



Confort thermique, espaces ouverts et bien-être à Genève

Le projet SWICE et les living labs

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Deux questions à discuter ce matin

C'est quoi le 'bien-être' et pourquoi c'est important pour les enjeux de la durabilité?

Comment expérimenter le changement afin de soutenir le bien-être durable dans nos Communes?

Point de départ en consommation (non)durable



La mobilité



L'alimentation



L'énergie dans nos
bâtiments



Les habits et
accessoires

Une autre manière de penser le changement: par le bien-être



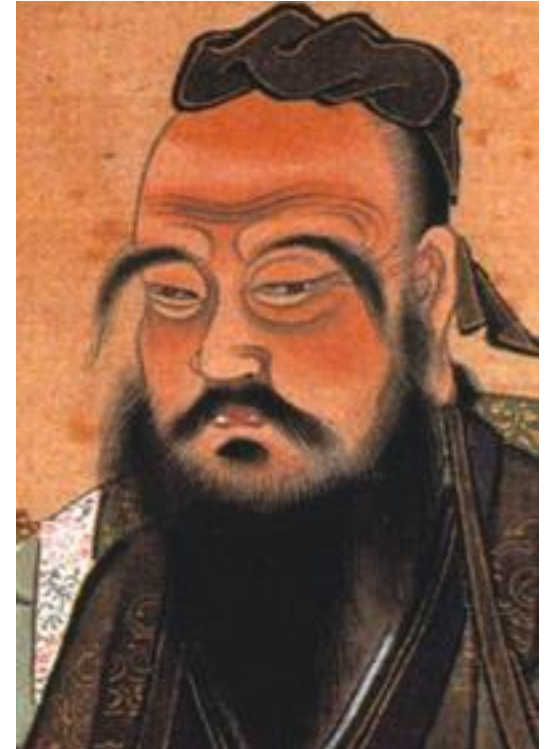
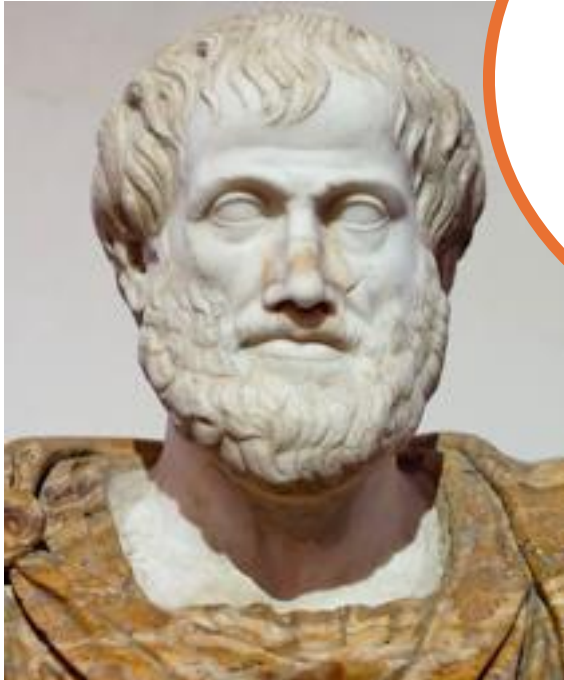
Le bien-être, une question humaine qui dure

Le bien, c'est la fin
vers laquelle
tendent tous les
êtres.

Aristote - IV^e s. av.
J.-C.

Qui veut apprendre à
bien mourir doit
apprendre auparavant
à bien vivre.

Confucius - VI^e s. av. J.-C.



Deux approches du bien-être

Hédonique – la
recherche **du
plaisir, du bonheur**

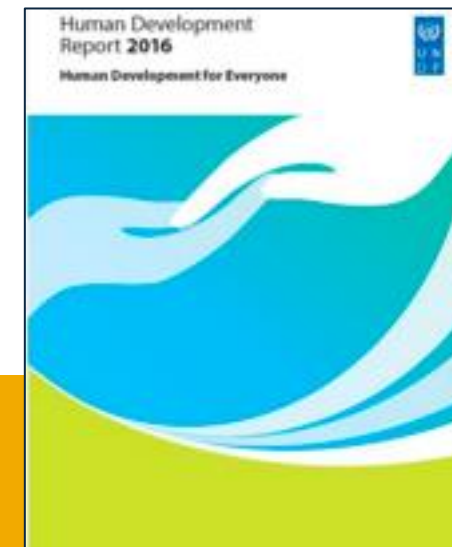
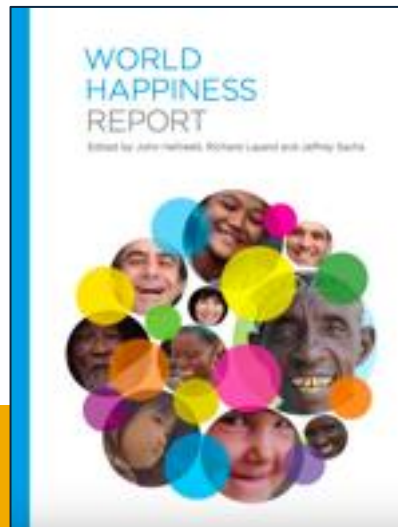
Eudémonique – la recherche
de la **prospérité, la capacité
de vivre une bonne vie**

