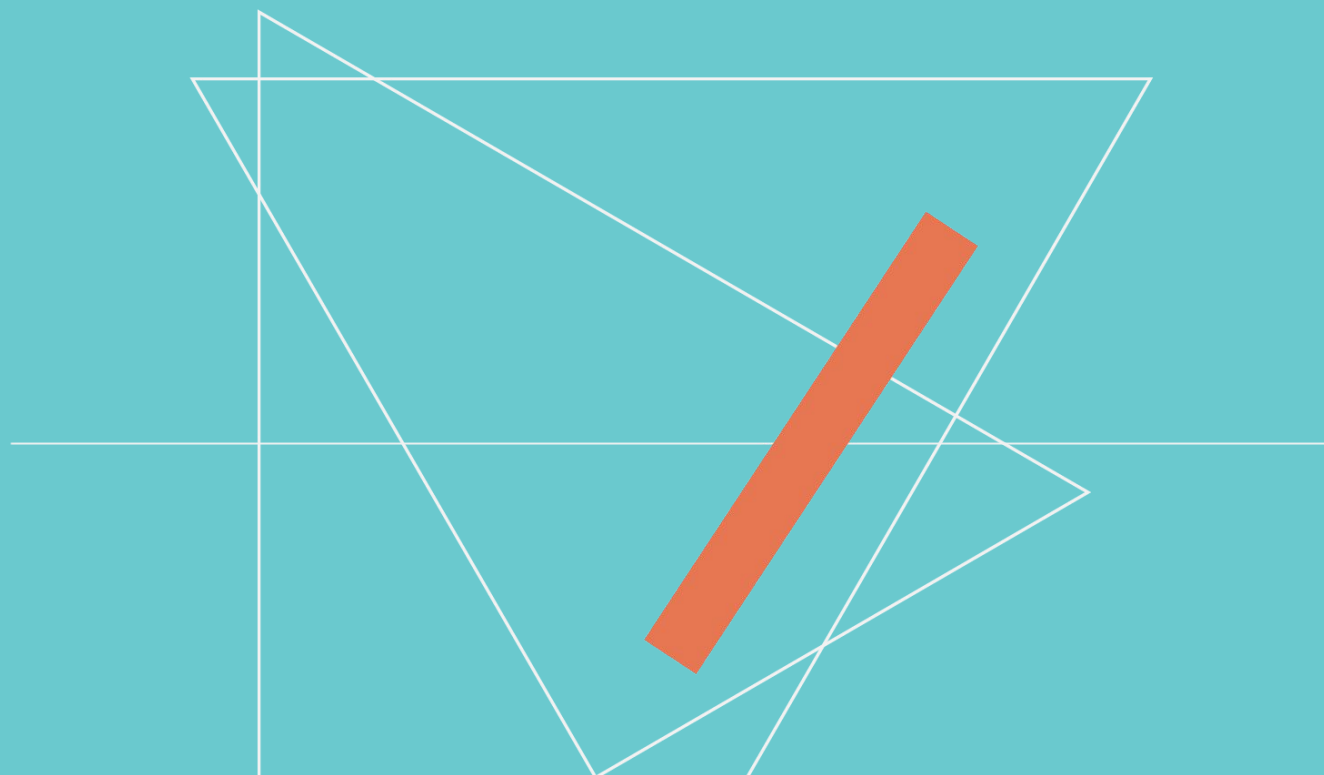


# Kófið, lýðheilsa og skipulag

Matthildur Kr. Elmarsdóttir

MSc skipulagsfræði, PG Dipl bæjarhönnun



Mikilvægi  
þess  
að hafa  
plan



Varnir



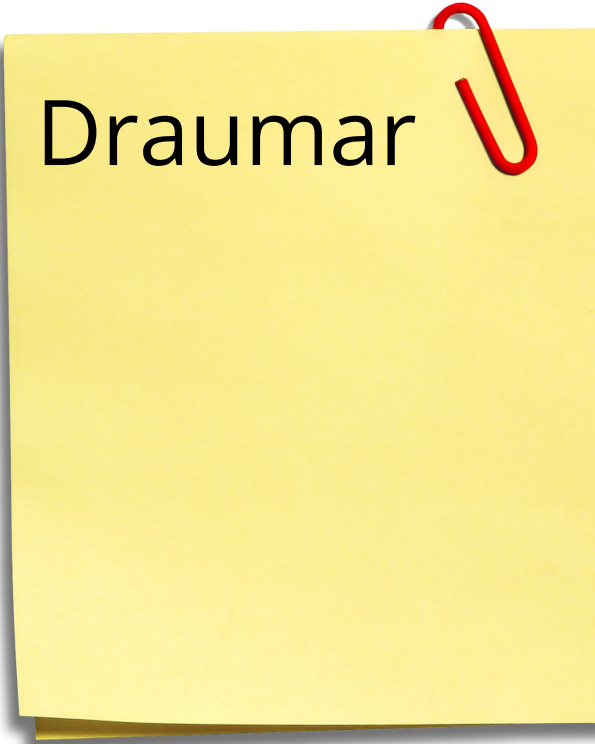
Vernd



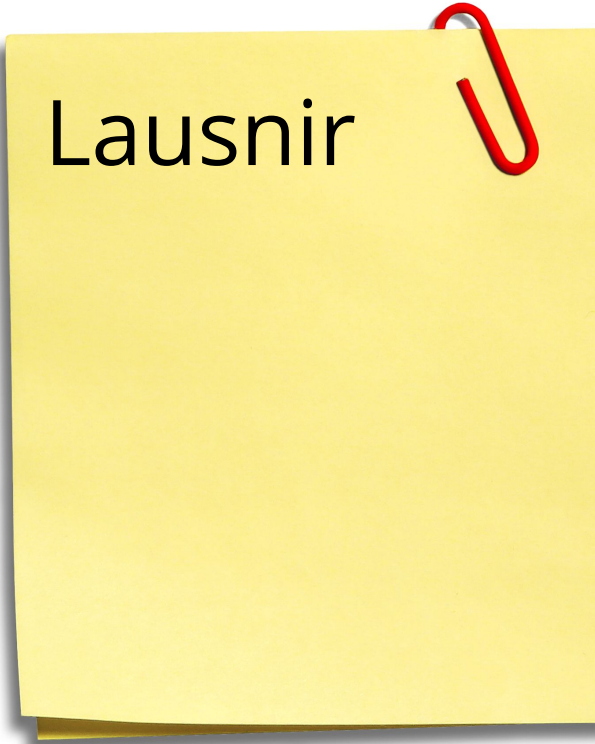
Viðspyrna



Vandamál



Draumar



Lausnir

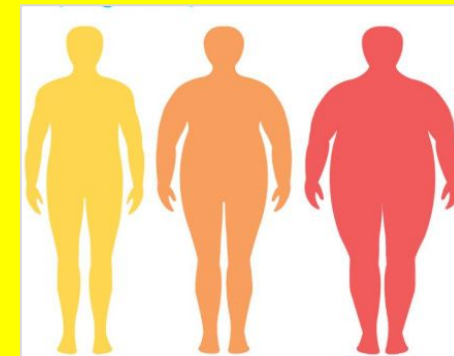
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# Vandamál



## 7 health problems of the modern age:

cyclist's bum, text claw, headphone-induced