

Housing, mobility and public spaces: human's life quality constraints

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Nowadays, humans spent most of their time indoors. Whether it is a home, a working or a leisure space this represents human's third skin which it should protect them against the surrounding environment. It must offer the needed comfortable conditions so that we can reach the best physical and psychological performance. However, quite often we found that buildings are a trap for their inhabitants as well as for the environment. Thus, if environment surrounding humans it is not comfort they will feel stressed and consequently they may suffer from several physical and mental illnesses. In Portugal, statistics show that there is a relationship between morbidity rates, environmental conditions and housing quality but studies linking the components of this trilogy are still scarce, incipient and vague. However, they are fundamental for creating healthy spaces and for a better human life quality.

Based on the previous discussion, the present study has undertaken an evaluation of the old quarters of Almada, a city at the Lisbon Metropolitan Area, which, recently, it has gone through an urban rehabilitation process undertaken by the municipality joined by privates. The research was based on field work assessments and questionnaires to the inhabitants for evaluating housing, public spaces and mobility aspects and their consequences (positive or negative) upon the human life quality.

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