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上海市张庙科普健身公园

Zhangmiao Exercise Park, Shanghai

上海创盟国际建筑
设计有限公司 / Archi-
Union Architects

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摘要 ……

上海市张庙科普健身公园的设计代表了一种城市更新态度：通过市民的自发活力塑造城市空间的形态。结合原有的功能，并通过对场地的空间与市民实际功能需求的分析，设计提供了不同视角下的城市绿地改造的可能方式。

关键词 ……

城市边角绿地；城市更新；市民自发活力；科普

Abstract …

The design of Zhangmiao Exercise Park shows an attitude towards city regeneration: forming urban space from the citizens' spontaneity. Through combining the existing functions of the site, and investigation and analyze of site space and citizens' real needs, the design team provided an alternative plan for this urban greenspace transformation project, and a dynamic place for public activities.

Key words …

Urban Green Corner; City Regeneration; Citizens' Spontaneity; Scientific Popularization

项目地址：上海市宝山区
 项目规模：4 000m²
 景观设计：上海创盟国际建筑设计有限公司
 首席设计师：袁烽
 设计团队：概念设计——韩力、华绍良、何福孜
 施工图设计——何福孜、赵巍巍
 设备配合——李凤英、张新华
 设计时间：2011年
 建成时间：2013年

Location: Baoshan District, Shanghai
 Area (size): 4,000 m²
 Landscape Architecture: Archi-Union Architects
 Chief Designer: Philip F. Yuan
 Design Team: Schematic Design — Alex Han, Shaoliang Hua, Fuzi He
 Construction Design — Fuzi He, Weiwei Zhao
 MEP — Fengying Li, Xinhua Zhang
 Design Period: 2011
 Completion Time: 2013

1. 公园为市民提供了宜人的休憩空间。
 2. 场地鸟瞰
1. The park provides a pleasant recreational place for the citizens.
 2. Aerial view



项目背景

张庙科普健身广场位于上海市宝山区通河路与呼玛路的转角处。作为典型的计划经济规划下的城市边角绿地，原有场地对于城市的态度消极而又悲观：周围围墙令其与城市道路完全隔离；为了简单地满足绿化指标，场地上仅种有稀疏草地和几棵香樟（*Cinnamomum camphora*），虽然提供了最基本的市民活动的可能，但并未为整个区域提供更多公共活动的选择。

