

Antonio Lauria, Francesco Alberti,
Pietro Matracchi, Gabriele Paolinelli

Enhancing cultural and natural heritage as a lever for the regeneration of rural areas

The village of Bënjë, Southern Albania, as a case study

PEOPLE_PLACES_ARCHITECTURE

ISSN 2975-0415 (PRINT) | ISSN 2975-027X (ONLINE)

- 3 -

PEOPLE_PLACES_ARCHITECTURE



People _Places _ Architecture

Steering Committee

Editor in chief

Antonio Lauria

Co-editors

Francesco Alberti, Gianluca Belli, Maria Rita Gisotti, Pietro Matracchi, Simone Secchi, Matteo Zambelli

Scientific Committee

Giandomenico Amendola (Università di Firenze); Alberto Arengi (Università di Brescia, Brixia Accessibility Lab); Francesco Bagnato (Università di Reggio Calabria, Regium Accessibility Lab); Marcello Balzani (Università di Ferrara); Renato Bocchi (IUAV, Venezia); Andrea Bocco (Politecnico di Torino); Daniela Bosia (Politecnico di Torino, Turin Accessibility Lab); María Teresa Carrascal García (IETCC, Construction Science Institute, Spain); Giovanna Del Gobbo (Università di Firenze); Saša Dobričić (University of Nova Gorica, Slovenia); Giovanna Franco (Università di Genova); Teresa V. Heitor (Instituto Superior Tecnico, Lisbon, Portugal); Joan Saumell Lladó (Universidad de Extremadura, Cáceres, Spain); Mariano Longo (Università del Salento, Lecce); María Machimbarrena (Universidad de Valladolid, Spain); Annick Magnier (Università di Firenze); Ardian Ndreca (Pontificia Università Urbaniana, Roma); Angela Perulli (Università di Firenze); Renata Picone (Università di Napoli "Federico II", Naples Accessibility Lab); Maria Rita Pinto (Università di Napoli "Federico II"); Carlos Plaza (Universidad de Sevilla, Spain); Alcestis Rodi (University of Patras, Greece); Valeria Tatano (IUAV, Venezia); Carlo Terpolilli (Università di Firenze); Joan Lluís Zamora i Mestre (Universitat Politècnica de Catalunya, Barcelona, Spain); Mariella Zoppi (Università di Firenze)

Antonio Laurià, Francesco Alberti,
Pietro Matracchi, Gabriele Paolinelli

Enhancing cultural and natural heritage as a lever for the regeneration of rural areas

The village of Bënjë, Southern Albania, as a case study

FIRENZE UNIVERSITY PRESS

2024

Enhancing cultural and natural heritage as a lever for the regeneration of rural areas : the village of Bënjë, Southern Albania, as a case study / Antonio Lauria, Francesco Alberti, Pietro Matracchi, Gabriele Paolinelli. – Firenze : Firenze University Press, 2024.
(People_Places_Architecture ; 3)

<https://www.fupress.com/isbn/9791221504361>

ISSN 2975-0415 (print)
ISSN 2975-027X (online)
ISBN 979-12-215-0435-4 (Print)
ISBN 979-12-215-0436-1 (PDF)
ISBN 979-12-215-0437-8 (ePUB)
ISBN 979-12-215-0438-5 (XML)
DOI 10.36253/979-12-215-0436-1

Graphic design: Alberto Pizarro Fernández, Lettera Meccanica SRLs

Front cover image: © Flavia Veronesi

The series People_Places_Architecture is promoted by the Interdepartmental Research Unit Florence Accessibility Lab of the University of Florence (see <https://www.dida.unifi.it/vp-136-fal.html>).



UNIVERSITÀ
DEGLI STUDI
FIRENZE
DIDA
DIPARTIMENTO DI
ARCHITETTURA



florence **α**ccessibility lab

This book is based on the research “Develop Community Resources through the Valorization of the Natural and Cultural Heritage”, funded by the Italian Agency of Development Cooperation in the Western Balkans, Tiranë.

Peer Review Policy

Peer-review is the cornerstone of the scientific evaluation of a book. All FUP’s publications undergo a peer-review process by external experts under the responsibility of the Editorial Board and the Scientific Boards of each series (DOI 10.36253/fup_best_practice.3).


Referee List

In order to strengthen the network of researchers supporting FUP’s evaluation process, and to recognise the valuable contribution of referees, a Referee List is published and constantly updated on FUP’s website (DOI 10.36253/fup_referee_list).

Firenze University Press Editorial Board

M. Garzaniti (Editor-in-Chief), M.E. Alberti, F. Vittorio Arrigoni, E. Castellani, F. Ciampi, D. D’Andrea, A. Dolfi, R. Ferrise, A. Lambertini, R. Lanfredini, D. Lippi, G. Mari, A. Mariani, P.M. Mariano, S. Marinai, R. Minuti, P. Nanni, A. Orlandi, I. Palchetti, A. Perulli, G. Pratesi, S. Scaramuzzi, I. Stolzi.

FUP Best Practice in Scholarly Publishing (DOI 10.36253/fup_best_practice)

 The online digital edition is published in Open Access on www.fupress.com.

Content license: Except where otherwise noted, the present work is released under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0: <https://creativecommons.org/licenses/by-nc-sa/4.0/legalcode>). This license allows you to share any part of the work by any means and format, modify it for any non-commercial purpose, as long as appropriate credit is given to the author, any changes made to the work are indicated, derivative works are licensed under the same license, and a URL link to the license is provided.

Metadata license: all the metadata are released under the Public Domain Dedication license (CC0 1.0 Universal: <https://creativecommons.org/publicdomain/zero/1.0/legalcode>).

© 2024 Author(s)

Published by Firenze University Press
Firenze University Press
Università degli Studi di Firenze
via Cittadella, 7, 50144 Firenze, Italy
www.fupress.com

*This book is printed on acid-free paper
Printed in Italy*

Table of contents

People_Places_Architecture book series	7
Credits	9
Acknowledgements	11
Foreword <i>Stefania Vizzaccaro</i>	13
Preface	
Building community from the landscape <i>Ardian Ndreca</i>	15
Executive Summary <i>Antonio Lauria</i>	19
PART I. COGNITIVE FRAMEWORK	
Chapter 1	
The context	23
1.1 For a reading of the territory <i>Francesco Alberti, Eni Nurihana</i>	23
1.2 A river and its landscapes <i>Gabriele Paolinelli</i>	62
Chapter 2	
Bënjë. A village and its people <i>Antonio Lauria</i>	71
2.1 Bënjë and its territory	71
2.2 Notes on the establishment of the settlement and the inhabitants	75
2.3 The village	79

FUP Best Practice in Scholarly Publishing (DOI 10.36253/fup_best_practice)

Antonio Lauria, Francesco Alberti, Pietro Matracchi, Gabriele Paolinelli, *Enhancing cultural and natural heritage as a lever for the regeneration of rural areas. The village of Bënjë, Southern Albania, as a case study*, © 2024 Author(s), CC BY-NC-SA 4.0, published by Firenze University Press, ISBN 979-12-215-0436-1, DOI 10.36253/979-12-215-0436-1

Chapter 3	
A path to Bënjë	107
3.1 A proposal for the regeneration of the village	107
<i>Antonio Lauria</i>	
3.2 The landscape	109
<i>Gabriele Paolinelli, Flavia Veronesi</i>	
3.3 Necessary constructions as a landscape paradigm	118
<i>Pietro Matracchi</i>	
PART II. RESULTS	
Chapter 4	
The project proposal	141
4.1 The design strategy	141
<i>Antonio Lauria</i>	
4.2 The design of the path between the thermal area and Bënjë	146
<i>Francesco Alberti, Mirko Romagnoli</i>	
4.3 The outdoor spaces of St Mary's Church	186
<i>Francesco Alberti, Mirko Romagnoli</i>	
Chapter 5	
Early elements for a Lëngarica River Greenway	215
<i>Gabriele Paolinelli</i>	
5.1 Greenways as a resource for sustainability	215
5.2 Some basic reasons supporting the appropriateness of developing a network of Vjosa Greenways	218
5.3 The lower course of the Lëngarica River as a pilot case study	219
Chapter 6	
What future for Bënjë?	231
<i>Antonio Lauria, Pier Angelo Mori</i>	
Bibliography	237
Image Credits	243
About the Authors and Contributors	247
The Florence Accessibility Lab	249

People_Places_Architecture book series



People _ Places _ Architecture

The *People_Places_Architecture* book series aims to provide a dialogue space for scholars mindful of social and environmental responsibility in the process of creating *spaces for interaction*.

Spaces for interaction are incubators of community, as well as ethical and human values and the places where social and everyday life happens. They are privileged scenarios where a community represents itself in cultural, economic, social, technological and ecological terms and manifests its contradictions. For those who use them, the meaning of these places goes far beyond the physical space with which they are identified.

