# Assessment Quality of Life in the Urban Environment; Case Study: Sheikh Zayed City of Cairo

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## Abstract:

Quality of life is a multidimensional issue which is considered in a wide-range of professions, such as economic, environment, psychological welfare, social, urban planning, healthcare, and other fields. Urban design is the collaborative and multi-disciplinary process of shaping the physical setting for life in cities; it involves the design of buildings, groups of buildings, spaces and landscapes, and the establishment of frameworks and processes that facilitate successful development. Urban areas are negatively affected by rapid population growth, unplanned city development, insufficient physical environments, social, economic and cultural problems. The Publica report concluded that there is a broad agreement that quality of life is 'the level to which individuals may feel their lives to be happy, active, sociable, interesting and meaningful', this can also be understood as a hierarchy of needs from shelter, food and safety up to belonging, self-esteem and self-actualization. Our quality of life is the most precious gift we have and the hope is that this framework can become a collective resource for everyone seeking to improve our built environment. Given that urban planning significantly impacts human health and the level of satisfaction, this research focuses on two issues: The quality of urban life, as it is one of the international new issues which focuses on two types of assessments: (a) the objective assessments in which evaluates the built environment that surround the person. (b) the individuals' subjective assessment on their level of quality of life. The other issue is the importance of considering the concept of QOUL when designing urban communities in Cairo and dealing with unsafe and unplanned areas.

For the purposes of this study, urban life in Sheikh Zayed City of Cairo as the most important new urban communities of Egypt, was investigated according to the quality-of-life indicator to form a more in-depth and comprehensive approach to deal with the challenges that meet architects, urban planners, and developers when solving the housing problems in new urban communities. From the study we conclude that the houses we inhabit, the neighborhoods in which those houses sit, the communities that live in those neighborhoods, and the facilities, services, transport and open spaces that plug into those neighborhoods – all contribute to our health and wellbeing. We realize that every community is different and that local capacity is often limited. We also understand that developers need to ensure that their schemes remain viable and that many councils have faced huge spending and staff cuts.

## Keywords:

Quality of urban life, Subjective Indicators, Objective Dimension, Urban Design, New Urban Communities in Cairo City

**الملخص:**

تعد جودة الحياة قضية متعددة الأبعاد يتم أخذها في الاعتبار في مجموعة واسعة من المهن، مثل الاقتصاد، والبيئة، والرعاية النفسية، والاجتماعية، والتخطيط الحضري، والرعاية الصحية، وغيرها من المجالات. التصميم الحضري هو عملية تعاونية ومتعددة التخصصات لتشكيل البيئة المادية للحياة في المدن؛ يتضمن تصميم المباني، ومجموعات المباني، والمساحات والمناظر الطبيعية، وإنشاء الأطر والعمليات التي تسهل التطوير الناجح. تتأثر المناطق الحضرية سلبًا بالنمو السكاني السريع، والتنمية غير المخطط لها للمدينة، والبيئات المادية غير الكافية، والمشاكل الاجتماعية والاقتصادية والثقافية. خلص تقرير بابليكا إلى أن هناك اتفاقًا واسعًا على أن نوعية الحياة هي "المستوى الذي قد يشعر الأفراد بحياتهم عنده ليكونوا سعداء ونشطين واجتماعيين ومثيرة للاهتمام وذات مغزى"، ويمكن أيضًا فهم هذا على أنه تسلسل هرمي للاحتياجات من المأوى، الغذاء والسلامة حتى الانتماء واحترام الذات وتحقيق الذات. جودة حياتنا هي أثمن هدية لدينا ونأمل أن يصبح هذا الإطار موردًا جماعيًا لكل من يسعى إلى تحسين بيئتنا المبنية. بالنظر إلى أن التخطيط الحضري يؤثر بشكل كبير على صحة الإنسان ومستوى الرضا، يركز هذا البحث على مسألتين: جودة الحياة الحضرية، حيث أنها واحدة من القضايا الدولية الجديدة التي تركز على نوعين من التقييمات: (أ) التقييمات الموضوعية حيث يقيم البيئة المبنية التي تحيط بالشخص و (ب) التقييم الشخصي للأفراد على مستوى جودة حياتهم. القضية الأخرى هي أهمية النظر في مفهوم QOUL عند تصميم المجتمعات العمرانية في القاهرة والتعامل مع المناطق غير الآمنة وغير المخططة. لأغراض هذه الدراسة، تم التحقيق في الحياة الحضرية في مدينة الشيخ زايد بالقاهرة باعتبارها أهم المجتمعات العمرانية الجديدة في مصر، وفقًا لمؤشر جودة الحياة لتشكيل نهج أكثر عمقًا وشمولية للتعامل مع التحديات. التي تلبي المهندسين المعماريين والمخططين الحضريين والمطورين عند حل مشاكل الإسكان في المجتمعات الحضرية الجديدة. نستنتج من الدراسة أن المنازل التي نسكنها، والأحياء التي تقع فيها تلك المنازل، والمجتمعات التي تعيش في تلك الأحياء، والمرافق والخدمات ووسائل النقل والمساحات المفتوحة التي تتصل بتلك الأحياء - كلها تساهم في صحتنا ورفاهيتنا.. نحن ندرك أن كل مجتمع مختلف وأن القدرات المحلية غالبًا ما تكون محدودة. نحن نتفهم أيضًا أن المطورين بحاجة إلى ضمان بقاء مخططاتهم قابلة للتطبيق وأن العديد من المجالس واجهت تخفيضات هائلة في الإنفاق والموظفين

