

City on the water

Alley of Impressions: an innovative approach to
restoring health and mental comfort

Physical health

According to official data, over 3 million people in Ukraine and over a billion worldwide have disabilities. In the two years of Russia's invasion, the number of people with disabilities in Ukraine grew by 300,000 and continues to rise daily.

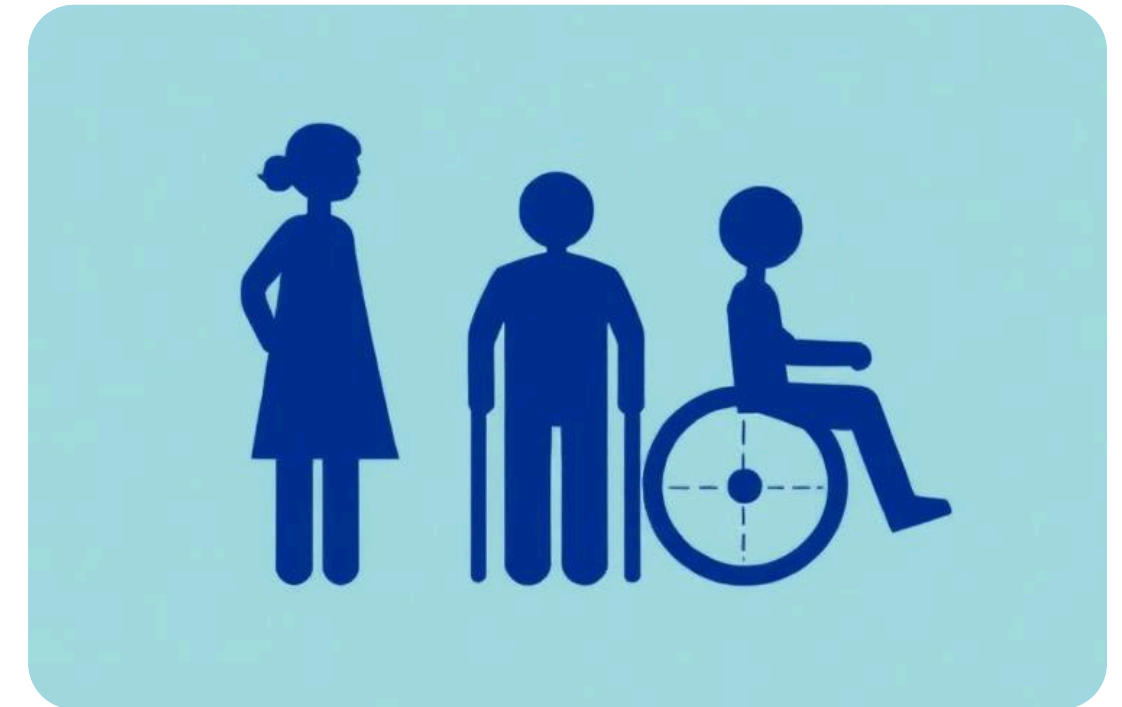
Current challenges:



Infrastructure inaccessibility



Insufficient access to rehabilitation and medical services

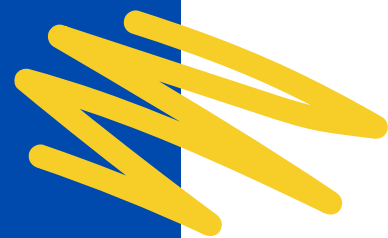


Social exclusion and discrimination

Mental health

War leaves a lasting impact on a nation's mental health. Shelling, destruction of homes, migration, loss of loved ones, and a constant sense of danger all lead to increased levels of anxiety, fear, and depression.

Many soldiers experience symptoms of PTSD after combat, such as flashbacks, anxiety, sleep disturbances and emotional instability.



Problem

Limited number of recreational areas in the city

Lack of innovative solutions to improve the physical and psychological health of Ukrainians



The acute need for physiotherapy, psychological assistance, group support and relaxation techniques

Socialisation and integration of veterans into society after returning from the combat zone

Solution



Rehabilitation centre



Inclusive paths on the water



Lily garden



River trams



The rehabilitation centre is the centre of a recreational ecosystem

The purpose of the water-based rehabilitation centre is to provide comprehensive support for recovery from injuries, surgeries, illness, stress, or other challenges. By combining modern medical approaches with the therapeutic effects of water and nature, the centre will create optimal conditions for full patient recovery.



