




HEALTHY ECOMUNITY

*We take care of you,
so that you take care of the Planet*



We are what we live,
for the present
and for the future

The project proposes the creation of urban spaces nestled in natural environments and specially designed for *seniors*, with all the necessary services for this target audience and with high sustainable social and community standards as well as environmental.

Our guiding principle is to offer places to live designed for quality of life, *health, human well-being*, contact with nature and responsibility with the ecosystem.



Inhabiting a space in a responsible way, co-created and with respect for people and the environment is the legacy that our project proposes.

Living *in harmony with the environment* allows us to gain in quality of life and *personal well-being*, so that the connection with the space we occupy avoids negative impacts, keeps our *ecosystem intact* and allows us to coexist responsibly.

Therefore, we propose a new urbanism of the XXI century on a human scale.



The lives of future generations will depend on how we act. Co-responsibility with the environment, our way of living and the dedication of our time to protect the “common home”, which is our Planet, will determine the footprint we leave in our future.

These are times *to generate community* and leave positive life experiences for those who will come after us.



- A place where *the health coverage of its inhabitants is top class*, because health is happiness
- Time and space are combined in this project with solutions on a human scale, quality of life, with complete services and full accessibility.
- A *life project for all types of economic abilities* and personal incomes.
- A place to live that cares about the needs of senior citizens and that offers all the necessary services for the best moment of life for its inhabitants.
- We are *a project framed in the silver economy*, because we understand that wisdom is the product of experience accumulated throughout life.
- We are committed on the sense of accompaniment, of living in community, for the city of care.
- We work for our future inhabitants, with *protection in the present* and with peace of mind for the future.

Seniors are in fashion, because they own the *best eco-knowledge*

OUR DREAMS

The Project
in detail

So we think
our *dreams*



MEDICAL
CARE

HEALTH



With the highest technology and health care, the health and well-being of its inhabitants are at the heart of the project

The highest *healthcare and assistance technology*

In our *ECOMUNITY* the most important issue is people's health. Therefore, everything is designed so that the inhabitants feel *protected at the health and care level*. Every detail, every service, every space in the venue It is designed with maximum accessibility, functionality and comfort to make life easier for senior people and promote social relationships by creating community

- Permanent telemedicine service.
- Coordination with health insurances for care in the complex's own facilities.
- With clinics specialized in health, rejuvenation, dietetics, etc.
- Professional advice.
- Use of the new most advanced technologies in e-health.
- Tele-assistance and permanent health monitoring.
- Healthy treatments and activities.
- Physical activities and personal maintenance.
- Spaces for sports.
- Public spaces as meeting places and coexistence.
- Proposals to share and socialize.
- Generating community under the criteria of "The city of care".
- Accompaniment in all facets of daily life.
- Memory and life experience as generators of cultural exchange.
- The idea of "the collective" is materialized by sharing experiences.
- Vital and emotional exchange among the inhabitants.

A photograph of a middle-aged man with a white beard and mustache, wearing a white fedora-style hat and a light blue polo shirt. He is smiling and riding a bicycle. A brown leather bag is slung over his shoulder. The background is a blurred green landscape, suggesting a park or a scenic route.

We move with *security and sustainability*

Accessibility and sustainable mobility are two pillars of our *ECOMUNITY*. The entire project is designed to facilitate safe and healthy transfers for the inhabitants, *for the good of people* and the environment.

- Full accessibility for people with reduced mobility in all indoor and outdoor facilities.
- Extra equipment to improve accessibility such as support points on public roads, resting islands (with benches and shade), access to intercoms or low-level mailboxes, alarm buttons to notify assistance, etc.
- A project conceived under the principle of the “city of 15 minutes: everything I need is within a 15-minute perimeter and I can walk if I wish”.
- Sustainable and clean mobility, promoting transfers on foot, the use of bicycles and other sustainable modes of individual mobility with the use of endogenous or exogenous energy without emissions.
- Wide network of standard and safe bike lanes
- Charging sockets for hybrid and electric vehicles throughout the premises.
- Internal public transport in the project area and adequate connections with local and regional transport routes.
- Carsharing and carpooling systems.

Sustainable mobility and full accessibility to protect the health of our inhabitants.



The most natural, *naturally*

Contact with Nature and the interrelation between people and the environment is at the roots of our project. Coexistence spaces will not be complete if they are not integrated into the landscape and the territory. Our project bases its philosophy on the new management and use concepts of Green Infrastructures (GI) and Nature-Based Solutions (NBS). *The natural environment benefits our inhabitants, improves their health and allows them to “reconnect” with the earth.* If a natural ecosystem is healthy, so are the people who inhabit it.