**الكلمات المفتاحية:**

جودة الحياة الحضرية ، المؤشرات الذاتية ، البعد الموضوعي ، التصميم العمراني ، المجتمعات العمرانية الجديدة في مدينة القاهرة

## Aim of the work:

This research focuses on two issues: The quality of urban life, as it is one of the international new issues which focuses on two types of assessments: (a) the objective assessments in which evaluates the built environment that surround the person. (b) the individuals' subjective assessment on their level of quality of life. The challenge isn't only in construction but it's in combining all development elements to formulate an urban area that has a good level of quality of life and a wise use of resources.

### A. Research problem:

Egyptian government started to develop new urban communities around Cairo at the start of the recent decade to solve the problem of rapid population growth. Despite of all the efforts that have been made, a gap started to be seen between multiple urban areas, some areas were constructed well and achieved a good level of quality of life for the people who moved there, such as Madinaty City, and some areas still have low development rate and can't attract enough inhabitants, such as Badr City, the other issue is, although there is a legal foundation directing the housing projects toward achieving quality of urban life, there aren't any type of structured quality of urban life indicators to evaluate the development process.

**B. Research Objectives**: The purposes of the research are: (1) Outline the quality of urban life indicators, dimensions and assessment framework. (2) State the role QOUL indicators play in the Egyptian national development strategy and Cairo vision 2050.

**C. Research Hypothesis**: Quality of urban life indicators are essential elements when developing new urban communities, but they have to be evaluated.

**D. Research Methodology**: -

The research collects the objective and subjective indicators for different living environments and outlines its importance in the development process. - Studying the Egyptian development plan of new cities like Sheikh Zayed City of Cairo.

**E. Research Importance**: The aim of the (Quality of Life) Foundation is to improve people's quality of life by making health and wellbeing central to the way we create and care for our homes and communities. There is a theoretical importance comes from concentration on the quality of urban life (QOUL) as an approach for developing new urban areas.

## Introduction:

Most of new urban planning theories started in late 20th, New Urbanism, Urban Village, Smart Growth (21) and other principles of contemporary theories of urban planning aimed at (A) increasing Quality of Urban life while constraining the urban sprawl and (B) planning new urban communities that meet the needs of the people in there successfully (1). The aim of the (Quality of Life) Foundation is to improve people's quality of life by making health and wellbeing central to the way we create and care for our homes and communities (2). Today Egypt is facing a challenge in creating and developing new urban communities to move some of the population in its capital Cairo, the city that has one of the highest population density rates which produced a rapid, uncontrolled and unplanned housing, this challenge isn't only in construction but it's in combining all development elements to formulate an urban area that has a good level of quality of life and a wise use of resources (10,11). World Health Organization defined quality of life as "how humans feel about their position in life based on their culture and the value organization in which they live and how well they can achieve their expectations, targets, concerns, and standards". (28) The Urban Health Research Agenda (UHRA) includes all WHO focus areas (e.g. environmental health, climate change, tobacco, housing, healthy diets, physical activity, road safety and emergency preparedness and response (28). Quality of life focuses on social indicators, civic livability, quality of communications, psychological indicators and all subcategories of healthcare in the field of urban planning (3). QOL is related to the level of individuals' happiness, and their satisfaction of different life aspects such as occupation, home, community, life, and society; as well as their economic, family, spiritual, leisure, social, emotional, and psychological well-being (4,5).

D. J. Forkenbrock and G. E. Weisbrod, [9] stated that urban planners make an attempt to create a healthy community and livable city by:

- Enhancing physical activity of people.
- Granting easy access to different forms of transportation, education, work, housing, healthy food, and green spaces.
- Use of clean air and water.

