
Symposium

Sanda International Conference on Urban Planning in the 21st Century

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Outline of the Sanda International Conference on Urban Planning in The 21st Century

Isao NAKASE (Professor at Himeji Institute of Technology, Environmental planning)

Situation Surrounding Urban Planning

With the 21st century close at hand, major changes are taking place in the circumstances that surround the cities in which so many of us live. Issues such as the arrival of the advanced information society, the spread of environmental problems on a local and a global scale, the difficulties posed by regional economic restructuring in response to shifts in the global economy, and the health and welfare problems associated with the progressive aging of society all have profound implications for urban planners.

In Japan, the construction of many cities during this century and the provision of homes for their inhabitants has been a colossal enterprise that has driven the nation's prodigious economic growth. As a result, the Japanese have been able to achieve high living standards and steadily improving housing conditions. However, it cannot be denied that many of Japan's new towns have been constructed in the vicinities of large cities and their residents are often largely dependent on the latter in respect of employment opportunities, etc. Such communities are referred to by the Japanese as "bed towns".

With hindsight, we can say that these new towns, which were established under circumstances in which large cities were experiencing rapid population increases, were in some ways the products of an unsystematic urban expansion drive that resulted in significant destruction of adjacent natural areas. Today, we clearly need to return to the idea of the new town as a civic entity in which homes, workplaces, etc., are conveniently situated, a rich community spirit can thrive in harmony with the surrounding countryside, and mature urban planning techniques are applied. Our aim should be to wean the new towns off of their dependence on large cities and orient them towards a more self-reliant 21st century.

Moreover, in the wake of the Great Hanshin-Awaji Earthquake which struck southern Hyogo Prefecture in January, 1995, there has been a revival of the promotion of urban planning based on citizen participation or citizen consultation concepts which involve partnership between local residents and the administration. This approach differs fundamentally from conventional urban planning. It is important to make use of the precious lessons provided by our experiences and apply them to mature urban planning and at the same time to inform the world of our progress.

The Significance of Holding the Conference in Sanda

As a city on the front line of the expanding Kansai urban region, Sanda is experiencing rapid population growth even today. Moreover, the city is located at the southern extreme of the Tanba region which is blessed with a rich natural environment.

About a decade ago the JR rail link connecting Sanda with Osaka was upgraded from single to double track and, more recently, the regional expressway network has been completed. However, it still takes approximately one hour to travel

from Sanda to downtown Osaka or Kobe, and Sanda is geographically separated from these big cities by mountains. Sanda has the potential to evolve from being a "bed town" dependent on larger cities into an independent small or medium-sized city. In Sanda, a variety of zones coexist including forests and inhabited agricultural areas as well as the old town and new town districts. Within the city limits, against a rich natural background, versatile elements of old and new local culture have developed and taken root. The example of Sanda is deeply relevant to discussions of 21st century urban planning on every scale from the global down to the small town level and from a variety of viewpoints including those related to the urban community, the economy, welfare, the environment and the citizens themselves. In short, Sanda is a most suitable location in which talk about 21st century urban planning.

Outline of the Sanda International Conference

As was mentioned above, the purpose of this conference is to explore the concept of a mature city model for the 21st century which differs from that of the expansion-based model that has dominated during the 20th century. With this aim in mind, the Sanda International Conference on Urban Planning in the 21st Century was held on July 11 and 12, 1998, in Sanda under the sponsorship of Hyogo Prefecture, Sanda City and the "Sanda International Conference on Urban Planning in the 21st Century" Steering Committee.

On the first day, at the Museum of Nature and Human Activities, Hyogo, the conference began with the keynote speech delivered by Professor Shigeru Ito of Keio Gijuku University entitled "The City and Life and Work" and a special speech by Hyogo Governor Toshitami Kaihara entitled "21st Century New Town Planning - Aiming at Urban Planning on a Human Scale". These speeches were followed by reports from Dr. Michihiko Kasugai on "Small-Town Urban Planning in Germany", Pascal Mercier on "Urban Planning in Historical Cities in France", and Masanori Sawaki, who delivered an address entitled "A Report from the Sanda Citizens' Forum". Incidentally, the forum was a workshop-style discussion group held with the participation of ordinary citizens in advance of the international conference.

Based on these speeches and reports, a panel discussion was held under the theme of "Tomorrow's Urban Planning Paradigm", coordinated by Prof. Kunihiro Narumi and with participants from Japan and overseas. The key words that came up in this discussion included "network community", "communication", "community business", "mixed land use", "ecology", "sustainability", "identity" and "participation".

On the second day, the conference moved to the Sanda Public Hall, where on the basis of the first day's discussions, a subcommittee meeting discussing "New Developments in Farmland and Park Urban Planning" was split into two meetings. The basic purposes of these subcommittee meetings were to proceed with discussions concerning 21st century urban planning from viewpoints stemming in the case of the first meeting from the gathering of a variety of experts, and in the second case stemming from a separate gathering of citizens, administrators and experts.

At the first subcommittee meeting, held under the theme of "Nurturing the Community and the Environment" and coordinated by Prof. Isao Nakase and Associate Prof. Ritsuko Watanabe, experts in such fields as welfare, the environment, cities, etc., discussed the trends in urban planning that unite these fields. The main topics of their deliberations

included "welfare in the aging society", "conservation and the creation of original local natural and cultural environments", and "urban planning against the background of local characteristics".

The second subcommittee meeting was held under the theme of "The Functions and Individuality of Cities in the Era of Globalization" and coordinated by Prof. Kunihiro Narumi and Prof. Yoshimasa Kato. At this meeting, experts specializing in cities and economics explored the directions taken by regional cities and economies in the era of global civilization and the globalized economy. The fruits of these discussions were arranged into seven categories in the "Declaration of the 1998 Sanda International Conference on Urban Planning in the 21st Century".

In Conclusion

In this report we have included only the texts of the speeches of the overseas guest speakers to the conference. For fuller details of the entire conference proceedings, please refer to the Report of the Sanda International Conference on Urban Planning in the 21st Century or the Digest Edition (available in Japanese). It should also be noted that in order to help the guests from overseas to better understand the specific situation of Sanda City in advance of the conference, the guests spent the day before the start of the conference on an inspection tour of the city and several of the guests also lodged overnight in the homes of Sanda residents.

Towards the Declaration of Urban Improvement in the 21st Century

Toshitami KAIHARA (Governor of Hyogo Prefecture)

The Great Hanshin-Awaji Earthquake, which directly struck an advanced metropolis, demonstrated only too clearly the fragility of our urban areas, including the excessive concentration of urban functions within a limited area, and the presence of a rapidly aging inner city population.

Looking back in history, Japan has been striving towards modernization and economic prosperity ever since the Meiji Restoration 130 years ago. This was reflected in urban development which emphasized efficiency and convenience as the highest priority. Now is the time, however, to allow new innovation into conventional urban development.

Since long ago, Hyogo Prefecture has struggled to create a garden city where people and nature, people and people, and people and society coexist in balance, nurtured by the will to live in harmony. As we emerge as a fully mature society, we must reflect our past experiences, including the lessons learned from the earthquake, in our town planning efforts, and create a new urban civilization based on security, safety, and soundness. With the creation of this civilization in mind, new town planning should be promoted not only in those areas which were damaged in the earthquake, but in Hyogo Prefecture as a whole.

This year marks 10 years since Holonpia '88 Hokusetsu Tanba Festival and its new urban design showcase entitled "Cultural Garden City." Once again, through the Sanda International Conference on Urban Improvement in the 21st Century it is hoped that this conference will become a world stage for announcing philosophies and directions concerning urban improvement at home and abroad.

I am hopeful that the various discussions on the theme of this conference will be both far-reaching and profound in their implications. I sincerely wish for the wider expansion of this movement to create more individualized and attractive residential spaces.

Town Planning as Catalyst for Lifestyle Variation

Shinji TOSHITA (Mayor of Sanda City)

Sanda City, home to a wealth of remarkable natural scenery, has evolved into a highly desirable place to live. It has convenient transportation systems linking fine residential areas with business enterprises, work places and higher education facilities. Multi-functional integration allows citizens to live in security while pursuing their work, study and play. Sanda is thus well positioned to become the core city of the Hokusetsu, Hokushin, Tanba region.

On the other hand, especially as the 21st century draws near, there has been a growing interest in global environmental protection, and its connotations of 'generosity' and 'tastefulness'. Concerns over 'safety' and 'security' have also become more evident, while values and attitudes regarding the environment beyond the city have begun to change, in both direction and scope.

Within this climate, Sanda City has some exemplary characteristics such as the high quality urban space and advanced functions of Hokusetsu Sanda New Town. In contrast is the old part of the city and custodian of our history and tradition. All this balances with the agricultural area which exists within a treasure store of mountains, rivers, and ponds. In short, high standard urban function coexists with Nature's riches. We believe that Sanda is one of the few cities in Japan where you can both appreciate an ample natural environment and yet still enjoy a variety of different life styles.

By making the best use of our privileged environment and by encouraging a dialogue and exchange between urban and rural dwellers we are guiding the town plan and instilling our people with a joy for 'New Sanda' while preserving their love for the hometown.

And now, an international conference on town planning for the 21st century is being held here in Sanda City. I feel very honored to be part of the occasion and wish to express my gratitude to Hyogo Prefecture and all the people who have made it possible.

I am hopeful that the conference will generate many fruitful discussions from start to finish about future directions in town planning which can give birth to vibrant cities where people are happy to put down roots and remain over several generations. I look forward to a new statement for town planning in the 21st century.

Basic Theme

Paradigm of Urban Improvement for Tomorrow

Our surroundings are rapidly changing toward the 21st century, in which our cities must continue to develop, which attempting partial rebirth. In the urban improvement of the 21st century, the main course of growth that we've been following so far seems to be under the demand of reorientation. It is the time to seek the realization of comfortable and active society which takes root in the region, attaches importance to its communities and also coexists with its environment. Under the basic theme: "Paradigm of Urban Improvement for Tomorrow", a panel discussion will be held in the Symposium of the first part, the purpose of which is to make clear "the Paradigm of New Urban Improvement", through the studies of cases overseas and the actual results given by Sanda Citizens Forum. In the following individual sessions, practical guidelines for the urban improvement of the 21st century will be shown under the theme of "New Development of Rural and Garden Cities".

- The Individual Session: New Development of Rural and Garden Cities -

The Individual Session 1: "Fostering Community and Environment"

The urbanization and modernization in the 20th century has caused the local communities to be less solid, and thus weakened their capacity to hold the people, the aged in particular, and to foster children. While we need new types of surroundings, the aggravation of the environmental problems is anticipated. When we think of the way to make our cities better for the 21st century, we are aware that we need to promote in each of the regions, their communities and environment without losing the perspective of the each at the same time. The discussion will focus on how we can proceed, in connection with the natural environment, its resources, and also the history and culture, the formation of varied and compact communities in which people support each other. During the discussion, please try to keep in mind the City of Sanda and its regional circumstances.

The Individual Session 2: "Function and Originality of Cities in the Worldwide Spread"

The innovation in the fields of transport and communication which took place in the 20th century has brought about a remarkably wide economic bloc. The most suitable term to describe this phenomenon would be globalization. Our urgent task now is to recognize our regional economy. It is expected, one hand, to create original and attractive urban communities, but on the other hand, we see a rather rational way of urban improvement which neglect the localities. When we ask ourselves how we can make our cities better for the 21st century, we are aware that we need such cities as continue to have their vitalities and can meet the demands of the age of cultural exchanges in the worldwide range. The discussion will concentrate on how to proceed the creation of lives and attractive cities and how to build up the regional industry which complies with the economical globalization. During the discussion, please try to keep in mind the City of Sanda and its regional circumstances.

A Panel Discussion

-Paradigm of Urban Improvement for Future-

1) Herbert ZIMMERMANN (urban designer, in Berlin, Germany)

'Charter of Athens'

Last month the European Council of Town Planners and distinguished guests discussed a new set of 'principles for planning cities' at a large conference. Athens was chosen for that occasion because the planning world has lived with the famed 'Charter of Athens' for more than sixty years now, which had summed up the spirit of that time. It was not just the result of a CIAM meeting of 'le Corbusier and others' in the thirties of this century. The Charter was not merely a philosophy. In many areas it has become reality.

Its spirit had dominated planning decisions for a long time. The new possibilities of mass transportation - mobility of people and goods - offered a chance to end the unhealthy mixture of housing and production by separating uses. And it gave room to the expanding needs of industrial estates which had moved out of the traditional settings.

The positive basic idea produced agreeable results, above all it brought 'light, air, and sun' into the dwellings of the housing quarters. But at the same time it caused destruction in our towns and our cultural heritage, in the way we live together and our children experience the world. Not only uses were separated also people were sorted out. Especially in postwar times when our cities were reconstructed the impact was immense.

'New Charter of Athens - towards the city of the citizens'

The paper the ECTP produced is not the first attempt to define new principles - remember the UN-Habitat conferences and memoranda. Was it really necessary to write down a new one. When we decided to do so we have a simple practical reason. European Planners need a common professional position have to work towards a common view in order to evaluate and comment 'European Planning Documents' and to discuss them with the numerous directorates of the European commission.

The Athens conference again proofed: professional discussions in the fifteen member countries of the European Union and in the corresponding associations, which come from non-member countries, focus on very different topics. Themes most relevant for some countries are already out of date to others.

