



PARALLEL WORKSHOP TITLE:

"ENHANCEMENT OF URBAN GREEN, THE ESTABLISHMENT OF URBAN GARDENS AND THE RECOVERY OF ABANDONED LAND"

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The project Borghi del Benessere of the Associazione Scientifica Biologi Senza Frontiere ((ASBSF) was born with the aim of improving the quality of life in the villages by improving the environmental and urban context which is inevitably linked to the state of health of the population. The ASBSF intends to promote a development model capable of increasing and qualifying the landscape and biodiversity of places that deserve to be valorised. Urban greenery represents one of the main elements to contribute to improving the quality of life of citizens and to creating sustainable cities from an environmental and social point of view. It is essential to adopt solutions that allow us to improve urban living conditions and, in this perspective, urban greenery which represents one of the main elements to contribute to improving the quality of life of citizens and to create sustainable cities, both from an environmental and social point of view. The World Health Organization has reported that for correct residentiality and, therefore, for urban healthiness, people should live no more than 300 meters away from a green space.

The presence of parks and gardens offers not only opportunities for socializing, for practicing outdoor sports, for playing for the little ones, but also guarantees an important ecological service, as it lowers the presence of fine dust in the air, reduces the noise, counteracts the rise in temperatures, increases the permeability of the soil and guarantees the city's connection with natural rhythms and the presence of various animal and plant species.

ASBSF therefore promotes the development, increase and qualification as a tool for enhancing the landscape and biodiversity with the following objectives:

- **Improve the quality of citizens' life:** promote health in urban planning for the common good with health approaches based on a correct eating style and constant physical activity.
- **Landscape enhancement and urban regeneration:** increasing green areas which represent a fundamental resource for sustainability and the quality of life in the city. In addition to the well-known aesthetic and recreational functions, they contribute to mitigating pollution of the various environmental matrices (air, water, soil), improve the microclimate of cities and maintain biodiversity. To make urban sustainability operational and integrate it into territorial policies, it is necessary to define a system of indicators that allows evaluating the level of sustainability of a city or metropolitan area, and what actions need to be implemented to improve this level. There are many indicators developed at various levels by national and international bodies to pursue the objectives of urban sustainability, such as urban green spaces - and the accessibility of public green areas and local services.
- **The reuse of the already existing building and urban heritage:** encouraging the creation of places and the development of widespread social activities, the inclusion of tourist and cultural routes and activities, vegetable gardens, parks and public green areas.
- **Creation of urban and socio-therapeutic gardens:** based on the availability of small plots of land in urban centres, it is intended to develop urban gardens in order to recreate the conditions for reliving the Mediterranean lifestyle, encouraging citizens and especially young people to cultivate according to ancient traditions, in order to have healthier food with high nutritional qualities, absolutely seasonal, with the privilege of spending time in the open air and in contact with nature, combining research studies to monitor the improvement of food quality and the health of citizens with our research and training study center in collaboration with local universities. The cultivation and maintenance of urban gardens by multiple people allows integration, sociability and sharing of intentions for a common goal, which fall within the determinants of health promoted by the WHO.
- **Adopt eco-sustainable solutions for local agriculture:** encourage local agriculture to use bio-fertilizers to improve soil fertility, the quality of the environment, the quality of food and at the same time human health.

ASBSF aims to adopt the ecosystem services approach in the Borghi del Benessere as a conceptual framework and methodological tool through which to represent the multifunctionality of urban greenery as well as nature-based solutions - the Nature-based solutions (NBS) - which refer to the management and sustainable use of nature to address social-environmental challenges by bringing social, environmental and economic benefits, considering that urban areas offer many opportunities to contribute to the community well-being and the protection of species and habitats.

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