GROUND FOR WELLBEING
BODEM VOOR DE BUURT

Plejadenplein, Tuindorp Oostzaan
VOORLOPIG ONTWERP - DEEL B: SOCIALE KAART

12 januari 2026

NEW YORK + AMSTERDAM

Gemeente Amsterdam

Co-funded by the European Union

INLEIDING

Bodem voor de buurt koppelt ruimtelijke ingrepen aan fysieke programma's en maatregelen. Fysiek is sociaal en sociaal is fysiek. Ze versterken elkaars impact. Ruimtelijke ingrepen vanuit de bodem geven aanleiding voor nieuw, ander gebruik van de ruimte boven de grond. En sociale wensen vanuit de buurt kunnen ondersteunend zijn aan de kwaliteit en gezondheid van de bodem.

Het ruimtelijke voorlopig ontwerp is tot stand gekomen met veel input vanuit bewoners en buurtorganisaties en dankzij inzichten van het ritmeonderzoek. Op haar beurt nodigt de ruimte uit voor legio sociale functies en activiteiten. Om die werkelijkheid te laten worden moeten deze gedragen worden door sociale maatregelen en programma's.

DIt document bevat een werkversie van de sociale kaart van het Plejadenplein. In afstemming met betrokkenen wordt deze verder verfijnd en worden maatregelen en programma's geagendeerd. De kaart is uitgesplitst in vier onderscheidende deelmomenten: dag en avond, zomer en winter. Dat kunnen er desgewenst meer worden. Belangrijk is dat jaarrond het Plejadenplein bewoners uitnodigt.



OVERDAG

ICONS

ERVAREN GEZONDHEID (experienced health)

- **Strolling/ walking loops:** Everyday movement, mental reset, accessibility for all ages
- **Sitting & resting:** Recovery, shade-seeking, pauses during daily routines
- **Reading/ quiet solitude:** Mental well-being, calm atmosphere, individual use
- **Light exercise (yoga, stretching):** Low-threshold physical activity in green
- **Sensory nature experience:** Smelling plants, touching water, listening to birds
- **Building daily routines:** Reliable habits: walks, sitting, meeting points

SOCIAAL WELZIJN (belonging & connection)

- **Casual encounters:** Unplanned meetings with neighbors, familiarity increase perception of safety
- **Spending time together:** Sitting, chatting, lingering with friends or famil
- **Watching others (people-watching):** Feeling part of a shared public life
- **Intergenerational presence:** Grandparents, parents, children sharing the same space

SOCIALE COHESIE (collective life & safety)

- **Free play:** Running, inventing games, informal play
- **Shared use:** Seasonal or spontaneous group moments
- **Picnicking:** Eating together informally
- **Seasonal markets:** Markets or stalls that support local exchange and small-scale economic activity
- **Informal social control/ supervision:** Being present, eyes on the space, perceived safety

MAATSCHAPPELIJKE BETROKKENHEID (participation & agency)

- **Learning about water & ecology:** Understanding visible systems through experience
- **Outdoor education activities:** School, after-school, or informal learning
- **Caring for green (stewardship):** Gardening, respecting, maintaining shared nature
- **Co-organising small activities:** Residents initiating or supporting use of space

LEEFBAARHEID (everyday quality & accessibility)

- **Passing through/ crossing the square:** Functional daily routes
- **Pausing & waiting:** Places to sit, wait, rest, or accompany others (children, elderly), care routines
- **Everyday access to green & water:** Direct, barrier-free access to shade, greenery, and water
- **Seasonal use & adaptation:** Summer water use, winter walks, frost/ice moments

KANSRIJKHEID (opportunity & future)

- **Learning through play:** Children developing skills informally
- **Feeling ownership & pride:** Identifying with the square as "ours"
- **Sharing the place with visitors:** Showing the neighborhood, informal representation