hearing loss, information fatigue syndrome, 3D viewing sickness, blue light insomnia



# Draumar



# Lausnir

## Eight Healthy Planning Principles



1. Active Areas



2. People Places



3. Mix and Mingle



4. Empower  
Engagement



5. Character  
Communities



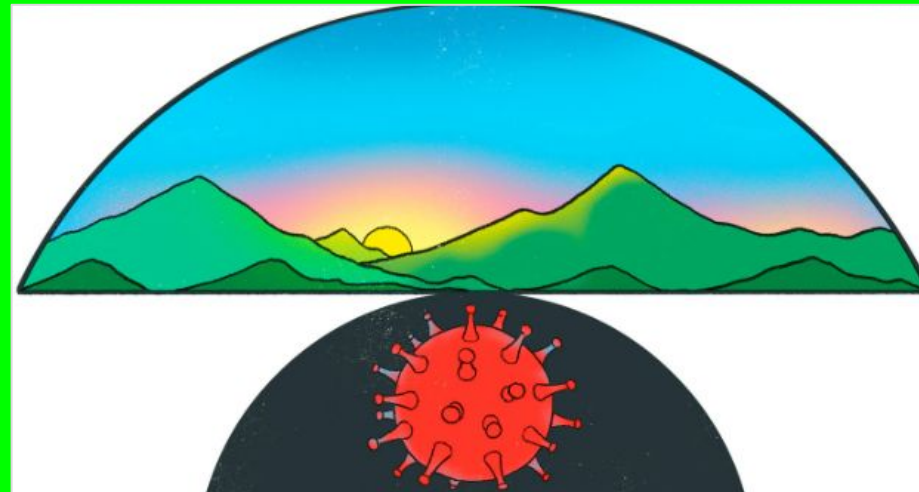
6. All Ages  
and Abilities



7. Growing  
Groceries



8. Resilient  
and Responsible



# „Ný“ vandamál



As coronavirus forces us to keep our distance, city density matters less than internal density

