URBiNAT
Healthy Corridor Participatory Process Toolkit

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Project	Report on pilot participatory workshop on community-driven process for the co-creation of healthy corridors and NBS
Acronym	URBiNAT - Healthy Corridor Participatory Process Toolkit

REPORTING
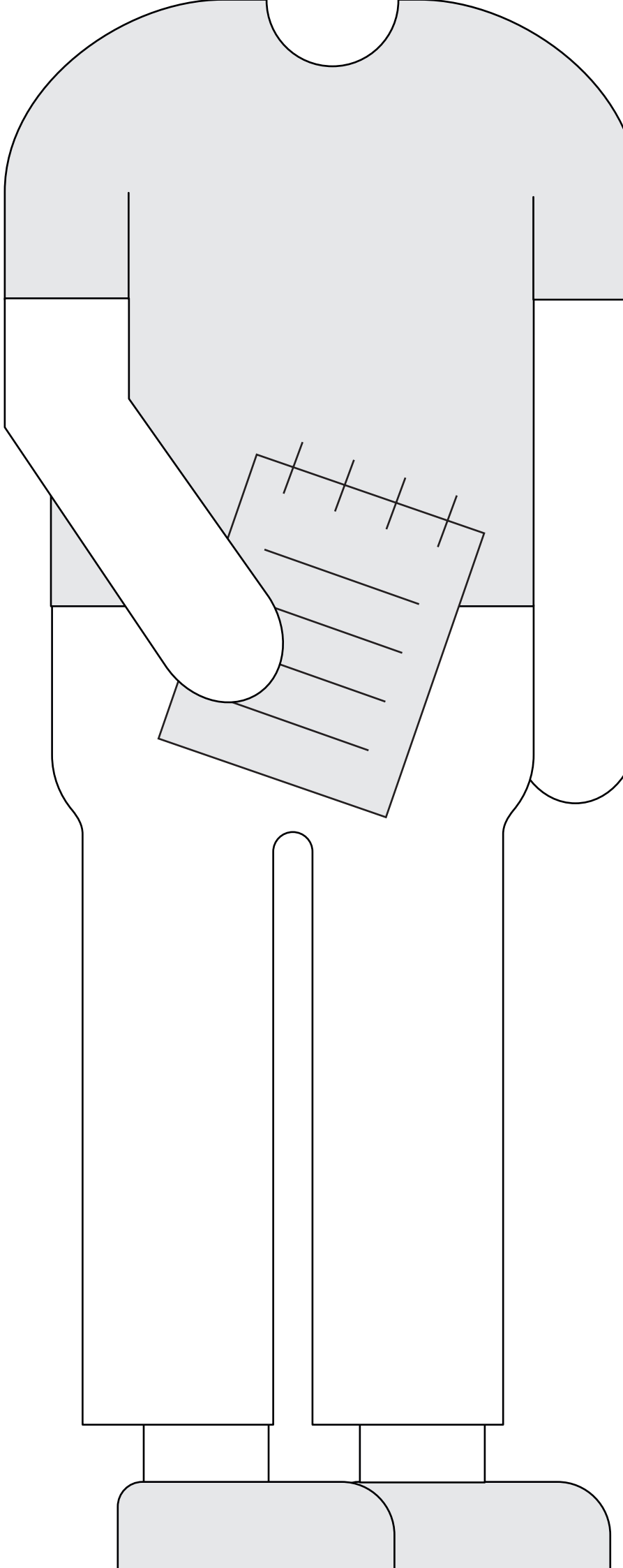
Report
Participatory
Design Process
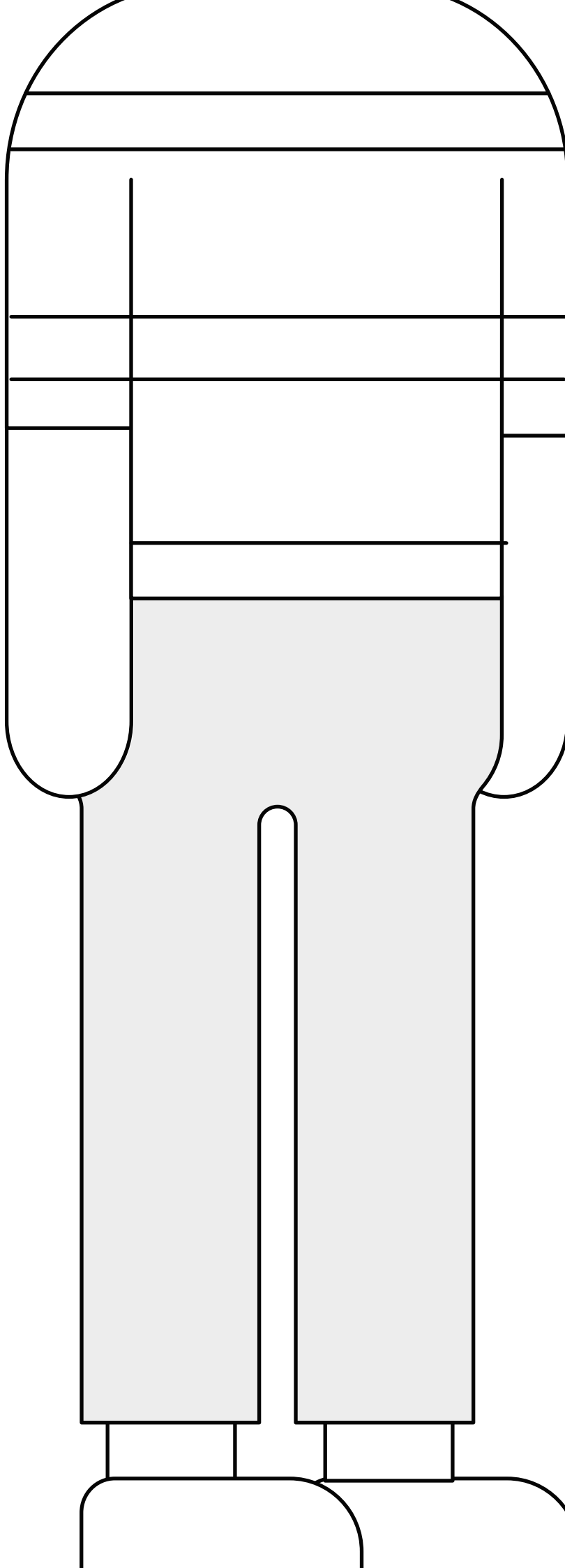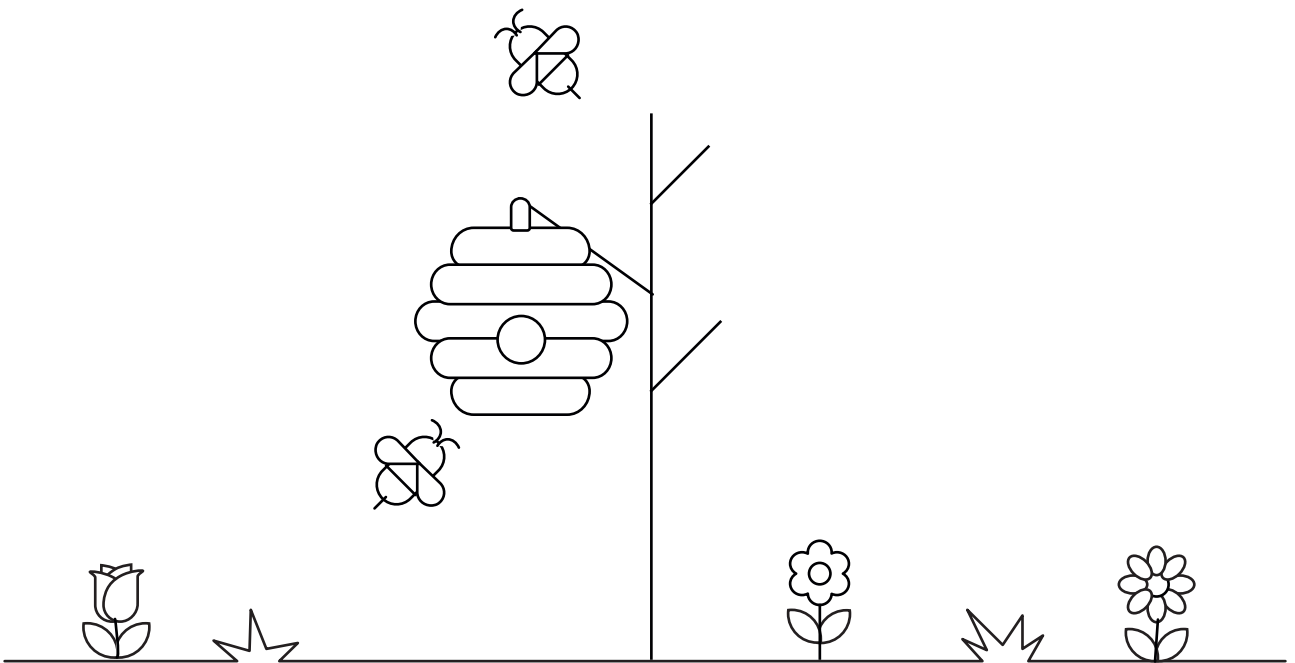
**Overall URBiNAT
Participatory Design Process**

**Key steps
of the co-creation timeline**
Milestones

**Who does what
and where with whom?**

**Iterative process –
back's and forward´s**

Guideline for participants

**How to adapt –
design your own process**

OVERALL URBINAT PARTICIPATORY DESIGN PROCESS
The process is designed according to:

Four main Stages
(URBiNAT essence):

● **Co-Diagnostic**

● **Co-Design**

● **Co-Implementation**

● **Co-Monitoring**

Twenty-three actions in which several activities are carried out according to the local specificities, culture of participation and citizens level of engagement:

Four preparation and ignition actions and activities:

1. Meeting with City Council – Goal: Engage, Goodwill and Awareness

2. Meeting with City Council Technicians - Goal: Engage, Awareness and Identify Local City Council Operational team members

3. Meeting with local Stakeholders already involved in other participatory actions – Goal: Learn from previous experiences and involve them in URBiNAT participatory process

4. Meeting with identified Citizens that can become URBiNAT project Local Facilitators and Champions due to their community known leadership –
Goal: Engage, create community goodwill and ascertain level of expectations

Three Co-diagnostic actions:

5. Project Kick-off – Public launch: Goal: Create awareness and buzz

6. Action with several activities for data collecting – Goal: get the information requested for the work package leaders

needed to fulfil URBiNAT objectives – Starting with schools to achieve children´s awareness and family advisory as well as endorsement

7. Action with several Activities for NBS catalogue Citizens definition – Goal: create a local NBS catalogue involving the local citizens and technicians

One Validation and community action:

8. Closing - community action - build by arts - Promote sense of belonging, Achievement

Five Co-design actions:

9. Action for NBS solution citizens co-selection – Goal: involve the citizens on the decision-making process regarding which solution fits the local needs and the specific needs of the community

10. Action with several activities for co-design NBS Solutions – Goal: to involve the citizens in the final design process and final parameter definition for the NBS solutions according to specific local needs, features and cultural background.

11. Intermediary validation action between citizens, technicians and city councils managers – Goal: achieve consensus through mediation techniques such as TRIZ

12. Actions with several activities to co-design improvements are the previous validation and feedback moment – Goal: Engage all stakeholders into the final Program to be implemented

13. Action to define final solution – Goal: fine-tune and achieve consensus around the final improved solutions to be presented for validation and decision-making moment at the City Council
One FINAL VALIDATION action

14. Action to achieve final validation and approval to the Co-design URBiNAT Program – Goal: Get the Go for implementation;

Six Co-Implementation Actions

15. Action for Tender launch

16. Action for first stone launch

17. Action with several activities for Co-Production of NBS Solutions: Goal: Involve the citizens to co-produce the chosen NBS Solutions, enabling local companies and other formal/non-formal stakeholders and develop local social and sharing economy.

18. Action to co-implement NBS Solutions – Goal: citizens hands on approach and enabling communities of practice

19. Action with several activities to co-develop and implement maintenance programs

One Action to Start / Launch the Healthy Corridor Space for living

20. Launch the Healthy corridor for citizens and the city

Three Action for Co-Monitoring

21. Action with several activities for creating citizens participation regarding the
monitoring processes

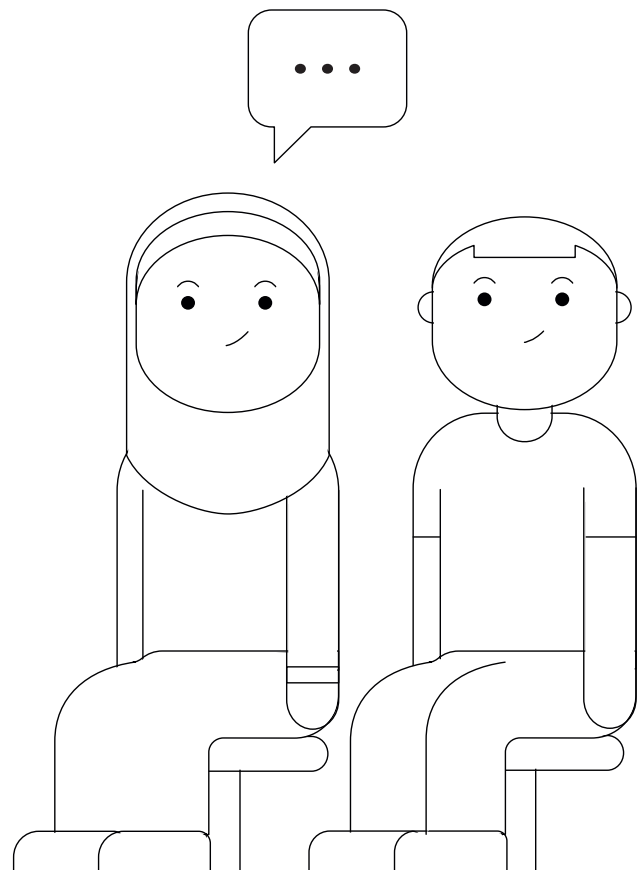**22.** Action with several activities to enable technicians monitoring tools, systems and program

23. Action with several activities to enable the gathering of citizens narratives, stories and experiences of the Healthy corridor

The following objectives were defined for Participatory Design process sequence:

» Engagement of target groups – connected to the Co-Diagnostic Stage
» Local Diagnostic - connected to the Co-Diagnostic Stage
» Ideation – connected to the Co-Design Stage
» Validation – connected to the Co-Design Stage
» Implementation – connected to the Co-Implementation Stage
» Business creation – connected to the Co-Implementation Stage
» Monitorization – connected to the Co-Monitoring

The Participatory Design Process objectives also follows the URBiNAT Project phases:

» Engagement target groups – Design Driven Processes
» Local Diagnostic – Participatory activities
» Ideation – Co-Design Workshops
» Validation – Collaborative Urban plan
» Implementation – Healthy Corridor construction, Territorial and Technologic NBS
» Business creation -Healthy Corridor co-activation, social and solidarity and Economy NBS
» Monitorization – Observatory and Co-Evaluation

OVERALL URBiNAT PARTICIPATORY DESIGN PROCESS

STAGES ▶

CO-DIAGNOSTIC

ACTIONS ▶

U + C

city council | technical | stakeholders | citizens | **KICK OFF** | LD Stage 1 | LD Stage 2

M

M

valid

U C

OBJECTIVES ▶

ENGAGEMENT TARGET GROUP

LOCAL DIAGNOSTIC

URBINAT PROJECT PHASES ▶

design community driven process

data collection (observation activities participatory activities)

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CO-DESIGN **CO-IMPLEMENTATION** **CO-MONITORING**

U + C   U + C + T   U + C + T   U + C

M   M   MM   T + P   SSE   CO-   M

Transform LD   CO-DESIGN PROPOSALS   tender   NBS   NBS   maintenant   participatory
Self -Projection   Validate   first stone   living   technical
...lation   Experiment   co-prodution NBS   narratives
Final Solution

final validation

...T A   U C T A   U C T A

validation

collaborative urban plan

IDEATION	VALIDATION	IMPLEMENTATION	BUSINESS CREATION	MONITORIZATION
ideas gathering (co-design activities)	project development decision making	healthy corridor construction territorial nbs technologic nbs	healthy corridor co-activation social and solidarity economy nbs	observatory co-evaluation

subtitle
U urbinat team
C citizens
T municipality technicians
A municipality authoraties

KEY STEPS OF THE CO-CREATION TIMELINE
MILESTONES

M0.
Citizens Participation Kick-off

Citizen activation for the project, creating awareness and involvement for the purpose of the URBINAT project.

M1.
Validation of the Local Diagnostic

Presentation and dialogue with citizens of the results obtained by the co-diagnostic (local). It also serves as a validation of the main ideas, arguments, needs, opportunities that should form the basis of the following co-design process with stakeholders.

M2.
Co-Design of NBS

Ignition of the creation of NBS by citizens and/or the initiative of citizens or groups of citizens who, for reasons of personal motivation, community development or even for the interest of developing an economic activity, want to present their ideas for the Healthy Corridor to other stakeholders.

M3.
Final validation of Urban Plan

Presentation, dialogue and feedback from citizens and stakeholders of the healthy corridor project (Urban plan for the URBINAT intervention zone).

This milestone is also the launch of the next phase of co-implementation of the solutions involving everyone in the concrete actions to implement the plan and the NBS.

M4.
Living the Healthy Corridor

Ignition of healthy corridor usability co-created by all. It is about preparing the next stage of co-monitoring, where by experiencing the spaces created and implemented within the URBINAT scope, stakeholders and citizens also have the role of evaluating, caring for, disseminating, living the corridor in Community.

WHO DOES WHAT AND WHERE WITH WHOM?

In an open process, focused on cooperation and co-creation, as particpatory design process of URBINAT, multiple actors are needed from its conception, development and essentially implementation. Four are associated with the entire sequence:

U - The Urbinat team - experts, facilitators, researchers;
C - Citizens of each of the cities involved and of the intervention/project communities;
T - Municipal technicians from different areas directly and indirectly impacted by the project;
A - Municipal authorities, leaders and management forces.

The design of the URBINAT participatory design process indicates in each step and actions who should be involved in it, either as a participant or as a facilitator of that same action.

The URBINAT team, namely the task force created in each city, has as fundamental function the adaptation and the specific conception of each action of the process, as well as its implementation, monitoring and evaluation.

This function is continuous and focuses on an improvement logic and an objective of parameterization to the reality of the terrain and the results that are being achieved, in each of the promoting cities of the URBINAT participatory design process.

Citizens, heart and soul, we would say the reason and purpose of this process. The URBINAT participatory design process is centered on them and the sequence is designed considering their flow of ideas, monitoring and management of project information in all its stages, phases, actions and activities. Citizens are asked to, in addition to being listened to, ask, question, and express their feelings about what is happening. They are also the voice and face of the URBINAT Process among their peers, their communities and their families.

Municipal technicians are an upstream and downstream guarantor of the participatory process, that is, they are a source of information from the starting point of the co-creation process because they know what exists, and what has been done before, what is planned and in course, they basically create, together with the URBINAT team, the borders, limits and reasonableness framework of the co-creative process. The downstream because they are fundamental for the evaluation, support and essentially argumentation in the decision-making phases of the URBINAT participatory design process. Its inputs and insights are the basis of the constructive dialogue of solutions for the urban plan and for the healthy corridor.
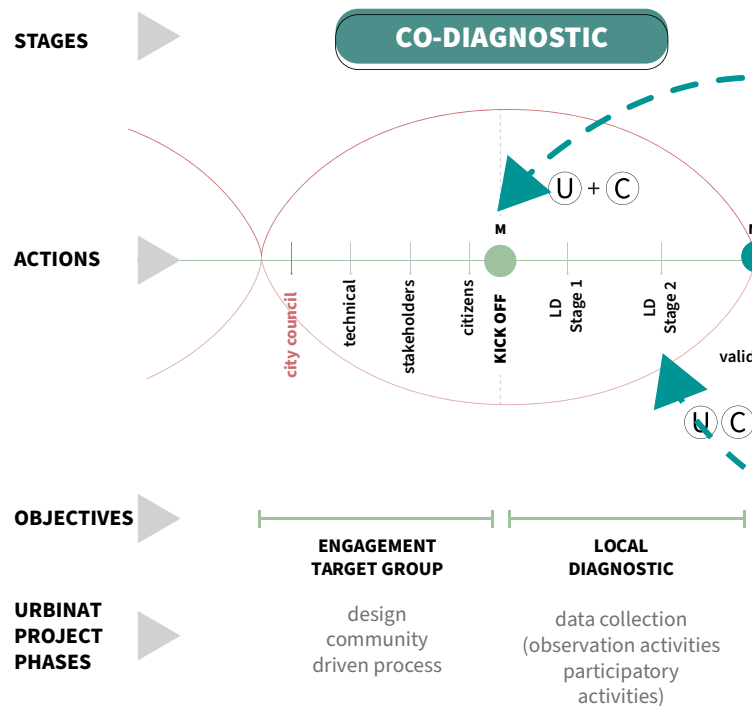
Municipal authorities are fundamental in dialoguing and arguing with citizens about decision-making associated with what we will or will not implement in the healthy corridor. Their involvement and role is also that of ensuring that the entire structure of the city councils is active and interested throughout the entire process of participatory design at URBINAT. Its distance from the process and, at the same time, its proximity to citizens is also essential so that they feel the relevance of the process for governance.
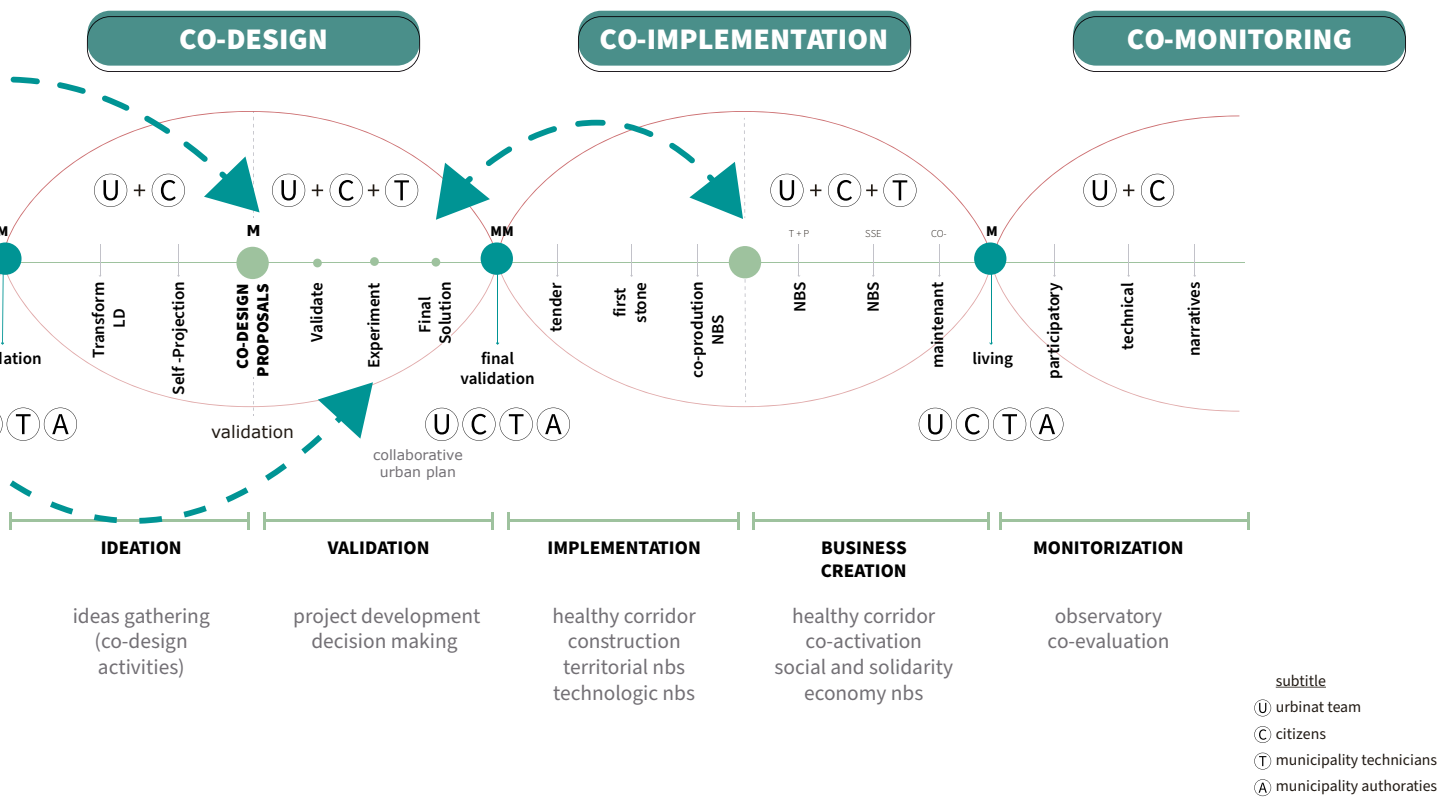
ITERATIVE PROCESS –
BACK'S AND FORWARD´S

The URBINAT participatory design process is iterative, meaning that it is not implemented as a linear sequence. at many points in the process it is necessary to go back to earlier stages to find the feeling of information or ideas again.

On the other hand it also means that the entry points in the process do not need to be linear, we can start the co-design stage by carrying out an activity / action that in the design of the URBINAT participatory design process is not the initial one, either because the local team understands that this is important for the project, either because it is necessary to take advantage of an opportunity that is placed in the specific context.

Being iterative, it is always possible to collect information and codify it so that it is relevant to the results we intend to achieve at each stage.

STAGES

CO-DIAGNOSTIC

ACTIONS

city council
technical
stakeholders
citizens
KICK OFF
M
U + C

LD Stage 1
LD Stage 2
valid
U C

OBJECTIVES

ENGAGEMENT TARGET GROUP

LOCAL DIAGNOSTIC

URBINAT PROJECT PHASES

design community driven process

data collection (observation activities participatory activities)

CO-DESIGN **CO-IMPLEMENTATION** **CO-MONITORING**

U + C   U + C + T   U + C + T   U + C

M   MM   T + P   SSE   CO-   M

Transform LD
Self-Projection
CO-DESIGN PROPOSALS
Validate
Experiment
Final Solution
final validation
tender
first stone
co-prodution NBS
NBS
NBS
maintenant
living
participatory
technical
narratives

lation
U C T A
validation
U C T A
collaborative urban plan
U C T A
final validation
U C T A

IDEATION   **VALIDATION**   **IMPLEMENTATION**   **BUSINESS CREATION**   **MONITORIZATION**

ideas gathering (co-design activities)

project development decision making

healthy corridor construction territorial nbs technologic nbs

healthy corridor co-activation social and solidarity economy nbs

observatory co-evaluation

<u>subtitle</u>
U urbinat team
C citizens
T municipality technicians
A municipality authoraties

GUIDELINE FOR PARTICIPANTS

The URBINAT participatory design process suggests that the toolkit and guideline of the process be known to all Project participants in each city, either initially so that the process steps are understood by everyone, or in each action or activity. again presented to the participants in a roadmap logic, where we are today, what we have done so far and next planned actions.
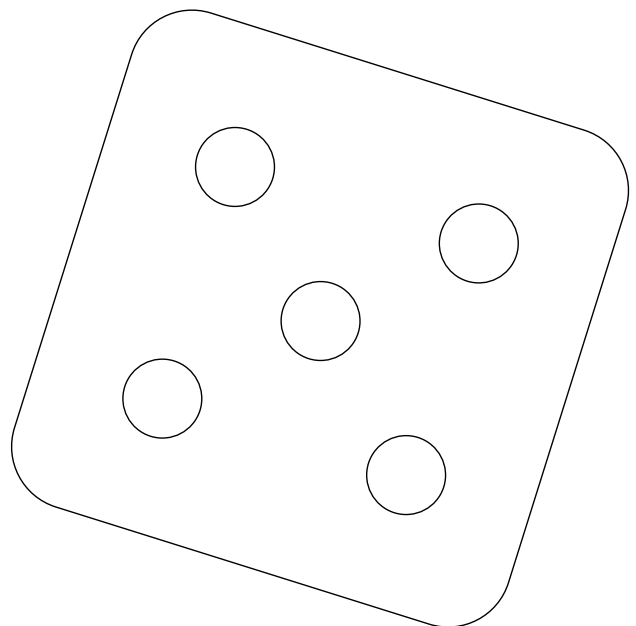
HOW TO ADAPT – DESIGN YOUR OWN PROCESS
Parts of the process, different pathways from the overall process – due to different levels of complexity and ambition

The URBINAT participatory design process, more specifically its design and system, intends to be a common thread for all implementations in different cities. As we have already indicated in this report, it was not the intention that this model is to be implemented in the same way in each city. Thus, it is open to each city, intelligently and strategically, to adapt, parameterize and draw parts of the process from their experience, respecting the stages and logical sequence of the flow of information and ideas that are at the origin of the initial design.

As indicated, they can define different paths to reach the same goals, use different techniques and tools that are participatory.

On the other hand, it is normal that each city has a different ambition for the implementation of this process, some cities intend to develop healthy corridors in large areas of the community, others are more localized and have smaller interventions, setting different levels of complexity, for example. The key is that the genesis and the root of participatory design is identified with the URBINAT process.
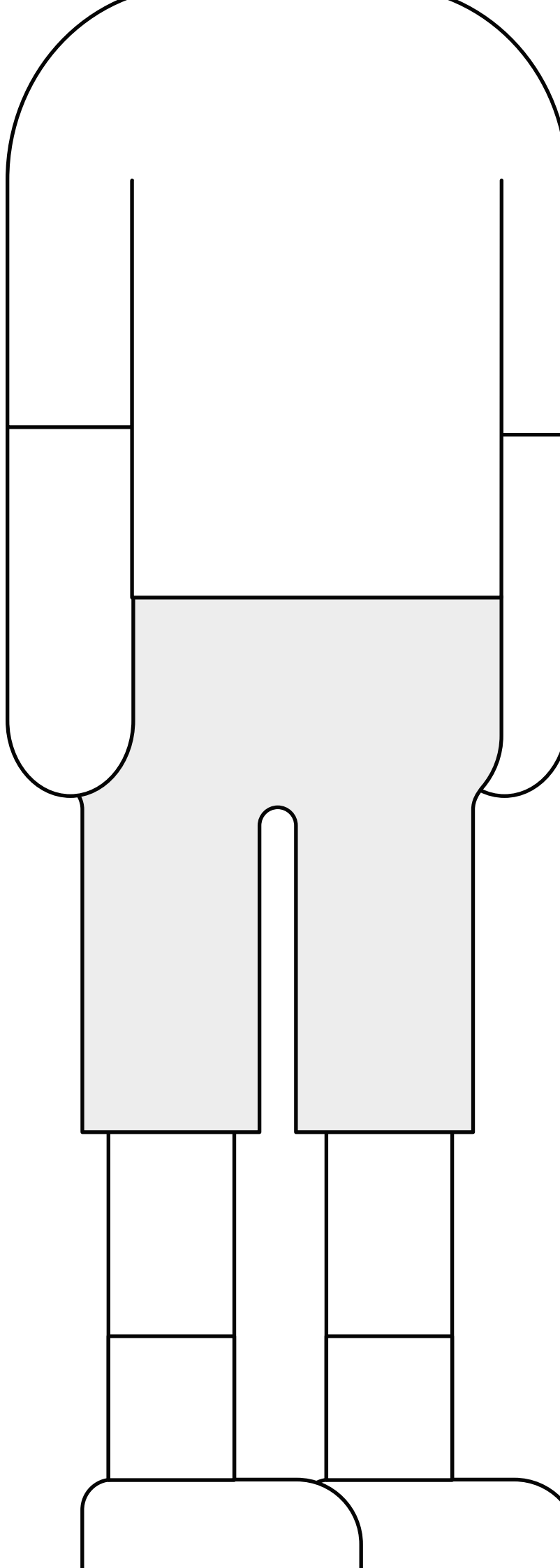
Process
Stages

CO-CREATION

Co-creation tends to be discussed with general reference to different parties coming together in one or more stages of an innovation process.

The term co-creation is used in URBiNAT with reference to the specific case of citizens and stakeholders contributing actively to urban regeneration, as associated with NBS and Healthy Corridors.

It is not limited to the action of "jointly creating" but also includes a freedom of choice to interact with residents, companies, organisations, etc. and together create solutions such as products, services and/or concepts (Mateus et al., 2018). One can further distinguish between co-creation of new ideas and the co-production/delivery of public services. Co-creation may further generate new domains of collective activity (Trischler et al., 2017).

CO-DIAGNOSTIC

Insufficient awareness among citizens represents a major weakness for NBS in urban development. While there are many kinds of NBS, which display varying potentials, as outlined in URBiNAT's NBS catalogue, citizens naturally would not be aware of the spectrum of opportunities that may follow, spanning physical amenities, public space, social functions and also new enterprises and job.

For co-diagnostic to be directly relevant to NBS, there is a need of awareness-creation and some process of knowledge generation as a basis for building motivation and inspiration among citizens, while linking to experts and decision-makers. In Singapore, a platform tool called Natural Capital24 , illustrates, explains and builds understanding of relations between ecosystem services and societal issues (UnaLAB, 2018).

Co-diagnostics matters greatly for framing practices and procedures that are adapted to, and comparative with, local culture. Manifestations of culture may draw on values, norms, beliefs, community stories, relationships, and a shared sense of place (Duxbury, 2018). A "perceptual map" may be forged, spanning the needs and positions of various actors and stakeholders. Such a "canvas" may expose key priorities, relationships, linkages, challenges, risks, and so forth.

It can be deployed from early on to guide further diagnostics, while also generating insights of use for further framing of digital enablers, in sync with participatory culture (Ferreira, 2018).

CO-DESIGN

Co-design is about collaboratively establishing purpose and "reason why", put in place action strategies and arrive at viable proposals. Participation is encouraged in the design of NBS, through co-design.

As noted above, this may incorporate co-selection of which NBS to apply. For co-design, an interactive process, devised for the combined selection, adaptation and design of NBS, is generally preferable. With the help of digital enablers, there is enhanced scope for co-creation in this regard.

The integration of the NBS in the healthy corridor strategy and urban is co-designed with the several actors that take part of the co-creation process.

CO-IMPLEMENTATION

Co-implementation refers to the stage in which the ideas and advances in the earlier stages are brought to fruition for actual realisation.

The situation will naturally differ depending on what NBS have been selected and how they have been co-designed. The actual challenges and requirements of implementation may motivate different combinations of building blocks. Possible methods to use at the out-set of this phase include games, rewards and motivational interviewing. In contrast to the previous stages, however, co-implementation generally needs to be considered with a view to impetus for the long-term.

Here, participation is not merely about temporary action, but the very purpose is to bring about a lasting change in perception, mindset, and behaviours, possibly implicating increased self-confidence, a sense of "can-do", that can lead on to follow-up initiative.

Co-implementation is also framed by the organisation of the stakeholders advisory board according to the municipal roadmap, where citizens, association, municipal technicians and elected representatives establish the steps for the implementation of material and immaterial NBS of the healthy corridor.

CO-MONITORING

Co-monitoring denotes the joint work undertaken once NBS have been implemented. The term "monitoring" should be interpreted in a broad sense. Depending on the nature of the NBS and the social context, it may denote a loose form of engagement, yet with some sort of defined role to stay observant and report on results. It may also refer to actual use and value-generation from associated add-on activities.

