

Role of an Active City Philosophy in Planning and Designing a Better Life

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- Abstract:

The scientific and technological development taking place in the world now casts a shadow on how cities are managed and their ability to absorb the growing population density, whether resident or reluctant and provide the required services, in addition to its ability to meet the needs of these numbers now or in the future. The situation does not stop at this point, but with this continuous development, research and theories of modern urban planning have emerged in the planning, coordination and beautification of cities, in order to achieve the highest productivity and level of luxury and satisfaction during use with high quality. One of the most recent theories is the city's active philosophy, which is still growing because it is a very modern theory in appearance, it is a theory with basic principles and standards...

- 1 - The design should be in the first place for man and meet his needs.
2. Use available resources.
3. Physical activity in its various forms shall be a priority in everything.
4. Develop development and sustainability plans.

It is a philosophy implemented by a number of parties, official (state institutions) and informal (companies, private institutions and volunteerism). This philosophy is based on the integration of forms of physical activity in all forms in the daily life of the user as well as promoting public transport programs as an alternative to personal cars, This theory aims to increase the period of physical activity for 30 minutes or more per day to raise the level of health, physical and psychological to the citizen in addition to reducing the rates of infection diseases as well as reduce the symptoms of obesity, heart disease and high blood pressure . These efforts help to raise the efficiency of the city on the level of health, economic and social and the state as a whole. A number of countries adopted these ideas and introduced the applications of that philosophy into their current and future programs. These experiments were not completed but showed positive indicators of the idea.

- Keywords:

landscape Design - Environmental design - Environmental cities - Active cities.

- introduction...

The challenge facing the urban sectors today is their ability to perform their role towards the needs of citizens, this is due to several reasons such as economic or social causes or even health reasons. And environmental control of urban projects of the most competitive standards in the current century, which is determined by the level of progress and backwardness of States. Hence, in Europe and the developed countries, there were new concepts and methods of construction that did not exist previously in the design and implementation of urban projects, Of these concepts (active city, sustainable design, smart cities ...) and other ideas. These concepts reflect attention to the issues of urban development as well as to the needs of citizen's health, psychological, recreational or even economic, we strive to meet these requirements while protecting the environment, reducing energy consumption and optimizing the use of natural resources.

And with the international movement concerned with the human element in the first place to pursue its basic needs. The idea of Active Cities, Active Community came out. It is an idea based on research and guides to develop urban planning style, urban coordination and even the development lifestyle of citizens. It seeks to reduce the prevalence of infectious diseases (health, such as known physical or psychological diseases such as laziness, etc.). Good design is based on the outcomes of health and social research, which show that design can negatively or positively affect the physical and mental state as well as the social interaction between individuals.

The city's successful competitiveness and progress are now dependent on the active population. The population is active through positive physical activity in all places where we work, live, learn, win and play. In this way, we ensure that we act positively. Physical indigence is an economic loss at the national level of the state. Validity and laziness are the biggest problem for people's health, the economy and the environment. Therefore, the research seeks to highlight the problem and find a solution.

- Research problem...

The researcher in the case of the Egyptian city will find clearly the bad situation that we have reached in the roads or parks, parks or different fields and others. The researcher in the case of the Egyptian city will find clearly the bad situation that we have reached in the roads or parks, parks or different fields and others. Urban theories and trends of modern urban planning and environmental design have emerged, tackling such problems and producing outputs and solutions that help improve the status of the Egyptian city. The search problem revolves around ...

-The loss of the Egyptian city to the urban and planning standards of the city's active philosophy.

- Research importance...

The importance of the research in establishing some key points such as ...

- Monitoring the existing situation in the Egyptian city (streets, squares, parks, etc.).
- Setting standards for dealing with the environment as design, beautification and coordination to reach the level of the active city.

- Study some real examples of cities implemented or under implementation using the active city's strategy.

- **Research Goal...**

Develop contemporary strategic proposals or design solutions for environmental coordination to improve the performance of the Egyptian city to reach the active community (streets, squares, public spaces, etc.) To improve the psychological, health and social situation of the user, which helps to improve the economic situation of the state.