The series explores the various issues that challenge today's spaces for interaction: demographic changes, multiculturalism, the need to make societies more inclusive, the relationship between people and nature, global warming, and the contribution of new technologies to improve services and city life.

The series' frame of reference is the Mediterranean region, the womb of our history and civilisation. This is not merely a geographical frame of reference, but rather a cultural, social, climatic and sentimental one.

The series explores research and reflections aimed at generating processes rather than products and pays particular attention to accessibility, seen as a design resource for human empowerment and social inclusion, to make communities more vital, safe and cohesive, promote cultural diversity and foster the knowledge, preservation and enhancement of the architectural, urban and landscape heritage. (for more information on the book series, see https://fupress.com/comitatoscientifico/people_places_architecture/126)

The series is promoted by the Florence Accessibility Lab, an interdepartmental research unit of the University of Florence (see <https://www.dida.unifi.it/vp-136-fal.html>).

FUP Best Practice in Scholarly Publishing (DOI 10.36253/fup_best_practice)

Antonio Lauria, Francesco Alberti, Pietro Matracchi, Gabriele Paolinelli, *Enhancing cultural and natural heritage as a lever for the regeneration of rural areas. The village of Bënjë, Southern Albania, as a case study*, © 2024 Author(s), CC BY-NC-SA 4.0, published by Firenze University Press, ISBN 979-12-215-0436-1, DOI 10.36253/979-12-215-0436-1

Credits

- Antonio Lauria (AL) PI of the research project “Develop Community Resources through the Valorization of the Natural and Cultural Heritage”. Supervisor of the book. Author and editor (with FA, GP and PM) of the book. Author of the Executive Summary, Chapter 2, Sections 3.1 and 4.1. Author (with PAM) of Chapter 6. Author (with MR) of the alternative text descriptions of the images for visually impaired people. Author of photographs included in the book.
- Francesco Alberti (FA) Member of the research project “Develop Community Resources through the Valorization of the Natural and Cultural Heritage”. Author and editor (with AL, GP and PM) of the book. Author (with EN) of Section 1.1. and (with MR) of Sections 4.2 and 4.3. Author of photographs included in the book.
- Pietro Matracchi (PM) Member of the research project “Develop Community Resources through the Valorization of the Natural and Cultural Heritage”. Author and editor (with AL, FA and GP) of the book. Author of Section 3.3. Author of photographs included in the book.
- Gabriele Paolinelli (GP) Member of the research project “Develop Community Resources through the Valorization of the Natural and Cultural Heritage”. Author and editor (with AL, FA and PM) of the book. Author of Section 1.1. and of Chapter 5. Author (with FV) of Section 3.2. Author of photographs included in the book and sketches in Chapter 5.

FUP Best Practice in Scholarly Publishing (DOI 10.36253/fup_best_practice)

Antonio Lauria, Francesco Alberti, Pietro Matracchi, Gabriele Paolinelli, *Enhancing cultural and natural heritage as a lever for the regeneration of rural areas. The village of Bënjë, Southern Albania, as a case study*, © 2024 Author(s), CC BY-NC-SA 4.0, published by Firenze University Press, ISBN 979-12-215-0436-1, DOI 10.36253/979-12-215-0436-1

Pier Angelo Mori (PAM)	Author (with AL) of Chapter 6.
Eni Nurihana (EN)	Author (with FA) of Section 1.1. Translations from Albanian. Review of the Albanian texts in the book. Author of images, maps and diagrams included in the book.
Mirko Romagnoli (MR)	Collaborator of the research project “Develop Community Resources through the Valorization of the Natural and Cultural Heritage”. Author (with FA) of Sections 4.2 and 4.3. Author (with FV) of photographs included in the book and drawings in chapter 4. Author (with AL) of the alternative text descriptions of the images for visually impaired people.
Flavia Veronesi (FV)	Collaborator of the research project “Develop Community Resources through the Valorization of the Natural and Cultural Heritage”. Author (with GP) of Sections 3.2. Author (with MR) of photographs included in the book, sketches in Chapter 4 and the cover photo.
Ardian Ndreca	Author of the book’s preface.
Stefania Vizzaccaro	Author of the book’s foreword.
Rebecca Milner	Translator of the manuscript into English.

Acknowledgements

We would like to express our gratitude to those who have helped to make this book possible. Each of them played a valuable role and deserves our sincere appreciation.

First of all, we would like to thank Mirko Romagnoli and Flavia Veronesi, members of the working group of the research project “Develop Community Resources through the Valorisation of the Natural and Cultural Heritage”, for their commitment and dedication. Mirko and Flavia worked with us with passion and motivation during the various stages that led from the research project to the book.

Dritan Kapo, an architect in Tiranë, was of great help to us in the acquisition of thematic cartography of the area under study and its interpretation. Dritan also collaborated with Fabrizio Battisti, a dear and competent colleague from our Department of Architecture, in estimating the cost of the works envisaged in the preliminary design of the path from Kadiu Bridge to the village of Bënjë.

We would like to pay tribute to three people who have made a valuable contribution to the book:

- Pier Angelo Mori is the co-author of the final chapter of the book, and he discussed with us, with the generosity and competence that comes from years of study and research on social cooperation, some important issues related to the process of village regeneration from a socio-economic point of view.
- Ardian Ndreca wrote the beautiful preface to the book, expressing with passion and nostalgia his love for his land; we are truly grateful to him for the sensitivity and rigour with which he approached our work and for his generous words about our book.
- Eni Nurihana played a valuable role in the realisation of the manuscript: she co-authored a chapter, translated some texts from Albanian into Italian, and with care and professionalism prepared several drawings and diagrams included in the book.

It is a great pleasure for us to thank Stefania Vizzaccaro, Director of the Italian Agency for Development Cooperation in the Western Balkans in Tiranë, who believed in our work and supported it wholeheartedly. We would also like to thank her for her kind and generous foreword to this book.

Among her staff, a special mention goes to Francesco Guerzoni for the quality and continuity of his participation throughout the development of our work. Francesco never failed to support us in overcoming all the challenges we faced in the course of our work. We greatly appreciated his professionalism and kindness.

During the demanding on-site analysis of the research project, we were able to count on the substantive and friendly help of the staff of the Italian NGO CESVI (Përmet). Our special thanks go to Giorgio Ponti and his staff members: Julian Elezi, Ardian Gogo, Fiorent Jace, Jonid Jace, Aleks Tane and Elidjon Thanasi.

In Përmet, we were also able to count on the cooperation and generous hospitality of Sotir Nauni, the last primary school teacher in the village of Bënjë. It was a privilege to meet him and talk to him about life in the village.

Our sincere thanks also go to those who kindly and generously provided us with ideas, information, documentation and suggestions. It is difficult to list everyone who has contributed to making this book more informative, but we would particularly like to thank Daniel Pirushi, Berijan Premto and Aleks Todhe.

We would also like to thank Rebecca Milner, who translated the manuscript into English, for her patience and valuable advice and suggestions.

Finally, we would like to express our great appreciation to Eranda and Sania Shpata, the owners of the Familjari Restaurant in Përmet, where we so often found a cosy and hospitable refuge after a hard day's work.

*Antonio Lauria, Francesco Alberti,
Pietro Matracchi and Gabriele Paolinelli,
Firenze, September 2024.*



Early elements for a Lëngarica River Greenway

Gabriele Paolinelli

Abstract: The study described in the previous chapters highlighted the importance of effective forms of widespread protection and enhancement of natural and cultural landscape features. The concomitant process of establishing the Vjosa Wild River National Park in accordance with the international classification of protected areas of the International Union for Conservation of Nature (IUCN) has further raised the perception of the usefulness of a systemic strategy for the conservation and enhancement of the landscapes of the Vjosa River Basin. In this respect, the chapter examines the topic of greenways through the case study of the lower Lëngarica River Valley. The development of greenways can contribute to the pursuit of sustainability and the landscapes of the Vjosa basin have natural and cultural identities that can be protected and enhanced through them. A preliminary study on the Lower Lëngarica Valley highlights its potential from this point of view.

5.1 Greenways as a resource for sustainability

Greenways are a strategic and management-related project category aimed at promoting and developing forms of recreation and tourism based on the priority of protecting the natural and cultural characteristics of landscapes. As such, they are now clearly contextualised within sustainability policies and actions.

«Charles Little credits the late William H. White, a prominent environmental writer, who invented and used the term greenways in his 1959 monograph entitled, *Securing Open Space for Urban America*, published by the Urban Land Institute. During the 1980s, there were two additional important events which significantly helped the spread of the greenway movement. The first event was a recommendation made by the US President's Commission on American Outdoors Report [...]. The second important event was the publishing of Charles Little's seminal book, *Greenways for America* [...].» (Fabos, 2004: 328-329).