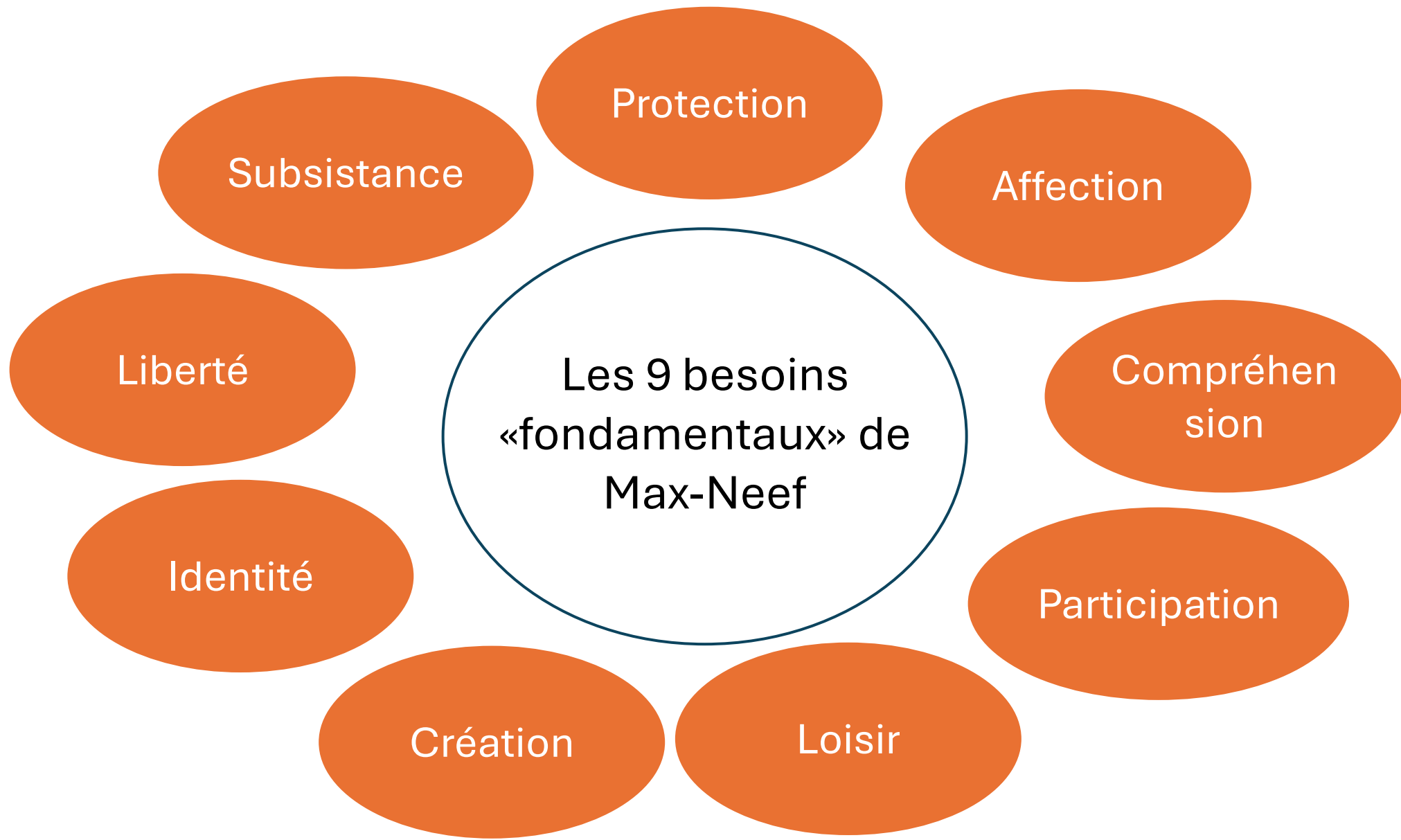
Bonheur

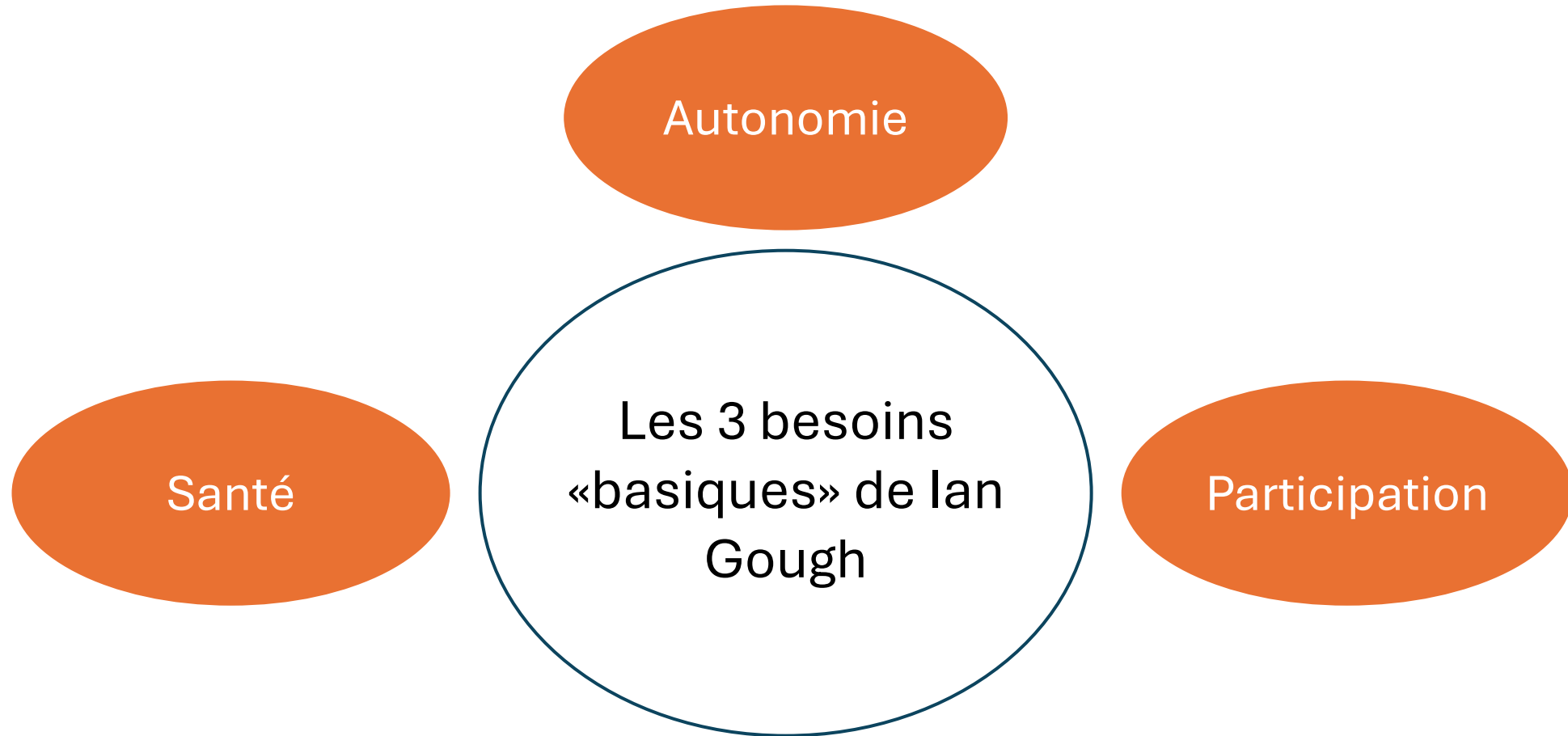
Satisfaction de vie

Besoins

Capabilités







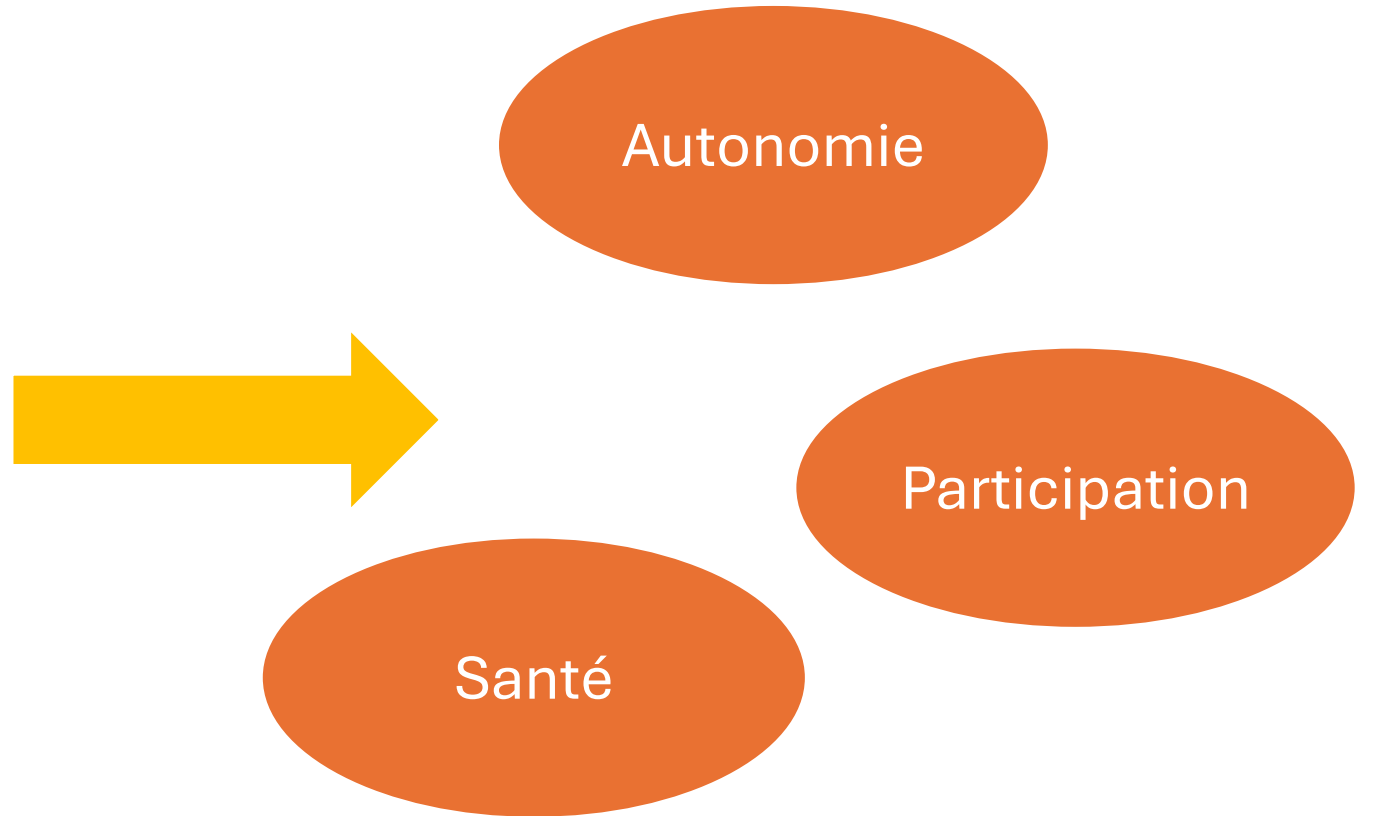
Plusieurs théories des besoins humains – quelques points communs

- Il y a un nombre fini, limité de besoins
- Ces besoins sont valides pour toutes les personnes en tout temps
- Un besoin ne peut être substitué par un autre
- Il faut distinguer les besoins des moyens de satisfaire les besoins

