación en colectivos vulnerables.
- Condiciones de vida precarias (desempleo, pobreza, urgencias cotidianas) que dificultan el compromiso con procesos a largo plazo.
- Escepticismo generalizado ante nuevas iniciativas.
- Falta de espacios seguros y canales para la interacción comunitaria.
- Proyectos e intervenciones con diseños rígidos y descendentes que no permiten adaptación ni participación real.
- Escasez de recursos humanos, técnicos y financieros.
- Dependencia de la voluntad política, con los riesgos de discontinuidad que conlleva.
- Prevalencia del individualismo sobre la acción colectiva.
- Entornos con presencia de actividades ilegales, que generan inseguridad y dificultan la intervención.



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Consulta esta guía en formato audiovisual:



youtu.be/JZca-nrblwg

¿QUIERES MÁS INFORMACIÓN SOBRE IN-HABIT?



Escaneando el QR podrás acceder a la página web del proyecto, donde encontrarás información ampliada sobre sus objetivos, actividades... En la sección dedicada a Córdoba tendrás a tu disposición recursos prácticos y ejemplos para poner en marcha Soluciones Innovadoras y Visionarias en tu propio entorno: desde mapas de eventos hasta programas de radio, vídeos y otros materiales de apoyo.

www.inhabit-h2020.eu

A través del enlace a Zenodo podrás acceder al repositorio del proyecto, donde se reúnen todos los datos, publicaciones y documentos generados. Allí encontrarás desde artículos científicos hasta informes técnicos y materiales de apoyo, disponibles para su consulta y descarga.”

www.zenodo.org/communities/in-habit-h2020/



En el canal de YouTube del proyecto podrás ver ejemplos prácticos de las intervenciones realizadas, con vídeos de presentaciones, resúmenes de talleres, actuaciones y otras actividades que muestran el trabajo desarrollado sobre el terreno y que pueden ser útiles como herramientas de apoyo.

www.youtube.com/@sustlabuco7791



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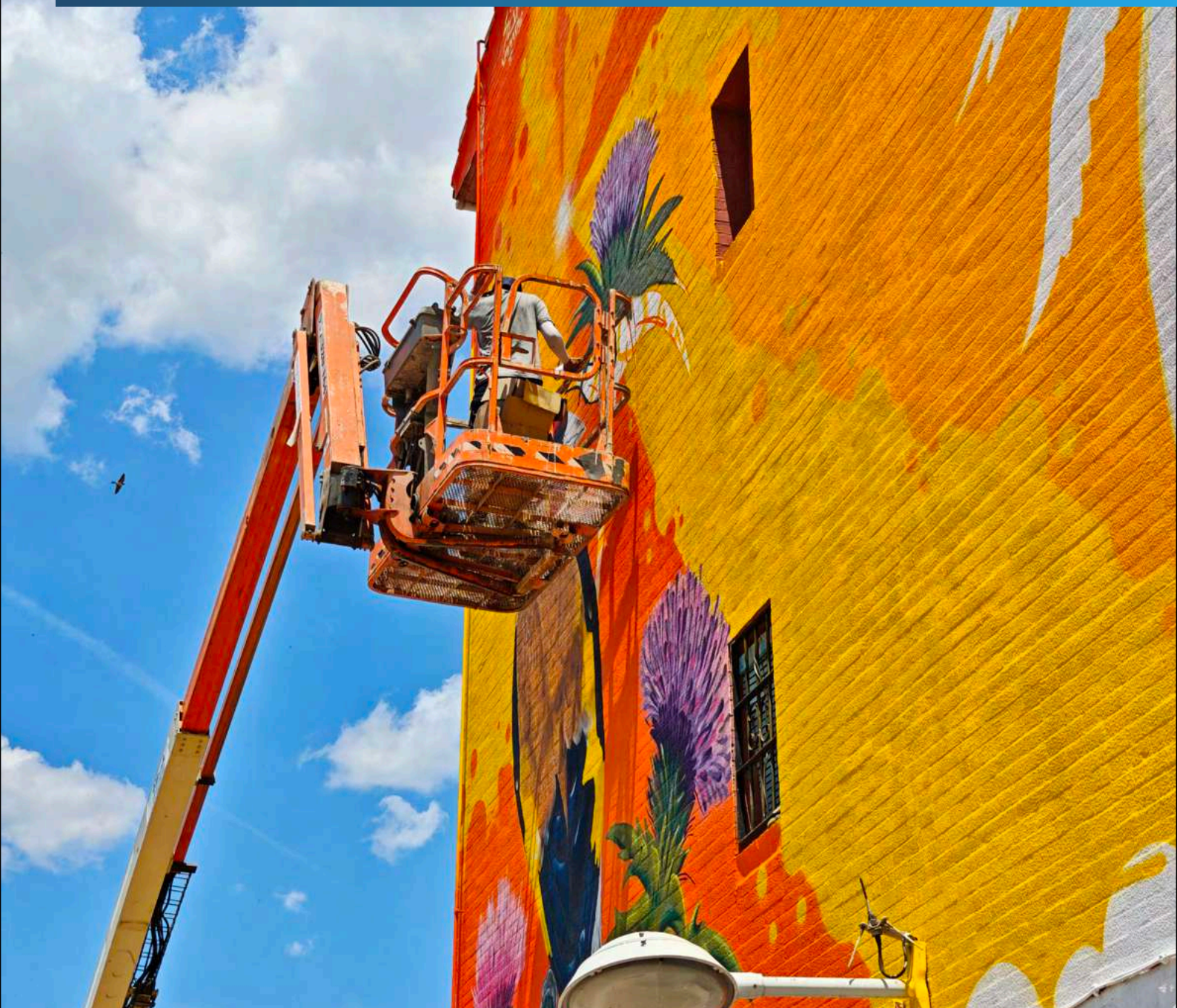
Este proyecto ha recibido financiación del fondo para la investigación y la innovación Horizonte 2020 de la Unión Europea bajo el acuerdo nº869227

7.3. Annex 3: Cordoba VIS for IHW (Eng version)





CÓRDOBA'S VISIONARY AND INTEGRATED SOLUTIONS FOR INCLUSIVE HEALTH AND WELLBEING



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227





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Córdoba's Visionary and Integrated Solutions for Inclusive Health and Wellbeing.

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This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

The IN-HABIT project

IN-HABIT (Inclusive Health and Wellbeing in Small and Medium-Sized Cities) is a European research and innovation project funded by the Horizon 2020 programme. It explores how inclusive, nature-based and socially innovative interventions can transform urban environments and reduce inequalities, helping to improve people's health and wellbeing.

The project has been developed in four European cities: Córdoba (Spain), Lucca (Italy), Riga (Latvia) and Nitra (Slovakia). Its aim is to create shared learning while also responding to very different local realities. In each city, the work has focused on one main theme that guides the actions (heritage and culture in Córdoba, food in Riga, human-animal relationships in Lucca, and art and the environment in Nitra). This makes it easier to create synergies and compare approaches within the same shared methodological framework.

In Córdoba, the experience has been developed as an “inside” applied research process, focused on improving inclusive health and wellbeing in vulnerable urban areas. The city has acted as a living lab for social innovation and research, co-creating interventions with the people who live the day-to-day reality of the area.

The project, coordinated by the University of Córdoba (UCO), has had a strong scientific basis that has provided legitimacy, technical capacity and evidence to support decision-making. Building on this, it has been supported by an inclusive, multi-actor governance model through the IN-HUB (a stable space for coordination and dialogue that brings together local realities such as the Las Palmeras neighbourhood, social organisations, public administration, the private sector, and the academic and education community). Within this space, the Visionary and Integrated Solutions (VIS) presented below have been discussed, prioritised and validated.



These actions have been developed through participatory processes co-designed with residents, and tested for feasibility with institutions and expert profiles. They follow a Co-Co-Co-Co logic (co-design, co-implementation, co-management and co-evaluation) and are linked to an Inclusive Transformation Plan for the intervention areas, which brings together all the VIS, with participatory monitoring and evaluation.

The Visionary and Integrated Solutions (VIS)

The VIS (Visionary and Integrated Solutions), are the framework that IN-HABIT uses to design and organise its actions. They are integrated because they combine intangible interventions (social and cultural innovation, community engagement and trainings) with tangible interventions (infrastructure improvements, nature-based solutions, and technological or digital elements when needed).

They are visionary because they activate local resources that are often undervalued (such as culture, food systems, human-animal relationships, and the transformative potential of art and nature) to promote wellbeing and inclusion in a way that is adapted to each context.

In Córdoba, the VIS have been the way to structure the Inclusive Transformation Plan and connect research with action. They help define what is done, with whom, in what order, and with what purpose. The guide also highlights that, before implementing tangible VIS, it is important to develop social and cultural VIS first. These help motivate, prepare and connect the community, creating the right conditions for physical transformations to be accepted and sustainable over time.





Weekly workshops to enhance participation and empowerment

The weekly workshops are at the core of the engagement process. They are designed to create social skills and well-being opportunities among the participants, fostering participation and social inclusion, strengthening the sense of belonging, and promoting teamwork. The workshops addressed the five main lines included in the Inclusive Transformation Plan - Health and Wellbeing; Culture, Heritage and Art; Gender, Diversity, Inclusion, and Social Innovation; Naturalisation and Environment, and Infrastructure, Technology, and Digitalisation. Through them, a core working nucleus of residents is formed, responsible for guiding and channelling all subsequent actions. By addressing overarching and cross-cutting themes, participants collaborate to shape a cohesive, inclusive vision for the community.



Challenges

- Dynamising a neighbourhood with limited social and civic engagement.
- Creating environments that welcome diverse cultures, traditions, and lifestyles, fostering mutual respect and meaningful exchanges among participants.
- Identifying topics that maintain ongoing interest and engagement and organise meaningful workshops.
- Maintaining momentum for collaborative initiatives.
- Generating physical and virtual spaces where all stakeholders can gather to co-design, share ideas, and make decisions collectively.
- Attracting and sustaining the involvement of groups less inclined to engage, especially young people and men.
- Navigating unique local conflicts without exacerbating them, while remaining neutral within community social structures to uphold an inclusive spirit.



Target / Beneficiary Groups

Neighbours of las Palmeras.

Workers and people related with the neighbourhood.



Relevant Stakeholders

- Community activators and researchers who plan, schedule, and oversee all workshop-related actions.
- Organisations contributing to specific workshops aligned with their areas of interest or specific dynamics.
- Community members.

Outcomes

- +50 weekly workshops to co-design, co-deploy and co-assess neighbourhood initiatives.
- Over 100 participants involved (not that recurrent participants are also counted).
- +25 entities and companies participating in the workshops.
- +15 activities linked to the 5 thematic axes developed.
- A physical space, now known as the IN-HABIT room in the parish area, established as a safe, neutral, and open space for interaction.

Impact

- Cornerstone for all subsequent community initiatives, with a profound influence on neighbourhood dynamics.
- Neutral spaces that strengthen the local social fabric and bring residents from diverse backgrounds together around shared goals.
- Fostering a strong sense of belonging within a safe, supportive environment where participants can exchange ideas, receive guidance, and promote collective well-being.
- Beacons of trust and respected catalysts for change, consistently demonstrating commitment and dedication to the neighbourhood's ongoing transformation.

Enabling Factors

- Strong neighbourhood leadership and coordination among entities and stakeholders.
- Local activators commitment to organise and facilitate the workshops, including a local activator from the neighbourhood.
- Dedicated engagement spaces and structures like the neighbourhood committee that foster transparent collaboration.
- Deep understanding of the social and cultural identity to co-design initiatives that reflect residents' needs, interests, and priorities.
- Prioritisation of underrepresented groups and women to ensure equitable representation and inclusive outcomes.
- Flexible schedules that adapt to residents' availability and daily routines.
- Continuous communication channels (WhatsApp groups, word of mouth) to maintain awareness and engagement.
- Incentives (not monetary) and give visibility of the work done and its true makers.
- Project legitimacy and available resources to develop actions.

Lessons Learned

- Continuous presence and commitment of local activators in the neighbourhood breaks scepticism and opens opportunities to engagement.
- Flexible and adaptable strategies can effectively encourage population participation and sustain commitment over time.
- Early engagement of local champions and committed individuals helps ensure that activities reflect genuine community priorities and needs.
- Ensuring space for active participation and community-led development unlocks the neighbourhood potential.
- Continuous collaboration increases social inclusion, networking, common goals and sense of belonging.
- Outcomes such as the tangible and intangible VIS enhance a collective sense of identity and pride, encouraging greater turnout and contributing to the longevity of community initiatives.
- Voluntary work remains vital, proving that dedicated neighbours (despite economic or social challenges) can drive substantial changes.
- Smaller financial inputs can yield a significant impact when combined with time, dedication, and commitment to community engagement.
- Working in an area once deemed "unworkable" highlights the untapped potential of vulnerable communities, where people, if given the opportunity, have valuable ideas and actions to contribute.



Blocking Factors

- Highly demanding activity that can easily lead to participation fatigue, both for the organisers and facilitators and for the participants.
- Lack of trust in external institutions required significant efforts to build trust and sustain participation.

trust and sustain participation.

- High vulnerability of the target neighbours (high unemployment rates, social stigmatisation, and resource scarcity) makes it challenging to secure commitment.
- Limited time availability due to work, caregiving, or economic pressures of neighbours.
- Conflicts within the community reduce willingness to collaborate.
- Reluctance to participate of some target groups.
- Pressure to organise workshops that are relevant, interesting, and aligned with resident realities.



