

# INTERNATIONAL MULTIDISCIPLINARY WORKSHOP

## CARE LAB 2 : A Rurban Experience

Exploring Innovative Approaches in Sustainable Living

**UMONS** From 17th to 21st March 2025

Université de Mons

Faculté d'Architecture et d'Urbanisme

### 6 values in Co-Housing



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#### Solidarity and Mutual support

- ➔ Residents help each other in daily tasks, childcare, and occasional needs.
- **Regular community gatherings**, such as shared meals, storytelling nights, and cultural festivals, provide opportunities for residents to showcase their traditions and learn from one another.
  - **Skill-Sharing Workshops** : These workshops or skill-based activities enable diverse traditions to be appreciated and integrated into community life.
  - In the "CALICO" project, there is a **solidarity cash fund** that helps ensure the community's functioning. This fund supports organizing activities by residents in the building or fixing things when needed.

A strong sense of connection is central, with shared meals, communal activities, and events fostering a close-knit community.

- **Shared dining experiences** encourage connection, where residents can introduce traditional dishes, exchange cultural stories, and bond over food, strengthening social ties.
- **Welcoming Newcomers**, that easing their transition into the community and encouraging meaningful connections.
- Events or Activities

#### Community life

#### Ecolofy and Sustainability

- ➔ Many co-housing projects emphasize eco-friendly practices, such as sustainable construction, resource sharing, and waste reduction.
- **Recycling** = helps reduce waste, conserve resources, and save energy.
  - **Common Garden** = Socializing fosters pride, promotes gardening, cuts carbon, boosts biodiversity, and improves well-being.
  - **Composting** = valuable fertilizer (reduces food waste, plant expenses and improves soils physical chemical and biological properties)
  - Focus on **soft mobility** = Living together reduces the need for cars; when walking isn't possible, public transport, bikes, or scooters are great alternatives.
  - **Solar panels** = Solar energy is clean, cuts emissions, and lowers electricity bills.



Each resident has a private living space while also benefiting from shared areas, ensuring a balance between individual and collective life.

- **Flexible design elements**, such as convertible rooms or modular furniture, allow living spaces to adapt to changing needs, including aging residents, growing children, or family separation. The system makes reconfiguring a space easy and practical.
- Another solution is a **shared apartment**. For example, in the "Calico" project, there is a shared apartment used for meetings, supporting people in need, and hosting activities. It can later be converted into housing for a couple.
- Residents can **personalize their homes** with decorations, artwork, or furnishings that reflect their heritage and values.

#### Autonomy and Privacy

#### Kidness and Respect

- ➔ Respect for differences and open, compassionate communication are essential for good cohabitation.
- A **charter** is a document that outlines the rules, principles, and commitments that group members must follow. It serves as a guide to promote a harmonious and respectful environment.
  - **Conflict resolution support** may include mediation, active listening, and compromise.

Each member actively contributes to managing shared spaces and making collective decisions.

- Active resident participation through **collective discussions**, meetings, or consensus-building helps foster a shared environment.
- Residents can contribute in ways that suit their lifestyle, whether by offering time, resources, or ideas, ensuring participation is inclusive and accessible to all. For example, they can support initiatives like a **solidarity cash fund**.
- Residents may also join groups that match their skills or interests, such as sustainability, social events, or maintenance.

#### Participation and Engagement