In that respect it is not necessarily an East-West difference. Poland for instance has a 75-year-long planning tradition. The real differences are between North and South.

What are the issues of the new Charter ?

First: It defines the current urban agenda.

Assessing the European policies documented in numerous papers, programs, perspectives and developments it comes to the point: Current trends are not sustainable. We have smaller households, we use more space for housing. More individual traffic results in poorer mobility for most people etc. etc.

Second: It defines the role of town planning in pursuit of this agenda.

- *Paradigm of Urban Improvement for Future* -

Cities do neither develop in random fashion nor according to well determined models. What we need is town planning principles. The paper lists general ones which have been developed in the past and are fairly universal. And new desirable principles proposed for the 21st century, for instance:

Distribute urban resources more fairly, brown field sites to be used before green field sites, and - of course - town planning should be done professionally. By persons who were appropriately trained for the task, and who have technical know-how, creativity and ability to coordinate.

The city of the 21st century will be created not so much by the master plan but by the process of negotiation, centered on the welfare of the citizen.

Third and mainly: It recommends guiding principles for the work of the planning profession and urban policy makers at all levels.

Ten sets of recommendation

Principles 1, 2, 3 are about the citizen: New citizens, participation and places where people can meet.

Reflecting the enormous migration within Europe there is a need to incorporate the newcomers. Needs and aspirations of all social groups are to be met in the planning and development of the city. Participation must be promoted for all citizens and at the lowest possible level using the building block, the neighborhood, and the quarter as frame for involvement.

The degree of participation varies enormously between cities across Europe. The expression of citizens rights, needs and wishes especially when they effect daily life and the quality of the local environment cannot be realized solely through a system of elected representatives alone, especially in highly centralized systems.

Local social and cultural activities should be initiated. Therefore recreate public realm, open spaces, and the chance for human contact.

Increase in density has often resulted in loss of open space and places where people can meet without being stressed. Where you can see, hear, talk with your fellow citizen. And where a sense of community can develop. For this purpose it is not enough to have just voids, left-over spaces. It must be more than a mere by-product, must have adequate dimensions and character. It should provide a context for local action, supported by the reuse of related buildings and derelict land.

Principles 4, 5, and 6 deal with physical planning: continuity of character, benefiting from new technologies and environmental aspects.

Planning should safeguard the traditional elements and the distinctive identity of the local urban environment, including buildings, traditional quarters, open spaces and green areas. It should consider both city and its surroundings.

Planning should examine the possibilities for decentralization of activities. Possibly we can benefit from new technologies and work towards a polycentric multifaceted city. Technology may also provide a framework for human contact, which is a basic component of cultural identity and social cohesion. It can give access to information for those who traditionally did not have or use it.

All plans should be based on the principles of sustainable development. Brown field sites should be reused instead of developing green field sites. Planners should always work towards conservation of nonrenewable resources, energy conservation, clean tech, reduction of pollution, waste avoidance, reduction, and recycling - i.e. protect the environment. Ecosystems shall be maintained by means of green corridors or 'stepping-stones' which penetrate the city. Special attention

must be paid to the urban fringe areas.

Principles 7, 8, and 9 are about economy, movement and mixture:

Town planning has been traditionally concerned with land use and the physical form of cities. The new charter stresses that it is necessary to combine those aspects with social engineering and economic revival. Cities compete economically with each other, but they can also combine their resources. Town planning can create a positive framework for investment and economic activity.

Market forces should be harnessed (activated) so that the necessary level of public investment can be maintained. The private sector should be enabled to participate in the shaping of the city and help with the operational costs. Economy should have a strong base in non global activities i.e. local work, small businesses. Unemployment must be tackled by education and training.

The excessive use of the car has made it the scourge (pest) of everyday life and the functioning of most urban centers. It leads to the degradation of neighborhoods. Therefore discourage the use of the private car by pricing and car parking policies - encourage public transport, cycling and walking. Promote non-polluting transport-systems.

Planning should also reduce the need for travel. It should initiate the mixture of uses, bringing back the variety of experience of living in the city. Housing and work areas should be closely related in time and space. The principle of mixed uses should be promoted especially in city centers. Since there are always functions which can afford higher prices for land or rent, precautions have to be taken to protect the weaker parts of the mixture.

Planning should also ensure a satisfactory framework for citizens to exercise choice in employment, housing, transport and leisure.

The final principle 10 concerns health and safety:

Planning should deal with the root causes of social unrest and urban crime. It must take into account protection from natural disasters. And there is reason enough for planners to engage for cities as non-combat zones in Europe and elsewhere.

The Charter will now be translated into about 10 other European languages. The effort of translation will also clarify things, an effect already noted when writing it down in two languages. National and international debate will bring new insights and in four years time - eventually a revised charter.

STADTFORUM

The poster on the other slide stands for the continuous discussion in the so-called STADTFORUM. Politicians and the interested public meet regularly almost every month since reunification that is for almost ten years now. It has developed into an important advisory board - yet an informal planning instrument. Senators and governing parties have changed. Permanent members of the forum too. The discussions have changed from general urbanistic topics 'unification problems' to fundamental questions for the cities future, the last three being: globalization, history of town, knowledge and science. This one 'Stadtmitte', which stands for downtown, of course was another debate of the inner town concept.

In addition to that about ten project-areas of the inner town are worked on in planning laboratories where local and central administrations, neighborhood representatives and planners meet. Somehow using the round-table-tradition of the 'Wende'- times, the political change in East Germany.

How can a regional government afford such elaborate citizen information programs. Providing a forum for civic debate

4. Panel Discussion

- Paradigm of Urban Improvement for Future -

and thus introducing themes into a wide variety of media is extremely useful. In this way success or failure of a strategy or project are decided not every four years when voters cast their ballot, but already during the legislative period.

2) Kay CALDWELL (Community Business expert)

Key Words

It has been refreshing to read the literature produced by the prefecture of Hyogo in which it puts forwards its vision for the city of the future, and its understanding of the processes of development. These brochures and the prefecture's approach are characterized by a spirituality and a commitment to human development which, in the west at least, rarely dignities urban regeneration plans and is seldom encapsulated in the economic development manuals. It is therefore an honor to be asked to contribute to these discussions.

This session of our conference appears to endorse that approach in that we have been asked to address certain key concepts or themes all of which reflect values and aspirations for society. I have assumed, since there are eight of us and eight key words that we have each been assigned a key word, and that mine will most likely be Community Business. You will see, however, that this word in itself involves notions of sustainability, and most certainly of participation.

My key word, community business, is one of several other key words belonging to a paradigm which embraces collectivity, co-operation, common ownership. It is part of a paradigm which recognizes the needs to share the world's resources and avoid the depletion of non-renewable materials. It is a response to a growing recognition of the globalization of world economies. It enables its champions to follow the dictum of Mahatma Gandhi - think global and act local.

It is a concept which reflects increasing interest in greater employee participation and closer involvement of user groups in service provision.

A tool of urban regeneration

But it is community business as a tool of urban regeneration and economic development which interests us here.

Community business is a strange hybrid term which yokes together two concepts not generally found together. It is a concept which appeals to all positions on the political spectrum - to those who believe in self - help and individualism, as well as those who believe in community values, participation and common purpose.

As such it is deemed to be "a good thing" in much the same way as sustainability is agreed to be "a good thing". The challenge is to make this good thing work. Just as developing sustainable enterprises or a sustainable environment involves making hard choices, so also does acting for the welfare of local communities.

This conference aims to re-inforce certain values as aspirations and to look at models which translate those values into practical action. Our task is to share our experience of those models and to extract what is of value, sensitizing them to local conditions and cultures and transferring them where appropriate to other contexts. We are particularly charged with the responsibility of seeing how they might be applicable in this local context.

Community business, then, as a key word, brings together economic development and social development within a local area. A community business is a profit-making, trading enterprise which operates generally within a geographic community, usually on the periphery of the city, but also in rural locations.

The concept, as I will explain in more detail tomorrow, aims to initiate economic activity in those parts of the urban

environment which have no indigenous economic activity. In these areas people either travel to the inner city to work, or they are unemployed and it was principally as a means of creating employment opportunities in these areas that the community business model was developed. It was perceived as a means of generating local wealth and retaining it in the local area. However, these same areas often lacked essential services and community business is also seen as a way of delivering those services where the private and public sectors cannot deliver them in a profitable or economically viable way.

In fact, the potential of a community business to deliver services in an appropriate and cost-effective way has earned it a place in the regeneration strategies of central government in the UK, of both the previous Conservative administrations and the new Labour government.

Significant difference

However, there is a significant difference between the working definition of a community business which is in use in the UK and that which I have been able to share with your Japanese colleagues who have visited in Britain.

Community Business is about more than locating business in suburban areas - through I can fully understand that the tragedy of January 1995 has highlighted the need for some decentralization of industry and commerce. Community business as we understand it entails Involving local people in the decision making processes and the management of the enterprises. In that lies its capacity to develop the human potentials of those local people who are involves with it. It is not about employee participation or worker's democracy - community business follows traditional, hierarchical management practices - but it is about local communities owning and controlling the enterprise, deciding its direction, its development and the distribution of its profits - which must be for community benefit not private gain. Nurturing the development of an enterprise in this fashion involves giving people not only vocational skills, but social skills, and real life skills.

This is where we return to the aspirational values. Community business is a mechanism which creates local wealth and prevents economic leakage, and which delivers services to local people in a way which allows them to decide and prioritize their own economic needs.

Tomorrow I shall share with you the workings of that model, the nature and extent of the support required to generate and sustain community businesses, the difficulties inherent in that development process. Together we can find ways in which that models can be adapted and its best qualities made usual to our context here in Hyogo.

Today is for sharing the aspirations and vision of how life could be better for our city dwellers in the 21st century which is not much more than 500 days away from its dawn.

3) Sheila FELD (Professor at University of Michigan, Social welfare of the aged, USA)

THE AGING SOCIETY: IMPLICATIONS FOR POLICY AND PLANNING

KEY WORDS:

POPULATION AGING;

INTER-GENERATIONAL RELATIONS;

SOCIAL NETWORKS;

DIVERSITY AMONG THE AGED;

SUCCESSFUL AGING:

4. Panel Discussion

- Paradigm of Urban Improvement for Future -

CAREGIVING FOR FRAIL ELDERLS;

INFORMAL AND INSTITUTIONAL ASSISTANCE FOR FRAIL ELDERLS.

I will be talking with you today as a gerontologist, someone who studies aging and the aged, and as a teacher of social workers who work with the elderly and their families. My goal is to highlight some knowledge about aging that is important for planning for the 21st century.

Increased longevity and decreased birth rates in the 20th century have had important impacts on the age distribution of populations in developed nations across the world. The number of persons aged 65 and older, and especially those aged 85 and over, has risen dramatically. So too has the proportion of all individuals who are in their older years as compared to those of younger ages, and these trends are projected to continue into the 21st century. As you know, Japan's elders are now among the longest lived in the world (Bass, 1996). By the mid 1990s, a 65 year old Japanese woman could expect to live another 20 years and a man of that age another 17 years. The number of individuals in Japan who were at least 75 years of age in 1995 was 7.1 million and this group has been estimated to increase to 18.3 million by the year 2020 (Koyano & Shibata, 1996).

The increasing numbers of elderly in many countries and the decreasing numbers of young cohorts have had and will continue to have profound effects on family networks. Contemporary elders have fewer children on whom they can rely on for support than earlier in the 20th century. Conversely, many contemporary middle-aged adults in these societies have more parents and grandparents alive than in former generations.

Additionally, in many developed nations, co-residence between elders and their married adult children has decreased significantly. In the United States, we have seen a drop in co-residence between our elders and their children from 28% in 1962 to 14% in 1987. Japan is no exception to this trend, as you know. Co-residence between Japanese elderly and their children decreased from 82% in 1960 to 60% in 1990 and Japanese scholars expect this downward trend to continue (Maeda & Nakatani, 1992).

Nonetheless, co-residence in Japan is still much higher than in most developed countries and it is likely that this distinct cultural emphasis on co-residence is likely to persist in some fashion. In one study of elderly Japanese-Americans, as expected, those elders who had been born in the United States were less like to live with a married child than those who had been born in Japan (Kamo & Zhou, 1994). Yet even those elderly Japanese-Americans who had been born in the United States were much more likely to live with a married child than other American elders.

This persistence of Japanese cultural values in America may suggest that in the future Japan will continue to see a significant though smaller proportion of elders sharing residences of their adult children.

Furthermore, across the world changes in age distribution, kin structures and kin residence patterns have been accompanied by major shifts in the timing of death and its causes (Cohen et al., 1993; Kinsella, 1994). Recent increases in longevity are largely due to reduced death rates in middle-aged and older individuals. The vast majority of deaths in all developed nations now occur for residents 65 years of age and older, for whom chronic conditions such as heart disease and malignancies now predominate over infectious diseases as the leading causes of death.

The prevalence of chronic and degenerative diseases means that older individuals, their families and society, have had to develop ways to cope with the impact of these diseases over the long periods of the life of the elderly. Maintenance of independent functioning among elders with chronic diseases and provision of long-term care for those elderly whose

functioning level has declined to the point where they do need assistance have become major health and social objectives. Achievement of these objectives has been complicated by the changing age distributions and co-residence patterns in modern societies, as well as by women's increased participation in the paid labor force because women are the main sources of care for infirm family members in all developed nations (Brubaker & Brubaker, 1992).

