



ASIA PACIFIC CITIES SUMMIT 2007
 RENEWING ASIA PACIFIC CITIES

*Urban Nature for Everyone:
 The Value of Natural Places
 in Cities
 for Tourists and Local People*

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 in terms of urban social changes, human
 rights and political reforms
 focus on governance, social and
 economic change





A reminder about our tourists...





A Puzzle

Why is it that:

We spend huge amounts on our parks

But:


- People **love** some parks and keep coming back?



A Puzzle

Why is it that:

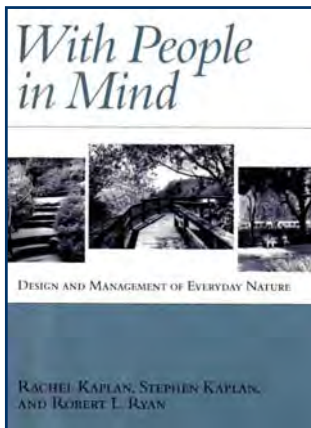
- People find other parks **disappointing** and do not return?



Poorly Designed Parks

1. **B**reak basic rules
2. **A**re monotonous
3. **L**ack complexity and mystery
4. **D**on't provide key requirements
5. **D**on't communicate well
6. **I**gnore *landscape research findings*

BALDDI



BEES and *HoLiSTiCS*

Successful Urban Parks

1. people's preferences
2. **restorative**: help people recover from stress of daily urban life

The Natural Advantage: *Nurturing Nature*



Restorative Powers of Nature

- *Pleasure*
- *Sustained interest*
- *Relaxed wakefulness*
- *Reduced negative emotions (anger, anxiety)*



in Restorative Parks. . .

1. Nature provides psychological and spiritual replenishment
2. Landscape elements are linked in a network

Restorative Parks



Four Keys to a Restorative Park



4 Keys to a Restorative Park

BEES



1. Being away
2. Extent
3. Environmental fit or compatibility
4. Soft Fascination

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Those were Four Keys
to
Healing and Restoration



Now. . .

Examples
how to create parks
to meet most people's
Preferences

H_oL_iSTICS

- *whole is more than the sum of its parts*
- through creative evolution, Nature forms wholes greater than sum of the parts
- environmentally and socially sustainable arrangement of space: essentially holistic



H_oLiST_iCS

H = Hint of a view

L = Landmark

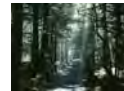
S = Simple path structure

T = Tranquil and serene

C = Chance to see what's there

S = Small spaces made to look larger

Preference 1: The *hint* of a view



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Preference 2: Path with a landmark at a focal point



HoLiSTiCS

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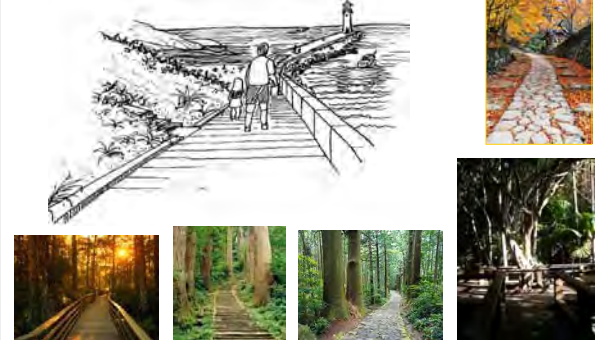
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Preference 3: Simple path structure



Path Preferences

- narrow
- curved rather than straight
- sense of mystery
- designed to make small areas seem much larger

Simple path structure
Photo: Nadia Carvalho



Simple path structure



Simple path structure

A path with a combination of open and wooded areas



Photos: Nadia Carvalho

Smooth surfaces along paths
increase perceived width



Photos: Nadia Carvalho

Wayfinding:
good signs and maps



Wayfinding:
good signs and maps



Photo: Nadia Carvalho



A good sign that can make you cry



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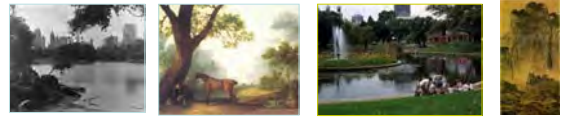
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Preference 4:
Tranquil and Serene