These may take the form of service provision or social innovation that in turn creates new demand, spin-offs and further knowledge-generation. Such effects are likely to grow stronger the more productive and meaningful the sharing of ideas and efforts between individuals, groups, competences, and stakeholders that would not otherwise have connected or worked together.
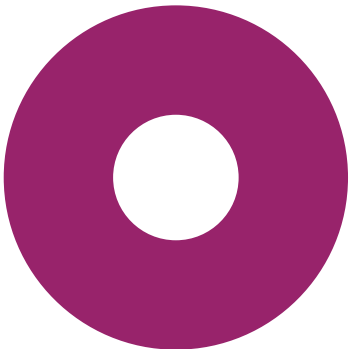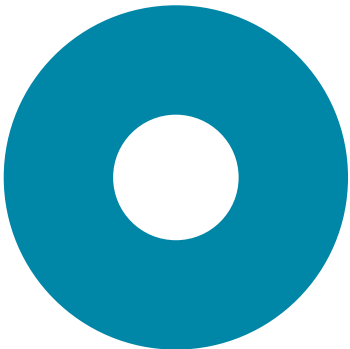
FEEDBACK ABOUT THE STAGES

POSITIVENESS

The co-diagnostic activated the living lab opening the co-creation process to the local actors - citizens, association, municipal technicians and elected representatives.

Activities were planned to include large groups, as the kick-off events in public space; medium groups, as the school's activities, and small groups, as the walkthrough.

The co-creation process is flexible and adaptable to the local culture of each city. In this sense, the cities can revise the steps and actions in order to achieve the same goals.

The concepts and methodology were appropriated in different ways but the results are coherent as demonstrated in deliverables related with Local diagnostic (D2.1 and 2.6) and with the healthy corridor urban plan (D2.4, D4.1, 4.2, 4.3)

CONSTRAINS

The main challenge is related with the inclusion of all actors in the participatory process. To include different actors, URBiNAT has to organize several activities in all steps, namely due to age restrictions (children, adults, adults with advanced ages) and specificities limitations (mental or physical).

In this sense, there is a lack of some groups in different steps of the co-creation process.

The presence of elected representatives was achieved but not as far as it was aimed due to the intensity of the process.

The validation of NBS was democratic but conditioned by the municipality strategy for the territory.

The flexibility of URBiNAT opened the co-design of NBS to solutions that were not framed by the project objectives, such as buildings for cultural facilities. In this sense, the process created expectatives that were not possible to achieve.

COVID-19 created several constrains and the activities were planned several times.

The participatory process is time consuming and causes fatigue to all actors.

IMPROVEMENTS

The first implementation of the co-creation process was challenging due to the lack of a toolkit. This URBiNAT toolkit will keep the process flexible but supported by a document that offers access to the concepts, methods and tools

Methods, Processes and Tools
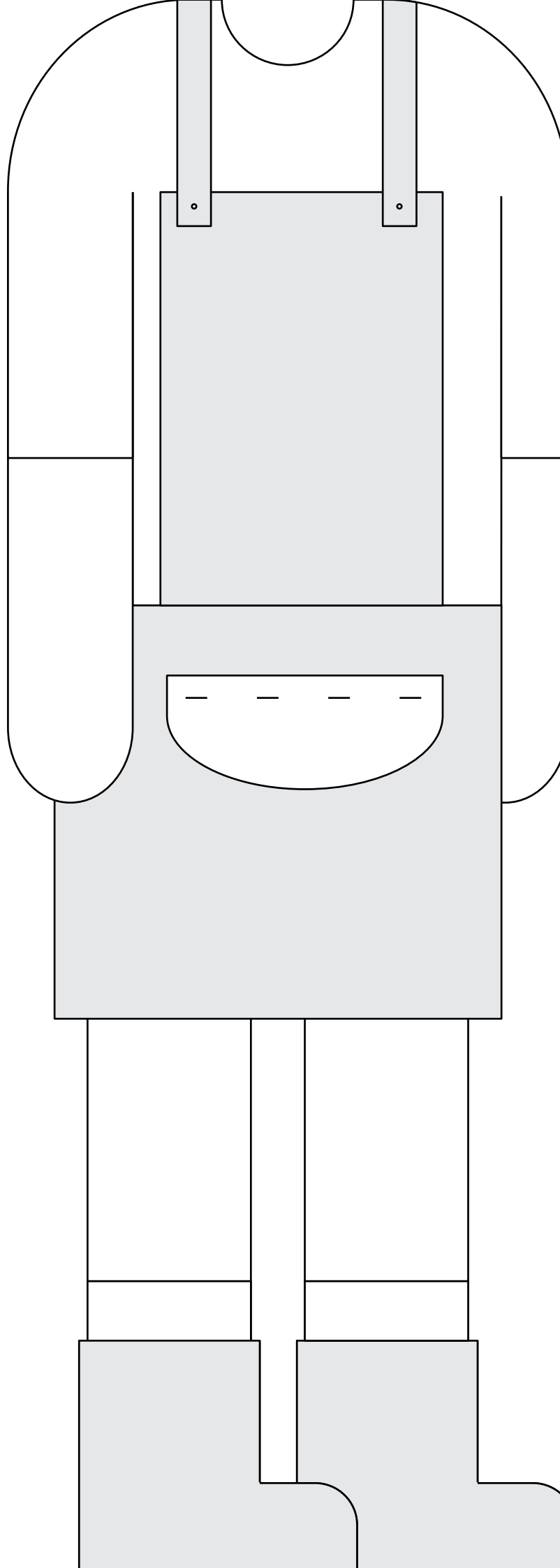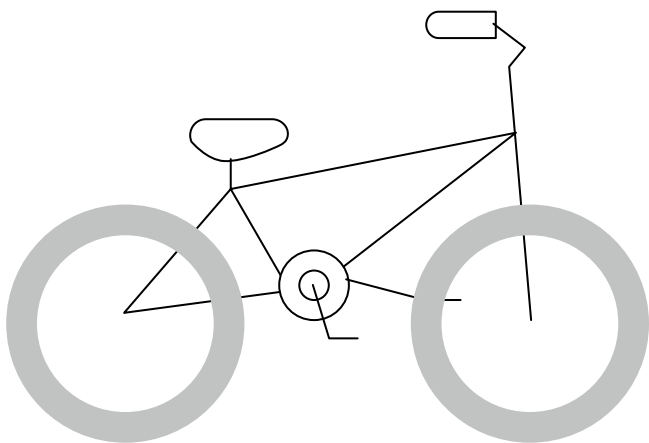
Methods Protocols

Walkthroughs

Photo Voice

Cultural Mapping

Board game
Jogo da Glória

Mapping of what is most
liked and done in the territory

Feelings/Contrasts
scale from positive to negative

Gaming and performance
"NBS around the tree"
or NBS Exhibition

Focus group
Observation

Proximity — Ateliers

Observation
Ethnographic interviews

Observation
Ethnographic interviews

TRIZ Validation

Mockup's

Trends cards
NBS Cards

Online and offline materials
and processes

Workshop online

SuperBarrio

METHODS PROTOCOLS

Walkthroughs

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

General description

A walkthrough is a participatory methodology that can be applied for both co-diagnostic and co-selection phases, in two connected phases.

For the co-diagnostic phase (phase 1) the walkthrough is a "focus group in situ", that is a method of analysis that combines observation with an interview simultaneously. It creates an accepting environment that puts a small number of participants at ease allowing they to thoughtfully answer questions in their own words and add meaning to their answers, allowing the evaluation of negative and positive aspects of the analyzed environments.
It also allows identifying the residents' perception of the place where they live. In this technique, residents are invited to appropriate the neighbourhood and evaluate the territory, its inadequacies, surplus or missing furniture, barriers and potentialities, among other important elements. This technique dispenses with the verbal formalization of concepts so it can be applied with groups with difficulties for verbal constructions of concepts.

For the co-selection (phase 2), the walkthrough is also called "NBS in situ" and combines walking around in the intervention area with a visioning participatory methodology. For applying this phase, you have had collected information about positive and negative aspects and deep insights about values and attitudes in the intervention area.
It can be done applying phase 1 for the walkthrough or another participatory

methodology for diagnostics, such as cultural mapping. But it is important to point out, you should not apply the phase 2 without a previous co-diagnostic and a previous NBS presentation (see the next topic "important recommendations).

The NBS in situ applies a visioning methodology while walking in the intervention area. The use of a non-static visioning activity allows the residents to better identify the most suitable NBS for a specific place, considering the territory and doing a scenario evaluation.

It is a valuable resource to be used to develop with the citizens a shared vision to promote short, medium or long term interventions, and also allow integrating multiple visions from different stakeholders. It results in a "shared commitment to a future vision and an energised team focused on what needs to be done to achieve that vision.''

IMPLEMENTATION
FOR THE CO-DIAGNOSTIC PHASE

Step 1 - Before the walkthrough

» Define the conduct of the researchers (see the role of the researcher);
» Prepare a work plan that explains who does what, when and where (eg which researcher conducts the questions and who is responsible for the photographs);
» Define whether the group will take researchers onsite spontaneously or whether the visit will be guided by questions from the researcher's questions;
» In the latter case, define the places to be visited and the questionnaire to be applied;
» Search on the place to be visited to help in the elaboration of the questions, in the contextualization and - perception of residentes' emotions and feelings;
» Groups up to 10 people;
» Define the time the visit may take;
» Check to visit limitations and impediments (dates, time, attends, weather);
» Plan the route to be visited (in case it is not a spontaneous visit), to save time, and prepare information that can be consulted during the course to feed the debate and discussions;
» Give a title to the task, for example: "Discover our streets and co-produce a shared vision";

» Material: maps in scale 1/50 in A4 or A3 format. Since the area is very large, it should be fractionated; card with structured questions to note the answers; maps for residents (when so decided); a clipboard to take notes on the fiche.

Step 2 - During the activity

» If the route is planned by the researcher, ask the participants to add their parallel paths (when compatible with the objective);

» If the route is not planned by the researcher, ask the participants what places they would like to present/visit and plan the best route before starting. Route deviations are acceptable;

» Before starting the tour, making an introductory meeting to inform the participants and clarify doubts about i) objectives; ii) benefits for residents; iii) on the registration of comments, photos and other observations;

» Suggested questions to motivate the discussion: What do you like in this place? What could work better or different? (eg, lighting, green spaces, connections between neighbourhoods, pedestrian paths, etc.) Why? How do people use the square/garden/street/ outer space of the neighbourhood? What usually happens in the square / in the garden / in the street / outer space of the neighbourhood? Where do you live? (when applicable);

» Observations (about the place, about the participants' comments, etc): make photographs to illustrate questions and answers; you can join the group at the end of the walkthrough to share the results;

» The role of the researcher: there may be a critical distancing, in which the researcher merely notes the results provided by the residents, without resorting to their own considerations of the place; OR there may be a critical positioning, in which the researcher also notes his reactions and emotions about the place.

Step 3 - Analysing results

» They must be placed in a matrix, with the map, photographs and comments;

» Record the words, avoid making interpretations;

» Check the frequency of topics covered and connection to spaces;

» The result can be checked in graphic form for better visualization of recurring themes.

Step 4 - Reporting results

» Write a report following URBiNAT template (including purpose, process, outcomes and findings) - it is already included in the analysis template;

» Schedule a meeting to discuss results (highlighting main themes, issues, problems, etc, that arose in the session);

» Discuss how to proceed for the next steps with the community, especially for NBS selection (applying the NBS in situ protocol).

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Walkthrough was used in several cities and several stages due to its capacity of engaging citizens and achieving objectives to identify needs, to ideate solutions and to develop the implementation scenario.
Walkthrough doesn't need high human and financial resources.
It motivates citizens for participation and their contribution is very expontaneous due to the direct contact with the intervention area.
It is a flexible method that had already different protocols in the different cities, differents stages and different target groups.
It's an open air activity that was very useful during COVID-19

CONSTRAINS

Walkthrough works better with small groups, maximum of 20 participants.
It needs two facilitators - one to interact with the group and take notes
The analysis is demanding with the organisation of citizen's contributions, the identification of categories and the production of graphics or GIS maps.

IMPROVEMENTS

Develop a GIS map and excel template to support reporting
Develop an app to improve citizens feedback and reporting

Photo Voice

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

General description

The participatory activities that use photos to activate the dialogue with citizens can be divided into two methods: Photo Elicitation and Photovoice.

Photo elicitation involves the use of photos to extract information from the studied reality. Photos allow a co-construction of reality through the interaction of 3 elements: the researcher, the photos and the interviewee.

Photo elicitation i) allows to explore the complexities and specificities of the individual situation and of the context and ii) facilitates the problematization and the conceptualization of identity through the interaction between the respondent and the researcher in the co-construction process of the theory.

The photovoice seeks to emphasise the perspectives of those who live their lives in a totally or radically different way from those who have the power to construct and affirm the meanings of normality in the context of the production and application of public policies.

In socially disadvantaged or marginalized communities the photos used for the interview are carried out by the interviewees themselves. It is a technique (called photo voice) that works well to engage children and young people in research.

The photo voice aims to give voice, through photography, to those who are usually silenced. It is also known as "participatory photography".

IMPACT ON SELECTED INDICATORS:

Direct impact:
»   Perception of physical barriers: walls, stairs, highways, declive;
»   Memories of happiness/fear in the area;
»   Qualities of: the houses, public space, neighbourhood and the urban area.

Indirect impact:
»   Use of space in the healthy corridor area: private/public; walking / playing / resting area;
»   Existing social and commercial cultivation activities (defining the types of culture);
»   Relations with neighbourhoods, education facilities, health facilities, public spaces.

SCALABILITY: Photovoice / Photo elicitation can be used in any territorial context and can host no more than 15 participants. If you have more, then you should create more groups.

Technical Description
In this sense, when we think of the strategies that we can use to analyse photo interviews, we have to give importance to:

i) the interviewees' gaze (what do the interviewees point out in the photo?);

ii) the context (in what context did that photo appear?);

iii) to listen (listen what is said, listen the silence and above all the way the narratives are hierarchized);

iv) juxtaposition and relations between photos (for example, how the oral discourse and the visual component of the photo become absolutely obvious or not?);

The elaboration of sociological portraits implies:

(1) the accomplishment of a biographical interview script adequate to the research objectives, but also developed to questioning the actors about his position concerning diverse spheres of life;

(2) performing two to three interview sessions, preferably with an interval of days or weeks between them, in order to promote the reflexivity of the actor;

(3) interviews transcription;

(4) editing the interviews in order that the final result is a speech in the first person of the interviewee;

(5) construction of the portrait, articulating theoretical resources and empirical material, that is, inserting a superficial interpretive slope;

(6) production of a title that highlights the interpretive guideline of the story, a summary of the life trajectory and a detailed body of the trajectory.

The scheme of the portraits presentation, described in the last phase of elaboration, allows three ways of reading the portrait: by title (ultrafast), by summary (fast), by the main body (more detailed).

IMPLEMENTATION
OF THE ACTIVITIES IN URBINAT

Phase 1 -
Before the Photovoice

»   Identify purpose and expected outcomes of the Photovoice ;
»   Determine how many photovoice workshops will be conducted (multiple photovoice allow comparison and complementarity of gathered information);
»   Identify the participants (how many? Ideal between 20 to 25, to be divided in groups of 6-8);
»   Identify participants, their name and contact details and send invitations;
»   Identify a set of topics (maximum 5-6 relevant for the purpose): what I like most in my...; what I would like to do here...; what is the big challenge/ opportunity for my...;
»   Develop a script (plan the phases of the session: from welcome to closure);
»   Identify the facilitators and train them. One facilitator per each group of 6-8 people;
»   Choose a location (easy access, comfortable);
»   Create local conditions (p.e, create conditions that every participant sees all others);
»   Set a time (depending on the time consider food and/or drinks);
»   Provide materials (notebook, computer, audio or video recorder, flip chart, list of participants, script, name tags, clock for time control, etc).

Phase 2 -
How to select the photos

»   Send a message to the participants to bring images (2-3), according to the theme of the session - my neighbourhood (house, family, friends, open areas, public space); NBS (NBS that I like most), old photos/ new photos, photos from magazines about their neighbourhood/city;
»   Any photo can be good, if the interviewee can talk about it. An image in a photo has several layers of meanings;
»   It can be colour or black & white. It should be sharp;
»   You can use existing images from the archive of the interviewee or from the interviewer. you can also ask the interviewee to do new pictures or you can do a walkthrough to collect images. You can also pick images from websites. The important thing is to use one criteria.

Phase 3 -
During the Photovoice

»   Arrive before participants to set room;
»   Welcome and introduction of facilitator (and note taker, if exists);
»   Ask participants to introduce themselves;
»   Obtain informed consent;
»   Ask participants to say their name everytime they make a comment during the session;
»   Conduct the session according to the script;
»   Audio or video record the session;
»   Monitor the time closely;

» To finish, thank participants and tell them the next steps, including devolution of results.

Phase 4A - Implement the Photovoice (kick-off for children/adults) - 20 minutes per group

» 5 minutes - Explain briefly the goal of the session according to the theme and how it will happen. Divide the participants in small groups of pairs 6-8 people;
» 5 minutes - each pair will present the picture to the person on their side;
» 10 minutes - each person talks about his/her picture, according to the goal (see questions below);
» 5 minutes - conclusion.

Phase 4B - Implement the Photovoice (kick-off for children with grandparents)- 20 minutes per group

» 5 minutes - Explain briefly the goal of the session according to the theme and how it will happen. Divide the participants in small groups of pairs 6-8 people;
» 5 minutes - each grandparent will present the picture to the children on their side;
» 10 minutes - each grandparent talks about his/her picture, according to the goal (see questions below);
» 5 minutes - conclusion - children explore the conclusions: a) identify the themes discussed as positive, as opportunities, as proposals - use a A2

to register with a table; b) use diamond ranking to identify the most relevant and less relevant images for the group, according to the theme.

Phase 5 - Analyzing results

» After the session, the facilitator should write up a summary of impressions; according to the methodology used for the conclusion - table or diamond ranking;
» Transcribe the audio recording of the session, as soon as possible;
» Read the impressions, the transcriptions and write down themes and trends, relevant comments and emotional responses;
» Interpret the results: what are the major findings?

Phase 6 - Reporting results

» Write a report following URBiNAT template (including purpose, process, outcomes and findings);
» Schedule a meeting to discuss results (highlighting main themes, issues, problems, etc, that arose in the session);
» Discuss how to proceed.

Phase 7 - Transfer to Observatory Platform (GIS and Mymaps)

The process for creating the map:
With the ultimate goal of allowing the visualization of the results of photovoice and walkthrough activities performed in Corujeira and Falcão elementary schools, a practical and accessible mapping platform was selected: MyMaps

The first step was to gather the information on each of the points: briefly, each location has one or more associated images and a textual response obtained during the activities. The text information, along with the coordinates of each point, were organized in excel table format so that the information could be entered into the ArcGis program to generate a file in KML format. The KML file contains the georeferenced sites already with the associated text and can finally be inserted into the MyMaps platform for final formatting.

At this time, the location information is already entered: Finally, the images are submitted individually at each point, as well as the necessary textual corrections. The platform also allows the editing of the icons of each location and the creation of paths between them, so that the information to be exposed can be as understandable as possible.
This tool will support the urban planners to integrate the students view in the healthy corridor plan.

Photovoice table

1. Divide the participants in groups

» Each participant tells a story about one image or answers to the facilitator questions about it.

» In the table, the facilitator organizes the topics that were mentioned in order to establish links.

» All the photos should have a number to relate it with the topics.

THEMES				
LIKE	1 - trees			
DO	1- ride bike			
PRESERVE	1- sculpture			
CHANGE	1 - more trees			

		+ Important		
		- Important		

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Photovoice was used in several cities and several stages due to its capacity of engaging citizens and achieving objectives to identify needs and to ideate solutions.
Photovoice doesn't need high human and financial resources. It needs only one faciltator.
It motivates citizens for participation and their contribution is very expontaneous due to the direct contact with the images.
It is a flexible method that had already different protocols in the different cities, differents stages and different target groups.

CONSTRAINS

Photovoice works better with small groups, maximum of 10 participants,
around a table. The analysis is demanding with the organisation of citizen's contributions, the identification of categories and the production of graphics or GIS maps. During COVID-19 it was difficult to use because citizens had to touch the pictures.

IMPROVEMENTS

Develop a GIS map and excel template to support reporting
Develop an app to improve citizens feedback and reporting
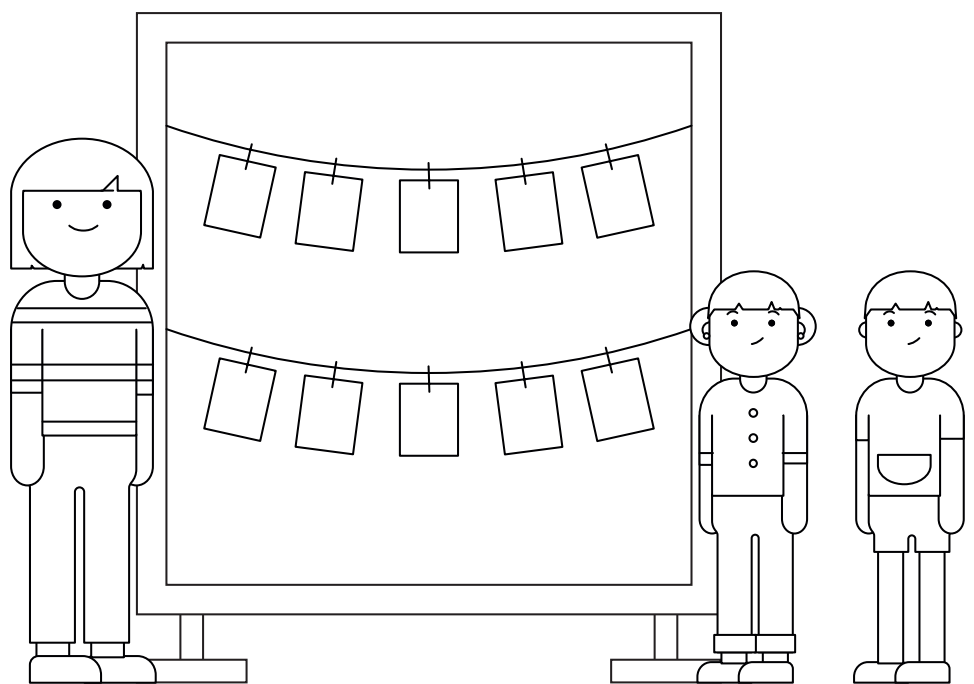
Cultural Mapping

URBiNAT Data Collection

URBiNAT Data Collection

General description

The combination of cultural mapping, motivational interviewing and participatory design can be identified in participatory activities that URBiNAT's working group on participation has developed with the local task forces of Porto and Sofia in the process of approaching and engaging citizens and stakeholders. These approaches are further detailed in deliverable D3.2.

Cultural mapping can be defined as a field of interdisciplinary research and a methodological tool in participatory planning and community development. The URBiNAT's approach to cultural mapping aims to catalyze processes for actively connecting people and deepening knowledge of a locality. It is a process of collecting, recording, analyzing and synthesizing information in order to describe the cultural resources, networks, links and patterns of usage of a given community or group in a specific locale. Extending from the experience of psychology focusing on addressing behavioural risk factors, such as drinking, smoking or other forms of substance abuse, motivational interviewing has evolved to form a methodology and technique for wider efforts to promote behavior-change in extended communities. The core originally took the form of dialogue for the purpose of building understanding about outstanding needs.

Participatory design started from the simple standpoint that those affected by a design should have a say in the design process. One might say that two types of values strategically guided participatory design. One is the social and rational idea of democracy as a value that leads to considerations of conditions that enable proper and legitimate user participation—what we refer to here as "staging" and" infrastructure" design Things. The other value might be described as the idea affirming the importance of making participants' tacit knowledge come into play in the design process—not just their formal and explicit competencies, but those practical and diverse skills that are fundamental to the making of things as objects or artifacts.

WORKSHOPS WITH STAKEHOLDERS

Objectives:
- mapping of stakeholders;
- identify profiles, activities and participatory experience;
- engagement, recruit participants / co-developers.

Assumptions:
each person has brought a picture or an item: "For this meeting, please bring an illustration or an object representing where and how you work locally, what you feel and would like to convey about it. We would also like you to share with us an experience of participation or involvement with citizens in the project's intervention or in another area of the city".

Discussions:
- What do you like about the area? (a tree, a community centre, a shop, people, a road, an old friend, a bar, etc.)
- What would you like to change?
- How can you contribute and who should help?

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Cultural Mapping was used to catalyze processes for actively connecting people and deepening knowledge of a locality. It is a process of collecting, recording, analyzing and synthesizing information in order to describe the cultural resources, networks, links and patterns of usage of a given community or group in a specific locale.

Cultural Mapping doesn't need high human and financial resources. It motivates citizens for participation and their contribution is very expontaneous due to the direct contact with the intervention area.

It is a flexible method that had already different protocols in the different cities, differents stages and different target groups. It's an open air activity that was very useful during COVID-19

CONSTRAINS

Cultural Mapping works better with small groups, maximum of 20 participants.
It needs two facilitators - one to interact with the group and take notes. The analysis is demanding with the organisation of citizen's contributions, the identification of categories and the production of graphics or GIS maps.

IMPROVEMENTS

Develop a GIS map and excel template to support reporting
Develop an app to improve citizens feedback and reporting
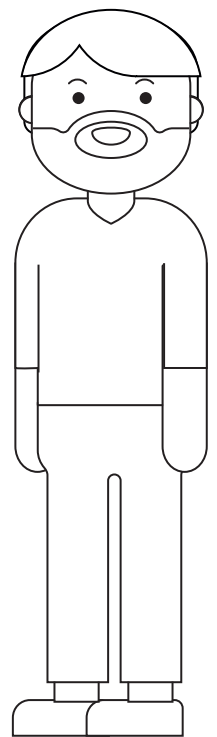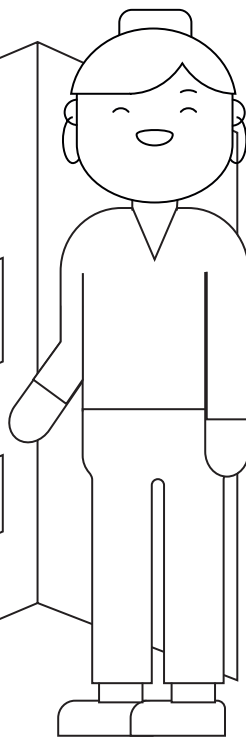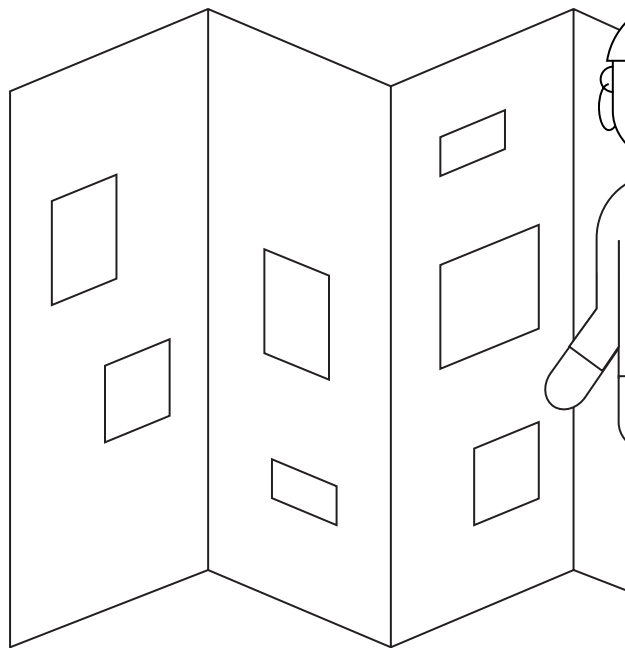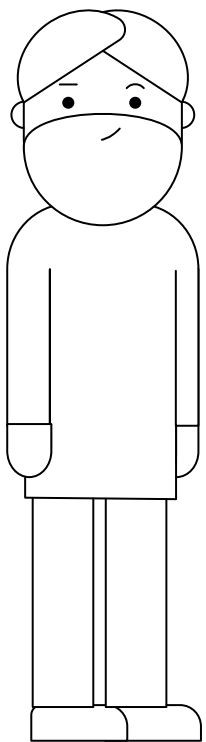
Board Game
Jogo da Glória

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

General description

This activity is intended to develop a performance to introduce to participants the concepts around NBS, through the use of an interactive game.

The facilitator asks two or three volunteers to roll a die, and advance in the board game accordingly. If the die falls on a number, the participant can ask a question about the project and NBS he/she knows or to which he/she was introduced in another activity, such as having watched a video on URBiNAT's project. If the participant doesn't have a question, the facilitator can ask: why is URBiNAT in this area? what do we want to do together? what is a healthy place? what does nature have to teach us?

If participants fall into a picture, the facilitator does not give the NBS name or illustration, but just asks the corresponding questions. If the picture is URBiNAT's logo: what does URBiNAT mean? For all other images: what does this image represent and inspire you? The facilitator can provide further indications if needed to help feed responses. E.g.:

» Bread house: concept of solidarity - Naturally we are collaborative and so are the bees! How can we harness this natural resource of ours to increase well-being and solidarity in the community?

» Green rooftop garden: concept of reused space - There are too many empty and gray spots to recolor! In what urban spaces can we reintroduce nature for the benefit of all?

» Modeling: concept of drawing and imagining together - We are all creative, yes!

How to unleash our imagination and creative energy together?

»	Urban garden: concept of using natural spaces to produce resources together - It is not only in the supermarket that you get fruits and vegetables! Have you thought about farming in the city, close to home? Watercourse recovery: concept of rehabilitating nature in the city to help us with climate management - Cities hide many rivers! Did you know that they can help control floods and at the same time restore the flora of the region? Where in your area?

»	Ceramic lining that holds rainwater, prevents flooding and feeds plants that clean the air: concept of introducing design and technology to empower nature - Technology is often seen as contrary to nature! How can art, imagination and innovation work simultaneously with nature?

This activity mainly enables to:

»	broaden the perception on the existence of NBS in the city;

»	expand the concept of NBS to immaterial dimensions, as well as on the opportunities to combine material and immaterial solutions;

»	highlight key components of NBS for the participants;

»	collect suggestions for participatory activities to be developed within URBiNAT, so further engagement of potential champions;

»	map critical issues to be solved in the area of intervention;

»	collect and answer questions about URBiNAT project for appropriation of and engagement in the project.

Checklist - List of resources on the station:

»	2 facilitators
»	1 game screen
»	big dice
»	2 bench seats
»	1 large sun hat (to cover electrical equipment)
»	1 stamp
»	1 list to collect accounts and contacts of participants (parachutists) and their possible contributions (observation)
»	informed consent forms
»	1 closed file folder to save the results at the end of the day for further analysis
»	1 A4 clipboards
»	1 station nameplate
»	nursery trees
»	1 small sun hat
»	2 nameplate for facilitators
»	2 t-shirts
»	mobile phone with contacts of team members

POSITIVENESS

"Jogo da Glória" is a traditional game that citizens know and like to play.
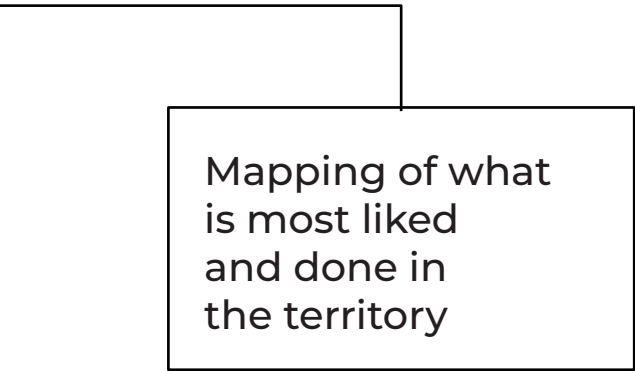It is funny and citizens liked to assist and participate, while others were playing.
It creates awareness to the topic, namely NBS, and consolidate the diagnostic on the citizens perspective of NBS.

CONSTRAINS

Due to the dynamic, it's difficult to take notes. Two people are needed to facilitate.
It's important to use good base for the carpet where the images are printed.
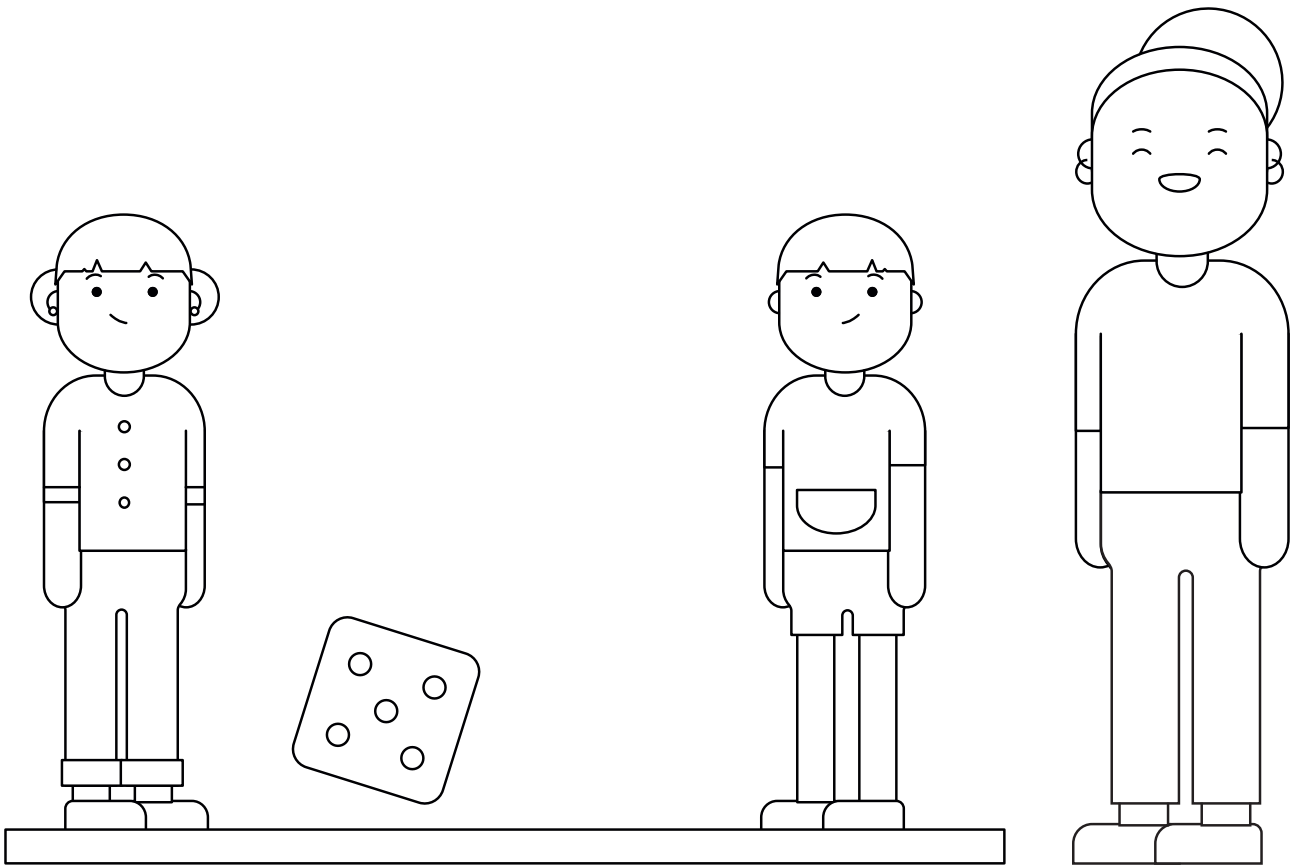
Mapping of what is most liked and done in the territory

General description

Demonstrate to participants a map of the project's intervention zone (A1 format) to identify specific zones (which they like best, that they like least, where they identify problems or value) with the help of stickers or the possibility of draw/write a custom sticker. In this way it will be possible to identify priority zones in the study area.