Have a look at our YouTube videos!



<https://youtu.be/17akkLWi5t>



<https://youtu.be/qH2wwNBXP5k>





Socio-cultural dynamisation in a vulnerable neighbourhood

The socio-cultural dynamisation in Las Palmeras, achieved through regular workshops and cultural events, has helped foster social cohesion and active participation. It has created opportunities for residents to access culture, connect, collaborate, and build trust. These activities have strengthened community identity, promoted inclusion, challenged stigma, and highlighted positive stories. Activities include meditation, dance, self-esteem and trust-building workshops, stress management, and promoting a healthy lifestyle. Cultural initiatives involved cultural weeks, theatre workshops, videodancing, socio-cultural visits, and activities related to environmental awareness. Schools and children from Las Palmeras and Córdoba have been highly involved. These soft VISs pave the way for the implementation of the hard VISs. By providing consistent spaces for learning, creativity, and interaction, they help improve wellbeing and foster a sense of belonging.

Challenges

- 
- Engage participants from an often neglected and unstructured neighbourhood.
 - Create trust among residents who distrust institutional actions.
 - Provide physical and virtual spaces for co-creation, dialogue, and joint decision-making.
 - Create inclusive environments that respect cultural diversity and promote meaningful exchanges.
 - Encourage participation from underrepresented groups, especially young people and men.
 - Sustain momentum in collaborative initiatives.
 - Establish clear guidelines, responsibilities, and timelines for organising events to ensure transparency and shared commitment.

Target / Beneficiary Groups

- Neighbours of Las Palmeras.
- Members of NGOs working in the neighbourhood and people related to it.

Relevant Stakeholders

Members of the IN-HABIT project (UCO, AVUE, City Hall), residents, core group of women neighbours highly engaged with the project, social services, NGOs and associations working in the neighbourhood, businesses and entities from the IN-HUB engaged and supporting the interventions.



Outcomes

- Events celebrated:
 - Four Christmas celebrations in the main square.
 - Three “Cruz de Mayo” celebrations.
 - One carnival celebration.
 - Four Women Day (8M) celebrations.
 - 1 cultural week.
- Changes in the use of public space. Appropriation of degraded spaces or spaces not used before.
- Stronger sense of ownership and belonging among community members.
- Creation of a neighbourhood committee to make decisions.

Impact

- Large-scale events celebrated in a neighbourhood where no events take place, like Christmas Parties and 8M celebrations, with over 300 participants.
- Significant improvements in social cohesion and community engagement in terms of participation, commitment...
- Offer of sociocultural activities that have shown that culture fosters collective well-being by strengthening participation, engagement, local identity and pride.
- Increased visibility of Las Palmeras promoting more internal and external positive perception and encouraging broader participation in initiatives.





Enabling Factors

- Strong leadership of the neighbourhood committee and coordination between entities and stakeholders.
- Dedicated engagement spaces and structures to co-develop the actions.
- Local activators and dedicated personnel, investing time and effort to engage people, coordinating, solving problems and executing the actions.
- Use of public spaces and Córdoba's cultural traditions to create new spaces of celebration.
- Knowledge of the cultural and social identity of the residents and entities taking part in the VIS.
- Focus on underrepresented groups and women, who are often overlooked.
- Project with legitimacy, resources and strong commitment of researchers.

Blocking Factors

- At the beginning, COVID-19 blocked many actions.
- Institutional neglect, discoordination, and misalignment in institutions interventions.
- Neighbours' distrust and apathy to engage.
- Structural factors (unemployment rates, stigmatisation, limited resources) limit the capacity and interest to participate.
- Low resident participation due to people not being used to seeing interventions carried out in the neighbourhood.
- False expectations and inconsistent continuation of previous actions foster mistrust.



Lessons Learned

- A limited budget can create a significant impact with time, dedication and commitment.
- Flexible and adaptable formal and informal actions help to foster commitment and engagement.
- Local leader engagement attracts residents. The commitment of both ensures activities grounded in real needs and priorities.
- Collaboration between stakeholders, local associations and residents reduces friction, although it requires continuous communication to overcome bureaucratic, social, legitimacy or political barriers.
- Listening to people delivers excellent results.
- Using culture, local heritage, and communal spaces reinforces a sense of identity and pride, encourages participation and bolsters sustainability.
- Voluntary work multiplies possibilities of intervention.



Have a look at our YouTube videos!



<https://youtu.be/KdztXniLGwk>



<https://youtu.be/c4d3MpboSxY>



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Healthy habits and healthy lifestyle activities

Las Palmeras is recognised as a food desert, with the only sports facility being a football pitch, which poses challenges for healthy living, especially for women. IN-HABIT has promoted healthy eating, safe sports options (particularly for women), cultural events centred around food, and wellbeing initiatives through workshops on health and mental wellness. Initiatives included cooking classes using affordable seasonal ingredients, two cultural gastronomy events related to diet education, debates on food deserts and nutrition, therapy-dance for stress relief, a running event (La Milla) that drew over 400 participants from the city, and sports activities that support weekly exercise. These (outdoor) initiatives support the idea of “healthy patios” as shared spaces for socialising, and cultural exchange, connecting Las Palmeras with the wider city through shared cultural and culinary traditions and sporting activities. Over 1000 people have visited the neighbourhood through these various events.

Challenges



- Access to healthy food (expensive, not sold in the neighbourhood).
- Cooking healthy meals takes time, and many families face unstable daily routines and many obligations.
- Harsh living conditions, lack of safe spaces, and few community examples reduce motivation to eat well or stay active.
- Many families rely on food banks, which rarely provide fresh products.
- Lack of sports facilities and activities, particularly for women in the neighbourhood. They can also be costly (equipment, fees).

- Care duties, shift work, and hot weather make it hard to exercise regularly.
- Unhealthy food may be more culturally familiar, socially accepted, or heavily marketed compared to healthier options.

Target / Beneficiary Groups

- Residents of Las Palmeras, particularly women and families and children and youngster.
- Other city residents who do not usually visit the neighbourhood.

Relevant Stakeholders

- Community members, including a core group of women neighbours and local volunteers.
- Organisations contributing to specific workshops and events (nursing school, chefs, sports clubs, recycling company, NGOs).
- IN-HABIT partners and community activators (UCO, AVUE, City Hall).



Outcomes

- +10 healthy eating workshops with affordable, seasonal recipes, including menu planning, label reading, and food waste reduction.
- 2 gastronomic cultural events with (+300 participants from all over Córdoba).
- 16 sessions on mental health, self-esteem and self-perceived health.
- One therapy-dance for stress management.
- One videodance production to reflect cultural identity through dance and movement (+50 participants).
- 8 inclusive community sports actions.

Impact





- Better food culture and nutritional knowledge among the participants in the workshops and training.
- Sports and dance opportunities for women.
- Regular use of patios and public spaces, as places to promote IHW.
- Cooking, dancing, and training opportunities to reduce stress and build social ties.
- Gastronomic and sports events as attractors to the neighbourhood.
- Increased visibility of the transformations in the neighbourhood.
- Positive image at the city level, fostering internal pride and decreasing stigma.

Enabling Factors

- Active engagement of chefs, food providers, nursing schools, sports clubs, and NGOs.
- Strong interest and willingness of residents to take part.
- Renovated public spaces that offer attractive settings for sports and culinary events.
- Food culture as a shared value that attracts the community and draws participation.
- IN-HABIT resources to support the costs of the events.

Blocking Factors

- Gendered perceptions limit participation: sport often



- seen as “for men” and mental health “for women”.
- Irregular attendance caused by heat, work shifts, care duties, or family needs.
 - Limited sport infrastructure, offer and continuity.
 - Families struggle to afford healthy food or dedicate time to sports.

Lessons Learned

- Short cooking and nutrition classes and hands-on



training made healthy eating easier to integrate into daily life.

- Anchoring activities in local culture (gastronomy and patio life) attract residents.
- Safe spaces and non-traditional sports (e.g. therapy-dance) increased women’s participation.
- Partnerships with chefs, food providers, NGOs, and sports clubs multiply impact and attract external visitors.
- Giving visibility to the changes in the spaces improves the image of the neighbourhood, reduces stigma, maintains motivation and encourages ongoing participation.

Have a look at our YouTube videos!



<https://youtu.be/SB3t96LvOu8>



<https://youtu.be/X9ISSnZnJu0>



This project has received funding from the European Union’s Horizon 2020 research and innovation programme under grant agreement No 869227



Immersive Training Experience for Adults with Down Syndrome

The immersive training experience (ITE) is a serious game designed to train adults with Down syndrome to act as hosts and hostesses at conferences and events. It is a digital tool that simulates real-life scenarios such as reception, catering, seating, and setup. It helps participants learn routines, improve memory, and gain confidence in performing these tasks. The ITE is the first phase within a structured training cycle that combines gameplay, guided practice, and real-world application. This approach allows participants to transfer what they learn in the simulation to actual employment settings, ultimately giving them job opportunities under standard labour conditions. It has been an innovative initiative co-developed by researchers, a video game company, and the Córdoba Down Syndrome Association. The tool could also be adapted for use by other individuals with neurodivergent conditions.

Challenges

- Consider the special needs of users: finger dexterity, visual weakness, limited patience and attention capacity and potential misuse of tablets.
- These individuals will always need accompanying professionals and caregivers when developing these jobs. The latter should have the necessary digital competencies to support the former.
- The ITE requires high-speed internet, a robust storage platform and devices such as tablets.
- Innovative experience that poses challenges to developers to adapt IT skills to the needs of the target group.
- Families need to be engaged and support the individuals in the training and job development.
- Event companies need to support this inclusive job opportunity, understanding the differences between individuals with Down syndrome and standard employees.

Target / Beneficiary Groups

Adults with Down syndrome and their families. Down syndrome associations and caregivers. Conferences and event companies. Other organisations supporting individuals with neurodivergent conditions.

Relevant stakeholders

Key actors are Down Syndrome Association's staff, Down individuals and their families, IT developers with the sensitiveness to understand the specificities of the target population. The user also need the support of their families

Outcomes

The development and testing of the IET has delivered the following outcomes

- One innovative immersive training experience.
- One User's Manual, devoted to families, social workers and caregivers.
- 22 individuals with Down syndrome trained using the IET.
- 7 individuals employed in 2 different events as hostesses.
- Several Down associations and local authorities interested in replicating the actions.
- One Congress company is interested in employing individuals with Down syndrome in its events.

Impact

- adults with Down syndrome equipped with practical skills and confidence that enhance employability and autonomy.
- Inclusive innovation in vocational training offering a replicable model of inclusive training, combining immersive technology, pedagogy, and user engagement.
- The digital tool permits seamless training adapted to the needs, timing and availability of the users, even if they usually need the support of caregivers or families.
- Attractive training opportunity that allows training through play.
- Opening of temporary employment opportunities to people with this syndrome.
- Evidence shows that repeated gameplay reduces the need for multiple practice sessions.
- Trustworthy relations between researchers, Cordoba's Down syndrome association and IT developers.
- Improving the well-being and social skills of participants, fostering not only employability but also a stronger sense of belonging and purpose.
- Possibilities of adaptation, transferability and scaling to diverse contexts and other intellectual disability groups.



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227



Enabling factors

- The Córdoba Down Syndrome Association and its staff commitment to backing an innovative and challenging initiative.
- A dedicated IT company with the necessary skills to develop the tool and the sensitivity to the special needs of the end users.
- Users' openness and willingness to engage with a new digital experience.
- A Congress company engaged in opening opportunities for disabled people.
- A European project with strong legitimacy, secured funding, and active involvement of researchers.



Blocking factors

- Difficulties in aligning technology with the needs and expectations of users, researchers, and staff from the Down Syndrome Association.
- Limited knowledge and a lack of standards on the sensory requirements of individuals with Down syndrome.
- Individuals with Down syndrome have special requirements that make it difficult for them to adapt to usual working standards (lower working time, limits to maintain attendance for a long time, etc.).
- Need for high-speed Internet and a quality tablet for the ITE to be successful.
- Technical skills of both users and caregivers. Normally, there is a need for External support to play the game.
- Accessibility challenges, such as visual impairments or limited finger dexterity.
- Societal expectations at an event, including the demand for instant responses, need to be adapted.
- Funding constraints once the IE was completed. Although the experience highlighted areas for further improvement, no additional resources were available.

Lessons learned

- Adults with Down syndrome can successfully perform in professional roles when provided with the right tools, opportunities, and support.
- Device and broadband limitations can hinder the use of ITE.
- Features such as simplified language, pictograms, and realistic environments increase usability and participant engagement.
- The final ITE required a lot of time and interactions between developers, users, the association and the researchers to ensure its usability and xxx
- The three-stage cycle—gameplay, guided practice, and on-site performance—proves to be effective for users' movement from initial reliance on prompts to near-autonomous task execution.
- Participants not only acquire job skills but also a sense of self-realisation, pride and increased well-being.
- Technological skills are crucial, but also the social skills of users when entering the workplace.

Have a look at our YouTube videos!



<https://youtu.be/-oC9OkDqBUU>



<https://youtu.be/K8gLuPQg2VM>



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227



Inclusive and participatory communication, along with positive messaging in vulnerable contexts

Communication in vulnerable settings must be adaptable and tailored to the audience's needs (such as low literacy and limited access to digital devices). Multiple channels were utilised to disseminate messages, including weekly articles, videos, monthly newsletters, timelines and activity maps, social media profiles tailored to popular platforms among residents, and a monthly radio programme. A key element of the strategy was involving the neighbourhood itself in the communication process, ensuring inclusive, participatory, and positive messaging that empowers residents to tell their own stories, as exemplified by the Las Palmeras in Positive documentary, which has attracted great attention.