After a brief incubation phase in North America, where they originated, since the 1990s the concepts, theories and experiences relating to greenways have also spread to Europe. Their design is supported by scientific knowledge, but it can also be understood by the general public and expresses strategic values in the pursuit of multiple objectives. A further factor in the spatial effectiveness of greenways is the fact that the resources and their enhancement areas are not dispersed in isolation in the territories but are included within extensive networks made up of corridors and wider areas and linked by slow mobility routes (Ahern, 2002).

«The word greenway connotes two separated images: green suggests natural amenities – forests, riverbanks, wild-life; way implies a route or path. Put them together and they

Antonio Lauria, University of Florence, Italy, antonio.lauria@unifi.it, 0000-0001-7624-6726
Francesco Alberti, University of Florence, Italy, francesco.alberti@unifi.it, 0000-0003-0642-0455
Pietro Matracchi, University of Florence, Italy, pietro.matracchi@unifi.it, 0000-0002-3492-8152
Gabriele Paolinelli, University of Florence, Italy, gabriele.paolinelli@unifi.it, 0000-0002-1666-1239
Referee List (DOI 10.36253/fup_referee_list)
FUP Best Practice in Scholarly Publishing (DOI 10.36253/fup_best_practice)

Antonio Lauria, Francesco Alberti, Pietro Matracchi, Gabriele Paolinelli, *Enhancing cultural and natural heritage as a lever for the regeneration of rural areas. The village of Bënjë, Southern Albania, as a case study*, © 2024 Author(s), CC BY-NC-SA 4.0, published by Firenze University Press, ISBN 979-12-215-0436-1, DOI 10.36253/979-12-215-0436-1

describe a vision of natural corridors crisscrossing a landscape that has been otherwise transformed by development.» (Flink & Searns, 1993: XV).

The application of the greenway category to areas of ancient civilisation, such as those of southern Europe, in particular, ensures that the amenities to be protected and enhanced are cultural as well as natural, and common as well as exceptional. These aspects were also evident in the case of the path studied in this research.

In this sense, it is important to consider how the effective promotion and sustainable use of landscapes can result in indirect forms of the protection of their natural and cultural characteristics through processes that induce the individual and social promotion of cultural heritage.

Greenways, moreover, are a category geared towards spatial integration that also focuses on areas of increased anthropic pressure, where they fulfil the twofold function of providing accessible open spaces for recreational use and protecting and reinforcing residual natural and cultural resources (Flink & Searns, 1993). In this sense, greenways can be seen as a strategic and management complement to protected natural areas such as parks and reserves.

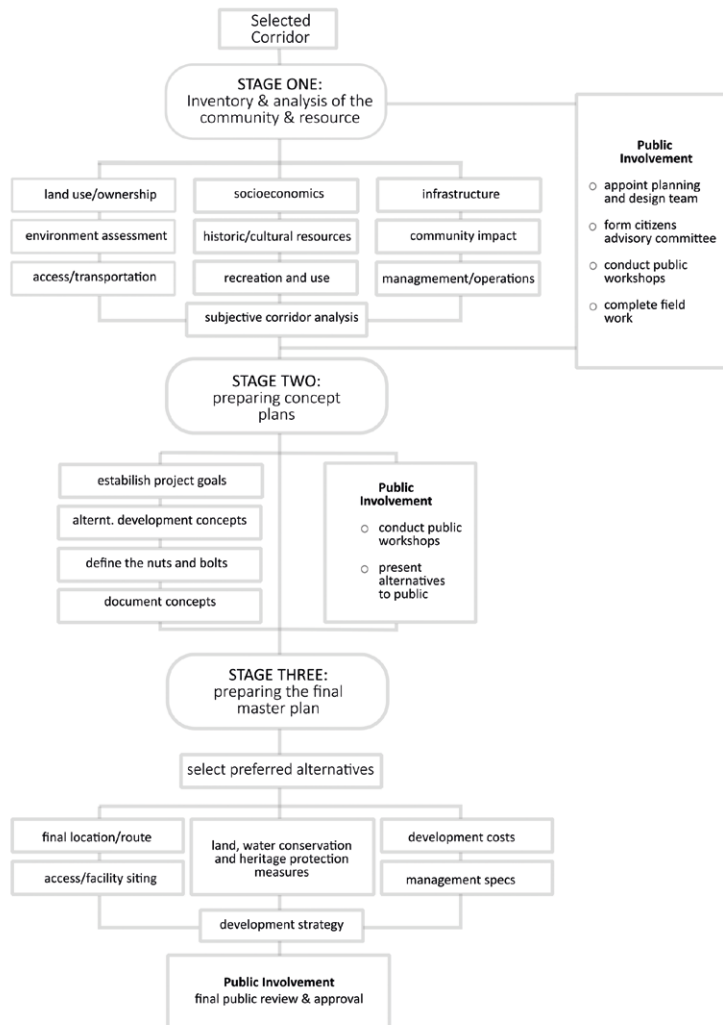


Figure 5.1 – Example of a greenway design process.

Planning and design for the activation and management of greenways also promotes the generation of local forms of economy that can complement existing ones and, in some cases, evolve them. [Fig. 5.1] In fact, greenways have significant territorial marketing potential, in that they can leverage the promotion of local identities in broad, regional, national and international contexts.

Generally speaking, the protection and enhancement of landscapes require systemic strategies and actions that are not just restricted to precepts, nor limited to entities of extraordinary value. Regulatory requirements must be combined with moral suasion methods aimed at various types of actors and stakeholders (institutional, economic and social, local and other). The effectiveness of the protection of natural and cultural excellences also depends on the care of the landscapes to which they belong.

Ecological networks are systemic sets of reference indicators for the landscape planning and design of general and sectoral spatial policies. In common with greenways, they have a widespread spatial configuration. Ecological corridors and core-areas are immersed in matrices that are to some degree ecologically favourable for the conservation of plant and animal biodiversity. By analogy, greenways allow for the dissemination of sustainable human forms of resource use and landscape enjoyment in territories. So, it is also possible to indirectly support areas that play a pre-eminently nature conservation role.¹

A recent study on the municipal territory of Azambuja, in the Lisbon metropolitan area, is indicative of the distinct nature of such an approach. This experience clearly shows that routes – as material infrastructures – and itineraries – as immaterial narrative proposals – are the functional framework on which a greenway strategy sets the vision of the use of the places and landscapes of the territory it is intended to enhance.

«A balanced landscape will increase the value of the greenways and in return, the routes can develop activities, such as nature tourism, environmental education that will promote landscape sustainability and stimulate social, economic and ecological dynamics. The [...] holistic design of greenways can help to improve landscape conditions and contribute to sustainable landscape planning and generally encourage more sustainable development, with concomitant economic, social and environmental benefits.» (Pena *et al.*, 2010: 982).

Remaining in Southern Europe, for greater relevance to the context under analysis, two Italian cases still illustrate the specificities and potential of a landscape-based design approach to greenways: the “Lambro River Valley Greenways System” (Toccolini *et al.*, 2006) and the “Greenways of Pavia” (Ziman Scudo, 2006).

According to the European Greenway Association, greenways are «ways dedicated to cyclists and pedestrians, in cities and in the countryside, routes developed for recreational purposes and/or for undertaking daily trips» (EGA, 2000: 13). According to both Ahern (1995) and Fabos (1995), Ziman Scudo proposes instead to consider a conceptually more complex definition.

¹ According to IUCN protected area categories adopted in 1994 and article V of the revised African Convention on the Conservation of Nature and Natural Resources 2003, a “Conservation Area” is «(...) designated and managed mainly or wholly for one of the following purposes: i) Science or wilderness protection (Strict Nature Reserve/Wilderness Areas); ii) Ecosystem protection and recreation (National Parks); iii) Conservation of specific natural features (National Monuments); iv) Conservation through management interventions (Habitat/Species Management Areas); v) Landscape/seascape conservation and re-creation (Protected Landscapes/Seascapes); vi) The sustainable use of natural ecosystems (Managed Resource Protected Areas).» (Dillon, 2004:17). The Vjosa protection has been implemented in Albania under National Parks Category II.

«It is understood as a multipurpose, ecological, cultural and recreational network of linear elements, based on resource planning and compatible with sustainable land use (...). The differences between this approach and others in Italy derive from the differences between the basic concepts. Most existing paths and trails are single purpose, dealing basically with transportation. These new greenways on the other hand are multifunctional and are based on the study and management of resources of the entire landscape context. The trails are perceived as connective elements between people, places and resources and are being chosen as part of a larger scope of reclamation, protection and rediscovery of neglected natural and cultural features.» (Ziman Scudo, 2006: 132).