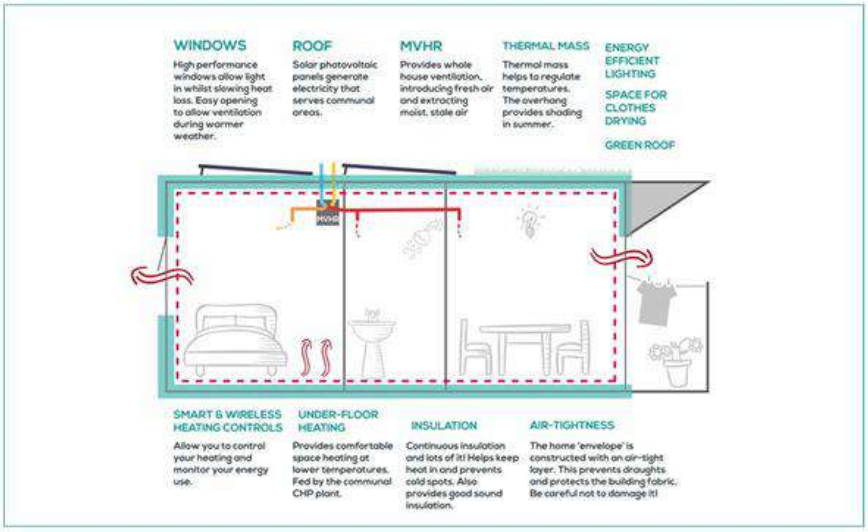
 Availability of chances for recreational and leisure activity.
 Improving visual characteristics of spaces, safety, and sense of belonging.
 Conservation of agricultural lands, wildlife and natural resources [9].

**A. Framework of built environment that improve quality of life:**

The Framework offers practical steps to how communities, developers and their designers, and local authorities can create better places for people to live by placing greater emphasis on health and wellbeing. It brings together all of the Foundation's work to date into six overriding themes; Control, Health, Nature, Wonder, Movement and Belonging (32). A sense of wellbeing and control can be achieved through improving our area and address local problems; this is particularly important when major change is planned where we can be involved through participation and co-design of new development. At the scale of the neighborhood, a sense of control can be achieved through community, tenants' and residents' groups, local councilors, neighborhood watch groups, parish councils, community land trusts, neighborhood plan groups and civic societies (32), Figure (1).


**Figure (1) community sharing and role in improving QOUL**

One of the most empowering emotions is feeling safe and not having to worry about crime. Safe streets – for us and our family – is central to our quality of life. Feeling secure within our homes is vital to our wellbeing, this relates to the quality of housing, affordability, security and permanence (32). Our health is crucial to our quality of life. The difference in life expectancy between affluent and deprived areas can be more than ten years, even for adjacent neighborhood. The quality of housing relates to the way it is designed, the amount and flexibility of space, levels of comfort (neither too hot nor too cold), indoor air quality, sound insulation, ventilation, daylight levels and external space. Poor air quality, both outdoors and indoors, is the largest environmental risk to public health in the UK and therefore to our quality of life (10) Figure (2).




Home User Guide for household comfort. Image: © URBED

**Figure (2) Energy Efficient Home**

Exercise encompasses everything from going for a walk to jogging and cycling, children's play and organized sports (32).

**(The National Playing Field Association Standard) (28)** suggests that there should be the following areas of open space per thousand people: Figure (3)

Everyone should be within...

| Fields in Trust | Natural England |
|---|---|
| 3.2km of a country park | 10km of an area of green space of at least 500ha |
| 1200m of sports pitches | 5km of an area of green space of at least 100ha |
| 1000m of a Neighbourhood Equipped Area of Play (NEAP) | 2km of an area of green space of at least 20ha |
| 720m of a natural green space | |
| 710m of a public park | |
| 700m of a Multi-Use Games Area (MUGA) | |
| 480m of Amenity green space | |
| 400m of a Local Equipped Area of Play (LEAP) | 300m of an area of at least 2ha |
| 100m of a Local Area of Play (LAP) | |

**Figure (3): The standard open space per thousand people in UK**
**Source: The National Playing Field Association Standard**

Many studies have shown that contact with nature, even just a green view from our window, is good for our mood and aids our recovery when we are ill, this achieved by access to outdoor space both public and private, including parks and green spaces near at hand, the extensive incorporation of trees, planting and biodiversity to offer everyone daily interaction with nature and homes that minimize whole-life carbon in construction and materials, and energy demand in use, and that avoid toxic materials(13,14 ). Quality of life also includes a sense of wonder, delight and fun – all of the things that bring us happiness and make us human, this includes creativity and cultural expression, museums and libraries, as well as the design of the places where we live and work, and the opportunity to enjoy ourselves (Urban Design,2018) (33), Figure (4).

**Figure (4) Carter Park North Playground, Kid Brooke Village, UK, Berkeley Photography: © Berkeley Group (Urban Design Journal,2018).**

We must encourage more people to walk, cycle and use public transport. Belonging to a community is a powerful need in humans and is central to our wellbeing, this is built by knowing our neighbors, chatting to fellow parents at the school gate or in the park. On the other hand, there are things we can do with the mix of housing, the design of the neighborhoods and the social infrastructure that can encourage this sense of belonging (15). This Framework has attempted to bring together all of the elements relating to the built environment that contribute to quality of life, it evaluates the existing residential buildings, services, roads, and Infrastructure elements of the city or the area that were categorized according to diversity, architectural features, accessibility, and green space features. This framework is using both objective and subjective information, through collecting data from authorities, observing, and measuring the current situation, and through collecting inhabitant's positive and negative opinions on their built environment (16,32).