Challenges

- Adapting tools to audience needs for effective engagement.
- Building trust among residents, in a context where external communication actions give a negative image of the neighbourhood.
- Adapting messages to audiences with low education or literacy, favouring accessible formats.
- The limited reach of local radio restricts access to broader audiences.
- Reaching people without internet access through alternatives such as printed newsletters.

Outcomes

The results after five years of implementing this local communication strategy show great results and a huge positive impact.

- 38 radio programmes on the local radio station, which is the second most listened to.
- 88 videos shot and edited in which the neighbours are the protagonists.
- 6225 views in our YouTube channel.
- 204 blog posts published weekly to keep residents informed.
- 46 monthly magazines summarising the activities.
- 141 appearances in local, regional, and national media.
- 56 press releases published on the UCO website and reproduced by newspapers, radio and television.
- 3 UCOdivulga events to disseminate the inclusive communication strategy.
- 1 documentary (Las Palmeras in positive) to make visible the good things in the neighbourhood.



Target / Beneficiary Groups

Primary targets were neighbourhood adults (25–60 years), alongside the wider city population. Different communication products were tailored to diverse levels of education, ensuring equal access to project information.

Relevant stakeholders

Key actors included neighbourhood NGOs and associations (as mediators), residents (both target group and co-creators of communication), traditional media (to inform the wider public), and the project team (providing resources and support).



Impact

- High visibility at local and regional levels.
- Palmeras, tu voz se escucha, second most listened to radio programme in the neighbourhood.
- 197 appearances in media.
- 11 radio interviews.
- 10 television appearances.
- 8 articles in specialised magazines.
- 560+ visualisations of the documentary and its use for journalists and researchers.



Enabling factors

- Strong cooperation and willingness of residents.
- Support from neighbourhood organisations in daily activities.
- Existence of a local radio station offering a programme slot.
- Institutional support from UCO and its Scientific Culture Unit for press releases and visibility.

Blocking factors

- Persistent negative image of the neighbourhood.
- Limited interest from politicians, institutions, and wider society in vulnerable neighbourhoods.
- Difficulty achieving long-term structural changes.
- Low external interest in positive stories from vulnerable groups.

Lessons learned

- Long-term actions and persistence are essential in vulnerable contexts.
- Residents must be listened to and actively involved.
- Messages should be adapted to community needs.
- Openness to suggestions strengthens engagement (e.g., Instagram channel created on residents' proposal, now most-followed network with 480 followers in a 2,500-person community).

Have a look at our YouTube videos!



<https://youtu.be/pIRas0aGHQk>

<https://youtu.be/c4d3Mpb0SxY>



Renaturalisation of Las Palmeras neighbourhood

Las Palmeras is a vulnerable area on the periphery of Córdoba, characterised by low-quality social housing, a lack of green spaces, and limited, if any, areas for socialising. Dirt, degradation, and concrete materials dominate most of the patios, buildings, and communal spaces. IN-HABIT has planted over 300 trees and 800 bushes in the neighbourhood's patios and streets, and has created a biodiversity corridor alongside a water stream. To achieve this, more than 30 co-design workshops have been held to plan the shared spaces. Co-deployment and co-management workshops were also conducted with residents and local stakeholders, along with a gardening course to train residents in caring for the newly planted vegetation. Planting and caring methods to increase tree survival have been tested and shown very positive results. Volunteer work from neighbours has been key to the success.



Challenges

- Complex and time-consuming permit procedures to act in public spaces delayed interventions.
- Need to align public procurement times with planting times.
- Short planting window time constrained by seasonal and environmental conditions in dry, hot climates.
- Diverse perspectives among community members required time and careful negotiation to reach a consensus.
- Plant maintenance proved difficult due to current pests, heat waves and drought conditions.

Target / Beneficiary Groups

- Residents of Las Palmeras.
- Visitors.

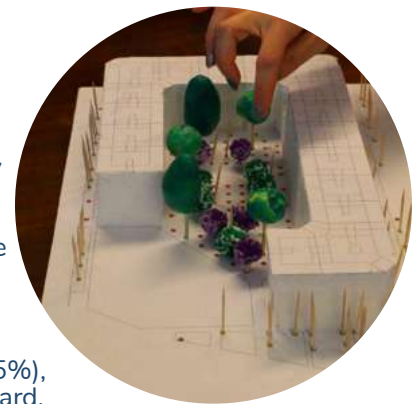
Relevant Stakeholders

The volunteer neighbours who participated, the companies responsible for planting and maintaining the new plants, the researchers, and the project that provided resources.



Outcomes

- +300 trees and +800 bushes planted.
- 320 m2 of accessible, safe and environmentally friendly corridor surrounded by native vegetation, improving the biodiversity of the area.
- Central square and five courtyards renaturalised.
- High rate of survival (>85%), well above the city standard.



Impact

- An increased number of trees and bushes, enriching the local green space.
- Enhanced health and well-being for participants thanks to the benefits of nature.
- Improved aesthetics, making the neighbourhood more attractive and welcoming.
- Potential reduction of the temperature as trees grow and vegetation matures, offering relief during hot weather.
- Methods to increase tree planting survival tested and delivered.

Enabling Factors

- Strong community participation and a sense of ownership in the greening activities.
 - Support from some local authorities, including permits and logistical assistance.
 - Availability of funding and resources for planting and maintenance.
 - Expert advice to support planting and growth.
 - Partnerships with local companies with proven expertise to do the work.
- Availability of vacant spaces in the neighbourhood to be renaturalised.



Blocking factors

- Bureaucratic delays and difficulties in obtaining permits for interventions in public spaces.
- Limited planting window due to climate conditions.
- Droughts and vulnerability to pests affect plant survival.
- Different views among community members make consensus difficult.
- Need for long-term maintenance plans and resources to ensure sustainability.



Lessons Learned

- Establish early and continuous communication with public authorities to streamline approvals and reduce delays.
- Plan ahead for public tenders to avoid deadlines that clash with planting times.
- Align planting activities with seasonal windows to take advantage of favourable conditions.
- Anticipate and plan for environmental factors such as pests, climate variability, and soil conditions to maximise plant survival.
- Secure resources not only for initial planting but also for long-term care until trees and bushes become self-sustaining.
- Involve community members throughout the process to strengthen ownership and support ongoing maintenance.



Have a look at our YouTube videos!



<https://youtu.be/V7An7N5odeY>



https://youtu.be/eVU9oDB_zF4



Creation and renovation of public urban spaces

IN-HABIT has co-created various infrastructures to make Las Palmeras more sustainable, green, and liveable: a picnic area for meeting, chatting, and eating together in a former landfill; the renovation of the central square and the five patios through some creative art, the building and installation of over 70 benches, and the creation of spaces for socialisation; the participatory painting of the city's largest mural (reflecting local identity and traditions) and a biodiversity corridor parallel to the water stream. In this corridor, about 70 granite monoliths coated with bioluminescent paint have been installed, guiding people at night without harming biodiversity. All these features have been built with durable, vandal-resistant materials, and through the active participation of residents via our co-design, co-deployment, co-management, and co-assessment approach, which fosters respect, attachment, and a sense of ownership. Local social companies and volunteers carried out the work.

Challenges

- Fear of vandalism on infrastructure that will lead to the misuse of public funds.
- Low initial trust and engagement from residents.
- Gradual approach to build confidence by installing small temporary elements and monitoring their use, before installing permanent furniture.
- Long, complex procurement and permits for acting in public space, and the need to align tender calendars with on-site works.
- Very hot summers and drought, which affect materials, and use patterns, so furniture had to be climate-resilient and adapted to on-site conditions.
- Reconciling safety, accessibility, and local customs (for example, accommodating night bonfires in the square design).



Impact

- Safer, more welcoming spaces to socialise and rest.
- New infrastructure supports healthy routines (walking, spending time outside, social meetings) and improves liveability.
- Stronger sense of belonging and pride, mainly because their ideas and cultural expression are reflected.
- Low vandalism after delivery, with spaces actively used for events and daily socialising, which strengthens our "from soft to hard VISs" approach.
- Better general image of the neighbourhood, facilitating links with the city.



Target / Beneficiary Groups

- Residents of Las Palmeras.
- Visitors.

Relevant Stakeholders

- Community members, including the core group of women neighbours.
- Community activators and researchers (UCO).
- Associations and NGOs working in Las Palmeras.
- Businesses and entities supporting the development.



Enabling Factors

- Use of CO-CO-CO-CO methods and gradual delivery, starting small, proving acceptance, then scaling up.
- Involving neighbourhood entities and children in the initiatives, fostering ownership from the outset.
- Use of robust, vandal-resistant materials (granite, white concrete...) and designs that respect local and cultural practices.
- Continuous integration between soft and hard VIS.
- Strong support from certain public administrations in granting permissions, providing materials, and offering assistance.
- Companies with strong social foundations engaged in action deployment.
- Funds provided for IN-HABIT.



Blocking Factors

- Early distrust and fear that new works would be damaged, requiring time and communication to shift mindsets.
- Procurement barriers, permissions and administrative burdens, plus political changes that slow or redirect work.
- Difficulties in finding the right companies for the work.
- Not adapted furniture (resilient materials and simple care routines) to meet the needs.
- Ensure maintenance in a context of low resources and investment, administration neglect, heat waves, and pests.



Lessons Learned

- Begin with small, highly visible actions in public spaces, test community acceptance, and then expand to reduce vandalism and foster care and responsibility.
- Use CO-CO-CO-CO methods from the start to make residents part of the project.
- Design adapted to the context, anti-vandal furniture and layouts that fit local customs.
- Combine functionality with culture (benches, murals, art spaces), identity-based elements boost ownership and everyday use.
- Engage the right people in public administrations, those making things work.
- Patios as versatile public spaces, adapting the traditional concept to a broader scale and linking patios, the square, and the corridor to the city.



Have a look at our YouTube videos!



<https://youtu.be/wZdj06wcAM4>



<https://youtu.be/0-LJNJY819U>



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Citizen science initiatives to monitor urban wellbeing

IN-HABIT has created a "powered by FIWARE" open platform to monitor urban wellbeing using citizen science in the city of Cordoba. Citizens engage with the initiative by installing sensors in their homes to monitor different parameters. Some participants have installed sensors in their patios that measure the thermal comfort provided by patios (inner courtyards). Other citizens participate in the creation of the first acoustic climate map by installing sound sensors packed in flowerpots in their windows or terraces. Sensors transmit data through collaborative, cost-free LoRaWAN networks that operate at no cost to individuals, thereby democratising access to scientific participation and facilitating broader citizen contributions to scientific knowledge. The data collected will support decision-making processes.

Challenges

- Success relies on citizens' willingness to participate and provide private spaces for device installation.
- Installation and maintenance of devices and connecting them to the platform to ensure accurate data transfer.
- Limited LoRaWAN coverage caused by buildings and other obstacles that hinder the connection between sensors and gateways.
- Cost of platform maintenance and cloud data storage.
- Weather conditions can influence device performance and maintenance.
- Sensor batteries need to be replaced every 2-3 years.

Target / Beneficiary Groups

- Policy makers.
- Researchers.
- Citizens in general.

Relevant Stakeholders

- Researchers.
- IT developers and technicians.
- Participating citizens

Outcomes

- Open platform offering real-time data.
- 24 patios equipped with devices to monitor environmental and thermal comfort parameters.
- 100 noise sensors distributed around the city providing acoustic information.
- The first citizen science acoustic climate map in the world.
- A collaborative network of over 120 citizens providing real-time data on key environmental factors affecting urban wellbeing.

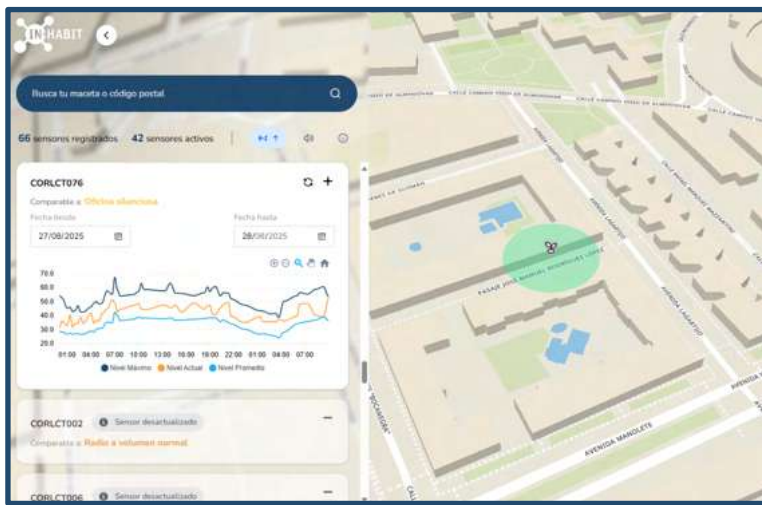
Impact

- Citizen science initiative empowering residents to contribute to knowledge through low-cost technologies.
- Free LoRaWAN networks remove financial barriers, democratise data, and enable broad participation.
- Sensor installation fosters citizen engagement, awareness, and stronger ties to urban spaces.
- Real-time data improves monitoring of thermal comfort and acoustic conditions.
- Available data supports research and guides improvements in local living conditions.
- Collected data informs urban planning and policy on climate, noise, and public health.
- Monitoring patios highlights their cultural and environmental value in providing thermal comfort.
- Traditional features like patios and flowerpots are validated through modern monitoring.
- Citizens gain deeper understanding of their environmental conditions.
- The open platform enables scalability and replication in other cities.