To plan for the consequences of the changes already mentioned, it is important to recognize that contemporary elders are diverse in many ways. This will also be true for future cohorts. It is also important to recognize the evolving and differentiated nature of family solidarity and social networks in this changing context.

I will first comment on the diversity among contemporary elders. Despite stereotypes to the contrary, the majority of elders alive today in developed countries are individuals whose mental and physical functioning levels enable them to be significant participants in society (Rowe & Kahn, 1998). This may be even more common in future generations of elders. To understand the elderly's capacity to remain active participants in society gerontologists consider their ability to perform the normal daily activities of life. One set of daily activities that has been studied concerns essential personal care activities such as dressing, eating, getting in and out of bed, taking care of toileting needs, etc. When we look at the proportion of the contemporary elderly who can carry out all of these important daily activities on their own, we find that the vast majority of all elderly individuals who live in the community meet this criterion.

Figure 1 illustrates this point. It is based on information obtained from a national sample of Americans ages 70 and older in 1994 (Soldo et al., 1997). The bars with vertical lines represent elders who have no difficulty with any of six basic personal care needs and show that the vast majority of both men and women who are less than 85 years old have no such difficulty. Furthermore, the size of the bars, with the cross-hatching, denoting elders who have problems with as many of three of these personal care responsibilities, is very small until age 85. Across this entire sample of persons 70 and older, 74% were able to carry out all these personal care activities without help or difficulty and only 5% had difficulty with as many as three of them. Even if we add in the approximately 5% of the American population of elders who reside in nursing homes, it is clear that most American elders are able to take care of most of their basic needs.

These American figures are similar to data collected by the Tokyo Metropolitan Institute of Gerontology, which also show that a very high proportion of all elderly Japanese have no functional limitations (Liu, et al. 1995). Among Japanese elders ages 60 and older in 1987, approximately 90% had no limitations in their functional capacity to carry out the three basic personal care activities of daily living that were measured. That same study estimated that on average Japanese individuals at age 60 can expect to spend nearly 19 of their remaining years being functionally independent and only about 4 years in disability.

Although functional disabilities increase with age in the United States, and age 85 seems to be a turning point when substantial limiting occur, even the proportion of the very old who experience problems with multiple daily activities is relatively small. Among these American men and women 85 years of age or older, 19% of the men and 26% of the women had problems with three or more of the personal care activities of daily living. So even among the very old, the majority of them were not severely limited.

Similar increases in functional disabilities with advancing old age have been found in Japan, but as in the United States, most very elderly Japanese are not severely limited. One set of data indicates that about 1% of 65-74 years old Japanese are bedridden, demented, or in institutions whereas for Japanese elders who are 75 years of age or older, this value only increases to about 6% (Koyano & Shibata, 1996). An important implication of these data from the United States and Japan

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is that planning for the elderly must include a major focus on the needs of the elderly who can function quite independently.

One other aspect of the data presented in Figure 1 is also important for planning. Elderly American women are more likely than men to have some limitations in their ability to carry out activities of daily living, even though, as in Japan, women live longer than men. We can see this in the bars signifying the absence of any such limitations; they are all higher for the men than the women, and this is especially true for those ages 80 and above; in contrast the bars denoting elders with some limitations are higher for women than for men. Whether or not exactly the same differences in functional ability by gender and age that are found in the United States occur among Japanese elderly is not clear in the literature available in English. Japanese gerontologists can identify better than I the specific characteristics of the Japanese elderly that are associated with diversity in functioning. That knowledge about which subgroups of elders are likely to be functioning quite competently and which are likely to experience limitations in their functioning that requires the assistance of others is critical for the development of programs and policies.

Besides gender and age, socioeconomic status is one of the most critical attributes that contributes to diversity in the health and functioning of the elderly and that requires the attention of planners. In countries with vastly different class structures and health care systems studies have consistently shown that individuals with higher occupational, income, or education levels, are healthier (e.g., Diderichsen, 1990; Mackenbach, 1992). For the elderly this means that those with lower socioeconomic status not only die at earlier ages, but also begin experiencing higher levels of functional disabilities at earlier ages than do elders who are higher on the socioeconomic ladder (House et al., 1990; Lantz et al., 1998).

Figure 2 illustrates this using data from the same national survey in the United States presented earlier. We see in this figure that American elders with any college education are only about half as likely to have difficulties with three or more of their personal care activities than are those who have not graduated from high school. Some evidence in the English literature suggests that education has a similar but not as strong an effect on functional limitations among Japanese elderly (Liang et al., 1991). Research available only in Japanese may contain further information to determine whether the diversity in health among the elderly that is tied to their education, income, and occupational level in other developed nations also occurs in Japan. Such knowledge about how various aspects of socioeconomic status relate to life expectancy and health during old age also requires attention from planners and policy makers.

Not only are most elders able to handle their basic daily activities, but the vast majority of the elderly in the United States remain socially and productively engaged in society in important ways, and continue to enjoy a satisfying life (Rowe & Kahn, 1998). Gerontologists now widely recognize the continued engagement of the elderly in important social activities and social relationships. Earlier in the 20th Century in the United States, as the trends towards smaller families, less co-residence between elders and children, and greater geographical mobility became apparent, there were concerns that the elderly would become socially isolated from their families. The evidence is now clear that this is not the case, although creative new forms of family ties have evolved to maintain engagement under new societal conditions. For example, "intimacy at a distance" is the phrase that has been used to indicate that even when elders and their adult children do not live near one another, they continue to feel very close to one another, believe that when a crisis arises they would come to one another's aide, and maintain significant and frequent contact via the telephone, letters, and more recently email (Maddox & Lawton, 1993).

Adults do selectively narrow their circle of engagement as they become elderly to maintain their attachment to persons

who are important to them and who provide satisfying relationships (Magai, & Passman, 1997).

Despite this narrowing, studies in the United States and Japan indicate that the vast majority of elders have multiple individuals who are important in their lives, and with whom they maintain regular contact. One national study of Americans ages 50 and older asked these elders to name individuals who were important in their life right now; only 5 of the 700 respondents did not name anyone (Antonucci & Akiyama, 1987). On average 8.9 individuals were named, of whom 6.9 were quite important to the elder. Furthermore, among those individuals with whom these elders felt closest, they were in at least weekly contact, whereas monthly contact was typical with the next most important set of network members. The vast majority of network members mentioned were family members, roughly 80%, but the 20% of network members who were friends should not be ignored in planning programs for our older citizens.

Productive activities among American elders are also common, but unfortunately are often overlooked. One national study showed that about 90% of Americans ages 55 and older do housework and about 80% do home maintenance or home improvement tasks; fully 70% provide informal help to family and friends including caregiving to children and to ill or frail adults (Herzog et al., 1989). About one-third of older Americans are involved in paid work and another third participate in volunteer activities that provide services to non-family members. Although these percentages are lower for the oldest individuals, even for American men and women ages 75 and older, more than 25% engage in volunteer activities.

Although I was not able to find comparable data in English about the Japanese elderly, it seems reasonable to assume that most of them are also engaged in activities that contribute to the society. Ways to recognize the valuable services and resources produced by the elderly and to foster their continued and enhanced engagement in such activities are an important goal, in my view, for policy makers and planners.

Yet we also know these same older individuals who appear to be functioning well both physically and socially do have risk factors associated with older age that can eventually result in disease and disability and can interfere with their participation and well-being. Effective planning for these elders aims to foster and utilize their current capacities while simultaneously seeking to reduce their risks for future disease, dysfunction, and disengagement and to increase their likelihood of aging successfully. I will say more about this tomorrow.

Contemporary elders also include smaller but important subgroups who have already experienced problems with avoiding disease, maintaining cognitive and physical functioning, or remaining engaged in social relations and in productive activities. These elders do need assistance from their families, communities and governmental sources. The aim of effective planning for them is to develop programs and policies that build upon and strengthen the natural supports available to them from their families.

As I have already mentioned, research in many developed nations indicates that families demonstrate considerable emotional closeness and contact across generations. These inter-generational ties include significant exchanges of emotional and instrumental support across the long periods during which parents and children, share their lives. The balance of these exchanges of emotional and instrumental support favors the older generations, who typically give more than they receive until they reach very old age (Soldo & Hill, 1993). When elders do need assistance and long-term care, the vast majority of it in most developed nations is currently provided by families, even in those nations, such as the United States, where only a small proportion of the elderly live with their adult children (Hogan & Spencer, 1993).

In some families, however, limited resources or family relations characterized by tension, conflict or disengagement interfere with meeting the needs of frail elders. A small proportion of elders are socially isolated from family and friends.

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These elders need to be identified because they are at risk for disease and dysfunction and may not be receiving the assistance that is essential to maintain their lives in a humane fashion. Successful planning recognizes and supports the behaviors, norms and values that foster intergenerational and other connections in contemporary families. Effective planning also attempts to reduce those forces that might diminish supportive family connections and to develop ways to assist those frail elders who are not connected to families.

In closing, let me summarize the main issues I have raised, which I believe are important in planning for the 21st century. The aging of our population means that we need to recognize not only the increasing numbers of elders, but their diversity. Most elderly are able to function quite independently and remain engaged in supportive exchanges with family and friends that contribute both to society and their own continued well-being. But some elders such as those in their mid-to-late eighties, and especially the poor and less-educated among them, experience physical and mental declines that require considerable assistance. Although families continue to care for these frail elderly, they need support from their communities and governments to do so effectively. Some specific programs that could benefit both these healthy and frail elders will be discussed tomorrow.

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4) Takeo UESUGI, Ph.D. Professor (Professor at Technological Institute of California, a research institute of reproduction studies, USA)

'Village, Town and City'

I am writing this paper in California by collaborating information I have in my memory of the City of Sanda, as well as information I have obtained through the Internet. Located in the Seto region, the climate in Sanda is characterized with typical inland weather, and the winter temperature goes down quite a bit. The Plum tree, Cherry and Rhododendron in the early spring must be very beautiful under the influence of the cold wind from the Japan Sea. The region is blessed with natural beauty consisting of mountains, rivers, valleys, pastures, etc. The fertile soil nurtured various forms of agriculture, which became a foundation of ancient temple and castle towns. Following World War II, the town was organized as a municipality and was involved in developing New Town and Park City. I admire that the city has achieved a population of one hundred thousand in such a short period, which is very exceptional in comparison to other cities in the nation. However, it seems that there is a hot point of discussion regarding this fast pace of development. That is, "where is the old town?" This is a statement I would like to discuss first.

After living in California over half of my entire life, I tend to appreciate the enriched texture and form that many villages and towns have kept over the years, as well as the importance of human scale and contact. It is clear that most of the major planned cities in the U.S. do not carry any villages and eventually towns either. I recently returned from a trip to Japan with memories of pleasant rice fields in which seeding just finished. Such views of villages and towns that have

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been kept well throughout Japan, create a feeling of east and harmony to onlookers.

I have explored the theory of Landscape Design of both Japan and the U.S. from a comparative viewpoint, and especially dealt with questions such as, "How can we change the present city with respect to the human scale?" and "What is the concept of sustainable planning in response to global environmental deterioration and pollution." Both Japan and the U.S. have obtained a modern democratic society, however, both face serious gaps between economical efficiency and cultural value, quantity and quality, development and conservation, luxurious urban life, spiritual wrecking, etc. These conflicts tend to be more complicated in cities of Japan, which were born from old communities that developed into being very densely populated areas. On the same token, I believe that town and city of Japan have great potential to support the lifestyle of the 21st century. In addition to environmental problems, I also consider the importance of social diseases, such as children's misdeed, racial discrimination, poverty, etc. which will be more serious in the 21st century. I am honored and excited to have received an invitation to discuss serious matters regarding the path to tomorrow's town.

As I stated before, I plan to speak about the relationship between the city and its own identity. Next, I will talk on water, air, global pollution, traffic jam, poverty, exhaust, waste management, deterioration of natural landscape, etc. I will discuss the location of urban problem, and explain why sustainable and regenerative concepts shall be efficient.

From Sustainable to Regenerative

**Takeo UESUGI (Professor at Technological Institute of California,
 a research institute of reproduction studies, USA)**

Introduction:

In the panel discussion yesterday, I proposed the concept of regenerative, which is applicable for the environment to coexist with nature, and efficient for the City of Sanda to establish the identity within the harmony of villages, towns and a city. Today, I would like to discuss the method and wisdom that may be applicable for Sanda to become a successful sustainable city.

The theory of Regenerative Urban Design:

As we are at the brink of the 21st century, I wonder if there has ever been a time in human history, that experienced the type of horrifying period we are experiencing today. In addition to the 90th recession, we face exhaustion of natural resources, environmental pollution, social conflicts among societies, and so forth. Many people agree on the necessity of finding new conceptions to resolve these environmental issues. Our University has made efforts to develop the theory and technology for sustainable environment and found that the new concept lies in a regenerative city that is in harmony with nature. This idea may not be new and could even be a repetition of old wisdom. However, it aims to regenerate the modern urban environment that follows natural cycle and process. More precisely, the new concept is to establish new technology that will utilize the natural resources more efficiently by changing the traditional one-way of thinking in modern cities and establishing recycling of waste, and to minimize the use of petroleum fuel and chemical material. This idea has been proven as being appropriate theoretically and historically, yet, it takes time to practice the idea. This may be due to shortage of funds, time, ability, wisdom, etc. We must, however, work on developing the spirit of bringing these practices together. The Center for Regenerative Studies was started to develop the sustainable principles and technologies in our campus. It is true that management of this type of facility has not been easy, due to a lack of funds and collaboration. However, it is rewarding to see about twenty students majoring in different disciplines including architecture, landscape architecture, agriculture, biology, psychology, etc. living together, and graduating with experienced knowledge of principles and techniques for regenerative urban design. We feel that it is very important to maintain this institution for the youth, who will be responsible for the coming century.