Implementation

1. Ask each participant to contemplate the map of the area, explaining the provenance of the elements already mapped.

2. Explain that the objective is to understand the relationship that the inhabitants have with the different areas, either by the activities they develop, or by affective or familiar relations.

3. Also identify the existence of stickers that come from interactions with other participants and which may be complementary.

4. The customizable sticker is the privileged element because it allows the introduction of new concepts in city mapping.

5. Make the participant aware of the importance of this activity, because it will allow to understand the flows of each area and the specificities in its relationship with the different public spaces.

6. If participants find it difficult to identify associated areas and activities, the facilitator should help to recall moments such as local festivities, home holidays, long weekends, family picnics, childhood memories, etc.

Checklist - List of resources on the station:

- » 2 facilitators
- » 1 support table
- » 1 bench
- » nursery trees
- » 1 box of colored pens
- » pencil
- » 1 stamp
- » 1 list to collect accounts and contacts of participants (parachutists) and their possible contributions (observation)
- » informed consent forms
- » 1 A4 clipboard
- » 1 map of the study area in K line
- » 1 support for the map
- » stickers
- » 1 station nameplate
- » 2 nameplates for facilitators
- » 2 t-shirts
- » mobile phone with contacts of team members
- » 1 closed file folder to save the results at the end of the day for further analysis
- » Have a smartphone to take a photo at the exit of each group
- » Recording the accounting of used and unused stickers to arrive at the count.

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Mapping was used in several cities and several stages due to its capacity of engaging citizens and achieving objectives to identify needs and to ideate solutions.Citizens are used to analyse google maps images.

It is easy to do comments and make schemes to underline needs and ideas.
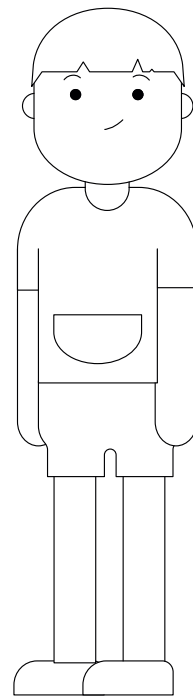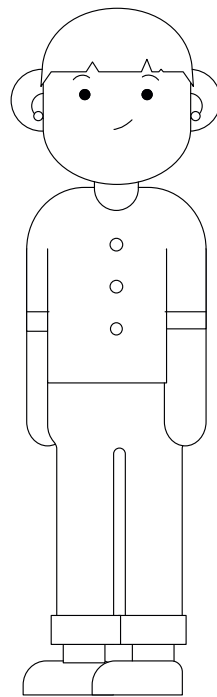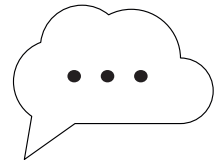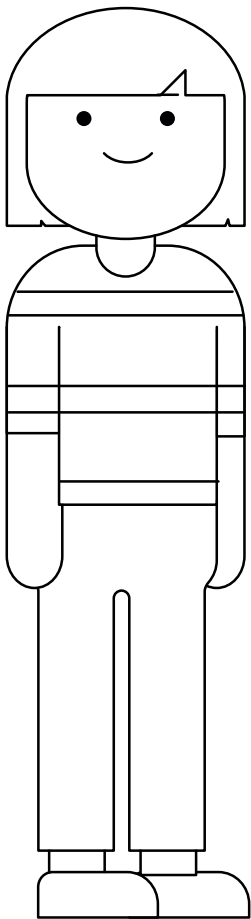It doesn't need high human and financial resources. It needs only one facilitator.
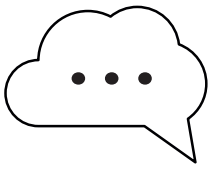
CONSTRAINS

The sense of scale might induce in wrong perceptions of space

IMPROVEMENTS

Develop a GIS map to support reporting
Develop an app to improve citizens feedback and reporting

Feelings / Contrasts
(scale from positive to negative)

General description

In this activity, there are 3 structures of 5 tubes.

Each pipe structure corresponds to a question that is asked to each participant (e.g. if they like / dislike the are) and they have to answer by placing a marble from pipe 1 (e.g. do not like) to pipe 5 (e.g. they like it a lot).

The methodology is repeated for the remaining 2 pipe structures, which will have different questions (e.g. feeling close to nature and enjoy living with people from the area).
At the end of the activity, it will be possible to see the response trends according to the number of marbles placed in each tube for each response.

Implementation

1. The facilitator should explain the objectives of the 3 questions, leading participants to reflect on their opinion, quantifying their perception of feelings, people and places.
2. There may be some tendency to respond according to the higher number of answers given, but it is up to the facilitator to interpret the "signs" of doubt or discomfort by exposing the answer the person will give.
3. Here the facilitator should also get feedback on these concerns and additionally have an observer note these behaviors.

Checklist - List of resources on the station:

» 2 facilitators
» form for counting results at the end of the day
» 1 closed file folder to save the results at the end of the day
» 1 support table
» Nursery trees (approximately 11 meters long)
» 1 bench
» 3 structures of 5 tubes (3 supports + 15 tubes)
» 600 marbles/balls
» 1 stamp
» 1 list to collect accounts and contacts of participants (parachutists) and their possible contributions (observation)
» informed consent forms
» 1 A4 clipboard
» 1 station nameplate
» 2 nameplates for facilitators
» 2 t-shirts
» mobile phone with contacts of team members

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Creating "Living tridimensional Likert Scales' ' has been proven to be a right decision to humanize and to introduce a playfulness attribute to them. Citizens enjoyed the experience at the same time that they gave us the intended information for the project.

The URBINAT tool observers played a key role by identifying the participants that showed difficulties or some level of embarrassment "to put their vote" on the more negative levels of the tube scale. By dialoguing with them not only they understood the obstacle to participate as well as they deep interviewed them informally gathering deeper information about their feelings and sense of belonging.

CONSTRAINS

The final shared analysis about the results needs to have better previously prepared arguments and insights. The participants like to have good feedback about what they were involved in.

IMPROVEMENTS

Create an analysis matrix (scientific based) to be fulfilled by the facilitators in the end of the real life context experience with the tools.
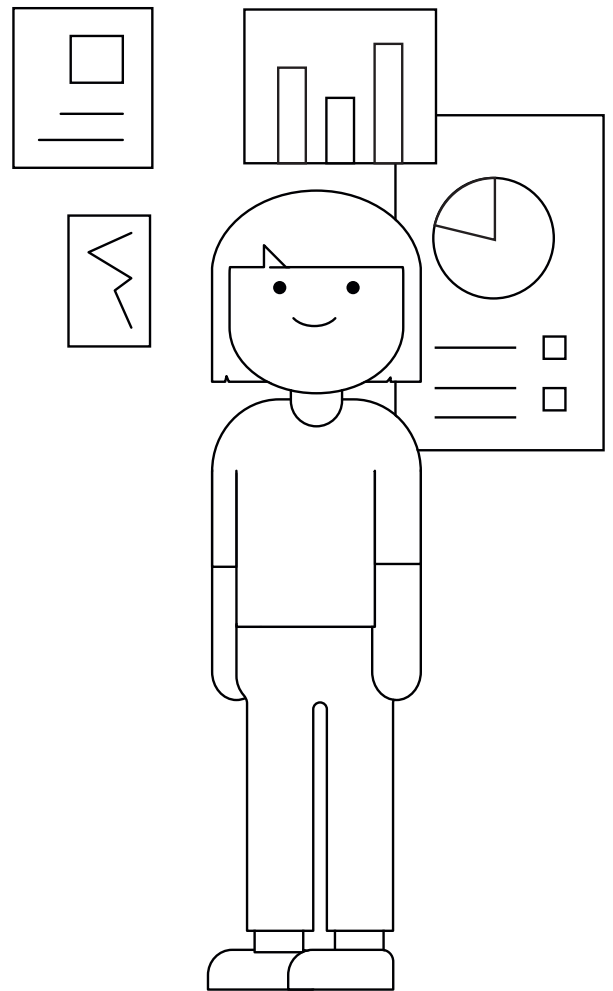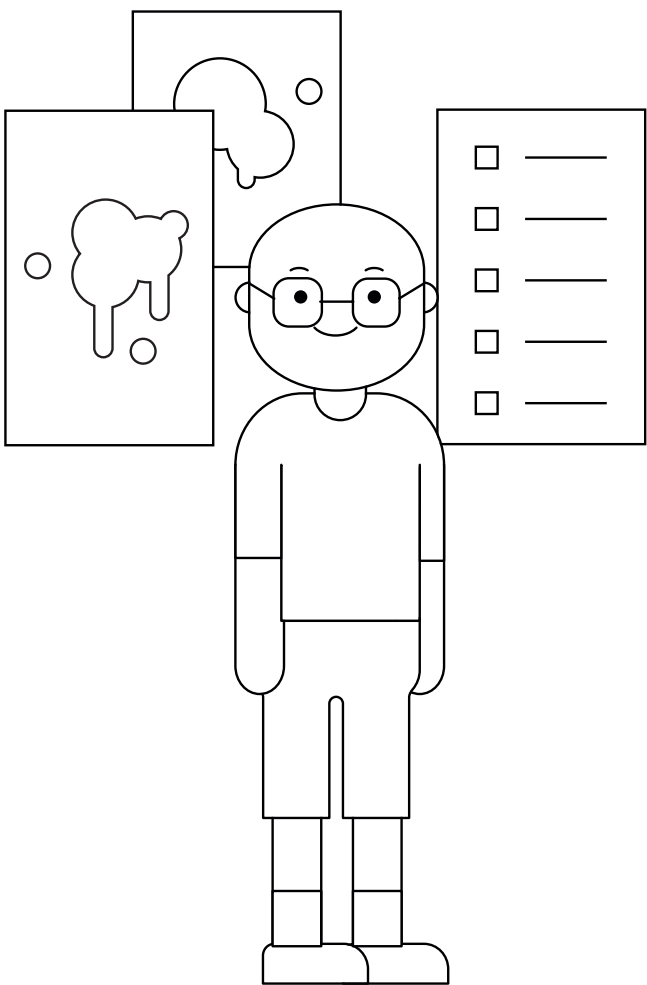
Gaming
and Performance
"NBS around the tree"
or NBS Exhibition

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

General description

This activity is intended to develop a dynamic or performance to introduce to participants the concepts around NBS, through the use of NBS pictures hanging on trees or on ropes. The interaction between the facilitators and participants during the presentation is key in order to create the narrative and generate a "performing" presentation.

The facilitators need to circulate in the middle of participants to get more attention from them when they are losing it. Facilitators need to be very attentive to participants who are not participating or apart from the dynamic, offering help when they are feeling uncomfortable (tired or not feeling well in a noisy environment), giving a special attention in helping to understand and to enter the dynamic of choosing the NBS, but without being insistent. Participants, whose attention is more difficult to catch, can be recruited to help in explanations.

Presentations and interactions can start focusing on Health (as an objective of URBiNAT, of having the city of participants even more healthy and friendly), on what it means for them and after for URBiNAT, expanding from the physical dimension to the social and mental well-being. On what makes them Healthy and Happy.

Once the participants are involved, the facilitators have an interactive talk about the NBS, giving them:

» a "flower" shape post-it to be placed on an NBS that they already knew about;
» a "like" shape post-it to be placed on an NBS they would like to see implemented near their area.

Concepts around NBS are very dense, and we need to focus on the dimensions of URBiNAT's catalogue of NBS, how these dimensions interact and how it relates to the "real life" of participants, since it is for most of them their first contact with the concept of NBS and with many of the solutions of the catalogue. The objective is to instigate interest. E.g.:
i) technology - computer, cell phone, but also related to nature like solar panels and wind turbines;
ii) territorial - land, rain, territory;
iii) participation - inspiration on animals, how they collaborate, like ants, but also being together to build things, or discuss and know each other like what we experience together at that moment;
iv) social and solidarity economy - focus on solidarity and sharing resources, friendship ties, also a possible connection with bees (their generous collaborative work from which we benefit).

However, giving explanations about each NBS is much easier when manipulating posters with participants, going around with them and asking them what they see and understand, and completing their understanding with more details about the solution. Many participants call facilitators from a poster to another to show what they choose or ask what is represented in the poster, in order to help them to choose.

Concerning specificities of groups and individuals, they can be addressed starting with the different accents and origins of the facilitators, and that each of us as individuals, even sounding strange, need each part of our origins and differences to be Happy, that is, complete and Healthy (physically, socially and mentally).

This can more easily lead the facilitator to focus on diversity, that even in URBiNAT we are people from different countries and different backgrounds, and that it helps us to build a project with contributions and solutions from all of us, that we want to share it with them and expand this construction with them.

During the application of this activity in schools of Porto, children (independently of ages) had a very receptive reaction when confronted with the fact that they are citizens of TODAY (not only for the future), and that today any decision related to their living environment should be taken with them, that they should be part of the decisions that have an impact on their lives (ex.: parks, playgrounds that they use on a daily basis). A promising field of empowerment and dialogue on children's rights.

Participants can also be receptive and curious about other places, other cities of the project. This includes sometimes to guess from which country the cities are, or even getting the name of local soccer teams. Playing with words in different languages and accents, like explaining the English name of URBiNAT or pronouncing the name of URBiNAT's cities is also catchy.

FEEDBACK ABOUT THE TOOL

POSITIVENESS

The exhibition of NBS opens a discussion about the knowledge of the NBS that are represented in the posters and about the interest of implementing NBS in the district.
It doesn't need high human and financial resources, although some funds need to be allocated to print the posters. It needs only two facilitators.

CONSTRAINS

It is important to choose good images of NBS in order to motivate the conversation about it.

IMPROVEMENTS

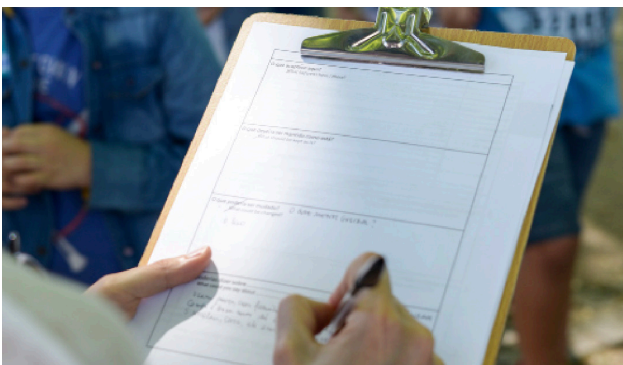Develop an app to improve citizens feedback and reporting

Focus Group
- observation -

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

General description

A focus group is a method for collecting qualitative data that combines interview and observation of a group of individuals that share a particular experience or knowledge.

In a focus group, the researcher poses a series of predetermined questions to the group aiming to explore their perceptions, meanings and experiences on diverse topics. The interactions established between participants during the session are also important sources of information that require the researcher's attention.

Phase 1 -
Before the focus group

» Identify the purpose and expected outcomes of the focus group;
» Determine how many focus group will be conducted (multiple focus group allow comparison and complementarity of gathered information);
» Identify the participants (how many? Ideal between 6 and 10);
» Identify a list of key attributes of participants (relevant for the purpose);
» Identify participants, their name and contact details and send invitations;
» Identify a set of questions (maximum 5-6 questions relevant for the purpose);
» Develop a script (plan the phases of the session: from welcome to closure);
» Select a facilitator (someone able to keep the discussion going, making sure all participants are heard; someone who does not actively participate in the dialogue);

» Choose a location (easy access, comfortable);

» Create local conditions (p.e, create conditions that every participant sees all others);

» Set a time (depending on the time consider food and/or drinks);

» Provide materials (notebook, computer, audio or video recorder, flip chart, list of participants, script, name tags, clock for time control, etc).

Phase 2 - During the focus group

» Arrive before participants to set room;

» Welcome and introduction of facilitator (and note-taker, if exists);

» Ask participants to introduce themselves;

» Obtain informed consent;

» Ask participants to say their name every time they make a comment during the session;

» Conduct the session according to the script;

» Audio or video record the session;

» Monitor the time closely;

» To finish, thank participants and tell them the next steps, including devolution of results.

Phase 3 - Analyzing results

» After the session, the facilitator should write up a summary of impressions;

» Transcribe the audio recording of the session, as soon as possible;

» Read the impressions, the transcriptions and write down themes and trends, relevant comments and emotional responses;

» Interpret the results: what are the major findings?

Phase 4 - Reporting results

» Write a report following URBiNAT template (including purpose, process, outcomes and findings);

» Schedule a meeting to discuss results (highlighting main themes, issues, problems, etc, that arose in the session);

» Discuss how to proceed.

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Focus group was used in several cities and several stages due to its capacity of engaging citizens and achieving objectives to identify needs and to ideate solutions. Researchers are usedCitizens are used to analyse google maps images.
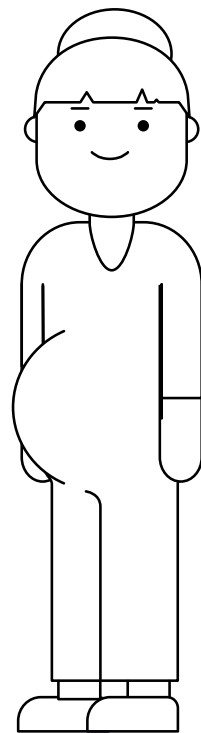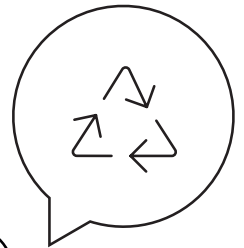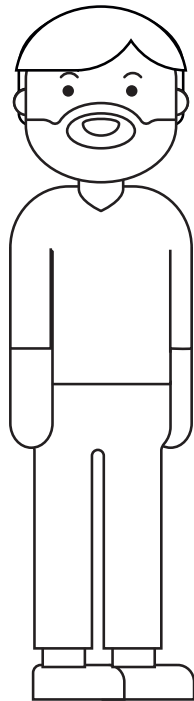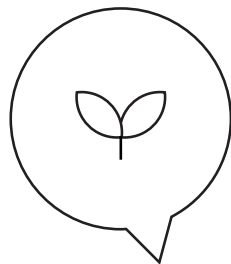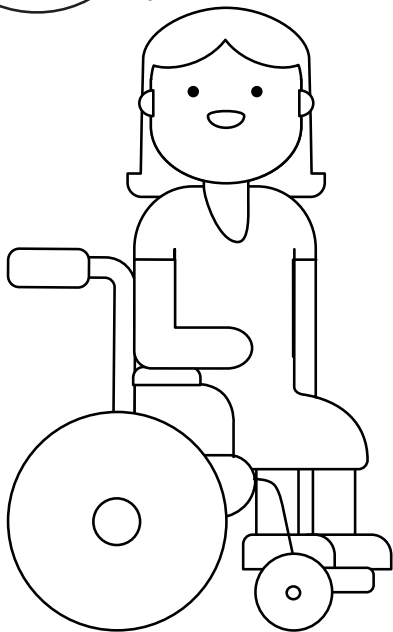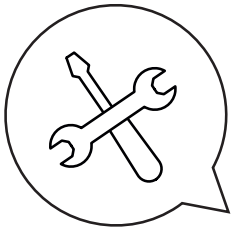
It doesn't need high human and financial resources. It needs only one facilitators.

CONSTRAINS

It is important to choose good images of NBS in order to motivate the conversation about it.

IMPROVEMENTS

Develop an app to improve citizens feedback and reporting

Proximity — Ateliers

General description

A proximity process is considered that essential to get as close as possible to the local reality, which means, being present on a daily basis, involving people with different interests and with different specificities, and developing actions that simultaneously achieve the project's objectives and keep people motivated in participating.

If proximity is a factor of greater involvement between researchers and citizens, it is also a factor of tension, which exposes both actors to the contradictions and circumstances of the technical, social, academic and political reality of each one.

These proximity processes thus pose a set of challenging aspects that should be considered and discussed in the preparation of the investigation, but also during its implementation in the field, namely:

• encourage the researcher's autonomy in the field work regarding the project's methodology and timetable;
• allow for a trial and error process, adaptable to everyday circumstances;
• record activities and meetings and share with the team, through a field diary;
• adjust project times to citizens' times;
• managing the expectations of the different project partners and citizens regarding the results of the participation process and their integration into the healthy corridor;
• establish close and extended communication with the community, through local communication channels;
• create synergies between the different local actors for this and other projects;
• involve other ongoing projects in the area of intervention, either by the municipality or by local associations.

URBiNAT Data Collection

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Close communication with the community
Openness of the co-creation process
Creates synergies with other projects

CONSTRAINS

The internal and external adversities of the project forces researchers to explain the changes of the activities to the citizens
It has a high cost due to the need to allocate one facilitator in the field.
The facilitator/researcher is very exposed to the citizens' claims.
The facilitator becomes the face of the project.
The co-creation process needs to be adaptable to the local constrains.

IMPROVEMENTS

Create a living lab office close to the citizens
Prepare communication materials to offer

Observation —
Ethnographic interviews

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

Objectives

Identify potential interlocutors / champions / interested in continuing to participate in the project as nodal points and satellites of a local collaborative network:

» As facilitators of the project: people who know the region (or part of it) and the residents well, and will be able to organize, along with the URBiNAT team, routes, direct observation practices, mappings, and other forms of territory recognition and also collaborate in the organization of participatory activities in the various co-creation stages of the project;

» As storytellers / memory activators: people who know the history of the area well and can be interviewed, or participate in conversation rounds and other events that will be organized in the near future;

» As trainers / multipliers: people who have experience or interest in delving into the issues covered by the project (such as environment, sustainability, health, food, cultivation, recycling, culture, inclusion, nature, public space, etc.); and

» Other forms of participation that may arise from the contact with these people.

Produce content for event videos that gather audio, video, photo and possibly participant testimonials.
The idea is not to make a "long movie" with people during the event, but to gather insights, perceptions, desires or needs.
Collect inputs for Action Research.

Implementation

Be aware of the people who show the most interest during the event.

Circulate and be in regular contact with those responsible for activities so that they can also indicate stakeholders and alert points.

Approach people and start an informal conversation with questions such as: What are you thinking about the event? Do you live / work / around here? Do you like living / working / attending this region of Porto? Do you think a project like this could be good for the region? Would you have any suggestions / comments?

Once a person with some potential participation in the project is detected, a mini-interview can be made: record with audio from the phone, asking them to start with their name, phone, email, what brought them to the event and then let her make the statement she wants. All with careful information on how the data will be used in accordance with ethical principles and guidelines.

If a person with a high potential for participation in the project is detected, it would be interesting to contact the person responsible for the research team immediately.

When not directly addressing people, team members can also make short videos and general photos of the event, always focusing on people's participation and involvement.

Edition of a video to gather the participants' views, comments and contributions, showing the multilayered approaches and reinforcing some of the common ideas shared by the participants, as detecting some of the main words that arise from the citizens' voices.

Beyond the citizens' voices, which can be heard in the video, it is important to highlight a few comments to think of future activities in the co-creation process. This kind of more informal approach to people enables very sincere comments from some of the participants.
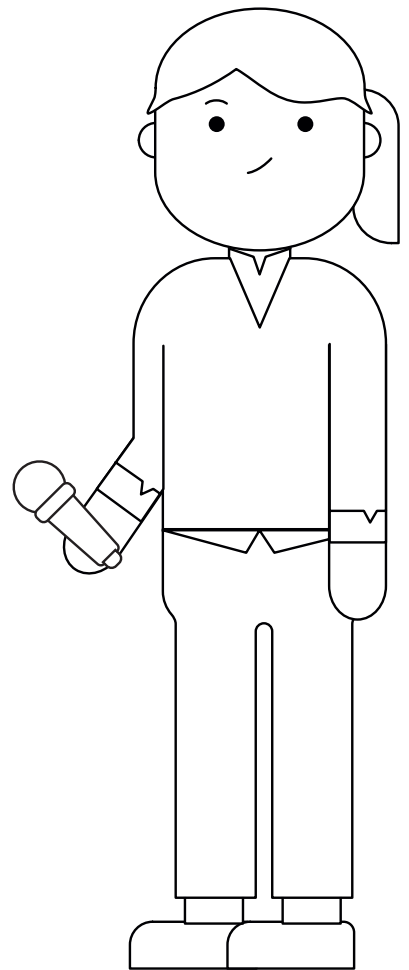
FEEDBACK ABOUT THE TOOL

POSITIVENESS

Close communication with the community
Openness of the co-creation process
Creates synergies with other projects

CONSTRAINS

The internal and external adversities of the project forces
researchers to explain the changes of the activities to the citizens
It has a high cost due to the need to allocate one facilitator in the
field
The facilitator/researcher is very exposed to the citizens' claims.
The facilitator becomes the face of the project
The co-creation process needs to be adaptable to the local
constraints

IMPROVEMENTS

Create a living lab office close to the citizens
Prepare communication materials to offer

TRIZ Validation

Objectives

Through creative processes and design thinking adapted to collaborative dynamics, we seek to generate new creative ideas to solve the different problems and challenges characterized in the previous steps, initially promoting divergence, that is, the search for a quantity of solutions (divergence) from the different angles and stimuli of the innovation challenge previously parameterized with the analysis of the workshops held. In a second phase, the convergence of ideas is sought, taking into account the selection and filtering processes where the connection, addition, subtraction and clustering of ideas is fundamental, as well as the continuous stimulation of the confrontation of ideas between the subgroups of stakeholders in co-creation.

This confrontation of ideas is carried out with a view to a consensus of the entire group around the 5 ideas with the greatest potential for innovation.

IMPLEMENTATION

"Windmill" Brainstorming and Trends Cards

Mechanics; Exercise performed in separate groups.
OBJECTIVE: Divergence - Creative Stimulus, Generation of quantity of ideas / Freedom of creative expression, Stimulus to lateral and divergent thinking, Introduction to group dynamics of existing ideas at EDP so that they can be validated and integrated in the creative process under development.

Operation:

The working tool for this exercise is pre-parameterized with the summary of information from previous workshops, clustered in 5 areas of creative exploration:

I. Keywords: generated over the first 3 workshops, essentially in the first one.
II. The dimension of the EU (individual) obtained in workshop 3 - Observation of trends
III. The dimension of NOS (community) which was also obtained in the 3rd workshop which contains information from the 1st and 2nd workshops, where the issue of NOS was very present in the analyzes carried out.
IV. The dimension of the LOCATION
V. The dimension of Experiences - usability, interfaces, service, product and communication, whose information was taken from the analysis of the 2nd and 3rd workshops.

Based on these 5 dimensions, groups are asked to make two types of exploration of these stimuli:

1 - Functional exploration of ideas based on summary information; **2 -** Emotional exploration of ideas, which asks for a greater degree of abstraction and creative freedom, and whose stimuli, in addition to the summary information, integrate the ideas generated in the first phase of the exercise. In this second, more creative stage, people are asked to link ideas and add their own ideas "on top" of the ideas that their colleagues generated.

This entire exercise is being fed with the "Trends Cards" that the IDEAS(R) team - as facilitators - prepare with EDP, taking into account pre-existing projects/ideas in the organization, as well as some pre-existing ideas. ideas that result from the first workshops in co-creation with the stakeholder group. These "letters" have the function of provoking creative and lateral stimuli to the group's thinking, especially in moments when the dynamics are less. This dynamic aims to generate "the 50 ideas" base, with a high potential for innovation.

SELECTION AND FILTER

Mechanics; Exercise performed in separate groups
OBJECTIVE: Convergence, Creative Stimulus, Stimulus to systemic and convergent thinking, Selection and filtering of ideas for cluster identification, identification of ideas with greater potential to generate innovation, connect, add, subtract, synthesize.

Operation:

The working tool for this exercise seeks to stimulate two great moments of selection and filtering of ideas. In a first phase, the groups are asked to select by voting the 15 best ideas, from the "50 best" that they identified in the previous divergence exercise. In this voting process it is important to identify the connections between ideas, and at the end of this phase it is important that the group agrees (preliminary consensus) with the 15 ideas identified. In a second phase, the group is asked to make an effort to synthesize ideas (convergence), their clustering and transform the 15 ideas into 5 ideas with great potential for innovation.

IDEAS CONFRONTATION

Mechanics; Exercise performed with the whole group and an IDEAS(R) facilitator EVOLUTION

OBJECTIVE: Systematization and Synthesis - Group consensus, Focusing on the best ideas, Stimulus to systemic thinking

Operation:

After the two previous tools carried out in subgroups, the Stakeholders are asked to present together the 5 best Ideas of each subgroup, also identifying the synthesis and clustering processes carried out to reach the presented result.

It is intended in this way that the information transmitted between the groups is as large as possible so that this sharing can Américo Mateusserve as a stimulus for the effort to generate the final consensus of the ideas presented by the groups. This final moment is facilitated by a senior researcher from the research team, as it is intended that even at this final moment the group will be able to continue to connect, add, subtract and synthesize ideas. In this way, the principles of creative thinking are always respected.

At the end of this workshop, with the support of the research team, the Ideas Mapping is carried out, which summarizes and maps the entire path of convergence and systematization of ideas and carries out the final clustering of innovation ideas generated by the Group of stakeholders in co-creation.

This Map was then shared on EDP's "Co-creation" platform, so that Stakeholders could even provide more ideas and interact with each other. This Ideas Mapping is also the base tool for the following workshop.

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Close communication with the community
Openness of the co-creation process
Creates synergies with other projects

CONSTRAINS

The internal and external adversities of the project forces researchers to explain the changes of the activities to the citizens
It has a high cost due to the need to allocate one facilitator in the field
The facilitator/researcher is very exposed to the citizens' claims.
The facilitator becomes the face of the project
The co-creation process needs to be adaptable to the local constraints

IMPROVEMENTS

Create a living lab office close to the citizens
Prepare communication materials to offer

Mockup´s
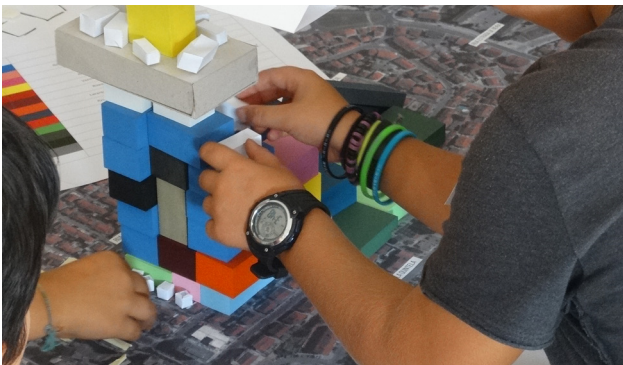
URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

General description

Based on the observations collected in the previous sessions, a curatorial and mediation approach should be exercised, given the diversity and scope of the options for activities already proposed by the citizens. This approach should take into account the methodological position of the project and use the construction of these experimental scenarios of the proposed ideas as a catalyst for the appropriation process, which could become the healthy corridor. The experiment will thus be co-produced with the citizens who developed the proposed ideas.

Once this scale model is reached, which begins to be worked on simultaneously with the previous study, this exercise can act as a connector between all the participants and the desires, stories, opportunities and challenges that each person brought to the process. In this way, ensuring a community communication strategy associated with each of the scenarios of the set and, consequently, the transversal quality of the process.

Operation:

The production phase of the actions should include a schedule of co-created activities, which should include a map of responsibilities and budget execution, and which will include, whenever possible, information on goals, results, public involvement, social mobilization , sustainability of the experienced scenario and inherent risks.

To support the evaluation of the results of the session, a box should be made available at all events so that people can participate anonymously or not, writing suggestions, observations, and recommendations for the project. This will be a complementary way of evaluating ongoing activities. As the form is not online, the placement of the physical box in the experiment spaces is suggested. A printed form is left beside the box along with pens for stakeholder participation.

Observations

(assessment and analysis of activity to inform task-force and stakeholders):

» Most relevant contributions from participants.
» Most relevant results of the session (support in possible referrals).
» Lessons Learned. (include what worked best and worst during the session)
» What was missing?
» Suggestions for organizing upcoming sessions
» Possible questions to understand the participants' opinions:
» In your opinion, what were the most positive and least positive aspects of the session?
» Comment or suggestion. Ex: Did you experience any difficulties? Would you like to indicate any good practices or ideas for upcoming sessions?

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Good perceptions of the reality.
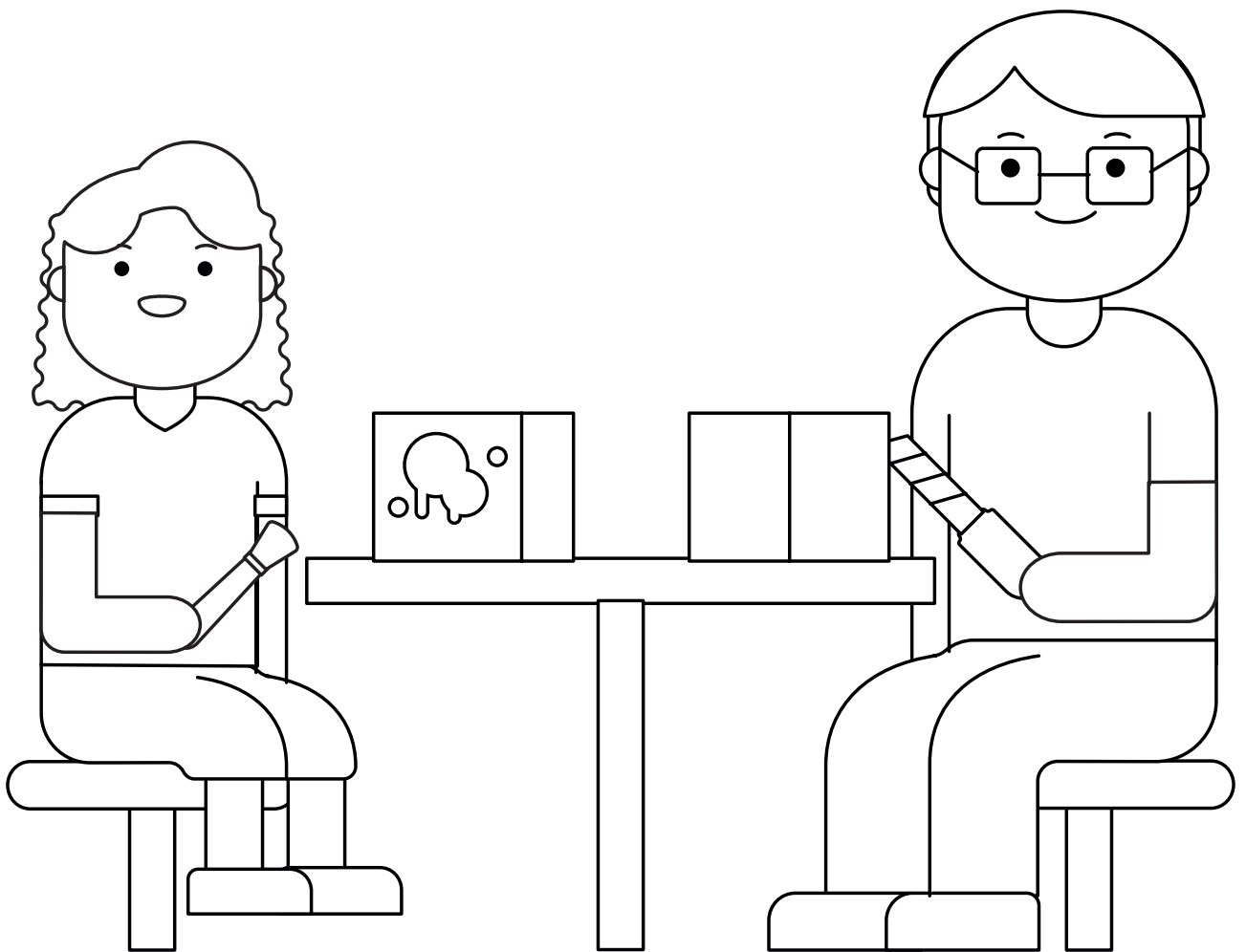
Promote the discussion about the territory based on the reality
It offers the participant the possibility of add elements to
represent assets or ideas with post-it or models (tree, paths,
houses, water).