The centre's location on a floating platform ensures unique access to water for therapy and recreation, enhancing healing and supporting comfortable rehabilitation.

Problems solved by the rehabilitation centre

Wounded soldiers face physical and psychological challenges:

Physical problems

Mobility-limiting limb injuries, spinal or muscular trauma, and long-term rehabilitation needs (e.g., amputations)

Psychological problems

Post-traumatic stress disorder (PTSD), as well as exhaustion, depression and anxiety resulting from combat experience

Limited access to quality rehabilitation

Insufficient number of specialised centres and lack of innovative treatment approaches.

These challenges hinder a return to normal life and deeply impact the emotional well-being of both military personnel and their families.

The solution - water rehabilitation

Physical advantages

- Reduced joint and bone stress.
- Improved circulation and metabolism.
- Activated small muscle groups.

Psychological advantages

- Water helps to relax, reduce anxiety and symptoms of PTSD.
- Water has a calming effect on the nervous system.

Accessibility for people with disabilities

- Water supports body weight, aiding movement even with severe limitations.
- Effective for amputee recovery.

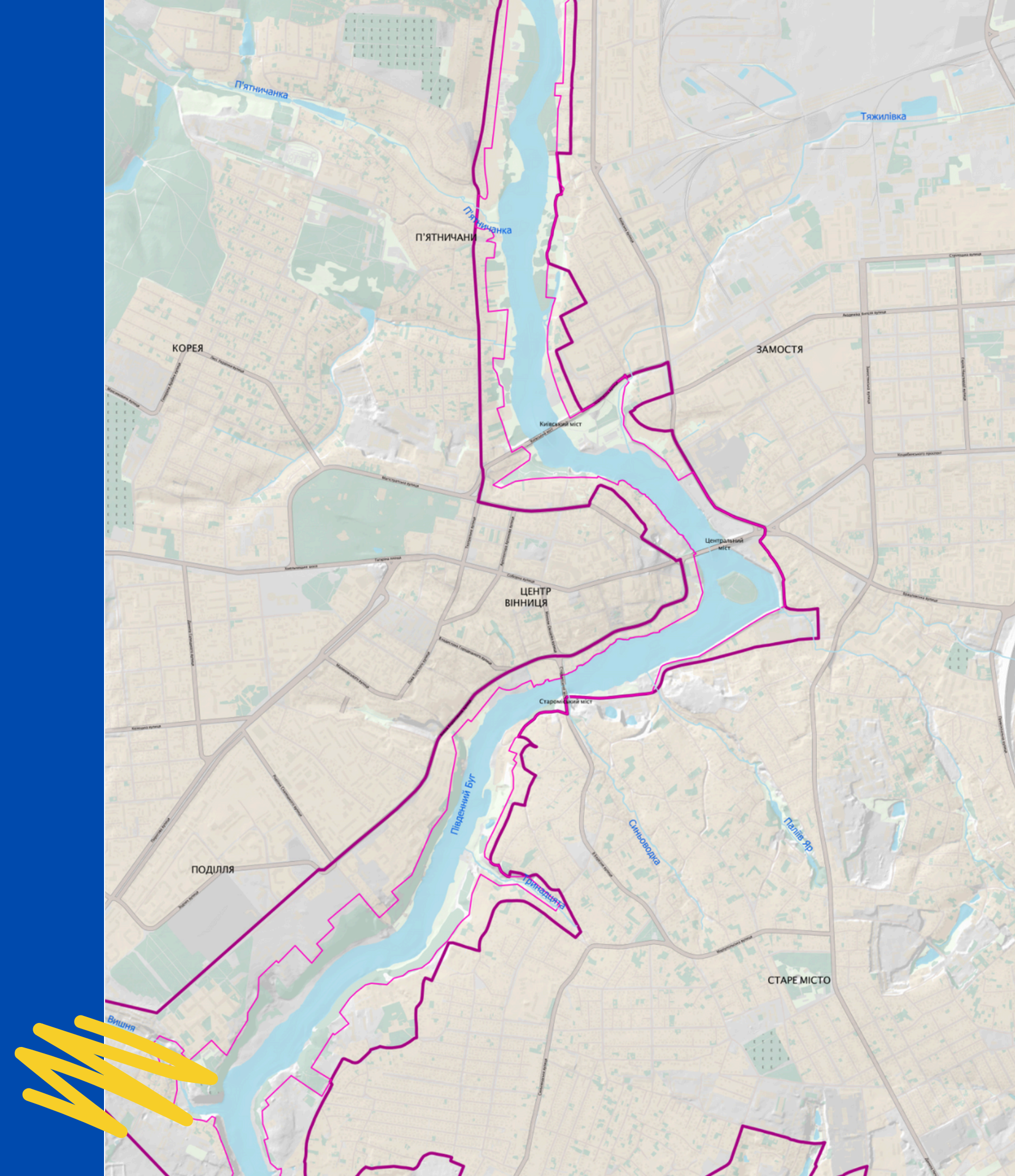
Comprehensive impact

- Simultaneous effect on muscles, nerves, and heart.
- Faster rehabilitation than land-based methods.

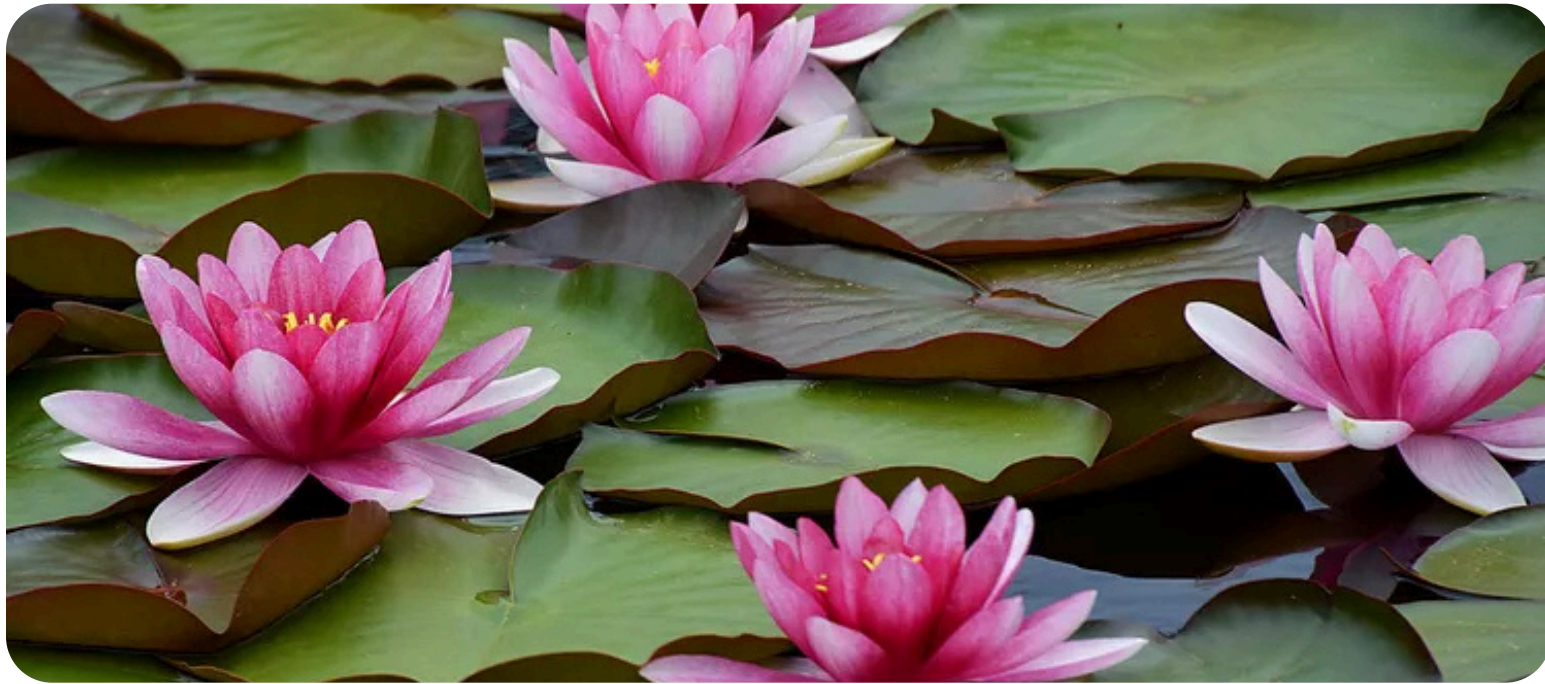
Inclusive paths on the water - "Alley 12.7" project

