

Urban Green Space Project



Washington Square Park

Benefits of urban green spaces

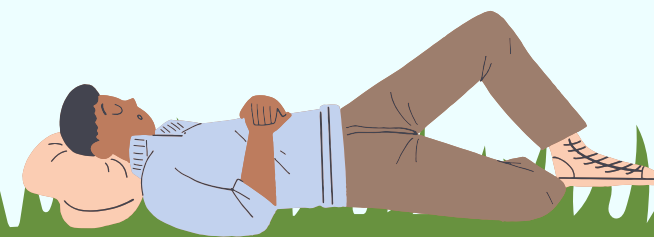
“Simply spending time in nature is beneficial for human health”

(KIRABRUNO, 2022)



Green spaces literally mean spaces that are ‘green’. In urban areas, these refer to any land that is partly or completely covered in greenery or plants, some may even include water features like streams or fountains. Other natural environments are also sometimes called ‘blue spaces’ – which in turn, refers to being near water like the coast or the beach. (CUBICOON, 2022)

Living near a green space such as a park, sports field, community garden, forest, cemetery, or other outdoor space, decreases stress, mortality rate, and anxiety when regularly utilized. And not only can green spaces reduce physical symptoms of stress—cortisol levels, heart rate, and blood pressure— they can also have genetic effects. (KIRABRUNO, 2022)



Introduction

Address

Washington Square Park is
the heart of Greenwich
Village-located

5 Ave, Waverly Pl., W. 4 St.
and Macdougall St. Manhattan



History

- Washington Square Park is named for George Washington (1732-1799), the commander of the Continental Army, who was inaugurated in New York City as the first President of the United States on April 30, 1789.
- The land was once a marsh fed by Minetta Brook located near an Indian village known as Sapokanikan.
- In 1797 the City's Common Council acquired the land for use as a "Potter's Field" and for public executions, giving rise to the legend of the "Hangman's Elm" in the park's northwest corner.
- Used first as the Washington Military Parade Ground in 1826. The site became a public park in 1827.
- During the late 1950s and early 60s, the park became a renowned haven for performers and protestors.



History

- After an intensive analysis of the park's historical development and a process of community input unprecedented in scope, the park was rebuilt in a three-phase renovation designed by landscape architect George Vellonakis.

*The first phase (2009) included a renovated and accessible fountain and plaza, increasing the park's green space.

The second phase (2012) provided a small dog run, a new chess plaza, a performance stage, renovated petanque courts, as well as enhanced landscaping.

In the third and final phase, completed in 2014, to the southwest, the asphalt mounds were replaced by a new mounded play area submerged in a meadow and made safer and more attractive with artificial turf.



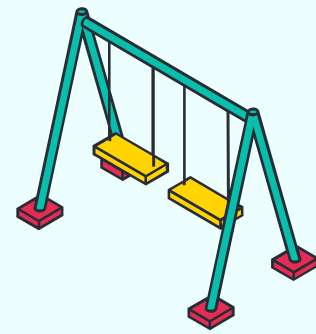
Brief description

Washington Square Park has served various roles for its community throughout the years, adapting to meet its needs. Washington Square Park also houses several other monuments and facilities.



Facilities

Dog-friendly Areas, eateries, great Trees, playgrounds, public restrooms, spray Showers, Wi-Fi Hot Spots



Ways in how Washington Square Park support well-being/community health

Mental well-being



Fountain

It transforms the view and allows people to be in a harmonious environment. Being close will allow us to feel at peace by listening to the pleasant sound of the water.



Lying on the lawn and having the breeze blow across your face helps reduce the stress that we carry in our lives due to different factors. It allows you to feel the warmth of the earth and appreciate nature itself.

Physical well-being



While we are walking in the park it allows us to improve different parts of the body, such as the muscular system.



Mature trees help cool the air, remove air pollution, capture rainfall, and save energy. (NYC park)

Social/emotional well-being



Allow both the owner and the dog to spend time together and the owner can socialize while their dog is running free (of course in the designated area of the park)



It became a meeting place for demonstrations and protests. Today it continues to be. I had the opportunity to participate in my first march: May Day March for All Workers. This march was for all workers who have been excluded, and marginalized from labor protections for a long time.