3D models can be used in co-diagnostic and co-design.

CONSTRAINS

The 3D models needs to be adapted to the activity
The 3Dmodels needs time and some resources to prepare it

Trends Cards
NBS Cards

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

General description

The NBS cards are trend cards that allow the partners to come into contact for the first time with NBS that are included in the catalogue of ideas. And further be used in participatory activities, in workshops and as a way to put the NBS in the hands of the potential users in different activities, trying to be closer, as much as possible, to their concrete exemplification.

The NBS cards are key elements to identify different solutions that can be used to respond to the challenges identified locally, so they are instruments of interaction to identify possible solutions with citizens and stakeholders, that they can recognize or may not have known. In the co-design process, it will allow a greater interaction with the information, not depending on the facilitation to develop the debate about the issues presented in the citizens working groups.

Based on 4 dimensions, groups are asked to make two types of exploration of these stimuli:

1 - Functional exploration of ideas based on summary information;
2 - Emotional exploration of ideas, which asks for a greater degree of abstraction and creative freedom, and stimulus elements in addition to the summary information, as ideas generated in the first phase of the exercise. In this second, more creative stage, people are asked to link ideas and add their own ideas "on top" of the ideas that the other participants generated.

This entire exercise is being fed with the Trends Cards/NBS cards that the Participatory Project team prepare with the stakeholders and specialist team, taking into account pre-existing projects / ideas in the organization, as well as some pre-existing ideas that result from the first workshops in the co-diagnostic phase. These "cards" have the function of provoking creative and lateral stimuli to the group's thinking, especially in moments when the dynamics are less. This dynamic aims to generate "the 50 ideas" base, with high potential for innovation.

OBJECTIVE

Convergence, Creative Stimulus, Stimulus to systemic and convergent thinking, Selection and filtering of ideas to identify clusters, identification of ideas with greater potential to generate innovation, connect, add, subtract, synthesize

Operation:

The working tool for this exercise seeks to stimulate two great moments of selection and filtering of ideas. In a first phase, the groups are asked to select by voting the 15 best ideas, from the "50 best" that they identified. In this voting process it is important to identify the connections between ideas, and at the end of this phase it is important that the group agrees (preliminary consensus) with the 15 ideas identified. In a second phase, the group is asked to make an effort to synthesize ideas (convergence), their clustering and transform the 15 ideas into 5 ideas with great potential for innovation.

Implementation

1. Ask each participant to contemplate the map of the area, explaining the provenance of the elements already mapped.
2. Explain that the objective is to understand the relationship that the inhabitants have with the different areas, either by the activities they develop, or by affective or familiar relations.
3. Also identify the existence of stickers that come from interactions with other participants and which may be complementary.
4. The customizable sticker is the privileged element because it allows the introduction of new concepts in city mapping.
5. Make the participant aware of the importance of this activity, because it will allow them to understand the flows of each area and the specificities in its relationship with the different public spaces.
6. If participants find it difficult to identify associated areas and activities, the facilitator should help to recall moments such as local festivities, home holidays, long weekends, family picnics, childhood memories, etc.

FEEDBACK ABOUT THE TOOL

POSITIVENESS

The cards are an inspiration that supports ideation
The cards help the user to understand the NBS

CONSTRAINS

It may block the user creativity
It may create the sense that participants have to choose the NBS
and not to co-create it.
Cards need to have very friendly content with good images.

IMPROVEMENTS

The NBS catalogue in the website or as an app can help the use
of NBS cards
Use good images with previous implementation of NBS
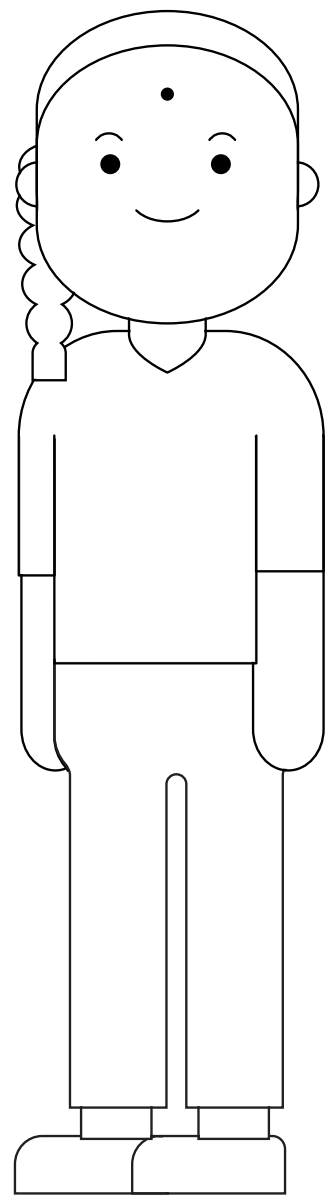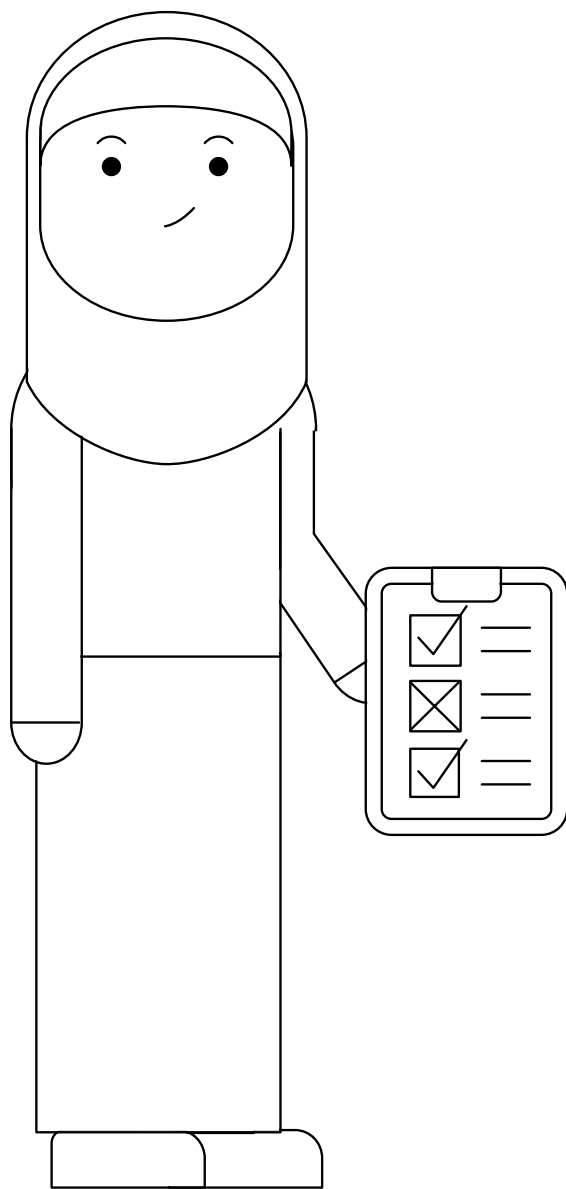
Online and offline materials and processes

General description

Many digital enablers are put in place by regional authorities and/or municipalities. An important goal is then the offering and reach of public services. The application of digital tools combined with suitable methods and content may offer more avenues for governments to reach and inform the public and entice their engagement in specific projects.

Specifically regarding digital enablers, a main goal for applying digital tools in URBiNAT is to help realize engagement by citizens in the NBS and healthy corridors introduced in the context of particular cities and situations on the ground. Although digital tools offer significant benefits in this context, as such, their application does not in itself ensure success. Their tailoring and application needs to be accompanied by a proper process. Required methods need to be applied and appropriate content be devised, guided and delivered by appropriate competencies,

Examining the building blocks of 'digital enablers' is part of the Participatory Project and one team should be focused on this task, going beyond the 'digital tool-box' in a narrow sense, for the purpose of arriving at a structured approach to digitally supporting citizen engagement and participation under varying circumstances. It will also set out to examine how digital enablers can help overcome hurdles to the engagement of citizens and stakeholders. The issues may emanate from logisticalconstraints, bureaucracy, traditions, social relations, lack of trust, mindset, and so forth.

Digital tools potentially enable fast and broad-based diffusion, inclusion, anonymization, and high efficiency in communication at a low cost. Flexibility, adaptability and tailoring equally feature strongly among the key advantages, since digital solutions can be adjusted and gradually adapted and fine-tuned in line with specific circumstances and thenlocal context. On the other hand, the application of digital tools opens for risks as well, such as information overload, overreliance on digital communication and other mismatches between technology and people, as well as unwanted side-effects related to, e.g., data management, security and privacy. This underlines the importance of appropriate needs analysis, process and governance.

On this basis, the objective is to arrive at a portfolio of digital tools, methods and content, as building blocks for digital enablers, and how to manage a process for their tailoring, application and implementation under varying circumstances.

The immediate task is to prepare for their use in the context of the cities' respective living labs in support of the up-take and benefits of NBS. This requires understanding local context, the nature of the NBS to be implemented and how digitals tools/applications can support the process.

From there, lessons must be drawn and structured for wider diffusion. Mainly focused on human interaction, and in the perspective of a multichannel participation, the digital enablers may be combined with in person methodologies, as well as with participatory and social

and solidarity economy NBS.

This could involve champions, including individuals, organisations and companies, identified and engaged in the intervention areas.

The following are examples of digital enablers, under development in URBiNAT, that offer means of remediation in this context:

1. Urban mapping addressing targeted workgroups (such as children, families, or elderly citizens); GIS schemes facilitate navigation in regard to identifying, locating and visiting certain places of specific interest and need for target groups, e.g., playgrounds or suitable routes for exercising.

2. Engaging stakeholder groups; Associations, interest groups, sub-communities, etc. Mobile applications often service specific CoIs in a targeted manner. Agendas set out to co-create even more tailored digital applications can help propel new linkages and the engagement of additional actors, including other CoIs with which potential synergies are at hand.

3. Citizen engagement through social media; A wide array of communication channels can be utilised by neighbours to signal their needs in novel ways, so as to be better understood by all relevant parties.

Workshop Online

General description

Workshops online are a way to interact with the participants of the Participatory Project as a way to return to the citizens the final assessment of the proposed solutions, identifying the positive aspects that allow their integration and the aspects that condition their integration in the healthy corridor. This appreciation will be reinforced with a proposal for a decision so that citizens can accept or comment, in order to reach a consensus. The approved proposals are part of the base program for the preliminary study of the healthy corridor. The remaining proposals will be registered or forwarded to other existing public or private initiatives.

The co-design phase has 7 steps, according to the methodology established:

1. Transform the Local Diagnostic into action categories;

2. Self-projection of the citizens in the co-creation process;

3. Ideation of the citizens ideas by sharing a purpose;

4. Conceptualize the ideas and development of clusters towards the healthy corridor;

5. Validation of the clusters through consensus between the community and decision makers;

6. Prototyping the idea clusters to promote the discussions and arguments towards the urban plan;

7. Systematization of the urban plan process and activation of the legal procedures.

Online webinars can be implemented to develop a common understanding on the co-design methodology that should be adapted according to the local urban planning culture. As a tool of live interaction a collaborative software that provides a realtime whiteboard enables the partners to share their culture, knowledge and proposals in online workshops.

Activity preparation

»   Assessment of proposals in the taskforce systematization table by cluster of themes and areas of intervention (Impact, scope (public benefited), budget estimate, feasibility, sustainability, implementation components);
»   Meetings with technicians to support the analysis of proposals (department strategy and legislation);
»   Taskforce decision-making proposal;
»   Draft of TRIZ cards, including response from the task-force table;
»   Presentation of the participation strategy and Integration of political analysis at a meeting with Facilitators team and councilors;
»   Final preparation of the TRIZ card for the activity.

Example of activity program for the City Council:

»   Mapping the local culture of participation Comparison with 3-4 other projects to demonstrate what is aimed to intends to achieve;

»   Presentation of the revised participation strategy (co-assessment of citizens (perception);
»   Presentation of thematic clusters and by area of intervention;
»   Critical issues identified by the team;
»   Integration of political analysis into the systematization table;
»   Consensus on decision proposals

Activity program for the meeting with the citizens

»   Present the result of the co-creation process of ideas proposed by citizens, either through thematic idea groups or territorial idea groups;
»   Presentation of the two schemes performed by Taskforce;
»   Division of participants by thematic groups (e.g.: Environment, Territory, Culture, Education) or by intervention areas;
»   Presentation of the analysis carried out by the facilitator team and City Council from the ideas proposed by citizens;
»   Presentation of the positive and challenging aspects of each solution, taken from the systematization table (TRIZ card);
»   Proposal for decision and integration in the healthy corridor and in the urban project;
»   Presentation of the decision proposal on the integration of the idea in the healthy corridor and in the urban project (Theme, Feasibility, Sustainability, Budget) - (TRIZ card);
»   Debate to reach consensus - Acceptance or counter-proposal;

» Exchange of arguments between citizens and the team to reach a consensus (TRIZ card).

Implementation

Tables with 6 participants each with the plan of the intervention area and the cards of the ideas proposed earlier by the citizens.

Groups: the participants are divided building heterogeneous groups with themes based on the ideas that arose in the earliest activities.

Each card had 4 open topics to the development of the proposed ideas:
» a) Description
» b) Location
» c) Synergies with other ideas
» d) Experimento" — mockup

URBiNAT Data Collection
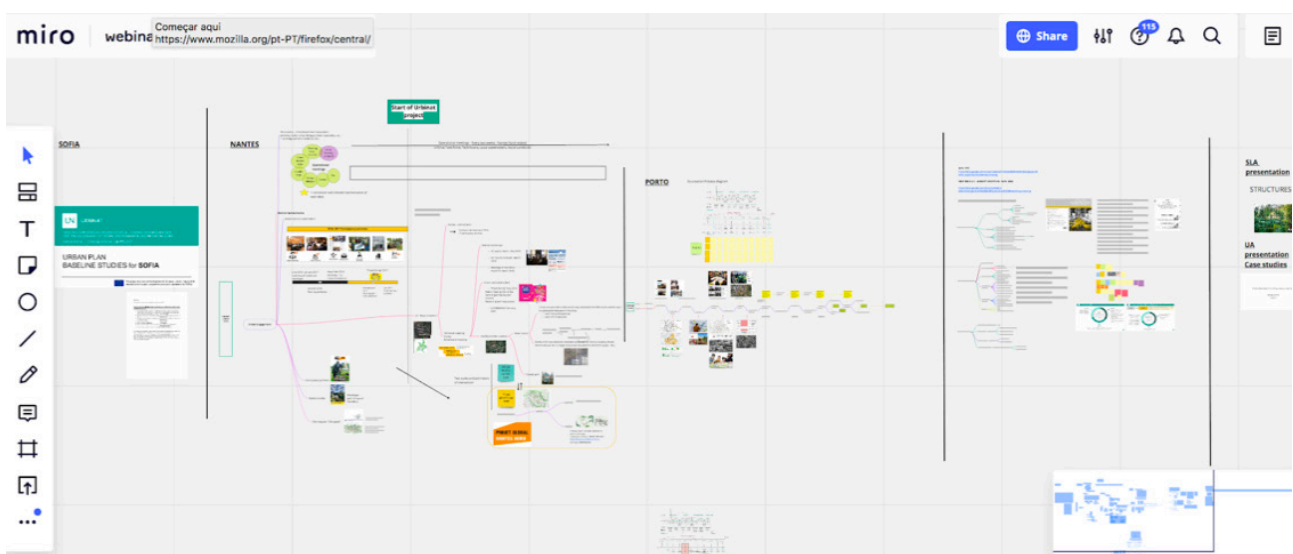
FEEDBACK ABOUT THE TOOL

POSITIVENESS

Online workshop were developed in several stages and in different cities.
It was important to face the COVID-19 restrictions
Citizens are opened to online workshops
The participation of several stakeholder becomes more horizontal and democratic because each person occupies the same space and as the same access to the microphone.

CONSTRAINS

Some citizens don't have access to computers or to the internet. Nevertheless the project provide a meeting room to support these citizens

IMPROVEMENTS

The activity needs to be planned and activities need to be prepared in order to offer the best result.
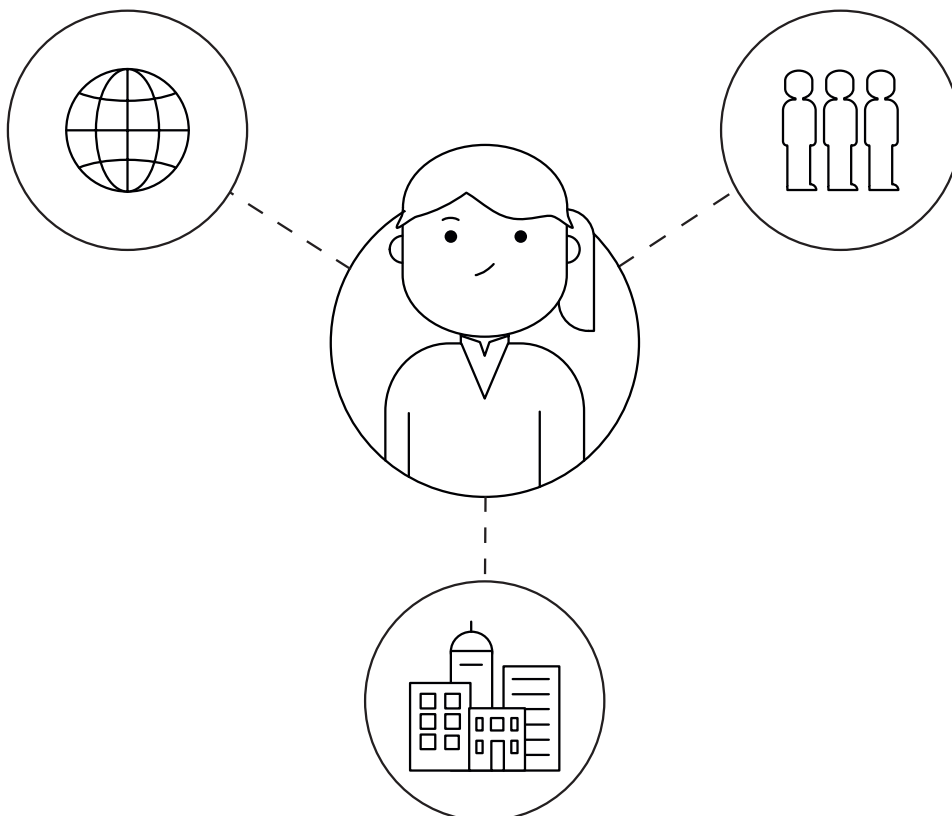
Super Barrio

General description

SuperBarrio is a digital tool that aims to boost participatory co-design processes. Its intuitive navigation allows any citizen and multiple stakeholders to engage in the design of the public space. Players can visualize icons representing the different NBS and explore their possible use in their neighborhoods. By dragging each solution icon into the urban space 3D representation, players are making suggestions about their desired community space and can visualize its impact, as the App will show a score in the categories of nature, economy, participation, mobility, health, and wellbeing. This will help them understand the level of complexity that each decision has and the effect on their daily life.

The SuperBarrio App has been tailored for URBiNAT following several simultaneous steps. This platform helds 3D images (icons) designed for such solutions. Must be considered that Superbarrio is a tool for public space co-design and not all the solutions, such as some of the social and solidarity economy and participatory list, are able to be characterized in the game.

One stage of the co-design process comprises workshops where participants - inhabitants and stakeholders - from the neighborhood work with 3D models in order to validate and add specific accents and details to the NBSs/Ideas already selected and proposed for implementation in each area. With the Superbarrio tool prototypes can be tested and improved. One initial exercise in co-design can comprise the Superbarrio tool, a game that helps motivate and engage citizens in the formulation of ideas to design their neighbourhood, exemplifying a specific digital enabler devised for operating in this space. Superbarrio goes beyond the mere application of a digital tool to present citizens with user-friendly methods as well as inspiring content. This kind of digital enabler may further help structure citizens' perceptions and suggestions from early on, in support of effective monitoring and evaluation later on.

Implementation

Evidence shows such games can be effective in creating initial interest and bring diverse groups together, although not all will be equally attracted. Their role and impact are likely to be temporary rather than permanent, however. Rewards represent an important method, closely related to culture, and to content. Of importance for the relevance of rewards, especially when the objective has to do with awareness creation and behavioural change, are the time span between action and reward delivery, as well as the reward itself and to what extent it generates value in terms that are relevant for participants.
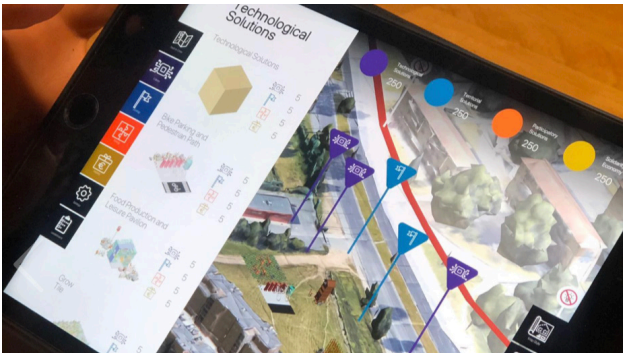
URBiNAT Data Collection

URBiNAT Data Collection

FEEDBACK ABOUT THE TOOL

POSITIVENESS

Young people is very open to play serious games.
The users proposed solutions related to the healthy corridor.

CONSTRAINS

The platform needs specific devises and software
People with advanced age had difficulties playing superbarrio
3D model of the intervention area need to be tailored and
integrated in superbarrio
The use of the app requires a facilitator to explain the game. In
this sense, a workshop needs to be organised
When the facilitator doesn't have devices, devices need to be
bought or rent.

IMPROVEMENTS

The software needs to be accessible to all
Prepare a version that uses google maps

RESOURCES PLATFORM

Collaborative platform
for development and sharing
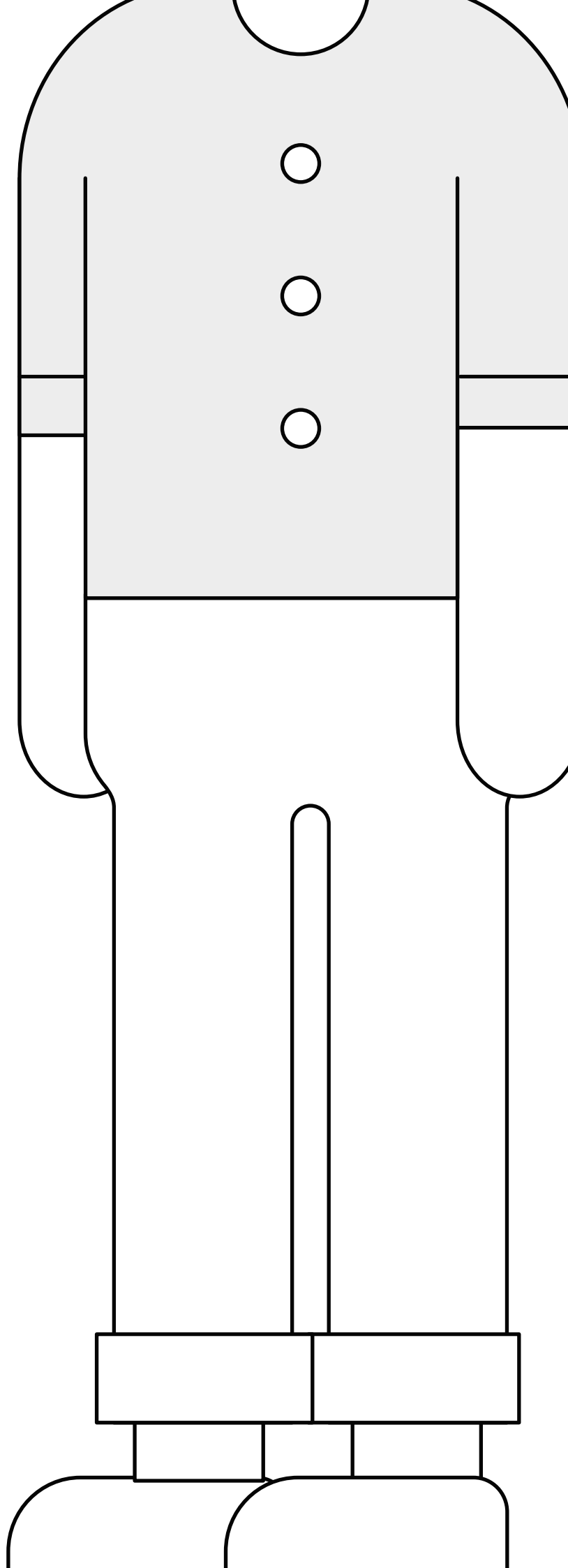
RESOURCES PLATFORM
Collaborative platform for development and sharing

In order to make the toolkit fully operational and allow for interaction around each of the tools, methods and practices, the further development will include setting up an interactive online platform.

INTRO: The platform will as a minimum consist of the following:

» A clickable process line that allows practitioners to seek inspiration and help at each stage of the URBiNAT process covering the four key stages as well as the possible steps under each stage.

» For each step there will be an overview description and the possibility to access a more in depth description of both the step itself and the possible activities that can make up the step.

» Also, users of the platform will be able to access case study material and link up with practitioners having experience of using the citizen engagement process.

» The online platform will be designed so that it will be possible to update and continuously expand the content.

» As a first version is likely to contain the two first stages (co-diagnostic, co-design), the other two (co-implementation and co-monitoring) will be added as experience and documentation.

» Learning support materials resources OUTBOUNDS.

Practice based experiences co-developed with community INBOUNDS

Area of the collaborative platform where each URBINAT city shares their experiences, best practices, mistakes and achievements on the implementation of the participatory design overall process. Contributor access credentials will be given to One of the local participatory design facilitators and taskforce members.

Community forum

Open access area to inspire dialogue and promotion of the URBINAT communities of practice events to all members of the cities and communities involved. The URBINAT participatory design team will only have the role of dialogue ignitors contributing with inspiring tips, best practices, questions to activate the community.

Download area

The collaborative platform will have a specific area on sharable and downloadable goodys, such as canvas, case studies, techniques, photos and videos and also the implementation toolkit, manuals, models and tools protocols and guidelines.

HOW TO'S Support

The support area of the collaborative platform aims to allow the city facilitators and future overall users of our dissemination toolkit to personalize the needed information such as:

How to run the URBINAT participatory design toolkit for a small scale project?

How can I personalize processes and tools ?

How can I select the best tools for the stages in the process?

Inspirational resources

The collaborative platform will also have an area with inspirational resources that can be uploaded by the URBINAT team and the city's facilitators. In the future usage of the this HUB all interested can contribute for this area also.
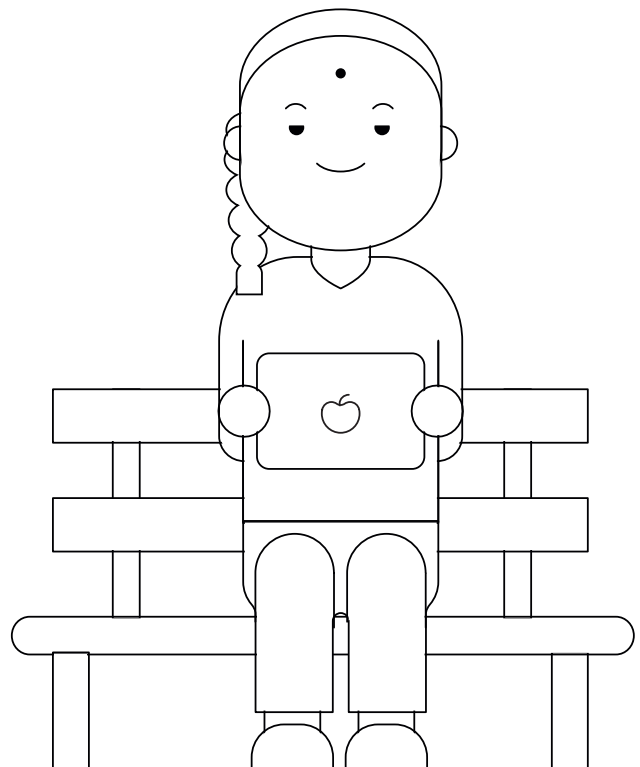
TOOLKIT AND CITY CASE REPORT

Mastering how to create Participatory Design Processes, Workshops and Tools, understanding the different partners experiences and contributions for the different modules/stages of the PD program
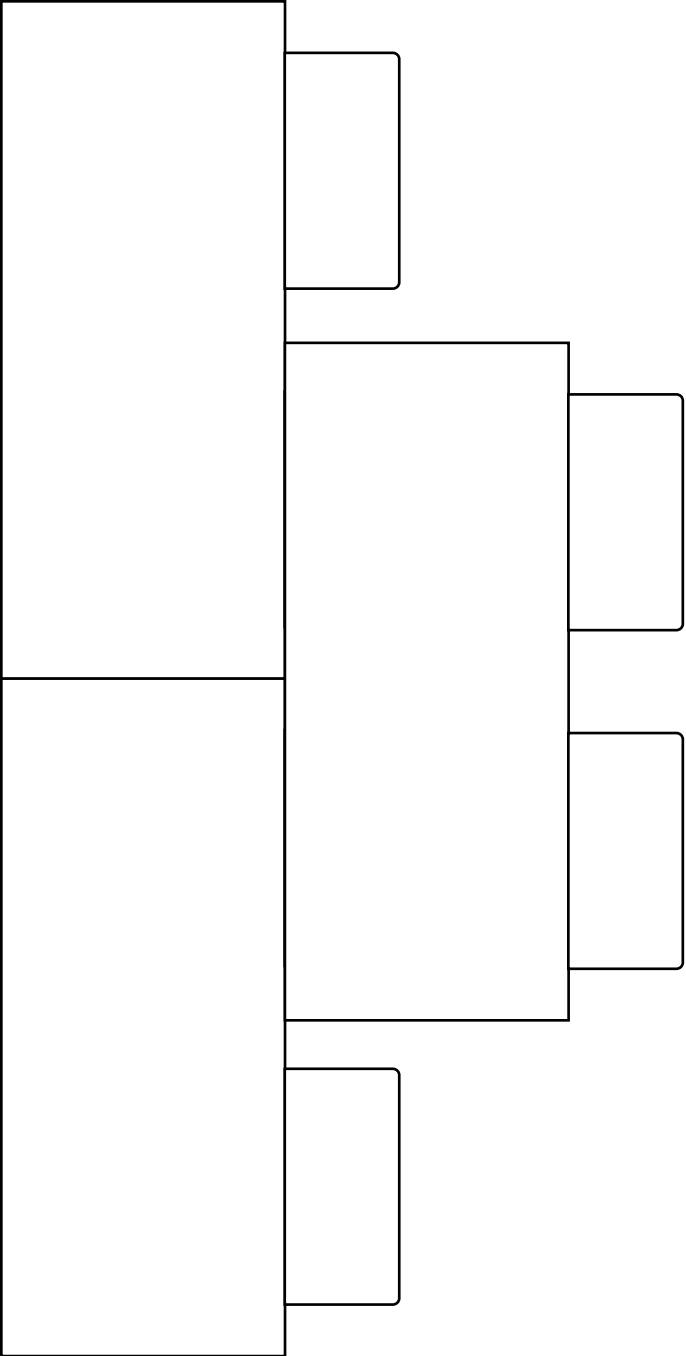
CO-DIAGNOSTIC Reporting

Actions Typology

- » Case Study: PORTO
- » Case Study: NANTES
- » Case Study: SOFIA

CO-DESIGN Reporting

Actions Typology

- » Case Study: PORTO
- » Case Study: NANTES
- » Case Study: SOFIA

CO-IMPLEMENTATION Reporting

Actions Typology

- » Case Study: PORTO
- » Case Study: NANTES
- » Case Study: SOFIA

CO-MONITORING Reporting

CO-DIAGNOSTIC
REPORTING

STAGES ▷
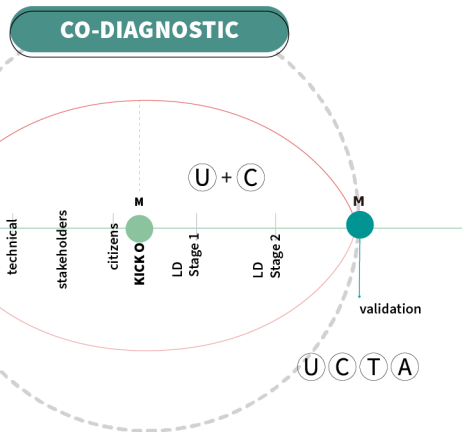
CO-DIAGNOSTIC

ACTIONS ▷

city council
technical
stakeholders
citizens
KICK O

U + C

M

LD Stage 1
LD Stage 2

M

validation

U C T A

subtitle
Ⓤ urbinat team
Ⓒ citizens
Ⓣ municipality technicians
Ⓐ municipality authoraties

OBJECTIVES ▷

ENGAGEMENT
TARGET GROUP

LOCAL
DIAGNOSTIC

URBINAT
PROJECT
PHASES ▷

design
community
driven process

data collection
(observation activities
participatory
activities)

CO-DIAGNOSTIC

STEPS	PROJECT NARRATIVES	ACTIVITIES	
INVOLVEMENT	Engaging decision Makers	MEETING	SETTING THE SCENE
TEAM BUILDING	Motivating local stakeholders	MEETING	INVOLVING TECHNICIANS
AWARENESS	Engaging local partners	VISITING	REACHING ASSOCIATIONS
LD Stage 1 DATA COLLECTION	Gathering existing data	MIXED METHODS	UNDERSTANDING LOCAL DYNAMICS
LD Stage 2 PARTICIPATORY	Stimulation citizen perceptivity	GROUP DYNAMICS GAMMING	UNDERSTANDING PERCEPTION
INTEGRATE	Establishing results	CULTURAL MAPPING	NEEDS / CATEGORIES
PRESENTATION	Feedback for stakeholders	EXIBITION SEMINAR/WEBINAR	FEEDBACK

Involvement
Engagement
CoP

CO-
DIAGNOSTIC

Insufficient awareness among citizens represents a major weakness for NBS in urban development. While there are many kinds of NBS, which display varying potentials, as outlined in URBiNAT's NBS catalogue, citizens naturally would not be aware of the spectrum of opportunities that may follow, spanning physical amenities, public space, social functions and also new enterprises and job.