May 12, 2020 8:48pm BST

Covid-19 is highlighting cities' unequal access to green space

By [Michael Goodier](#) and [Josh Rayman](#)

Coronavirus highlights the need for open green spaces in cities

*In times of social distancing, green areas are more important than ever*

Life after lockdown

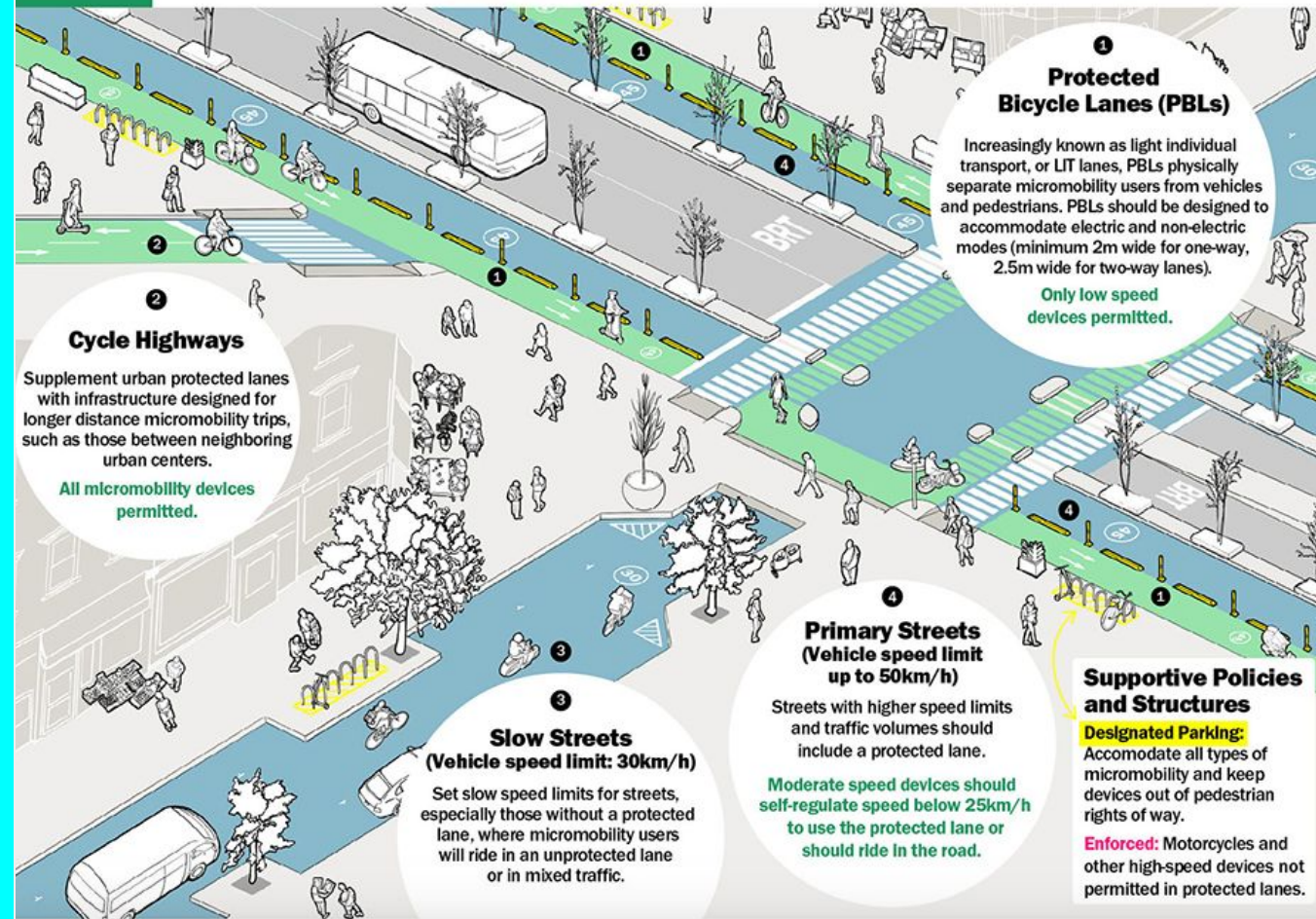
Transport after coronavirus: how will we fly, drive, commute and ride?