**B. Quality of Urban Life (QOUL) Indicators:**

Within Every area and neighborhood, Quality of Urban life is affected by a number of parameters.

**a-Environmental Dimension:** Which means accessing natural landscape , clean water and air, minimizing energy consuming and preserving resources.(2)

b-**The Built environment (Physical Dimension):** Which means that the physical environment, neighborhoods are mixed used, compacted, well interconnected streets, well defined open spaces, structured and planned houses and walkable streets (11).

**C-Infrastructure and mobility:** Which means well-structured infrastructure and availability of health centers, clinics, hospitals and sanitation. Available choices of transportation, cars use alternations provided to reduce pollution and create a high QOUL (4).

**3- Social Dimension**: Which means planning housing for everyone and trying to achieve social justice through architecture and construction, designing affordable housing, services, low cost activities and facilities within the built environment, and minimize the gated neighborhoods number in order to promote the integration of different housing types .Social indicators represent in a broad sense the individual’s standard of living comprising of verifiable

conditions inherent in the given cultural unit and are especially useful at the neighborhood, city, and country levels(22).

**4- Psychological Dimension**: Which means preserving heritage, achieving community identity, creating socially integrated public spaces in order to increase users' satisfaction. Subjective quality of life illustrates quality of life as indicated by the psychological state of life satisfaction rather than by objective conditions and settings (for example physical, social, and economic settings), although both are inter-related (2,3), figure (5).

**5- Economical Dimension**: Affordable Housing, easy access or proximity to health center, employment, education and all services. Balancing the cost differences between land values and individual income.

Passive Solar System: Passive solar heating system, natural cooling techniques and systems for natural lighting to create comfortable temperature (4).

**6- Political Dimension**: It includes Urban Strategies & policies, urban fair rights, responsive urban legislation, strong urban management and steady supervision (5).

Motcomb Street, London. Active frontage and walkable street contribute to distinctive urban form
Photography: © Grosvenor

The communal lounge in the Maramlade Lane co-housing scheme © TOWN

**Figure (5) Integrating public spaces**

Source: The built environment, spatial scale, and social networks: Do land uses matter for personal network structure? Environment and Planning B: Urban Analytics and City Science, 45 (3) (2018), pp. 400-416, 10.1177/2399808317690158

QOUL ASSESSMENT FRAMEWORK

| Land Use | HOUSING | Services | Roads and Infrastructure |
|---|---|---|---|
| *Diversity and Distribution* | Type of housing in the area: Economic Housing, Social Housing, Private compounds, etc. | Types of services: Commercial, Religious, Educational, Recreational, etc. | transportation systems, communication networks, sewage, water, and electric systems. |
| *Architectural Features* | Various styles, heights, sizes, materials, colors, etc. | Various styles, heights, sizes, materials, colors, etc. | Streets types, sizes, vehicular movement, pedestrian sidewalks, connected paths, dense, various materials, etc. |
| *Accessibility and Parking* | Access points, shared and private parking spaces, handicapped consideration, and sidewalks. | Access points, shared and private parking spaces, handicapped consideration, and sidewalks. | Access points, shared and private parking spaces, handicapped consideration, and sidewalks. |
| *Green Space aspect* | Greenery in houses: efficient use of energy, water, and building materials, improve indoor air quality; use sustainable materials; and produce less waste in the process. | lack of greenspace on sidewalks, roads, and parks. | Green infrastructure strategies: climate adaptation, less heat stress, biodiversity, air quality, sustainable energy production, clean water, etc. |

QOUL SUBJECTIVE AND OBJECTIVE INDICATORS

| Dimension | OBJECTIVE INDICATORS | SUBJECTIVE INDICATORS |
|---|---|---|
| *Physical and Mobility* | Residential density.<br>Housing vacancy rates.<br>Distance to transit stop.<br>Roads sizes and quality.<br>Housing, commercial, and educational buildings rate. | satisfaction of House and neighborhood vs desire to move.<br>Use of public transportation.<br>Residential stability.<br>satisfaction of services.<br>Feeling of belonging to neighborhood. |
| *Social and Political* | Educational statistics<br>Crime statistics.<br>Domestic violence and Death rate.<br>Participation of elections rates. | satisfaction with family, friends, health, jobs and over all happiness.<br>Perceptions of crime.<br>Perceptions of health care service.<br>Feelings about neighbors, community, and government.<br>Care for one's health. |
| *Economical* | Employment rates and Income.<br>Vacancies available.<br>Annual Income.<br>Economic activity rates. | Satisfaction with annual income.<br>Satisfaction with his job.<br>Having multiple sources of income.<br>Make activities with neighbors and Participate in charitable organizations. |
| *Environmental* | Percentage of open spaces and green areas<br>Air pollution percentage.<br>Clean water percentage.<br>Resources management strategies.<br>Waste management strategies. | Feeling about rubbish collection process.<br>Participation in athletics, walking and bicycling<br>Visit parks and public areas.<br>Feeling about clean air. |

