UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Inclusive Design

Academic Year 2026/2027

## 1. Organic Unit

Faculty of Architecture and Arts

## 2. Course

Architecture

## 3. Cycle

1st

## 4. Course Unit

Inclusive Design (01326)

## 5. Scientific Area

## 6. Curricular Year

3rd

## 7. Type of Curricular Unit / Semester

1st Semester



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## 8. Class type and workload (work time)

| | |
|---|---|
| Theoretical classes: | |
| Practical classes: | |
| Theoretical-Practical Classes | 30,00 |
| Tutorial Guidance: | |

## 9. ECTS Credits

2,00

## 10. Scientific Area Coordinator

Profª Doutora Arqtª CRISTINA MARIA DOS SANTOS NUNES PIRES CARAMELO GOMES

## 11. Regent

## 12. Assistants

## 13. Teaching Language

Português

## 14. General Objectives

To develop a critical understanding of Inclusive Design as a project approach centred on human diversity, accessibility, equity and participation. The course integrates architecture, urbanism, and technology, examining the Smart City, 15-Minute City, gentrification, and humanisation of the built environment as key dimensions of inclusive, sustainable, equitable, and socially responsible architecture and urban development. It promotes participatory approaches to architectural and urban co-design.

## 15. Specific Objectives

To understand the principles and foundations of Inclusive Design, recognising human diversity as a structuring condition of design; critically analyse accessibility barriers and requirements, applying Decree-Law No. 163/2006; relate inclusion to humanisation, sustainability, Smart Cities, the 15-Minute City and gentrification; and develop user-centred design strategies through participatory design, integrating space, city, technology and society.

## 16. Skills to be acquired

Develop conceptual, analytical, methodological, and design competencies in Inclusive Design, integrating human diversity, accessibility, sustainability, and architectural quality. Critically examine barriers and transformations in the built environment, linking legislation, technology, society, and space. Apply user-centred, co-design, and participatory methods to translate evidence into accessible, adaptable, and human-centred architectural and urban solutions.



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## 17. Teaching Methodology

The methodology integrates theoretical foundations, critical analysis, applied research, and design experimentation through lectures, seminars, case studies, and systematic observation and diagnosis in real contexts. It employs user-centred methods, simulation, participation, and co-design to foster understanding of human diversity. Design practice, supported by presentation and collective critique, develops scientific argumentation, critical reflection, and evidence-based decision-making.

## 18. Course Unit Program



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The programme is structured around Inclusive Design as a theoretical, critical, and design-oriented approach, articulating the scales of the body, building, and city with the social, technological, environmental, and cultural dimensions of the built environment.

. Foundations of Inclusive Design
Concepts of Inclusive Design, Universal Design, and Accessible Design; evolution of accessibility paradigms; transition from the medical to the social model of disability; human diversity and variability of abilities; inclusion, equity, and the right to the city; User-Centred Design (UCD) and user experience; the role of architecture in creating inclusive environments.

. Body, Perception, and Spatial Experience
Ergonomics and anthropometrics; bodily diversity; physical and cognitive ergonomics; visual, auditory, and tactile perception; spatial orientation, legibility, and wayfinding; signage; comfort and experience; sensory-inclusive environments; relationships between space, behaviour, and well-being.

. Accessibility, Legislation, and Design
The Portuguese legal framework for accessibility; Decree-Law No. 163/2006; accessibility in public spaces, buildings, and facilities; accessible routes; circulation, mobility, and use; communication and signage. Critical analysis of the potential and limitations of an exclusively regulatory approach, distinguishing regulatory compliance, accessibility, and Inclusive Design.

. Humanising the Built Environment
Humanising architecture; human experience of space; human scale; appropriation, identity, and sense of belonging; comfort, well-being, and spatial quality; spaces for encounter and sociability; social and spatial inclusion; relationships between the built environment and quality of life.