- We want to feel alive through the land, green spaces and community gardens for recreation.
- Respect and conservation of the pre-existing ecosystem in the area, its fauna and its vegetation.
- Global concept of ecosystem services: the value of nature for the physical and mental well-being of people.
- Design of an integrated and sustainable landscaping project.
- Inclusion of Green Infrastructures for adaptation to climate change, protection of biodiversity and creation of microclimates.
- Use of Nature-Based Solutions: restoration of habitats, green roofs, gardens, orchards, permeable soils, wetlands, water areas ...
- Reuse in the same project of the excess land as a result of the construction of the urbanization of the land.
- Growing food and flower plants in a natural way in recreational gardens.
- Reinforcement of environmental education with activities on existing natural ecosystems.
- A project that coexists with the landscape and is positively related to the environment.
- Use exclusively of native plant species and garden designs based on xero-landscaping (low water consumption).
- Use of natural nutrients for gardens and green areas, without the use of pesticides and chemical pesticides.
- Installation of hives for the natural production of honey.

Responsible *consumers*

Our inhabitants will undoubtedly be lovers of quality of life and nature, but they will also be able to behave as responsible consumers. *Human health and well-being improve when we exercise the so-called “conscious consumption”*. And we will be the first to apply it.

- Use of wood with forest certification FSC (Forest Stewardship Council) or PEFC (Program for the Endorsement of Forest Certification).
- Recommendations and services at home for the purchase (individual or for catering services) of ecological and sustainable food.
- Offer of healthy food in common restaurant areas.
- Creation of an “eco-solidarity bag” to facilitate the participation in environmental projects at national and international level.
- Sponsorship of trees by neighbors.
- Creation of a cultural space “ecocenter” on environmental issues.
- Organization of guided visits by environmental experts to areas of special natural interest in the region (“you love what you know”).
- All the facilities to have “ecoactive neighbors.”

Consume responsibly
is to protect our health too



A healthy, *low-carbon habitat*

It is everyone's responsibility to preserve the environment by reducing our carbon footprint. We gain in *quality of life* and protect the environment, in addition to being more efficient and achieving significant savings.

- Electricity and heat/cold systems will be largely covered by local production of renewable energies with a "zero" carbon footprint to combat climate change.
- Installation of photovoltaic solar panels, mini-wind turbines, geothermal systems and boilers for the use of biomass, as well as solar-thermal panels (hot water production).
- Smart system of meters and smart grids in all buildings and facilities.
- Development of projects for adaptation to global warming.
- Excellent air quality at all times, both outside and inside buildings, complying with the requirements of the World Health Organization (WHO) and the Directives of the European Union.
- Construction systems with the maximum use of natural light.
- Natural indoor ventilation systems
- Maximum energy efficiency rating in buildings.
- Homes with official sustainable construction certificate (Breeam, VERDE, Leed, Well, Passivhaus...).
- Life Cycle Analysis (LCA) of all buildings.
- Illumination of public spaces with intelligent light points with remote management, low consumption and designs that avoid light pollution (night sky quality).
- Regular information for residents on CO2 emissions and energy consumption.
- Control of noise (noise pollution) around the perimeter (silence is also quality of life). Measurement of daytime and nighttime decibel level.
- Avant-garde, efficient and sustainable architecture, combined with the recovery of the most emblematic construction elements of the region's cultural heritage.

In the environment we are *circular*

We do not see the environment as something alien to ourselves, because we are part of it, we are one more member of the natural ecosystem. Our principles are based on the circular economy: *nothing is left over, everything is used* and must return to the natural or productive cycle. In this project we have reduced the environmental impact and the ecological footprint to a minimum, both in urban design and in architectural projects, without forgetting that a community is as enriching as the relationships generated by its inhabitants.