Tranquil and Serene



Tranquil and Serene





Try to avoid this



HoLiSTiCS

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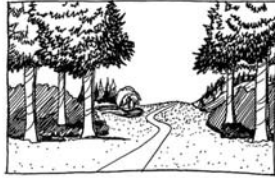
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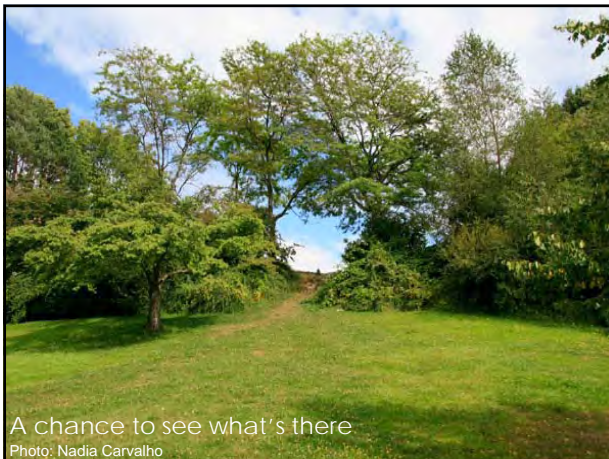
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Preference 5: A chance to see what's there



Mystery and anticipation

The promise that one can find out more as one keeps going



Prospect Refuge



Photo: von Bredow, 2005

H_oLiSTiC*S*

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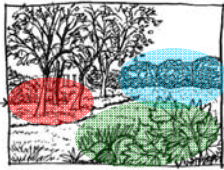
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Preference 6:
Making a small space feel **larger**



Divide area into separate regions with layers of less densely foliated plants.

Put finer textures and darker colors in background.

Put bolder textures and lighter colors in foreground.

Making a small space feel larger



Size is not important to whether a space provides restorative benefits

Big areas more interesting if divided

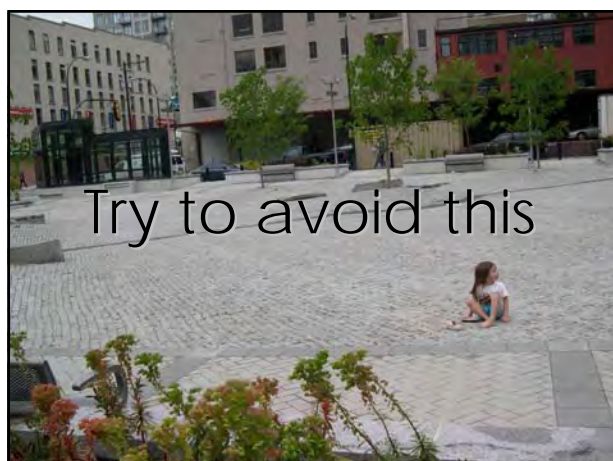
- Sense of enclosure
- Partial enclosure

Photo: Nadia Carvalho



Wide areas broken up





H_oLSTiCS

- Smaller spaces linked together to make complex wholes
- Mosaics in a network
- Web-like structures
- Mirror ecological processes
- Each space and links between them designed to encourage restorative experiences
- Woven into fabric of cities in a more holistic way

An insight from Cathy

Yi Jing 意境

- traditional Chinese garden design
- leaves people with a “Yi Jing”
- *mental world*
- to think and restore
- indicates good taste: in real life and art
- Chinese traditional painting and poems:
 - careful attention to details of Nature
 - beautiful views from different angles and distances

Cathy's Guidelines for Chinese tourists in Vancouver

1. **Connection** to the wider world
2. **Orientation**: gateways and wayfinding
3. **Landmarks**
4. **Choice points**
5. Opportunities to understand **cultural and natural context**: interpretation and maps
6. **Photography** opportunities
7. **Resting** places
8. **Safety**

Two recommendations from Cathy

1. Communicate local context, including cultural context
2. Orientation and wayfinding: airports, train stations, parks





Photo: Zheyu Zhou



Photo: Michelle Babiuk



Photo: Zheyu Zhou



Photo: Michelle Babiuk



Restorative Parks

Three easy ways to achieve them

1. BEES
2. HoLiSTiCS
3. **Community engagement**
(a conversation for another time)

4 Keys to a Restorative Park

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3. **E**nvironmental fit or compatibility
4. **S**oft Fascination

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Community Engagement



Grateful thanks to:

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