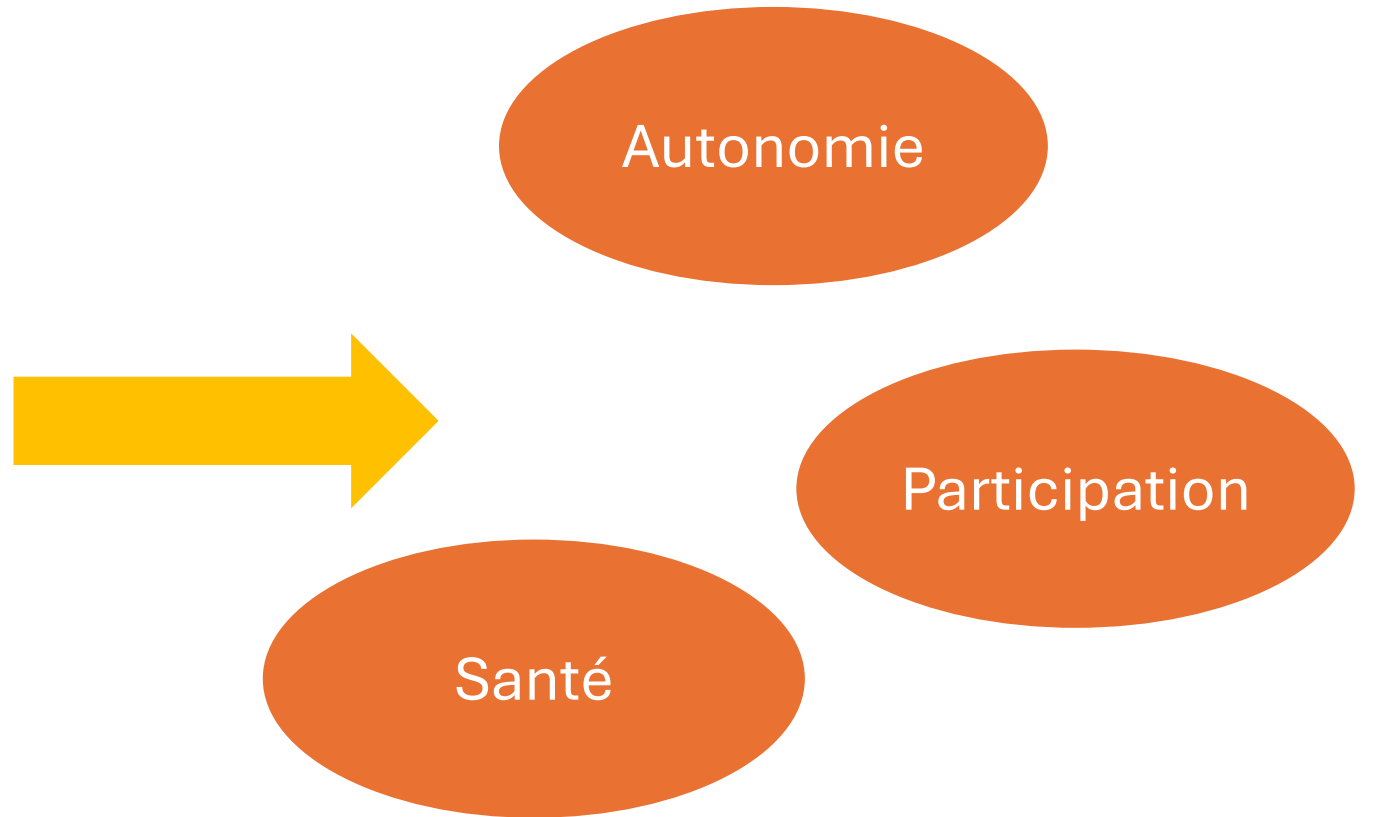
Distinction entre les besoins et les moyens à disposition pour les satisfaire



Aller au travail à Genève



Si les besoins sont universels, les moyens pour les satisfaire dépendent des contextes socio-culturels