**Table (1) ,(2) QOUL ASSEMMENT FRAMEWORK ,QOUL Subjective and Objective Indicators**

source: Ben Ghadban, F. (2015) Quality of life in Urban Societies. Diagnosis of evolution indicators, Sherman Oaks: Sage Publications

**Table (3): The Indicators and Principles of QOUL in Urban Environment**

| | | | |
|---|---|---|---|
| **Quality of life** | **Objective indicator** | **Environmental or natural characteristics** | Air Quality: Quality of atmosphere, The health quality of air, Prevention of air pollution. |
| | | | Water Quality: Quality of drinking water, Quality of water edges, Management of water consumption. |
| | | | Land Quality: Remediation of soil contamination, Biodiversity, Ecological footprints. |
| | | | Quality of Materials: Renewable, Recycle and Non-hazardous materials with respect to health of people and environment. |
| | | | Energy Use: Use of Renewable energy, Energy efficiency. |
| | | **Physical characteristics** | Land Use Management: Mixed land use, Urban facilities and amenities, Effective land-consumptive like land reuse. |
| | | | Urban Form: Compact city, Density |
| | | | Urban Layout: Street & square network, building block and proportion (building line, well integrated car parking, building height-to-width ratio). |

| | | | |
|---|---|---|---|
| | | | Quality of House & Building: Building & Housing quality according to durability, adaptability, different type of houses, condition, overcrowding average, access to indoor facilities, access to infrastructure. |
| | | **Quality of urban mobility** | Accessibility: Pedestrian quality, Connectivity, Movement with respect to the users' ability. |
| | | | Walkability and Cycling: Walkable network, Cycling ability of network and facilities, Traffic calming. |
| | | | Public Transportation: Available choices of transportation, Adequate and accessible transportation, Easy access to the facilities. |
| | | | Traffic Load: Traffic congestion, Management of transportation demand (TDM). |
| | | **Cultural characteristics** | Cultural Activities: Number of libraries, museum, theaters Cultural Heritage: Conservation of historical environment. |
| | | **Infrastructural indicators** | Availability of health centers, clinics, hospitals and sanitation. |
| | | **Demography** | Measuring the number of older and youth people Immigration statistics, Rate of population. |
| | | **Economic characteristics** | Affordable Housing, Easy Access or proximity to health center, employment, education, all services, Energy Cost Land. Capacity: Balancing the cost differences between land values and individual income, Passive Solar System: Passive solar heating system, natural cooling techniques and systems for natural lighting create comfortable temperature and decrease life cycle of cost. |
| | | **Political characteristics** | Urban Strategies & policies, Urban fair rights, Responsive urban legislation, Strong urban management Steady supervision. |
| | **Subjective indicator** | **Social characteristics** | Behavioral Performance: Public awareness, Urban stability, Urban vitality. |
| | | **Place identity** | Urban Image: Enhancing urban legibility such as constructing landmarks, distinguishable paths and district. |
| | | **Visual characteristics** | Urban Attractiveness, Urban Distinctiveness, Management and Maintenance. |

**Source: Mojdeh Nikoofam, Abdollah Mobaraki , "Assessment of Quality of Life in the Urban Environment; Case Study: Famagusta, N. Cyprus," Civil Engineering and Architecture, Vol. 8, No. 5, pp. 860 - 872, 2020. DOI: 10.13189/cea.2020.080513**

## DEVELOPMENT OF NEW URBAN COMMUNITIES IN EGYPT

**Case Study (**Sheikh Zayed City of Cairo**):**

As mentioned before, Quality of Urban Life framework includes 2 types of indicators; subjective and objective, and two levels of assessments, the individual level, and the community level. The challenge that is facing Egypt in general and the city of Cairo specifically right now

is that the development of the new urban communities isn't going at the required rate and it doesn't achieve the level of quality of life on Economic, Social, Environmental and Urban level, at a national level, issues still increase due to the increase of population and the decrease on occupied land (table 4). In this context, the Egyptian Government made the national strategic plan 2050 to deal with these issues by supporting new urban communities, providing a climate that attracts both inhabitants and development, creating new business, financial and educational centers that attract residents, and establishing investment and tourist centers to stimulate tourism and economic activities (10).

The present study has defined the quality of life in two dimensions, the objective QOL falls under nine categories of indicators consisting of social, environmental, economic, physical, cultural, political characteristics, urban mobility, infrastructural indicators, and demography (Table 4) .Meanwhile, as previously mentioned, the social characteristics are defined as both, subjective and objective indicators because the built environment and individual behavior can contribute to the concept. The features of the built environment refer to the quantitative indicators of the society but the behavioral characteristics reflect the quality of individuals' perception of wellbeing.