This approach, consistent with the original conception of greenways, avoids their improper reduction to routes, which, although essential, are to be understood more as means rather than ends. Greenways are rather understood as strategies to promote landscape-based tourism-recreational policies. As such, they allow for the 'integration' of landscapes into processes for their conception and into interventions for their implementation. The integration of landscape into policies is a cardinal objective on which the Council of Europe Landscape Convention (EC, 2000, 2016, point 5.d) commits the signatory states to an approach that is essential but still not sufficiently widespread and practised.

Among the policies that influence landscapes, tourism-recreation policies are less relevant economically and financially speaking than energy, agriculture, settlement and infrastructure policies. Tourism-recreational activities, however, tend to affect vulnerable contexts constituting essential factors that generate demand for use and whose interpretation is therefore crucial to generate sustainable responses.

The social and economic models that greenways are intended to promote are bottom-up, based on the involvement of populations and social and economic players in development processes, from the preliminary conception phases through to executive management. Both the particular economic complementarities with respect to conventional forms of production and service activities depend on this profile, as do the possibilities of effective protection of the natural and cultural characteristics of landscapes, based on the aforementioned socio-cultural processes of effective promoting of cultural heritage.

5.2 Some basic reasons supporting the appropriateness of developing a network of Vjosa Greenways

The scale relevance of the landscape concept of a network of Vjosa Greenways could support strategic initiatives of international standing and the consequent access to financial instruments not available in local operating contexts. They should aim to activate local socio-economic forms of tourism and recreation other than 'business as usual'. The risks associated with the latter, to which the Albanian territory is also exposed due to the growing tourist demand, are indeed intuitable.

As mentioned in § 1.2, the Vjosa Wild River National Park (Greca *et al.*, 2022) will enable the implementation of strategies and actions to protect the river ecosystems of the main course and those of the tributaries included in the perimeter. This initiative, in accordance with the IUCN classification of protected areas,² combines, with the spatial

² "National park" is protection category II as defined by the IUCN World Commission on Protected Areas. According to this classification, national parks «[...] are large natural or near natural areas set aside to protect large-scale ecological processes, along with the complement of species and ecosystems characteristic of the area, which also provide a foundation for environmentally and culturally compatible spiritual, scientific, educational, recreational and visitor opportunities.» See < <https://portals.iucn.org/library/sites/library/files/documents/pag-021.pdf> >, p. 16 (2024-01-27).

identification of the river ecosystems it aims to protect as core zones, the identification and regulation of buffer-zones³ with respect to neighbouring territories with ordinary governance regimes (Greca *et al.*, 2022).

The spatial arrangement of the national park is in itself logical in scientific and technical terms and appropriate in political and administrative terms, since it expresses levels of protection that cannot easily be extended much beyond what is defined. However, consideration must be given to the needs and opportunities to implement good management practices also in parts of the territory outside of the national park that have remarkable landscape qualities and include other watercourses in the Vjosa Basin and are therefore part of its systemic nature. For example, in the Lower Lëngarica Valley, the perimeter of the Vjosa National Park excludes areas of land that have until now maintained significant integrity with respect to the effects of production, settlement and infrastructure factors that have been found to be responsible for significant alterations elsewhere. In this quadrant of the municipality of Përmet, however, there are extensive conservation areas included in the Bredhi i Hotovës - Dangëlli National Park, within the scope of whose management it is also possible to integrate effective strategies and actions for the conservation and enhancement of historical-archaeological and scenic-panoramic features as well as natural and ecological ones. Although these conditions are also common to other protected parts of the Albanian territory of the Vjosa catchment area, for many tens of kilometres of the length of the river in the main valley floor, the national park areas are adjacent to territories under ordinary governance (Greca *et al.*, 2022: 12, Fig. 3). In such cases, any lack of effective conservation and enhancement policies for the valley landscape would not only limit the development of the social and economic potential associated with the resources and policies of the national park, but would probably also produce external factors of disturbance, damage and therefore impoverish the natural and ecological features it is intended to protect and enhance.

It is therefore necessary to envisage and promote the spread and normalisation of forms of cohabitation, in order to integrate the social and economic connotations of human populations with the characteristics of ecosystems, and not only the protected, highly natural ones, but also the more anthropised ones related to the former. In such a context where there are both instances and opportunities, the effectiveness potential of greenways can be developed by assuming in explicit and concrete terms that recreational and tourist infrastructure for slow mobility is in no way the end of the strategies and actions being devised, but rather the main means of implementing them.

5.3 The lower course of the Lëngarica River as a pilot case study

The Lëngarica Valley is a significant sample representing part of the landscapes of the Vjosa River Basin and the Bredhi i Hotovës - Dangëlli National Park.

As part of the research documented in this book, after an initial survey in the late spring of 2021, a field survey was conducted in February 2022 in the Lower Lëngarica Valley, from the mouth of the Vjosa near Petran, up the hydrographic right to the mouth of the canyon at Kadiu Bridge.⁴ These locations represent two primary thresholds of the possible local vision of a greenway connecting the main valley channel of the Vjosa River and the site of natural, historical, archaeological and scenic interest between the Ottoman bridge and the canyon.

³ «A buffer zone in an «[...] area around a core protected area that is managed to help maintain protected area values» See <<https://portals.iucn.org/library/sites/library/files/documents/pag-021.pdf>>, p. 55 (2024-01-27).

⁴ This second activity was carried out during a residential workshop that the author coordinated in Përmet from 15-18 February 2022, as part of the Landscape Architecture Course 2021-2022 of the fifth year of the Master's Degree in Architecture at the Our Lady of Good Counsel Catholic University of Tiranë.

The mouth of the Lëngarica acts as a node in a potential network of Vjosa Greenways. In such a vision, the area of the thermal baths and the Kadiu Bridge would take on the role of the side valley terminal of the network, which would also include connections with the paths and open trails that complete the potential offer of landscape enjoyment and enable the reactivation and actualisation of historical relations. The following could branch off from the area: (1) the path to Bënjë, on the hydrographic right, useful for promoting the material and immaterial renovation of the village (see §. 3.1; Chapters 4 and 6), (2) access to the top of the canyon via the forest road on the hydrographical left, and (3) access to the bottom of the canyon itself via the riverbed. The first option would be accessible on foot; the second on foot, by bicycle and on horseback or donkey/mule; the third only by water or on foot, with greater limitations due to the marked irregularity of the river bed and the variability of the river flow.

In the absence of a network of valley greenways, the availability of such routes could, however, have critical effects due to an insufficiently systemic infrastructure strategy. In fact, it would encourage the use of private vehicles, which is in itself far too entrenched in the lifestyles of residents and tourists, as well as in development choices and interventions. Moreover, it would exclude a large part of the valley landscape from the 'slow' enjoyment capable of enhancing its recreational and tourist potential and thereby reduce the concentration of anthropic pressure on the area with the greatest tourist attraction.

Both the first and the second surveys showed that the river has a moderate water outflow compared to what has built up over time in the riverbeds during moderate flows and flooding. [Fig. 5.2] This can reasonably also be attributed to the increasing duration and intensity of drought periods and the spread of increased aridity in ecosystems, even in landscapes known for the richness of their waters. In floodplain areas, the consolidation of reduced flows and periods of increased runoff can give rise to ecological successions that develop riparian plant formations, producing new biological and scenic richness. [Fig. 5.3]. In the case under examination, however, the reduction in the water flow can also be directly attributed to the hydraulic dikes for hydroelectric collection built upstream of the river (see § 1.2.2), which are also responsible for ecosystem alterations.



Figure 5.2 – Example of late-winter (February 2022) surface water flow conditions of the Lëngarica River in relation to the width of the hydraulic corridor.



Figure 5.3 – The development of riparian vegetation in a right-hand floodplain of the LĚngarica River (February 2022) indicates on the one hand the limited occupation by reduced water runoff and on the other hand the self-regeneration potential of ecosystems.

It is however essential for two conditions to occur: (1) that the management of the water resource preserves at least the river's ecological flow throughout the year, and (2) that all areas pertaining to the river are firmly and effectively protected from any settlement, infrastructural or productive transformation, including forestry or agriculture. In fact, although the water flow tends to be reduced in active riverbeds with sections of only a few metres, the considerable overall width of the riverbed gives the river resilience properties that it would not have with a straightened and narrowed course within a canal-shaped corridor. This allows the watercourse to move and continue its evolution under safe hydraulic conditions, limiting the vulnerability of agricultural crops, settlements and infrastructure. The river, however, does not require artificial embankments, as it has mostly marked incisions in the riverbed, and retains an appreciable naturalness in its functioning and therefore also in its appearance. [Fig. 5.4]

The prevalence of sub-vertical river banks is due to alluvial sediment collapses caused by hydraulic erosion or the outcropping geological structure. This characteristic generates a barrier effect that renders large parts of the riverbed inaccessible to people, fostering the biological plant and animal enrichment of ecosystems. In the adaptive perspective of greenways and in general for the landscape design culture, the tourist-recreational enhancement of this structural aspect of the landscape is sustainable in terms of indirect visual enjoyment, through the widespread and significant scenic opportunities present. This type of choice should not be contextualised at the scale of individual open spaces, but rather at the scale of the larger mosaics that a greenway comprises. In such contexts, it is possible to identify suitable structural features to organise access to the riverbeds with routes that encourage different uses of the watercourse.