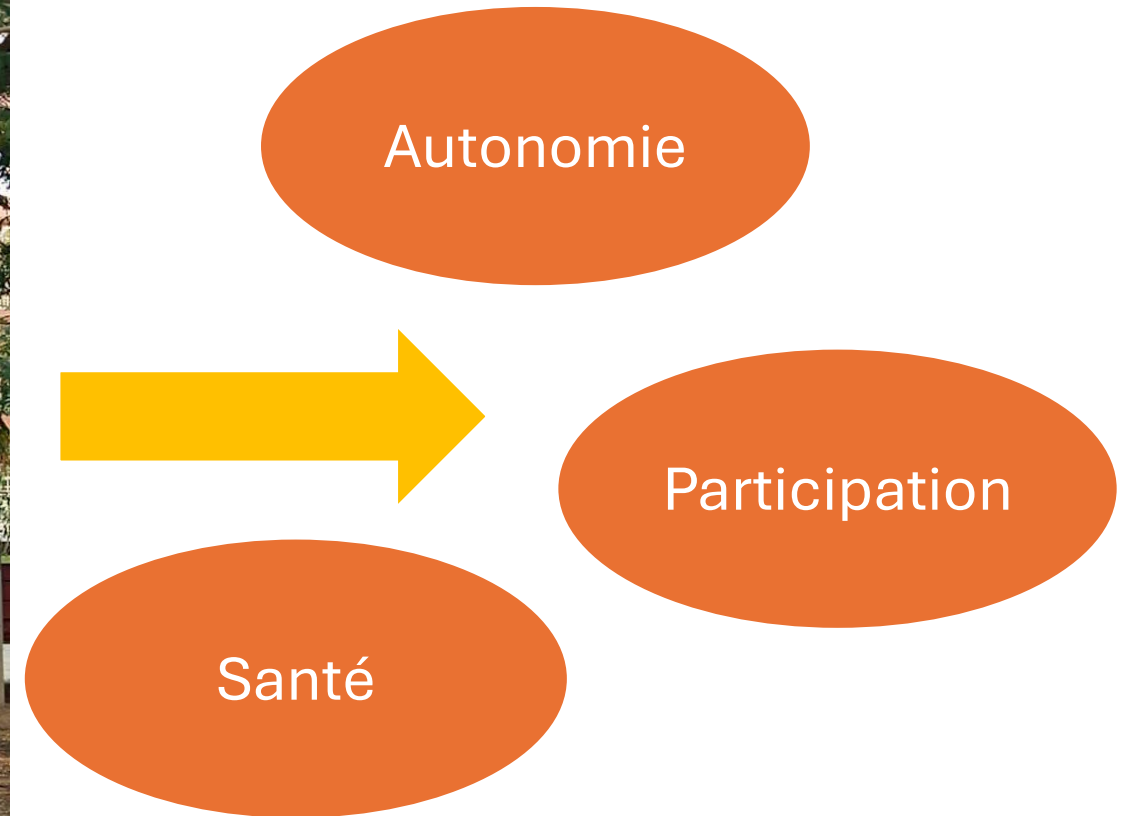


Aller au travail à Los Angeles.
Inhibiteurs pour les cyclistes et piétons?

Etude sur les espaces verts et le lien avec le bien-être



Photos_Anantharaman



Projet sur la transition énergétique et le bien être

JASHMINE (42) AND QUENTIN (45)
 have three children: a daughter studying in Zurich (16) and twins (7). They live in a multi-generational complex in Bellevue, with about 500sqm for their family. Dinner by lake from Geneva. The third bedroom is rented out to a student, and an elderly couple lives near door. Jashmine is a corporate lawyer and Quentin is a secretary for a clinic. Neither work full time. Their incomes range is lower to middle.

MELANE (30) AND MONA (34)
 have been together for 3 years and live in a cooperative building in the neighbourhood of Paleis. Melane just started working as an independent consultant in political communication. Mona is a Postsecondary Integration and Production Counselor and is working at her office in the city center. They have a middle income.

ISABELLE (75) AND PHILIPPE (72)
 are the residents of a small apartment in Carouge. They have 2 daughters and 3 grandchildren living nearby. She was a horticulturist and he had a graphic design company. Now retired, they net income is in the higher range, with savings.

EMMA (32)
 just moved from Zurich to Essau-d'Or, when she started working part time as a consultant in Geneva. She now lives in a cooperative building in a 60m2 apartment, which she shares with two other people in their 30's, all residents. She has an apprentice degree and her net income is lower range.

AUDREY (55) AND HUSSEIN (46)
 have been together for 10 years. They own an apartment in Plainpalais, with two bedrooms. Audrey used to work for a beauty brand, and is now developing her local clothes brand. The shop and sewing room are on the ground floor of the building. Hussein used to work in fast fashion and is now a part time graphic designer. Their net income is in the middle to high range.

Jashmine and Quentin: Drafts, no more cabbage! The train was looking forward to a cabbage recipe they tried last week at school, as part of a class on vegetable-based proteins from the Geneva region. I made it to the cooperative market by 11:45am, but they're all out. The market stands couldn't stock, given efforts to avoid food waste, so you have to get there early if you need something specific. In addition to the lentils, tofu and chickpeas, which we've used to, you can now find pulses (ground from lentils) and chickpeas. We'll have to try it out some day. All schools switched to vegetarian menus some years ago, which means that the recipe grew up being veggie as the stars of the plate. Annual well-being is also a big issue. Last time I took the train to the butcher, they wanted to know everything about the life and death of our rump steak! We still enjoy a slice of meat about once a month, eating meat is a treat - at least in our family. Because of the 2030 referendum banning the import of fudder from outside of Europe, no more random depletion but, meat is expensive. I definitely sleep better on a veggie diet, so we keep meat to a minimum.

Melane and Mona: The only thing I enjoy about movie nights is that I get some peace and quiet alone at home. Melane is the social one, and there's plenty of shared space in the building for music nights, movie nights and what have you, but I'm very happy to be home alone. I don't get me wrong, there are many good things about living in a cooperative building, but I'm an introvert and organizing events with the neighbors, however lovely they may be, is just not my cup of tea. I'll lounge up on the couch with a blanket. It's a cold night. Melane always says "20 degrees is more than enough" and I need to agree, but not when I'm alone. The bedroom kept at 19 degrees, and that's perfect for us both, it means a healthy night's sleep. I might even bump up the thermostat a degree. The lack of another body also makes the living room colder sometimes. Maybe it is less body heat, maybe it is the solitary feeling, I don't know.

Isabelle and Philippe: I wake to the sound of birds chirping. It's still pitch-dark in my bedroom. I can hear Philippe's breathing machine humming along from his bed in the living room. Even in our sea-bedroom flat, we manage to get our separate beds - when you get to be our age, four hours of uninterrupted sleep is a luxury. I'm going to be another hot day for the past few days, the 4-hour has recommended we stay indoors: our air-conditioning credit has gone up to 3 hours per day, but we've managed to keep it off for now. If we don't need it, we prefer not to use it, as a drastic change in temperature is not good for our health - and air-conditioning is so energy-guzzling and expensive. When Philippe was no longer able to walk more than a few steps, we invested in an e-mobility, which allows him to move around and stay at eye level with everyone else. For a big man like him, having to roll around in a 20th century wheel chair would have been depressing. He is really quite agile on the thing. We moved from our house to this flat a few years ago, just after it was renovated. It stays warm in the winter, and quite cool in the summer. If you keep the blinds down during the day, we only open up the windows to air out the space late in the evening. It's August '21 and there's a drone show in town. Philippe is happy enough to play football in virtual reality for a day or two, or to teach the "just-rusted some new trick, but he's going to want to go out and range today.

