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URBAN NATURE IN DAILY DOSES

METROPOLITAN ECOLOGIES OF PLACE
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RESEARCH QUESTION
How can urban green spaces in Berlin contribute to creating restorative environments that improve the well-being of residents as well as the quality of ecosystem services?

PROJECT DESCRIPTION

This thesis explores the impact of urban environments on well-being, highlighting the significance of urban green spaces. It introduces the pattern language "Restoration with Urban Nature" and applies design strategies in Berlin. The project demonstrates how urban design can enhance well-being through restorative environments centred around urban nature.



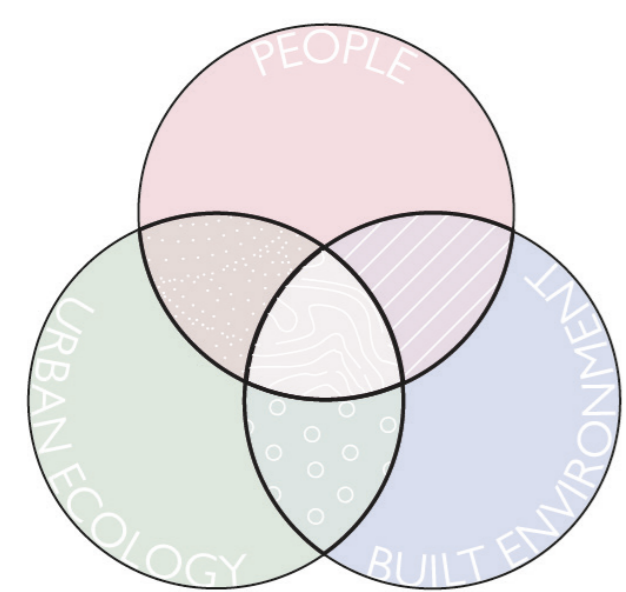
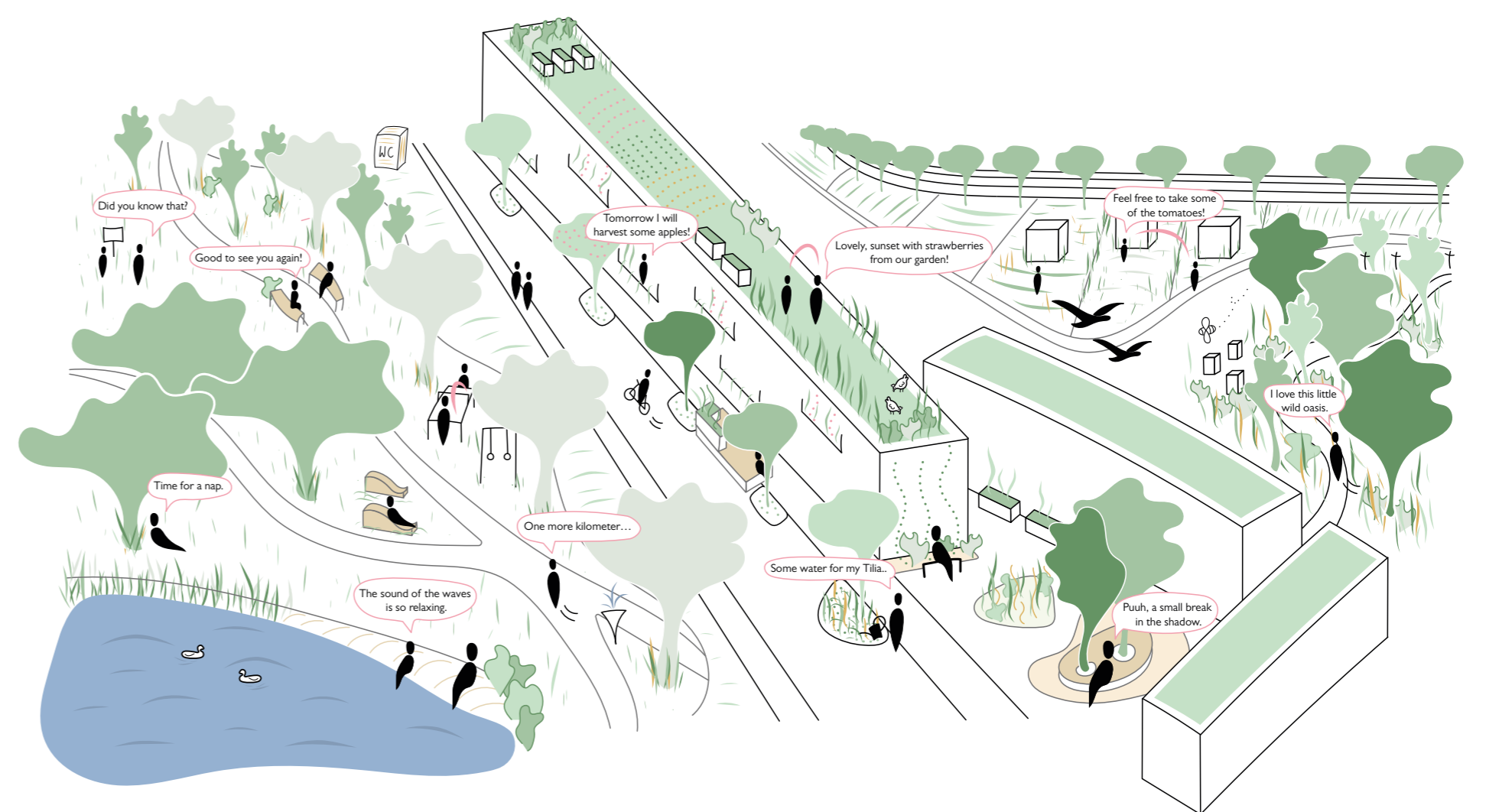
URBAN STRESSORS VS. RESTORATIVE ENVIRONMENTS

The urban environment has a profound impact on well-being. It is the challenge and opportunity of urbanists to shape urban conditions accordingly, aiming to improve the quality of urban life for both human and non-human inhabitants.



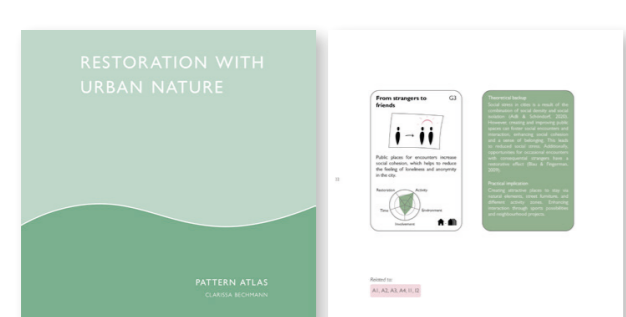
PLACES FOR ENCOUNTER AND RESTORATION

Fostering health and social interaction by creating public spaces with opportunities for rest, activity, and exchange while enabling ecosystem services and climate adaptation is at the core of the creation of integrated, restorative urban nature.



BRIDGING THEORY AND DESIGN

Translating theoretical knowledge from various disciplines into design interventions was achieved through the development of the pattern language called 'Restoration with Urban Nature.' The patterns were tested during a co-creation workshop held at the design location Moabit West in Berlin and provided valuable input for the design and implementation strategy.



NATURAL RIVER EDGE WITH WATER ACCESS

The waterfront at the design location holds high potential for transformation. Developing a versatile green-blue network across different scales enables daily nature experiences and strengthens the microclimate in the city.