Examples of sustainable projects and their meanings:

220 years have passed since the founding of the U.S., and 150 years since California achieved statehood. It is a new land and country of many different cultures, ethnicity, race and religion. It is obvious that Japan and the U.S. are different in many ways, yet both countries share similarities in areas of politics, environment, society, education, etc. because they have experienced modern democratic and industrial societies. They have especially encountered similar problems of environmental pollution and natural deterioration.

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Among those problems, Japan and California have been facing very similar problems of exhaustion of natural resources, high use of energy, water pollution, waste management, etc. This may be caused by similar reasons, as California is geographically isolated by sea and by desert, and is called an island country. Under these circumstances, why are so many sustainable projects born in California? I would assume that it is because California is blessed with dry weather to serve as an environmental laboratory, an ambitious and progressive spirit, high interest in health management, multi-culture and dynamism, high individual investment, etc. Following is a discussion of sustainable projects that began in California.

① Sustainable Villages, Los Angeles

The village is located on the edge of Hollywood, with a distant view of downtown Los Angeles. Lois Arkins, the founder and anthropologist, envisions a healthy and sustainable urban community in the very low to moderate income, ethnically diverse and mixed use areas. The ideas of reduction of auto usage, zero pollution and a new lifestyle are uniquely integrated into the grass-roots activities.

② California Institute of Earth Art and Architecture, Hesperia

N. Khalili, California architect/author is the world-renown Earth Architecture teacher and innovator of the Ceramic Houses and the Superblock construction system. He is presently involved in many innovative projects, including the Sustainable Desert Village and Hesperia Museum & Nature Center, erosion stabilization of Hesperia Lake, Pathfinder at Nevada City, etc. He has even worked for NASA looking at ways of building, using materials found on the moon. His researches on Earth Architecture replacing the traditional materials of lumbers and concrete, affordable buildings for homeless people, sandbag and wire system for erosion control, etc. invite global attention.

③ The Center for Regenerative Studies, Cal Poly Pomona

The CRS - a 16 acre on Cal Poly Pomona is a part of LandLab, and is designed to integrate regenerative systems of energy, shelter, water, food production, wastes disposal, etc. J. Lyle, founder and Professor of Cal Poly Pomona, had a vision where students work with regenerative technology as integral parts of their lives, to provide the means for studying these practices in ongoing daily routines. The first phase was completed in 1993, and the second phase in 1995. The Center currently holds approximately 20 students who specialize in various, and will accommodate 90 students when the third phase is completed.

④ Real Goods, Solar Living Center, Hopland

J. Schaeffer, founder of Real Goods, was an activist in the 1960's Berkeley movement. He got the idea of Real Goods when he was following the back-to-the land movement at the archetypal hippie commune in Mendocino County. In 1986, Real Goods began its second incarnation as a mail-order business doing \$18,000 per year in sales. As the business grew it earned \$18 million in sales for the next ten years. In 1993, Schaeffer and his company purchased a 12 acre piece of property in Hopland flood plain that was used as a dumping area for highway rubble. With the sustainable concept in mind, he wrote a six-page vision statement saying, "The site plan and style of layout construction should maximize elements of beauty, serenity, and spirituality - this should be a sanctuary and a testament to sustainable living, agriculture, and

community." With this vision plan, architect, S. Van der Ryn and landscape architects, S. Kotin and C. Tebbut proposed a site plan including a show room, lake or pond, solar calendars, waterways, orchard, exotic and native species, wetland, and vegetable gardens. Schaeffer and his team members tried to demonstrate with the Solar Living Center, that the principles of sustainability really work. The number of visitors has increasing every year due to its prime location next to Interstate 101 and being in close proximity to the City of San Francisco. With excellent programs for youngsters, elementary and junior high school students are visiting Real Goods on a regularly basis. The business is coming developing well, and they plan to open new branch offices overseas.

⑤ Sustainable Planning in San Francisco

Since 1980, various cities in California have formed a cooperation between the municipality and citizens, with hopes of efficient use of natural resources, higher employment, prevention of environmental pollution, conservation of natural beauty, etc. The City and County of San Francisco, who have been the most active among these cities, proposed the idea of sustainable planning in 1996. The report of sustainable planning is based on a thorough analysis of other highly qualified planning of the world. This idea was approved by the Environmental Protection Agency, which was newly installed in San Francisco County, in November, 1996 and authorized in July, 1997. The County of San Francisco recommended the execution of Sustainable Planning to the City of San Francisco. This planning covers guidelines for establishing sustainable cities; the environmental pollution, agriculture, economics, energy, environmental deterioration, health control, noise, wastes, open space, parks, etc.

Possibilities:

1. Town development toward information ages
2. Installation of new systems for regenerative education
3. City in coexistence with villages and towns
4. Town that encourages intellectual opportunity and craftsmanship as well
5. Citizens to be a major player

Conclusion:

This paper introduced the theory of Regenerative Urban Design, which must be based on a new conception free from traditional industrialism. That is, the new theory should not choose between two categories; city or village, private or public, economics or ecology, etc. and to sublet the conflicts that exist in the traditional cities. This paper also introduced the examples of the California projects that apply the regenerative concept to reality. It has been said that to revitalize a village, town, and city that exists in Sanda landscape, the regenerative process will only be possible when the citizens are major key players. I am certain that Sanda City will bring world-wide attention at the end of this effort.

Planning for Successful Aging and for the Care of Frail Elders

Sheila FELD (Professor at University of Michigan, Social welfare of the aged, USA)

Today, I would like to focus on what is known from research about factors that foster successful aging and those associated with frail elders receiving the assistance they need from family members and from other sources. I will also highlight some of the implications of this knowledge for the development of programs and policies designed to foster the well-being of the elderly and their families in the 21st Century, and will describe some programs and policies that might help meet these goals.

I hope some of these programs will be relevant to Sanda City.

Research on aging in the United States was recently summarized in a book by Professors John Rowe and Robert Kahn (1998), called *SUCCESSFUL AGING*. They describe three major subgroups among the aged. The first is the relatively small subgroup of elders who have significant diseases or disabilities; next is the very large group of elders who do not appear to have any overt signs of significant disease or disability, but who are experiencing some of the usual age-related changes in physiological functioning, whom they describe as experiencing "usual aging"; finally, there is a third relatively small group of elders who have avoided typical age-related diseases and changes in functioning and who remain engaged in life. This last group is the one they describe as experiencing successful aging.

Perhaps most importantly, these American scholars believe that an important goal for the 21st Century is to increase the size of this last group. They see this as an attainable goal because, "Far more than is usually assumed, successful aging is in our own hands." (Rowe & Kahn, 1998, p.18) I raise this as a goal that Japanese scholars and policy makers, and the citizens of Sanda City, might want to adopt. Increasing the proportion of elders who are aging successfully in the manner just described, might benefit your community as a whole (Seeman, 1994). The costs to the community for handling disease and disability could be reduced and the contributions made to your community by elders who continue an active engagement in life could be considerable.

The definition of successful aging used by Professors Rowe and Kahn has three major components: First is the avoidance or delay of disease; second is the maintenance of physical and mental functioning; and third is the maintenance of engagement in life. Others might add as a fourth component of successful aging, the maintenance of psychological well-being and a sense of joy in life.

To avoid or delay disease and to maintain functioning individuals, their families, communities and governments need to know about the physical and cognitive changes usually associated with aging. I will briefly review some of these and then illustrate actions that might be taken to slow their impact.

Typical physical changes include: the gradual loss of strength in body organs such as the heart and lungs; declines in immune system function that can increase the likelihood of disease or slow the recovery from illness; an increase in certain risk factors for disease such as high blood pressure, and increased sugar and insulin levels in the blood.

Some typical changes in memory and learning include a reduction in the speed of processing new information and in

the ability to recall on demand specific information, such as the names of people and places. The conditions needed to learn new things also change somewhat. For example, learning appears to become more dependent on the absence of distractions as we age.

Medical professionals, of course, have distinctively important roles in diagnosing and treating risk factors and diseases. Pharmaceutical interventions at early stages of elevated blood pressure or blood sugar levels can reduce these risk factors for heart disease and diabetes. Vaccinations can compensate for the reduced efficiency of the aging immune system and help avoid influenza and pneumonia and their complications. The training of medical professionals who recognize the special health needs of older individuals and use the treatments that are appropriate for the elderly is an important component of how societal institutions can foster successful aging. Local health departments can offer free blood-pressure screening, as I understand is done by Sanda City, or vaccinations. They can also design educational campaigns that help elders and their families understand what symptoms might warrant seeing a doctor or that stress the importance of having your blood pressure regularly monitored.

Actions of older individuals themselves can also help avoid or delay disease and reduce physical or cognitive declines. Individuals who cease smoking, who eat a nutritional diet and avoid obesity, and who exercise and use other means to increase physical fitness and muscle strength reduce the risks of many diseases, such as certain cancers and heart disease. Lifelong health behaviors of these types are especially beneficial, resulting in both the extension of life and in the postponement of disability into fewer years at the end of life (Vita et al., 1998). Therefore, programs to foster successful aging need to include not just elders, but younger citizens as well. The evidence also clearly shows that adoption of these healthy behaviors by older individuals, even those 85 years of age and older, also has worthwhile outcomes (Lambdin & Fugate, 1997; Rowe & Kahn, 1998; Shepard, 1994). Elders who engage in regular exercise and fitness activities that strengthen muscles can improve their gait and balance and reduce their risks for falls. Furthermore, such activities improve the mood of older individuals, reduce depressive symptoms and appear to benefit cognitive functioning as well. Even moderate regular physical activity such as walking and gardening are beneficial. So here too actions by local governmental and private agencies are needed to inform the elderly about these benefits and to develop programs and activities that support such changes in lifestyle.

Similar to the effect of exercise and fitness training on physical functioning, engaging in complex cognitive activities, has been shown to help maintain cognitive functioning across the lifespan and during older ages as well (Rowe & Kahn, 1998; Seeman, 1994). Particularly beneficial are activities where there are opportunities for self-direction and initiative in learning and for trying out different solutions to a problem. In listening to the presentation yesterday about the Sanda City Life Design Forums, it seemed to me that some further activities along those lines could provide just such an opportunity for Sanda City elders. Serious discussions about the future of Sanda City would be a place to exercise one's mind, gain new knowledge about one's community, enhance one's skills at joint decision-making, and bring the elders' wisdom to bare on the future of their community.

Family, friends, physicians and community institutions can also help elders maintain physical and cognitive functioning and the avoid disease. Emotional and instrumental social support from these sources can influence the adoption and maintenance of healthy behaviors and activities by the elderly and foster the recovery from disease and disability (Antonucci & Akiyama, 1997, Seeman et al., 1987).

Maintenance of social connectedness is one of the key aspects of engagement in life that scholars define as central to

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successful aging.

Most individuals do reach old age with a set of long-term relationships with family members and friends who have been supporting one another in many reciprocal ways across extended periods of time, but there are some shifts during older ages that can pose risks. Some age peers of the elder are likely to be lost to death, including husbands, wives, brothers and sisters and lifelong friends. For elders who have been employed, retirement can result in a loss of social ties based at the work site. This may be an especially important issue for Japanese men, because their social relationships are closely tied to their work (Sugisawa et al., 1997). Older adults who are able to maintain their involvement in close long-term relations and to develop new meaningful social ties not only enhance their sources of joy and purpose in life, but also promote their physical and cognitive functioning.

Maintenance of productive activities in later years is the other key aspect of engagement in life that is seen as critical to successful aging. Researchers have emphasized that productive activities include much more than paid employment, noting that many other activities create services or goods that are valuable to society. It is especially important for individuals and their social communities to recognize that the elderly do engage in variety of productive activities within their homes, with family members and friends, and in volunteer work that provides services to those outside their intimate social network. Not only do these various types of productive activities in later life make substantial contributions to society, they benefit the elders in several ways. Such activities make older individuals feel needed and they see themselves as contributing members of society. Others also view them as providing useful services and resources to their communities and give the elders the respect that accompanies such evaluations.

What kinds of policies and programs can foster these various components of successful aging? Programs focused on promoting health behaviors such as stopping smoking, eating a healthy diet low in salt and fats, reducing overweight, and engaging in regular exercise and fitness programs are now common in the United States. They are offered by businesses that orient their health clubs to the elderly, by local senior centers, and by governments, community groups, religious institutions and hospitals. One study showed that a well-designed mailing to individuals suffering from arthritic changes that often accompany aging was effective in increasing exercise and reducing pain, because of the specific advice it contained (Fries et al., 1997). The use of written health advice targeted to individuals at risk for functional decline might be especially valuable for elders who live in more remote or sparsely populated areas where group programs would not be appropriate or for elders who lack transportation to health centers. Both types of elders seem to live in Sanda City.