DEVELOPING NEW COMMUNITIES CHALLENGES IN EGYPT

| Serial | CHALLENGE |
|---|---|
| 1 | Almost 95% of the Egyptian population live on 5% of the land. |
| 2 | The north part of the Nile valley needs to be urbanized |
| 3 | The Expansion of houses over agricultural areas |
| 4 | The difficulty in directing urban development and growth from Nile valley into the desert |
| 5 | Lack of quality of urban life in new cities because of the lack of services |
| 6 | the adaptation of new policies to develop new urban areas that consider the different indicators of QoUL. |
| 7 | Eradicating unsafe areas which threatens their inhabitant's lives. |

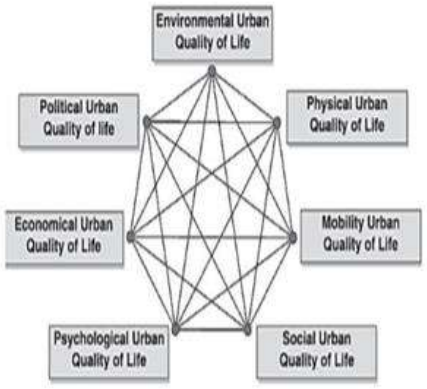


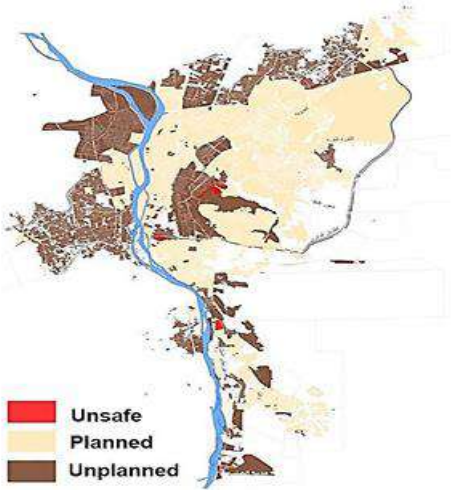

**Table (4), figure (6): Distribution of building environment in Egypt and Interaction between different indicators of built environment**

**Source: GOPP (2018). Greater Cairo Urban Development Strategy, UN Habitat**

## The Results:

The New Urban Communities represent 26% of Cairo total area, it includes new urban communities established in the outskirts of the main agglomeration such as Al Sherouk City, Badr City, Obour City, Madinaty City and New Cairo in the East, Sheikh Zayed and 6th October in the West and the 15th of May in the South. The average of total density in these areas is 31 residents per Fadden (10). The Cairo plan also aims to improve the quality of life for its inhabitants through creating sustainable districts and mixed-use buildings and utilizing low density areas and prepare for the next expansion for the next 100 years (figure6) [10). The main concept of Cairo vision 2050 is redistributing the huge population in CG and develop the new urban communities to be attraction centers to residents. The vision has 3 development axes: The first one is Cairo – Suez development axis which contain the physical development of the built environment in eastern Egypt and toward Sinai Region. The second is the western axis which will include the development toward western desert, and it focuses mainly on 6th October city by establishing new Airport and tourist centers to train professionals in tourism sector, and

creating the new 6th October city as extension to the original one. The third is the agricultural axis which focuses on increasing the agricultural land toward Matruh City, to preserve green areas and develop agricultural activities (figure 7) [9,10] .



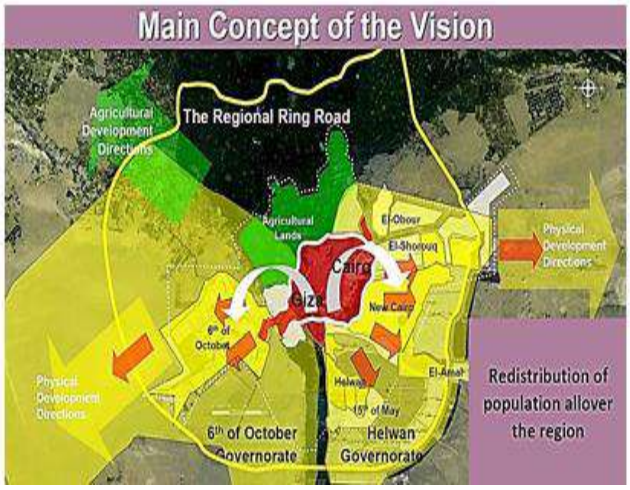




**Figure (7), (8) Map of Unsafe, Unplanned, and planned areas in Cairo, Cairo vision 2050**
**Source: GOPP (2018). Greater Cairo Urban Development Strategy, UN Habitat**