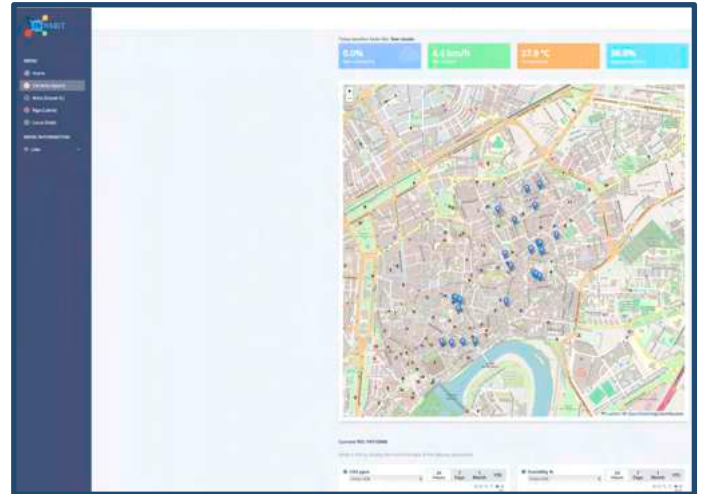
Enabling Factors

- Open platform powered by FIWARE, ensuring transparency, interoperability, and replicability.
- Use of low-cost, collaborative LoRaWAN networks, removing financial barriers and allowing widespread citizen participation.
- Citizen engagement through sensor installation at home, fostering ownership and inclusivity.
- Open data and open access of participants to the platform support evidence-based decision-making.
- Scalability and replicability, with potential to expand across other neighbourhoods or cities.



Blocking Factors

- Platform maintenance requires skilled staff and cloud storage, adding financial costs.
- Sensors require upkeep, calibration, or replacement by skilled staff, also adding financial costs.
- Citizens may hesitate to install sensors in private spaces due to fear of surveillance or misuse of data.
- Limited technical skills or access to digital tools may hinder participation for some residents.
- Environmental and technical vulnerabilities, such as sensor breakdowns, weather exposure, or connectivity issues.



Lessons Learned

- Open, interoperable, and robust FIWARE-based platform architecture enables real-time data collection, management, and analysis.
- The platform supports continuous monitoring with citizen science and multi-sensor input, while giving participants access to results.
- Citizens are eager to engage in initiatives proposed by trusted actors, such as the university, that can enhance their health and wellbeing.
- Researchers access real-time and historical datasets to identify trends and design targeted health and wellbeing interventions.
- FIWARE's modular, open-standard design allows replication, scaling, and local adaptation.



Have a look at our website!



<https://loracetas.eu/>



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 869227

Greening and renaturalisation in a shelter for homeless people

This greening intervention rehabilitated neglected spaces in a homeless shelter based on the co-creation and shared management of interventions through the so-called “Green Team”. Homeless individuals were invited to participate in weekly sessions that include the development of social and team-building skills and physical work outdoors to build the following spaces: a vegetable garden; a therapeutic garden with features like a pond, bird cages, and insect hotels and the creation of the “patio for the future” using plants that require very little summer irrigation. An innovative lighting system, with low impact on biodiversity, energy efficiency, low maintenance, and user comfort, is also being tested.

Challenges

- Constant turnover of shelter residents makes it difficult to maintain continuity and long-term commitment.
- Irregular attendance due to unstable daily routines or competing priorities (e.g., job seeking, medical appointments).
- Substance abuse, alcohol dependency, and mental health conditions may hinder effective communication and collaboration.
- Limited social skills or difficulties in teamwork may create tensions.
- Distrust can reduce engagement.
- Low self-esteem or lack of confidence may discourage participation.
- Language and cultural barriers can complicate group work.
- Limited capacity to independently maintain or expand the gardens without ongoing guidance.



Relevant Stakeholders

The people running the shelter, IN-HABIT project researchers, homeless individuals and volunteers who contributed with knowledge and resources.

Outcomes

- 60 m2 of urban garden whose produce is distributed among low-income families.
- 260 m2 of therapeutic garden.
- A renaturalised courtyard with green and socialisation areas.
- A spot of biodiversity created in a low income neighbourhood.
- More than 30 homeless people trained in gardening.
- A more cohesive community with greater social skills among the homeless.
- Over fifty weekly workshops co-creating social skills and knowledge in gardening.

Impact

- Positive advances in psychosocial aspects: social cohesion, participatory behaviour, sense of belonging and commitment to collective work.
- Improvements in participants emotional well-being, perceived physical health, and psychological distress.
- Strong engagement: Some former residents continue to participate in the workshops, even if they no longer live in the shelter.
- Mobilisation of human and material resources in favour of this group.
- Interest in replicating the actions at the national and international levels.

Target / Beneficiary Groups

Homeless people, migrants, people with mental health issues, people with addictions problems.





Enabling Factors

- Highly motivated human team comprising researchers and volunteers with knowledge and expertise in both social and biological aspects.
- Shelter managers and workers highly committed to improving residents' health and wellbeing.
- Availability of neglected spaces that could be used.
- Willingness of many residents to participate and build the spaces.
- Many individuals and institutions contribute time, knowledge and resources.
- Availability of economic resources from IN-HABIT project.

Blocking Factors

- Difficulties in engaging homeless individuals due to their personal circumstances, experiences and living conditions.
- High turnover of shelter residents preventing continuity of activities.
- Low self-confidence or feelings of exclusion that prevent active engagement.
- Conflicts arising among participants due to limited social skills, substance abuse, or mental health issues.
- Dependence on a small group of motivated and skilled researchers, and volunteers.
- Limited staff capacity to coordinate and support ongoing workshops.
- Insufficient financial resources to secure tools, seeds, or gardening infrastructure.
- Bureaucratic barriers in obtaining permissions for outdoor modifications or community use of space.
- Weak institutional recognition of the value of participatory or therapeutic gardening.



Lessons Learned

- When homeless individuals are given the opportunity to create something, particularly if it is something natural and 'alive' they often demonstrate strong commitment.
- The co-creation of new spaces fosters teamwork, a sense of accomplishment, and pride in what has been achieved.
- Involving participants in all stages of the process (design, implementation, management, assessment) increases ownership and sustainability.
- Engaging with nature and working together does not necessarily require large spaces or costly interventions to promote health and wellbeing.
- Trust-building takes time but is crucial for overcoming initial resistance or scepticism.
- Small, visible successes (e.g., a first harvest or garden feature) help to maintain motivation and encourage continuity.
- Flexibility is essential, as activities must adapt to participants' changing circumstances and capacities.
- Social interaction and shared responsibility in gardening can reduce isolation and strengthen community ties.
- Professional support (e.g., psychologists, gardening experts) is essential to achieve results.



Have a look at our YouTube videos!



<https://youtu.be/2L8sUPdRUq4>



https://youtu.be/x_fedxLSixQ



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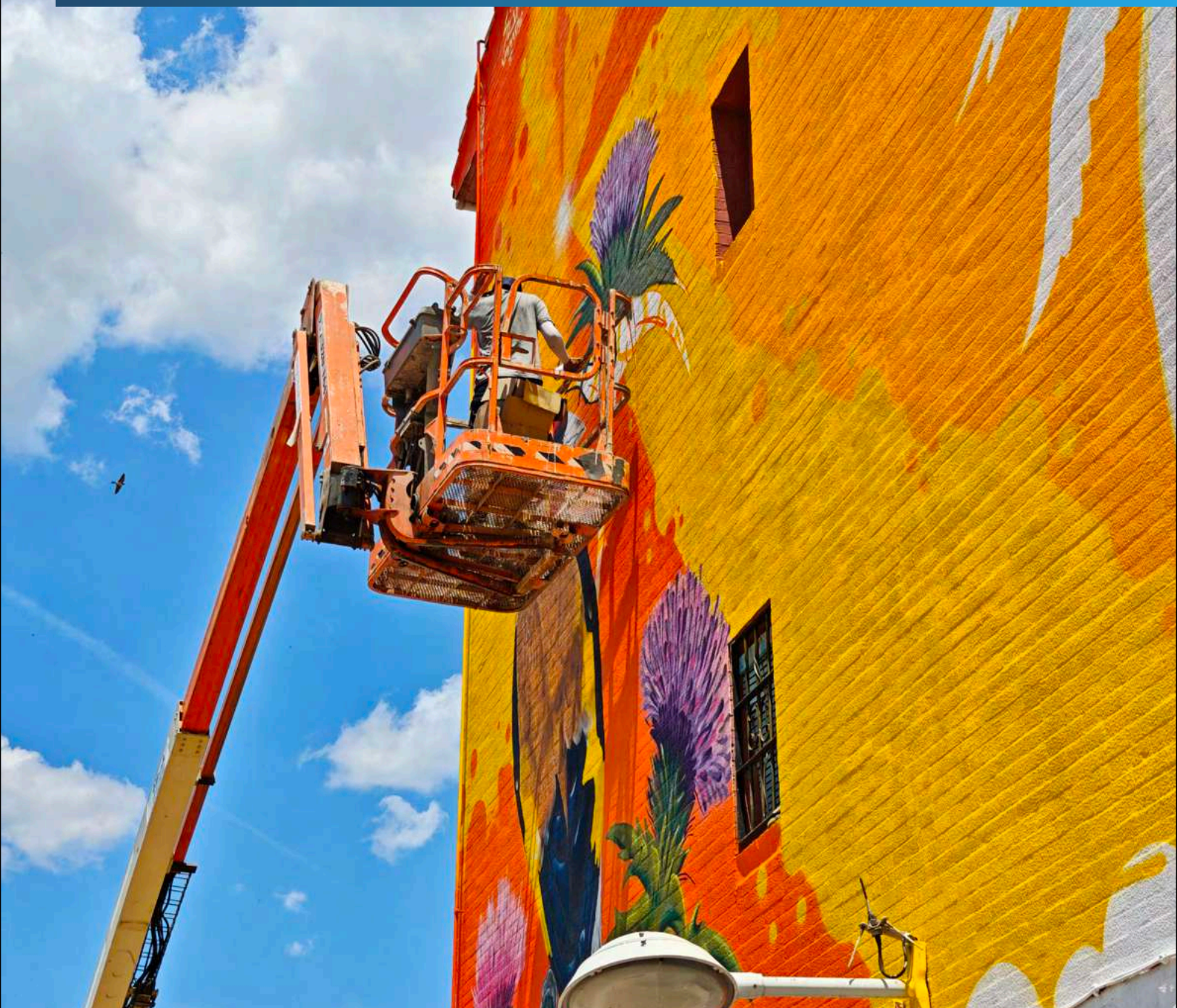
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7.4. Annex 4: Cordoba VIS for IHW (Esp version)





SOLUCIONES INTEGRADAS Y VISIONARIAS PARA PROMOVER SALUD Y BIENESTAR INCLUSIVOS EN CÓRDOBA



Este proyecto ha recibido financiación del fondo para la investigación y la innovación Horizonte 2020 de la Unión Europea bajo el acuerdo n°869227





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Soluciones Integradas y Visionarias para promover Salud y Bienestar Inclusivos en Córdoba.

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El Proyecto IN-HABIT

IN-HABIT (Salud y Bienestar Inclusivos en Ciudades Pequeñas y Medianas) es un proyecto europeo de investigación e innovación, financiado por el programa marco Horizonte 2020, que investiga cómo intervenciones inclusivas, basadas en la naturaleza y socialmente innovadoras pueden transformar entornos urbanos y reducir desigualdades, contribuyendo a mejorar el bienestar y la salud de la población.

El proyecto se ha desarrollado en cuatro ciudades europeas, Córdoba (España), Lucca (Italia), Riga (Letonia) y Nitra (Eslovaquia), con el objetivo de generar aprendizaje común y, a la vez, responder a realidades locales muy distintas. En cada ciudad se ha trabajado con un eje temático que actúa como hilo conductor de las actuaciones (patrimonio y cultura en Córdoba, alimentación en Riga, vínculos humano-animal en Lucca, y arte y medio ambiente en Nitra), lo que facilita crear sinergias y comparar enfoques dentro de un mismo marco metodológico compartido.

En Córdoba, la experiencia se ha desarrollado como un proceso de investigación aplicada “desde dentro”, orientado a mejorar la salud y el bienestar inclusivos en contextos urbanos vulnerables. La ciudad ha funcionado como un laboratorio vivo de innovación social e investigación para co-crear intervenciones con quienes viven la realidad cotidiana del territorio.

El proyecto, coordinado por la Universidad de Córdoba (UCO), ha contado con una base científica que ha aportado legitimidad, capacidad técnica y generación de evidencias para orientar la toma de decisiones. Sobre esa base, se ha sostenido en un modelo de gobernanza inclusiva y multiactor a través del IN-HUB (un espacio estable de coordinación y diálogo que integra realidades locales, como el barrio de Las Palmeras, entidades sociales, administración, sector privado y comunidad académica y educativa), donde se han debatido, priorizado y validado las Soluciones Integradas y Visionarias (SIV) que se presentan a continuación.