Field observation notes

* People walk at a slow pace, without haste, there is no friction or clash between people when they are walking because the place is very spacious. (There are people that yet are using masks)

* Two people carrying their baby in the stroller.

* A group of people having a picnic on the lawn.

* A girl lay down on the lawn while reading a book with her dog.

* On the bench where I sat I could hear the water from the fountain

People walking with their dogs on a leash .

A group of students from New York University was walking, they were playing the bagpipes, and it was a ceremony march.

* People sitting on the bench just talking.

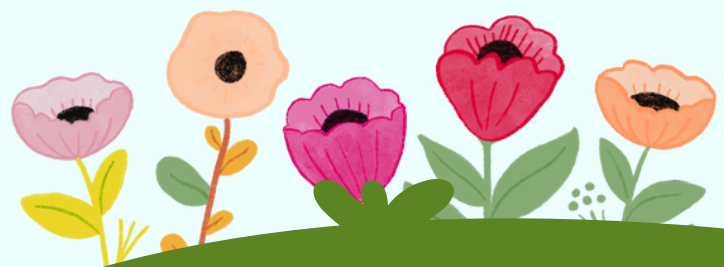


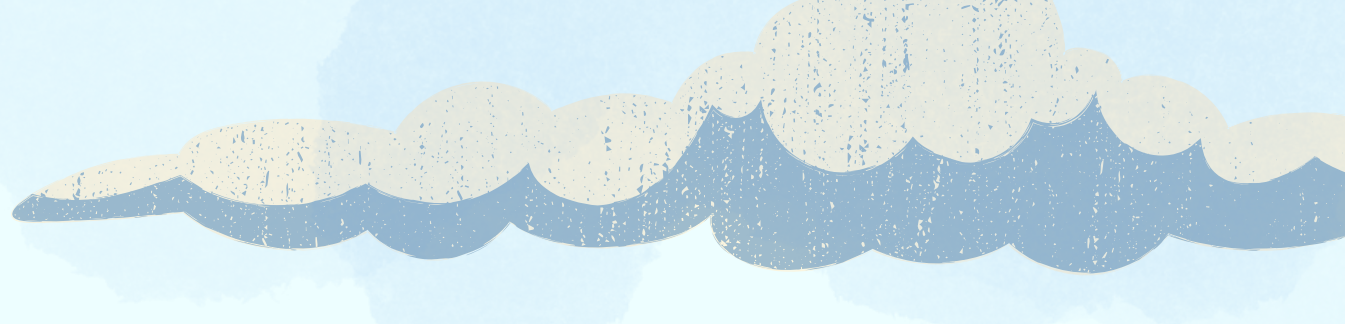


Why you support or do not support the development of green spaces in cities?

I support because green spaces have multiple benefits in our life, that impact different aspects, either, social, mental, physical, economic, etc... These spaces remind us to have joy, and be more aware of the moments that we are living.

Green spaces improve the condition on an environmental level: this allows reduction of the runoff, of the heavy rains that cause congestion in the drains. It is a rise in the psychological benefits of the people that are in that green space/or blue space, to have that bond with nature.





Green spaces are a positive distraction for relaxing. Contributes to our mental health. In addition, taking the aspect of work, green spaces allow an increase in the productivity of the workers, the greenery has an effect emotional over them and they can be more engaged.

"However, lack of access to UGS (Urban Green Spaces) or important features of UGS, in addition to concerns about UGS safety or maintenance, could prevent people from receiving these benefits. Communities' use of UGS depends on a number of factors, including who has access to UGS, what amenities are provided, how well they match the needs of the community, and who feels safe and welcome to use them." (Urban Forestry & Urban Greening)



References

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The City of New York. Find a park: Washington Square Park. NYC Parks.

<https://www.nycgovparks.org/parks/washington-square-park/>



Thank You

For Your Attention

"Green spaces are not an amenity, they are a necessity."

