

Being

a



Walking

Being

Re inventing daily life



1. Re inventing daily life

We believe in the post-fossil city as a city of walking beings. After a period of economic growth based on fossil fuel we re invent ourselves and shift to biological energy. We learn to walk again and use the power of walking for increasing of happiness, health, creativity of all post-fossilpost-fossil citizens. Human fuel will be the engine for wellbeing and prosperity of mankind in the 21st century.

Team

We are Martine de Vaan (1972), living in Utrecht, specialized in area development and sustainable innovation, founder of weeting – have a walking meeting. She integrates 7 km of walking in her daily life now for two years (team leader). And Ritte Bosch (1976), living in Rotterdam, urban planner with broad international experience, and special interest in the relation between healthy cities and the meaning of landscape. We share a passion for beautiful, sustainable cities. We highly value public space, convinced that this is key for human quality of life. Many fear the end of fossil fuels. And yes, there seems to be a lot to loose: our entire, convenient western lifestyle is at stake. Comfortable houses and easy transport. Exotic fruit. Flying around the world for business, social visits or adventure. The economic growth in the passed decades was linked to fossil and we fear the loss of livelyhood and wellbeing.

Transition: back on our feet

Like many others we think the post-fossil world will have energy producing homes, electrification of all transport, a shift in our diet, a focus on local cycles. Literally green, biodiversity integrated buildings and ever more real distant communication.

But there are much more challenges to take into account: epidemic loneliness, burnout, depression, sedentary behaviour and the consequences for health. Since ten of the most expensive diseases are impacted by a lack of physical activity.

We believe transport impacts our cities most and do not believe electric mobility

& selfdriving cars are the big solution for the transition ahead. It may be clean but it will not contribute to a better life. Instead, we need to get back on our feet, we need to re invent our cities and re discover the landscape. At this moment our cities are predominantly planned for cars with large dedicated spaces. How would our cities look like if human power would be the predominant engine? How will it change the quality of life of those who inhabit it? Leaving the fossile era, we are encouraged to find out. More so, in this urgent and fast transition we now have the chance to get it right.

Interventions towards a city radically based on human power.

We propose a beautiful healthy city, a walking paradise. The concept of a walking being as a starting point is not about walkability or transport, it is about using the power of walking as the renewed engine. Our cities can support this life style eloquently. Fossil fuel kept us hostage for about three generations. Now we're about the moment to be released.

The decisions on these subjects need to be informed by a shared and embraced idea about the quality of life.

Two track approach

We propose a two track approach for this challenge. Firstly we literally start from the human point of view: their daily life in a post-fossil (A). Secondly we will start proving the thesis that IF the city works for the walking being it will catalyze and inform the healthy city of the future (B).

A: Being a Walking Being

For the first track we propose an intervention in the life of three inhabitants from 6- 90 years old in four cities: Rotterdam, Utrecht, Amsterdam & the Hague.

B: The City on Human Power

For the second track we'll anticipate on the Big Leap which is needed to pass the fossil era and go beyond the walkable city. We'll combine the fact findings in the diaries with the imaginary version of the four Cities On Human Power.

Being a Walking Being



2 Being a Walking Being

We take the walking being as starting point for re-inventing the city. This concept goes beyond the liveable, walkable and healthy city. The walking being enjoys walking outside for hours daily, during ordinary activities in everyday life: working, learning, meeting with friends and transport.

It is possible to walk 7 km each day without losing time, without spending time solely on the activity. A walking integrated life solves the problem of millions of people who love to be active and outside but can't figure out how. It opens a radical different perspective on human needs in cities.

Imagine a city...

...where all schoolchildren run a daily mile and have great fun doing it

...where office workers replace one or two sitting meetings for productive, walking meetings: weetings

..where students discuss theory and cases on the campus, walking

...where young parents feel comfortable to let their young children playing in the street

... where children can go to school and sport by them selves

...where friends not only hang out but also walk out

... where adults enjoy a walk before or after their coffee or beer

..where elderly people feel welcome in their own pace and do not feel too slow to keep up in the city jungle

To us, this sounds like paradise, and we believe we can (re)create this, starting in the Netherlands , but representative for several other western European cities.

Impact on your brain

The potential of walking can hardly be overestimated. The scientific evidence is overwhelming. A few numbers: up to 30% increase in happiness, up to 60% increase of creativity, up to 5 extra healthy life years. Walking beings have more self-esteem, better concentration, better memory and cognitive skills.

Change in daily life en city design

This means: changes in daily lives. a present some examples:

Daily mile 1,6 km. Schoolchildren run a daily mile, during the lessons. A great success in Scotland, making all children becoming fit in 4 weeks, now scaled up to other countries. **Weetings for**

meeting & education: from 0,8 - 3,8 km. Many office workers can find half an hour up to two hours of meetings that can be done walking. The dutch business university Nyenrode is uses weeting in their executive mba education. **Chat with partner or family 1-3 km** Better conversations with your partner or family while walking instead of sitting on a couch (in front of whatever screen).

Evening walk with a friend 6-8 km Instead of another coffee or beer.