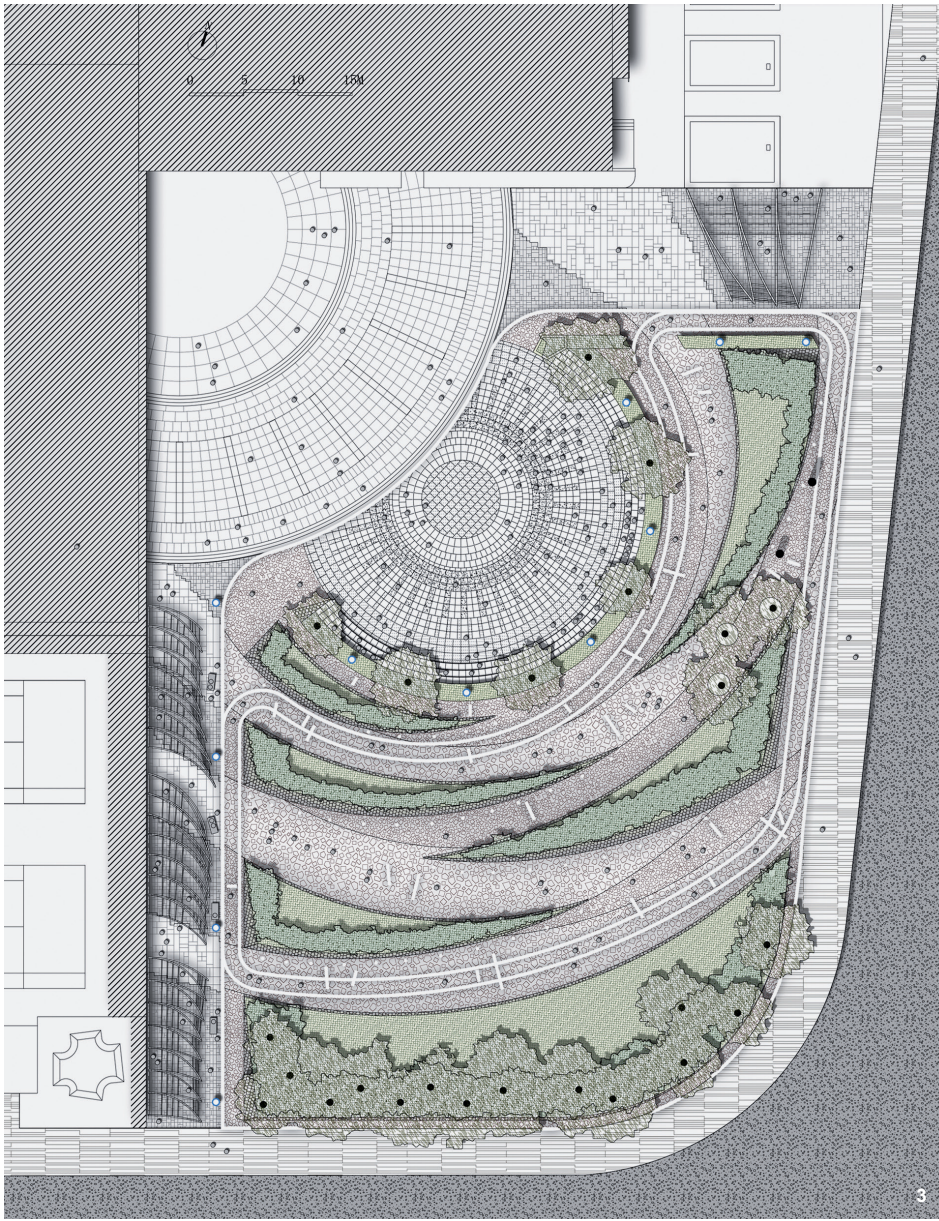
设计过程

对场地的改造设计代表了我们的城

市更新态度——强调景观的社会关怀和生活属性，通过市民的自发活力来塑造城市空间的形态——景观并非只是可以拿来“看”的城市空间。我们在整个场地设计的过程中以提升城市活力为目标，重新整合整个场地的空间与城市功能需求，提供了不同视角下的城市绿地改造的可能方式。

设计伊始，我们将这个小小的街角融入一个更大的城市周边系统中加以研究，同时将之作为周边社区生活的必要组成部分加以实现。通过大量的现场踏勘、调查，并征询了解当地居民需求之后，我

们对公园在不同时间段的多功能使用可能进行了设定：早晨，晨练居民主要以太极拳、老年健身操为主，因此需要尺度相对较小的活动空间；日间，使用者主要以日常休憩活动为主，因此需要充足的休闲娱乐空间与设施；晚间，使用者人数较多，而且以广场舞和步行健身为主，因此我们需要在设计中考虑设置健身步道和广场舞平台等设施。传统意义的广场、街道、廊道、操场、步道通过被统一设计并合理整合，具有了多重的属性意义：广场在晚间成为了广场舞的舞台；廊道在日间亦是展览空间；休憩区也可变为健身步道；通过