The energy of the typical profile of mountain formations constitutes a scenic, as well as ecological, feature of the landscape. It encompasses the lower mountains in the

main tributary valley of the Lëngarica and the side valleys of the same sub-basin, and is dominated by the Nemërçka Mountain Range, which bounds the hydrographic right of the Vjosa with mighty and extremely steep spurs. [Fig. 5.5]



Figure 5.4 – Erosion of alluvial terraces and incision of the Lëngarica riverbed with a lateral outcrop of substrate.



Figure 5.5 – The lower course of the Lëngarica River, taken downstream, a few kilometres from its mouth in the Vjosa River, with the Nemërçka Mountain Range on the hydrographic left of the main valley.



Figure 5.6 –
The road up the
Lëngarica on the
hydrographic right
of the valley to
the Kadiu Bridge
thermal bath area.

The roadway along the lower right slope of the Lëngarica connects with the Vjosa Valley, [Fig. 5.6] has excellent morphological congruity with the natural characteristics of the profile and carries a low and decidedly discontinuous vehicular load due to the absence of densely inhabited settlements and productive or recreational activities with a considerable influx of people. The road, with its attractive views of extensive stretches of the valley, affords widespread visual enjoyment of the river, potentially benefiting people who may find it difficult to use paths along the banks or in the riverbed. In addition, the road would still provide continuity to the routes in sections where the areas close to the river banks cannot be used due to morphological constraints or the improper fencing of agricultural land.

The road has a common asphalt pavement which, especially during a start-up phase, would be compatible with integration into the route network of a greenway. In the case of redevelopment work, stabilised earth paving could be created, which can make walking more pleasant as well as reduce the volume and speed of rainwater runoff flowing into drainage networks that are no longer widely managed by agricultural activities, if not entirely absent. In relation to this aspect, there are disused concrete hydraulic-agricultural channels in the vicinity of some stretches of river banks, with consequent internal and induced degradation. [Fig. 5.7] This infrastructural network could be converted into country trails without disturbing the desirable initiatives for the revival and innovation of productive agricultural activities, which the greenway itself would help to promote and support with tourism-recreational activities.



Figure 5.7 –
A section of
disused hydraulic-
agricultural
canalisation in the
alluvial terraces on
the hydrographical
right of the
Lëngarica.

As mentioned above, farmland fences taken right up to the edge of the riverbank were found in several places. [Fig. 5.8] They create intentional interruptions in practicability which compromise the usability of the countryside plan in the area adjacent to the riverbed. A buffer corridor to the side of this would allow for more widespread public enjoyment of the river and would foster the monitoring and management of its riparian ecosystems. To this end, it would not be necessary to do away with extensive areas for agro-sylvo-pastoral uses. Even with a 10-15 m strip, it would be possible to create a safe path, accessible also to maintenance and rescue vehicles, with a field hedge made up of an uneven-aged and multi-species vegetation composition to separate it from private land, and a multi-species herbaceous strip away from the riverbank edge to protect it from the escarpments. [Fig. 5.9] This work would have a very favourable cost-benefit ratio as it would bring biological and scenic enrichment with insignificant construction and maintenance costs, protect both private agricultural and public riverine spaces, and allow the compatible enjoyment of both.

According to what has also been considered in previous chapters, the Lëngarica also features a rich temporal stratification of evidence of human history related to it. The prehistoric caves, the Ottoman bridge, the 19th-century mill, the hydraulic-agricultural structure of the crops of the river terraces on the valley floor, the valley floor road, the military posts and the 20th-century agrarian irrigation network, the hydroelectric plants and the more recent recreational facilities, all constitute a set of indications of the relations that people have established with the watercourse. Their effective cultural narrative could highlight their value with recreational social benefits and economic opportunities linked to the development of cultural tourism.

Between the confluence of the Lëngarica and the Vjosa in Petran [Fig. 5.10a] and the thermal area a few kilometres upstream [Fig. 5.11f], the route is made attractive by numerous opportunities to enjoy the river landscape. Its sensitive recreational and tourist enhancement has two non-negligible advantages in that it would make it pos-



Figure 5.8 – An example of an improper interruption of the practicability of the edge of the right bank of the LĚngarica.

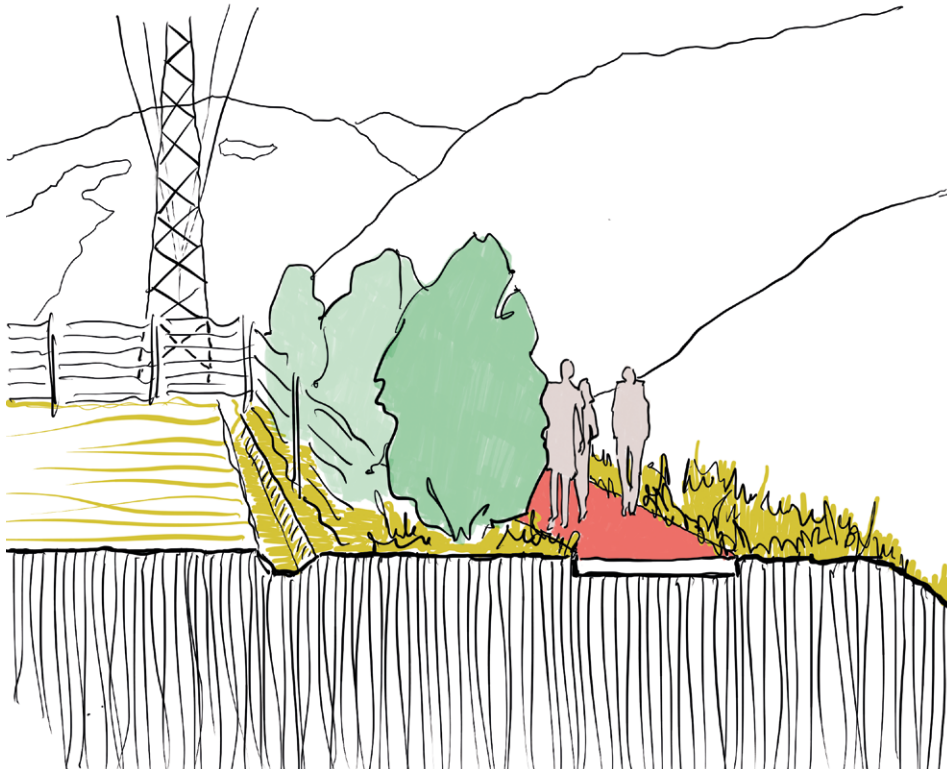


Figure 5.9 – Proposal for the practicability of the right bank of the LĚngarica and the protection of neighbouring agricultural crops.