# „Nýir“ draumar



## WHERE CAN MICROMOBILITY GO?

Safe “micromobility corridors” provide equitable access to more places for more people.



CITYLAB

## The Power of Parks in a Pandemic

For city residents, equitable access to local green space is more than a coronavirus-era amenity. It's critical for physical, emotional, and mental health.

By John Surico

April 9, 2020, 1:37 PM GMT

<https://www.bloomberg.com/news/articles/2020-04-09/in-a-pandemic-the-parks-are-keeping-us-alive>



Coronavirus: we're in a real-time laboratory of a more sustainable urban future

April 27, 2020 9:12am BST

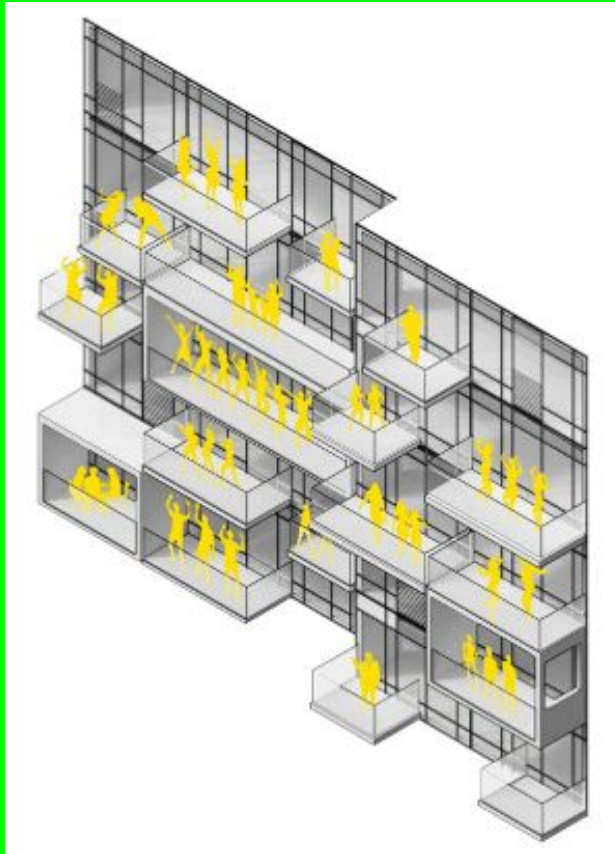


# „Nýjar“ lausnir



**Lockdown highlights the value of green space in cities**

**Density can work post-COVID-19, with good urban planning**



## Mögulegar nýjar áherslur í skipulagi:

1. Refocusing on Green Spaces
2. Choosing Hygienic Building Materials
3. Turning the Streets into Our Living Rooms
4. Designing Gathering Places That Limit Crowds
5. Ramping up Touchless Technology
6. Building Housing That Maximizes Individual Space Rather Than Shared

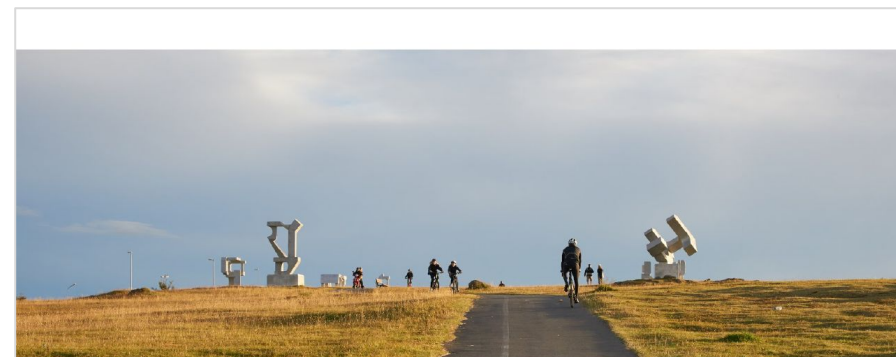
<https://www.bostonmagazine.com/property/2020/04/30/urban-spaces-coronavirus/>

Developers will need to rethink development models and incorporate commercial spaces in buildings or within a 10 to 15-minute walk or cycle ride from most homes.

<https://www.architectsjournal.co.uk/opinion/how-will-housing-design-and-placemaking-be-changed-by-covid-19/10046945.article>

# Grænar ferðaleiðir





## Græna netið í Reykjavík

Kynningar- og hugarflugsfundur 10. apríl 2018

ATA



## GRÆNAR TENGINGAR Í REYKJAVÍK

Kortlagning og skilareininga

maí 2017

ATA



ATA