Programs designed to avoid cognitive declines that can occur with usual aging are also becoming very important in America (Lambdin & Fugate, 1997). The impetus for many of these activities seem to come from the elderly themselves in programs that emphasize life long learning. One example is the Elderhostel movement, which is an organization developed by seniors to provide a combination of travel and educational opportunities.

For less than 10 dollars a year, thousands of members of this organization get a list of hundreds of programs they can join for varying fees. They typically involve travel to new places where they meet other seniors and study for anywhere from 2-3 days to a month or longer. They cover an amazing range of subjects--including history, geography, marine biology, art, music to name just a few. The courses are usually tied to the specific location in which they are given and the locations themselves are typically attractive. Over 300,000 older Americans participate in such courses every year. Many of these courses are held at colleges and universities and are taught by their faculty.

We are also seeing an increasing number of Universities and colleges offering courses for local residents who are

elderly. Some are modeled after a very successful program developed by seniors in the United Kingdom called Universities for the Third Age. In the United States these are called Institutes for Learning in Retirement. Santa City and Kwansai Gakuin University could develop a similar program for its elders. I would be interested in learning more about whether similar programs already exist in Japan and whether there are specific aspects of your local community that might foster the development of such programs or act as barriers to their development or popularity.

There are also programs that are specifically designed to counter some of the typical cognitive changes that occur with aging. For example, one university clinic offers a series of workshops that provide tips and mental exercises to enhance recollection of names, appointments, and information from newspapers (Abeles, 1998). Suggestions about what to do at home to foster memory are also provided. Research showed that both immediately after the workshops ended and six months later as well, there were significant improvements in memory. This is an illustration of how carefully designed programs can help move elders from aging in the 'usual' fashion to aging successfully.

Efforts to increase the elderly involvement in productive activities take various forms. Some focus on increasing opportunities for paid employment. In the United States, it is now illegal for employers to require people to retire from their jobs based solely on their age; this gives elders who want to continue working full-time at their same jobs the right to do so. There has been less attention at the national policy level in the United States than in Japan on enhancing opportunities for part-time work after retirement, even though many elders prefer that. I have read with interest various discussions of the Japanese Silver Human Resource Centers. These centers appear to have been able to enhance such part-time employment opportunities for retired elders, but may not be reaching your older citizens who had been employed in white collar, higher status occupations before retirement (Bass, 1996). In the United States, similar initiatives have come from groups of elders themselves. For example, the American Association of Retired Persons is a very large volunteer group open to anyone 55 years of age or older. It has developed what are called "talent banks" in local areas. These talent banks match the skills of elders seeking part-time work with the needs of local employers seeking mostly temporary employees for both white and blue-collar jobs.

In both the United States and Japan we have seen the development of programs where elders can volunteer their services and skills to assist in areas of community needs. Many of these volunteer activities contribute to two aspects of successful aging: increasing both productive activities and social engagement of the elders.

In the United States, about 30% of elders regularly participate in some type of volunteer activities. One provocative research finding is that many older Americans who do not do volunteer work say they would do so if someone asked them (Freedman, 1997). Volunteer programs often rely on word of mouth to recruit members, and this is effective, but mostly reaches elders who already are socially engaged. It would be valuable to develop ways to advertise such opportunities more broadly.

In sum, I have described a few of the wide variety of ways in which national and local governmental bodies, community groups, and elders themselves can increase the likelihood that aging will be successful, by which I mean, enhance the period during which disease and functional declines are avoided and social and productive activities are common.

Despite the benefits of such programs, comprehensive social planning must also be based upon knowledge about the needs of those older citizens who do suffer significant diseases, declines in functioning, or in reductions in engagement in life. As I mentioned yesterday, evidence from many countries clearly shows that the vast majority of long-term care in contemporary societies is provided in the community rather than in institutional settings and predominantly comes from

5. *The Individual Session 1*

- *Fostering Community and the Environment* -

family members, especially spouses and adult children and their families. I assume this is true in the more traditional areas of Sanda City, but what about the new town areas?

Because of this strong reliance on family caregivers, one main research focus has been on the circumstances under which family care is supplemented by more formal care. Such formal care can include assistance provided by persons or agencies paid by the elder or the family, governmentally financed programs of assistance, or help from members of voluntary organizations. A wide array of such services exist in the United States at the local level: transportation to medical appointments or for shopping; home delivered meals; housekeeping services; adult day care centers; and case management services by social workers who assess the need for services and coordinate a variety of formal services. There are support groups in which caregivers can exchange with one another information, advice and emotional support, as well as telephone support lines for caregivers who cannot get out to meetings. Educational services provide information to caregivers about specific changes they are likely to encounter in the elder for whom they are caring or about ways to handle problematic situations; these educational programs are offered in group settings, in written materials, and more recently in video format. I hope that the health and social welfare agencies in Sanda City assess which of these services might be needed in your community.

As seems appropriate, these various types of services are more likely to be used to supplement family care when the amount and complexity of assistance required by the older person increases (Miller et al., 1994). Nevertheless, research has also shown that many family caregivers with demanding responsibilities do not use such services. This raises two disturbing possibilities for social planners: The first is that some family caregivers to very needy elders experience severe burdens that threaten the health and well-being of the caregiver. The second is that some very frail elders whose sole sources of care are family members may not be receiving adequate care because the family member is unable to provide the amount or type of care needed. I know these issues are of concern in contemporary Japan as efforts are underway to expand in-home formalized services for your growing number of elderly (Adachi, et al., 1996).

Research suggests there are two types of circumstances under which formal care is not used to supplement family care even when the care requirements are numerous or complex (Moncalm, 1995). The first involves attitudes of the elders and family caregivers about how the use of formal services reflects on family solidarity and responsibility. If the use of formal services is viewed as showing that the family is neglecting its responsibilities or turning over the care of their loved one to a stranger who will not treat the elder with sympathy and respect, they will not be used. The second type of barrier to the use of supplemental formal services involves their availability; if such services are difficult to locate or too expensive they will not be used.

To help insure that frail elders get the assistance they need and to avoid caregivers themselves becoming ill or unable to provide continuing care, information about formal programs and services needs to be disseminated widely through critical gatekeepers such as medical professionals, community leaders, and at work sites. Additionally, low cost, but high quality services need to be developed. Simply increasing availability may not be enough, however, for those families where the use of formal service providers is perceived to reflect on family solidarity and responsibility, as may be true in rural/traditional areas of Sanda City. It may also be necessary to present those services as a way to enhance and support the family's commitment to the elder (Angel & Angel, 1997). One way to do this may be to give the family caregivers control over how those services are delivered. For example, respite programs in the United States provide short term substitute caregivers so that the family caregiver can have some time to herself to attend to her own needs, if such programs allowed

the caregiver to decide when and who will provide such care for their loved one or permitted caregiver to screen the person who will care for the elder while the family caregiver is away, caregivers with strong commitments to family responsibility may be more likely to use such respite services.

Some elderly do rely primarily on formal care, rather than family care. In the United States, there seem to be two main types of elders who do so (Coward et al., 1990). One group consists of those elders who do so because they do not have living kin who are available. These tend to be very old women who have no living children or older men who have been estranged from their families over many years. These elders are at high risk of requiring institutional care in a nursing home or of remaining at home and suffering from neglect of their needs for sustenance or bodily care. Policies and programs aimed at these very needy but isolated elders are critical.

The other type of elder who uses formal services is quite different. Highly educated elders or those who had been in high status occupations, are more willing to use formal caregiving services, either as a supplement or substitute for family caregiving (Miller et al., 1994). Part of the reason is no doubt their greater financial resources. But there may also be other important reasons. Some have suggested that these individuals are more used to purchasing a variety of services throughout their lifetime because of the types of complex and demanding lives they have led; so for them using formal caregiving services continues this pattern. Another possibility is that these are individuals who are used to being in control of their lives and believe they are better able to maintain this control when they pay someone to help them than when they rely on free services, even from their loved ones. I wonder if there are seniors like this in Japan now, or will be in the near future? Perhaps the residents of your new towns may fit this picture in 20 years.

One way in which one subgroup of older Americans who can afford to do so plan for the availability of long term care when they become frail, is to join what is called a life care community. These are residential facilities that have a continuum of care ranging from independent living apartments, to assisted living units, to a nursing center. A unique feature of these communities is that once you join them you are assured of care throughout the remainder of your life. Most members enter into the independent apartments, where they can prepare some of their meals, but also have available a communal dining room, housekeeping services, a variety of social activities on the premise, and transportation to leisure activities, as well as to medical appointments. The assisted living units offer additional services including help with bathing, dressing, or bed transfer, the giving of medications, and full meal service. If the resident should need skilled nursing services, these are available in an associated nursing center which is often on the same premises.

I am going to close my talk by showing you some photos of one such life care community in my hometown of Ann Arbor, Michigan. In my conversations with residents of this community, it is clear that some of them were willing to commit substantial financial resources to join this community because they did not have family on whom they could rely if they became frail. Others, however, did have such family available. They joined this community so as "not to be a burden on their children" as some stated, or decided that they wanted to "be independent and keep control over their own lives by making their own plans for their future," as others indicated. My purpose is not only to show what one life care community and some of its residents look like, but also illustrate how activities designed to foster successful aging occur in all the levels of care within this community. It is important to these residents to live in an environment that includes areas in which nature can be enjoyed and where they can engage in a variety of pleasurable activities. Such activities include gardening, exercise classes, and social events where food is served. These activities foster their physical health and productive engagement in life. For the frailer residents it is essential for them to receive services that help them maintain as

much physical strength and independence as is possible. Even those residents who are in the nursing center because of serious physical and cognitive infirmities participate in social events and contribute to others well-being by raising funds for charitable causes. Designing social environments that provide such opportunities for successful aging for the diverse and expanding group of Japanese elderly is an important goal in planning for the 21st Century.

I hope that these remarks have stimulated you to think about the ways in which the needs of the elderly and of society can be met in mutually beneficial ways in Sanda City. For me, preparing for this talk has made me think about the ways in which your society and mine may be similar and different and I hope to have also raised that issue for you in a constructive way.

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Finding an Identity for 'Berlin and Brandenburg in the global network'

Herbert ZIMMERMANN (urban designer, in Berlin, Germany)

Spontaneous introduction with information acquired in Sanda City

Berlin belonged to two worlds. It has participated in the experiences of both the capitalist western and the socialist eastern world or as we say - quite different from the Japanese interpretation of the words - in 'East' and 'West'. This is a singular situation not only in Germany but also in Europe. Today the Border of the European Union is only 80 km away to the East. After Poland and others have joined the union, Berlin will be in a position that is advantageous and difficult dangerous at the same time. In no other place in western Europe you can hear so many Slavonic languages and find legal and illegal immigrants - in the workforce, business, crime, entertainment, sports, and so on. Berlin is attractive to the peoples of middle and eastern Europe. Berlin is just now learning that partners and business - let alone tourists - are coming from a new direction.

Berlin will be dependent on the development of eastern Europe. It can trust upon these new chances qualities in the world wide competition of global cities. It will develop this role and at the same time it will have to grow into its regained responsibilities as the national Capital.

The city of Berlin has 3,5 Million Inhabitants, together with the surrounding state Brandenburg 6 Million. This may not be much compared with other centers in the world. But it is the largest city within Germany, densely populated and it is surrounded by one of the Federal states with the lowest population density of them all. The rural area with a variety of arable land, forests, lakes, small towns, villages and castles meets the metropole Berlin abruptly. The fringe of the city is still visible and recognizable.

This is due to the fact, that more than half of the city has been walled in for a long time - stopping its extension into the neighboring countryside - on one side and socialist town planning on the other. What seemed to be a geographical disadvantage, now turns out to be a unique and unrivaled quality.

This identity shall be preserved and developed. Berlin must keep its urban quality and Brandenburg its charming landscape. The new idea is 'global city' within a 'global city park'.

Reflecting and discussing our situation we learned about another fact which of course is also valid for other parts of the world. Only a small part of the local economy will depend on global connections. The larger part will be strictly local or even shadow - or gray economy. Therefore it is important to think 'global and local' at the same time.

Since I am a town planner I will not talk about the usual criteria for competing global markets like energy prices, wages and quality of performance, social peace, educational and training standards and facilities, media and technical networks, the legal situation, state of corruption and bribery etc. etc.

. . . . I will talk about the physical world we live in, the ambitions to create a unique local identity, the quality of a neighborhood.

To describe different ways to achieve identity I shall use four examples. Some will be quite short - because of my time - others more elaborate.:

In Berlin, in Hamburg and in Potsdam, which is the State-Capital of Brandenburg - but geographically almost a part of Berlin.

One is about
 different times - different people - different identities
 the others describe three planning processes:
 implanting identity
 planning identity
 designing identity

First example Berlins 'inner town concept'

Berlin - Planwerk Innenstadt (Inner Town Concept)

After the last election Berlins' city government declared:

'The significance of the historical center is to be respected and maintained by preservation, care and completion. An overall concept shall be developed with the historical image as reference.'

The work on this concept was started three years ago and since then is the overwhelming theme in public debate.

You might have read of the endless discussions about keeping the 'palace of the republic' or rebuilding the demolished 'imperial palace'. We discuss the reconstruction of the 'Berlin olympic stadium' and the development of a residential area on Berlins' beloved 'devils mountain' - where some 70 million cubic meters of wartime debris are piled up. All of them are focal points of Berlins' identity - prominent landmarks linked with controversial political opinions.

Those issues might be important, but the real excitement is about the inner town concept. What is it about ?

