Lisbon healing parallel process
sector 3

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This small book is the product of the interpretation of an exercise proposed by CARTHA who challenged us to find a Parallel Lisbon.
We were given a sector of the city and no rules to follow.
2016

**acupuncture is an interventional procedure that strikes one point to heal an area**

all cities, like organic bodies, have problems.

structural design failures or bad postures can injury the system as a whole.

these injuries tend to get worse with time.

when the system is already a living organism, destroying or demolishing is always an aggressive method to cure.

alternative ways to destruction should be considered.
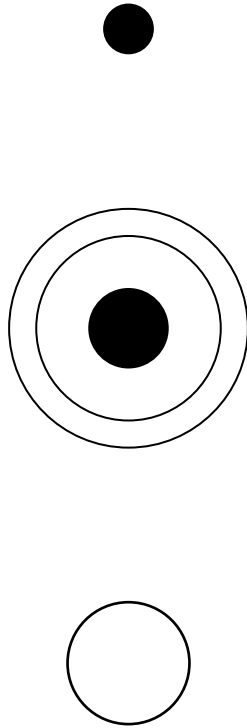
acupuncture is a technique that uses needles sometimes associated with heat or small spheres being inserted into specific points of the body.

we can divide this procedure into 3 ways of intervening:

1. the object stays intact for a long period in a continuous reaction with the body against pain;

2. when applied the object stays in the body till it is completely absorbed;

3. when applied the object stays for a short time to be later removed.

we have identified some of Lisbon problems based on our vision of the city, that should offer services of community to people but is aware of human's need in finding tranquillity and quality of life in such dynamic and agitated places.

a human city needs:

shelter
potable water
public water
health services
educational services
ludic services
art
nature
serenity
joy
larger sidewalks
benches
neighbourship
agoras
events
proximity
security
order
fluidity

on these premisses we have identified 7 cases on a sector of the city where we could use the acupuncture treatment. they reflect the 3 types of intervention of the healing technique mentioned before:

punctual intervention
Seen as a direct transformation of permanent character with the intention of bringing an immediate response to problems. It should interact continuously with the city.

gradual intervention
Seen as a transformation that can contaminate and expand its characteristics throughout other areas motivating post dynamics. It can either spread physically in the terrain or functionally like a network that can grow and touch other citizens way of living.

temporary intervention
Seen as a transformation that acts for a short period of time, in order to affect people and cities as an alert or a need that profits from being served in spontaneous and brief moments. It can be an event or an experiment and would benefit the city as a way of testing theories avoiding permanent damage.
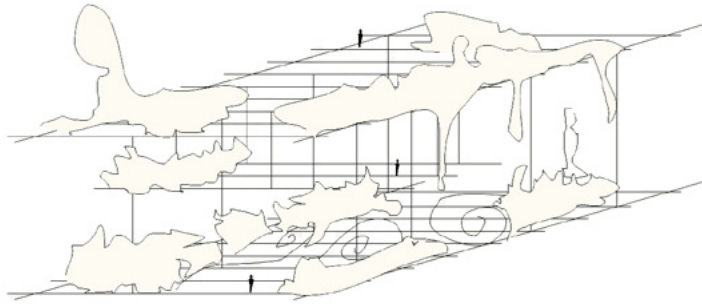
punctual
intervention

case block garden

aerial perspective modelised from the original in Google Earth 2016

The block garden is an attempt to two problems at once. The first one is to give a purpose for mischaracterized spaces, left to abandon a random void in the city grill.

An obvious response would be to make it a square and profit from the void which sometimes is welcome on a dense grid.

However, we can also think that points like this could be filled with **garden blocks** like solid lungs for the city. Taking advantage of a **scaffolding structure** we would use height in our favour in relation to the rest of the urban context. And because a block garden is permeable, light and water would pass through the blocks. These could be shaped in various forms and fulfill different purposes, like small kitchen gardens, leisure parks, playgrounds...