For co-diagnostic to be directly relevant to NBS, there is a need of awareness-creation and some process of knowledge generation as a basis for building motivation and inspiration among citizens, while linking to experts and decision-makers. In Singapore, a platform tool called Natural Capital24 , illustrates, explains and builds understanding of relations between ecosystem services and societal issues (UnaLAB, 2018).

Co-diagnostics matters greatly for framing practices and procedures that are adapted to, and comparative with, local culture. Manifestations of culture may draw on values, norms, beliefs, community stories, relationships, and a shared sense of place (Duxbury, 2018). A "perceptual map" may be forged, spanning the needs and positions of various actors and stakeholders. Such a "canvas" may expose key priorities, relationships, linkages, challenges, risks, and so forth.

It can be deployed from early on to guide further diagnostics, while also generating insights of use for further framing of digital enablers, in sync with participatory culture (Ferreira, 2018).

CO-DIAGNOSTIC
ACTIONS

The co-diagnostic stage introduced the project to the several actors - political representatives, municipal technicians, citizens, stakeholders - aiming at their engagement in the project. The "mapping of the local participatory culture" took advantage of what and who was already in the field, creating synergies and learning from previous experiences. Together, the group defined two strategies to develop the participatory activities.

» **CITY COUNCIL**
» **TECHNICAL**
» **STAKEHOLDERS**
» **CITIZENS**
» **KICK-OFF**
» **Local Diagnostic STAGE 1**
» **Local Diagnostic STAGE 2**

CITY COUNCIL
Step Involvement

NARRATIVES

Engaging decision makers.

SCENARIO

Meetings (as many needed) - to induce systems thinking focus on:
- » explorative, detailed and analytical
- » focus in parts and sum of parts
- » boundaries
- » find patterns and hierarchies

GOALS

Setting the scene.

METHODS AND TOOLS

Urbinat methods:
- » proximity dialogue

Other possible methods or tools
- » existing internal data
- » tailor preparation conversation guidelines

Time
1:30H

Difficulty
Medium

WHO?
URBiNAT experts and city council leaders.

STEPS
meeting preparation, invitation, send the presentation and set the rules.

INSTRUCTIONS

TECHNICAL
Step Team Building

NARRATIVES

Promote motivation in city council technicians and local stakeholders

SCENARIO

Meetings (as many needed) - to induce systems thinking focus on:
  - » explorative, detailed and analytical
  - » focus in parts and sum of parts
  - » boundaries
  - » find patterns and hierarchies

GOALS

Involving technicians

METHODS AND TOOLS

Urbinat methods:
  - » proximity dialogue
  - » world café
Other possible methods or tools
  - » existing internal data
  - » tailor preparation conversation guidelines
  - » gathering information canvas (as is / To be; Affinity diagrams)
  - » small group dynamics to promote information sharing between technicians from different backgrounds
  - » using contraste techniques

Time
2:00H

Difficulty
Hard

WHO?
Urbinat experts and technicians from departments of city council

STEPS
meeting preparation, invitation, send the presentation and set the rules, develop group dynamics canvas to gather information (ie. as is / to be or affinity diagrams).

INSTRUCTIONS

STAKEHOLDERS
Step Awareness

NARRATIVES

Engaging local partners and ONG's

SCENARIO

Workshops and visits (as many needed) - to induce systems thinking focus on:
- » holistic, connector and ignitor
- » integrator (body/mind/soul)
- » focus on entropy, dynamics and transformation

GOALS

Reaching and attracting Local key Associations

METHODS AND TOOLS

Urbinat methods:
- » proximity dialogue / atelier
- » Theater Play

Other possible methods or tools
- » sensorial gym
- » art exercises
- » mind set games
- » profile testing
- » physical exercises (group and individual)
- » perfect clay ball
- » create poetry (without vision)
- » design music by drawing
- » free expression
- » blind experience
- » improvisation
- » music jam session
- » day dream
- » main storm
- » where's Wally (pictures context]
- » garden of statues
- » User Diaries

Time
2:00H

Difficulty
Hard

WHO?

Urbinat experts and local stakeholders, ambassadors, champions and activists.

STEPS

workshop set up, invitation, prepare dynamics and tools.

INSTRUCTIONS

CITIZENS
Step Awareness

NARRATIVES

Engaging local Association, Key Citizens of the Community

SCENARIO

Workshops and visits (as many needed) - to induce systems thinking focus on:
- » holistic, connector and ignitor
- » integrator (body/mind/soul)
- » focus on entropy, dynamics and transformation

GOALS

Reaching Associations

METHODS AND TOOLS

Urbinat methods:
- » proximity dialogue / atelier
- » Walkthrough
- » Photovoice
- » Mapping

Other possible methods or tools
- » art exercises
- » mind set games
- » profile testing
- » perfect clay ball
- » create poetry (without vision)
- » design music by drawing
- » tell a story through objects
- » experience audit (descriptive)
- » fly-on-wall (immersive)
- » surveys on us (wall size)
- » user diaries
- » mind mapping
- » direct storytelling

Time
2:00H

Difficulty
Hard

WHO?
Urbinat experts and citizens.

STEPS
workshop Set Up, invitation, prepare dynamics and tools.

INSTRUCTIONS

LD STAGE 1
Step Data Collection

NARRATIVES

Gathering existing data

SCENARIO

Mixed methods: workshops, lab research and field research (as many needed) - to induce systems thinking focus on:

- » visioning, open minded and conscientious
- » multifinality and equifinality (diverge and converge)
- » out of boundaries and outside
- » time and space
- » impetus research, immersive and inquisitive
- » sum of parts
- » inside / outside
- » focus on purpose and complexity
- » find patterns

GOALS

Understanding local dynamics

METHODS AND TOOLS

Urbinat methods:
- » Mapping
- » Walkthrough
- » Ethnographic interviews

Other possible methods or tools
- » steeps cards (pestel)
- » as is / to be
- » looking lateral (secondary data research)
- » ethnographic diary
- » tell your story
- » trends spot
- » AEIOU - (activities/environment/ interaction/objects/ uses)
- » customer experience audits
- » cognitive mapping

Time
4 months

Difficulty
Hard

WHO?

Urbinat experts and local citizens, technicians, stakeholders, ambassadors, champions and activists.

STEPS

Design the Stage 1 Local Diagnostic, execute the plan, prepare all different methods, combine methods, analyze results

INSTRUCTIONS

LD STAGE 2
Step Participatory

NARRATIVES

Stimulation citizen perceptivity

SCENARIO

Group dynamics gaming and workshops (as many needed) - to induce systems thinking focus on:
- » meticulous, rational and discursive
- » focus on the parts and the sum of the parts
- » transform
- » focus on complexity, cycling, circuits and hierarchies

GOALS

Understanding perceptions, associations, opinions, motivations.

METHODS AND TOOLS

Urbinat methods:
- » Cultural Mapping
- » Walkthrough
- » Games

Other possible methods or tools
- » empathy map
- » user journey
- » contrast positive/negative
- » bars/laden/pyramids (absolute values and
- » clusters)
- » clustering (cognitive analyse)
- » elito method (observe/
- » judgment/value/concept/key methods
- » personas profiling
- » Design Charette
- » mental model diagrams

Time
3 months

Difficulty
Hard

WHO?
Urbinat experts and local citizens, technicians, stakeholders, ambassadors, champions and activists.

STEPS
Design the Stage 2 Local Diagnostic, create the workshops, prepare all different methods, combine methods, analyze the results

INSTRUCTIONS

VALIDATION
Step Integrate

NARRATIVES

Establishing results

SCENARIO

Cultural Mapping and workshops - to induce systems thinking focus on:
- » selective, judicious and assertive
- » focus on part, time and space and purpose

GOALS

Setting the Needs/ Categories and priorities

METHODS AND TOOLS

Urbinat methods:
- » Mapping
- » Gaming
- » Cultural mapping
- » Solidarity market
- » Theater

Other possible methods or tools
- » mental model diagrams
- » KJ technique
- » affinity diagram (information/ action)
- » tree diagram (hierarchy/ classification)

Time
3:00H

Difficulty
Hard

WHO?
Urbinat experts and local citizens, stake-holders, ambassadors, champions and activists.

STEPS
workshop set up, invitation, prepare dynamics and tools.

INSTRUCTIONS

VALIDATION
Step Presentation

NARRATIVES

Feedback for stakeholders

SCENARIO

Exhibition seminar/webinar - to induce systems thinking focus on:
- » share the main results
- » sense of belonging
- » collective mindset

GOALS

Give Feedback and envolve

METHODS AND TOOLS

Urbinat methods:
- » Presentation
- » Discussion

Other possible methods or tools
- » Experiments
- » Word clouds

Time
1:30H

Difficulty
Medium

WHO?
Urbinat experts and city council members, technicals, local citizens, stakeholders, ambassadors, champions and activists.

STEPS
meeting preparation, invitation, collecting feedback.

INSTRUCTIONS
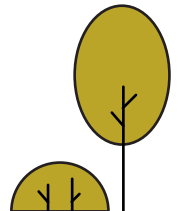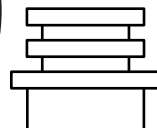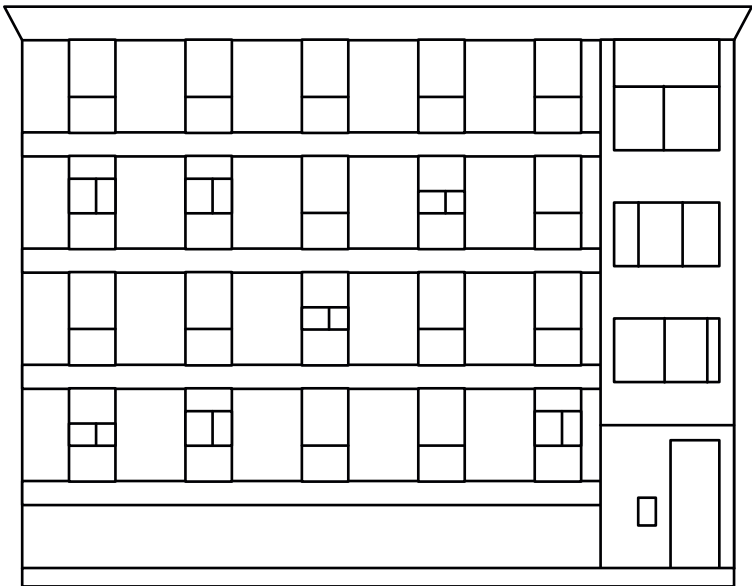
CASE STUDY
PORTO

Step:
INVOLVEMENT

CITY COUNCIL
Technical Information

DYNAMICS

The first meeting was to present the URBINAT Project and to involve councillors and directors of the department. This data gathering activity is aimed at assessing challenges concerning the local participatory culture and the fundamentals related to ethics and cross cutting human and gender dimensions of co-creation. It involves the following steps:

» meetings are conducted with sectoral/departmental teams at the municipalities and city enterprises involved in the designated projects;

» in addition, it involves mapping other publically driven processes involving citizens groups (e.g. health, schools, sports, culture);

» mapping of local organisations and champions relevant for the healthy corridor projects – the lists of organisations and champions (individuals) are relevant for the data gathering from the subsequent target groups;

» workshops to be conducted to harmonise an URBiNAT approach to participation (including ethics and human rights within co-creation) and to articulate participatory events being held in the neighbourhoods by different departments of the municipality and other city enterprises.

SYSTEM THINKING

The guidelines supporting the data collection and preparatory process is to use this assessment at municipality level to:

» emphasise the importance of creating a common vision that all relevant community stakeholders can relate to and are eager to work towards;

» discuss the role of the municipality during the participatory processes acting as observers and support while other actors and stakeholders including citizens representations will need to lead; prepare the use of influencers (politicians, business people and thought-leaders) as endorsers of the projects.

TOOLS

Here it is proposed the use of tools
(see detail in Chapter 3 -> 1. Methods Guidelines)

» Meetings to data gathering: municipalities team, city enterprises; citizens groups (e.g. health, schools, sports, culture); local organizations; champions and all the citizens.

» Workshops/focus groups: to discuss participatory culture, ethics and human rights.

» Mapping information:

CONTEXT

» Emphasise the need for a mix of skills and resources across the participating organisations and citizens to allow for co-creation. The skills needed include ideator, optimizer, analyser, visualizer and influencer skills. These will allow teams to generate ideas, optimize the ideas through additional knowledge and input, analyse the potential socio-economic impact, visualize the ideas, make them tangible and prepare the ideas for communication and finally influence others to try out the idea and invest further resources in the ideas;

» Create alliances between stakeholders that jointly can relate to a common vision – this would require both a strong demand from citizens and other users and a likely strong supply fraction that are willing to work together to deliver the NBS and subsequent healthy corridor;

» Ascertain how additional activities through new alliances and sustainable business models may be set in motion to further strengthen the drive towards maximized quality of life for the communities to be using the healthy corridor; identify and activate new alliance partners to expand and scale-up the activities and benefits to local populations including those with less resources.

GOALS

The guidelines supporting the data collection and preparatory process is to use this assessment at municipality level to:

» Emphasise the importance of creating a common vision that all relevant community stakeholders can relate to and are eager to work towards;

» Discuss the role of the municipality during the participatory processes acting as observers and support while other actors and stakeholders including citizens representations will need to lead;

» Prepare the use of influencers (politicians, business people and thought-leaders) as endorsers of the projects.

Step:
TEAM BUILDING

TECHNICAL
Technical Information

DYNAMICS

The second meeting was to present the URBINAT Project and to involve meeting with municipal technicians. This data gathering activity is aimed at assessing challenges concerning the local participatory culture and the fundamentals related to ethics and cross cutting human and gender dimensions of co-creation. It involves the following steps:

» meetings are conducted with sectoral/departmental teams at the municipalities and city enterprises involved in the designated projects;

» in addition, it involves mapping other publically driven processes involving citizens groups (e.g. health, schools, sports, culture);

» mapping of local organisations and champions relevant for the healthy corridor projects – the lists of organisations and champions (individuals) are relevant for the data gathering from the subsequent target groups;

» workshops to be conducted to harmonise an URBiNAT approach to participation (including ethics and human rights within co-creation) and to articulate participatory events being held in the neighbourhoods by different departments of the municipality and other city enterprises.

SYSTEM THINKING

The guidelines supporting the data collection and preparatory process is to use this assessment at technical municipality level to:

» emphasise the importance of creating a common vision that all relevant community stakeholders can relate to and are eager to work towards;

» discuss the role of the municipality during the participatory processes acting as observers and support while other actors and stakeholders including citizens representations will need to lead; prepare the use of influencers (politicians, business people and thought-leaders) as endorsers of the projects.

TOOLS

**Here it is proposed the use of tools
(see detail in Chapter 3 -> 1. Methods Guidelines)**

» Meetings to data gathering: municipalities team, city enterprises; citizens groups (e.g. health, schools, sports, culture); local organizations; champions and all the citizens.

» Workshops/focus groups: to discuss participatory culture, ethics and human rights.

» Mapping information.

CONTEXT

» Emphasise the need for a mix of skills and resources across the participating organisations and citizens to allow for co-creation. The skills needed include ideator, optimizer, analyser, visualizer and influencer skills. These will allow teams to generate ideas, optimize the ideas through additional knowledge and input, analyse the potential socio-economic impact, visualize the ideas, make them tangible and prepare the ideas for communication and finally influence others to try out the idea and invest further resources in the ideas;

» Create alliances between stakeholders that jointly can relate to a common vision – this would require both a strong demand from citizens and other users and a likely strong supply fraction that are willing to work together to deliver the NBS and subsequent healthy corridor;

» Ascertain how additional activities through new alliances and sustainable business models may be set in motion to further strengthen the drive towards maximized quality of life for the communities to be using the healthy corridor; identify and activate new alliance partners to expand and scale-up the activities and benefits to local populations including those with less resources.

GOALS

The strategic design and usage of participatory tools for URBiNAT cities requires a research approach that allows for the gathering of qualitative data (Strauss and Corbin, 1998), covering:

» a) Participatory local culture, including the historic pathway of citizens engagement in public life in general and in urban governance in particular.

» b) The network of local organizations, champions, residents' or neighbourhood' associations and business actors or companies.

» c) The public services and facilities.

» d) Specificities of citizens living in URBiNAT neighbourhoods/intervention areas.

» e) Geo-referenced data regarding public space and formal and informal locations of collective and public meeting points.

UNBOXING

ENABLERS

Participants - to whom worked better
Municipal technicians
Spaces - Worked
Bonjóia cultural center
Dynamics - Worked
World cafe
Facilitators - Worked
URBiNAT team (CES and GUDA)
Tools - Worked
world cafe
Communication of the event - worked
email and phone direct contact

BLOCKERS

Dynamics - Didn't Worked
Feedback after the workshop

Step:
AWARENESS

STAKEHOLDERS
Technical Information

DYNAMICS

This data gathering activity is also aimed at assessing challenges concerning the local participatory culture and the fundamentals related to ethics and cross cutting human and gender dimensions of co-creation. It involves the following steps:

» individual meetings with local organisations and agents in order to understand their perspectives and priorities concerning local participatory culture, ethics, human rights and gender dimensions of co-creation;

» workshops and/or focus groups with different organisations together to discuss participatory culture, ethics and human rights.

SYSTEM THINKING

The guidelines for leading the discussions and mapping the culture and capabilities are to:

» emphasise the need for a mix of skills and resources across the participating organisations and citizens to allow for co-creation. The skills needed include ideator, optimizer, analyser, visualizer and influencer skills. These will allow teams to generate ideas, optimize the ideas through additional knowledge and input, analyse the potential socio-economic impact, visualize the ideas, make them tangible and prepare the ideas for communication and finally influence others to try out the idea and invest further resources in the ideas;

» create alliances between stakeholders that jointly can relate to a common vision – this would require both a strong demand from citizens and other users and a likely strong supply fraction that are willing to work together to deliver the NBS and subsequent healthy corridor;

» ascertain how additional activities through new alliances and sustainable business models may be set in motion to further strengthen the drive towards maximized quality of life for the communities to be using the healthy corridor;

» identify and activate new alliance partners to expand and scale-up the activities and benefits to local populations including those with less resources.

TOOLS

**Here it is proposed the use of tools
(see detail in Chapter 3 -> 1. Methods Guidelines)**

» Meetings to data gathering: City enterprises, Citizens groups (e.g. health, schools, sports, culture); local organizations and champions.

» Workshops/focus groups: to discuss participatory culture, ethics and human rights.

» Mapping information.

CONTEXT

» Emphasise the need for a mix of skills and resources across the participating organisations and citizens to allow for co-creation. The skills needed include ideator, optimizer, analyser, visualizer and influencer skills. These will allow teams to generate ideas, optimize the ideas through additional knowledge and input, analyse the potential socio-economic impact, visualize the ideas, make them tangible and prepare the ideas for communication and finally influence others to try out the idea and invest further resources in the ideas;

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GOALS

The strategic design and usage of participatory tools for URBiNAT cities requires a research approach that allows for the gathering of qualitative data (Strauss and Corbin, 1998), covering:

» a) Participatory local culture, including the historic pathway of citizens engagement in public life in general and in urban governance in particular.

» b) The network of local organizations, champions, residents' or neighbourhood' associations and business actors or companies.

» c) The public services and facilities.

» d) Specificities of citizens living in URBiNAT neighbourhoods/intervention areas.

» e) Geo-referenced data regarding public space and formal and informal locations of collective and public meeting points.

UNBOXING

ENABLERS

Participants - to whom worked better
Teachers of the primary schools
Institutions and associations
Spaces - Worked
Secondary school auditorium
Dynamics - Worked
World cafe
Facilitators - Worked
URBiNAT team (CES and GUDA)
Tools - Worked
world cafe
Communication of the event - worked
email and phone direct contact

BLOCKERS

Participants - to whom didn't worked so good
Responsible for the municipal housing entrance
Individuals
Companies
Spaces - Didn't worked
Auditorium of the Campanhã district
Dynamics - Didn't Worked
Presentation + questions and answers

Step:
AWARENESS

CITIZENS
Technical Information

This section is dedicated to describe the set of participatory activities used to perform the co-diagnostic and feed the following phases of co-design and co-selection of NBS.

All the activities were proposed and validated within the collective work in the workshops/community meetings, as a way to build the co-creation environment, as well as to build on the visions and perceptions of citizens and stakeholders.

» by producing the foundational elements for designing, selecting and implementing NBS that reflect the needs and ambitions from the communities; and

» by simultaneously framing the collaboration environment in which those actions will take place in the coming phases of so-designing and co-selecting NBS.

In practice, the final results of the co-diagnostic stage will feed the main topics to guide the co-design and co-selection phases of the most adequate NBS.

Some of the participatory activities will be used again at this stage, combined with other according to participatory local culture and the topic/NBS addressed, as illustrated in the figure below, presenting the information flow and sequence of the participatory design metric system (PDMS).

**INFORMATION FLOW & SEQUENCE -
PARTICIPATORY DESIGN METRIC SYSTEM PDMS**
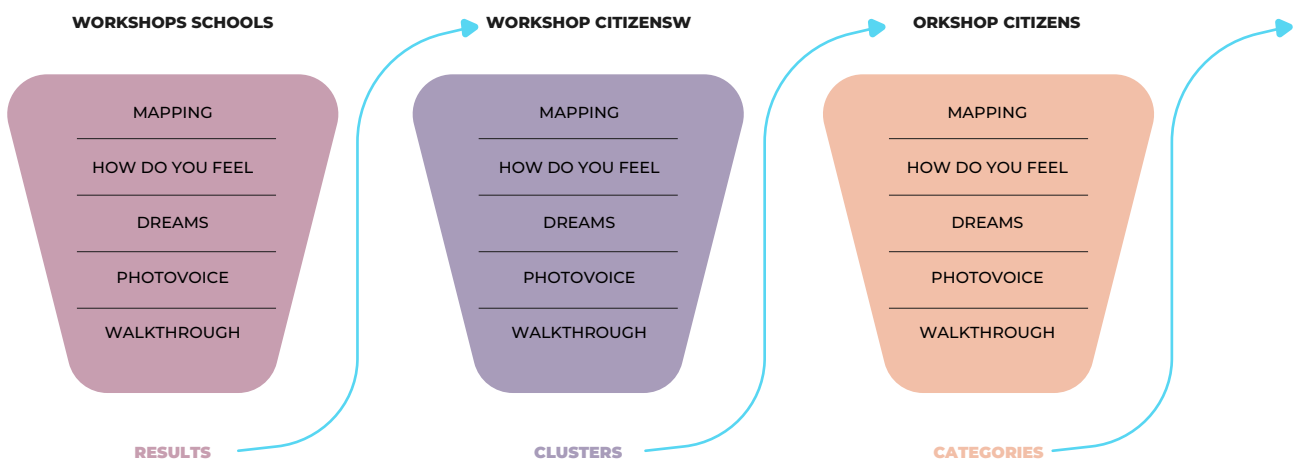
Information flow and sequence -
Participatory design metric system (PDMS)

DYNAMICS

This data gathering activity targeting community citizens is aimed at identify residents as potential participants in co-creation, inviting residents to present their community and explaining what URBiNAT has to offer, explain what co-creation is about and understanding how residents would like to be involved, mapping challenges and identifying real needs as expressed by citizens, and understanding the inclusion issues to be addressed in the participatory processes. It involves the following steps:

» conducting art, food and other culture events to attract residents and create a meeting and dialogue platform; create a NBS exposition where the portfolio of NBS solutions already existing in the community and potential new ones to enhance the healthy corridor are presented/viewed and discussed;
» focus groups (by invitation to the previous contacts with champions, organisations and companies) – and by an open call to the community; hence engagement of new and existing resident contacts;
» cultural mapping in order to understand the different cultural resources, networks, links and patterns of usage making up the relevant local communities or groups;
» co-creation of a common community vision involving all stakeholders and allowing stakeholders to take ownership of that vision including equipping them to communicate it;
» integrate guidelines and methodologies from the handbook on theoretical and methodological foundations of the project gathering the contributions from different partners for the participation of groups and individuals with specificities – rights-based approach under development;
» introduce governance issues to guarantee safe, secure and value-adding participation for all.

SYSTEM THINKING

The guidelines for leading the exchange with citizess and mapping the cultural assets and capabilities are to:
» use relevant
» and effective tools and methods to nudge, recruit and engage participants, build prototypes, experiment, validate, demonstrate, visualize, evaluate, measure, communicate, endorse/promote, expand/scale-up, emphasize, engage and show impact;
» regroup around initiatives that are not working or delivering results up against the common vision; this may involve introduction of new partners and/or adjusting or abandoning sub-projects to focus resources on a direction that relevant stakeholders will champion;
» evaluate and measure results in order to validate health and quality of life impacts and buy-in from stakeholders and citizens;
» communicate and promote – using media extensively and proactively; use media-trained spokespersons to represent the citizens and the initiative/projects;
» work on goodwill and work on trust and respect being true to the common vision and goals and respecting the specific goals and missions and therefore roles of other participants.

TOOLS

» Meetings to data gathering: citizens groups (e.g. health, schools, sports, culture); local organizations; champions and all the citizens.

» Workshops/focus groups: to discuss participatory culture, ethics and human rights.

» Mapping information:

CONTEXT

» Emphasise the need for a mix of skills and resources across the participating citizens to allow for co-creation. The skills needed include ideator, optimizer, analyser, visualizer and influencer skills. These will allow teams to generate ideas, optimize the ideas through additional knowledge and input, analyse the potential socio-economic impact, visualize the ideas, make them tangible and prepare the ideas for communication and finally influence others to try out the idea and invest further resources in the ideas;

» Create alliances between citizens that jointly can relate to a common vision – this would require both a strong demand from citizens and other users and a likely strong supply fraction that are willing to work together to deliver the NBS and subsequent healthy corridor;

» ascertain how additional activities through new alliances and sustainable business models may be set in motion to further strengthen the drive towards maximized quality of life for the communities to be using the healthy corridor; identify and activate new alliance partners to expand and scale-up the activities and benefits to local populations including those with less resources.

GOALS

The strategic design and usage of participatory tools for URBiNAT cities requires a research approach that allows for the gathering of qualitative data (Strauss and Corbin, 1998), covering:

» a) Participatory local culture, including the historic pathway of citizens engagement in public life in general and in urban governance in particular.

» b) The network of local organizations, champions, residents' or neighbourhood' associations and business actors or companies.

» c) The public services and facilities.

» d) Specificities of citizens living in URBiNAT neighbourhoods/intervention areas.

» e) Geo-referenced data regarding public space and formal and informal locations of collective and public meeting points.

UNBOXING

ENABLERS

Participants - to whom worked better
- Local citizens that have a plot at Horta da Oliveira
- Local citizens that participate in kick-off public event

Spaces - Worked
- Direct contact at the street
- Public events organized by URBiNAT, district and associations
- Praça da Corujeira

Dynamics - Worked
- Proximity
- Gaming during kick-off public event

Facilitators - Worked
- CES local facilitator/researcher for proximity actions
- CES and GUDA for workshops and kick-off

Tools - Worked
- Interview
- Gamming
- Mapping

Communication of the event - worked
- Email and phone
- URBiNAT and municipality social media
- Partners social media

BLOCKERS

Participants - to whom worked better
- Common citizens

Communication of the event - worked
- Local communication with social media

CO-DIAGNOSTIC

LD-Stage 1
Data Collection

In Stage 1 of the Local Diagnostic, following a process of consultation and discussion aimed to generate an appropriate common understanding and the basic coordination required for acceptable commonality and comparability in the approach of each city, the Front Runner cities assembled and organized a data set judged as sufficiently comprehensive for meeting the future needs of the project.

CO-DIAGNOSTIC

LD-Stage 1
Data Collection
Technical Information

DYNAMICS

SYSTEM THINKING
Territorial description

The data requested for the diagnostic analysis are divided into three main categories, in order to catch more aspects as possible of the real situation of the cities. These three categories of data allow to obtain for each city:

- » **a Territorial description;**
- » **a Social description;**
- » **an Economic description.**

The Territorial data are basically necessary for drawing a picture of the physical and morphological details of the relevant city areas. They consist of satellite imagery, aerial pictures, orthophoto maps which provide morphological information of the area of the considered city.

The main topics covered by the Territorial data include:

The land use;

The terrain characterization, with a particular attention to:
- » the geology,
- » the geomorphology structure,
- » the altimetry,
- » the slopes,
- » the hydrography,
- » the watercourses;

The urban environment, with a focus on:
- » the air quality,
- » the water quality,
- » the soil quality,
- » the level of noise;

The green spaces and biodiversity, with an analysis on:
- » the green space typology,
- » the vegetation,
- » the presence of trees,
- » the species richness,
- » the green and ecological infrastructures;

The climate, (with its modifications);

The natural risks, such as:
- » thermal anomalies,
- » the vulnerability to heat stress,
- » the wind circulation,
- » the flooding areas,
- » the hydrological risks;

SYSTEM THINKING
Social description

The Social data allow for a social characterisation/ description of the city. These data can be used, essentially for the following four purposes:

» to provide a scientific knowledge as complete as possible about the social dynamics and about an urban trend, which may highlight issues not depending from the neighborhood but on historic contingencies, climate conditions or policy orientations;
» to draw a framework of comparison between the urban scale and the specific neighborhood, which may show positive or negative scenarios for the adopted case study;
» to contribute to the adequacy of project responses to local needs;
» to contextualize the picture of the areas provided by the analysis, because such picture is situational, meaning that it is limited to a certain time and space defined previously in the methodological framework.

It is important to remark that the trend of the social data (for example the results of a comparison of the official statistics of two different periods, or two different social Censa) could be determined based on an understanding of potential negative as well as positive social changes, thereby allowing for ad-hoc improvements along the way. Another aspect to be considered is that the social issues may not be fully related to the neighborhood itself, but might be caused by larger dynamics or external factors (for example, higher percentage of deaths for cancer can be caused by the presence of poisoned smokes, due to particular situations related to the winds breathing from industrial districts).

Given the intrinsic difficulty to analyze social phenomena, the availability of the local data and support of local stakeholders, may facilitate the analysis and the comparisons with more specific urban data.

The set of Social data requested are mainly divided into the following four macro-categories:

Demography, divided into the topics:

» the general demographic data (as the age pyramid with focus on the quantity, the density, the dynamics, gender dynamics, and generational divides),
» the presence of vulnerable groups in the area,
» the cultural and the ethnic diversity,
» the education levels,
» the housing conditions (as the houses availability, the distribution of families in the houses, the recent trends in housing, the comparison between center area and peripheric area, the percentage of the homeless),
» the migration rate and migration graphs,
» the cultural rate,
» the religion,
» the family description (like number of members, and number of children per family);

Safety and health, with a relevant focus on:

> » the health and well-being rate,
> » the causes of death,
> » the reproductive health,
> » the health services (e.g., number of hospitals and the number of doctors per capita),
> » the number of crimes in the area,
> » the security issue,
> » the right claims by populations of social housing neighborhoods,
> » the mechanisms available and used by citizens to access justice;

Participation level, with a particular attention on:

> » the political participation, and the voting rates,
> » the trust in the local public institutions,
> » the presence of voluntarism and of the associative movements,
> » the social connections in the area,
> » the social inclusion rate;

Perception of the public services, as:
> » the public transportation,
> » the schools,
> » the hospitals, the health services, and the alternative care centers,
> » the civil protection,
> » the post offices,
> » the public offices,
> » the police stations,
> » the cultural services and the recreational and amusement activities,
> » the libraries and any cultural, creative, artistic and entertainment activities,
> » the spaces and the initiatives for socialization.

SYSTEM THINKING
Economic description

The Economic data provide information about the economic development of the city.

The economic data collected allow to take into account also the degree of competitiveness in the cities and the wealth distribution among the own inhabitants.

An important focus of these data is on the labor, the workforce and the conditions of workers in the different sectors. The Local Diagnostic also consider the innovation level, the research of innovative procedures and the amounts of the investments related to modernization as fundamental information on the cities.

The topics covered by the economic data basically are:

Income and poverty, with many indicators about:

> » the average family income,
> » the current expenditures for the electricity, the gas, and the food,
> » the living conditions,
> » the housing affordability: the prices of houses, the prices of the rents, and of construction;

The employment, through some indicators about:

- » the competitiveness,
- » the activity and the employment rate,
- » the unemployment rate per economic and no-profit sector,
- » the industrial plants concentration rate in the social housing districts;

The innovation level, by considering indexes on:

- » the number of patents, the number of startups, the number of developed mobile apps,
- » the research and development level, as the expenditure for Research & Development project, the amounts of financing to the research facilities, the amount of the facilities for investment in Research & Development,
- » the businesses and the workers, as the number of employed by business size, the classification of the enterprises by business kind, the classification of the enterprises by productive sector,
- » the trust degree in businesses;

Activity sector, in particular:

- » the agriculture production,
- » the cultural and creative industries,
- » the stores and the commercial activities;

The facilities with several indicators about:

- » the cultural facilities (as the number of: museums, cultural centers, historical societies, libraries operated by a public, private, or non-profit organization, universities, cultural offices, theatres, cinemas, radio, recreational facilities),
- » the educational facilities (as the number of: kindergartens, schools, higher education centers),
- » the recreational and leisure spaces (as the number of: sports facilities, recreational spaces, users of sport facilities).

Diagnostic Analysis

TOOLS

CONTEXT

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GOALS

All the data collected can help to develop a set of
requirements and needs for the interactions to be
developed throughout the project and co-design.

CO-DIAGNOSTIC

LD-Stage 2
Participatory

Stage 2 consists of many activities performed by the other Working Packages, with the purpose to collect new data on the processes related to the URBiNAT project.

That data is collected in the study area, that is the area where it is planned to build the healthy corridor, and eventually in the close areas around it. The reason to concentrate in these areas all these activities is that the implementations of NBS have more relevant impacts in a quite restricted area: outside such area it becomes hard to detect modifications related to them.

The partners involved in the Stage 2 of the Local Diagnostic set up a list of activities and methods to conduct the analyses.

Step:
AWARENESS /
DATA-COLLECTION /
PARTICIPATORY

KICK OFF
Primary Schools
Technical Information

DYNAMICS

The challenge was to create a simple event with a narrative that valorises and makes local assets and resources visible around four questions:

- » What do you like about the area? What exists and happens here?
- » What are your visions and dreams for the area?
- » What would you like to change?
- » How can you contribute and should help?

The staff of the local task force facilitated the activities, which were promoted by the schools and developed under the responsibility of their teachers. There was also the involvement of organisations already collaborating with the project. It resulted in three kick-off events, being two similarly organised and the third one integrated in an event already organised by the school.

SYSTEM THINKING

The objectives of kick-off events in primary schools were to:
- » mobilize, make known and generate interest in the project;
- » co-create, involving schools in the first activities of the project, namely to experiment participatory activities and co-diagnosis.