Wartime, lack of incentives, and planning ideals of yesterday have left scars and gaps everywhere in the town. The concept wants to establish a general idea how the inner towns of East- and Westberlin should be completed. This links up to the idea of the so-called 'critical reconstruction' which implies the rebuilding on the old street pattern in the style of today and according to our present needs.

Everybody can agree on some issues: There should be a substantial amount of residences in the city, also private townhouses which combine living and working, implemented by the rebirth of the small individual plot to be parceled out of the city blocks (Rossi). Building height must be restricted (cornice height), so that the old towers and cupolas can still be seen - skyscrapers can only be an exception. Open spaces, the public realm shall be improved. Of course more public transport is wanted - less individual cars. We are aiming at a modal split of 80 : 20.

The painful question now is - 'critical reconstruction' of what ? Which is the date of reference. Is it the imperial time, the short time of the republic in the Twenties and Modernism, Faschism or Communism ? They all had their way of treating the town.

This is not only a problem of styles and political opinion. People have spent much of their lifetime in that habitat. Therefore it is very much a matter of identity, of personal familiarity with a local situation. The citizens of the longtime divided city have lived in different worlds and therefore they see and value the image of the city differently. One could almost say they have a different 'genetic code'.

(I observe that some 'New Berliners' coming from the small medieval German towns despise the wide streets not only in the socialist East but also in Westberlin.)

6. The Individual Session 2

- Function and Originality of Cities in the Worldwide Spread -

Is it enough to keep just the buildings of different times or do they need the corresponding urban spaces. Many argue that Berlin identity relies on the multitude of witnesses from various periods. This is what makes the place attractive. On the other hand: Is it sensible to keep streets of enormous width. Is it economic to spoil precious space and pull individual traffic and pollution into the city.

I will not finish this story without showing some of the plans- just to give you an impression of the dimensions:

The map of Berlin showing the historical town centers of Charlottenburg and Berlin. The extension of the 'inner-town-concept' can be seen on the other one.

A short look into Government quarters and the famous Potsdamer-Platz-project around the central park.

The adjoining inner city. The central axes of the baroque town - 'Friedrichstra' and 'Unter den Linden' - have been restored . So they are grey. But all around you can see the enormous amount of projects in orange and red which will fill the gaps.

These are plans of the eastern inner city - around town hall and television tower. The grey plan shows the postwar roads cut into the old fabric, wide streets with tunnels, fly-overs etc. The blueish plan shows the present spatial situation, together with the projects: dark blue ones are realistic, light blue fiction. You can see the wide spaces that have been created by war and making Berlin a socialistic capital. The planners of the concept would like to fill in new buildings. Up to now this is fiction.

The poster on the other slide stands for the continuous discussion in the so-called STADTFORUM. Politicians and the interested public meet regularly almost every two month since reunification that is for almost ten years now - attendance ranking between 100 and 300 persons. It has developed into an important advisory board for the senators - as an informal planning instrument. Senators, governing parties, and permanent members of the forum have changed. The discussions have moved from general urbanistic topics and 'unification problems' to fundamental questions for the city's future. The last four were about: globalization, Berlin all private, history of town, knowledge and science. This one 'Stadtmitte', which stands for downtown, of course was another debate of the inner town concept.

In addition to that about ten project-areas of the inner town are worked on in planning laboratories where local and central administrations, neighborhood representatives and planners meet. Somehow using the round-table-tradition of the 'Wende'- times, the political change in East Germany.

How can a regional government afford such elaborate citizen information programs. Providing a forum for civic debate and thus introducing themes into a wide variety of media is extremely useful. In this way success or failure of a strategy or project are decided not every four years when voters cast their ballot, but already during the legislative period.

Another example: implanting new identity

Berlin - Hellersdorf

The borough of Hellersdorf in the Northeast of Berlin comprises a huge residential area for 100.000 inhabitants, the average age was 28. At the time of the political change - the 'Wende' - even so inhabited, it looked like a building site. But it was connected to the metropolitan underground train system - few newly developed areas are.

It had concrete-slab prefabricated houses, between 5 and 11 stories high, plenty of schools and kinder gardens. The density was generally rather low, the floor-space-ratio below 1.0. Disturbing were the streets - more than 100 m wide and mostly without trees. For us they were the proof that in socialist planning both economy of space and ecology did not

matter.

Green spaces were totally undeveloped - the proposed playgrounds, sport pitches, and parks were often used for wild car-parking. The area had scattered shopping facilities - but no local center. The only public building finished was the headquarters of the socialist unity party - SED.

The area has a good overall layout offering all chances, but it was incomplete applying Westberlin standards. Two things had to be done:

The empty space in the middle of the township had to be filled with the facilities necessary to serve modern needs, the open areas needed greening and the residential areas had to be finished giving each of them an identity of its own.

As far as planning and developing were concerned the situation was well prepared because all of the ground was in public hands, the site having been a municipal sewage farm in the past. Private investors who wanted to build shopping malls in the proposed green belt, filling stations in the sport grounds, discos in the residential areas or villas in the center could be fought off.

Architectural competitions were held. The most important was the one for the main center. It was to combine public buildings, shopping, entertainment and also housing different from the local standard. This was considered important to protect the area from social segregation. People could remain in Hellersdorf even when their demands were changing.

The competition was a success both as a public-relation-matter for the borough and the results. Almost 50 firms had participated and the winners concept has filled architects magazines and international shows. It is not the usual postmodern setting but installs individual character by taking up familiar dimensions. A large square with the width of Hellersdorf streets, but also cozy squares, narrow lanes for pedestrians only etc. By now the center is close to completion. Functionally it will fulfill needs of all kinds: shopping, restaurants, leisure, movie center, town hall, high school, college for social workers, but more than that - it has implanted a new world and created a style that cannot be found in other Berlin suburbs.

What about the residential areas. To the western eye the neighborhoods for all together 100,000 people looked all alike. They were designed and erected by the various 'housing combines' in the GDR districts and therefore indeed of different origin - but nevertheless very much alike.

There were instant measures, such as planting trees, creating blooming meadows in the wasteland.

There were events like open air movies, festivals.

There were creative events like painting the building site fence - but also turning not needed rooms in the basement into tenant workshops.

The concept for the development was manifold.

The housing company proposed to divide the large scale settlement into a total of 18 neighborhoods. Their boundaries followed top graphical and structural features. The creation of different images was approached under the headings of art, town, garden and nature: artists, planners, architects and landscape designers were involved.

A matter of balance as you can see.

The main problem of the settlement is its monotonous appearance. The fronts of the blocks are up to 150 m long lacking any vertical or horizontal emphasis, there is little or no differentiation between ground floor areas, intermediate storeys and roof zones. This can be compensated by appropriate changes to facades, renewal of balconies and loggias, new winter gardens or roof structures, entrance zones. Such measures can help create a distinct identity for the different quarters.

6. *The Individual Session 2*

- *Function and Originality of Cities in the Worldwide Spread* -

The use of color and new materials

If only a new balcony is needed: blue glass bricks, or wood

A new facade

These examples are taken from several neighborhoods. They are marking the 'yellow-quarter', the 'Kienberg-quarter' the 'ditchquarter' and so on.

Since repair-work on most of the facades was necessary, one of the ideas was to apply murals. You will note that there is some architectural idea behind it - never just one wall, always a spatial effect.

And there were competitions: for murals as well as for sculptures small models, tested on site and the real sculpture.

Most important for successful work with the inhabitants were the participation procedures. In GDR times Hellersdorf was planned as housing for an elite. Still today the education standard and income is well above the Berlin average, average age is 28. All in all a good base for community work.

A series of innovative planning procedures were initiated and held with the residents taking part from the first ideas until implementation. Their sense of belonging was to be encouraged. Public participation is essential for the success of quarter development but - it must be said - is not without conflicts. The ideas of the experts are not always criticized fairly, nor are all the proposals which people make acceptable. Still the housing company emphasized that the tenants will finally decide the investment strategy which will turn the uniform residential areas into attractive quarters with their own character.

There were workshops at different levels: Stairwell, house, yard, and street. Finally even a workshop for a whole quarter operated by the task-force of the Prince of Wales.

Finding out what the best balcony would be

(produced in a workshop with the Belgian architect Leroi)

Presenting another concept

Let me show a few examples for the result of the effort.

house entrances, stair wells

It is essential that they are different. A different shape and a different color. Also that inside and outside are alike in appearance and maybe material. You shall know where you belong to.

The housing company still is fond of the project. Because 14 days after the seminar they turned up at the house and started remodeling the way the tenants had decided. They could not believe it.

Final examples from Hellersdorf:

Greening of yards and streets

There is always a way to improve the situation. Tenants and owners who are taken seriously are better tenants and owners. Identity and belonging go together.

Third rather short example: planning identity at an early stage

Hamburg - Allerme

In 1973 - 25 years ago - the city of Hamburg started a planners competition between five consultants for a large region between Hamburg City and the neighboring suburb of Bergedorf. The area was characterized dominated by the natural

setting: the marshes (fens) of the Elbe River are accompanied by a natural ridge formulating the edge between marsh and higher ground and a strong set of linear elements: the Elbe river itself, the motorway and the railway.

For our office - as the eventual winner - it was a task of planning identity. We then had studied our 'Kevin Lynch' and wanted to apply it.

Of course we started with sorting out functions for an 80,000 inhabitant estate. First in 4 alternatives, then in an agreed concept.

The essential plan for identity was this 'spatial concept, town image'. We invented a set of elements that could give identity to the new estate and fixed them in the plan. It describes the elements of urban design and activity.

I am going to explain some of the items in run through this plan and the legend to give you an impression what we were aiming at. A similar plan was drawn up for landscape design:

- a hierarchy of streets and paths
- various treatments for fringes, marking of borders between elements,
- dealing with natural and technical obstacles, proposing bridges, wide passages, superstructures
- Focal points of local activities, marking of public and semi-public areas
- landmarks, prominent buildings, gates, orientation points

Landscaping - architectonic, woods, parks, modeling the ground

Park and diagonal path -marked by poplars. Schools, social services

All these were intended to influence implementation - or at least the thinking of people working on the following plans.

Up to now only two sections of the Grand Plan are realized - the older one was realized rather early - without us - immediately alongside the suburb of Bergedorf. The second estate is now under way. It follows the original intentions rather closely.

It was important to take up the natural local situation and use its elements to give identity to the new settlement. Since centuries the marshes have been drained and the drainage ditches have been an essential part of the cultural landscape. This pattern was taken up when planning streets, paths, canals and green areas to preserve a local identity and - by the way - allow winds to use their traditional path.

Landscape,

networks / the different uses

densities, structures and building type / individual buildings

Today water is an essential part of the housing area. Of course the original ditches were transformed into new shapes as canals and given different characteristics - urban, leisure, landscape profiles.

These are small excerpts of the plan and images.

Examples for implementation last example: designing identity

Potsdam - Kirchsteigfeld

In Potsdam we find a remarkable example of a new estate which is based on urban design from the very first moment. Potsdam needed a new residential area for 10,000 people and they wanted it to look different from the socialist ones they already had. So a workshop was held with six planners taking part.

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This map of Potsdam shows the site in the south-east - the red spot. In both pictures you can see the rectangular pattern of prefab housing quarters of the neighbourhood. It was up to the architects to find a new form.

These are some of the plans - not all. The scope ranging from modern rectangular, mixture of round and straight, change of main direction, the traditional blocks but still rectangular.

Rob Krier - the renowned urban designer - won the contract. His competitors eventually joined the large team as architects. I shall present his ideas of making a town, because they resemble the efforts to initiate identity on every level. Rob Krier works very much in the tradition provided by the successful cities of Europe, their spatial and functional organization and the model of public space handed down through the centuries. Based on the main elements building - street - square and the mixture of dwelling - working - recreation.

He is not copying historical patterns, he sees them as practical responses to practical problems.

When I first saw the plan, I was quite reluctant to believe this could be a successful solution for a modern settlement with 10,000 inhabitants. The formal richness is quite startling. The forms are all there: round, square, horseshoe, star. Probably you feel the same looking at it. Now that I have often walked the streets and squares of Kirchsteigfeld I am convinced this is a very adequate way.

Plan and book show Kriers concept. Compare the adjoining old estate above.

The book you see is the part of a bronze-monument marking the entrance coming from Potsdam. The architects donated it. Each of their major Projects is marked by a piece of art.

The next plans are the local plan showing zoning: Housing and mixed areas in red, schools, kinder garden, etc in violet, industrial estates in grey.

The 'black-plan' shows the structure of the estate.

I will describe the main elements: block - street - square.

You can see the blocks as the basic element. They are the neighborhoods. Fronted by public streets and private inner courtyards. Most of the perimeter of the block is occupied by buildings - only few detached or semidetached buildings appear. (perimeter block development).

The street spaces are enclosed as far as possible. Streets are lined with trees and they are short and provoke a change of direction. Traffic indicators should be determined through spatial design. And since speeds are influenced by spatial geometries - traffic is slow. Pedestrians are safer. There is little parking in the streets. Most of it is in the generously planted courtyards - partly covered with tenant-gardens on top. At daytime when cars have left parking areas can serve as playground for children, at weekends for neighborhood festivities, later possibly for other needs - perhaps for area shopping. A concept with clarity and hierarchy Several Blocks form a quarter, each possesses a square as focal point of its public spaces, their centers again not for parking but for pedestrians. Every square is given an unmistakable formal identity. They convey at once closure and openness.