Lisbon is known for its great variety of fountains spread over the city. Nonetheless these points are rarely interacting with people. They are mainly for being seen.
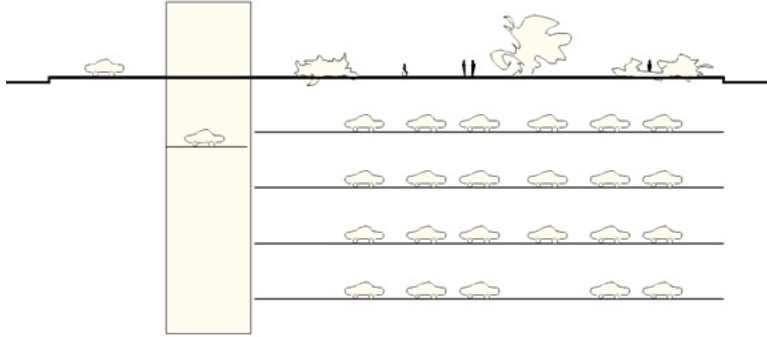
Trying to recapture the former roman tradition of the public baths, we challenge people to choose a spring in a strategic place and simply cover it with **walls and a roof.**
The public baths are not just a healthy practice but they also promote a social activity. Its is a way of gathering in serenity the people of the city in an act that should reach all social classes. It is meant for the families to relax and neighbours to meet. It is a way of restoring energy of the body and mind using what the city can offer already.
Claim fountains as your space!

case piled up park

aerial perspective modified from the original picture of Luke Lawieszuk atflik.com, modified from the original in Blind Manifesto Totem. Traffic overload, cars. Marcus Bowcott's sculpture.

Lets **invest** on parking lots!

One of the most obvious challenges of our contemporary city is related to traffic. From traffic jams to the impossible quest of find a parking spot the majority of cities can't handle this problem.

The source of the problem lies on finding a good public transport network. But while we hope in endless waiting for this network to improve, the problem of the cars remains unchanged. The streets are disfigured by cars parked everywhere and often in places were it is not allowed. The quality of the city depends on this!

Either the way up or down, we could build towers for cars. Make use of **technology** and free space from ramps in exchange for the **lift**!
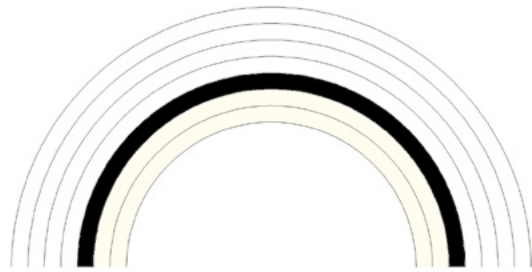
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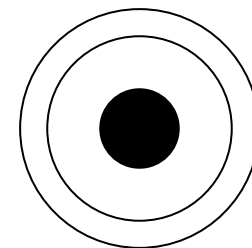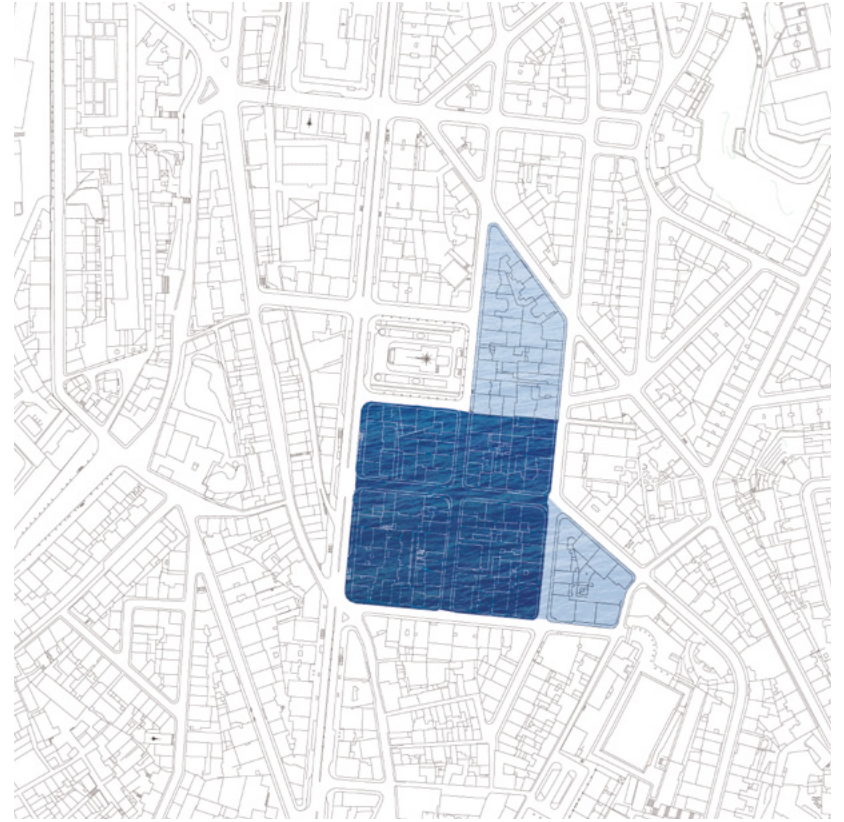
Indigo Block is an expression of a way of thinking through colour. Between **blue** and violet, this colour is related to intuition, perception and the higher mind. Blue also means **universal** and it allows **transformation**. It reduces stress, promotes communication and exudes calm, confidence and order.