Estas actuaciones se han articulado mediante procesos participativos co-diseñados con residentes y contrastados en términos de viabilidad con instituciones y perfiles expertos, siguiendo una lógica Co-Co-Co-Co (co-diseño, co-implimentación, co-gestión y co-evaluación) y vinculándose a un Plan de Transformación Inclusiva de los entornos de actuación, que recoge todas las SIV, con seguimiento y evaluación participativa.

Las Soluciones Integradas y Visionarias (SIV)

Las SIV (Soluciones Integradas y Visionarias), también denominadas VIS, por sus siglas en inglés, son el marco que IN-HABIT utiliza para diseñar y ordenar las actuaciones. Son integradas porque combinan intervenciones intangibles (innovaciones sociales y culturales, dinamización, formación, actividades comunitarias) con intervenciones tangibles (mejoras en infraestructuras, soluciones basadas en la naturaleza, y elementos tecnológicos o digitales cuando procede).

Son visionarias porque activan recursos locales que suelen estar infravalorados (como la cultura, los sistemas alimentarios, los vínculos humano-animal, y el potencial transformador del arte y la naturaleza) para impulsar bienestar e inclusión de forma contextualizada.

En Córdoba, las SIV han sido la forma de articular el PTI y conectar la investigación con la acción: permiten definir qué se hace, con quién, en qué secuencia y con qué sentido. La guía remarca además que, antes de poner en marcha SIV tangibles, es importante desarrollar SIV sociales y culturales que motiven, preparen y conecten a la población, creando condiciones para que las transformaciones físicas tengan aceptación y sostenibilidad.



1. Talleres semanales para fomentar la participación y el empoderamiento

Los talleres semanales son el eje central del proceso de participación. Están diseñados para desarrollar habilidades sociales y generar oportunidades de bienestar entre las personas participantes, fomentando la participación y la inclusión social, reforzando el sentido de pertenencia y promoviendo el trabajo en equipo. Los talleres abordaron las cinco líneas principales incluidas en el Plan de Transformación Inclusiva: Salud y Bienestar; Cultura, Patrimonio y Arte; Género, Diversidad, Inclusión e Innovación Social; Renaturalización y Medio Ambiente; e Infraestructura, Tecnología y Digitalización.

A través de estos talleres, se conforma un núcleo de trabajo de vecinas y vecinos, encargado de guiar y canalizar todas las acciones posteriores. Al tratar temas transversales y de carácter general, las personas participantes colaboran para dar forma a una visión comunitaria cohesionada e inclusiva.



Retos

- Dinamizar un barrio con una participación social y comunitaria limitada.
- Crear entornos que acojan diversos enfoques culturales, tradiciones y estilos de vida, fomentando el respeto mutuo y el intercambio social y cultural entre las personas participantes.
- Identificar temas de trabajo que mantengan el interés y la implicación a lo largo del tiempo y organizar talleres con sentido.
- Mantener el impulso de las iniciativas comunitarias.
- Generar espacios físicos donde todos los actores interesados puedan reunirse para co-diseñar, compartir ideas y tomar decisiones de forma conjunta.
- Atraer y mantener la implicación de los grupos menos propensos a participar, especialmente jóvenes y hombres.
- Gestionar conflictos locales específicos sin agravarlos, buscando la neutralidad dentro de las estructuras sociales de la comunidad para fomentar el espíritu inclusivo.



Destinatarios

- Vecinos y vecinas de Las Palmeras.
- Trabajadores y personas vinculadas al barrio.

Actores clave

- Activadores comunitarios e investigadores que planifican, programan y supervisan todas las acciones relacionadas con los talleres.
- Entidades sociales (ONGs y asociaciones del barrio) y otras entidades sociales de la ciudad que contribuyen a talleres específicos vinculados a sus áreas de interés o dinámicas concretas.
- Vecinos y vecinas.



Resultados

- Más de 50 talleres semanales para co-diseñar, co-implementar y co-evaluar iniciativas del barrio.
- Más de 100 personas participantes implicadas (incluyendo las que participan de forma recurrente).
- Más de 25 entidades sociales y empresas participantes en los talleres.
- Más de 15 actividades vinculadas a los 5 ejes temáticos desarrollados.
- Un espacio físico, actualmente conocido como la Sala IN-HABIT en la zona de la parroquia, establecido como un espacio seguro, neutral y abierto para el trabajo conjunto y la interacción.

Impacto

- Piedra angular de todas las iniciativas comunitarias posteriores, con una profunda influencia en la dinámica social del barrio.
- Espacios neutrales que refuerzan el tejido social local y reúnen a vecinos y vecinas de diversos contextos en torno a objetivos comunes.
- Fomento de un fuerte sentido de pertenencia en un entorno seguro y de apoyo mutuo, donde las personas participantes pueden intercambiar ideas y conocimientos y promover el bienestar colectivo.
- Personas participantes como punto de referencia y catalizadoras de cambios, que demuestran de manera constante su compromiso y dedicación con la transformación social del barrio.

Elementos clave

- Fuerte liderazgo vecinal y coordinación entre entidades sociales (ONGs y asociaciones del barrio) y otros actores locales.
- Compromiso de los activadores comunitarios para organizar y facilitar los talleres, incluyendo una activadora local del propio barrio.
- Espacios y estructuras de participación exclusivos, como el comité vecinal, que fomentan la colaboración.
- Conocimiento profundo de la identidad social y cultural para co-diseñar iniciativas que reflejen las necesidades, intereses y prioridades de los vecinos y vecinas.
- Priorización de los grupos tradicionalmente no representados y de las mujeres para garantizar una representación equitativa y resultados inclusivos.
- Horarios flexibles que se adaptan a la disponibilidad y rutinas diarias de los vecinos y vecinas.
- Canales de comunicación adaptados a lo que usan los habitantes, y continuos (grupos de WhatsApp, boca a boca...) para mantener la atención y la implicación.
- Incentivos no monetarios y visibilización del trabajo realizado y de sus verdaderos protagonistas.



- Legitimidad y credibilidad del proyecto de investigación IN-HABIT y disponibilidad de recursos para desarrollar acciones.

Factores de bloqueo

- Actividad muy exigente que puede llevar fácilmente a la fatiga de participación, tanto de organizadores y facilitadores como de las propias personas participantes.
- Falta de confianza en instituciones externas, que ha requerido grandes esfuerzos para construir confianza y mantener la participación.
- Alta vulnerabilidad de los vecinos y vecinas destinatarios (elevadas tasas de desempleo, estigmatización social y escasez de recursos), que dificulta el compromiso.
- Disponibilidad de tiempo limitada debido al trabajo, cuidados o presiones económicas de los vecinos y vecinas.
- Conflictos internos en la comunidad que reducen la voluntad de colaborar.
- Reticencia a participar de algunos grupos destinatarios.
- Presión por organizar talleres relevantes, interesantes y alineados con la realidad de los vecinos y vecinas.



Lecciones aprendidas

- La presencia continua y el compromiso de los activadores locales en el barrio rompen el escepticismo y abren oportunidades de implicación.
- Las estrategias flexibles y adaptables pueden fomentar eficazmente la participación de la población y mantener el compromiso en el tiempo.
- La implicación inicial de líderes locales y referentes comunitarios ayuda a asegurar que las actividades reflejen las prioridades y necesidades reales de la comunidad.
- Garantizar espacios para la participación activa y el desarrollo liderado por la comunidad desbloquea el potencial del barrio.
- La colaboración continua aumenta la inclusión social, la creación de redes, los objetivos comunes y el sentido de pertenencia.
- Resultados como las innovaciones tangibles e intangibles refuerzan la identidad y el orgullo colectivos, fomentando una mayor participación y contribuyendo a la continuidad de las iniciativas comunitarias.
- El trabajo voluntario es esencial, demostrando que los vecinos y vecinas comprometidos (a pesar de las dificultades económicas o sociales) pueden impulsar cambios significativos.
- Pequeñas aportaciones financieras pueden generar un impacto considerable cuando se combinan con tiempo, dedicación y compromiso con la participación comunitaria.



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<https://youtu.be/qH2wwNBXP5k>



Este proyecto ha recibido financiación del fondo para la investigación y la innovación Horizonte 2020 de la Unión Europea bajo el acuerdo n°869227

2. Dinamización sociocultural en un barrio vulnerable

La dinamización sociocultural en Las Palmeras, realizada a través de talleres continuos y eventos culturales, ha contribuido a fomentar la cohesión social y la participación activa. También ha creado oportunidades para que los vecinos y vecinas accedan a la cultura, creen conexiones entre ellos, colaboren y generen confianza mutua. Estas actividades han fortalecido la identidad comunitaria, promovido la inclusión, combatido el estigma y visibilizado historias positivas de cambio y transformación.

Entre las actividades para mejorar la salud y el bienestar se incluyen meditación, danza, talleres de autoestima y confianza, gestión del estrés y promoción de estilos de vida saludable. Las iniciativas culturales han abarcado semanas culturales, talleres de teatro, videodanza, visitas socioculturales y actividades de sensibilización medioambiental, entre otras. Estas innovaciones intangibles abren camino a la implementación de otras innovaciones tangibles, como la mejora de los espacios públicos. Al ofrecer oportunidades constantes de aprendizaje, creatividad e interacción, contribuyen a mejorar el bienestar y a fortalecer el sentido de pertenencia.



Retos

- Implicar a participantes de un barrio a menudo desatendido y desestructurado.
- Generar confianza entre vecinos y vecinas que desconfían de las acciones institucionales.
- Proporcionar espacios físicos y virtuales para la co-creación, el diálogo y la toma de decisiones conjuntas.
- Crear entornos inclusivos que respeten la diversidad cultural y promuevan intercambios significativos de conocimientos.
- Fomentar la participación de grupos poco representados, especialmente jóvenes y hombres.
- Mantener el impulso de las iniciativas colaborativas.
- Establecer directrices, responsabilidades y calendarios claros para la organización de eventos, garantizando transparencia y compromiso.

Destinatarios

- Vecinos y vecinas de Las Palmeras.
- Miembros de entidades sociales (ONGs y asociaciones del barrio) que trabajan en el barrio y personas vinculadas a él.

Actores clave

- Miembros del proyecto IN-HABIT (UCO, AVUE, Ayuntamiento).
- Vecinos y vecinas, incluyendo un núcleo de mujeres muy comprometidas con el proyecto.
- Representantes de servicios sociales.
- Entidades sociales (ONGs y asociaciones del barrio).
- Empresas y otras entidades participantes del IN-HUB implicadas y que apoyan las intervenciones.



Resultados

- Cuatro celebraciones de Navidad en la plaza principal.
- Tres celebraciones de la Cruz de Mayo.
- Una celebración de Carnaval.
- Cuatro celebraciones del Día de la Mujer (8M).
- Una semana cultural.
- Cambios en el uso del espacio público: apropiación de espacios degradados o antes no utilizados.
- Mayor sentido de pertenencia y apropiación entre los miembros de la comunidad.
- Creación de un comité vecinal para la toma de decisiones.

Impacto

- Celebración de eventos tradicionales y culturales en un barrio donde antes no se celebraban, como fiestas de Navidad y 8M, con más de 300 participantes.
- Mejoras significativas en cohesión social e implicación comunitaria en términos de participación y compromiso.
- Oferta de actividades socioculturales que han demostrado que la cultura fomenta el bienestar colectivo al fortalecer la participación, la implicación, la identidad local y el orgullo.
- Mayor visibilidad de Las Palmeras, promoviendo percepciones más positivas internas y externas y animando a una participación más amplia en las iniciativas.





Elementos clave

- Fuerte liderazgo del comité vecinal y coordinación entre entidades sociales (ONGs y asociaciones del barrio) y otros actores locales.
- Espacios y estructuras de participación específicas para co-desarrollar las acciones.
- Activadores comunitarios y personal dedicado, invirtiendo tiempo y esfuerzo en implicar a la gente, coordinar, resolver problemas y ejecutar acciones.
- Uso de espacios públicos y tradiciones culturales cordobesas para crear oportunidades de celebración.
- Conocimiento de la identidad cultural y social de los vecinos y vecinas y de las entidades sociales (ONGs y asociaciones del barrio) participantes.
- Esfuerzo para incluir a grupos infrarrepresentados y mujeres, que suelen ser las más invisibilizadas.
- El proyecto de investigación IN-HABIT, con legitimidad, recursos y fuerte compromiso de los investigadores.

Factores de bloqueo

- Al inicio, la COVID-19 bloqueó muchas acciones.
- Desatención institucional, descoordinación y falta de alineación en las intervenciones de las instituciones.
- Desconfianza y apatía de los vecinos y vecinas a la hora de implicarse.
- Factores estructurales (tasas de desempleo, estigmatización, escasez de recursos) que limitan la capacidad e interés por participar.
- Baja participación vecinal debido a que no están acostumbrados a ver intervenciones en el barrio.
- Falsas expectativas y continuidad inconsistente de acciones anteriores que generan desconfianza.



Lecciones aprendidas

- Un presupuesto limitado puede generar un gran impacto si se combina con tiempo, dedicación y compromiso.
- Acciones formales e informales flexibles y adaptables ayudan a fomentar el compromiso y la implicación.
- La implicación de líderes locales atrae a vecinos y vecinas. El compromiso de ambos asegura que las actividades respondan a necesidades y prioridades reales.
- La colaboración entre entidades sociales (ONGs y asociaciones del barrio) y vecinos y vecinas reduce fricciones, aunque requiere comunicación continua para superar barreras burocráticas, sociales, de legitimidad o políticas.
- Escuchar a la gente ofrece excelentes resultados.
- Usar la cultura, el patrimonio local y los espacios comunitarios refuerza la identidad y el orgullo, fomenta la participación y refuerza la sostenibilidad.
- El trabajo voluntario multiplica las posibilidades de intervención.