Horseshoe and Circus tested in models

Views and focal points have been conceived during the planning process, marked by important buildings, interesting ensembles or just natural elements.

Such of the identity owes to the way the blocks are conceived. Again we find the 'single plot strategy' which is based on parcels of property.

Inviting several architects to design individual houses within the fixed framework of Kriers urban design scheme

guarantees the architectural diversity. Not only today - at the initial erection of the building - it also makes possible individual replacement when time has come. Like in a traditionally grown town.

This map lists the names of the architects and shows the location of their buildings. But let me start with one of Kriers residential buildings.

Drawing, two fronts and the yard. You can see the individual touch in the design, the possibilities of the green yard. Cars hidden away under the tenant gardens.

The architecture of the new estate features some of the typical elements of buildings in the traditional parts of Potsdam:

Towers at the corner of building, also forming gates with corresponding buildings on the other side of the street, prominent buildings within a row, gables a church tower (Burelli the architect)

Having seen the estates of Sanda City, this massive use of color must be startling to you, may be even wild. But this coloring of buildings follows a special scheme. Architects were given a selection of 60 colors, grouped in six color-families.

In the streets oxide red and ochre dominate, whitish for courtyards. Blue tones are for special accents. Colors become paler from the center outwards in an irregular fashion from ochre in the middle to weak whitish in the outskirts - mainly to avoid confrontation with the surrounding areas. No green was used because of vegetation. But the reddish color family applied mainly along the recreational green spaces within the settlement.

Having seen some of the buildings in pictures you will note that what sounds like a strict rule still produced a lively architecture of unique identity.

Potsdam Kirchsteigfeld is one of the ways to avoid a globalization of styles.

Fashion oriented architecture journalism, 10.000 Inhabitants, 2.800 dwellings, 15 sqm shops and services per capita
Rob Krier - forms were all there: round, square, horseshoe, star, carefully shaped gardens

Function and Originality of Cities in the Worldwide Spread

Kay CALDWELL (Community Business expert)

THE CONTRIBUTION OF COMMUNITY BUSINESS TO URBAN REGENERATION IN BRITAIN

Scotland has become something of a focus of interest in a model of economic development which is designed to create employment and generate wealth in local areas - the community business model. It is my intention to share with you the defining features of this model as it is applied in the United Kingdom and indicate to you what is perceived to be of value in the model.

As with any model of human activity, it has its shortcomings, and practice does not always make perfect, but I hope to be able to indicate to you why community business has attracted interest from all around the world, and the model has been adapted and is currently found in operation in such disparate economies as Canada and India.

I will define the concept, explain the contribution community business makes in economic and urban regeneration, and share with you the results of recent evaluation of the models.

The idea originated in a rural area in the West of Ireland where local people had formed a community co-operative in order to initiate economic activity in an area that was dying and losing its population to more prosperous regions. It was introduced to Scotland in the late 1970's in order to do exactly the same - prevent depopulation of rural areas.

However, its potential also to cope with serious economic problems in Scotland's major cities was quickly spotted and it was in this context that the model was developed.

The problems of our major cities will be familiar to some of you. They are industrial and economic problems, compounded by a lack of imagination in housing policy and urban planning. To take Glasgow as an example - since it was the locus of community business development in the late 70's - is to select a city which was once the second city in British Empire. Glasgow is the third largest city in the United Kingdom after London and Birmingham. It has a population of around 800,000. It is the center of a region of Scotland which has half of Scotland's population living in it - some 2.5 million people.

However, the considerable wealth of Glasgow, built on heavy engineering, the tobacco trade and shipbuilding has all but disappeared in the second half of the 20th century.

Meanwhile, the public housing policy in Glasgow had sought to relieve the overcrowding in city center properties which had resulted from the migration of rural to the cities in search of work. The approach taken was to create vast peripheral housing estates located up to 5 or 6 miles from the city centers into which the people from the city center were moved. All of these were areas of new build, high density living accommodation.

However, these areas were far from the city center and had few, if any, recreational facilities or shops. And when the industrial recession really began to bite, it was the people in these areas, the people who had been the new work force, who lost their jobs. Scotland was left with numerous economic black spots including many, many large housing estates where people had no jobs, no amenities and no money to travel elsewhere for work or entertainment. Social deprivation arose out of the economic deprivation and these areas become notorious for their levels of unemployment - in some places 40% of the

adult male population - and for their levels of drugs abuse, vandalism and crime.

I labor this point, because this is the context of community business, and it is the legacy which enterprise - not the social work department or the welfare state, but enterprise - has been asked to tackle.

So let us imagine the scenario. Large housing estates, dormitory towns with populations of ten - forty thousand, high levels of unemployment and people with few useful skills. Some have never worked. There is no indigenous industry, few commercial outlets, and other than medical and social services, very few amenities. The private sector is not interested in investing, either because the workforce is unskilled, or because the people are not affluent enough to make commercial businesses profitable.

A difficult culture in which to engender enterprise

I had the privilege of speaking with Mr. Yoshihiro Imai when he came to Scotland to look at community business and when I was visited in February of this year by Mr. Nobutaka Hosouchi and his delegation I gained some further insight into the nature of your interest in this type of models. You may find that you are working here in Japan in local areas where similarly there has been no tradition of enterprise and where the workforce is not skilled. These areas may not have the same level of deprivation and disadvantage as the areas with which I am familiar, but they will nevertheless be areas in which it will be difficult to engender enterprise.

Perhaps some of our methodology and approach will be relevant to your situation and helpful to you in your planning processes.

What is a community business?

Community business, in the words of Professor Alan McGregor, have occupied the margin between conventional business operations and that wide spectrum of intermediate activity variously labeled as the Third Sector, the Voluntary Sector or the Social Economy.

It is the trading organization which is set up, owned and controlled by the local community and which aims to create self-supporting jobs for local people and to be a focus for local development.

Like any other business, they trade in goods and services and depend upon profitability; unlike other businesses they are intrinsically rooted in their communities, they do not pursue profit maximization and they do not distribute their profits, they re-invest any surpluses in the employment interests of their communities, or use them to provide other community benefit.

That definition is complex, and worth repeating.

The purpose of community business development is therefore job creation, through the medium of a trading organization, rather than the creation of businesses for its own sake. As far as I understand from my conversations with Mr. Imai and Mr. Hosouchi, that is what you expect here in Hyogo from the community business program established by the Human Renaissance Institute. I hope that those elements of common ownership and of re-investing profits for community benefit will also commend themselves to you in developing your vision for the 21st Century.

Here's how it happens in practice, how a community business is set up.

The local community comes together in a public meeting. That meeting will discuss the local situation and the aspira-

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tions of the community. That meeting, which must be open to the public, explores different ideas for enterprise - what is needed in the area - a cafe, a swimming pool, an information technology project, child care, landscape maintenance.

Before deciding on a business idea it is not uncommon to conduct a skills audit of the neighborhood to determine the variety or concentration of particular skills amongst the potential workforce - or indeed the absence of certain skills. An economic profile of the area might also be carried out.

The people who attend that first meeting pay a nominal sum to become members of the company and elect a board of directors to represent forward. It is through this board of management that the local community business from any other small enterprise. It will draw up a memorandum and articles of association which put forward the objectives of the company and determine its open membership.

Equally importantly, it will have a clause in the memorandum which prevents any profits if the company being distributed to the directors. The profits must be used for the goods of the community, normally going back into the business to create new jobs but sometimes used for some other community benefit - outings or holidays for local children, support for elderly people, developing a football team for the young people in the area. Activities which remind people that the business exists for their benefit.

These are the essential features - the company is owned and controlled by the local community and the profits must not be distributed and must be used for community benefit. The commitment of that Board of Management is based entirely on altruism, where the individual contributes his or her time - and it will involve many long hours of unpaid time - for the good of the community.

The development process.

That group spends many months working with advisors from special community business support units set up by the local councils. The advice and development support which is offered by these units crosses the boundaries between community development, community education and business counseling.

The group will be helped to commission a feasibility study into their business proposal, and if it looks viable, they will be helped to draw up a business plan and guided towards the kind of finance they will need to get started.

This is a crucial point. Because the community business program has been driven by central and local government keen to create jobs and generate economic activity in areas where there is none, they have been prepared to invest money in the start up phase of these small businesses.

A partnership of central and local government has already paid for the professional advice which has guided the group through these stages. Traditionally, the next stage in development has been to apply for a management grant to pay the salary of a manager for the business for a period of three years. Soft loans are also made available to meet capital costs for equipment needed to get the enterprise up and running.

These costs, over a period of ten years which saw the development of up to 400 community business in Scotland, can be considerable and without the backing of government, the program could not have developed. Exceptionally, community businesses are set up in areas which are not government priority areas and therefore do not attract funding. These enterprises have to trade viably from the outset, and many do, successfully. There is a school of thought which believes that ultimately, the business which has to trade without grants will be more successful.

While learning about business planning, the group is also receiving training in business management, and also in very

simple skills such as chairing meetings, preparing an agenda, keeping minutes, reading management accounts.

Simply introducing these skills to people who have never received more than a very basic education is a significant contribution towards building their self-confidence and improves their chances of finding work in the mainstream labor market. This is the capacity building aspect of community business which has endeared it to policy makers.

It is the creation of a pool of business and enterprise skills in local areas where they simply did not exist and had little chance of developing. It is the beginning of economic activity in places where the only economy was the black economy, where the market had failed to provide sufficient jobs and showed no sign of being able to do so. It is the creation of a mechanism capable of responding in future to commercial business opportunities which may present.

To move on, the group has its business plan accepted, secured grants and soft loans and has now employed a manager who sets about recruiting paid staff and providing vocational training where required.

Every effort will be made to recruit people from the local area, and a further objective is to recruit people who are described as long-term unemployed. Community business is particularly good at that, as we shall see when looking at recent evaluation of the model.

What kind of enterprises can be run by the community?

Almost anything. In Scotland we have had fish farms, swimming pools, local shops, petrol stations, heritage and tourist centers, tea-rooms and cafes, post offices, a hotel - almost any kind of enterprise can be owned and controlled by the community.

But there have been three kinds of business which have been particularly successful and may be of relevance here - the security company, the estates maintenance company and the managed workspace.

Community security employs local people to protect property in the area, and to offer patrols which make the streets and community safer. The idea is that local people know local troublemakers - and the parents of local troublemakers - and that trouble is more easily dealt that way than by bringing in the police and other authorities. Glasgow pioneered this form of community security and there are now companies all over the UK offering the same local solution to local crime. These companies make additional profits by undertaking private sector contracts too.

Estates maintenance - grass cutting, tree trimming, tidying and sweeping paving areas, removing graffiti - skills which are easily learned, require little training, but jobs which need to be done providing services for which there is a market. Both these examples show key features of the most successful community business types - jobs which can be created easily and which are labor intensive. The start-up costs are low, honesty and integrity are more important than formal skills, and the skills which are required are easily learned. Therefore jobs can be created easily and in sufficient number to have impact. They are also businesses which can supply the needs of local councils, who as willing supporters of the community business concept have been keen to offer the contracts to the community companies thus guaranteeing a continuous flow of work. When this combination of trading activity and council support come together, the community business frequently becomes the largest employer in the area.

Unfortunately, legislation restricting the capacity of local councils to offer this kind of work threatened the security of many companies dependent on council contracts. An enabling political culture could go a long way towards establishing regular and permanent work opportunities by contracting some council services to community businesses.

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Any new programs which develop should also seek to move the types of trading operations from marginal activities to more highly skilled operations.

A significant community business activity - managed workspace - the business incubator, less riches d' enterprises in France, will no doubt be a feature of Japanese business. They have been enormously successful in the UK as community businesses.

Typically a derelict - an old school, or factory or even a church - is taken over by the community group, usually for a peppercorn (low) rent, refurbished and developed into a series of small offices or industrial workspaces. The workspaces are let out at very low rents to encourage small businesses to locate in the area, and to encourage people who may run very small enterprises from their own homes, to come out into the formal economy and expand their businesses.

In addition to an attractive rent, they are offered some office services such as book-keeping, fax and photocopying facilities, payroll services, cleaning and maintenance - the kind of additional costs which can make the difference between a small business surviving and failing. These services are all provided as part of the rental charge, and no one small business has to bear the cost of providing these for themselves.

The idea has been extremely successful in Scotland and has the big advantage that a small group of highly motivated individuals who want to make big economic impact in their neighborhood can, through the right property, create a business location for many small firms - a converted British school could accommodate about 40 small businesses - each of which provides jobs for on average 5 - 6 people. The community business has stimulated the provision of 200 - 250 jobs.

To sum up. Community business is about creating economic activity in areas where there is none. It is about bringing money into a local neighborhood and keeping it there.

Planners are increasingly interested in preventing economic leakage from poor communities, and yet we are still a long way from creating a system where wealth is retained, circulated and benefits everyone. There is a vision outlined in a pamphlet by my colleague John Pearce, and I have brought some copies with me and can make them available to those of you who are interested.

It is a vision of a town which moves from its first successful community business initiative - born out of the closure of a local factory - to development several more, including a managed workspace and a credit union, until it reaches the point where the community is providing enough jobs for all its potential workers. Company profits are all being re-invested in new enterprise and the town is able to provide new facilities for itself. It is a vision, it is a dream, but the town is called Anytown and it could be your town.