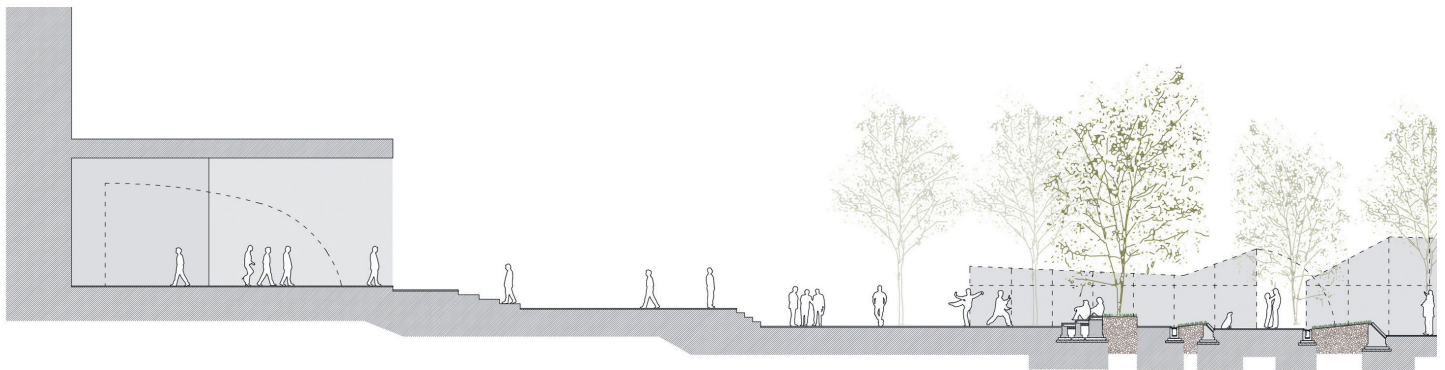
不同的坡度设计也可令绿化坡地具有满足不同活动的可能。

同时，我们将项目的能源系统也在目前的城市系统层面加以提升，塑造了一个生态低碳、自给自足的能源自循环系统。风力塔和太阳能的使用为整个场地提供了光源供给，而感光控制和时间控制相结合的手段既提高了夜景的照明效率，同时能够在夜间某一时段逐渐变暗，以降低夜间活动对周边市民的干扰；可渗透的塑胶和地砖铺装提升了场地的环境友好性，而雨水收集和再利用设施的运用则减少了场地的灌溉需求；为了降低施工过程对于周边居民的影响，我们广泛采用了低成本、低强度的建造方式，大量构件采用预加工和现场装配的建造模式。

项目意义

作为示范性的城市零星绿地改造案例，张庙科普健身公园通过能够实实在在满足市民需求的设计，将场地打造为了一处真正融入社区生活的城市景观，城市空间必要的民主性、公民性和公共性在这小小的街角得到了充分的体现。LAF

- 3. 平面图
- 4. 场地剖面图
- 5. 廊道图解
- 6. 公园廊道
- 3. Site plan
- 4. Section
- 5. Diagram of the corridor
- 6. The park corridor



Entrance
入口

Reserved Square
保留的广场

Event Square
活动广场

Park
公园

Project Background

Zhangmiao Exercise Square is located at the corner of Tonghe Road and Huma Road in Baoshan District, Shanghai. As is typical of urban green corners developed as part of a planned economy, the original site reflected the city's negative and pessimistic attitudes. Walls erected around the site isolated it completely from surrounding roads, while a few sparsely planted grasses and camphor trees (*Cinnamomum camphora*) barely met the minimum green targets. While the space met the basic requirements of the citizens, it failed to provide more choices of public activities to the region.