Sheikh Zayed city has an ideal location, as it occupies a strategic location in Egypt, bordered on the north by Alexandria Desert Road, on the south by the 26th of July Corridor, and on the west by 6th of October City. There are a large number of services that have been provided to attract many customers, including basic and recreational services. The great availability of huge markets and commercial centers, for example, Hyper One, Mall of Arabia, Americana Plaza Mall, and other famous malls, in addition to the presence of a large number of sports clubs and famous centers, such as Al-Ahly Club, and Sheikh Zayed Youth Center. In addition to the presence of distinguished health care 24 hours a day in a number of high-level hospitals and medical centers, on top of which is Sheikh Zayed Specialist Hospital. The most important feature of Sheikh Zayed City is that it is called the green city thanks to the vast green spaces and open gardens, which give it a healthy and pure atmosphere. Sheikh Zayed has the first open zoo in Egypt, which is the African Park, and there is also Zed Park, an international theme park, within the Zed Compound of the famous businessman, finally, the city is characterized by the presence of educational services at the highest level, and a group of famous schools and universities, such as the Canadian International College and the British International School. Residents **in Sheikh Zayed City** suffer from problems in services such as poor water, water and electricity cuts sometimes, with delays in maintenance and repairs, in addition to sewage problems, as some sewage pipes leak in public roads, which affects traffic and may lead to cracks in residential buildings. From the study, it is so clear that some new urban communities have faced with immediate or uncontrolled urban development and incompatible land uses, lost and empty spaces between buildings are the most negative aspect of the unplanned urban development that decreases the visual appropriateness of any city. Because Sheikh Zayed city has an important potential effect on social and economic characteristics in new developed communities, the assessment of quality of life for its inhabitants is the center of concern in urban policies. However, unprotected natural and

environmental properties, the sprawl form of the city, ineffective environmental problem solving, and inappropriate building design have increased the negative effect on the environmental and physical characteristics of the city .In addition, lack of public transportation, parking spaces, important infrastructure, and inaccessible streets, little sense of historical values, lack of cultural amenities and lack of park and greenery spaces in different neighborhoods are the other important problems that have deeply affected the QOL in the town. Generally, the majority of the population are dissatisfied with the maintenance of roads, sidewalks, recreational facilities, noise level of streets, traffic volume and availability of public transportation in the town. On the other hand according to the above mentioned subjective and objective indicators of quality of life, Sheikh Zayed city has a safe or secure environment, mix land uses for different users, various types of housing, affordability, friendly neighborhoods, diversity, different shopping facilities and a strong economy, moreover the high level of security and sense of belonging are the most important indicators that can increase individual well-being, level of satisfaction and QOL in the city table(5). The government and policies should consider the problems of objective indicators to enrich the quality of life.


**Figure (9) Sheikh Zayed city with roads maintenance, sidewalks, recreational facilities, greenery spaces and various types of houses (the Researcher)**

**(Figure 10) Hyde Zayed Park compound (the Researcher)**

**(Figure 11) Jubail EL Sheikh Zaid compound (the Researcher)**

**Table (5) Sheikh Zayed city character as regard to QOL and Urban built (the researcher)**

| | | | | | |
|---|---|---|---|---|---|
| **Quality of life** | **Objective indicator** | | Sheikh Zayed city | | |
| | | | Positive point | Negative point | |
| | | **Environmental character** | Use of recycle and renewable materials.<br>Suitable conservation of water edge. | Lack of enough conservation about agricultural land, farm land and biodiversity.<br>Lack consideration about using the renewable energy.<br>Lack of greenery and plants.<br>Lack of waste management.<br>Uncomfortable outdoor temperature because of lacking trees and plants. | |

| | | | | |
|---|---|---|---|---|
| | | | | Increase sound pollution in streets.<br>Inadequate lighting elements in public open space. |
| | | **Physical character** | Different type of housing.<br>Easy access to the existing facilities.<br>Mixed use land. | Inappropriate building proportion.<br>Sprawl from creates many problems.<br>Lack of urban facilities and amenities.<br>Lack of controlling on the density. |
| | | **Quality of urban mobility** | Connectivity, and movement in pedestrian networks. | Low quality of pedestrian.<br>Lack of cycling facilities and paths.<br>Lack of public transportation.<br>Lack of parking space. |
| | | **Cultural character** | Holding spring festivals and live concert in public open space for different occasions | Lack of museum, theater and other cultural life to introduce the background of city.<br>Lack of protection about cultural heritage. |
| | | **Infrastructural indicator** | Adequate hospitals.<br>Adequate clinic health centers, Banks, Schools, Markets. | Inadequate hospitals, Schools, Markets<br>Inadequate clinic health centers. |
| | | **demography** | The number of populations at 2021:95.845<br>Females:46, 84800 males:49,000 | |
| | | **Economic character** | Affordable housing.<br>Easy access to facilities because of proximity. | Lack of considering renewable energy causes high energy cost. |
| | | **Political character** | The city policies that will flourish the concept of QOL. | Lack of urban fair rights.<br>Lack of responsive urban legislation.<br>Weak urban management. |
| | | **Social character** | Equal access to affordable building.<br>Easy access to all service<br>Increasing diversity. | Lack of consideration of some important requirements in residential building creates many problems in streets like lack of parking space.<br>Ignoring the disabled people, and children. |
| | **subjective indicator** | **Social character** | Urban vitality.<br>Diversity.<br>Safe and secure public space. | Lack of public awareness. |
| | | **Place identity** | Protecting of heritage and historical sites.<br>Indicating the function of a space. | Lack of infill development. |