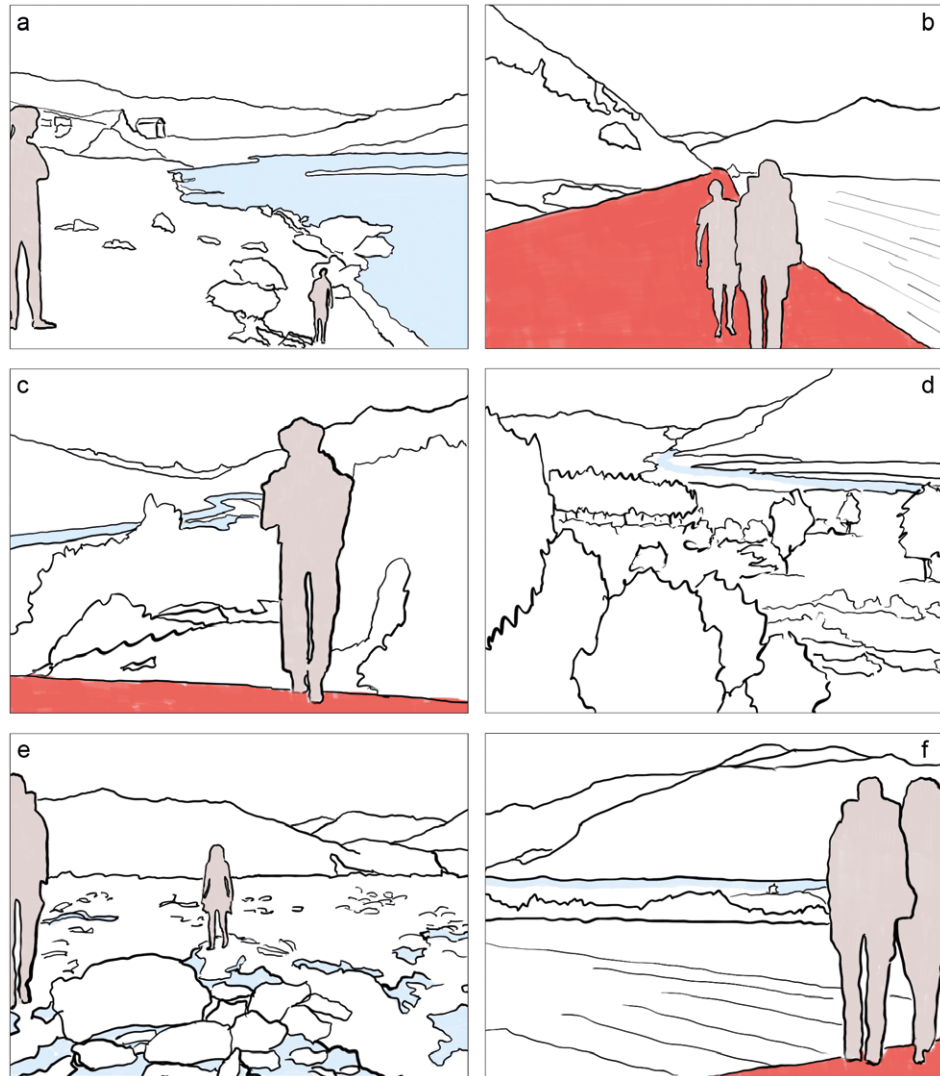


Figure 5.10 – Design suggestions for the greenway of the Lower Lëngarica Valley in the first section upstream of the mouth of the Vjosa in Petran.

sible to better understand the natural and cultural landmarks in their context and reduce the concentration of anthropic visitor pressure on them.

The valley floor road on the hydrographic right can play the role of a primary route [Figs. 5.10b, 5.11b, 5.11d] from which secondary ones branch off approaching the river. This is based on three main indications: (1) the road has very low frequencies and numbers of vehicles passing, (2) it has an elevation pattern with slopes that are not too testing for pedestrians and cyclists, and (3) it offers widespread scenic opportunities. [Figs. 5.10c, 5.10d, 5.10f, 5.11a, 5.11d] At the same time, this has two main advantages: the economy of financial resources inherent in the compatible use of an existing route is combined with that of environmental resources. The latter is equally relevant when considering how questionable the construction of new routes for tourism and recreational purposes can be when there are opportunities to use or restore compatible existing situations. The issue of compatibility is, on the other hand, a decisive variable: this very hypothesis, for example, would be completely impractical along the valley floor road bordering the Vjosa between Petran and Përmet, where the greenway would inevita-

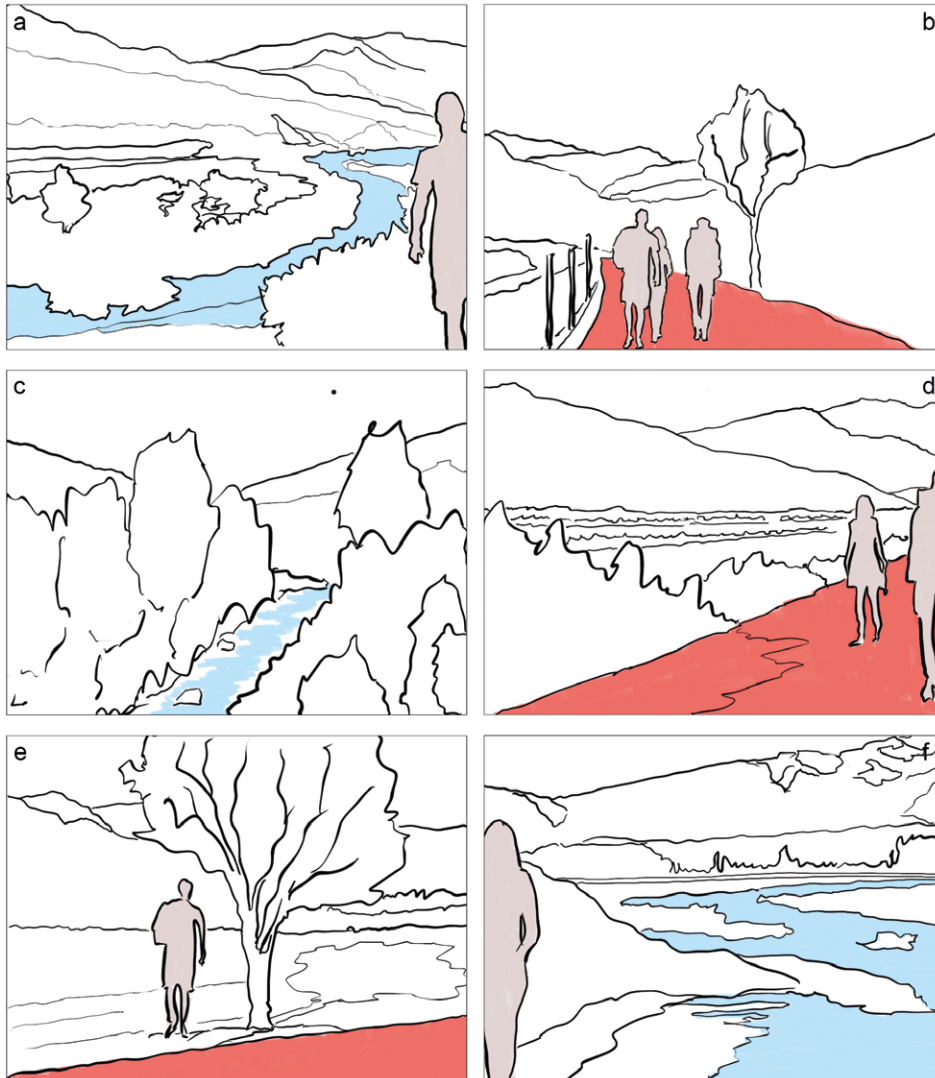


Figure 5.11 – Design suggestions for the greenway of the Lower Lëngarica Valley in the second section that passes the confluence of the Bënjë Stream Valley and reaches the thermal bath area.

bly require routes on its own roadway and whenever possible adequately separated and diverted to reduce the disturbance created by the much more intense vehicular flow.

However, some of the works have incongruous locations and characteristics, for instance the recently constructed bridge just downstream from the Ottoman bridge, the riparian and service facilities in the thermal baths area, the accommodation facilities at the end of the road on the hydrographic right near the thermal baths area, the ruins of a 20th-century building constructed on the riverbed, and a recently constructed power plant, also constructed on the riverbed a few hundred metres upstream of where the Lëngarica flows into the Vjosa. Nevertheless, in the survey conducted, the locations investigated were found to have significant overall potential with respect to the hypothesis of a greenway.

Ideally continuing along the greenway of the lower Lëngarica Valley, there are pleasant rural paths that could also be considered as potential side branches connecting the road with the river, which in some places also lead to its broad floodplains and the low-lying river bed [Figs. 5.10e, 5.11f]. Going up the Lëngarica, the main route intersects the Bënjë Stream just upstream of its confluence with the river [Fig. 5.11c] and then reaches the node [Fig. 5.11e]



Figure 5.12 – Rest area along the valley floor road, at the intersection with one of the transversal rural routes that leads to the river only a short distance away.

from which the path could connect the village of the same name with the highly attractive tourist-recreational complex consisting of the unique ensemble of the Ottoman bridge and prehistoric caves, which are related to the river and have exceptional cultural value, and the thermal springs and the canyon, with their natural value.

Lastly, the case study highlights two distinct features for the protection and enhancement of the landscapes. The first depends on the fact that greenways, designed and managed for broad enjoyment, influence the social perceptions of landscapes by contributing to the cultural construction of awareness of their values. The more extensive the resulting promotion of cultural heritage, with respect to both residents and tourists, the more local communities have a real chance of expressing effective policies and actions to counter the consumption and depletion of the natural and cultural resources on which they can base the sustainability of their own futures. This enables local communities to exercise active forms of protection that do not replace the superordinate state ones but are synergistic with them. The second distinct feature concerns the nature of the formation process typical of greenways, in which the weight of the design of works is generally subordinated to that of the identification and correlation of the resources to be protected and enhanced through forms of

conscious use. Thus, interchange areas with vehicular mobility, soft mobility routes, rest areas and service areas constitute a structural and infrastructural provision that can be achieved by utilising and restoring existing situations and networking them through a measured plan of interventions carried out from scratch. Bringing existing things back to life is a typical opportunity through which to offer visitors experiences with a magical aspect that can make a difference in the sentimental hold places have over people, even when such places are small. [Fig. 5.12]