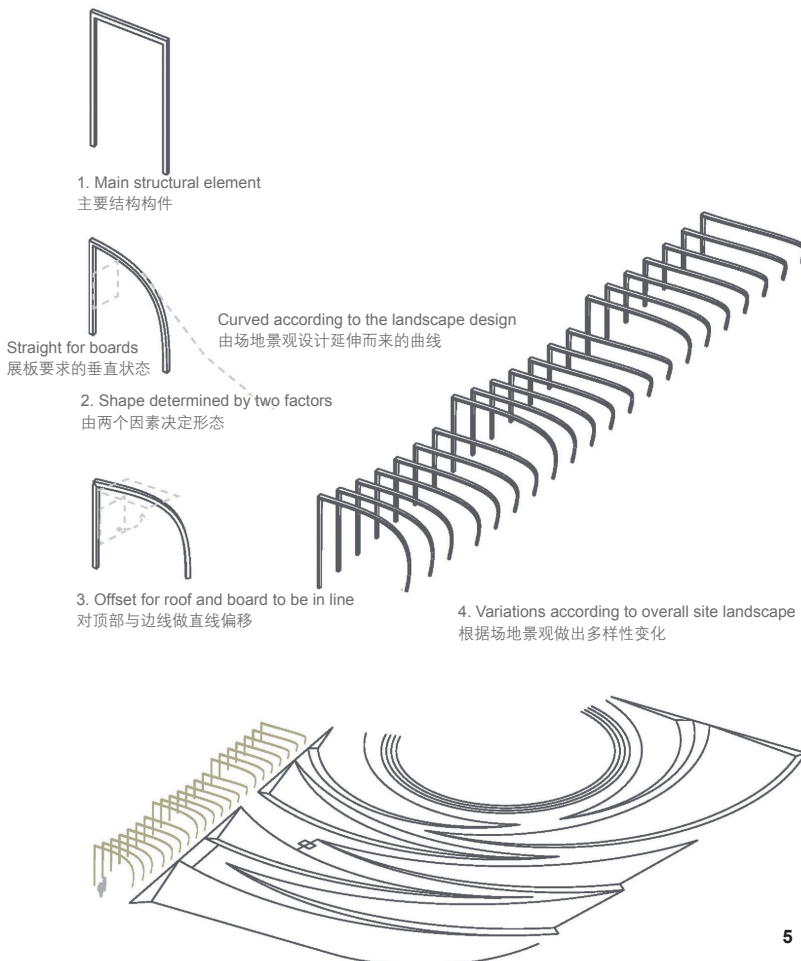
Design Process

The transformative site design represents

our urban renewal attitude. It emphasizes social care and the life-affirming aspects of landscape design, shaping forms of urban space built around the spontaneous vitality of the public. The design intention is to create a space that will serve multiple functions, not simply an aesthetic purpose — a place not just to be seen but used as well. In the initial stage, we approached the site by placing it in the context of peripheral systems of a larger city, while actualizing it as an essential part of the surrounding communities.

After extensive site reconnaissance, interviews, and consulting in order to understand the needs of local residents, the design of the original street corner is to serve for multiple purposes for different time periods of the day. In the morning,

main activities of the residents comprised of Tai-Chi and senior aerobics, hence the need of relatively small-scale space; during the day, residents mainly engage in daily leisure activities, hence the need for adequate space and recreational facilities; in the evening, a large number of residents use this area for square dance and fitness walking. Therefore we need to consider including fitness trails, square dance platform and other facilities in order to meet their needs. The traditional sense of squares, streets, corridors, playgrounds and trails are integrated uniformly and reasonably, which brought about significance with multiple identities. Square in the evening becomes a stage for square dance; corridor can serve as exhibition space during the day; sitting areas function as





fitness trails. Through the design of slope with different grades, we can make green slopes meet the need of different activities.

We also created an ecological low-carbon, energy self-sufficient circulatory system, which lifted the level of urban systems in the sense of energy system. The use of wind tower and solar energy provided a source to supply the entire site. The combination of light-sensitive and time control are used as a means to not only improve the efficiency of night illumination, but also gradually dimmed at certain period of time at night to reduce nocturnal disturbance to the surrounding public. Permeable plastic paving and cement tiles enhance the site's environmental

friendliness, while the use of rainwater collection and recycling facilities reduced the demand for site's irrigation. In order to reduce the impact of construction to the surrounding residents, we extensively adopted low-cost, low-intensity construction methods, which means engaging a method of pre-processing and site assembly for large number of constructing components.

Project Significance

Zhangmiao Exercise Park is an unusual prototype in terms of urban green space transformation. It has created an urban landscape that is truly integrated with the community. Democracy, civility, and

openness, the essentials of urban space, have all been fully realized in this small urban corner. **LAF**

7. 公园通过能够实实在在满足市民需求的设计，将场地打造为了一处真正融入社区生活的城市景观。
7. The design has created an urban landscape that is truly integrated with the community.