- **Research Methodology...**

The research follows the historical and inductive method.

- **Research assumes...**

The study assumes that the extraction and conclusion of the principles of the philosophy of the active city and then apply what suits us at the level of the Egyptian city will help in the planning and design of a better life for the citizen and positive for the state.

The conditions of the Egyptian city in all its forms of urban gatherings, both in old and new cities, tell us the bad situation we have reached. It is now time for serious research to emerge and address such topics for a better society, a place that meets the needs of its inhabitants and satisfies its users, a healthy, happy and productive society.

A strong cause of the problem ... Is the internal migration from rural poverty to the city, especially in the last third of the twentieth century, There have been widespread buildings and random gatherings around the cities, along the roads leading to it without facilities and services, and the random gatherings have become a citizen challenging the state and the regime and bastions of criminality, rampant vice, diseases, unemployment and illiteracy, With the lack of proper planning and non-activation of safe construction laws. Therefore, there was an urgent need for such studies to find out the real situation in the Egyptian city and to research the causes of existing problems and try to develop solutions to develop for better.

- **First: the stages of urban growth historically...**

The city is that entity of blocks of buildings and spaces and activities, and each system has stages of growth, the stages of the city's growth is a logical hierarchy of the path of human civilization, each stage affected the formation of the city because there are some special needs and circumstances of each stage. We mention a number of stages from the garden cities to the emergence of modern city forms, what are now called active cities ...

The first phase: the garden cities from the end of the nineteenth century to the beginning of the twentieth century: Garden City Movement is a city planning style. Developed by Sir Ebenezer Howard in 1898 in the United Kingdom. To be cities with self-sustaining communities surrounded by green belts and containing industrial, residential and agricultural zones. This idea has been called many names such as the rural city, the healthy life or the garden city of tomorrow. The city's landscaped garden views are interspersed with green belts and consist of a center around which the buildings gather. Then, six radioactive streets separate the city into 6 conical parts.

Phase 2: Environmental movement during the last half of the twentieth century: According to Sim van der Ryan, environmental design movement is any form of design that limits the destructive effects of the environment by integrating it into life activities. In literary writings in 1987, one author said that "environmental cities are cities for a healthy future." Environmental design is linked to the theme of multidisciplinary environmental industry.

Phase 3: The emergence of sustainability (starting from the eighties and the nineties of the twentieth century) and associated strategies: Sustainable Cities: A city designed with environmental impact as well as minimizing inputs required for energy production, water use, food and waste. Experts agreed that sustainable development must meet the needs of the present without sacrificing the ability of future generations to meet their own needs.

Phase 4: Flexible cities for climate change (from the beginning of the 21st century): Climate change has become a reality, affecting ecosystems and the consequent change in biological and physical systems. The research of scientists has tended to study these changes and link their products to city design so as to help modify natural or human systems in response to actual and expected climate impacts and their effects. Such as programs of transport and industrial control and work to increase the area of agricultural land conservation of air purification. It is closer to the idea of green architecture or green city.

Phase 5: Smart Cities: The end of the nineties is the beginning of the emergence of the term as the use of information and communication technology spread. However, the most common appearance was in 2008 with the start of the interest of large technology companies (IBM-Siemens-Cisco) smart cities idea. It is the digital or electronic city whose services depend on IT infrastructure. The objectives of smart cities are: 1. Economic growth. 2. Increase sustainability. 3. Improving the standard of living.

Phase 6: Transformation into active cities: The concept of an active city is a concept that encompasses the various elements in the city. It is a way of active living that achieves many economic, environmental and social benefits that benefit society as a whole. The city's active philosophy is to integrate the pattern of movement into all our daily activities.

- II: What is the active city? ...

From a perspective that combines urban planning with community health, the city is an active city with traditional city components of streets, squares and public spaces as well as parks and parks. But the active city's infrastructure uses areas of activity throughout the day, making the best interaction between four key elements of the active city's concept ...