Bibliography

- Abate, C. 2005. *Il ballo tondo*. Milano: Mondadori.
- Abate, C. & M. Behrmann 2006. *I Germanesi*. Soveria Mannelli (CZ): Rubbettino.
- Adams, D.Q. 1997. "Albanian Language." *Encyclopedia of Indo-European Culture*, ed. by J.P. Mallory, & D.Q. Adams, 9-11. Chicago and London: Fitzroy Deaborn Publishers.
- Adhami, S. 2001a. *Përmeti dhe Përmetarët në Udhëpërshkrimet e të Huajve dhe Kujtimet e Popullit*. Tiranë: Ada.
- Adhami, S. 2001b. *Vështrim mbi Kulturën Popullore të Trevës së Përmetit*. Tiranë: Ada.
- Ahern, J. 1995. "Greenways as planning strategy." In *Greenways. The Beginning of an International Movement*, ed. by J.G. Fabos, & J. Ahern, 131-155. Amsterdam: Elsevier.
- Ahern, J. 2002. *Greenways as Strategic Landscape Planning: Theory and Application*. Wageningen (NL): Wageningen University.
- Aliaj, B., Shutina, D., & S. Dharmo. 2010. *Between energy and the vacuum: Co-PLAN and urban planning in Albania*. Tiranë: POLIS Press.
- Aliaj, B., Janku, E., & S. Dharmo. 2014. *Albania 2030 manifesto: A national spatial development vision*. Tiranë: POLIS Press.
- Allkja, L. 2018. "Europeanisation of Spatial Planning in Albania." *Annual Review of Territorial Governance in Albania* 1, 38-55.
- Andrea, Z. 1983-1984. "Archaeology in Albania, 1973-83." *Archaeological Reports* No. 30 (1983-1984), The Society for the Promotion of Hellenic Studies. < <https://www.jstor.org/stable/581034> > (2024-06-24).
- Apostolakis, A., & V. Simixhiu. 2008. *Mapping of protected areas in Vjosa river catchment. Greek Biotope/Wetland Centre (EKBY), Thermi (GR)*. < <https://core.ac.uk/download/pdf/53063328.pdf> > (2024-06-24).
- Barca, F., Casavola, P., & S. Lucatelli, ed. by. 2014. "A Strategy for Inner Areas in Italy: Definition, Objectives, Tools and Governance." In *Materiali Uval*, 31. < <https://shorturl.at/fuUZ6> > (2024-02-10)
- Barel, Y. 1981. "Modernité, code, territoire." *Les annales de la recherche urbaine*. 10/11, 3-21.
- Barjaba, J. 2019. "Albanian Diaspora across the World." *Athens Journal of Mediterranean Studies* 5(3), 173-184.
- Bashkia, Përmet. 2020. *Plani Plani i Përgjithshëm Vendor PPV - Strategjia Territoriale*. < <https://planifikimi.gov.al/index.php?eID=dumpFile&t=f&f=5730&token=15d581c33d13b-27051c5be61a6b7bfe50f08d0a6> > (2024-06-24).

FUP Best Practice in Scholarly Publishing (DOI 10.36253/fup_best_practice)

Antonio Lauria, Francesco Alberti, Pietro Matracchi, Gabriele Paolinelli, *Enhancing cultural and natural heritage as a lever for the regeneration of rural areas. The village of Bënjë, Southern Albania, as a case study*, © 2024 Author(s), CC BY-NC-SA 4.0, published by Firenze University Press, ISBN 979-12-215-0436-1, DOI 10.36253/979-12-215-0436-1

- Bauman, Z. 2005. *Globalizzazione e glocalizzazione*. Roma: Armando Editore.
- Bellizzi, M., & A.M.L. Bellizzi. 2018. *Gli agrimensori del re e nude vite nel Catasto Onciario 1753 di San Basilio in Calabria Citra*. Castrovillari (IT): Prometeo.
- Bërzholi, A. 1987. *Ndryshimet në gjeografinë e popullsisë në zonën Vjosë-Deji Jon*, Botim i Universitetit të Tiranës: Tiranë.
- Bresc, H., & A. Nef, ed. by. 1999. *Idrisi, la première géographie de l'Occident*. Paris: Flammarion.
- Brunnbauer, U. 2004. "Environment, markets and the State: human adaptation." *Ethnologia Balkanica* 8, 129-154.
- Buharaja, V. 2018. *Defteri i Regjistrimit të Përmetit dhe Korçës i Vitit 1431*. Tiranë: ASA.
- Burini, C., & J. Sforzi. 2020. *Imprese di comunità e beni comuni. Un fenomeno in evoluzione*. In *Euricse Research Report*, n. 018-2020. Trento: Euricse.
- Cabanes, P. 1998. "Regards sur 50 ans d'archéologie albanaise / Vështrim 50 vjet të arkeologjisë shqiptare." *Iliria*, 28 (1-2), 49-72. Simpozium ndërkombëtar 9-10 Nëntor '48 Tiranë '98. 50 Vjet Arkeologji Shqiptare.
- Campobasso, G. 2016. "Da Occidente ad Oriente. Alcuni casi di circolazione e ricezione di modelli nell'architettura e nella scultura dell'Albania fra XII e XIV sec." *Hortus Artium Medievalium*. 22, 54-74.
- Caselli, G. P., & G. Thoma. 2000. *La storia economica albanese 1912-1939 e lo stabilirsi dell'egemonia italiana*. Modena: Università degli Studi di Modena, Dipartimento di Economia Politica.
- Corboz, A. 1985. "Il territorio come palinsesto/ The Land as Palimpsest." *Casabella*, 516, 22-27.
- Council of Europe (CE). 2000. *Council of Europe Landscape Convention. Amended by the 2016 Protocol*. Strasbourg: CE.
- Council of Europe. 2005. *The Framework Convention on the Value of Cultural Heritage for Society* (Faro, Convention, 2005), Faro, 27.10.2005, Strasbourg: Council of Europe Treaty Series. < <https://rm.coe.int/1680083746> > (16.3.2024).
- De Luca, G., & L. Di Figlia. 2021. "Verso una dimensione strategica dello sviluppo urbano in Albania: riflessione aperta a partire dai territori di Lezha, Fushë Krujë, Thumanë e Laç/ Toward a Strategic Dimension of Urban Development in Albania: Open Reflection Starting from the Territories of Lezha, Fushë Krujë, Thumanë e Laç." In *Albania del terzo millennio*, ed. by N. Valentin. 139-142. Roma: Gangemi Editore.
- Dematteis, G., & F. Governa, ed. by. 2005. *Territorialità, sviluppo locale, sostenibilità: il modello SLoT*. Milano: Franco Angeli.
- Dematteis, G. 1985. *Le metafore della terra. La geografia umana tra mito e scienza*. Milano: Feltrinelli.
- Dematteis, G. 2001. "Per una geografia della territorialità attiva e dei valori territoriali." In *SLoT quaderno 1*, ed. by P. Bonora. 11-30. Bologna: Baskerville.
- Dillon, B. 2004. "The use of the categories in national and international legislation and policy." *Parks* 14(3), 15-22.
- Dingo, F. 2007. *Identità albanesi. Un approccio psico-antropologico*. Acireale-Roma: Bonanno.
- Doka, D. & P. Qiriazi. 2022. *The Geography of Albania*, World Regional Geography Book Series. Cham: Springer Nature < <https://doi.org/10.1007/978-3-030-85551-2> > (2024-06-24).
- Dollma, M. 2018. "Canyons of Albania and geotourism development." *Acta Geoturistica* 9(2), 28-34.
- Doug, E. 2013. *Interpretation manual of European Union habitats*. European Commission, DG Environment.
- Drançolli, F. 2001. *Kulla Shqiptare*. Kosovo. Prishtine: s.e.
- Durham, M. E. 1905. *The burden of the Balkans*. London: Nelson.
- Eftimi R. & A. Frashëri. 2018. "Regional Hydrogeological Characteristics of Thermal Waters of Albania." *Acta Geographica Silesiana* 12/1 (29), 11-26.
- Elias, N., & J.L. Scotson. 1965. *The established and the outsiders. A sociological enquiry into community problems*. London: SAGE Publications Ltd.
- Elias, N. 1982. *La civiltà delle buone maniere. Il processo di civilizzazione*, I. Bologna: Il Mulino.
- Elias, N. 2006. "Postfazione". In *I Germanesi*, ed. by Abate, C. & M. Behrmann, Soveria Mannelli: Rubbettino.