Emma: What a beautiful spring morning, and so peaceful - even for a weekday. Cars were banned in certain streets in the city center four years ago, and people have really taken to public transports and biking. I definitely don't miss the sound of cars, or the sight of traffic streaming past my window. I used the CEVA last weekend to get to Megève for an afternoon hike. It only took me about 30 minutes from Essau-d'Or. I'm off to meet some friends. I got to know five years ago, when I was part of a group of citizens selected at random to participate in discussions before a mobility referendum to reduce most cars in the city center. I grab my eBike from the secured charging terminal in front of my building, and roll into the fast bike lane. The school bell must be about to ring, parents are arriving at the elementary school with children in tow, using the slow bike lane. There's even a 4-year-old, on his balancing bike, looking very proud in his helmet scarf. I'm a huge believer in using public transport, but also for comfort and status.

Audrey and Hussein: We had just finished lunch when the doorbell rang. Audrey went to welcome a young woman and her small child and other them into our home office, for an interview. The home office is shared in Hussein's room, my son born from a first marriage who lives with us every other week. The woman was apparently a seamstress in her hometown, before arriving in Geneva. Audrey loves her job and her brand, which she set up with two other women who were laid off from a large beauty company in 2020. Their company has two goals - to make the women's tailored-made clothes accessible (financially, and to develop a locally-based clothes brand that helps the community. With a business degree and experience in branding, it was no trouble for them to launch this company. Besides, the Canton of Geneva has an unemployment program to help people transfer to more sustainable domains, which helped them.

Outil disponible pour les Communes, afin de discuter des liens entre la transition énergétique et le bien être

L'importance du 'bien-être' pour les enjeux de la durabilité:

- Nous pouvons planifier pour la satisfaction des besoins (contrairement au bonheur)
- C'est un but positif et salutogène, dans un contexte de crises, contraintes, ruptures, etc.
- Mais... ne pas perdre de vue les enjeux écologiques!

Comment expérimenter le changement afin de soutenir le bien-être durable dans nos Communes?

Vers un Living Lab sur la chaleur en ville à La Jonction

- Mieux comprendre les pratiques sociales existantes, mieux cerner le problème
- Travailler en co-production de nouvelles connaissances avec une diversité d'acteurs.trices
- Proposer des interventions dans les pratiques, qui répondent aux besoins humains



sweet swiss energy research
for the energy transition

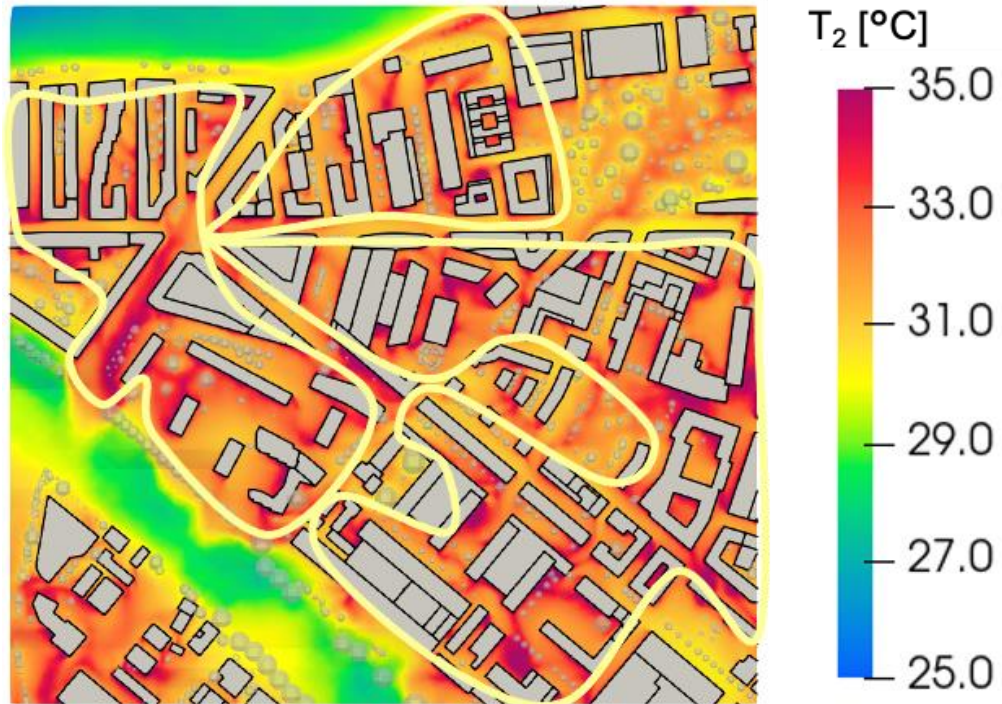


SWICE →

Comment les gens vivent la chaleur à la Jonction?

Relevé meso-climatique du confort thermique (EPFZ)

Air temperature at 2 meter, 4 pm



Relevé microclimatique du confort thermique (HEPIA)



Comment les gens vivent la chaleur à la Jonction?



Enquête
sur la chaleur en ville
Mieux vivre à Jonction et à Carouge



Comment vivez-vous les périodes de canicule à Genève ?
Quels espaces extérieurs utilisez-vous le plus et pour quelles activités ?
Comment améliorer le bien être en ville?

Nous vous invitons à participer à cette enquête centrée sur le lien entre l'aménagement des espaces extérieurs en ville, les pics de chaleur, et le bien-être.