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<https://youtu.be/c4d3MpboSxY>



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3. Hábitos saludables y actividades para una vida sana

Las Palmeras representa lo que se considera un desierto alimentario, es decir, un lugar donde el acceso a alimentos frescos y sanos dentro del barrio es complicado. Además, la única instalación deportiva existente es un campo de fútbol, lo que supone un reto para llevar una vida saludable, especialmente para las mujeres. IN-HABIT ha promovido la alimentación saludable, opciones para realizar deporte (sobre todo enfocadas a mujeres), eventos culturales en torno a la comida e iniciativas de bienestar a través de talleres sobre salud y bienestar mental.

Entre las iniciativas se incluyeron clases de cocina con ingredientes asequibles y de temporada; dos eventos de gastronomía cultural relacionados con la educación alimentaria; debates sobre los desiertos alimentarios y la nutrición; danzaterapia para aliviar el estrés; una carrera (La Milla) que atrajo a más de 400 participantes de la ciudad; y actividades deportivas que fomentan el ejercicio semanal. Estas iniciativas, desarrolladas al aire libre, se basan en la idea de espacios públicos saludables y compartidos para socializar y promover la cultura, conectando Las Palmeras con el resto de la ciudad a través de tradiciones culturales y culinarias y de actividades deportivas. Más de 1000 personas han visitado el barrio gracias a estos eventos.

Retos

- Acceso a alimentos saludables (caros, no se venden en el barrio).
- Cocinar comidas saludables requiere tiempo, y muchas familias tienen rutinas inestables y múltiples obligaciones.
- Las duras condiciones de vida, la falta de espacios seguros y la escasez de referentes comunitarios reducen la motivación para comer bien o mantenerse activo.
- Muchas familias dependen de bancos de alimentos, que rara vez ofrecen productos frescos.
- Escasez de instalaciones y actividades deportivas, especialmente para mujeres en el barrio, que además pueden resultar costosas (equipamiento o cuotas).
- Las responsabilidades de cuidados, los turnos de trabajo y el calor dificultan hacer ejercicio regularmente.
- La comida no saludable puede ser más normal, socialmente aceptada o estar más extendida que las opciones más sanas.

Destinatarios

- Vecinos y vecinas de Las Palmeras, especialmente mujeres, familias, niños y jóvenes.
- Otros residentes de la ciudad que normalmente no visitan el barrio.

Actores clave

- Miembros de la comunidad, incluyendo un grupo central de mujeres vecinas y voluntarios locales.
- Organizaciones y entidades sociales que contribuyen a talleres y eventos específicos (Facultad de Enfermería, chefs, clubes deportivos, empresa de reciclaje y entidades sociales).
- Socios del proyecto IN-HABIT y activadores comunitarios (UCO, AVUE, Ayuntamiento).



Resultados

- Más de 10 talleres de alimentación saludable con recetas asequibles y de temporada, incluyendo planificación de menús, lectura de etiquetas y reducción del desperdicio alimentario.
- Dos eventos gastronómicos culturales (más de 300 participantes de toda Córdoba).
- 16 sesiones sobre salud mental, autoestima y autopercepción de la salud.
- Una sesión de danzaterapia para gestión del estrés.
- Una producción de videodanza para reflejar la identidad cultural a través del baile y el movimiento (más de 50 participantes).
- 8 acciones deportivas comunitarias inclusivas.





Impacto

- Mejora de la cultura alimentaria y del conocimiento nutricional entre las personas participantes en talleres y formaciones.
- Oportunidades deportivas y de danza para mujeres.
- Uso regular de patios y espacios públicos como lugares para promover la salud y el bienestar inclusivos.
- Oportunidades de actividades de cocina, danza y formación para reducir el estrés y fortalecer lazos sociales.
- Eventos gastronómicos y deportivos que actúan como focos de atracción hacia el barrio.
- Mayor visibilidad de las transformaciones en el barrio.
- Imagen positiva a nivel de ciudad, fomentando el orgullo interno y reduciendo el estigma.

Elementos clave

- Participación activa de chefs, proveedores de alimentos, escuelas de Enfermería, clubes deportivos y entidades sociales.
- Gran interés y disposición de los vecinos y vecinas a participar.
- Espacios públicos renovados que ofrecen entornos atractivos para eventos deportivos y culinarios.
- La cultura gastronómica como valor compartido que atrae a la comunidad y fomenta la participación.
- Recursos del proyecto de investigación IN-HABIT para apoyar los costes de los eventos.



Factores de bloqueo

- Percepciones de género que limitan la participación: el deporte se percibe a menudo como “para hombres” y la salud mental “para mujeres”.
- Asistencia irregular causada por el calor, turnos de trabajo, cuidados o necesidades familiares.
- Escasa infraestructura deportiva, poca oferta y falta de continuidad.
- Dificultades para costear alimentos saludables o dedicar tiempo al deporte.



Lecciones aprendidas

- Clases cortas de cocina y nutrición y formación práctica facilitan la integración de hábitos saludables en la vida diaria.
- Vincular las actividades a la cultura local (gastronomía y vida en los patios) atrae a los vecinos y vecinas.
- Los espacios seguros y los deportes no tradicionales (por ejemplo, la danzaterapia) aumentaron la participación de mujeres.
- Las alianzas con chefs, proveedores de alimentos, entidades sociales y clubes deportivos multiplican el impacto y atraen a otros habitantes de la ciudad.
- Dar visibilidad a los cambios en los espacios mejora la imagen del barrio, reduce el estigma, mantiene la motivación y fomenta la participación continua.

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<https://youtu.be/X9ISSnZnJu0>



4. Experiencia de Formación Inmersiva para adultos con Síndrome de Down

La experiencia de formación inmersiva (EFI) es una aplicación diseñada para que personas adultas con síndrome de Down puedan entrenar, en un entorno seguro y flexible, las tareas necesarias para trabajar en congresos y eventos. La herramienta recrea situaciones reales (como servir mesas, atender a asistentes o desplazarse por un espacio de eventos) y permite practicar los pasos de forma repetida, reforzar la memoria y ganar confianza en la realización de estas tareas.

La EFI constituye la primera fase de un ciclo formativo estructurado en tres etapas: juego digital, práctica guiada en entornos simulados y desempeño real en eventos. Este ciclo facilita una transición gradual desde el aprendizaje en un entorno virtual hacia la ejecución casi autónoma en contextos laborales reales. Aunque se ha desarrollado específicamente para adultos con síndrome de Down, el enfoque puede adaptarse para otras personas con condiciones de neurodivergencia.

Retos

- Atender las necesidades específicas de las personas usuarias: dificultades de atención, memoria, sobrecarga sensorial, lectura y comprensión de instrucciones, así como uso de tabletas.
- Necesidad de profesionales y cuidadores que acompañen el uso de la herramienta y aporten competencias digitales.
- Requisitos técnicos elevados: internet de alta velocidad, plataforma tecnológica robusta y dispositivos adecuados.
- Experiencia que supone desafíos para los desarrolladores, la asociación y las familias a la hora de adaptar la tecnología y las competencias a las necesidades reales del grupo destinatario.
- Implicar a las familias para que apoyen la formación y el desarrollo laboral posterior de las personas participantes.
- Compromiso de las empresas de eventos para ofrecer oportunidades reales de empleo inclusivo y ajustar ritmos, tiempos de respuesta y expectativas.

Destinatarios

- Adultos con síndrome de Down y sus familias.
- Asociaciones de síndrome de Down y cuidadores.
- Empresas de congresos y eventos.
- Organizaciones que apoyan a personas con condiciones de neurodivergencia.

Actores relevantes

- Personal de la Asociación Síndrome de Down de Córdoba, que conoce de cerca las necesidades y potencialidades de las personas usuarias.
- Empresa tecnológica encargada del desarrollo del serious game.
- Equipo investigador del proyecto IN-HABIT, que coordina el proceso, evalúa resultados y ajusta la herramienta.
- Empresa de congresos y empresas de catering que proporcionan los entornos reales de práctica laboral.



- Familias de los participantes, que ofrecen apoyo cotidiano y refuerzan el aprendizaje fuera del entorno de juego.

Resultados

- Una experiencia de formación inmersiva innovadora, adaptada a las necesidades de adultos con síndrome de Down.
- Un manual de usuario dirigido a familias, trabajadores sociales y cuidadores.
- 22 personas con síndrome de Down formadas.
- 7 personas empleadas en 2 eventos diferentes.
- Varias asociaciones de síndrome de Down y autoridades locales interesadas en replicar la acción.
- Una empresa de congresos interesada en contratar a personas con síndrome de Down en sus eventos.

Impacto

- Adultos con síndrome de Down dotados de habilidades prácticas y confianza que mejoran su empleabilidad y autonomía.
- Innovación inclusiva en formación profesional, que combina tecnología inmersiva, pedagogía adaptada y participación activa de las personas usuarias.
- La herramienta digital permite una formación flexible, ajustada a distintos ritmos y necesidades, incluso cuando las personas participantes requieren apoyo de cuidadores o familiares.
- Oportunidad de formación atractiva basada en el juego, que incrementa la motivación y el compromiso.
- Oportunidades de empleo temporal para personas con este síndrome, que refuerzan la autoestima y aportan experiencia laboral real.
- Evidencias de que el uso repetido del juego reduce la necesidad de múltiples sesiones de práctica presencial.



Elementos clave

- Compromiso de la Asociación Síndrome de Down de Córdoba y de su personal con una iniciativa innovadora y exigente.
- Empresa tecnológica con competencias y flexibilidad para adaptar la herramienta a las necesidades de las personas usuarias finales.
- Disposición y apertura de los participantes para experimentar con una herramienta digital nueva.
- Empresa de congresos comprometida en abrir oportunidades laborales para personas con discapacidad.
- Proyecto europeo (IN-HABIT) con legitimidad, financiación e implicación activa de investigadores.



Factores de bloqueo

- Dificultades para alinear el diseño tecnológico con las necesidades y capacidades reales de personas usuarias, personal de la asociación y equipo investigador.
- Requisitos sensoriales y cognitivos específicos (hipersensibilidad, necesidad de apoyos visuales, atención limitada) que complican la adaptación de la herramienta.
- Dependencia de buena conectividad y dispositivos adecuados, no siempre disponibles en todos los contextos.
- Competencias digitales limitadas de personas usuarias y cuidadores; con frecuencia se requiere apoyo externo para utilizar el juego.
- Desafíos de accesibilidad física (visión, destreza manual) y de ajuste de expectativas sociales en los eventos (tiempos de respuesta, interacción con el público).
- Limitaciones de financiación una vez finalizada la experiencia piloto, que dificultan mejorar y escalar la herramienta.

Lecciones aprendidas

- Los adultos con síndrome de Down pueden desempeñarse con éxito en tareas complejas cuando se proporcionan las herramientas, oportunidades y apoyos adecuados.
- Las limitaciones de dispositivos y conectividad pueden obstaculizar el uso de la EFI y deben considerarse desde el diseño.
- Funcionalidades como lenguaje simplificado, pictogramas y repetición estructurada aumentan la usabilidad y el compromiso.
- El desarrollo de la EFI requirió tiempo e interacción entre desarrolladora, asociación y equipo investigador para garantizar su usabilidad.
- El ciclo de tres fases (juego, práctica guiada y desempeño en eventos reales) facilita pasar de instrucciones constantes a ejecución casi autónoma.
- Las personas participantes no solo adquieren competencias laborales, sino también un sentido de autorrealización, orgullo y mayor bienestar.
- Las competencias tecnológicas deben complementarse con el trabajo sobre habilidades sociales y relacionales al incorporarse al entorno laboral..

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<https://youtu.be/-oC9OkDqBUU>



<https://youtu.be/K8gLuPQg2VM>



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5. Comunicación inclusiva y participativa, junto con mensajes positivos en contextos vulnerables

La comunicación en entornos vulnerables debe ser adaptable y ajustarse a las necesidades de la audiencia (por ejemplo, bajos niveles de alfabetización y acceso limitado a dispositivos digitales). Se han utilizado múltiples canales para difundir contenidos, incluyendo artículos, vídeos, boletines mensuales, cronogramas y mapas de actividades, entre otras muchas opciones. Se han creado perfiles en redes sociales adaptados a las plataformas más populares entre los vecinos y vecinas, y un programa de radio mensual.

Un elemento clave de la estrategia fue implicar al propio vecindario, de manera que los vecinos y vecinas fueran protagonistas de los mensajes y de los contenidos audiovisuales generados. Esto incluye vídeos, entrevistas, reportajes y el documental Las Palmeras en positivo, que ha generado gran interés.

Retos

- Adaptar las herramientas a las necesidades de la audiencia para lograr una participación efectiva.
- Generar confianza entre los vecinos y vecinas, en un contexto donde los medios de comunicación externos suelen ofrecer una imagen negativa.
- Adaptar los mensajes a públicos con bajo nivel educativo o alfabetización, favoreciendo formatos accesibles y comprensibles.
- Superar el alcance limitado de la radio local, que restringe el acceso a audiencias más amplias.
- Llegar a personas sin acceso a internet a través de alternativas creativas, como boletines impresos, carteles y folletos informativos.

