

**INTA INVITES YOU TO OUR ANNUAL CONFERENCE
URBAN HEALTH CULTURE LAB 2025**



Conference Program
Date: September 12+13
2025
Venue: Copenhagen
BLOXHUB



INTA

URBAN HEALTH CULTURE LAB 2025

JOIN US AT BLOXHUB

**FREDERIKSHOLMS
KANAL 28E 1473
COPENHAGEN DK**

**FÆSTNINGENS
MATERIALGAARD**



BLOX HUB

A One-day International Conference on Health & Urban Planning
**HOW TO ENGAGE COMMUNITIES AND PLACES
IN A NEW URBAN HEALTH CULTURE**

Moderated by Mark Isitt

Hosted by INTA—International Urban Development Association

In an era of accelerating urbanization, climate stress, demographic change, and rising health inequality, we need new coalitions to create healthier cities. This international gathering brings together professionals from planning, architecture, health, and governance to explore how cities can act as engines of well-being and care.



DAY 1 September 12, 2025

PROGRAM OVERVIEW

10:00–10:30 | Arrival & Coffee

10:30–10:40 | Welcome to the Lab

Helle Juul, PhD, President of INTA & Founding Partner, JUULFROST Architects

SESSION 1: CITIES FOR HEALTH

10:40–12:30 | Urban health as a rising spatial and political priority / 1 t. 50 min

PRESENTATIONS / ca. 75 min

- 10:40–10:55 | **Copenhagen representative** (TBD)
- 10:55–11:10 | **Kira Fortune**, WHO, Regional Advisor – Health as a governance agenda
- 11:10–11:25 | **Dr. Sabina Mujkic**, Urban Planning Institute of the Republic of Slovenia
- 11:25–11:40 | **Peter Hanke**, Composer – Sound and sensory ecologies in urban space (TBC)

PANEL DISCUSSION

11:40–12:25 | How can cities operationalize urban health across sectors?

Moderator: **Mark Isitt**

Panelists: All speakers + Danish municipal representative (TBC)

12:25–12:30 | Audience Q&A

12:30–13:30 | Networking Lunch

SESSION 2: PEOPLE FOR HEALTH

13:30–15:00 | Trust, mental well-being and inclusive design / 1 t. 30 min

PRESENTATIONS / ca. 75 min

- 13:30–13:45 | **Prof. Gert Tinggaard Svendsen**, Political Science, Aarhus University - Trust and Health
- 13:45–14:00 | **Prof. Husam AlWaer**, Chair of Urban Design, University of Dundee, UK - Local Living, mental and physical health and well being
- 14:00–14:15 | **Etienne Lhomet**, Director Des Villes et Des Hommes – Mobility, Inclusion & Urban well-being
- 14:15–14:30 | **Laura Kairiene**, Chief Architect of Vilnius (TBC)

PANEL DISCUSSION

14:30–14:55 | Can cities create mental well-being – and if so, how?"

Moderator: **Mark Isitt**

Panelists: All speakers

14:55–15:00 | Audience Q&A / transition

15:00–15:30 | Coffee Break

SESSION 3: NATURE FOR HEALTH

15:30–16:50 | Designing healing and sensory environments that nurture the brain / 1 t. 20 min

PRESENTATIONS / ca. 60 min

- 15:30–15:45 | **Prof. Ulrika Stigsdotter**, PhD, Landscape Architecture at Cph. University – Healing Gardens
- 15:45–16:00 | **Zakaria Djabbara**, PhD, Associate Professor Aalborg Uni. – Where Mind, Body and Space align
- 16:00–16:15 | **Tamara Lungman**, PhD, ISGlobal, Health Impact Assessment Specialist – Caring Cities
- 16:15–16:30 | **Jakob Norman-Hansen**, Director BLOXHUB-Global urban innovation – Loneliness, Paradox of Proximity

PANEL DISCUSSION & INPUT

16:30–16:50 | What does a health-promoting urban environment look like?"

Moderator: **Mark Isitt**

Panelists: All speakers + open mic

16:50–17:10 | Musical Performance

17:10–18:00 | Closing & Reception

Closing Remarks: "From Talk to Action"

INTA + Mark Isitt + networksreception



DAY 2 September 13, 2025 PROGRAM OVERVIEW

09:30–11:00 / INTA GOVERNING BOARD ASSEMBLY

Location: [To be confirmed – suggested: meeting space at Refshaleøen or nearby] A strategic session for INTA's Governing Board.

Agenda:

- Reflections on Day 1
- Financial and organisational status
- Strategic priorities towards 2026
- Future activities and partnerships

11:30–14:00 / GUIDED BOAT TOUR OF COPENHAGEN HARBOUR

Meeting point & return: Refshaleøen Pier (exact location to be confirmed)
Embark on a harbour journey to experience the evolution of urban planning and healthy city strategies from the water. The tour includes expert commentary that ties the harbour sites to key themes from the Day 1 conference.