- 1 - Design in the first place for man and meet his needs.
2. They make physical activity a priority in everything.
3. Use of available resources.
4. Develop continuous plans for sustainable development.

- III. Definition of the World Health Organization for the Active City ...

In 2008, the World Health Organization (WHO) developed the definition of an active health city ... which continuously provides and improves opportunities for activity through the built-up and social infrastructure and the expansion of community resources to enable all

its citizens to perform physical activity throughout the day. WHO also seeks to integrate health considerations into economic, trade and urban development efforts in most countries.

- IV. Definition of Active City ...

It is a healthy city designed to combine physical activity into daily routines, to get at least 30 minutes of physical activity a day or more, such as walking, biking for mobility, fitness or participating in sports. And promote the use of public transport programs.

The researcher concluded from the total definitions and ideas to define the active city as:

Is a city where there is awareness by officials and they have a strategic plan established through studies and research on the daily lifestyle of citizens, A list of cooperation between several departments such as Traffic Administration , Health Departments (Ministry of Health), The Ministry of Sports and the Department of Urban Planning and Urban Coordination (Civil Coordination Organization, etc.), Where these strategies aim to comfort the user and respect the needs of humanity (whether physical or psychological), As well as providing a lifestyle that integrates physical activity into the routine of the day through urban planning and coordination appropriate to the city level (streets, squares, public spaces, parks and parks) Encourages and provides physical activity to all segments of the population safely (including children, youth, the elderly, girls, women, persons with disabilities, minorities and persons with low socioeconomic status) In the use of streets and green spaces, pedestrian paths, cycling and multiplication of trees to provide shaded area and quality and continuity in the sidewalks and the provision of seats and work on accessibility to services, all these efforts provide a good health for citizens, and reduce the rates of air pollution, And raise the level of welfare of the citizen as much as possible. In the end leads to a great improvement in the economic and social aspect of the country as a whole.

- V: active life ...

Is an approach or lifestyle for all categories of citizens that includes the exercise of enhanced physical activity freely helps to promote and improve physical, mental and psychological health, It includes safe access to services or activities, crossing the streets, using sidewalks for walking paths and bicycle paths, providing multiple transport options and providing public spaces to allow for physical activities and social gatherings. Being outside the home promotes physical and mental health. Interaction with nature improves cognitive ability, provides a range of social benefits (such as reducing the level of crime), as well as reducing infections and recovery from diseases.

- VI: Active life forms ...

Active city is a city where infrastructure supports physical activity in multiple, compatible and scalable images to achieve the following:

- Improving the quality of life citizens.
- Ensure tangible economic growth such as high standards of living and job creation for citizens.

- In the following table some active life forms ...

	Aspects	Forms of activity
1	Active life	<p>1- High quality in various social aspects (education - health care - public safety and housing).</p> <p>2- Access to high-quality health care services (including e-health (archiving and research), remote health surveillance, and health records management electronically).</p> <p>3- Houses that help the activity and enjoyment of nature (light and ventilation).</p> <p>4- Facilitate access to all services.</p>
2	Active transport	<p>1- Quick access to and from stations.</p> <p>2- Safe transport.</p> <p>3- Innovative technologies (more efficient and intelligent transport systems).</p> <p>4- the effective use of traffic networks in the movement of vehicles, persons and goods, to reduce traffic congestion.</p> <p>5- A new social pattern: such as participation in the use of cars, diversity between the use of cars and bicycles.</p>
3	Active environment	<p>1- A continuous monitoring of the proportions and types of pollution.</p> <p>2- Strengthening prevention programs and dealing with natural and industrial disasters, including the ability to address the effects of climate change.</p> <p>3- Use of sustainable technology.</p> <p>4- Develop environmentally responsible and sustainable entries that meet today's needs without compromising the needs of future generations.</p> <p>5- Environmental and sustainable energy consumption.</p> <p>6- Reducing energy consumption through technological innovations while promoting energy conservation and reuse of materials.</p> <p>7- to enjoy the enjoyment of nature for all categories of society (rich and poor).</p>
4	Economy and active production	<p>1- Social capital is human citizens must meet the need.</p> <p>2- Qualified and creative citizens.</p> <p>3- Development of physical services such as transport, water, utilities (energy), telecommunications, and manufacturing sectors.</p> <p>4- Providing a more consistent educational experience in both urban and rural areas.</p> <p>5- Entrepreneurship and innovation.</p> <p>6- High levels of productivity.</p>

