

## **Title: Sultanbeyli recreation area**

**Type of action: playgrounds / long term action**



*Photo by Erusgroup.com*

**Type of solutions: Sport based solution**

**Location of the Good Practice: İstanbul/Turkiye**

**Designer/s: Zoning and Urbanism**

**Investor/s: Istanbul Metropolitan Municipality**

**Cost of works: 545.290,79 €**

**Extension of the area: 204.000 m<sup>2</sup> square feet**

Rational and overall scope of the intervention: Worldwide high rate of physical inactivity and various chronic significant increase in death rates by paving the way for diseases makes inactivity/sedentary lifestyle a global problem. In this sense, physical Inactivity is a public health issue as it contributes to the increasing burden of NCDs. is considered a problem. According to the current report of the World Health Organization (WHO), the world More than a quarter of the adult population (1.4 billion adults) worldwide has activity level. About

1 in 3 women and 1 in 4 men have enough to stay healthy not doing physical activity. Globally, 28% of adults aged 18 and over are WHO

It provides physical activity adequacy (23% for men and 32% for women). Taking into account WHO recommendations, 81% of youth aged 11-17 are physically fit. reported as inactive. This rate is higher in girls than boys. Istanbul metropolitan municipality built this area for the people living in Istanbul to adopt a sedentary lifestyle.

### **Target groups addressed and related needs:**

All age groups from small to large. Within the scope of the Sultanbeyli Pond project, a social facility of 204,000 m<sup>2</sup> was built. At the same time, Turkey's largest light and sound system was installed in Sultanbeyli Pond, which has become one of the most valuable recreation areas of Istanbul. In order to protect children from the harmful rays of the sun, 3,000 m<sup>2</sup> of semi-shade playgrounds and a water playground to increase their contact with water were created. In addition to these, basketball, football, volleyball courts, tennis courts, walking areas, viewing terraces were built in the area.

### **Community engagement process / Participatory process**

Announcements made through the press, various concert events, distribution of brochures to neighborhoods, Various sports tournaments.

### **Description of the designing/co-designing process**

Local Authorities are responsible for planning and planning recreational services for the public. They should speed up their implementation and efforts to improve people's quality of life. Local governments, especially in metropolitan cities, give people their free time.

It teaches the concept of recreation, which gives the opportunity for a more active lifestyle, to transform them into work, life and It tries to get away from the livelihood a little bit and aims to increase the quality of life. aims.

### **Description of technologies and material used for works:**

Pond 36.000m<sup>2</sup>

Social Facility 2010m<sup>2</sup>

Amphitheater 500 seats

Amphitheater for 750 people

Grass Amphitheater for 1200 people

Wooden terraces above the pond 2350m<sup>2</sup>

Children's Playground 6500m<sup>2</sup>

Culture-Physics Area 560m<sup>2</sup>

Water Park 740m<sup>2</sup>

Picnic Area 4700m<sup>2</sup>

Football Basketball Volleyball Tennis courts 5800m<sup>2</sup>

Cast rubber is used as flooring in all children's playgrounds. artificial in playgrounds

Natural materials were used instead of materials. (bark, sawdust, sand, etc.). The exercise areas are mounted on rubber

### **Impact on the place aesthetics:**

Today, with the rapidly increasing construction movements, industrialization and global warming, natural environment and ecological The structure has started to deteriorate, and the deteriorated ecological structure has brought environmental problems. The concrete of the cities While its areas and impermeable surfaces are gradually increasing, its green areas have

decreased. As a result of this, In addition to sustainable building practices, sustainability studies have started in cities. Before the recreation area was put into service, it was polluted in the pond due to the unplanned construction around it and only while it is a pond where many drownings occur Sultanbeyli Pond Park, located in the Sultanbeyli location of Istanbul, was used as a recreation area after the arrangements. It has become a center of attraction.

**Impact on the community wellbeing:**

These areas are many aspects of an individual's life. relief from distress, self-development, emotional exhaustion, stress, an important role in coping with work-related stress, such as mental fatigue. played a role in the individual's self, relationships and socio-cultural harmony. affects positively.

**Impact on the community inclusion:**

Particularly, free sports courses have a positive impact on their transition to small-scale sports at socio-economic level. It has increased the participation of more women.

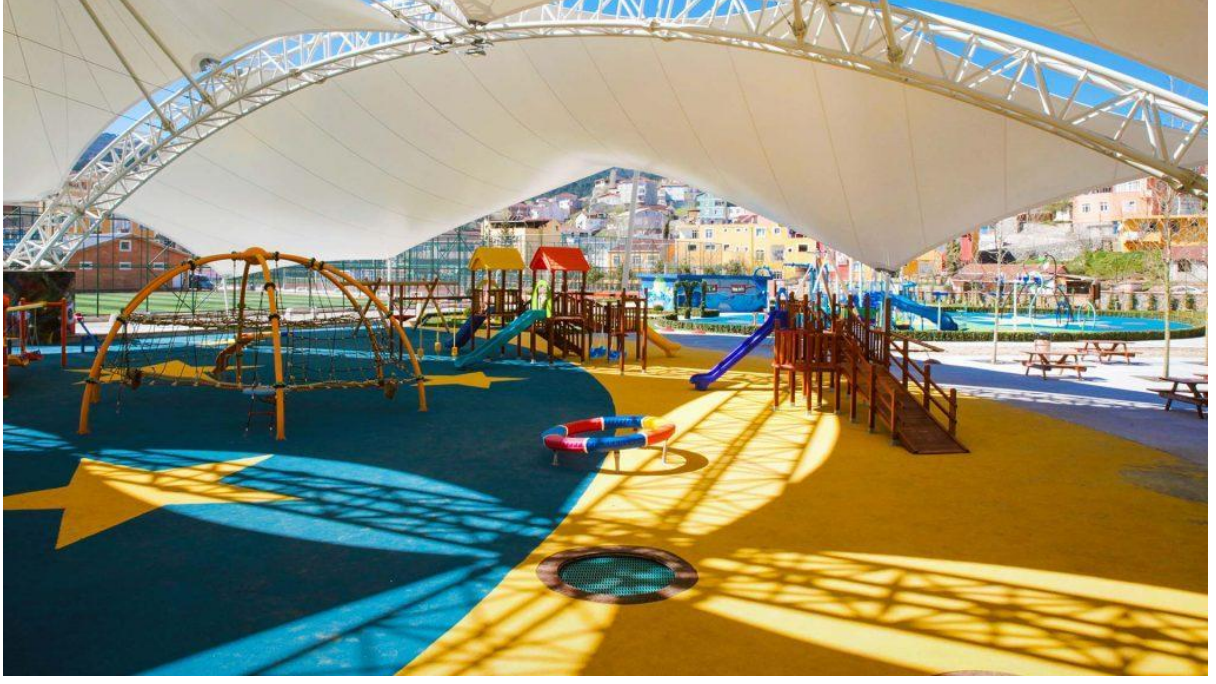
**Potential of improving people's health:** Very high.

**Level of creativity:** Very high.

**Attention to gender equality and inclusion:** Very high.

**Aesthetic impact on the urban environment:** Very high.

**Level of sustainability:** Very high.



*Photo by Erusgroup.com*

#### **Links to sources**

[https://yesil.istanbul/yesilalandetay\\_sultanbeyli-golet-parki](https://yesil.istanbul/yesilalandetay_sultanbeyli-golet-parki)

<https://www.erusgroup.com.tr/tr/sultanbeyli-golet-parki-ve-sosyal-tesisleri/>

<https://dergipark.org.tr/tr/download/article-file/1245883>