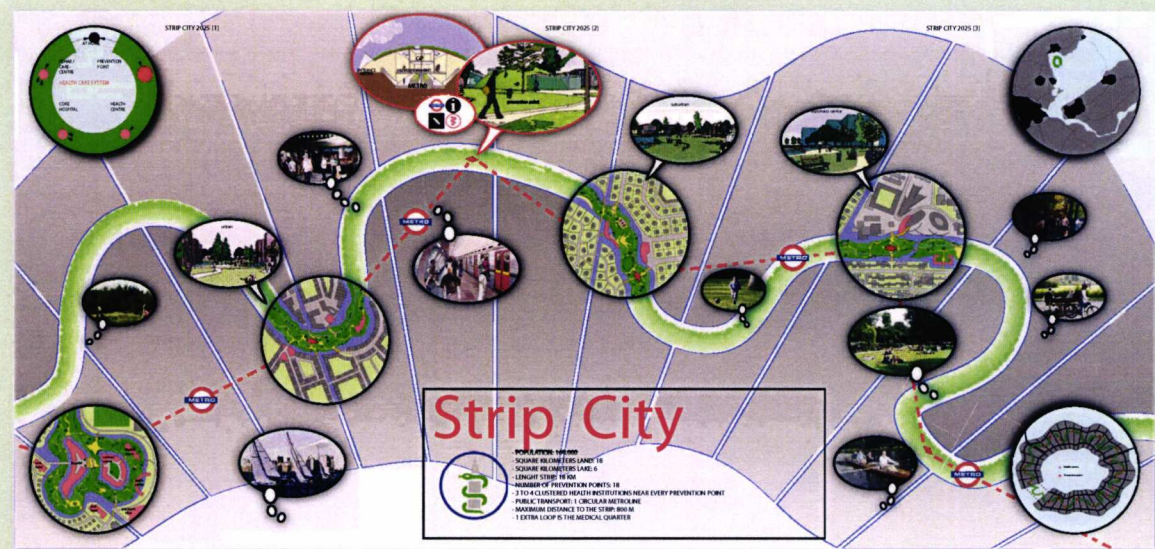


# Strip City 2025



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One day you wake up in the most beautiful city of the Netherlands and you decide to find out why your abdomen is hurting so much lately. You haven't had any medical problems in a while. The last time was even before you moved to Strip City. Luckily you don't have to find out what, where and how, just go into the Prevention Point while walking the dog. At the Prevention Point your dog will be looked after, and you can walk on to the counter. For gastrointestinal complaints some fast and non-invasive tests are done. All tests are negative and you can walk on to the General Practitioner, who will tell you what the next step is. The GP suspects you have the Irritable Bowel Syndrome and advises a visit to the dietician, who gets informed about your visit immediately. The dietician houses in a health institution on the strip near the Prevention Point one kilometer ahead. Just take the subway to the next stop or a fresh walk. After a short trip you arrive at the dietician who gives you

an expert opinion and makes a treatment plan for you. On the way back you take the subway and pick up the dog, which also had a brief check-up.

Within twenty years everything concerning healthcare will be MORE; it will be an even more important item than it is already, more and more will be possible, there will be more diseases, the patient knows more and more (or at least he thinks so), and he will be more self-conscious. Healthcare in the broad sense of the word will be a more overall accepted subject, and everyone will be more conscious about their own health. Beside these developments, the Netherlands will have to face a few problems that will also influence the entire society:

- An Elderly Society (the babyboom generation will retire);
- Sickneses due to our wealth (such as cardiovascular diseases and obesitas);
- The climate change (new diseases and rising water levels).

## The green strip

The city we created is tackling these problems by introducing the green strip. The strip provides a unique outside space in a mediocre / high density environment, so that everyone is able to go outside and MOVE, MEET, PLAY & RECREATE. It is not only the green lung of the city, but it also contains for example sporting fields, playgrounds, coffeehouses, docks for boats and, most importantly, all health institutions. Everybody knows the piece of strip near him or her by heart. The principle is simple: have people live in a different manner, by a subtle change in their environment. This is directly linked to everybody's health. This is the most important aspect of the strip.

## Facts

- Population: 160.000
- Square kilometers land: 18
- Square kilometers lake: 6
- Length strip: 18 km
- Number of prevention points: 18
- Number of clustered health

*institutions: 3/4 near every prevention point*

- *Public transport: 1 circular metroline*
- *Maximum distance to the strip: 800 m*
- *One extra loop is the medical quarter*

### **The Prevention Point**

Because of the growing (often wrong) knowledge and emancipation of the patient, one doesn't need easier access to the hospital, but an easily accessible point that provides proper insight into the complaint or illness. A Prevention Point does this, and provides easy access to the healthcare system of the city. There is one on the strip approximately every kilometer. It contains a highly skilled and adequate laboratory where multiple fast and easy tests can be carried out.

This part of the Prevention Point also provides proper healthcare information for everyone. It could be seen as a sort of Pre-General Practice.

It also houses 3 or 4 General Practitioners in a less open part of the Prevention Point.

One can be sent through immediately, depending on the outcome of the tests or screening. In many cases the GP can be skipped because of the improved tests. Then one will be referred to another health institution immediately. In the most public part of the Prevention Point is the access to the public transportation, the subway. There are no stinking buses; one uses the public transportation through the park.

### **The health centers**

The other health institutions are clustered in health centers that

are on or next to the strip and are close to the Prevention Points. The clustering depends on the kind of healthcare the institutions provide. For example, there is an institute with a sauna, a physiotherapeutic clinic, a rheumatology clinic and a rehabilitation clinic. These institutes are open, semi-open or closed depending on the nature of the clinics. The medical district of the city is located in and around an extra loop of the strip, that contains all sorts of medical institutions, like care-hotels, a psychiatric clinic, senior housings and the hospital.

This setup of the city makes it possible for elderly people to live at home longer, and accurate care is provided when needed. People that suffer from a chronic disease can be treated accurately because all medical facilities are nearby or otherwise easily accessible.

This setup of the city streamlines the healthcare that will benefit the elderly and all care needing patients.

### **Strip City**

The green strip goes through the entire city and is circular, so it has not got a beginning or an end. The city is based around this 18 km long strip. Every resident lives near this strip (within 500 to 800m), so there is easy access to it for everyone. All this results in a circular city, with a heart of water. With a population of 160.000 residents there will be some areas with a high density, but also some areas that are more rural. When the population grows the more rural areas can be used to provide extra housing. The green strip can not be used for extra housing sites. This should always remain an outdoor space. Growth into the Markermeer is

also restricted. Taking into account the reduced distances (reduced car-use), the green strip and the underground, it will become a clean and environmental friendly city.

### **The location**

Strip City is an autonomous city in the water. It only uses the biggest quality of the lake; the water. The city is not specifically designed for the Markermeer, and it could even be used as a blueprint for an existing city. Extra land means an extra obstacle for water transport. Therefore the city is built in the "Hooranse Hop". The city is surrounded by water; this gives extra possibilities for recreation.

Tourism should be one of the main incomes of the city, this is also linked to the healthcare because it attracts health-tourism. Beside the fact that the location in the water is good for the economy, it also means the load on the environment is reduced to a minimum because of the relatively small area it claims. <

**Motto:** *Strip City 2025*

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