Resultados

- Los resultados tras cinco años de implementación de esta estrategia de comunicación local muestran un gran éxito y un enorme impacto positivo:
- 38 programas de radio en la emisora local, siendo el segundo programa más escuchado.
- 88 vídeos grabados y editados en los que los vecinos y vecinas son protagonistas.
- 6225 visualizaciones en el canal de YouTube del proyecto.
- 204 entradas de blog publicadas semanalmente para mantener informados a los vecinos y vecinas.
- 46 revistas mensuales resumiendo las actividades.
- 141 apariciones en medios locales, regionales y nacionales.

Impacto

- Aumento de la visibilidad positiva de Las Palmeras en medios locales, regionales y nacionales.
- Generación de una narrativa alternativa que pone en valor las capacidades, iniciativas y logros de los vecinos y vecinas.
- Mayor conocimiento, dentro y fuera del barrio, de las actividades y transformaciones impulsadas por IN-HABIT.



Destinatarios

- Vecinos y vecinas adultos del barrio de Las Palmeras.
- Población de Córdoba en general, que recibe una imagen más ajustada y positiva del barrio.
- Entidades sociales e instituciones interesadas en la transformación de barrios vulnerables.

Actores relevantes

- Entidades sociales (ONGs y asociaciones del barrio), que colaboran en la difusión de contenidos y en la identificación de mensajes clave.
- Emisora de radio local y otros medios de comunicación locales, que amplifican los mensajes.
- Equipo del proyecto IN-HABIT, que aporta recursos, contenidos, coordinación y apoyo técnico.



- Refuerzo del sentido de orgullo y pertenencia entre los vecinos y vecinas, al verse reconocidos y representados en los mensajes.
- Creación de canales de comunicación estables (radio, redes sociales, blog, boletines) que permanecen como recursos para el barrio.

Elementos clave

- Elevada cooperación y disposición de los vecinos y vecinas.
- Apoyo de las entidades sociales (ONGs y asociaciones del barrio) en las actividades cotidianas de comunicación y difusión.
- Existencia de una emisora local que ofrece un espacio fijo en su programación.
- Respaldo institucional de la UCO y de su Unidad de Cultura Científica para las notas de prensa y la visibilidad en medios.



Factores de bloqueo

- Imagen negativa persistente del barrio, difícil de revertir a corto plazo.
- Escaso interés de políticos, instituciones y de la sociedad en general por los barrios vulnerables.
- Dificultad para lograr cambios estructurales a largo plazo que consoliden las transformaciones comunicativas y sociales.
- Bajo interés externo en las historias positivas de colectivos vulnerables, frente al interés mayor por noticias problemáticas o conflictivas.

Lecciones aprendidas

- Las acciones a largo plazo y la persistencia son esenciales en contextos vulnerables; no basta con intervenciones puntuales.
- Es fundamental escuchar a los vecinos y vecinas e implicarlos activamente en la definición de los mensajes y en la producción de contenidos.
- Los mensajes deben adaptarse a las necesidades de la comunidad, tanto en el lenguaje como en los formatos y canales utilizados.
- La apertura a sugerencias refuerza la implicación y la confianza en la estrategia de comunicación; un ejemplo es el perfil de Instagram de IN-HABIT Córdoba, seguido por unas 480 personas en una comunidad de aproximadamente 2.500 habitantes.



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<https://youtu.be/pIRas0aGHQk>

<https://youtu.be/c4d3Mpb0SxY>



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6. Renaturalización del barrio de Las Palmeras

Las Palmeras es una zona vulnerable en la periferia de Córdoba, caracterizada por viviendas sociales de baja calidad, falta de zonas verdes y escasa o nula presencia de espacios públicos para socializar. La suciedad, la degradación y materiales como el hormigón y el cemento dominan la mayoría de los patios, edificios y espacios comunes.

IN-HABIT ha plantado más de 300 árboles y 800 arbustos en patios y calles del barrio, y ha creado un corredor de biodiversidad junto al arroyo existente, todo ello co-creado con los vecinos y vecinas. Para lograrlo, se han llevado a cabo más de 30 talleres de co-diseño para planificar los espacios compartidos. Las acciones se han desarrollado a través de talleres de co-implementación y se ha fomentado la co-gestión con vecinos y vecinas y actores locales, junto con un curso de jardinería para formarles en el cuidado de la vegetación recién plantada. Se han testado métodos de plantación y mantenimiento que aumentan la supervivencia de los árboles, con resultados muy positivos. El trabajo voluntario de los vecinos y vecinas ha sido clave para el éxito y ha contribuido a que prácticamente no se haya vandalizado ninguna intervención.



Retos

- Procedimientos de obtención de permisos largos y complejos para poder actuar en espacios públicos, que retrasaron las intervenciones.
- Necesidad de alinear los tiempos de contratación pública con las épocas de plantación.
- Ventana de plantación corta, condicionada por factores estacionales y ambientales en climas secos y calurosos.
- Diversidad de perspectivas entre los miembros de la comunidad, que requirió tiempo y negociación cuidadosa para alcanzar consensos.
- Mantenimiento de las plantas difícil debido a plagas, olas de calor y condiciones de sequía.

Destinatarios

- Vecinos y vecinas de Las Palmeras.
- Visitantes.

Actores relevantes

- Vecinos y vecinas voluntarios que participaron en la plantación y el mantenimiento.



- Empresas responsables de la plantación y el mantenimiento.
- Equipo investigador y proyecto IN-HABIT, que aportaron recursos, coordinación y apoyo técnico.

Resultados

- Más de 300 árboles y 800 arbustos plantados.
- 320 m² de corredor accesible, seguro y ambientalmente sostenible, rodeado de vegetación autóctona que mejora la biodiversidad de la zona.
- Renaturalización de la plaza central y de cinco patios centrales del barrio.
- Alta tasa de supervivencia de las plantas (>85%), muy por encima del estándar de la ciudad.

Impacto

- Incremento significativo de los espacios verdes del barrio gracias al número de árboles y arbustos plantados.
- Mejora de la salud y el bienestar de las personas participantes gracias al contacto con la naturaleza.
- Mejora estética del entorno, haciendo el barrio más atractivo y acogedor.
- Posible reducción de la temperatura a medida que los árboles crecen y la vegetación madura, ofreciendo alivio en los días de calor.
- Métodos de plantación y supervivencia probados y validados.
- Prácticamente nula vandalización de las áreas verdes creadas.

Elementos clave

- Fuerte participación comunitaria y sentido de apropiación en las actividades de renaturalización.
- Apoyo de algunas autoridades locales, incluyendo permisos y asistencia logística.
- Disponibilidad de financiación y recursos para plantación y mantenimiento.
- Asesoramiento experto para apoyar la plantación y el crecimiento.





- Alianzas con empresas locales con experiencia probada para ejecutar el trabajo.
- Disponibilidad de espacios vacíos en el barrio para ser renaturalizados.

Factores de bloqueo

- Retrasos burocráticos y dificultades para obtener los permisos de intervención en espacios públicos.
- Ventana de plantación limitada por las condiciones climáticas.
- Sequías y vulnerabilidad a plagas que afectan a la supervivencia de las plantas.
- Diferencias de opinión entre vecinos y vecinas que dificultan alcanzar consensos.
- Necesidad de planes y recursos de mantenimiento a largo plazo para garantizar la sostenibilidad.



Lecciones aprendidas

- Establecer comunicación temprana y continua con las autoridades públicas ayuda a agilizar aprobaciones y reducir retrasos.
- Planificar con antelación las licitaciones públicas evita que los plazos coincidan con los periodos de plantación.
- Alinear las actividades de plantación con las ventanas estacionales permite aprovechar las condiciones más favorables.
- Anticipar y prevenir factores ambientales (plagas, variabilidad climática, condiciones del suelo) maximiza la supervivencia de las plantas.
- Asegurar recursos no solo para la plantación inicial, sino también para el cuidado a largo plazo, es clave hasta que árboles y arbustos sean autosuficientes.
- Involucrar a los vecinos y vecinas durante todo el proceso refuerza la apropiación y el apoyo al mantenimiento continuo.



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<https://youtu.be/V7An7N5odeY>



https://youtu.be/eVU9oDB_zF4



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7. Creación y renovación de espacios urbanos públicos

IN-HABIT ha co-creado diversas infraestructuras para hacer de Las Palmeras un lugar más sostenible, verde, acogedor y habitable: un merendero para reunirse, charlar y comer juntos en un antiguo descampado lleno de basura; la renovación de la plaza central y de cinco patios públicos mediante intervenciones artísticas; la construcción e instalación de más de 70 bancos y la creación de nuevos espacios de socialización; la pintura participativa del mural más grande de la ciudad (que refleja la identidad y las tradiciones locales); y un corredor de biodiversidad paralelo al arroyo.

En este corredor se han instalado alrededor de 70 monolitos de granito recubiertos con pintura bioluminiscente, que iluminan de noche sin dañar la biodiversidad. Todas estas infraestructuras se han construido con la participación activa de los vecinos y vecinas a través del enfoque de co-diseño, co-implementación, co-gestión y co-evaluación. Este enfoque fomenta el respeto, el apego y el sentido de pertenencia, y se apoya en el uso de materiales duraderos y resistentes al vandalismo. Empresas sociales locales y voluntarios han llevado a cabo las obras.

Retos

- Evitar el vandalismo en las infraestructuras y asegurar un uso adecuado de los fondos públicos.
- Baja confianza e implicación inicial de los vecinos y vecinas.
- Necesidad de un enfoque gradual para generar confianza, empezando con elementos pequeños y temporales antes de instalar mobiliario permanente.
- Procesos de contratación y permisos largos y complejos para actuar en el espacio público, y necesidad de alinear los calendarios administrativos con los trabajos sobre el terreno.
- Veranos muy calurosos y sequías que condicionan materiales, diseño y patrones de uso.
- Conciliar seguridad, accesibilidad y costumbres locales (por ejemplo, permitir ciertas celebraciones en la plaza central).



Resultados

- Merendero con 6 mesas y 12 bancos.
- Mobiliario funcional e inclusivo en los 5 patios y la plaza principal.
- Renovación de la plaza central con empleo de empresas locales.
- Elaboración de un mural participativo que refleja la identidad del barrio, con más de 400 m² de superficie.
- Iluminación innovadora en el corredor mediante monolitos bioluminiscentes.

Impacto

- Espacios más seguros y acogedores para socializar y descansar.
- La nueva infraestructura fomenta rutinas saludables (caminar, pasar tiempo al aire libre, encuentros sociales) y mejora la habitabilidad del barrio.
- Mayor sentido de pertenencia y orgullo, al reflejar las ideas y expresiones culturales de los vecinos y vecinas en las intervenciones.



Destinatarios

- Vecinos y vecinas de Las Palmeras.
- Visitantes.

Actores relevantes

- Miembros de la comunidad, incluido el grupo central de mujeres vecinas.
- Activadores comunitarios e investigadores (UCO).
- Entidades sociales (ONGs y asociaciones del barrio) que trabajan en Las Palmeras.
- Empresas y otras entidades sociales que apoyan el desarrollo de las intervenciones.



- Bajo nivel de vandalismo tras la entrega, con espacios activamente utilizados para eventos y socialización diaria, lo que refuerza la combinación de acciones intangibles y mejoras físicas.
- Mejora de la imagen general del barrio y de su conexión simbólica con la ciudad.



Elementos clave

- Uso de los métodos CO-CO-CO-CO y de acciones graduales: comenzar con intervenciones pequeñas, comprobar la aceptación y después ampliar.
- Implicación de entidades sociales (ONGs y asociaciones del barrio) y de niños y niñas en las iniciativas, fomentando la apropiación desde el inicio.
- Uso de materiales robustos y resistentes al vandalismo, adaptados al clima local y a las prácticas del barrio.
- Integración continua entre VIS “blandas” (dinamización, participación, cultura) y VIS “duras” (infraestructuras físicas).
- Apoyo decidido de determinadas administraciones públicas en permisos, provisión de materiales y asistencia.
- Participación de empresas con fuerte base social en la ejecución de las acciones.
- Fondos proporcionados por IN-HABIT.

Factores de bloqueo

- Desconfianza inicial y miedo a que las nuevas obras fueran dañadas, que exigieron más tiempo para iniciarlas y acciones de comunicación para involucrar a los habitantes.
- Barreras en la contratación pública, permisos y cargas administrativas, además de cambios políticos que ralentizaron las obras.
- Dificultad para encontrar empresas con vocación social y experiencia para ejecutar los trabajos.
- Dificultades para encontrar mobiliario adaptado (materiales resilientes y rutinas sencillas de cuidado) que respondiera a las necesidades del barrio.



- Garantizar el mantenimiento en un contexto de escasos recursos, desatención administrativa, olas de calor y plagas.

Lecciones aprendidas

- Comenzar con pequeñas intervenciones muy visibles en espacios públicos, comprobar la aceptación vecinal y luego ampliar, reduce el vandalismo y fomenta el cuidado.
- Usar métodos CO-CO-CO-CO desde el inicio permite que los vecinos y vecinas formen parte real del proyecto.
- Diseños adaptados al contexto, con mobiliario antivandálico y distribuciones acordes a las costumbres locales, mejoran el uso cotidiano.
- Combinar funcionalidad con cultura y elementos estéticos (bancos, murales, espacios artísticos) refuerza la apropiación y el uso diario.
- Involucrar a las personas adecuadas dentro de las administraciones públicas es clave para desbloquear procesos.
- Entender los patios como espacios públicos versátiles permite adaptar el concepto tradicional a una escala más amplia y conectar patios, plaza y corredor con la ciudad.