How successful has the community business model been?

The most recent evaluation was carried out by Professor Alan McGregor of the University of Glasgow. It is an evaluation of the effectiveness of community business as a mechanism for job creation - rather than an evaluation of community business as enterprises. He is comparing this model with two other kinds of job creation program run by the British Government. The conclusions he reaches are highly significant for the future development of the model.

The community business model distinguishes itself from the job creation schemes of what has become known as the Intermediate Labor Market, by aiming to create sustainable jobs in disadvantaged areas. (Rather than ILM schemes which create short-term jobs, develop vocational skills and release their workers onto the labor market.)

The report published in its final form in January of this year, studied 16 community business in the Glasgow area

together with detailed information presented about the employees in nine of these business.

Each of these nine companies which between them had 259 employees was located in a specific area.

- *64% were unemployed at the point of recruitment

- *17% had been unemployed for two years or more

- *9% had been unemployed for five years or more

- *6% were on government schemes for the unemployed

- *only 23% had been employed at the point of recruitment - and these included the managers and supervisors.

Community business is seen to be fulfilling its remit of targeting its recruitment towards the unemployed. The employees are drawn disproportionately from the unemployed.

When the same group were analyzed in terms of their area of residence it was clear once again that disadvantaged areas were benefiting from the jobs provided.

- *46% of employees came from the area originally targeted

- *8% came from the area immediately around the targeted area

- *11% came from other areas which were also employment priorities

*The study also conducted a telephone and postal survey amongst 269 people who had worked in community business and left during a 27month period. Of these nearly three quarters had found work at some time after leaving the community business. At the time of the survey

- *59% were still in the job

- *28% had left their last job but were currently employed elsewhere

- *only 14% had returned to the unemployment register.

In making comparison with the ILM schemes, the survey found two significant facts.

- *Community business employees tended to secure better paid jobs than people who had been in ILM schemes

*The average cost of creating a job in a community business at just under £12000 was between a third and a half of the cost of creating a job through ILM schemes.

This piece of research has been the most significant contribution to the debate about the future of community business in Scotland. I will not enlarge, as our concern here is urban planning and regeneration and not labor economics.

But it is evidence that the model is successful in what it sets out to do. As such, it may be of interest to you in that it is clearly capable of targeting a potential workforce with specific characteristics in a given locality and integrating them into the world of work and the world of enterprise. I understand that broadly stated you share these objectives for certain suburban districts.

In conclusion, we can say that our model

- *is cheaper than any other way of creating a job

- *it target disadvantaged areas and disadvantaged groups within those areas

- *it empowers people - give them future employment prospects, better earnings potential

The future development of community business would be helped by enabling legislation which allowed local councils with community companies to provide local services, and by a recognition that the development process of any community business takes time. There will be no overnight successes. We are trying to make entrepreneurs people who have few skills, poor employment records and little reason to hope for anything better. And we are succeeding.

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Our success is recognized by the inclusion of community business in the desired outputs of the Single Regeneration Budget, the competitive scheme by which cities in the UK secure money for urban regeneration programs. The creation of community business is seen to be advantageous

- *because it generates economic activity

- *it is a user friendly broker in delivering potentially unpopular government regeneration initiatives

- *using a locally based group to deliver services sensitizes the delivery of those services.

There are some who would view this endorsement of the concept by government with some cynicism and maintain that community groups were being used. However, my own view is that the success of the concept of community business is further evidence that where communities are willing to play their part in the regeneration of our cities and towns, then given the resources and the support they need, they are more than capable of doing so.

Mr. Hosouchi spoke about the Human Renaissance Institute and I quote from the literature which he gave me.

"The HRI conducts extensive research on assorted themes, such as people, life and community, in order to bring about the Optimization Society envisioned as the ideal social order for the twenty-first century, with people held in esteem as the central character. We also actively make proposals for creating an affluent, interesting and rewarding society in which all of us can enjoy more decent and dignified lifestyles."

I would like to think that community business is one such proposal and through it we can assist our less affluent brothers and sisters towards a more decent and dignified lifestyle.

Declaration of Sanda International Conference on Urban Planning in the 21st Century

We the participants in the Sanda International Conference in Urban Planning in the 21st Century, held in Sanda City, Hyogo Prefecture, on July 11 and 12, 1998, hereby declare that we have reached the following common understanding:

The development of technology in the 20th century has brought increasing affluence and convenient into our lives and at the same time led to the formation of huge cities and to the appearance of urban societies supported by mass production, mass consumption and the generation of large quantities of waste. In many regions, however, poverty and lack of amenity are widespread. While on the other hand, global environmental problems are growing increasingly severe. With the dawn of the 21st century almost upon us, we feel that the time is now ripe to set forth new directions for the development of our cities and regions.

In Sanda City, the host city for this Conference, for the past decade we have been proceeding with urban planning in accordance with the Hyogo Statement made at the Hyogo International Conference on Amenity in 1988. During this time we have been working to create a new town that exists in close contact and good harmony with nearby villages and their natural surroundings, as well as the existing urban area. This endeavor has progressed smoothly to the point where the framing of an amenity-rich city has almost been completed. It should also be noted that the Great Hanshin-Awaji Earthquake, which struck the region in 1995, and midway through the program, served as a major turning point in that it forced the planners to recognize the importance of citizens providing each other with mutual help and of fostering new notions of community.

Through the discussions at this conference, we have confirmed that in approaching urban planning in the 21st century, great importance must be attached to the creation of symbolic and activating structures, both in respect of human lifestyles and economic activities, while attention must also be paid to environmental considerations. One of the measures employed will be to promote diverse forms of networking depending on the specific characteristics of different localities. We are confident that in following such a policy we can help to generate new vitality in our cities.

On the basis of our common understanding of the above-mentioned points, we would like to make the following proposals in the name of all those participants attending this Conference:

1. The goal of urban planning should be the creation of active and supporting communities in which people help each other and share their lives. Such communities should be created by the citizens, enterprises and administration working in a spirit of cooperation and with a correct understanding of their respective roles. To engender a successful partnership, it is indispensable to organize autonomous groups of citizens who will support activities led mainly by the inhabitants.
2. The challenges of activating the regional economy should be tackled and new industries created by more closely connecting the needs of the citizens and their communities to activities in the economic sphere. One specific goal is the organization of so-called "community economies," by developing, for example, businesses rooted in the community and responsive to the needs of citizens in their daily lives.
3. The natural environment, including greenery and water, should be allotted its rightful place in urban planning in ways

that take proper account of how nature works and which utilize natural processes to achieve planning aims while economizing in the use of limited resources. This proposal forms the starting point of a sustainable urban planning strategy which among other things calls for the introduction of new technologies utilizing renewable energy and traffic systems that minimize harm to the natural environment.

4. We should try to make our cities as safe and comfortable as possible, transforming them into places where residents and visitors, including the elderly and people with special needs, are able to feel at ease. In order to achieve this goal, cities need to be furnished with a great variety of living amenities, to incorporate traffic systems that give priority to people, and to become environments created in the broad sense of a 'universal' design which involves far more than green issues alone. It is also essential to create a human environment in which people are better able to support each other.

5. A busy and attractive city should encompass a comprehensive range of functions. Above all, it should contain place where people can easily come together and enjoy a variety; in other words, familiar places which can be regarded as symbols of the city. It is also the duty of all of us involved in urban planning to construct appropriate places that will be of benefit to future generations so that they will have better opportunities to get to know each other, to experience various aspects of nature and the natural environment, and to learn from these experiences.

6. Our overall objective is to create cities in which local culture and natural features are intertwined and in which new lifestyles and senses of values can evolve; in other words, cities in which people are able to express themselves and relate to each other as individuals. Such cities will provide their inhabitants with inspiration and peace of mind, thereby establishing a basis for sustainable development. We are confident that the liaison between such cities and their surroundings regions will result in local communities that grow together in a spirit of mutual cooperation.

7. The results emerging from this Conference were achieved as a consequence of international exchange of information reinforced by friendly discussions. The participants fully appreciate the broad scope of the subject under discussion, and we wish to take this opportunity to express our hope that this Conference will mark the start of international efforts to construct a new system of participation in urban planning, which we believe is an aim worthy of world-wide announcement.

A question raised at the beginning of this Conference with respect to urban planning on a human scale reminded the participants of a recurrent theme, that cities should be planned for the benefit of people. It is highly significant that researchers from overseas, engineers, administrative officials and large numbers of ordinary citizens should have gathered together to discuss the future of urban planning. We need to continue exchanging our experience and knowledge on a global scale, and from this standpoint we will keep in mind that this Conference was the starting point of our venture. From here in the City of Sanda, we have the honor of announcing the results of this Conference to the entire world.

July 12, 1998

Appendix 1. Program

Museum of Nature and Human Activities, Hyogo
(Saturday, 11 July)

Time	Contents
10:00~ 10:10	the Opening ceremony the opening address by Mr. Shinji Toshita, Mayor of Sanda the address of the host by the chief of the executive committee Mr. Masao Kawai
10:10~ 11:10	the keynote lecture by Prof. Shigeru Ito (Professor at Keio Gijuku University, Committee chairman Central Council in urban planning) "Town, Life and Work"
11:10~ 11:30	a presentation of a video "The History of Hyogo Prefecture planning toward 2001"
11:30~ 12:20	a special lecture by Mr. Toshitami Kaigara, Governor of Hyogo Prefecture "Urban Improvement in the 21st Century"
12:20~ 13:15	a luncheon and recess
the First Part: Symposium Paradigm of Urban Improvement for Tomorrow	
13:15~ 13:35	a presentation of a video "The Fortieth Anniversary of the Municipality of Sanda; How We've Made Our City"
13:35~ 14:10	the setup of issue by Mr. Shinji Toshita, Mayor of Sanda before entering the discussion on how to make our cities better in the 21st century, the works to be done for the urban improvement by the host city, Sanda, will be demonstrated.
14:10~ 15:40	case report on urban improvement 1. small cities in Germany by Mr. Michihiko Kasugai (urban designer in Frankfurt) 2. historical cities in France by Ms. Pascale Mercier (urban designer in Montpellier) 3. reports by Sanda Citizens Forum by Mr. Masanori Sawaki (research associate, town & regional planning) It will be a summary report of the Life Design Citizens Forum held before the International Conference.
15:45~ 17:45	a panel discussion "Paradigm of urban Improvement for Tomorrow" The purpose is to give shape to the key words of the urban improvement in the 21st century, in connection with the case report, With the participation of specialists from overseas and Japan. the anticipated key words: Network Community, Communication, Community Business, Mixed Land Use, Ecology, Sustainability, Identity, Participation. the panelists (in no special order) Ms. Kay Caldwell (Community Business expert) Prof. Sheila Feld (Professor at University of Michigan, Social welfare of the aged, USA) Prof. Takeo Uesugi (Professor at Technological Institute of California, a research institute of reproduction studies, USA) Mr. Herbert Zimmermann (urban designer, in Berlin, Germany) Prof. Isao Nakase (Professor at Technological College of Himeji, environmental planning) Prof. Yoshimasa Kato (Professor at Commercial College of Kobe, regional economy) Associate Prof. Ritsuko Watanabe (Associate Professor at Kwansai Gakuin University, social welfare) The co-ordinator Prof. Kunihiro Narumi (Professor at Osaka University, urban planning)
17:45	the end of the first part

Sanda Citizen's Hall
(Sunday, 12 July)

Time	Contents
10:00~ 15:00	the debaters will be divided into two individual sessions.
10:00~ 12:30	the 1st half
12:30~ 13:30	a luncheon and recess
13:30~ 15:00	the 2nd half
the Second Part: Two Individual Sessions	
	"Co-Development of Rural Areas and Garden Cities"
	the Individual Session 1: "Fostering Community and Environment" ● the chairperson and the sub-chairperson: ● the chairperson in the 1st half and the sub-chairperson in the 2nd half Prof. Isao Nakase ● the sub-chairperson in the 1st half and the chairperson in the 2nd half Associate Professor Ritsuko Watanabe ● the debaters: Prof. Sheila Feld (USA) ————— welfare Prof. Takeo Uesugi (USA) ————— environment Mr. Yasuhide Sakai (Japan) ————— cities Mr. Yasuko Aikawa (Japan) ————— welfare ● the commentator Mr. Michihiko Kasugai (Germany) Prof. Takehiko Katsuno (Japan)
	The Individual Session 2: "Function and Originality of Cities In the Worldwide Spread" ● the chairperson and the sub-chairperson: ● the chairperson in the 1st half and the sub-chairperson in the 2nd half Prof. Kunihiro Narumi ● the sub-chairperson in the 1st half and the chairperson in the 2nd half Prof. Yoshimasa Kato ● the debaters: Ms. Kay Caldwell (England) ————— economy Mr. Herbert Zimmermann (England) ————— cities Mr. Hisanori Nakayama (Japan) ————— cities Ms. Nobuko Miyao (Japan) ————— economy ● the commentator: Ms. Pascale Mercier (France) Prof. Yukihiko Kadono (Japan)
15:00	the end of the individual sessions 1 & 2
15:00~ 15:30	recess and movement to another room
15:30~ 16:00	a plenary session and the declaration of urban improvement in the 21st century a plenary session: a summary report from the individual session 1 reporter: the chairperson of the session 1 a summary report from the individual session 2 reporter: the chairperson of the session 2 the declaration of urban improvement in the 21st century