

# Η Πόλη στην Κλίμακα του Ανθρώπου

Ιστορία – Θεωρία – Εφαρμογές

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### Abstract

The city is the most complex and intricate human artifact and at the same time our everyday environment. The physical form and the management of the urban environment greatly determines people's everyday life and health, social relations, and economic growth in cities, as well as the future of humanity on our planet. Therefore, urban design interests all of us, both experts and laymen. The main theme of this book is how urban design can improve people's lives, through the adoption of the humanistic approach in the entire spectrum of design scales, from strategic planning to the microscale design of physical space. It is articulated in ten chapters, in which the reader is acquainted with the history, the theory and the practical applications of the human-centered approach in urban design. Each chapter corresponds to an autonomous lecture and includes various learning activities (discussion points, in-class exercises, videos etc.), following

Diane Laurillard's theory of six learning types. The book also focuses on public spaces, as a field of study of urbanism and as a field of practice of urban design, and at the same time it emphasizes on their importance for sustainable urban development. It presents the history of the city through the lens of the human scale, the genealogy of the social approach in urbanism, with an emphasis on observational studies of public space, and it elaborates on the philosophy of human-centered design, mainly through Jan Gehl's concept of "life between buildings". Using case studies and best practice examples, it proposes basic design principles for human-centered public spaces and urban streets. It puts emphasis on ecological thinking, which is an indispensable part of the humanistic design approach, especially today, as we face the consequences of catastrophic human intervention on ecosystems and of anthropogenic climate change.