5	Active management	1- wise decision-making. 2- Public and social services. 3- Improve community access to services. 4- Transparency. 5- Democratic and integration processes. 6- Linking governmental organizations and departments. 7- Open channels of communication between citizens and officials to know the requirements and integrate them into the schemes. 8- Periodic maintenance.
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- VII: Benefits of investing in active city programs ...

- 1- The productivity of workers and citizens is increasing.
- 2- Save money for health care, transportation services and life sustainability.
- 3- Prevention of diseases, disability and obesity.
- 4- More enjoyment and attraction of the place for residents, visitors and employers.
- 5- Reduce air pollution and noise and improve access to green areas.
- 6- Enhancing social cohesion and the identity of society.
- 7- Expanding social networks.

- VIII: Contributing to activating and implementing the active health city

Efforts must be made to implement the active city's programs or strategies. Therefore, it is important to mention some of the participants in the success of the idea of the active city from the beginning of the general trend by the decision makers in the State and its institutions to the public and private sectors and voluntary initiatives, as follows:

- 1- State institutions responsible for urban planning and coordination (the Department of Planning and Maintenance of roads in the governorate - the city council - the beauty and cleanliness - urban coordination system - the management of transport projects - the General Authority for Roads and Bridges - Institute of National Transport).
- 2- Police ... are responsible for safety, crime prevention and law enforcement on roads as well as in public places.
- 3- The Ministry of Tourism with the Ministry of Youth and Sports and the Ministry of Culture ... in the development of plans to encourage physical activity such as the establishment of celebrations and carnivals and competitions as well as tourist attractions generate income to the state.
- 4- The Ministry of Education ... where it must integrate with its curriculum encourages students to perform daily physical activity in and outside schools and universities.
- 5- The Ministry of Agriculture ... where the work of afforestation and regular maintenance, and work to expand the green area of the city.
- 6- Ministry of Justice ... through the maintenance of the application of laws and punish violators.

7- The Ministry of Transport ... through public transport projects and traffic networks, designed to make people move as much as possible. With the aim of reducing the number of private car trips.

8- The Ministry of Health ... through the issuance of leaflets to sensitize citizens about the importance of physical activity, as well as increase research on improving public health.

9- Media and mass media (such as radio, television, mass media and the Internet) are important partners in spreading awareness in appropriate messages and campaigns.

10- The public and private sector ... through voluntary work in any field can help to spread or apply the idea of an active city.

11- Owners of private companies ... in the application of strategies that encourage the exercise of physical activity in the daily routine of employees.

- Results:

The search results in the following results:

1- The development in the history of cities on the world level is directed to the attention of two basic things are...1 - taking into account the environment 2 - attention to the human element and its needs.

2- The interest of several international institutions in the idea of encouraging and urging physical activity throughout the day.

3- There is great interest from countries and international institutions with the idea of the active city and some of them put actual perceptions in the cities under construction for future benefit.

4- Physical activity is a key factor in reducing the rate of infection and the spread of diseases.

5- Investing in active city programs has positive effects on the health, economic, social and cultural levels.

- Recommendations:

The research reached the following recommendations:

1- The State should follow the new global ideas and movements in the areas of urbanization and socialization, especially these days as a result of the emergence of urban problems affecting the citizens and their production.

2- Establishing protocols of cooperation between educational institutions and state institutions to research and study new problems.

3- To take care of environmental and human factors in planning, urban design and environmental coordination programs.

4- Holding competitions, exhibitions and conferences to present ideas and modern trends in scientific research.

6- The State should adopt the philosophy and thought of the active city.

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