AVOND

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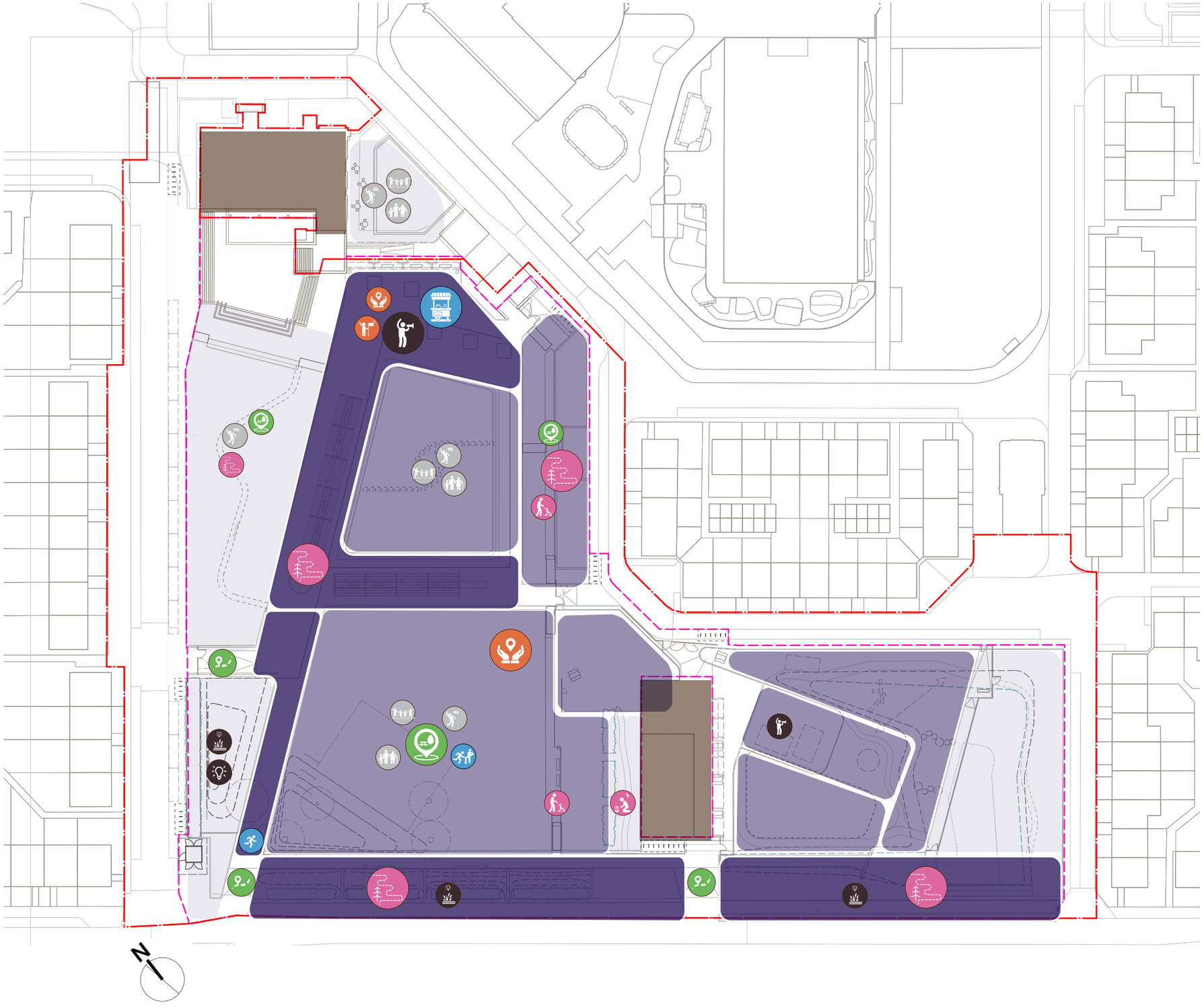

ZOMER

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