Key points of interest along the route:

• Nordhavn

A flagship development focused on sustainability, mixed use, and active waterfronts

• The Opera House

An icon of cultural investment and architectural vision

• Christianshavn & Holmen

Historic areas transformed into creative and residential hubs

• The Royal Danish Playhouse & Ofelia Plads

Public spaces designed for cultural life and social interaction

• The Inner Harbour Bath

A case of urban design for health, clean water, and recreation

• The Royal Library & nearby housing areas

Connecting learning, community, and place

Themes of urban health, blue and green infrastructure, and public space regeneration will be central throughout the tour.



14:00–15:30 / LIGHT LUNCH (SELF-PAID) AT REFFEN STREET FOOD MARKET

Back at Refshaleøen, enjoy a variety of global street food options in a vibrant, informal setting that reflects urban reuse, cultural diversity, and spontaneous meeting places.

You are welcome to network, explore, or simply relax by the waterfront.

Practical Notes

The tour is weather dependent; light rain is fine, but please dress accordingly.

- Seating on the boat is limited to confirmed participants.
- Kindly inform the organisers in advance about any accessibility requirements.



SPEAKERS INFORMATION

Kira Fortune, WHO, Regional Advisor, DK

// Regional Advisor Healthy Cities, Health Promotion and Well-being within the World Health Organization (WHO) with extensive experience elevating results of global partnerships committed to equity and leaving no one behind, multi-sectoral collaboration, policies, programs, and resources.

Dr. Sabina Mujkic, Urban Planning Institute of the Republic of Slovenia

// Specialized as an urban and spatial planner. Currently working as Researcher at the Urban Planning Institute of the Republic of Slovenia.

Peter Hanke, Composer (TBC)

Prof. Gert Tinggaard Svendsen, Prof. Political Science, Aarhus University, DK

// Main research areas are trust, social capital, climate policy, the welfare state, lobbying, and collective action problems. I also collaborate with, among others, Professor Robert D. Putnam from Harvard University on a project about the historical roots of trust in Denmark.

Prof. Husam AlWaer, Chair of Urban Design, University of Dundee, UK

// Husam is an award-winning author with published work on a wide range of subjects from architecture, urbanism, sustainability and healthy neighbourhoods to the specifics of place-making facilitation and performance evaluation.

Etienne Lhomet Director Des Villes et Des Hommes, FR

// Etienne Lhomet is a French engineer highly experienced in the development and management of major public transport networks project. He has acquired a twenty-five years' experience in transport planning and in public transport projects management in Europe and abroad

Laura Kairiene, Chief Architect of Vilnius, LT (TBC)

Prof. Ulrika Stigsdotter, Landscape Architecture at Cph University, DK

// As a landscape architect she received her PhD degree from the Department of Landscape Planning Alnarp, Swedish University of Agricultural Sciences (SLU), where she also completed her graduate studies. Her background is in Landscape Planning and Art History for which she holds two undergraduate degrees from SLU and Lund University.

Zakaria Djabbara, PhD, Associate Professor Aalborg University, DK

// Researcher in the crossing of architecture and cognitive neuroscience. Particular interest in Active Inference and Enactivism as a coupling to environment.

Architecture should be seen not just as static buildings but as dynamic environments we physically and mentally engage with. Our bodies, brains, and spaces all have natural rhythms and patterns that influence one another. When these patterns align, they can subtly shape how we feel, think, and behave—often without us noticing.

Tamara Lungman, PhD, ISGlobal, Health Impact Assessment Specialist, ES

// Tamara is a scientist with a PhD in Biomedicine and advanced training in Public and Environmental Health, I've spent the last several years researching how our cities shape human health (especially through urban planning, transport systems, and green infrastructure. Her work focuses on Health Impact Assessment (HIA) as a tool to bridge data, policy, and practice. I specialize in environmental epidemiology and urban health, combining statistical and spatial analysis with systems thinking to inform better urban decision-making.

Jakob Norman-Hansen, Director BLOXHUB-Global urban innovation, DK

// Jakob is a connector of worlds - linking cities, companies, and changemakers to the innovators reshaping urban life. Through global dialogues and Nordic-inspired best practices, he helps spark new thinking about what cities can be: not just livable, but regenerative, resilient, and deeply human.

Changes and updates to the speaker list may occur.

The INTA logo is a black-outlined speech bubble containing the word "INTA" in a bold, black, sans-serif font. It is positioned in the upper right corner of the image, which shows a waterfront promenade with people and water.

INTA

INTA BACKGROUND

INTA is an independent association that mobilizes the wide range of skills brought by its international membership government, local authorities, businesses, and independent personalities. Founded in 1974, INTA is dedicated to strengthening urban development worldwide by leveraging the unique experiences. With members in an international network of 60 countries, INTA supports local and national leaders and institutions in improving the living conditions for all inhabitants. INTA provides peer-to-peer counsel, strategic support, and technical advice to leaders and institutions working towards balanced urban development.

For more information visit: www.Inta-aivn.org