- The circular economy as a guiding principle in the use of matter and energy.
- Reduce, reuse and recycle: the three "Rs" that define responsible consumption of the project.
- Systems to facilitate the sense of exchange (regenerate, reuse, recover).
- Circularity processes in the use of all natural resources.
- Collaborative proposals to reduce food waste in homes and common areas of hospitality.
- Closed cycle circuit for recycling materials.
- Use as far as possible of locally sourced building materials.
- Agreements with local suppliers to boost the economy of the area.
- Generation of high quality compost from organic waste.
- More sustainable waste collection systems (underground, smart containers with an opening card).
- Ecopark for the separation of waste and its recycling/recovery beyond conventional selective collection in containers.
- Reduction in the use of plastic in all types of objects and services.
- "Sharing" system for tools and equipment for daily use in homes and gardens (sharing, exchange, reuse).
- Home repair service for all types of electrical appliances.
- Use of materials (secondary raw material) from recycling (for example, in street paving or urban furniture).
- Rational and controlled use of water for consumption and leisure in therma areas.
- Use of reclaimed water for irrigation of green areas.
- Natural processes for wastewater treatment.
- Network of public drinking water fountains (with double outlet systems for people and pets).
- Advice for those who want it in the adoption or temporary reception of abandoned animals (through authorized animal protectors).
- Consumption of local food products and fair trade (Fair Trade seal) in common areas of restaurants and hotels.
- Preference for suppliers with integrated environmental management systems, as certified according to ISO 14000 standards.
- Use of new technologies to generate communication channels with the inhabitants and among them to facilitate

We imitate natural cycles promoting circularity in the use of products and services



If we do it,
*we do it
together*



Our *first project*

Healthy ecomunity «Palomaret»

Alicante, Comunidad Valenciana. España

*«We do not inherit the land from our ancestors,
we borrow it from our children»*

(Native American proverb)



Earth Planet
our common house



Europe
the Forefront of quality of life



Spain
Europe's most biodiverse country



Comunidad Valenciana
the land of sun and wellness



Alicante
between the sea and the sky



Vinalopó
creation of nature



This project is planned in the province of Alicante (Community of Valencia, Spain) *in the heart of the Vinalopó Valley, specifically on the grounds of the “Finca del Palomaret”*, a geographically and environmentally ideal location for the development of the values and principles of our HEALTHY ECOMUNITY concept.

THE HEALTHY ECOMUNITY PALOMARET will be born integrated into the landscape, adding the natural synergies of the valley, the mountain and the Mediterranean Sea. A space with an average temperature of 20 degrees and 300 days of sunshine a year.



Excellent connections with nearby cities and with airports and high-speed train stations

THE PARTIAL PLAN SAU 8 PALOMARET is only 20 minutes from Alicante airport and the high-speed train that connects with Madrid, and very close to the city of Valencia, capital of the Autonomous Community. In these cities and other important nearby towns, we find all the basic services, such as hospitals, cultural spaces, restaurants, shopping centers, etc.

The geographical location of the project is in one of the zones most tourist attractions in Spain, a few kilometers from the coast and set in a peaceful natural environment of high ecological value.



The complex will have *752 homes* with different types.

Articulated around splendid *thermal facilities* designed by Peter Zumthor.

2,192,500 m² of extensión.

More than 30 hectares for permaculture and recreational gardens.

Careful attention to *natural spaces* and the surrounding landscaping.

A National Ideas Competition will be called for the development of the residential units. The aim of the competition is *the harmonious integration of construction elements* with nature.





The spaces of *the project*

- Residential
- Senior residential joint venture and health center
- Permaculture/ social club
- Hotel/restaurant
- Thermal/wellness
- Commercial/leisure
- Sporty/healthy
- Green and eco-natural

The spaces are harmoniously related and focused *on contact with nature, health and human relationships*

Residential space

Pedestrian villages with streets and alleys, porticoed squares and small squares, designed to preserve the charm of the autochthonous buildings of the Mediterranean.

The visual harmony of the houses ensures that they integrate perfectly with the garden areas, creating spaces for coexistence at the service of its inhabitants.

The towns have a total of 570 homes, with built surfaces ranging from 58.50 m² to 78.00 m², distributed over one or two floors, designed for people who want to live comfortably and have a range of services, in addition of large green and landscaped areas.

The basic dwelling consists of 1 or 2 bedrooms with an en-suite bathroom, a living room and a kitchen. They have a parking space in the outdoor parking lot.

The Palomaret Resort is made up of 182 single-family villas with 2, 3 and 4 bedrooms on two floors, with a constructed area from 117 m² to 156 m². Each of the houses is unique and singular, with a garage space and the possibility of an optional storage room.

Modular architecture greatly reduces the costs of production because the buildings are manufactured modules that follow a chain production system that saves costs and maintains high control of materials and qualities.

All residential units will have a double orientation, favoring the criteria of sunlight, natural lighting and cross ventilation.

Residents will have the possibility of *contracting assistance services* (cleaning, laundry, medical assistance ...).

Each owner has the priority right to subscribe a participation in the hotel, Sports and permaculture area.

Options available for all types of personal savings

Space *senior residential joint venture and health center*

A magnificent Health Center with *integrated suite-type apartments* with a useful area of 33 m² and common areas, with independent entrances and direct access from underground parking spaces and with the possibility of an optional storage optional room.