Spatial needs of the walking being

Cities are not designed for walking beings at the moment. A green network for enjoyable transport and peaceful active mobility like in Vienna is a good start, but it's not enough. For integrating walking in daily activities cities need green circular tracks throughout the city from 500 m up to 10 km. They need 'sidebysidewalks' to be able to walk side by side for longer stretches. The specifics of the route can vary, depending on the different forms of walking there is a need for quiet, safe, lively, green and open spaces.

First intervention: Learn to Walk..

Our first intervention will be a walking course for 12 post-fossil citizens in 4 cities. Learn to walk again! During this course we help them working out how to integrate 7 km of walking in their daily life: combining walking with learning, meeting, transport, and their social life. A physical translation (routes,) is made based on their living & working environment.

...and a fossil-free walking integrated day

Volunteering post-fossil citizens will each execute a fossil free walking-integrated day in their life and keep a diary. Their experience helps us to understand the gap between today city and the future without fossil fuel. Which ingredients will be needed to realize promise of the city on human power.

City on Human Power



an.bing.com

rodas.igad.com

3 City on Human Power

We believe that the human being is the critical specie proving the quality of the future urban habitat. A habitat, which is not longer dictated by fossil fuel but by the action range and behavioral setting of people. Walking is the game changer in this special era of shifting worlds filled with high technology and additional digital reality. Starting by foot but directly followed by other modes of movement such as biking and plying. The perspective from the walking being informs decision-making on several governmental subjects such as programmatic issues, the role of landscape, food production, smart city, the implementation of sustainability and mobility. Human choices.

Opportunity to a different path

The western part of the Netherlands is known for it's patchwork of small scale cities and villages intertwined by rivers. Simultaneously it's also scattered by a blur of mediocre business area's, scattered glasshouses, a dense road network and suburbs. An unintelligent fragmented tapestry of spread disconnected identities as the collateral damage of a fossil driven economy. It emerged without being asked for. Now we have the option to continue with it or to choose a different path, the opportunity to unveil and connect the unmistakable qualities.

City and surroundings tightly connected

Smart technologies on building, city and agricultural level often enlarge complexity and up scaling. Agriculture is the most profound field where technology is supporting mass production on increasing scale. The result is disturbing industrial farming in a monotonous landscape. Food as a significant factor in daily life needs to be part again of human perception.

A vital food production chain can be realized in conjunction with the city using technology tot refine and optimize produce within a fine grain of fields en even in/on buildings. It combines the best of both worlds. Enabling a vivid and vital smallscale agricultural landscape

Spatially in contrast but functionally tightly connected to the city.

Beyond walkable

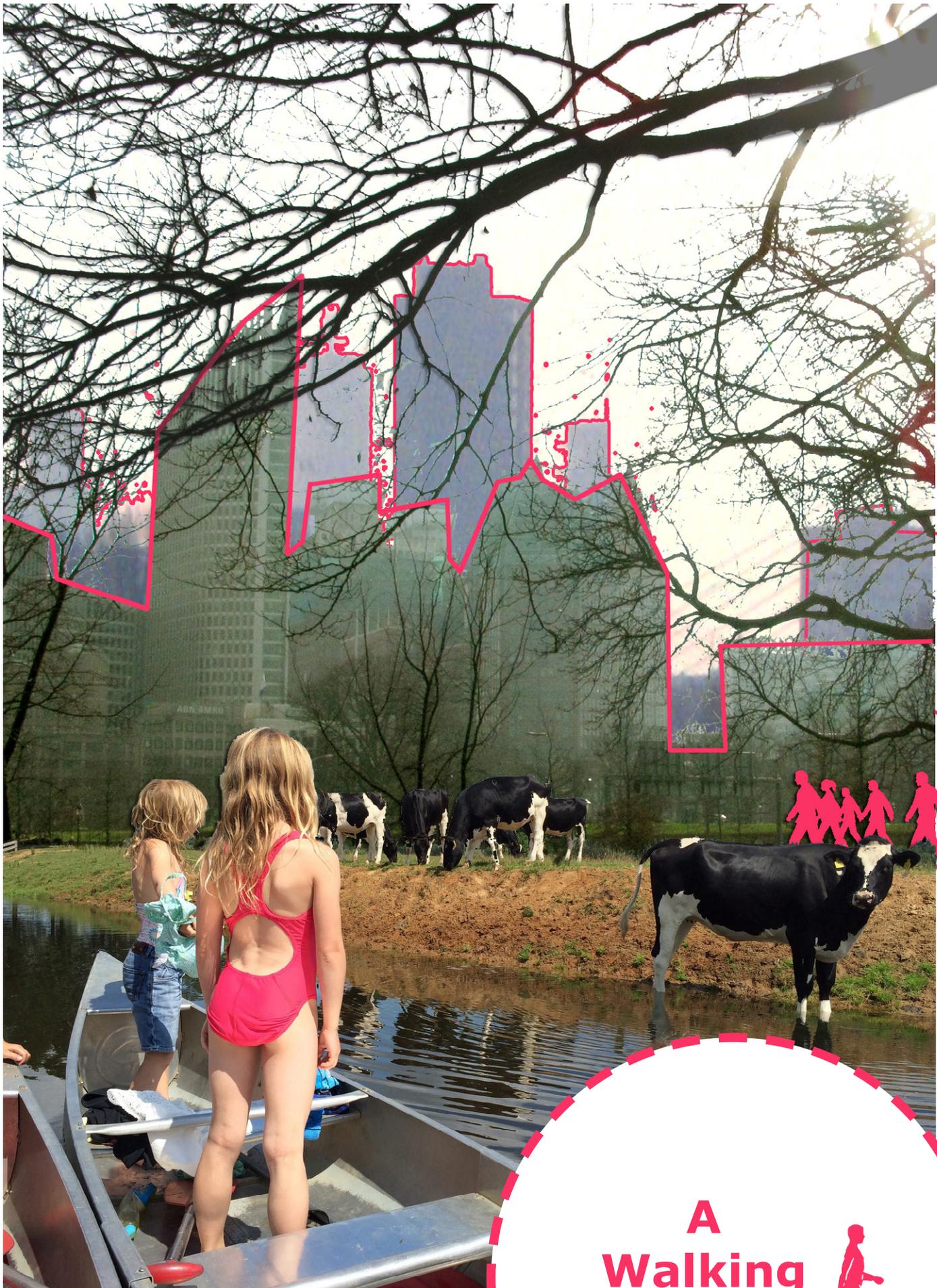
Traffic engineering will no longer be about mobility but about liveability. Starting by reclaiming the street as the key space in every city. In the city on Human Power zebra's and traffic lights do not longer exist. The city is beyond "walkable". The range of access from pedestrians to cyclists varies up to 15 kilometer, leaving the car –either fossil or electric- an obsolete subject.