TOOLS

Here it is proposed the use of tools
(see detail in Chapter 3 -> 1. Methods Guidelines)

- » Meetings to data gathering: City enterprises, Citizens groups (e.g. health, schools, sports, culture); local organizations and champions.
- » Workshops/focus groups: to discuss participatory culture, ethics and human rights.
- » Mapping information.

CONTEXT

Linking with the direction of schools, it is essential to identify schools that enhance the articulation between teachers, students, parents, staff and that not only provide the space but also the organization of workshops, so that the process is transversal to all interested parties.

In a way, these are also the champion communities to bring the citizens of the project closer and carry out its activities. Potentially the role of children and their future, through an active participation that contaminates parents, grandparents and the rest of the community. The school space can transform into a hybrid territory, rich for the debate of ideas and exploration of divergent views.

GOALS

Collect as much information as possible through the tools, but also assist with ethnographic observation techniques. Given the various ways of expressing themselves, with their own visions, the main objective is to identify their habitats, their interests, the way of being in society, among others; through quali-quanti metrics. identify problems arising from social, economic and cultural issues; that constitute your day-to-day concerns.The event also intended to:

» mobilize the population through the official communication of the URBiNAT Project;

» empower the population for the meaning of nature based-solutions;

» start the co-creation process involving the population in the first participation and co-diagnosis activities;

Step:
AWARENESS /
DATA-COLLECTION /
PARTICIPATORY

Since the Project will focus on the use of different methodologies for the interpretation of priority intervention zones (through innovative sessions of participation, behavioral maps, questionnaires, territorial analysis) and measures to be implemented (inserted in the NBS catalogue), this event it intends to initiate this involvement and participation of the population and gather important guidelines for the Project that will serve as a basis for subsequent actions.

KICK OFF
Community
Technical Information

DYNAMICS

The main objective of the event is to generate empathy and recognition between the URBiNAT project and the citizens in general. Smiling was the main instrument and narrative!

The event circuit is organized in stations, which will receive groups of participants (around up to 15 per group, with a minimum of 7-8 people). Each group is led along the route by a guide/companion — see activity sheets from 1 to 5. Each station is run by 2 or more facilitators who, in addition to groups, also receive and interact with individual participants / 'parachutists' who come to join the ongoing activity.

The event site also includes an area referred to as the 'local talent fair' where collective or individual entities, associations and initiatives were invited to exhibit their activities and productions. The 'stage for recreational activities' area also allows for the exposure of these local talents. The objective is to strengthen ties with the different stakeholders in the location.

SYSTEM THINKING

It is intended with this event:

» mobilize the population through the official communication of the URBiNAT Project;
» train the population for the theme of NBS;
» start the co-creation process involving the population in the first participation and co-diagnosis activities;
» create recreational and dissemination moments through the involvement of local Organizations/ Associations.

The main objective of the day is to generate empathy and recognition between the URBiNAT project and citizens in general. The main instrument and the main narrative is the smile!

Participants are invited to take part in a circuit in which they will experience various participatory activities, leading them to learn more about the URBiNAT project and its concepts. At the end of the circuit, they are also invited to get involved in the next activities of the project, namely in their organization. Thus, at the beginning of the circuit, they receive a postcard to be stamped at each station they complete, and which they deliver at the end, receiving a graphic diary that materializes the co-creation message for which they are invited to continue.

TOOLS

Here it is proposed the use of tools
(see detail in Chapter 3 -> 1. Methods Guidelines)

» 1_ URBiNAT VIDEO / Exhibition and debate
» 2_ Nature-based Solutions (Sharing)
» 3_ Board game (Jogo da Glória)
» 4_ Let's map together!
» 5_ Mapping of what is most liked and done in the territory
» 6_ FEELINGS / Contrasts (scale from positive to negative)

CONTEXT

The circuit's activities follow a positive inquiry sequence (positive inquiry), in a logic that aims to make visible and value the people, places and resources existing in the project's intervention area, before the specific challenges to this area or inherent to this area. any other area of the city. The mindset is positive for an active co-creativity. It is the opposite of an approach to problems and needs. And create a more active participation in the Project and take the first steps in creating a participatory culture:

» identify facilitators and ambassadors that facilitate the link between URBiNAT and the local population, optimizing their implementation and amplifying their impact; These actors are expected to play an important role in extending the effects of URBiNAT beyond its implementation period;

» collect preliminary data to feed into the Local Diagnostic Report to be delivered to the EC in November 2019 and allow for necessary adjustments to ensure the success of future participation sessions;

» reporting on community-led processes;

» the re-definition of methodologies and protocols to support future participation actions.

GOALS

It is anticipated that this event will allow:

» create a more active participation in the Project and take the first steps in creating a participatory culture;

» identify facilitators and ambassadors that facilitate the connection between URBiNAT and the local population, optimizing its implementation and amplifying its impact. These actors are expected to play an important role in extending the effects of URBiNAT beyond its implementation period;

» collect preliminary data to feed the Local Diagnostic Report, to be delivered to the EC in November 2019 and allow necessary adjustments to ensure the success of future participation sessions;

» the preparation of reports/guidelines on community-led processes;

» the redefinition of methodologies and protocols to support future participation actions.

CO-DIAGNOSTIC

LD-Stage 2

Participatory

Technical Information

DYNAMICS

SYSTEM THINKING

Workshop sessions with working groups in spaces where citizens have the opportunity to share and participate in participatory processes.

For the proposed methods a protocol has been implemented, in order to coordinate and to make homogenous the activities in all the involved cities.

URBiNAT's working group on participation has contributed to the design and planning of the 2nd stage of the fornt-runner cities' local diagnostic. On the strategic design and usage of participatory solutions and relevant digital tools in support of NBS uptake, the URBiNAT team created a research plan following a specific scientific protocol:

All work package leaders were asked to fill out a table with the following parameters:

- » short description of the task;
- » indication of the issues to be analysed and addressed;
- » indication of the dimensions of analysis;
- » proposal of units of measurement;
- » proposal for methods of collecting information;
- » frequency indication and data monitoring process;
- » expectation of results.

URBiNAT's working group on participation created an analysis matrix to match the work package leaders' information with possible participatory categories, processes and tools to use in order to gather the requested information / data. The matrix crossed each indicator with the following parameters:

Types of research methods applicable for use (initial feedback to the work package leaders);

Distribution of each indicator within predefined approaches and methods:

1. Cultural mapping
2. Walkthrough
3. Photovoice
4. Focus group
5. Face-to-face interviews
6. Questionnaires
7. Behavioural mapping
8. Laboratory analysis
9. Territorial mapping

TOOLS

**Here it is proposed the use of tools
(see detail in Chapter 3 -> 1. Methods Guidelines)**

The list is the following one:

1. Cultural mapping
2. Walkthrough
3. Photovoice
4. Focus group
5. Face-to-face interviews
6. Questionnaire
7. Behavioral mapping
8. Laboratory analyses
9. Territorial Mapping.

CONTEXT

Clustering into four types of participatory and qualitative interaction needs of the local diagnostics, aiming at learning more about citizens and cultures in the designated city areas, and focusing on the self, us and perspective sense:

'Perceptions' -
Listening of the territory / expectations / needs

'Satisfaction' -
personal / quality of life

'Relations' -
intimacy / personal judgement / sense of beonging

'Prospective' -
sense of community / desires and dreams / ambitions for the territory / opportunities and new business models
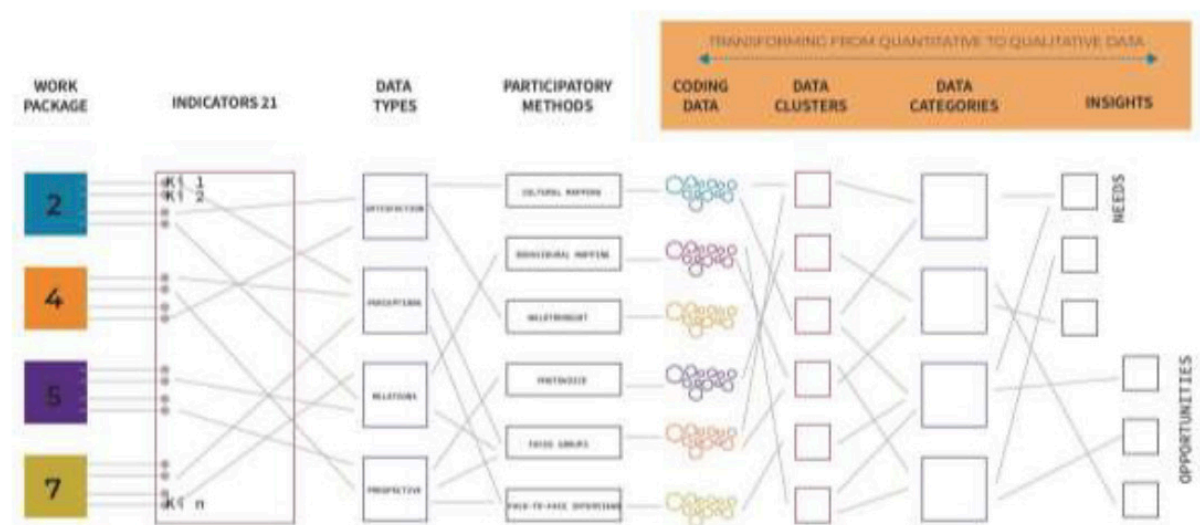
Figure: Data collection & analysis -
Overal methodology - Participatory Design System PDMS

GOALS

Based on our experience of previous participatory Design projects, we created a sequence of steps to transform qualitative data into quantitative data:

Step 1 -
Coding the data units, based on the gathered results analysis it was possible to define Data clusters or groups of information across the different tools and methods.

Step 2 -
Using the internal WK3 co-creation approach we were able to propose data categories that express in a better sense the citizens given information on perceptions, sense of belonging and community, dreams for the neighbourhoods for example.

Step 3 -
Creating a citizen participatory action & activity to ask for their categories validation converging in URBiNAT connected Needs and Wants.

Step 4 -
Generate the main emergent insights from the Participatory Design process to share with the other's Work packages and the observatory.

UNBOXING

ENABLERS

Participants - to whom worked better
- Primary school pupils
- Parents of the primary school pupils
- Common citizens in kick-off public event
- Associations in kick-off public event
- Citizens with cerebral palsy

Spaces - Worked
- Primary schools of Campanhã
- Praça da Corujeira

Dynamics - Worked
- Gaming
- Mapping
- Photovoice
- Walkthrough
- NBS around the trees
- Jogo da Glória

Facilitators - Worked
- CES and GUDA
- Other partners as observers

Communication of the event - worked
- Email and phone
- URBiNAT and municipality social media
- Posters in relevant locations

BLOCKERS

Participants - to whom didn't worked so good
- Common citizens out of events
- Secondary school pupils
- Roma group

Communication of the event - worked
- Local communication with social media

VALIDATION

- Improve feedback to pupils

RETHINKING

- Improve citizens engagement with better communication and more public events

Step:
INTEGRATE /
PRESENTING

This stage is intended to involve and listen to citizens who live, work and study in the city area about the Healthy Corridor to co-create. It is intended to continue the work of co-development of solutions for the territory, taking into account the contributions of all those interested in contributing with their knowledge and experience in the territorial context where it is intended to implement the "Healthy Corridor" based on natural solutions, the NBS. In this workshop, the focus is on the results and conclusions of Local Diagnostic to define needs, opportunities, categories and typologies of solutions, material and immaterial.

VALIDATION
Technical Information

DYNAMICS

Group dynamic or online community meeting
Powerpoint presentation with the main results +
Discussion

SYSTEM THINKING

Practical working sessions (60') — **Part A** and
Part B - on "The identified local needs and
nature-based solutions".

PART A - two parallel worktables (30')

TABLE 1. Identified needs:

» Clarify the needs identified in the
territory and "listen to" the participants again
to validate the results obtained so far by
the participation process. Contribute to the
definition of categories of needs / opportunities
for the development of Solutions for the Healthy
Corridor. The aim of the process is that this
action defines clouds of information (needs
grouped into categories and lines of action)
that will be fundamental for the co-creation by
citizens of "My NBS". The aim is thus to provide
context, framing and focus on the co-creation of
"My NBS".

Methodology:

DEBATE in context - (divergence) Dialogue with
and among participants about the main results,
space to complement the information received
from the previous processes.

» Tool: EMPATHY MAP - Listening/Thinking/
Saying/Doing - Pains and Gains and Priorities,
for systematizing information, including the
convergence process (information groups,
categories of actions and intervention priorities)

CONTRASTS AND CORRELATIONS - Definition of
needs and types of intervention, thinking about
the MATERIAL and INMATERIAL aspects, and the
needs for correlation between the two for the
concept of a Healthy Corridor to be co-created.

» Tool: SEMANTIC PANEL (with quadrants)
to identify key concepts for the Healthy Corridor
and relationships / complementarities between
MATERIAL AND IMMATERIAL Solutions.

TABLE 2. NBS Proposals

» Presentation and development of "NBS"
proposed by citizens.

Methodology:

Critical analysis of the NBS proposed by citizens
through the TRIZ methodology with the
participation of councilors, URBiNAT team and
other participants. It is intended to support the

development of "NBS charters" proposed by citizens, with
the aim of identifying the characteristics and categories
related to "impact", "description", "implementation".
Finally, the relevance of the proposal in the context of the
URBiNAT project will be discussed.

1. Placement on the table of the NBS card by the bidder -
1m x 5 NBS - 5' (NBS was already presented in the previous
session)
2. Completion of the TRIZ letter by the participant - 5 '
3. Presentation of the comment by the participant
following the structure of the TRIZ letter - 3m x 5
participants - 10'
4. Counterarguments of NBS Proponents.

PART B - List results Table 1 and 2 (30')

» It is intended to create working groups between
NBS proponents and new participants.

Methodology:

Combination of needs and concepts, resulting from table
1, with the NBS cards resulting from table 2, through
MATCH methodology:

1. Presentation of needs/concepts by the spokespersons of
table 1.
2. Presentation of NBS cards by the proponents of table 2
MATCH dynamic that allows you to relate concepts to NBS
cards.
3. Combination, by "theme", "character" and "scale", of the
various hypotheses resulting from both tables.
4. Constitution of groups.

Summary of Conclusions and Closing (10')

» Conclusion on the development of the proposals
and their integration in the concept of healthy corridor
and in the territory of Campanhã.
» Proposed continuity in the development
of proposals in scheduled support sessions and
encourage the collective development of these and
new proposals.
» Final remarks by the participants.

Methodology:

» Observers/spokesperson present the summary of
the main findings of PART A and PART B and the next
steps;
» Observers/spokesperson open space for final
considerations to the participants.

TOOLS

Empathy Map - Listening/Thinking/Saying/Doing - Pains and Gains and Priorities
*(Check the Book 02 - Methods and Tools in use)

Affinity Diagram - Clustering Results - Creating Intervention Categories
*(Check the Book 02 - Methods and Tools in use)

Healthy Corridor (HC) Scenario - Visual Board - Creation of visual references for each category - Envisioning the HC Typologies

Healthy Corridor (HC) Usages - HC journeys - My days in the Healthy Corridor

CONTEXT

Participants from URBiNAT, technicians (municipality) and citizens were almost equally balanced. The explanatory part was extensive due to the amount of information that has been produced, lengthening the session.

The state-of-the-art / future activities confirmed to be crucial to relaunch the participatory process, creating an informative basis for the next set of activities.

GOALS

» Share with the local community the main results of previous diagnosis activities carried out in the Urbinat study area, identifying its usability for the foreseen activities;

» Contribute to further engaging the citizens involved, opening up the opportunity for new citizens (that inhabit, work or study in the area) to get involved;

» Set up a working basis for the coming participatory sessions - co-design and co-implementation;

» Introduce the next participatory sessions (programme/timing and aims).

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection
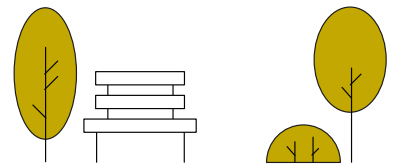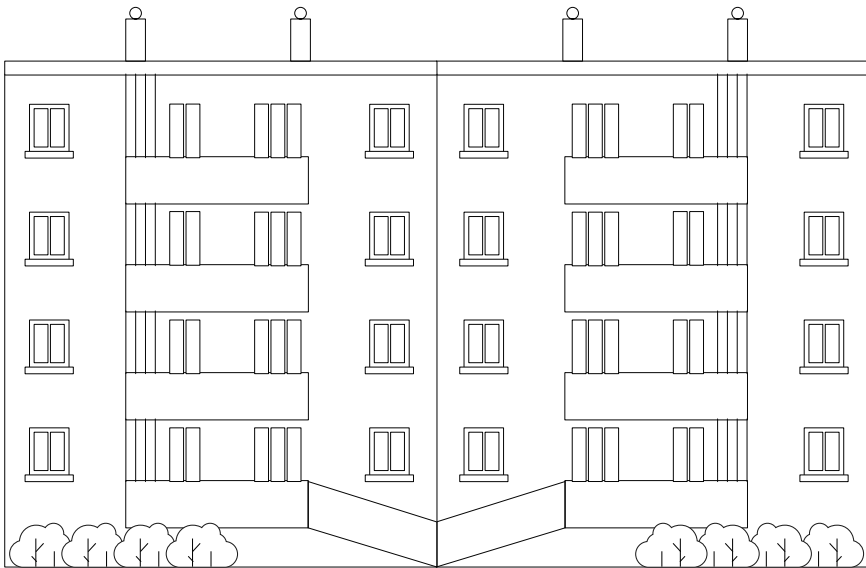
CASE STUDY
NANTES

STAKEHOLDERS
Step Awareness

NARRATIVES

_Reopening of the stream
_Materialize the stream by drawing a blue line on public space.
For inhabitants (mainly families)

SCENARIO

District Nantes Nord, on public space

GOALS

Raise awareness on the presence of water and especially a stream that is mainly tubed

METHODS AND TOOLS

Using public space to raise awareness and engage inhabitants

STAKEHOLDERS
Step Awareness

NARRATIVES

Short information about the project and process. Parallel to the suggestion box, information on the future dates of workshops and email address to contact for more information.

SCENARIO

Nantes Nord, on the Canada park.

GOALS

_To question the future of the area.
_Inform the inhabitants about the project.
_Collecting ideas for a construction site.
_Identify the driving forces.
_Start the engagement process.

METHODS AND TOOLS

_A suggestion box to collect the propositions of the inhabitants.
_Using public space as information tool.

LD STAGE 2
Step Participatory

NARRATIVES

Short presentation of the global project and the first orientations of the urbanist for the site.
Presentation of the suggestions that were put by inhabitants in the box placed during two months on site.
Discussions with the group of what they think about the evolution of the site proposed by the urbanist and the suggestions of the inhabitants.
Place the propositions of the suggestion box and the new ones on the map of the Canada park.

SCENARIO

Nantes Nord, on the Canada park

GOALS

From the end of February to the beginning of April, the suggestion box and markings on public space made it possible to highlight the potential of the place by the inhabitants, but whose uses and function are not clearly defined.
In order to complete and deepen this first collection of propositions, a workshop was held on Monday 10 April to discuss the programming of the site and the surrounding green spaces, taking into account the development intentions for the area.
Children from the neighbourhood, associations, participants from the health centre workshop.

METHODS AND TOOLS

Plan of the existing, a plan of the proposed changes by the urbanist, post it to say what was interesting, on both plans.

LD STAGE 1
Step Awareness

NARRATIVES

The activity was structured in 3 workshops:
- » on soil: "Observe a soil, what is a soil?"
- » on water: "Observe a watercourse, what is a watercourse?"
- » on microclimate: "Why are we cold or hot?"

Morning: Two classes of the George Sand school (9-10 years old pupils).
Afternoon: A group of children (5 to 12 years old) from the "Chloé Censive" activity centre (managed by Accoord association)

SCENARIO

District Nantes Nord

GOALS

_Observe and understand some aspects of the environment functioning in the Renard stream small valley-
Soil is a living and vulnerable environment that provides important services to humans.
Discover the quality of river water, observe what can pollute the river.
To become aware that the air temperature measured is not necessarily the temperature felt. Understand the other parameters that affect the sensation of hot and cold.
_Introduction to scientific way of thinking

METHODS AND TOOLS

Soil: Observe the different layers of soil. Different parameters to describe soil composition. Observe organisms living in the soil.
Water: Different parameters and instruments to measure and to study pollution.
Microclimate: Measure of Air temperature, humidity, Globe

LD STAGE 1
Step Awareness

NARRATIVES

The activity was structured in 3 workshops:

» on soil: "Observe a soil, what is a soil?"

» on water: "Observe a watercourse, what is a watercourse?"

» on microclimate: "Why are we cold or hot?"

For inhabitants (mainly families).

SCENARIO

District Nantes Nord

GOALS

_Observe and understand some aspects of the environment functioning in the Renard stream small valley-

Soil is a living and vulnerable environment that provides important services to humans.

Discover the quality of river water, observe what can pollute the river.

To become aware that the air temperature measured is not necessarily the temperature felt. Understand the other parameters that affect the sensation of hot and cold.

_Introduction to scientific way of thinking

METHODS AND TOOLS

Soil: Observe the different layers of soil. Different parameters to describe soil composition. Observe organisms living in the soil.

Water: Different parameters and instruments to measure and to study pollution.

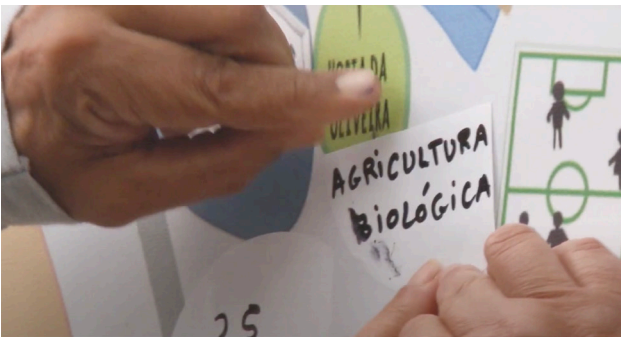**Microclimate:** Measure of Air temperature, humidity, Globe

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection


URBiNAT Data Collection

URBiNAT Data Collection
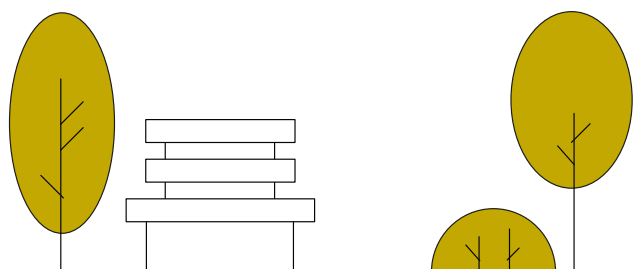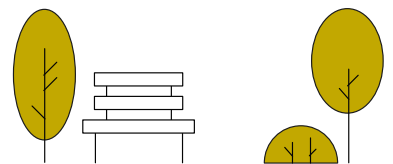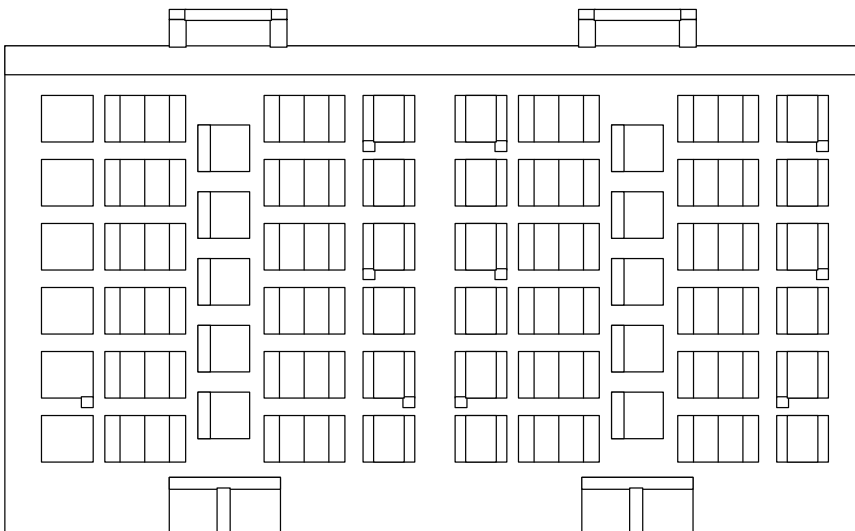
CASE STUDY
SOFIA

TECHNICAL
Step Team Building

NARRATIVES

Observation visits of the Local Taskforce to Nadezhda

SCENARIO

Center city Nadezhda

GOALS

Observation of the URBiNAT study area, passive territorial mapping and mapping of activities

METHODS AND TOOLS

Mapping

CITY COUNCIL
Step Involvement

NARRATIVES

Meeting with the Deputy Mayor and the Mayors of Nadezhda and the neighbouring districts

SCENARIO

Neighbouring

GOALS

Awareness raising among the elected politicians and discussion of the scope of the URBiNAT area, its connections with neighbouring territories, and common projects planned or underway

METHODS AND TOOLS

Mapping

CITY COUNCIL
Step Involvement

NARRATIVES
Formal approval of the scope of the URBiNAT study area

SCENARIO
Municipality

GOALS
Local political actors for agreed on coordinated actions within the selected area of the 5 neighbourhoods for the co creation of the Healthy Corridor

METHODS AND TOOLS
Agreement

STAKEHOLDERS
Step Awareness

NARRATIVES
Meeting of Sofia Taskforce with local stakeholders

SCENARIO
n/c

GOALS
To present URBiNAT to NGOs operating at city level

METHODS AND TOOLS
Mapping/Self-projection

TECHNICAL
Step Team Building

NARRATIVES

Meeting with the staff at the Municipal centre for Personal Development in Nadezhda

SCENARIO

Municipality center

GOALS

To present URBiNAT to the staff prepare activities for the Sofia Meeting

METHODS AND TOOLS

n/c

CITY COUNCIL
Step Involvement

NARRATIVES

URBiNAT consortium - meeting the chief architect of Sofia and the mayor of Nadezhda district at Sofia the City Hall

SCENARIO

Municipality

GOALS

Awareness rising within the Municipal elected politicians and administration

METHODS AND TOOLS

Perception

LD STAGE 1
Step Data Collection

NARRATIVES

Visit to the Municipal centre for Personal Development in Nadezhda

SCENARIO

Municipality center

GOALS

_To present URBiNAT and engage children in the co-creation process
_To present some of the cultural activities to the consortium members

METHODS AND TOOLS

Mapping/Self-projection

LD STAGE 2
Step Participatory

NARRATIVES

Workshop with local stakeholders during Sofia meeting of URBiNAT partners

SCENARIO

School

GOALS

Cultural mapping among the municipal staff, local champions, and NGO-s operating on city level
To share principles of for implementation of the Cultural mapping

METHODS AND TOOLS

Cultural mapping and training

TECHNICAL
Step Team Building

NARRATIVES

Formalization of the Sofia Task Force

SCENARIO

Municipality

GOALS

Awareness rising within the Municipal elected politicians and administration

METHODS AND TOOLS

Perception

LD STAGE 1
Step Data Collection

NARRATIVES

Visit to the Municipal centre for Personal Development in Nadezhda

SCENARIO

Municipality center

GOALS

_To present URBiNAT and engage children in the co-creation process
_To present some of the cultural activities to the consortium members

METHODS AND TOOLS

Mapping/Self-projection

LD STAGE 2
Step Participatory

NARRATIVES

Workshop with local stakeholders during Sofia meeting of URBiNAT partners

SCENARIO

School

GOALS

_Cultural mapping among the municipal staff, local champions, and NGO-s operating on city level
_To share principles of for implementation of the Cultural mapping

METHODS AND TOOLS

Cultural mapping and training

TECHNICAL
Step Team Building

NARRATIVES

Formalization of the Sofia Task Force

SCENARIO

Municipality

GOALS

To establish regular meetings in order to keep the municipal technicians and the Task Force on the forthcoming activities

METHODS AND TOOLS

Training

VALIDATION
Step Integrate

NARRATIVES

Local task force meets thermal water and swimming specialists

SCENARIO

n/c

GOALS

Discuss the innovative aspects and characteristics of the thermal water swimming pool as NBS. Establishment of a life-cycle strategy for implementation

METHODS AND TOOLS

Perception and needs

LD STAGE 2
Step Participatory

NARRATIVES

Public Kick-off in Nadezhda Institute of Culture

SCENARIO

Institute of Culture

GOALS

To present URBiNAT and engage citizens and stakeholders in the participatory process of local diagnostic

METHODS AND TOOLS

Cultural mapping and motivational interviews in small group

STAKEHOLDERS
Step Awareness

NARRATIVES

Meeting with headmasters and deputy headmasters of schools and kindergartens in URBiNAT study area

SCENARIO

n/c

GOALS

To present URBiNAT and engage the municipal educational institutions and their pupils in the co-creation process

METHODS AND TOOLS

n/c

LD STAGE 2
Step Participatory

NARRATIVES

Presenting URBiNAT to the Pupils' Parliaments in four schools

SCENARIO

School

GOALS

To present URBiNAT and engage active pupils in the co-creation
To collect concrete ideas outlined as mini-projects/initiatives

METHODS AND TOOLS

Self-projection and ideation

LD STAGE 1
Step Data Collection

NARRATIVES

Observation behaviour mapping at 19 locations within the URBiNAT study area

SCENARIO

Local neighborhood

GOALS

Observation and mapping of activities, users, and flows during working and nonworking day

METHODS AND TOOLS

Observation and data collection

LD STAGE 2
Step Participatory

NARRATIVES

Walk through combined with motivational semi-structured interviews and photo voice - three groups of pupils and one with the staff from Nadezhda district administration

SCENARIO

School

GOALS

To engage pupils - "sports champions" from the 153th sports school in the co-creation process
To engage the staff from Nadezhda district administration

METHODS AND TOOLS

Walkthrough, interviews, photo voice and mapping and NBS

LD STAGE 2
Step Participatory

NARRATIVES

3 focus groups with the local administration staff, staff from cultural institutions, parents
1 focus group related to mineral water

SCENARIO

Audience local administration staff, staff from cultural institutions, parents

GOALS

To collect ideas for activities and projects

METHODS AND TOOLS

Cultural mapping

VALIDATION
Step Presentation

NARRATIVES

Meeting with the Deputy Mayor the Chief architect of Sofia Municipality

SCENARIO

n/c

GOALS

Political and municipal experts' validation

METHODS AND TOOLS

n/c

VALIDATION
Step Integrate

NARRATIVES

Activities of the Mini Working Group "Work with pupils".

SCENARIO

n/c

GOALS

Political and municipal experts' validation - Deputy Mayor the Chief architect

METHODS AND TOOLS

n/c

VALIDATION
Step Presentation

NARRATIVES

Exhibition on the Local Diagnostics in the 4 schools

SCENARIO

Schools/School communities

GOALS

To activate schools as horizontal partners
To explain the opportunities to participate
To negotiate further forms of collaboration during the co-creation process

METHODS AND TOOLS

Presentation

VALIDATION
Step Integrate

NARRATIVES
n/c

SCENARIO
n/c

GOALS
n/c

METHODS AND TOOLS
Survey on Health
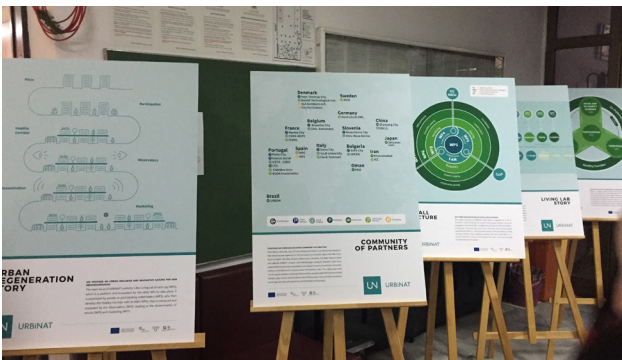
URBiNAT Data Collection

URBiNAT Data Collection

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CO-DESIGN REPORTING
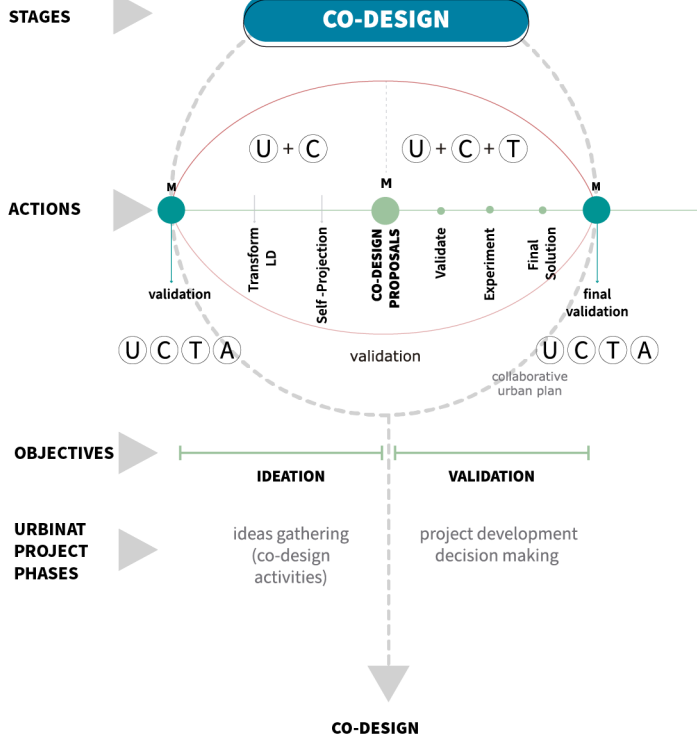
STAGES

CO-DESIGN

$U + C$ $U + C + T$

ACTIONS

M M M

validation

Transform LD

Self-Projection

CO-DESIGN PROPOSALS

Validate

Experiment

Final Solution

final validation

validation

U C T A   U C T A

collaborative urban plan

subtitle
U urbinat team
C citizens
T municipality technicians
A municipality authorities

OBJECTIVES

IDEATION   VALIDATION

URBINAT PROJECT PHASES

ideas gathering (co-design activities)

project development decision making

CO-DESIGN

PRESENTING LD

STEPS	PROJECT NARRATIVES	ACTIVITIES	
TRANSFORM	Engaging Citizens	LD STIMULI ACTION CATEGORIES PROJECT FRAMMING	SETTING THE SCENE
SELF-PROJECTION	Motivating Citizens	HC FUTURE USAGES CITIZENS ROLES CoP/CoI LEADERS	EMPOWERING CITIZENS
IDEATE	Sharing Purpose	WHY/HOW/WHAT SUPERBARRIO CITIZENS IDEAS	FUTURE SCENARIO
DESIGN	Conceptualizing	MY NBS URBINAT NBS MATCHING NBS	CLUSTERING
VALIDATE	Dialoging	CONSENSUS DECISION MAKERS COMMUNITY	PRELIMINARY PLAN
ARGUE	Experimenting	COMMUNITY BY ARTS DISCUSSIONS EXPERIENCE	PROTOTYPING
SYSTEMATIZE	Preparing next Stage	FINAL VALIDATION PUBLIC PRESENTATION GOVERNANCE MODELS	HEALTHY CORRIDOR

Involvement
Engagement
CoP

CO-
DESIGN

Co-design is about collaboratively establishing purpose and "reason why", put in place action strategies and arrive at viable proposals. Participation is encouraged in the design of NBS, through co-design.