Each suite consists of a large living-dining room with a kitchen, and a double bedroom with a private bathroom. The apartments can be transferred for their management in the future, obtaining their owners an income.

There are many reasons for opting for an alternative to conventional residence. Users can make their own meals and enjoy them in the gastronomic society or in the restaurant.

The suite apartments make it possible to meet family and friends directly and independently. Likewise, they can have the degree of closeness they want with their neighbors.

Its extraordinary facilities allow to take a bath in the Jacuzzi, practice yoga or go through *the rehabilitation room*, where a physiotherapist will indicate maintenance exercises or make a massage.

All owners have the priority right to subscribe a share in the hotel, sports and permaculture area.

The complex will have accommodation spaces for families and visitors

Space *permaculture and social club*

Surrounded by an extension of *16 hectares* of green areas and with impressive views of the mountains, *the Natura Permacultural Club* will be built, a meeting place for residents, aimed at occupational entertainment and complementary and relaxation activities.

Its sustainable design will give it a sense of harmonic continuity without overloading the landscape and creating natural rhythms, where the plant and urban composition are adapted to the characteristics of the site.

At a first level, permaculture deals with plants, animals, buildings and infrastructures (water, energy, communications...). However, its main mission is directed to the relationships that we can create among them by the way we place them in the landscape.



Physical exercise, healthy eating
and social relationships come
together in this natural space



A high-quality hotel to fully satisfy its guests

Space *hotel and restaurant*

The Hotel Hacienda Resort project arises from the conservation of the main architectural elements of the old 19th century mansion. It is a *high quality project both for its hotel facilities and for its hotel offer.*

The building as a whole with 4,446 m² allows the development of an integrated area of 50 bougainvillias (suites type) in a complex and interesting program, whose apparently simple volumetric result, will house a large cultural center for the celebration of conventions, concerts, events, multipurpose room, library, cafeteria and 40 rooms.

In addition, the reception area will be equipped with all the services necessary for managing the rental of those homes that have this arranged service.

Space *thermal and wellness*

Thermal complex that will be located near the hotel (in the Olympic swimming pool that is built), integrating into it and appearing in the shape of a bunker and with a series of openings from which the landscape of the entire valley can be contemplated. The interior of the Thermal Baths *will emulate the interior of the earth*, with spaces illuminated from above through cracks that introduce an unreal light.

Here everything *revolves around the water*, which manifests itself as an underground lake inside a cave, generating spaces for rest and stillness suitable for its use. In addition, it will include a massage room, shop, bathrooms, sauna, solarium, etc.

The thermal building will become the social and cultural hub of the community thanks to the celebration of recreational, environmental, cultural and humanistic activities.

A relaxing place to enjoy
the water and its healing
properties

A close-up photograph of two hands holding several colorful shopping bags. The bags are in various colors including blue, green, yellow, pink, and red. The hands are positioned at the top of the frame, with the fingers gripping the handles of the bags. The background is a plain, light-colored wall.

Space *commercial/ leisure*

The project will have *56 commercial premises* from 45 m² under a property regime conditioned by contract to a type of business. The premises that are contiguous may be annexed and facilitate businesses that require a larger surface area.

These commercial spaces will more than cover *the daily needs* of the community's inhabitants and will become a center for contact and social relations.

The shopping center for
shopping and social relations



Space *sporty/ healthy*

Arena Spa+ Sport is a unique proposal in a perfect environment to practice *all kinds of outdoor sports or in sports facilities* with a wellness area, Jacuzzi, Finnish sauna and hammam.

Organization of outdoor activities (yoga, hiking, horseback riding ...) and the most advanced training systems.

One of the main characteristics of the project is the protection of the environment, minimizing the impact of the different construction elements and controlling the most significant environmental aspects.

All owners have the preferential right to subscribe a participation in the Arena Spa+Sport.

We offer the care
of health from every
conceivable possibility

Space *green and eco-natural*

Natural spaces occupy a preferential place in the project. The pre-existing landscape has an interesting Mediterranean vegetation that will be *complemented by trees that will stand out for their ecological value*. High-value green areas are added to permaculture areas ecological.

The *gardening and landscaping* plan has been designed taking into account the environment in which the complex is located and the type of buildings and houses to be built. The design is proposed as a system of interaction between farms, green spaces and landscape elements. On roads, common areas and trails, natural materials typical of the ecosystem of the vinalopo valley environment are proposed.

The healthiest thing:
reconnecting with nature



*Human health is
a reflection of the
health of the earth*

(Éfeso)