International applicable

In the Netherland the post-fossil City on Human Power is easy to imagine due to the spread small scale structure of cities and villages with (agricultural) landscape in-between. Everybody has access to a dense and varied program in a compact city. The intense urban tissue allows each individual an address to a calm street, where waterways and parks are around the corner. Large cultural and nature landscapes are always within reach within less than five km. "From front door to horizon" is an equal shared quality for every inhabitant.

The Dutch spread 'metropolis' of 10 million inhabitants is unique but the concept is international applicable: from mid-size west European cities as Zurich and Kopenhagen to larger metropolitan aera's as London, Milano and Paris. **The second intervention: The Big Leap enabling the City on Human Power.**

The City on Human Power might become easy to imagine but far for from reality. Action is required; a Big Leap is needed. From the post-fossil Diaries we'll learn about the future lives of citizens. What are the benefits and where are they obstructed with in the current world. Our guess is that, although small scale measures are worthwhile and can make a big difference locally, a radical largescale intervention will be needed tot kickstart the human power. The self moving car is like a wolf in sheep's clothing, a serious risk of missing the momentum to change the cities for the better.



**A
Walking
Paradise**



4. A walking paradise

We think the walking being as starting point for a city on human power, is a promising approach for a socially vibrant city.

The result is a city where all people feel welcome, and young and old have a feeling of belonging. A city that boosts creativity and productivity. A city where you can find both peace and adventure. A city you would not need to leave but that gently leads you outside through a green network of walking & cycling paths. The built environment and public space can bring this within reach for all people.

The combination of a city network, landscape nearby, green circular routes gives the post-fossil citizen a peaceful and spacious feel in a compact city. A revival of public space as a social place, where you can enjoy being, relaxing, meeting.

Professional parties, employers will support and co finance because they see that human power is what matters most and they believe the benefits of healthy, active, happy people.

When we are one of the 10 finalists our intervention (march-may 2016) will be about learning to walk again.

We provide and execute a walking course for 12 post-fossil citizens of Rotterdam, Utrecht, The Hague, and Amsterdam: how to integrate walking in their life, and how to live a fossil free day. (living, being, transport, food, clothing)

The result will be written and mapped and illustrated in 12 daily diaries.

June 2016 we will share

- The 12 Post-Fossil Diaries
- Four imaginary cities of Human Power

The diary lessons will be exposed and translated into a peek preview on maps of four Cities of Human Power. In these maps all distinct qualities are preserved and mediocre noise is eliminated. The diaries and maps will be the eye-opener for (local) government. The radical image will open up a series of confrontational debates with majors, city makers, leading businesses and of course the future citizens themselves.

When we are winner of the competition..

We'll use the 10.000 euro's to set up and illustrate four debates. The aim is to come to a real intervention, which allows us to take a big leap into the fossil free future.

Inspiration:

-Blind Spot – Vereniging Deltametropool i.s.m. SBB, RCE en West8

-Cities alive - Towards a walking world (2016) - ARUP

-The Daily Mile (2012) Initiative of Elaine Wyllie, started in Scotland, www.dailymile.nl

-The death and life of great American cities (1961), Jane Jacobs

-Green and Open Spaces, Vienna, sharing the outdoors (2015), Urban Development Vienna

-Healthy urbanization, Posad spatial strategies

Weeting – have a walking meeting, www.weeting.nl