**Experiments and theories for understanding and improving indoor/outdoor wellbeing towards urban resilience to microclimate change**

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**ABSTRACT**

We spend more than 80% of our life time indoors, and the rest of the time is typically spent in urban contexts, for more than 60% of us. This means that environmental conditions in the built environment may radically influence our life quality, comfort and also whole wellbeing, as demonstrated by the most recent theories of environmental cognitive approach and trierartic intelligence.

Such theories explain how humans’ intelligence is related to the capability to interact within a specific environmental context which affects their performance, also on a social basis.

That is why multiple studies on human centric design are being published, as aimed at understanding the close relation between humans and their built environment, also under the framework of the recent climate change related triggers and forcing, e.g. local urban overheating, necessity for energy saving, etc.

The talk will therefore deal with some evidences about human centered approach for identifying people wellbeing in the urban layout from both the indoors and outdoors perspective, through wearable systems and multi-domain comfort experiments and modelling techniques.