| | | | | |
|---|---|---|---|---|
| | | | Enhancing urban legibility.<br>Sense of belonging. | |
| | | **Visual character** | Regular maintenance | Lack of managements and regular maintenance.<br>Lack of visual consideration in skyline properties. |

Role of government in improving quality of life:
The government participation lies in five steps (empowering, co-creating, consulting and informing as represented in picture (figure 12)


**Figure (12) Role of government in improving QOUL**
**Source: The (Quality of Life) Framework, this report has been prepared for the (Quality of Life) Foundation,2023**

In comparison to Sheikh Zayed city characters, the UK needs more and better-quality homes that improve, rather than diminish, people's health and wellbeing. An estimated 10 million people are living in 4.3 million poor-quality homes, resulting in poor health and reduced quality of life (Urban Design Group, UK ,2018) (33). Although many new homes are being delivered, too many are built without people's health and wellbeing in mind, resulting in developments that are of poor quality, badly designed or built in the wrong place. On the other hand, Istanbul study was carried out as part of a strategic planning process and intended to inform decision makers and planners about the residents' perceptions of urban life in a large and rapidly growing region. The study was designed to produce baseline data in residential conditions as perceived by the residents of Istanbul. Recently a follow-up study on quality of urban life in Istanbul Metropolitan Area is designed and an office established to monitor QOUL (28).

## Conclusions and Recommendation:

Quality of life is a fundamental consideration in urban planning that can help overcome the problems of cities and enhance the level of human satisfaction. The study categorized the important approaches which can significantly enhance the QOL in the urban environments. The research collected the objective and subjective indicators for different living environments. The

features of the built environment refer to the quantitative indicators of the society but the behavioral characteristics reflect the quality of individuals' perception of wellbeing. Also, the subjective indicator is defined as the identity of a place and its visual characteristics which have a fundamental influence on the QOL. Sheikh Zayed city is considered the most important cities in Cairo, evaluated according to these indicators. As it is mentioned in Table 4, although people are not pleased or satisfied with the maintenance and management of their towns, the safe urban environment and sense of place attachment enhances individual well-being, level of satisfaction, and the quality of life in the city. Furthermore, mixed land uses, familiar or friendly environment, diversity, easy access to different facilities, different types of housing, and cultural aspects of the city help increase the level of satisfaction. However, the following recommendation can be utilized to solve the existing problems in new urban cities in the future:

 Improve sustainable public transportation, parking spaces.

 Sustainable street networks with respect to the individual abilities of all people like disabled people, and, improving street maintenance, and reducing traffic density.

 Planting trees or creating green belts to increase comfortable outdoor temperature and decrease sound pollution.

 Increase the compaction in urban design development.

 Prioritizing and addressing the needs of people e.g. proper recreational facilities, available and accessible parks, shopping facilities, and schools.

 These results recommend that the future policies related to residential quarters and buildings should consider requiring full services e.g. parks, parking spaces, and other necessary services that are easily available and accessible.

 Use of strategic planning with long term decision-making and problem-solving that control sprawl form of the city and create healthier living areas (17,18).

Our quality of life is the most precious gift we have and the hope is that this framework can become a collective resource for everyone seeking to improve our built environment. Urban design's greatest contribution to quality-of-life spans across scales, from the city-wide to the pedestrian and detailed one, through the distribution of basic services, the design of streets and blocks, and their combination, in terms of walkability, intended as a complex term, inclusive of spatial convenience (permeability), environmental quality (safety, appearance, interest, environmental comfort), and overall legibility. Moreover, the modulation of density and complexity (of activities) encourages exposure to diversity, the practice of social norms, the establishment of social networks, and engagement in civic activities. In conclusion as Quality of life describes a person's physical, social and psychological wellbeing, it draws attention to the accumulated impact of the day-to-day, which is the level to which individuals may feel their lives to be happy, active, sociable, interesting and meaningful. It encompasses a multiplicity of desirable conditions that are overlapping and have different scales, but which are partly influenced by the built environment – the buildings and neighborhoods where people live. We believe that if we can improve this built environment then we can improve people's quality of life. Our search is concerning with Publica report around quality of life which is considered as a hierarchy of needs from shelter, food and safety up to belonging, self-esteem and self-actualization. We have therefore tried to be realistic and practical about what can be achieved.

The Quality of Life Foundation is keen for this to become a live web-based document so that new suggestions and case studies can be added over time.

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