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<https://youtu.be/wZdj06wcAM4>



<https://youtu.be/0-LJNJY819U>



8. Ciencia ciudadana para monitorizar factores ambientales que incrementan el bienestar urbano

IN-HABIT ha creado una plataforma abierta basada en estándares FIWARE para recopilar, procesar y visualizar datos ambientales en tiempo real. La iniciativa combina sensores distribuidos por la ciudad, muchos de ellos instalados en patios, ventanas y terrazas, incluyendo sensores de ruido integrados en macetas.

Los dispositivos transmiten los datos mediante redes colaborativas LoRaWAN de bajo coste, que permiten una comunicación eficiente y un despliegue amplio. La información generada se integra en una plataforma de datos abiertos orientada a apoyar la toma de decisiones sobre planificación urbana, salud y bienestar, generando, entre otras salidas, el primer mapa de clima acústico ciudadano del mundo.

Retos

- El éxito depende de la disposición de la ciudadanía a participar, permitir la instalación de sensores en sus hogares y ofrecer espacios privados.
- Instalación y mantenimiento de los dispositivos, así como su conexión con la plataforma, que requieren personal técnico para garantizar la calidad de los datos.
- Cobertura limitada de LoRaWAN en determinadas zonas debido a obstáculos físicos (edificios u otras estructuras) que interfieren en la conexión entre sensores y antenas.
- Costes de mantenimiento de la plataforma y del almacenamiento de datos en la nube.
- Condiciones meteorológicas que pueden afectar al rendimiento y duración de los equipos.
- Necesidad de sustituir las baterías de los sensores cada 2-3 años.

Destinatarios

- Responsables políticos.
- Investigadores.
- Ciudadanía en general.

Actores relevantes

- Investigadores.
- Desarrolladores y técnicos de tecnologías de la información.
- Ciudadanos participantes que acogen y cuidan los sensores.

Resultados

- Plataforma abierta que ofrece datos ambientales en tiempo real.
- 24 patios equipados con dispositivos para monitorizar parámetros ambientales y de confort térmico.
- 100 sensores de ruido distribuidos por la ciudad que proporcionan información acústica detallada.
- Primer mapa de clima acústico ciudadano del mundo, generado a partir de datos recogidos por la propia ciudadanía.

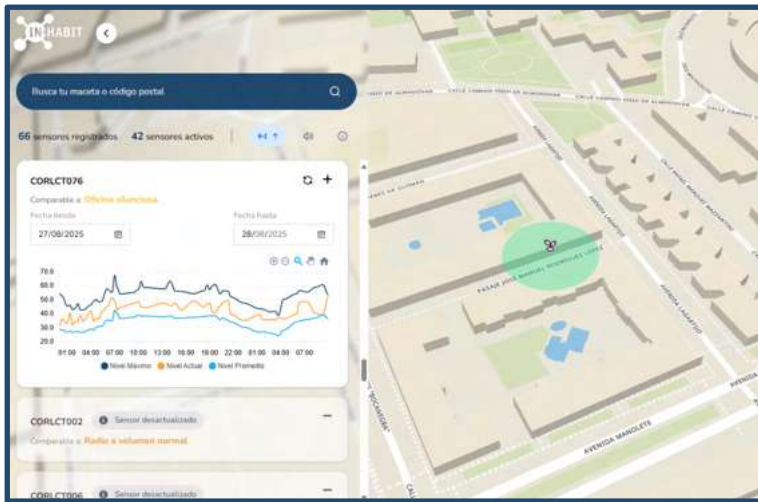
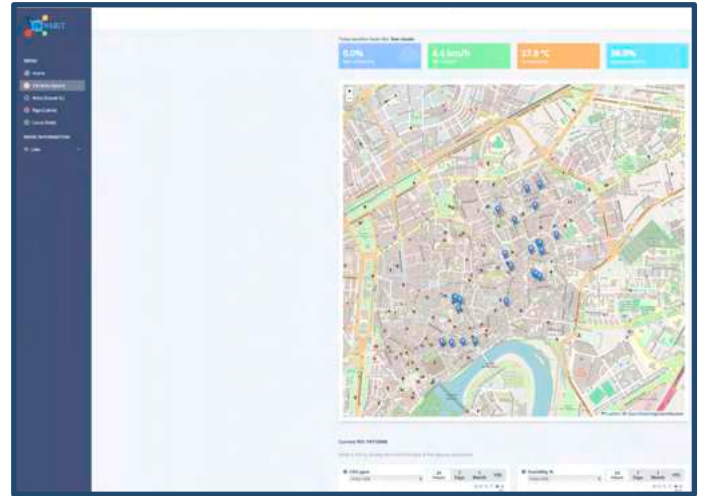
Impacto

- Iniciativa de ciencia ciudadana que empodera a los residentes para contribuir al conocimiento y a la mejora del entorno mediante tecnologías de bajo coste.
- Las redes LoRaWAN gratuitas eliminan barreras económicas, democratizan el acceso a los datos y permiten una participación amplia.
- La instalación de sensores fomenta la implicación ciudadana, la concienciación sobre el entorno y vínculos más fuertes con los espacios urbanos.
- Los datos en tiempo real mejoran la monitorización del confort térmico y de las condiciones acústicas.
- La información recopilada orienta la planificación urbana y las políticas en materia de clima, ruido y salud pública.
- La monitorización de patios refuerza su valor cultural y ambiental como proveedores de confort térmico.
- Elementos tradicionales (patios y maceteros) se validan como soluciones naturales mediante sistemas de monitorización innovadores.
- La ciudadanía adquiere un conocimiento más profundo de sus condiciones ambientales.
- La plataforma abierta permite la escalabilidad y replicabilidad en otras ciudades.



Elementos clave

- Plataforma abierta basada en FIWARE, que garantiza transparencia, interoperabilidad y replicabilidad.
- Uso de redes LoRaWAN de bajo coste y colaborativas, que reducen barreras económicas y permiten una amplia participación ciudadana.
- Participación activa de la ciudadanía mediante la instalación de sensores en los hogares, fomentando apropiación e inclusión.
- Datos abiertos y acceso de los participantes a la plataforma, apoyando la toma de decisiones basadas en evidencias científicas.
- Diseño con potencial de escalabilidad y replicabilidad en otras ciudades o barrios.



- Habilidades técnicas limitadas o falta de acceso a herramientas digitales pueden dificultar la participación de algunos residentes.
- Vulnerabilidades técnicas y ambientales: averías de sensores, exposición climática o problemas de conectividad.

Lecciones aprendidas

- Una arquitectura abierta, interoperable y robusta basada en FIWARE permite la recogida, gestión y análisis de datos en tiempo real.
- La plataforma soporta una monitorización continua basada en ciencia ciudadana, integrando datos generados por la ciudadanía y ofreciendo acceso a los resultados.
- La ciudadanía está dispuesta a implicarse en iniciativas promovidas por entidades en las que confía, como la universidad, para mejorar su salud y bienestar.
- Los investigadores acceden a datos en tiempo real e históricos que facilitan evaluar tendencias y diseñar intervenciones específicas de salud y bienestar.
- El diseño modular y de estándares abiertos de FIWARE permite replicación, escalado y adaptación local en otros contextos urbanos.



Factores de bloqueo

- El mantenimiento de la plataforma requiere personal cualificado, infraestructura tecnológica y almacenamiento en la nube, lo que implica costes adicionales.
- Los sensores necesitan mantenimiento, calibración o sustitución por personal cualificado, con costes asociados.
- Algunas personas pueden mostrar reticencia a instalar sensores en sus espacios privados por temor a la vigilancia o al mal uso de los datos.



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9. Renaturalización y creación de espacios verdes en un albergue para personas sin hogar

Esta intervención de renaturalización rehabilitó espacios degradados en un albergue para personas sin hogar mediante la co-creación y la co-gestión compartida de las actuaciones a través del llamado “Equipo Verde”. Las personas sin hogar residentes en el albergue fueron invitadas a participar en sesiones semanales que combinaban el desarrollo de habilidades sociales y de trabajo en equipo con trabajo físico al aire libre.

A través de estas sesiones se construyeron diferentes espacios: un huerto urbano cuya producción se comparte con familias con bajos ingresos, un jardín terapéutico y un patio renaturalizado con zonas de biodiversidad y de socialización. Asimismo, se está probando un sistema de iluminación innovador, con bajo impacto en la biodiversidad, eficiencia energética, bajo mantenimiento y comodidad para el usuario.

Retos

- Rotación constante de residentes en el albergue, que dificulta mantener la continuidad y el compromiso a largo plazo.
- Asistencia irregular a las sesiones debido a rutinas inestables, búsqueda de empleo, enfermedades, citas médicas o trámites.
- Problemas de consumo de sustancias, dependencia del alcohol y condiciones de salud mental que pueden dificultar la comunicación y la colaboración.
- Habilidades sociales limitadas o dificultades para trabajar en equipo que pueden generar tensiones.
- Desconfianza hacia instituciones o proyectos, que reduce la implicación inicial.
- Baja autoestima de muchas personas sin hogar, que puede desanimar la participación.
- Barreras lingüísticas y culturales que complican el



- Personas sin hogar.
- Migrantes.
- Personas con problemas de salud mental.
- Personas con adicciones.

Actores relevantes

- Responsables y personal del albergue.
- Investigadores del proyecto IN-HABIT.
- Voluntariado que contribuyó con tiempo, conocimientos y recursos.

Resultados

- 60 m² de huerto urbano cuya producción se distribuye entre familias con bajos ingresos.
- 260 m² de jardín terapéutico.
- Un patio renaturalizado con zonas verdes, de biodiversidad y de socialización en un barrio de bajos ingresos.
- Más de 30 personas sin hogar formadas en jardinería.
- Una comunidad más cohesionada y con mayores habilidades sociales entre las personas sin hogar.
- Más de 50 talleres semanales cocreando habilidades sociales y conocimientos en jardinería.

Impacto

- Avances positivos en aspectos psicosociales: cohesión social, construcción de vínculos, sentido de pertenencia y compromiso con el trabajo colectivo.
- Mejoras en el bienestar emocional y en la percepción de la salud física de las personas participantes.
- Fuerte implicación: algunos exresidentes continúan participando en los talleres incluso después de dejar el albergue.



trabajo en grupo.

- Capacidad limitada para mantener o ampliar de forma autónoma los espacios verdes sin apoyo continuo de facilitadores.

Destinatarios





- Movilización de recursos humanos y materiales a favor de este colectivo.
- Interés en replicar las acciones a nivel nacional e internacional.

Elementos clave

- Equipo humano altamente motivado, compuesto por investigadores y profesionales con conocimientos y experiencia en aspectos sociales y ambientales.
- Gestores y trabajadores del albergue muy comprometidos con la mejora de la salud y el bienestar de los residentes.
- Disponibilidad de espacios degradados que podían transformarse en zonas verdes y de encuentro.
- Disposición de muchos residentes a participar en la creación y cuidado de los espacios.
- Aportación de tiempo, conocimientos y recursos por parte de múltiples personas e instituciones.
- Disponibilidad de recursos económicos del proyecto IN-HABIT.

Factores de bloqueo

- Dificultades para implicar a personas sin hogar debido a sus circunstancias personales, experiencias previas y condiciones de vida, con baja confianza en sí mismas.
- Alta rotación de residentes en el albergue, que impide la continuidad de las actividades y la consolidación de los grupos.
- Conflictos entre participantes ligados a consumo de sustancias, salud mental o convivencia.
- Capacidad limitada del personal para coordinar y apoyar los talleres de forma continua.
- Recursos financieros ajustados para garantizar herramientas, semillas o infraestructura de jardinería a largo plazo.
- Barreras burocráticas para obtener permisos para modificaciones al aire libre o para el uso comunitario del espacio.



- Escaso reconocimiento institucional del valor de la jardinería participativa o terapéutica.

Lecciones aprendidas

- Cuando se ofrecen oportunidades y se trabaja con algo tangible, especialmente natural y "vivo", las personas sin hogar suelen mostrar un gran compromiso.
- La cocreación de nuevos espacios fomenta el trabajo en equipo, el sentimiento de logro y el orgullo por lo conseguido.
- Involucrar a las personas participantes en todas las fases aumenta la apropiación y la sostenibilidad.
- El contacto con la naturaleza y el trabajo al aire libre pueden ofrecer beneficios terapéuticos significativos sin requerir intervenciones costosas.
- Generar confianza lleva tiempo, pero es crucial para superar la resistencia o el escepticismo inicial.
- Pequeños éxitos iniciales muy visibles (por ejemplo, la transformación de un pequeño rincón en un jardín) ayudan a mantener la motivación y fomentan la continuidad.
- La flexibilidad es esencial, ya que las actividades deben adaptarse a las circunstancias y capacidades cambiantes de las personas participantes.
- La interacción social y la responsabilidad compartida en el cuidado de los espacios pueden reducir el aislamiento y fortalecer los lazos comunitarios.
- El apoyo profesional (psicólogos, expertos en jardinería, etc.) es esencial para consolidar los resultados y acompañar los procesos personales.



¡Echa un ojo a nuestros vídeos de YouTube!



<https://youtu.be/2L8sUPdRUq4>



https://youtu.be/x_fedxLSlxQ



Este proyecto ha recibido financiación del fondo para la investigación y la innovación Horizonte 2020 de la Unión Europea bajo el acuerdo n°669227



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