. The 15-Minute City and Urban Proximity
Foundations and development of the concept; proximity and accessibility; pedestrian and cycling mobility; local services and facilities; inclusive public space; diversity and functional mix; autonomy and quality of life; application to different urban contexts; potential, limitations, and critical perspectives on the model.

. Participatory Design and Co-Design
Foundations, development, and principles of Participatory Design; participation as an instrument for inclusion and collaborative spatial production; identification and integration of different stakeholders and user profiles; participatory methodologies, workshops, interviews, observation, personas, scenarios, and experience mapping; co-design and co-creation; iterative processes of design, prototyping, and evaluation; ethical challenges, representativeness, and the articulation of expert and experiential knowledge.

. Smart Cities, Technology, and Inclusion



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Evolution of the Smart City concept; digital technologies and urban transformation; data, sensors, and artificial intelligence; smart environments; human-centred approaches; digital inclusion and exclusion; the digital divide; privacy and surveillance; citizen participation. Critical analysis of technology as an instrument for inclusion or as a potential mechanism of social, economic, and territorial exclusion.

. Gentrification, Exclusion, and the Right to the City
Concepts and processes of socio-spatial transformation; property-value appreciation, displacement, and population replacement; tourism and territorial pressure; commercial and cultural gentrification; economic accessibility to housing; identity and belonging; the right to the city; relationships between urban regeneration, inclusion, exclusion, and spatial justice.

. Inclusive Design Applied to Architecture and the City
Integrated application of the course content through research and design methodologies: accessibility audits, barrier mapping, personas, user journeys, use scenarios, storytelling, and experience mapping; user participation, co-design, and prototyping; post-occupancy evaluation; development and critical assessment of architectural and urban

## 19. Assessment Methods

Assessment is based on attendance, participation, and engagement in class discussions, as well as on the completion and presentation of exercises applying the knowledge acquired. Required exercises and written tests, conducted in accordance with Universidade Lusíada?s assessment regulations, are defined through specific briefs, using appropriate methodologies aligned with the intended learning outcomes and scheduled accordingly.

## 20. Didactic Resources

Reference bibliographic sources identified in the course syllabus.
Scientific databases and documentary resources available through the Media Library.
Technological equipment and resources, including hardware, software, and Internet access, to support the development and delivery of classes and the preparation and presentation of students? coursework.

## 21. Sustainability Objectives

To frame Inclusive Design within an integrated approach to sustainability, contributing to SDGs 3, 5, 10, 11, 12, and 13. To promote accessible, safe, healthy, and equitable environments that support well-being, equality, reduced inequalities, and urban sustainability. To value the adaptation and reuse of existing buildings, integrating climate action, spatial justice, diversity, and quality of life into architectural and urban intervention strategies.

## 22. Keywords

Inclusive Design
Human Diversity
Humanisation of the Built Environment
Participatory Design



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## 23. Main Bibliography

Author(s): Eikhaug, O. & Høisæther, V. & Støren Berg, M.
Title: Innovating with People - Inclusive Design and Architecture
Edition: 1ª Ed. Year: 2019
Local:
Publisher: Design and Architecture Norway
ISBN Code:

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Author(s): STEINFELD, Edward; MAISEL, Jordana
Title: Universal Design: Creating Inclusive Environments
Edition: 1ª Ed. Year: 2012
Local: New Jersey
Publisher: Wiley
ISBN Code:

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Author(s): Lupton, E. & Lipps, A.
Title: The Senses: Design Beyond Vision (design book exploring inclusive and multisensory design practices
Edition: 1ª Ed. Year: 2018
Local: New York
Publisher: Princeton Architectural Press
ISBN Code:

## 24. Complementary Bibliography

Author(s): KOPEC, Dak
Title: Environmental Psychology for Design
Edition: 2ª Ed. Year: 2012
Local:
Publisher: Fairchild Books
ISBN Code:

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Author(s): Plowright, P.D.
Title: Making Architecture Through Being Human: A Handbook of Design Ideas
Edition: 1ª Ed. Year: 2020
Local: Nova Iorque
Publisher: Routledge



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