



Sustainable Cells of Urbanism: Regenerative Theory and Practice

Introduction

The concept of sustainability gives greater meaning to the value of civilization – optimizing our vital human–environmental support systems while providing sustained promise for future generations of all life on earth. While the directions are clear, the process is far less established. Society and the design and planning professions need to continue to determine and agree upon clear definitions of the theoretical aspect of sustainability, and establish this into practice. Sustainable design and planning provides great promise in the search for a regenerative theory and a development process.¹ The defining premise of such a regenerative theory and process is that sustainable programmes require a comprehensive, integrated, and ecological understanding of a community’s unique human–environmental resources. By definition, sustainability identifies a process that considers a community’s on-site natural land, water, (air), and energy resources as integral aspects of the design (Vieria, 1993). It integrates natural systems with human patterns and celebrates continuity, uniqueness, and place making (Early, 1993).

This chapter will first define its theoretical premise, and will then describe its evolution into a sustainable planning and design process. This process was used to develop the regenerative