Indigo Block seeks more of the city. It is a place dedicated to a more conscious way of living aiming to improve the connection with humans and nature. It should offer and favour services that allow people to eat better, respect all living beings and practice both physical as spiritual activities. Indigos are reactive curious people that search for harmony and are not afraid to question or to provoke a reacting in order to reach a truthful point of view.

original market facade image taken by N...

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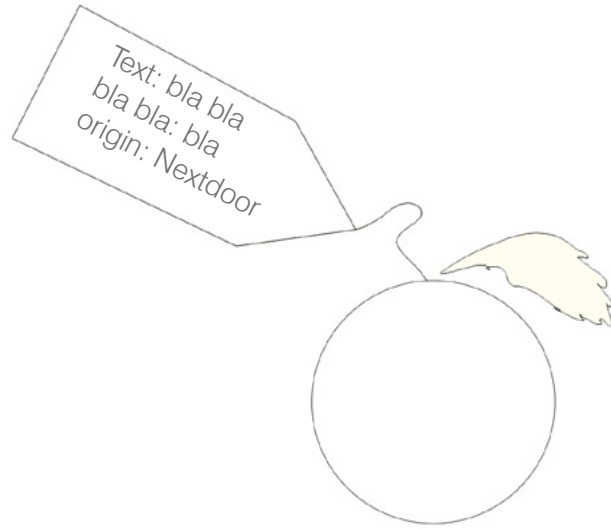
Portugal is a country were we can observe paradoxical realities at the same place. In the distance of two blocks we can pass from urban to rural realm. And why not be inspired in this peculiar characteristic to actually promote and codependency between the two worlds?

Is it possible to find the middle term between an industrial plantation and a small kitchen garden? **Mikro** is a proposal for a great distributor that has a direct contribution from the surrounding areas. The *super minimarket* that offers the chance to feed a city sector from its own production. Mikro encourages the **community garden** where you consume what is produced by you at your place. The citizens who offer help in crops are directly rewarded with products.
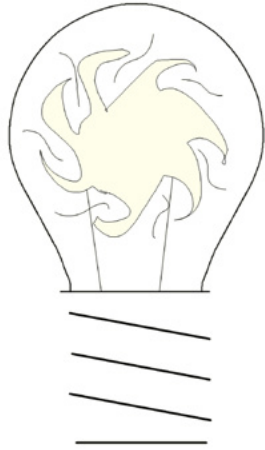
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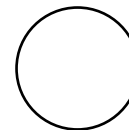
Narrow streets are normally the most beautiful ones, because they represent the ancient grids of Lisbon. But they are also posing a problem to nowadays living conditions: lack of light during the day.

To act against this situation we propose an experiment inspired on todays way to illuminate the street at night. We reinvent the lamps and use the solar power as the source of light. **Lamps for the day**! We change bulbs for **mirrors** treated to diffuse light in a secure way. It would be possible to capture some positions of the sun and provide more and lasting natural light for a street.
We hope, this small experience could bring another perspective on the cities grids.

case foot street

Cars cars cars
Cars in my shoes
My shoes to the car
Carrying me home
Carry me car!
Where could I go
Laces to grow
Laces untied
I must find my ride
To go on my own
Run to the car
Car to go work
Work to the run
Run for the fun
Cars left behind
A STREET!
For the feet