Pour plus d'informations: espacesouverts@unige.ch
www.unige.ch/espacesouverts

Hochschule für Technik und Architektur Freiburg UNIVERSITÉ DE GENÈVE sweet smart living lab



- Enquête et balades
- Importance de la mobilité, des activités, et de la diversité des personnes
- Santé: difficile de bien dormir, travailler... sur plusieurs jours de chaud + bruit
- Autonomie et participation: besoin de changer les rythmes de vie

Exemple de Fribourg, école Jolimont Vert (Marc Vonlanthen, HEIFR)

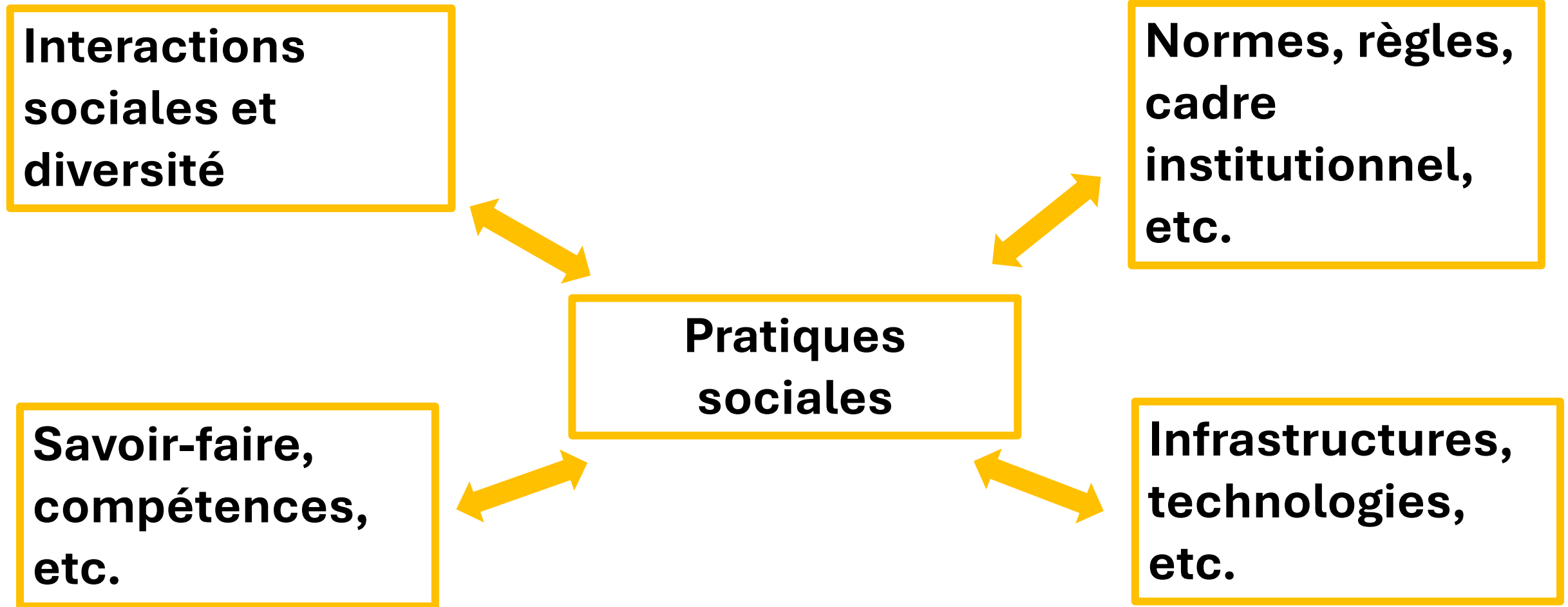
Installations temporaires



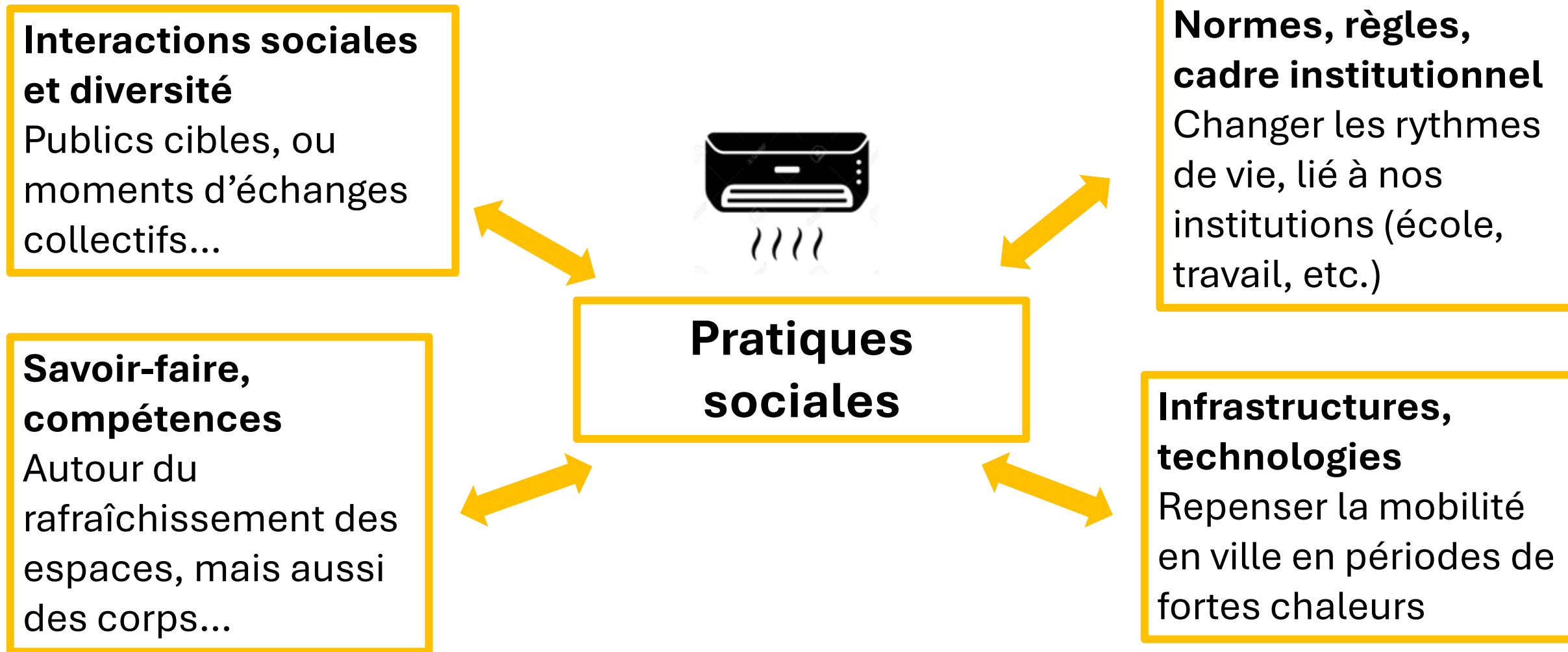
Enquête auprès des enseignant.e.s et étudiant.e.s, atelier participatif sur la base d'une structure type



Comment intervenir dans les pratiques sociales?