As noted above, this may incorporate co-selection of which NBS to apply. For co-design, an interactive process, devised for the combined selection, adaptation and design of NBS, is generally preferable. With the help of digital enablers, there is enhanced scope for co-creation in this regard.

The integration of the NBS in the healthy corridor strategy and urban is co-designed with the several actors that take part of the co-creation process.

CO-
DESIGN
ACTIONS

The co-design activities were organized in seven steps, according to the methodology proposed in the co-creation process: transform, self-projection, ideation, design, validate, argue, systematize. These steps aim to engage citizens in the three levels of commitment: involvement, interaction and integration, going from a episodical participation in a workshop to leading the development and implementation of a NBS.

Once again, it was agreed with the participants that activities would be developed in parallel with adults (individuals and associations) and with children, from the primary schools. Nevertheless, the groups should be smaller due to the intensity of the process, maximum of 25 participants.

Considering the characteristics of the territory, URBiNAT explored the walkthrough method to discuss the needs and solutions in direct contact with the intervention area. At the ideation stage, the new NBS were identified by the two groups covering four categories: public space, culture and sports, social economy, education.

At the design stage, three innovative methods were developed: one with great proximity with the citizens in order to support them and to develop the NBS adapted to its context; second, with online meetings to face the challenges imposed by COVID19 pandemic; third, with meeting that joined citizens and municipal technicians to developed the NBS taking in consideration the legal restrictions and the future integration in the municipality services.

After the design stage, the URBiNAT team systematized all the information collected and prepared a decision process with the political representatives, using TRIZ method, that ended in two online sessions to discuss the three categories of decision: development of NBS, channel NBS to other municipal projects, and not to develop the NBS. Finally, the NBS approved were integrated in a urban project of the healthy corridor that was presented and discussed in an online session with all the actors. Some NBS are being developed in parallel, namely the immaterial solutions that will activate the use of the healthy corridor.

TRANFORM LD
Step Transform

NARRATIVES

Engaging Citizens in the Local Diagnostic results

SCENARIO

Workshop / Seminar - to induce systems thinking focus on:
- » share the main results
- » sense of belonging
- » collective mindset
- » clusters
- » priorities

GOALS

Setting the scene . present LD results, define action Categories and project framing

METHODS AND TOOLS

Urbinat methods:
- » Community workshop
- » Proximity dialogue / atelier
- » open Discussion

Other possible methods or tools
- » Graffiti walls
- » Image boards
- » Mind mapping
- » Word clouds
- » Generative design

Time
2:00H

Difficulty
Medium

WHO?
Urbinat experts and local citizens, stakeholders, ambassadors, champions and activists.

STEPS
meeting set up, invitation, collecting feedback, analyzing results

INSTRUCTIONS

SELF-PROJECTION
Step Self-Projection

NARRATIVES

Motivating Citizens to be part of the design solutions

SCENARIO

Workshop / proximity actions (as many as needed) - to induce systems thinking focus on:
- » share the main results
- » sense of belonging
- » collective mindset

GOALS

Empowering Citizens - foreseen HC Futures usages, understand Citizens Roles, prospective the future Cop/Col Leaders

METHODS AND TOOLS

Urbinat methods:
- » Presentation
- » Proximity ateliers
- » Mapping
- » Walkthrough

Other possible methods or tools
- » affinity diagrams
- » KJ technique
- » thematic networks
- » user journey maps
- » personas

Time
1:30H each session

Difficulty
Medium

WHO?

Urbinat experts and local citizens, stakeholders, ambassadors, champions and activists.

STEPS

meeting set up, invitation, preparing the tools, collecting feedback.

INSTRUCTIONS

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Sharing Purpose

SCENARIO

Citizens Ideas workshops (as many as needed) - to induce systems thinking focus on:
» open-minded, imaginative,
» explorative and collaborative
» focus on out of the
» boundaries, chaos and
» multifinality
» entropy, complexity and input
» output

GOALS

Future Scenario - Why/How/What

METHODS AND TOOLS

Urbinat methods:
» Walkthrough
» Mapping
» Proximity Ateliers
» Drawing
» Design thinking
» Superbarrio
Other possible methods or tools
» brainstorming graphic
» creative toolkits
» mind mapping
» cross-pollination
» origami
» role play activities
» collage

Time
2:00H each session

Difficulty
Hard

WHO?
Urbinat experts and local citizens, stakeholders, ambassadors, champions and activists.

STEPS
meeting set up, invitation, preparing the tools, collecting feedback.

INSTRUCTIONS

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Conceptualizing citizens solutions and overall NBS for Healthy corredor

SCENARIO

Workshops / proximity (as many as needed) - to induce systems thinking focus on:
- » maker, explorer and connecter
- » focus on sum of parts, input
- » output, patterns and equifinality

GOALS

Conceptualizing and Clustering -
My NBS, Urbinat NBS, Matching NBS 's

METHODS AND TOOLS

Urbinat methods:
Walkthrough
- » Proximity Ateliers
- » Mapping
- » Drawing
- » Gaming,
- » 3D model thinking
- » Mockup's
- » design thinking

Other possible methods or tools
- » mind mapping
- » brainstorming
- » role playing
- » direct storytelling
- » diary studies
- » storyboards
- » prototyping

Time
2:00H

Difficulty
Hard

WHO?
Urbinat experts and technicals, local citizens, stakeholders, ambassadors, champions and activists.

STEPS
meeting set up, invitation, preparing the tools, collecting feedback.

INSTRUCTIONS

VALIDATE
Step Validate/Argue

NARRATIVES

Dialoguing and argumenting

SCENARIO

Community Workshops - to induce systems thinking focus on:
- » listener, adaptable and agile
- » inside outside relations
- » overlaps, time and space and
- » inputs outputs

GOALS

Preliminary Plan -
reaching the initial Consensus,
pathways for decision making

METHODS AND TOOLS

Urbinat methods:
- » Meetings
- » Presentation
- » Discussion
- » Triz
- » Proximity ateliers

Other possible methods or tools
- » delphi round´s
- » origami
- » write the love or hate letter about the idea
- » usability testing
- » on-line rapid survey feedback
- » design charette

Time
1:30H

Difficulty
Hard

WHO?
Urbinat experts and technicals, local citizens, stakeholders, ambassadors, champions and activists.

STEPS
meeting set up, invitation, preparing the tools, collecting feedback.

INSTRUCTIONS

EXPERIMENT
Step Argue

NARRATIVES

Experimenting ideas and solutions

SCENARIO

Experience Workshop - to induce systems thinking focus on:
- » listener, adaptable and agile
- » inside outside relations
- » prototyping and experiment

GOALS

Prototyping ideas and solutions to have feedback and arguments to improve

METHODS AND TOOLS

Urbinat methods:
- » Presentation
- » Experiment
- » Proximity atelier
- » Walkthroughs
- » Games

Other possible methods or tools
- » delphi round´s
- » origami
- » write the love or hate letter about the idea
- » usability testing
- » on-line rapid survey feedback
- » design charette
- » fast prototyping
- » role playing

Time
3:00H

Difficulty
Hard

WHO?

Urbinat experts and technicals, local citizens, stakeholders, ambassadors, champions and activists.

STEPS

meeting set up, invitation, preparing the tools, collecting feedback.

INSTRUCTIONS

FINAL VALIDATION
Step Systematize

NARRATIVES

Systematize information and Preparing next stage

SCENARIO

Workshops - to induce systems thinking focus on:
- » rational, focused and risk
- » taker
- » focus on the composition of the parts,
- » relations and transformation
- » looking for patterns, circuits and equifinality

GOALS

Defining the Healthy Corridor Urban Plan

METHODS AND TOOLS

Urbinat methods:
- » Presentation
- » Discussion
- » Proximity Ateliers

Other possible methods or tools
- » blueprint
- » business models canvas
- » future vision
- » mind mapping
- » storyboard (ideas/user
- » experience/business process/tools)
- » tasks matrix (scenarios vs priority tasks)
- » value opportunity (topic, criteria: low, medium and high)
- » origami

Time
3:00H

Difficulty
Hard

WHO?
Urbinat experts and technicals, local citizens, stakeholders, ambassadors, champions and activists.

STEPS
meeting set up, invitation, preparing the tools, collecting feedback.

INSTRUCTIONS
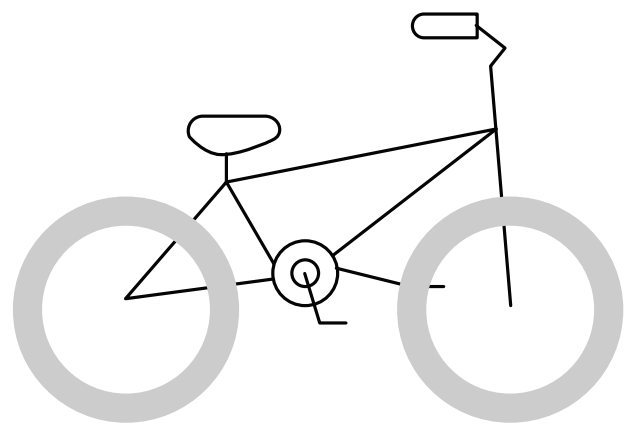
CASE STUDY
PORTO

TRANSFORM LD
Step Transform

NARRATIVES

Meeting with citizens

SCENARIO

Local entity

GOALS

Presentation of LD
Presentation of Local Diagnostic
Planning co-design activities
Development of new ideas - Needs

METHODS AND TOOLS

Design thinking

UNBOXING

ENABLERS

Participants	Workshop: Institutions, associations, citizens
Spaces	Workshop - Secondary school room
Dynamics	Workshop – world cafe
Facilitators	Workshop - URBiNAT team (CES and GUDA), external facilitator
Tools	Workshop – world cafe
Communication of the event	email and phone direct contact
	Post in social media

BLOCKERS

Participants	Workshop: few citizens
Dynamics	Workshop - Some graphics were in English and citizens react
Facilitators	Workshop – Too many facilitators with different styles
Communication of the event	Social media post with low impact

SELF-PROJECTION
Step Self-Projection

NARRATIVES

Primary school preliminary workshop

SCENARIO

School

GOALS

Introduction of URBiNAT
Activity about the courtyard

METHODS AND TOOLS

Presentation
Mapping
Walkthrough

ENABLERS

Participants	Primary school pupils
Spaces	Classroom,
	Courtyard
Dynamics	Presentation
	Mapping
	Walkthrough
Facilitators -	CES and external facilitator
Tools	Presentation
	Mapping
	Walkthrough
Communication of the event -	email and phone direct contact

TRANSFORM LD
Step Transform

NARRATIVES

Citizen workshop
Citizens, local associations and institutions

SCENARIO

School

GOALS

Presentation of LD - co-creating categories

METHODS AND TOOLS

Community workshop

TRANSFORM LD
Step Self-Projection

NARRATIVES
Cerco do Porto primary school preliminary workshop

SCENARIO
School

GOALS
Introduction to URBiNAT
Activity about the courtyard

METHODS AND TOOLS
Presentation
Mapping
Walkthrough

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES
Corujeira primary school workshop

SCENARIO
Field

GOALS
Walkthrough in the intervention area and activities (mapping and drawing)

METHODS AND TOOLS
Walkthrough
Mapping
Drawing

UNBOXING

ENABLERS

Participants	Primary school pupils - Corujeira, Falcão, Cerco do Porto, São roque
Spaces	Classroom, Courtyard
Dynamics	Walkthrough Drawing, Gaming, 3D models
Facilitators	CES and external facilitator
Tools	Walkthrough Drawing, Gaming, 3D models
Communication of the event	Email and phone direct contact

BLOCKERS

Participants	Primary school pupils - Nossa Senhora de Campanhã, Lagarteiro

SELF-PROJECTION
Step Transform

NARRATIVES

Citizen workshop
Citizens, local associations and institutions

SCENARIO

Schools

GOALS

_Community Workshop to prepare the walkthrough.
_Analysis of territorial mapping data collected during Stage 2of the Local diagnostic.

METHODS AND TOOLS

Community Workshop

UNBOXING

ENABLERS

Participants	Institutions, associations, citizens
Spaces	Secondary school room (living lab)
Dynamics	Workshop
Facilitators	Workshop - URBiNAT team, external facilitator
Tools	Mapping
Communication of the event	email and phone direct contact
	Post in social media

BLOCKERS

Participants-	Municipal technicians;
Communication of the event	Social media post with low impact

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Cerco do Porto primary school workshop

SCENARIO

School

GOALS

Walkthrough in the study area and
activities (mapping and drawing)

METHODS AND TOOLS

Walkthrough
Mapping
Drawing

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Citizen walkthrough
Citizens, local associations and institutions

SCENARIO

Field

GOALS

Walkthrough in the study area -
Identification of needs and challenges

METHODS AND TOOLS

Walkthrough

UNBOXING

ENABLERS

Participants	Institutions, associations, citizens
Spaces	Public space – study area
Dynamics	walkthrough
Facilitators	URBiNAT team, external facilitator
Tools	walkthrough
Communication of the event	email and phone direct contact
	Post in social media

BLOCKERS

Participants	Municipal technicians;
Communication of the event	Social media post with low impact

TRANSFORM LD
Step Self-Projection

NARRATIVES

Falcão primary school preliminary workshop

SCENARIO

Field

GOALS

Introduction to URBiNAT
Activity about the courtyard

METHODS AND TOOLS

Presentation
Mapping
Walkthrough

TRANSFORM LD
Step Self-Projection

NARRATIVES

São Roque primary school preliminary workshop

SCENARIO

School

GOALS

Introduction to URBiNAT
Activity about the courtyard

METHODS AND TOOLS

Presentation
Mapping
Walkthrough

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Citizen workshop
Citizens, local associations and institutions

SCENARIO

School

GOALS

Presentation of NBS catalogue and co-selection of new NBS

METHODS AND TOOLS

Gaming (NBS Cards)
3D model thinking

UNBOXING

ENABLERS

Participants	Institutions, associations, citizens
Spaces	Secondary school classroom (living Lab)
Dynamics	Workshop; Round table
Facilitators	URBiNAT team, external facilitator
Tools	3D Models
	Porto map
Communication of the event	email and phone direct contact
	Post in social media

BLOCKERS

Participants-to whom didn't work so good	Municipal technicians;
	Small group
Tools	NBS Cards
Communication of the event	Social media post with low impact

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

São Roque primary school workshop

SCENARIO

School

GOALS

Walkthrough in the study area and activities
(mapping, drawing, gaming, 3D model thinking)

METHODS AND TOOLS

Walkthrough
Mapping
Drawing
Gaming
3D model thinking

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Face-to-face meetings with citizens local
associations and institution

SCENARIO

N/C

GOALS

Co-design of each citizens NBS proposal

METHODS AND TOOLS

Round table

UNBOXING

ENABLERS

Participants	Institutions, associations, citizens
Spaces	Public space – Study areas
	Secondary school classroom (living Lab)
	Associations office
Dynamics	Proximity
Facilitators	URBiNAT team, CES facilitator
Tools	Interview
	NBS cards
	walkthrough
Communication of the event	email and phone direct contact

BLOCKERS

Participants	Municipal technicians;

TRANSFORM LD
Step Transform

NARRATIVES

Presentation of the main results of previous diagnosis activities in the Urbinat study area
Online meeting with citizens - **a)** Citizens, local associations and institutions

1. Opening of the session (5' + 5')
(Vice-Mayor Filipe Araújo CMP + Gonçalo CES)
2. Introduction (5') (Marta Pinto CMP)
3. Process and main results so far
> **a)** Local Diagnostic (15')
> (Joana Restivo DOMUS)
> **b)** Deductive process of the plots to
> intervene (15') (José Lameiras CIBIO)
> **c)** Participatory activities (15') (? CES/GUDA)

4. Future activities (15') (CES/GUDA/CMP)
> **a)** Plan and timeline (? CES/GUDA) (10')
> **b)** Process assumptions (5') (Marta Pinto CMP)

5. Questions and answers (15')
6. Closing of the session (2') (Sara Velho CMP)
(*) Moderator: Sara Velho CMP

SCENARIO

N/C - Online

GOALS

_Share with the local community the main results of previous diagnosis activities carried out in the Urbinat study area, identifying its usability for the foreseen activities;
_Contribute to further engaging the citizens involved, opening up the opportunity for new citizens (that inhabit, work or study in the area) to get involved;
_Set up a working basis for the coming participatory sessions - co-design and co-implementation;
_Introduce the next participatory sessions (programme/timing and aims).

METHODS AND TOOLS

Online community meeting
Powerpoint presentation + Discussion

ENABLERS

Participants	Online: Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens
Spaces	Online session - zoom
Dynamics	Online - Presentation with questions and answers
Facilitators	Online session - URBiNAT team
Tools	Online - Presentation with questions and answers
Communication of the event	email and phone direct contact
	Post in social media

BLOCKERS

Participants	Online: few Citizens
Dynamics	Online – Too Long presentations
Facilitators	Workshop – Too many facilitators with different styles
Communication of the event	Social media post with low impact

CO-DESIGN PROPOSALS
Step Self-Projection

NARRATIVES

Online meeting with citizens - b)
Citizens, local associations and institutions

SCENARIO

N/C

GOALS

Development of new ideas - Co-creation of NBS

METHODS AND TOOLS

Design thinking

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Online meeting with citizens - c) Citizens, local associations and institutions

SCENARIO

N/C - online

GOALS

Development of new ideas - NBS video

METHODS AND TOOLS

Design thinking

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Meeting with citizens Citizens, local associations and institutions

SCENARIO

Field

GOALS

Production of video with the new ideas by the citizens

METHODS AND TOOLS

Film making

VALIDATE
Step Validate

NARRATIVES

Citizens ideas systematization and development.
Creation of the Working Groups
Online meeting with citizens and political representatives
Councillors, Citizens, local associations and institutions

SCENARIO

Online

GOALS

Presentation of the new NBS co-created from December to June:
_Presentation of the citizens ideas systematization
_Strengthening and support the ideias systematization through technical and political analysis
_Correlate the ideas with the URBiNAT NBS and create clusters (groups)
_Create the working groups for the coming sessions

METHODS AND TOOLS

Online meeting / forum

UNBOXING

ENABLERS

Participants	Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens, political representatives
Spaces	Online session - zoom
Dynamics	Workshop
Facilitators	Online session - URBiNAT team
Tools	Presentation with questions and answers Miro platform for interaction
Communication of the event	email and phone direct contact Post in social media

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Workshop with citizens and municipal technicians
Citizens, local associations and institutions
1. Introduction of the session by CES
2. Working groups for NBS development
3. Walkthrough along the intervention area
4. Final discussion.

SCENARIO

School

GOALS

Discussion of the Educational,
Environmental and territorial NBS

METHODS AND TOOLS

Working groups for the development of citizens'
NBS, organized by thematic groups

_Develop the proposed ideas already analysed
and categorized in the previous meeting with
citizens, local associations, municipal technicians,
and elected people.
_Discuss opportunities and constraints of the
proposals, in order to define priorities and identify
next steps for their development.

Define which proposals could be integrated
in the Experiment event, or other types of
channeling opportunities.
Focus groups;
Design thinking;

ENABLERS

Participants	Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens,
Spaces	Falcão primary school
	Intervention area
Dynamics	Workshop
Facilitators	URBiNAT team
Tools	Focus groups
	Design thinking
	Interviews
	World cafe
Communication of the event	email and phone direct contact
	Post in social media

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Walkthrough with citizens and municipal technicians
Citizens, local associations and institutions

SCENARIO

Field

GOALS

Discussion of the Educational, Environmental and territorial NBS

METHODS AND TOOLS

Walkthrough

ENABLERS

Participants	Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens,
Spaces	Falcão primary school
	Intervention area
Dynamics	Workshop
Facilitators	URBiNAT team
Tools	Walkthrough
	Interviews
Communication of the event	email and phone direct contact
	Post in social media

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Walkthrough with citizens and municipal technicians
Citizens, local associations and institutions

SCENARIO

Local School

GOALS

1. Introduction of the session by CES
2. Working groups for NBS development (continuation)
3. Survey to the users and passers-by in the intervention area (CIBIO)
4. Final discussion

METHODS AND TOOLS

Focus groups
Design thinking

UNBOXING

ENABLERS

Participants	Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens,
Spaces	Falcão primary school
	Intervention area
Dynamics	Workshop
Facilitators	URBiNAT team
Tools	Focus groups
	Design thinking
Communication of the event	email and phone direct contact
	Post in social media

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Walkthrough with citizens and municipal technicians
Citizens, local associations and institutions

SCENARIO

School

GOALS

Introduction on workshop Experiment in the intervention area

METHODS AND TOOLS

Experiment

ENABLERS

Participants   Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens,

Spaces   Falcão primary school
Intervention area

Dynamics   Workshop
Facilitators   URBiNAT team
Tools   Experiment
Communication of the event   email and phone direct contact
Post in social media

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Walkthrough with citizens and municipal technicians
Citizens, local associations and institutions

SCENARIO

Field

GOALS

Falcão garden group
Logar do Falcão group (vacant building + Oliveira urban garden + existent paths)
Lagarteiro group

METHODS AND TOOLS

Focus groups
Design thinking

UNBOXING

ENABLERS

Participants	Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens,
Spaces	Falcão primary school
	Intervention area
Dynamics	Workshop
Facilitators	URBiNAT team
Tools	Focus groups
	Design thinking
Communication of the event	email and phone direct contact
	Post in social media

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Walkthrough with citizens and municipal technicians
Citizens, local associations and institutions

SCENARIO

Field

GOALS

Walkthrough along the intervention area to analyse local needs and visualise NBS implementation

METHODS AND TOOLS

Walkthrough

ENABLERS

Participants	Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens,
Spaces	Falcão primary school
	Intervention area
Dynamics	Workshop
Facilitators	URBiNAT team
Tools	Walkthrough
Communication of the event	email and phone direct contact
	Post in social media

VALIDATE
Step Validate

NARRATIVES

Online meeting with citizens and political representatives.
Citizens, local associations and institution.
Session introduction and framework (chronogram)
Presentation of the thematic groups in which the proposals were organized + presentation of the categorizations: "to be developed", "to be channeled", "not to be developed".
Presentation of the technical analysis produced by the taskforce with municipal technicians - including: "opportunities", "constraints" and category proposed for each NBS(TRIZ card).
Final discussion concerning the integration of the NBS into the Healthy Corridor and NBS categories final decision .
Experiment event preparation - date, NBS to be tested.

SCENARIO

n/c- online

GOALS

Decisions on the proposed ideas (Triz - description, positive aspects, challenges, decision, discussion)
1. State of the art on the development of citizens' ideas
2. Share and discuss the technical analysis produced by the taskforce with municipal technicians
3. Articulation with the Healthy Corridor (intervention area) and final decision on the categorization of each proposal
4. Introduce the organization of the "experiment" event

METHODS AND TOOLS

Triz Methodology; Online powerpoint with
specific area to register feedback and discussions

UNBOXING

ENABLERS

Participants	Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens, political representatives
Spaces	Online
Dynamics	Workshop
Facilitators	URBiNAT team
Tools	TRIZ
	Presentation with results of systematization
Communication of the event	email and phone direct contact

FINAL SOLUTION
Step Systematize

NARRATIVES

Online meeting with citizens and political representatives.
Citizens, local associations and institutions
Intervention area analysis (local diagnostic, site visits, territorial analysis, survey to the users, main needs and expectations).
The proposal for the Healthy Corridor.
NBS in the Healthy Corridor.

SCENARIO

n/c- online

GOALS

Present and discuss the healthy corridor preliminary study

METHODS AND TOOLS

n/c

UNBOXING

ENABLERS

Participants	Municipal technicians; Teachers of the primary schools; Institutions and associations: Citizens, political representatives
Spaces	Online
Dynamics	Workshop
Facilitators	URBiNAT team
Tools	Presentation with PPT, Questions and answers
Communication of the event	email and phone direct contact
	Post in social media

BLOCKERS

Participants	Few participants due to COVID-19 2nd wave
Spaces	Online creates limitations

EXPERIMENT
Step Argue

NARRATIVES

Public Event in the intervention area
(*) cancelled due COVID-19

SCENARIO

n/c

GOALS

Experimento to test the new NBS

METHODS AND TOOLS

n/c

FINAL SOLUTION
Step Systematize

NARRATIVES

Online meeting with citizens and political
representatives.
Citizens, local associations and institutions
Intervention area analysis (local diagnostic, site visits,
territorial analysis, survey to the users, main needs and
expectations).
The proposal for the Healthy Corridor.
NBS in the Healthy Corridor.

SCENARIO

n/c- online

GOALS

Present and discuss the healthy corridor preliminary study

METHODS AND TOOLS

n/c

FINAL SOLUTION
Step Systematize

NARRATIVES

Online meeting with citizens and political representatives.
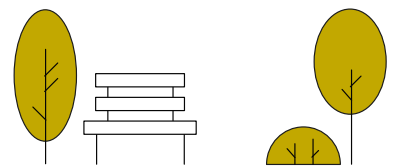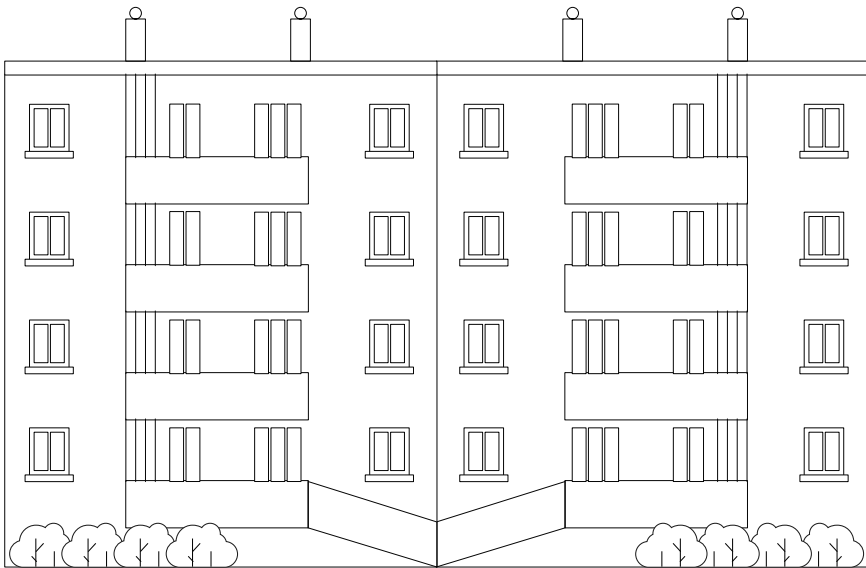Local associations and institutions.

SCENARIO

Online Design (Miro)

GOALS

Co-design of four main NBS - Place for exercise, sensorial garden, amphitheater, solidarity market.

METHODS AND TOOLS

NBS

CASE STUDY
NANTES

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Short presentation of the global project and the first orientations of the urbanist for the site
Presentation of the suggestions that were put by inhabitants in the box placed during two months on site
Discussions with the group of what they think about the evolution of the site proposed by the urbanist and the suggestions of the inhabitants
Place the propositions of the suggestion box and the new ones on the map of the Canada park

SCENARIO

Nantes Nord, on the Canada park

GOALS

From the end of February to the beginning of April, the suggestion box and markings on public space made it possible to highlight the potential of the place by the inhabitants, but whose uses and function are not clearly defined.
In order to complete and deepen this first collection of propositions, a workshop was held on Monday 10 April to discuss the programming of the site and the surrounding green spaces, taking into account the development intentions for the area
Children from the neighbourhood, associations, participants from the health centre workshop.

METHODS AND TOOLS

Plan of the existing, a plan of the proposed changes by the urbanist, post it to say what was interesting, on both plans.

TRANSFORM LD
Step Transform

NARRATIVES

Planters: self-service herb plantations
Creation of a plant fence with branches
Prefiguration of the site with planting
10-15 Inhabitants (children) and district associations

SCENARIO

Nantes Nord, on the Canada park

GOALS

To allow the inhabitants to reinvest the space occupied
by dealers and participate to the evolution of the
site while waiting for the design of the place to be
presented, the municipality planned several events
from may 2017 to December 2018:

17 th May 2017:: gardening workshop
20th July 2017: meeting with inhabitants with
gardening interests
10 th April 2018: political event, planting with the mayor
of Nantes of the of the thousandth camelia plant of
Nantes
23rd October 2018: visit with the municipality gardeners
of the Amande wood, transformation of tree trunks
from the Amande wood into benches for the canada
park
24th October 2018: planting with inhabitants

Those events are not per se workshops but a way to
reinvest the space and create engagement for the next
steps of the co-design of the project.

METHODS AND TOOLS

Participative gardening, participative handwork

TRANSFORM LD
Step Transform

NARRATIVES

A gardening workshop was organized to engage inhabitants. Part of the strategy of Nantes: mix event and co-creation workshop.
Citizen bus directly on the Canada park to present the first design of the place and get feedback from the inhabitants
On the other side of the bus, voting place to name the park.

SCENARIO

Nantes Nord, on the Canada park

GOALS

Present the first design of the place and check that the design corresponds to the wishes and needs expressed by the inhabitants.
Choose a name for the place (before the workshop called federal place winnipeg).

METHODS AND TOOLS

Citizen bus, plans and drawings, participatory planting

SELF-PROJECTING
Step Self-Projection

NARRATIVES

Meeting and exchanges:representative of skater association, representative of the Department of nature and garden,

SCENARIO

Nantes Nord, on the Canada park

GOALS

The initial call for tenders for the skate park did not receive any response. The design office of the nature and gardens department and the elected representative for "free" sport met with an association of skaters to discuss the design of the skatepark while integrating the constraints inherent in the global project (the skatepark must be easily dismantled as it is a temporary site).

METHODS AND TOOLS

n/c

SELF-PROJECTING
Step Self-Projection

NARRATIVES

Meeting point in the district
Bus to to the farm located in the neighbouring city of the district
Presentation of the farm by the market gardener
Questions by the participants
Tasting of fresh vegetables

SCENARIO

Farm of a local market gardener, next to the district

GOALS

_raise awareness of healthy, locally produced food
_introduce a farmer who wanted to set up a second farm directly in the district
_raise awareness of the issue of urban agriculture in the neighbourhood

METHODS AND TOOLS

Visit on the field and discussions

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Exchange with the inhabitants who wanders among the different stands

SCENARIO

Nantes Nord district, community centre

GOALS

Presentation of the route of the walking loop.
Suggestion to the inhabitants to take the loop and fill a document to share their diagnostic and suggestions.

METHODS AND TOOLS

Booth of projects
Mapping and questionnaire

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

2 groups of participants with same schedule
Presentation of the project on the basis of the poster
Questions of the participants
15 minutes for the participants to indicate their thoughts on the project: proposition of animation, vigilance points, main strength of the project

SCENARIO

Nantes city centre

GOALS

Identify the difficulties and strengths of the project in advance
Get advice from the colleagues on the methodology for engaging the inhabitants
Investigate the crossovers with other projects or public policies

METHODS AND TOOLS

Focus group
Poster on the project of the green loop in the district

SELF-PROJECTING
Step Self-Projection

NARRATIVES

The workshop started with the group of teenagers and educators. Then, visitors of the media library (children and adults) joined the session to test the app.

SCENARIO

District media library

GOALS

The educators coordinating the media group for teenagers were mobilized to integrate the workshop in their planning. two objectives:
Test the Superbarrio app with the teenagers and visitors of the media library
Inform them about the project to engage them for the walkthrough that was planned in April 2020, teenagers being a public that the municipality has some difficulty to integrate in specific workshops.

METHODS AND TOOLS

Focus group

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

The workshop was divided into 4 part:
1. 12 panels summarising the preparatory process (examples: early childhood, public health, social inclusion, etc.) on the state of public policies in the district focussing on the issues, the main
actions and possibilities of mutualisation,
2. The collective choice of 3 actions to be shared
3. The development of a common project with a project sheet as support,
4. Oral presentation of the projects.

SCENARIO

Nantes Nord district, community centre

GOALS

promote a cross-reading of the implementation of each of the policies in the Nantes
Nantes Nord district and initiate work on the definition of a shared social cohesion project
within the framework of the Nantes Nord Global Project.
The participants were grouped into 7 working groups of 5 to 7 people. These groups
groups had the objective of developing shared action projects based on 3 actions identified in the
identified in the framework of public policies in the district.
One group was dedicated to the Urbinat green loop.

METHODS AND TOOLS

Photovoice, focus group

EXPERIMENT
Step Argue

NARRATIVES

Public space panels and drawings were installed on the loop, questioning the wishes of the inhabitants for the green loop and informing about the walkthroughs organized in October and November. Marks on the soil allowed the inhabitants to follow the paths on their own during summer.

In parallel, two thematic walks were organized by the municipality during summer on the 28th July and 29th August to have a walk in the district using the paths, just for the pleasure of walking and discovering the loop.

SCENARIO

District

GOALS

The originally planned walkthroughs and workshops in April 2020 were cancelled due to the pandemic. In a post covid city where the inhabitants of Nantes Nord were particularly hit by the effect of the pandemic, the municipality decided to organize a communication campaign to raise again awareness on the green loop and engage for the future walkthroughs planned in October.

METHODS AND TOOLS

Flyers, markings on public space, panels

NARRATIVES

The initially planned methodology was modified due to restrictions due to the pandemic. All the sessions took place outside (the first version was supposed to integrate a focus group in a room).
Information about the project Urbinat and the green loop
Divide into 2 groups
Each participant presents himself/herself and tells the group how she/heI feels. Objective: to evaluate the impact of walking on how we feel.
Walk on the paths with one "animator" and one "scribe"
Group gathering at the end to share the impact of the walk and the general feeling about the walk

SCENARIO

District

GOALS

Inform about the project of the green loop, get the input of professionals that may use the loop in their activities with inhabitants. Local stakeholders were also an intermediate to mobilize the inhabitants for the walkthrough organized in October.

METHODS AND TOOLS

Walkthrough
Note with the loop divided in sections to note the remarks and proposals of the participants

VALIDATE
Step Validate

NARRATIVES

2 groups for walkthrough and session in the citizen bus with broadcast of the video of the loop for inhabitants not able to walk all the paths of the loop or with less time but wishing to share their thoughts and ideas.

SCENARIO

Nantes Nord district

GOALS

Get the input of the inhabitants on the green loop: co-diagnostic on accessibility issues, wishes of animation, propositions that would motivate inhabitants to use the loop for physical activity.

METHODS AND TOOLS

Walkthrough, focus group inside the bus dedicated to co creation in the district with a video of the walkthrough

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Experiment the green loop and check for a spot that could host a street work-out infrastructure

SCENARIO

District

GOALS

The walkthrough in October showed an interest for the inhabitants for "soft" physical activity. In parallel, teenagers of the district contacted the district team of the municipality to share their wish for a street workout. in order to mutualize the requests and to check the adequacy of this project on the site of the loop, the district team organized a walk on the green loop to check with the group if the street work out could be implanted on the loop

METHODS AND TOOLS

Walkthrough

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Experiment the loop.