"Alley 12.7" is a 12.7 km long continuous bicycle and pedestrian route along the left bank of the Pivdennyi Buh River in Vinnytsia: from the Vodokanal to the hydroelectric power station.

Integration of the existing "Alley 12.7" project into the City on the Water project will ensure its implementation



Water lily garden



Natural locations (especially flower parks) contribute to mental health. The integration of nature into the urban world we live in helps the brain to restore cognitive resources lost due to overwork.

Thus, a lily park can be a great place to restore psychological balance, especially for city dwellers who often suffer from stress and information overload

River trams

The river tram, in addition to its transport function, can have a significant positive impact on the mental health of urban residents:

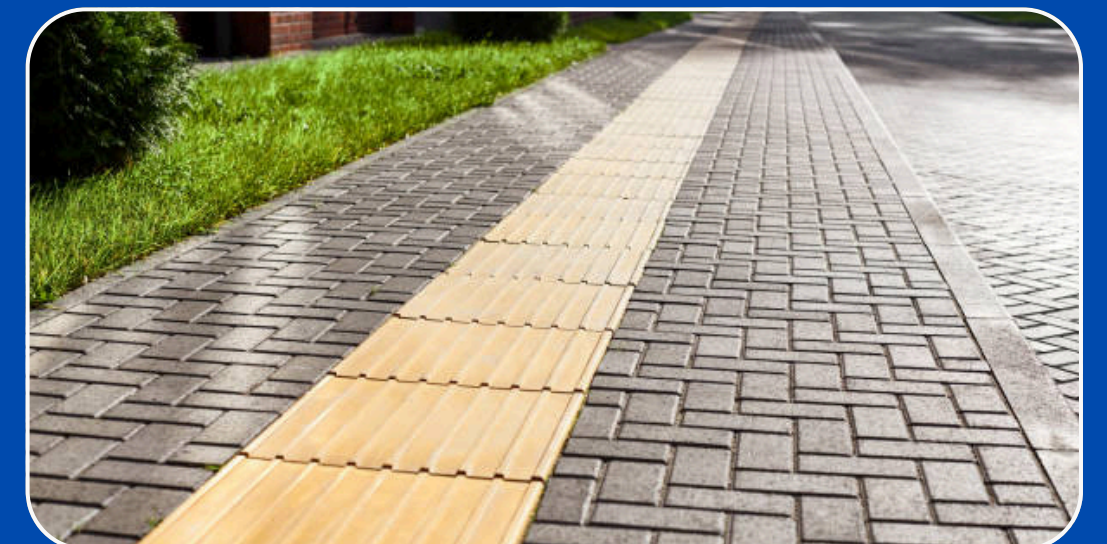


- relaxation and stress reduction, as watching water has a calming effect
- contact with nature
- changing the ambience, switching attention
- strengthening the bonds between people
- reducing the impact of noise and pollution

City on the water is a barrier-free and inclusive space for everyone

The infrastructure of the City on the water will be adapted for all population groups: ramps and lifting devices, tactile strips for people with visual impairments, wide paths and flat surfaces on the water for convenient movement for people with disabilities.

Accessibility of water transport: river trams and taxis will be equipped with ramps, wide entrances and places for wheelchairs.



Environmental component of the project

Reduced land development

Preservation of natural ecosystems on land, as the project is implemented on water



Water infrastructure

The ability to use modern systems for water purification, wastewater management and reduction of river pollution



Standalone systems

Implementation of smart technologies that optimise energy consumption, logistics and mobility



Support and partnership

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