Comment intervenir dans les pratiques sociales?



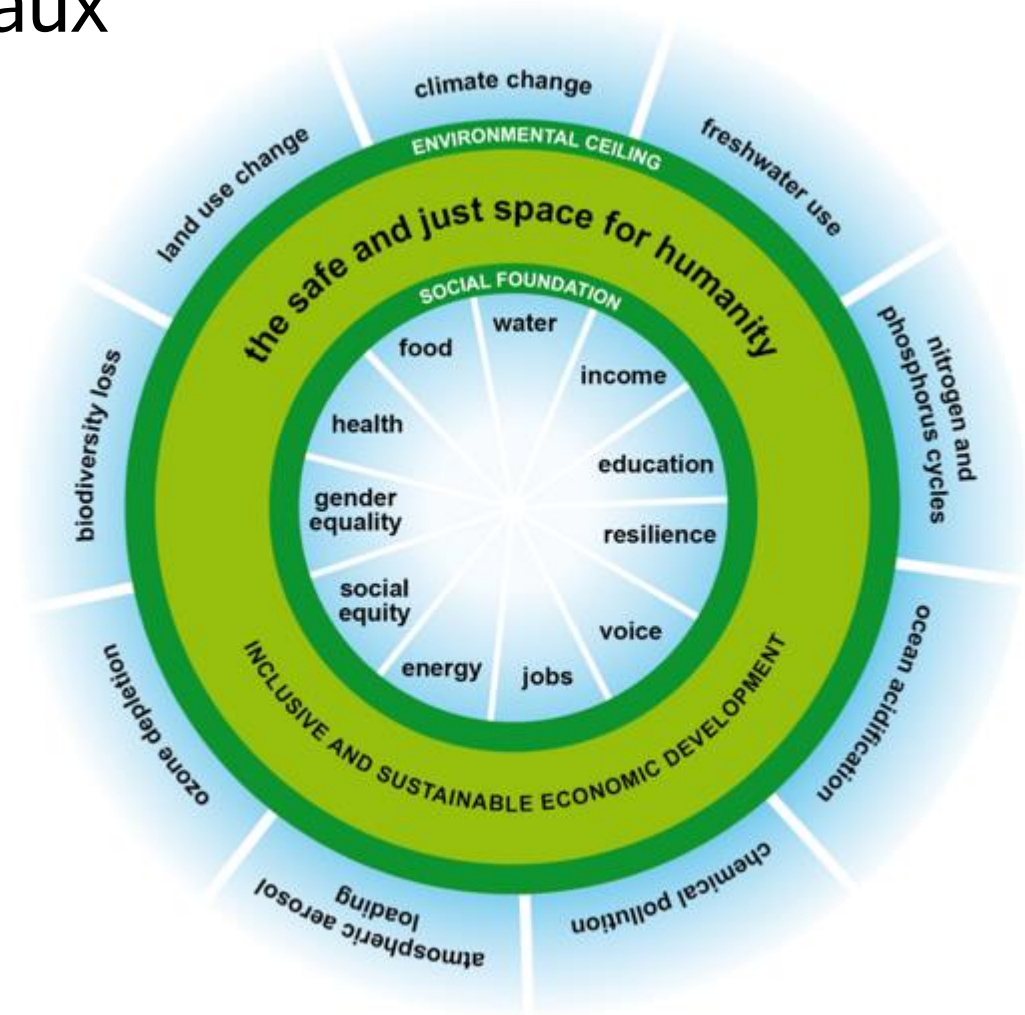
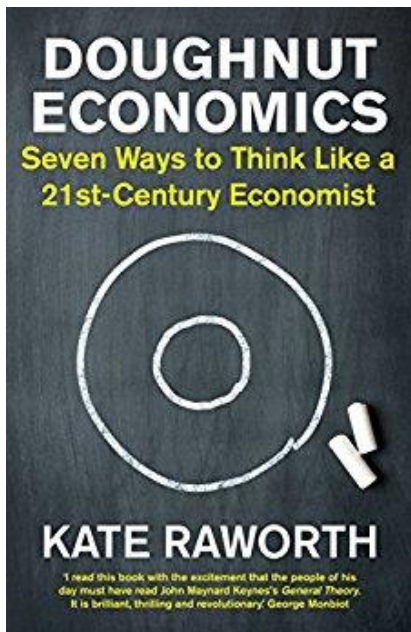
En guise de conclusion

Comment viser le bien-être durable en travaillant à la fois sur les besoins humains et les enjeux écologiques?

Comment changer les pratiques sociales, au lieu de changer uniquement les infrastructures?

Comment avancer dans une démarche participative?

Donut Economics – allier limites planétaires et les fondements sociaux



Références

Pour en savoir plus sur les limites planétaires et les fondements sociaux, voir: [Donut Economics](#).

Pour le projet sur la chaleur en ville:

<https://www.unige.ch/espacesouverts/swice>

Pour le Tool Kit (gratuit) sur la transition énergétique et le bien être:

<https://www.unige.ch/netzero2050/fr>

(animation d'ateliers proposé par des associations)

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