SCENARIO

District

GOALS

In a district with worrying indicators on health, the public health department promotes the practice of walking to improve health. Though, the improvement of health is of course not enough to bring people to exercise. The precedent walkthroughs gave us some information on what is expected by the inhabitants. The design of a loop is not enough. It needs to be "embodied". The walkthrough on the 28th July aimed at the evaluation with the inhabitants of the levers to practice physical activity: What do I need to take a walk ?

METHODS AND TOOLS

Walkthrough

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

N/C

SCENARIO

N/C

GOALS

Technical instruction of the propositions of the walkthroughs

METHODS AND TOOLS

Online meeting - Miro map

VALIDATE
Step Validate

NARRATIVES

N/C

SCENARIO

N/C

GOALS

Adequacy between the two urban projects Urbinat and
Global project
Presentation of the green loop

METHODS AND TOOLS

Adequacy between the two urban projects: Urbinat and
Global project

VALIDATE
Step Validate

NARRATIVES

N/C

SCENARIO

N/C

GOALS

Sharing of the urban project and validation by elected
representative of green loop project

METHODS AND TOOLS

"Commission Locale de Quartier" (Local district committee)
Presentation to the elected representatives of the healthy
corridor

VALIDATE
Step Validate

NARRATIVES

N/C

SCENARIO

N/C

GOALS

Presentation of the healthy corridor and update on the project

METHODS AND TOOLS

Spring of the project (annual participatory event). Mobiloprojet (utility vehicle converted with inhabitants for citizen dialogue in the district)
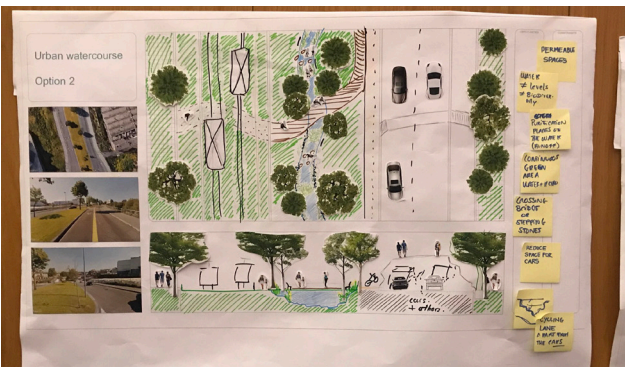
URBiNAT Data Collection

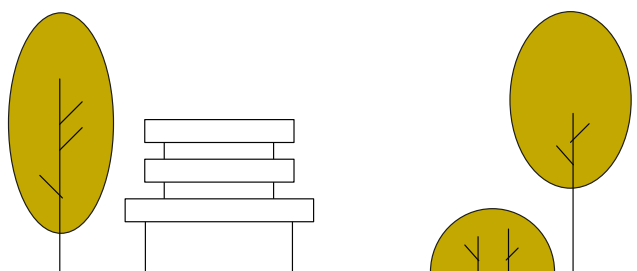URBiNAT Data Collection

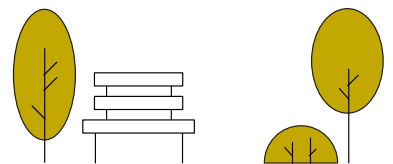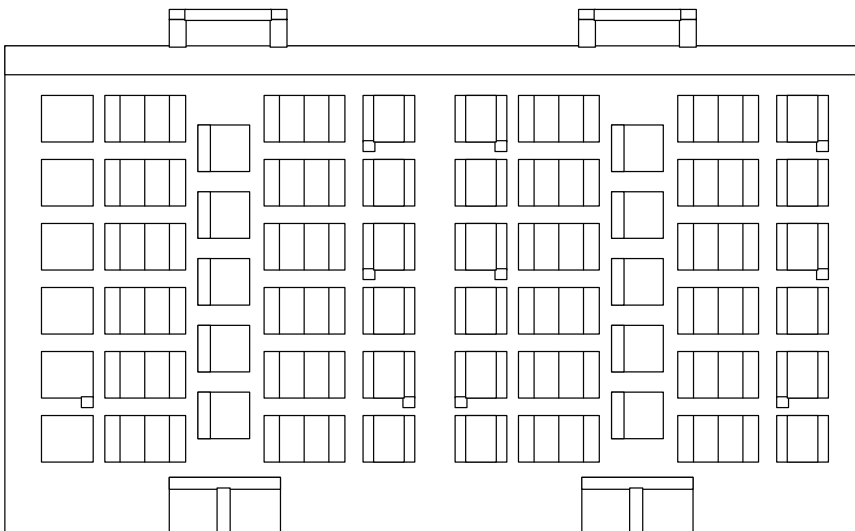URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

CASE STUDY
SOFIA

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Presenting URBiNAT to the Pupils' Parliaments in four schools

SCENARIO

School

GOALS

To present URBiNAT and engage active pupils in the co-creation
To collect concrete ideas outlined as mini-projects/initiatives

METHODS AND TOOLS

Self-projection and ideation

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Walk through combined with motivational semi-structured interviews and photo voice - three groups of pupils and one with the staff from Nadezhda district administration

SCENARIO

School

GOALS

To engage pupils - "sports champions" from the 153th sports school in the co-creation process
To engage the staff from Nadezhda district administration

METHODS AND TOOLS

Walkthrough, interviews, photo voice and mapping and NBS

TRANSFORM LD
Step Transform

NARRATIVES
Validation of the URBiNAT plots by the Municipal technicians

SCENARIO
N/C

GOALS
Validation of plots to be chosen for the Healthy corridor activities and the suitable NBS for each plot

METHODS AND TOOLS
N/C

CO-DESIGN PROPOSALS
Step Design

NARRATIVES
Focus group of professionals related to health, thermal, water, and swimming and its inclusive potential

SCENARIO
N/C

GOALS
Discuss the innovative aspects and characteristics of the thermal water swimming pool as NBS

METHODS AND TOOLS
N/C

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Preliminary Mini catalogue of Sofia

SCENARIO

N/C

GOALS

To select relevant context sensitive NBSs from URBiNAT's catalogue in order to use them as reference examples in the co-creation process

METHODS AND TOOLS

Superbarrio

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Two week exhibition in the public space in front of the Nadezhda Cultural Institute

SCENARIO

City Center

GOALS

Explaining and sharing URBiNAT's philosophy, achievements and steps forward
Ideation
To map perceptions and to collect ideas for NBSs

METHODS AND TOOLS

Mapping

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Citizen workshops for 4 places of intervention

SCENARIO

City center

GOALS

Collecting ideas through 4 workshops with citizens for 4 locations

METHODS AND TOOLS

N/C

TRANSFORM LD
Step Transform

NARRATIVES

On-line seminar for the staff from the kindergartens in Nadezhda District

SCENARIO

Online

GOALS

Introduction to the Edible Gardens of Learning.
Ideas for transformation of the kindergartens yards

METHODS AND TOOLS

N/C

VALIDATE
Step Validate

NARRATIVES

Meeting with the Mayor of Nadezhda district

SCENARIO

Municipality

GOALS

Formal approval of the selected 4 areas for workshops with citizens and to discuss the possible interventions

METHODS AND TOOLS

N/C

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Citizen workshop at place of intervention
_"Co-place"
_"Green Assembly"
_"Aqua Vita" and "Health Energy

SCENARIO

City Center

GOALS

To collect solutions and ideas and relate them to NBSs

METHODS AND TOOLS

N/C

VALIDATE
Step Validate

NARRATIVES

Preparation of the Urban Plan Design brief

SCENARIO

N/C

GOALS

Summarize the local diagnostics for the purposes of the plan elaboration
Define the scope and content of the Urban Plan
Summarize ideas and their expert validation

METHODS AND TOOLS

N/C

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Sofia task force meets the Headmistress of 15th school

SCENARIO

N/C

GOALS

Discussion on the needs of educational facility and its location within the school yard

METHODS AND TOOLS

N/C

SELF-PROJECTION
Step Self-Projection

NARRATIVES

Observation visits of the Local Taskforce to Nadezhda

SCENARIO

N/C

GOALS

Observation of the URBiNAT study area, passive territorial mapping and interaction with citizens

METHODS AND TOOLS

Observation

VALIDATE
Step Validate

NARRATIVES

Internal validation among municipal technicians

SCENARIO

Municipality

GOALS

Agreement on NBS ideas to be channeled for implementation

METHODS AND TOOLS

N/C

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Sofia Task force meets IAAC team

SCENARIO

N/C

GOALS

Agreement of the design, functions and structure of the Greenhouse in the 15th school yard

METHODS AND TOOLS

N/C

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Meeting with the headmaster of kindergarten 90 in Svoboda

SCENARIO

N/C

GOALS

Discussing options for the layout and the technical parameters

METHODS AND TOOLS

N/C

VALIDATE
Step Validate

NARRATIVES

Presentation to the Sofia Municipal council

SCENARIO

N/C

GOALS

Sending the Report for the Healthy Corridor Concept to the elected politicians at the Municipal council

METHODS AND TOOLS

N/C

VALIDATE
Step Validate

NARRATIVES

Elaboration of the rules of Sofia Advisory Board for project URBiNAT Local Task Force, WP3 and Sofia Municipality

SCENARIO

N/C

GOALS

Ensure inclusion and participation for the next stages of the URBiNAT process

METHODS AND TOOLS

N/C

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Super Barrio workshop with pupils from 153 school

SCENARIO

School

GOALS

To introduce the NBSs concept and to inform on their benefits To collect solutions and ideas for the area around the sports school through gamification

METHODS AND TOOLS

Super Barrio

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Headmistress of 15 school

SCENARIO

N/C

GOALS

Co-design of the educational pavilion in the yard of 15 school

METHODS AND TOOLS

N/C

VALIDATE
Step Validation

NARRATIVES

Sofia Municipal council

SCENARIO

N/C

GOALS

The Healthy Corridor Concept (plots for intervention and axis of the Corridor) approved By Commission on Ecology at the Municipal Council, By Commission on Spatial Planning, Architecture and housing policy at the Municipal Council and finally By the Municipal Council

METHODS AND TOOLS

N/C

CO-DESIGN PROPOSALS
Step Ideate

NARRATIVES

Pupils from 15 th school

SCENARIO

School

GOALS

To test "learn for life - GIS for citizen participation - preparation of the workshop

METHODS AND TOOLS

N/C

CO-DESIGN PROPOSALS
Step Design

NARRATIVES
Technical meeting between Sofia municipality Urban Plan Team and IAAC

SCENARIO
School

GOALS
Discussion on the requirements in the design brief for the educational pavilion in the yard of 15 school

METHODS AND TOOLS
N/C

CO-DESIGN PROPOSALS
Step Design

NARRATIVES
Citizen workshops at place of intervention "Health Energy

SCENARIO
N/C

GOALS
Co-design of the subzones and NBSs

METHODS AND TOOLS
Prototype

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Citizen workshops at place of intervention:
_"Co-Place"
_"Aqua Vita"
_"Green Assembly "

SCENARIO

N/C

GOALS

Co-design of the subzones and NBSs

METHODS AND TOOLS

N/C

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Technical meeting between Sofia Task Force and IAAC

SCENARIO

N/C

GOALS

presentation of the revised concept and the administrative, legal and technical requirements to the design, and the possibilities for implementation of the educational pavilion in the yard of 15 school

METHODS AND TOOLS

N/C

CO-DESIGN PROPOSALS
Step Design

NARRATIVES

Sharing results of the co-design and prototyping of the tasty gardens of learning in Kindergarten N 90

SCENARIO

N/C

GOALS

Demonstration of the non-formal activities to the Mayor of Sofia and the Mayor of Nadezhda district

METHODS AND TOOLS

N/C

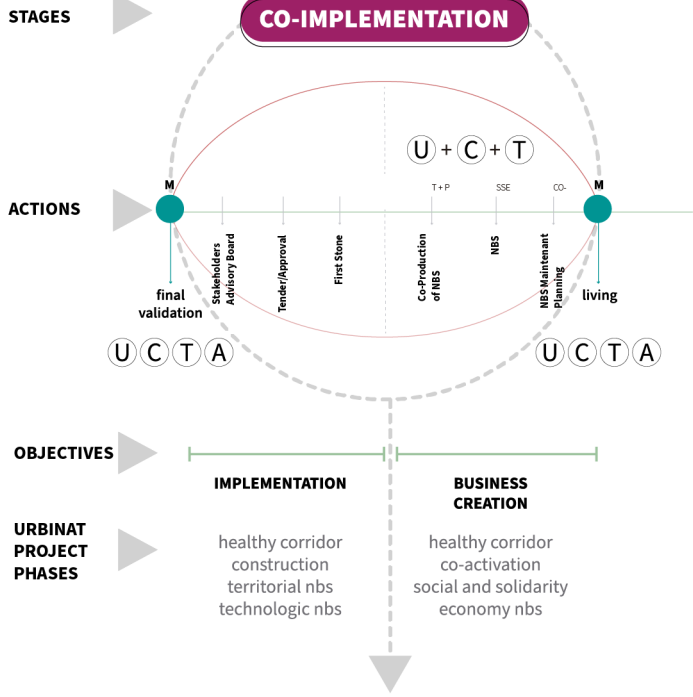URBiNAT Data Collection

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CO-IMPLEMENTATION
REPORTING

STAGES

CO-IMPLEMENTATION

U + C + T

ACTIONS

M

T + P   SSE   CO-

M

Stakeholders Advisory Board
Tender/Approval
First Stone
Co-Production of NBS
NBS
NBS Maintenant Planning

final validation

living

U C T A

U C T A

subtitle
U urbinat team
C citizens
T municipality technicians
A municipality authorities

OBJECTIVES

IMPLEMENTATION	BUSINESS CREATION

URBINAT PROJECT PHASES

healthy corridor
construction
territorial nbs
technologic nbs

healthy corridor
co-activation
social and solidarity
economy nbs

CO-IMPLEMENTATION

PRESENTING UP/HC

STEPS	PROJECT NARRATIVES	ACTIVITIES	
TRANSFORM	Inspiring the Community	CO-BUILDING SIMPLE SOLUTION IN FUTURE HC SPACE	SMALL STEPS EXAMPLES
DEVELOPMENT	Fine-Tunning	PROTOTYPING IMPROVING ADAPTING	FEED FOWARD
PILOTING	Experimenting	MODELLING SYSTEMATIZING BUSINESS GO/NO GO	TEST BED TO MARKET
VALIDATION	Defining	LEARNING SELECTING PLANNING	DECISION MAKING
ACTIVATION	Igniting	ENVOLVING ENGAGING TAKING ROLES	BUILDING OWNERSHIP
CONSTRUCTION	Participating	MONITORING ACTING HANDS ON	CO-PRODUCING
MAINTENANCE PLANNING	Preparing next stage	CO-IDEATE SYSTEMIZE PLAN	MODELLING

Involvement
Engagement
CoP

CO-IMPLEMENTATION

Co-implementation refers to the stage in which the ideas and advances in the earlier stages are brought to fruition for actual realisation.

The situation will naturally differ depending on what NBS have been selected and how they have been co-designed. The actual challenges and requirements of implementation may motivate different combinations of building blocks. Possible methods to use at the out-set of this phase include games, rewards and motivational interviewing. In contrast to the previous stages, however, co-implementation generally needs to be considered with a view to impetus for the long-term.

Here, participation is not merely about temporary action, but the very purpose is to bring about a lasting change in perception, mindset, and behaviours, possibly implicating increased self-confidence, a sense of "can-do", that can lead on to follow-up initiative.

Co-implementation is also framed by the organisation of the stakeholders advisory board according to the municipal roadmap, where citizens, association, municipal technicians and elected representatives establish the steps for the implementation of material and immaterial NBS of the healthy corridor.

CO-IMPLEMENTATION ACTIONS

STAKEHOLDERS ADV. BOARD
Step Transform

NARRATIVES

Inspiring the Community

SCENARIO

Workshops in Healthy corredor space - to induce systems thinking focus on:

» sum of parts
» overlaps
» wellgrounded
» organized
» transformative

GOALS

Small Steps Examples - Co-building, Simple Solution, In future HC Space workshops

METHODS AND TOOLS

Urbinat methods:
» Training in the field
» Experiment
Other possible methods or tools
» Bodystorming

Time
2:00H

Difficulty
Hard

WHO?

Urbinat experts and technicians, local citizens, stakeholders, ambassadors, champions and activists.

STEPS

workshop set up, gathering needed materials, implement, analyze

INSTRUCTIONS

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Fine-Tuning

SCENARIO

Workshops in real life context - to induce
systems thinking focus on:
- » assertive
- » transformative
- » empathic
- » risk taker
- » time and space
- » judicious

GOALS

Feed Forward . Prototyping, Improving,
Adapting

METHODS AND TOOLS

Urbinat methods:
- » Training in the field
- » Experiment
- » Observation
- » proximity dialogue

Other possible methods or tools
- » design charette
- » personas
- » VOCA

Time
2:00H

Difficulty
Hard

WHO?
Urbinat experts and
technicians, local
citizens, stakeholders,
ambassadors,
champions and
activists.

STEPS
workshop set up,
gathering needed
materials, implement,
analyze

INSTRUCTIONS

TENDER APPROVAL
Step Piloting

NARRATIVES

Experimenting solutions and future businesses

SCENARIO

Actions on the field - to induce systems thinking focus on:
- » transformative
- » risk taker
- » time and space
- » assertive
- » selective
- » organized
- » judicious

GOALS

Test Bed to Market . Modelling, Systematizing, Business Go/NO GO

METHODS AND TOOLS

Urbinat methods:
- » proximity
- » experiment
- » circular cafe

Other possible methods or tools
- » graffiti walls
- » stakeholders map

Time
2:00H

Difficulty
Hard

WHO?

Urbinat experts and technicians, local citizens, stakeholders, ambassadors, champions and activists.

STEPS

workshop set up, gathering needed materials, implement, analyze feedback, define business model

INSTRUCTIONS

First Stone
Step Validation

NARRATIVES

Defining

SCENARIO

Workshops and field actions - to induce systems thinking focus on:

- » Selective
- » find patterns
- » sum of parts
- » assertive
- » judicious
- » rational
- » detailed

GOALS

Decision Making - Learning, Selecting, Planning

METHODS AND TOOLS

Urbinat methods:

- » proximity ateliers
- » meetings
- » observations

Other possible methods or tools

- » design charette

Time
2:00H

Difficulty
Hard

WHO?
Urbinat experts and technicians, local citizens, stakeholders, ambassadors, champions and activists.

STEPS
workshop set up, implement, analyze feedback, define plan

INSTRUCTIONS

CO-PRODUCTION OF NBS
Step Activation

NARRATIVES

Igniting

SCENARIO

workshops / proximity - to induce systems
thinking focus on:
- » transformative
- » relations
- » discursive
- » connector
- » integrative
- » entropY

GOALS

Building Ownership - Involving, Engaging,
Taking Role

METHODS AND TOOLS

Urbinat methods:
- » meetings
- » proximity ateliers
- » circular cafe's

Time
2:00H

Difficulty
Hard

WHO?

Urbinat experts and
technicians, local
citizens, stakeholders,
ambassadors,
champions and
activists.

STEPS

workshop set up, imple-
ment, analyze feedback,
define plan

INSTRUCTIONS

NBS
Step Construction

NARRATIVES

Participating in implementing the Healthy corredor

SCENARIO

Monitoring, Acting, Hands On- to induce systems thinking focus on:

GOALS

Co-producing - Doing, Monitoring, Leading

METHODS AND TOOLS

Urbinat methods:
- » proximity ateliers
- » meetings
- » field actions
- » community by arts

Time
2:00H

Difficulty
Hard

WHO?
Urbinat experts and technicians, local citizens, stakeholders, ambassadors, champions and activists.

STEPS
workshop set up, implement, analyze feedback, define plan

INSTRUCTIONS

CO-PRODUCTION OF NBS
Step Activation

NARRATIVES

Preparing next stage

SCENARIO

workshops - to induce systems thinking
focus on:
- » find the patterns
- » rational
- » compose
- » selective
- » assertive
- » meticulous
- » detailed

GOALS

Modelling - Co-ideate, Systemize, Plan

METHODS AND TOOLS

Urbinat methods:
- » proximity ateliers
- » meetings
- » presentation

Time
2:00H

Difficulty
Hard

WHO?

Urbinat experts and technicians, local citizens, stakeholders, ambassadors, champions and activists.
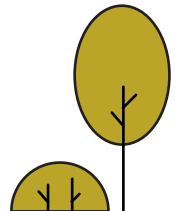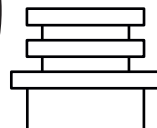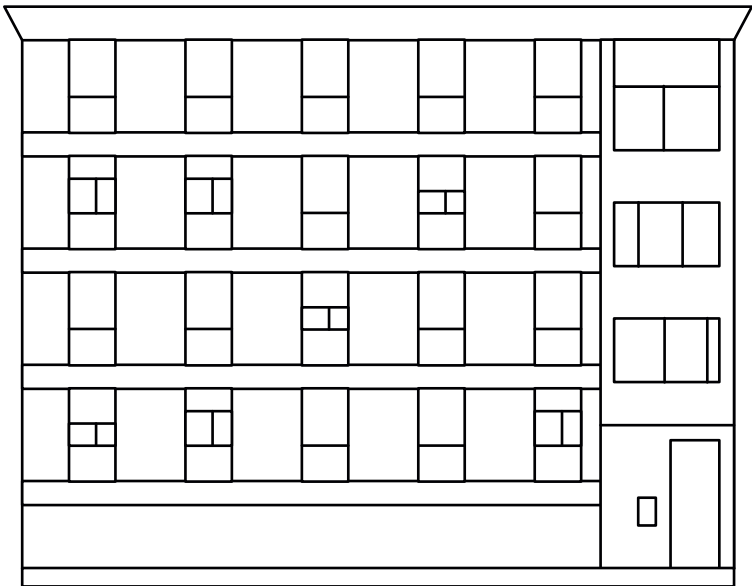
STEPS

workshop set up, implement, analyze feedback, define plan

INSTRUCTIONS
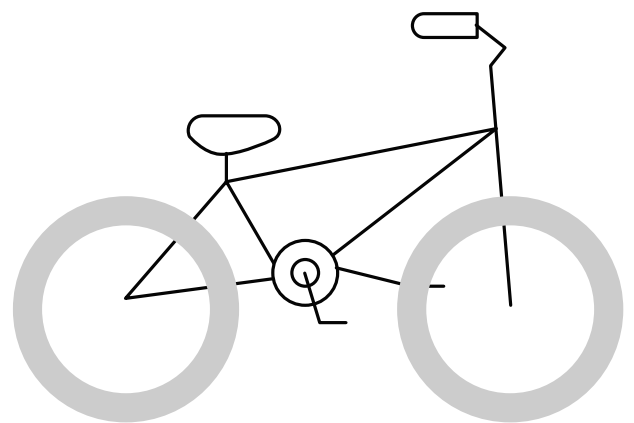
CASE STUDY
PORTO

STAKEHOLDERS ADV. BOARD
Step Transform

NARRATIVES

Online biweekly meetings with the Campanh'up (Isabel Rute), Fios e Desafios (André Sousa), OUPA (Ricardinho Lopes), CES (Beatriz Caitana and Gonçalo Canto Moniz)

SCENARIO

N/C

GOALS

Planning the implementation of Campanh'up

METHODS AND TOOLS

N/C

STAKEHOLDERS ADV. BOARD
Step Transform

NARRATIVES

Online biweekly meetings with the Campanh'up (Isabel Rute), Fios e Desafios (André Sousa), OUPA (Ricardinho Lopes), CES (Beatriz Caitana and Gonçalo Canto Moniz), Ágora (Nuno Faria, Cristina Regadas, Marta Bernardes)

SCENARIO

N/C

GOALS

Planning the implementation of Campanh'up

METHODS AND TOOLS

N/C

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Online training with citizens
Local associations and institutions

SCENARIO

Field

GOALS

Training on edu communication with young adults related
with NBS Campanh'up

METHODS AND TOOLS

Training in the field

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Online meeting with the head teacher and coordinators of
Cerco do Porto group of schools

SCENARIO

Online

GOALS

Planning the implementation of education NBS urban farm

METHODS AND TOOLS

Online presentation and discussion

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Meeting to plan Campanh'up
Local associations and institutions

SCENARIO

Online

GOALS

Planning Campanh'up NBS

METHODS AND TOOLS

Presentical and Online presentation and discussion

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Online meeting to activate the Culture and Sports working group.
Local associations and institutions

SCENARIO

Local and online

GOALS

Planning the implementation of Culture and Sports NBS

METHODS AND TOOLS

Presentical and Online presentation and discussion

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Online meeting to activate the Social Economy and
Solidarity practices working group
Local associations and institutions

SCENARIO

Online

GOALS

Planning the implementation of Social Economy and
Solidarity practices NBS

METHODS AND TOOLS

Online presentation and discussion

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Online meeting to learn from two solidarity markets in
Coimbra and Covilhã
Local associations and institutions

SCENARIO

Online

GOALS

Planning the implementation of solidarity market NBS

METHODS AND TOOLS

Online presentation and discussion

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Online meeting to learn from two solidarity markets in
Coimbra and Covilhã
Local associations and institutions

SCENARIO

Online

GOALS

Planning the implementation of solidarity market NBS

METHODS AND TOOLS

Online presentation and discussion

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Online meeting to activate the Education and Environment
working group
Local associations and institutions

SCENARIO

Local and online

GOALS

Planning the implementation of Education and
Environment NBS

METHODS AND TOOLS

Presential and Online presentation and discussion

STAKEHOLDERS ADV. BOARD
Step Development

NARRATIVES

Heritage route test
Local associations and institutions and citizens

SCENARIO

Field

GOALS

Heritage route about the healthy corridor

METHODS AND TOOLS

Walkthrough

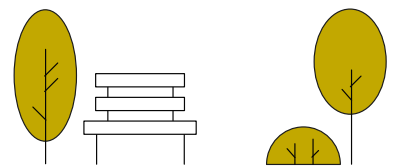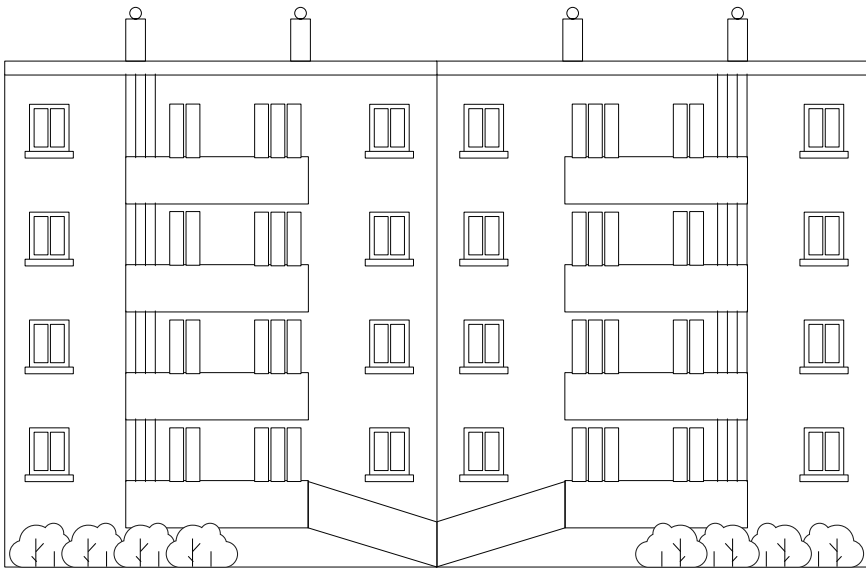URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

URBiNAT Data Collection

CASE STUDY
NANTES

STAKEHOLDERS ADV. BOARD
Step Transform (co-design in co-implementation)

NARRATIVES

Planters: self-service herb plantations
Creation of a plant fence with branches
Prefiguration of the site with planting

SCENARIO

Nantes Nord, on the Canada park

GOALS

To allow the inhabitants to reinvest the space occupied by dealers and participate to the evolution of the site while waiting for the design of the place to be presented, the municipality planned several events from may 2017 to December 2018:

17 th May 2017:: gardening workshop
20th July 2017: meeting with inhabitants with gardening interests
10 th April 2018: political event, planting with the mayor of Nantes of the of the thousandth camelia plant of Nantes
23rd October 2018: visit with the municipality gardeners of the Amande wood, transformation of tree trunks from the Amande wood into benches for the canada park
24th October 2018: planting with inhabitants

Those events are not per se workshops but a way to reinvest the space and create engagement for the next steps of the co-design of the project.

METHODS AND TOOLS

Participative gardening, participative handwork

STAKEHOLDERS ADV. BOARD
Step Transform (co-design in co-implementation)

NARRATIVES

N/C

SCENARIO

N/C

GOALS

Start a group of volunteers to launch the dynamic on the gardens: presentation

METHODS AND TOOLS

Presentation of the "solidarity gardens" parcels and their functioning to the inhabitants of La Boissière

STAKEHOLDERS ADV. BOARD
Step Transform (co-design in co-implementation)

NARRATIVES

N/C

SCENARIO

N/C

GOALS

Start a group of volunteers to launch the dynamic on the gardens - 1st participatory workshop

METHODS AND TOOLS

First workshop to seed and install the plantlets in the "solidarity gardens" parcel of La Boissière

STAKEHOLDERS ADV. BOARD
Step Transform (co-design in co-implementation)

NARRATIVES

N/C

SCENARIO

N/C

GOALS

Raise interest on the solidarity garden with a programme of activity during the summer

METHODS AND TOOLS

Workshop on soil with IRSTV

STAKEHOLDERS ADV. BOARD
Step Transform (co-design in co-implementation)

NARRATIVES

N/C

SCENARIO

N/C

GOALS

Distribution of vegetables of the solidarity gardens to the most vulnerable families of Nantes Nord

METHODS AND TOOLS

N/C

FIRST STONE
Step Piloting

NARRATIVES

N/C

SCENARIO

NMH

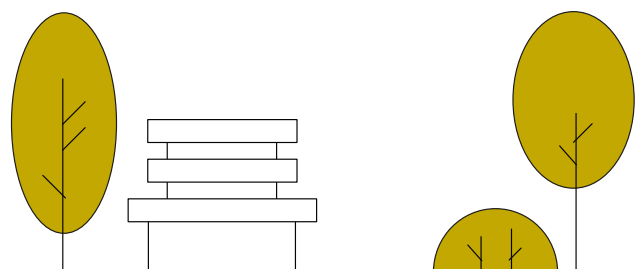### GOALS

Bio T full in link with the social housing landlord NMH implemented the geodesic greenhouse in the healthy corridor to host workshops around gardening
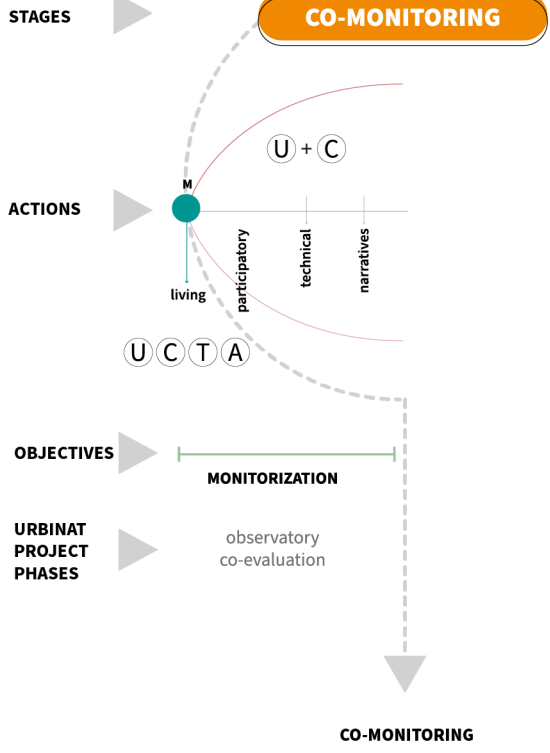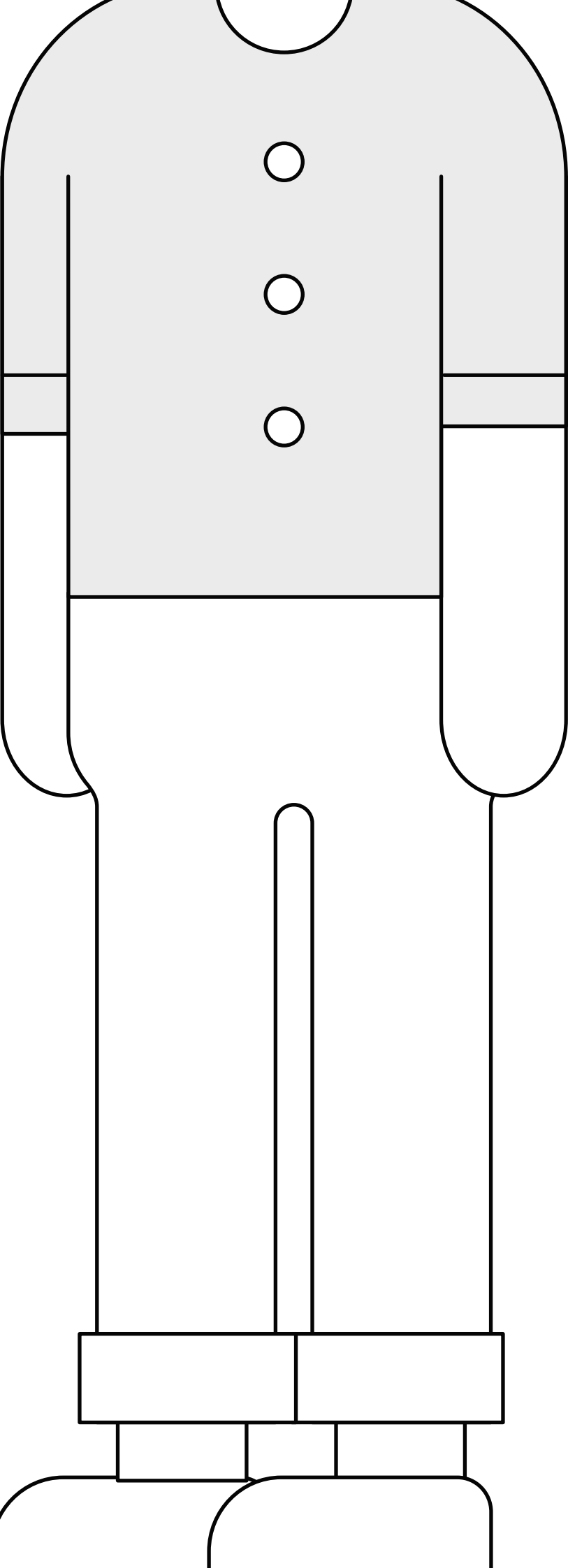
METHODS AND TOOLS

N/C

CO-MONITORING
IN DEVELOPMENT

STAGES ▶ **CO-MONITORING**

ACTIONS ▶

M

U + C

living
participatory technical narratives

U C T A

subtitle
Ⓤ urbinat team
Ⓒ citizens
Ⓣ municipality technicians
Ⓐ municipality authorities

OBJECTIVES ▶
MONITORIZATION

URBINAT
PROJECT
PHASES ▶
observatory
co-evaluation

CO-MONITORING

Involvement
Engagement
CoP

URBiNAT

Centro de Estudos Sociais
Universidade de Coimbra

9 0

UNESCO

Organização
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**Universidade de
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