- Elsie R. ed. by. 2005. *Albanian Literature: A Short History*. London: Tauris.
- Emri, I. 2021. *Mbresatenjëprojektuesi*. Tiranë: Botimet Barleti.
- European Greenway Association (EGA). 2000. *The European Greenways. Good Practice Guide*. Madrid: EGA.
- Fabos, J.G. 1995. "Introduction and overview: the greenway movement, uses and potentials of greenways". In *Greenways. The Beginning of an International Movement*, ed. by J.G. Fabos, & J. Ahern, 1-13. Amsterdam: Elsevier.
- Fabos, J.G. 2004. "Greenway planning in the United States: its origins and recent case studies." *Landscape and Urban Planning* 68, 321-342.
- Fasolo, M. 2021. "La via Egnatia, una matrice del paesaggio culturale albanese/The Egnatia road, a Matrix of the Albanian Cultural Landscape". In *Albania del terzo millennio*, ed. by N. Valentin, 119-123. Roma: Gangemi Editore.
- Fiore, A., & L. Provero, ed. by. 2021. *La signoria rurale nell'Italia del tardo medioevo. 3 L'azione politica locale*. Firenze: Firenze University Press.
- Flink, C.A., & R.M. Searns. 1993. *Greenways. A Guide to Planning Design and Development*. The Conservation Fund. Washington D.C.: Island Press.
- Fontes, H., Olivier, A., Sacdanaku, E. & M. Thibault. 2019. *Biodiversity survey of the Vjosa river catchment - Poçem & Kalivaç areas (Albania)*. Arles (F): Tour du Valat.
- Fornari, F. 1933. "Iconostasi". In *Enciclopedia Italiana*. Roma: Istituto dell'Enciclopedia Italiana.
- Fortson IV, B.W. 2010. *Indo-European Language and Culture: An Introduction*. Chichester (UK): Wiley-Blackwell.
- Frashëri, K. 1969. "Mbi Paraejtë, banorët e lashtë të luginës së Vjosës". In *Illirët dhe Gjenezja e Shqiptarëve*, ed. by Anamali, S., Gjinari J. & M. Korkuti, 133-140. Tiranë: Instituti I Historisë dhe Gjuhësisë (Proceedings of the Symposium held in Tiranë on 2 and 4 March 1969).
- Gega, M., & L. Bozo. 2017. "Analysis of bridge foundation damage in Albania." *Procedia Engineering* 189: 275-282.
- Giusti, M.A. 2006. *Albania. Architettura e città 1925-1943*. Firenze: Maschietto editore.
- Göler, D., & D. Doka. 2015. "ReEmigration in Albania. From Emigration to Remigration and Vice-Versa?" *Südosteuropa Mitteilungen*, 1, 22-31.
- Greca, A., Sovinc, A., Thoren, B., Brierley-Ingham, L., Kukoviçu Borovnik, I., Åberg, U. et al. 2022. *Vjosa Wild River National Park. Vision, Road Map and Feasibility Study*. Patagonia Inc., IUCN, Albanian Ministry of Tourism and Environment. < <https://riverwatch.eu/sites/default/files/FEASIBILITY%20STUDY%20VJOSA.pdf> > (2024-08-24).
- Hagood, M.J., & Ducoff, L.J. 1946. "Some Measurement and Research Problems Arising from Sociological Aspects of a Full Employment Policy." *American Sociological Review* 11(5), 560-567.
- Halimi, R. 2013. *Il dibattito intellettuale e politico in Albania tra le due guerre mondiali. Mehdi Frashëri tra "i vecchi" e "i giovani"*, Tesi di dottorato, Università Ca' Foscari, Venezia.
- Hertzberger, H. 2005. *Lessons for Students in Architecture*. Rotterdam: 010 Publisher.
- Ibraj, B. 2016. "Money Laundering in Albania for the Years 2008-2015." *European Journal of Economics and Business Studies* vol. 2 (3), 101-110. < <https://doi.org/10.26417/ejes.v6i1> > (2024-06-24).
- IPCC, 2022. *Climate Change 2022: Impacts, Adaptation, and Vulnerability. Contribution of Working Group II to the Sixth Assessment Report of the Intergovernmental Panel on Climate Change*, New York: Cambridge University Press.
- Kadare, I. 1990. *Broken April*, Chicago: New Amsterdam Book.
- Kadare, I. 2008. *Vepra*, vol. VII, Tiranë: Shtëpia Botuese Onufri.
- Kadare, I. 2021. *La città di pietra*, Milano: La nave di Teseo.
- Kamberi, Z. et al. 2014. "Potential of Bënja Geothermal Springs for Direct Utilization." *Journal of Earth Science and Engineering* 4, 684-692.
- Kárník, V. 1971. *Seismicity of the European Area/2*, Dordrecht (NL): D. Reidel Publishing Company.
- King, R., & J. Vullnetari. 2003. *Migration and development in Albania*. Development Research Centre on Migration, Globalisation and Poverty, Working Paper C5. < <https://www>.

- researchgate.net/publication/237515516_Migration_and_Development_in_Albania > (2024-06-24)
- Kola, V.N. 2002. *Bënja e Përmetit*, Tiranë: Botimet Enciklopedike.
- Korkuti, M. 2017. "Shpella e Bënjës, një "arkiv" i kulturës 5500-vjeçare." Retrieved from Gazeta Shqipt. < <https://www.gazeta-shqip.com/2014/11/17/shpella-e-benjes-nje-arkiv-kultures-5500-vjecare/> > (2023-08-3).
- Lauria, A., Valbona, F., & G. Guza. 2020. *Five Albanian Villages. Guidelines for a Sustainable Tourism Development through the Enhancement of the Cultural Heritage*. Firenze: Firenze University Press.
- Leake, W.M., 1835. *Travels in Nothern Greece*, voll. 4, IV, London: Gilbert & Rivigton.
- Léra, P. et al. 1983. "Gërmimet arkeologjike të vitit 1983." *Iliria* 13 (2), 243-269.
- Llukani, A. 2014. *Arti kishtar në Shqipëri (Sipas mbishkrimeve të kishave)*. Tiranë: Trifon Xhagjika.
- Llukani, A. 2020a. *Mitropolia e Gjirokastrës*. Tiranë: s.e.
- Llukani, A. 2020b. *Mitropolia e Korçë*. Tiranë: s.e.
- Magnaghi, A. 2000. *Il progetto locale*. Torino: Bollati Boringhieri.
- Magnaghi, A. 2001. "Una metodologia analitica per la rappresentazione identitaria del territorio." In *Rappresentare i luoghi, metodi e tecniche*, ed. by A. Magnaghi, 13-51. Firenze: Alinea.
- Magnaghi, A. 2020. "The Territorialist Approach to Urban Bioregions." In *Bioregional Planning and Design: Volume I*, ed. by D. Fanfani & A. Matarán Ruiz, 33-61. Cham (CH): Springer Nature. <https://doi.org/10.1007/978-3-030-45870-6_3> (2024-06-24).
- Maiellaro, N. Cuonzo, M., & G. Savino. ed. by. 2006. *Albania. Conoscere, comunicare, condividere*. < <https://core.ac.uk/download/33151442.pdf> > (2023-11-21).
- Marlekaj, J. 1952. "Aspetti di ospitalità indoeuropea presso gli Albanesi. Studio etno-logico-linguistico." *Annali Lateranensi*, 15:9-78.
- Marolli, F. 2019-20. "Veprimtaria e ateliesë së fjonjatit Në shqipëri pikturimi mural i kishës së Leusës." *Kërkim*, 17: 143-152.
- Martucci, D., ed. by. 2021. *Il Kanun di Lek Dukagjini. Le basi morali e giuridiche della società albanese*. Lecce: Besa Muci.
- Matvejević, P. 2020. *Breviario mediterraneo*. Milano: Garzanti.
- Meksi, A., Bace, A., Karauskai, G., Riza, E. & P. Thomo. 2016. *Historia e Arkitektures ne Shqiperi*. Tiranë: Kristalina.
- Melillo, L. 1995. "Il termalismo nel mondo antico." *Medicina nei secoli. Arte e scienza*, 7, 461-483.
- Ménage, V.L. 1973. rev. Speros Vryonis, Jr. *The decline of medieval Hellenism in Asia Minor and the process of islamization from the eleventh through the fifteenth century*. [Berkeley, 1971]. *Bulletin of the School of Oriental and African Studies*, 36:3: 659-661.
- Menghini, A.B., Pashako, F., & A. Stigliano. 2012. *Architettura moderna italiana per le città d'Albania. Modelli e interpretazioni*. Bari: Archinauti Monografie.
- Menkshi, E., Qirici, E. & Shehu D. 2019. "Thermal Springs of Benja-Albania: Possibilities for Tourism Development." *European Journal of Social Sciences* 58(1), 23-31.
- Mile, L.K., 1984. *Çështje të Historisë Agrare Shqiptare. Fundi i Shek. XVIII - Vitet '70 të shek. XIX*. Tiranë: Akademia e Shkencave.
- Ministero dello Sviluppo Economico (MISE). 2016. *Studio di fattibilità per lo sviluppo delle cooperative di comunità*, Report Finale. Roma: MISE. <<https://encr.pw/XjoSy>> (2024-03-16).
- Mitrojorgji, J. 2022. "Towards a multidisciplinary approach for conservation of cultural settlements in Albania". In *Villages et quartiers à risque d'abandon. Stratégies pour la connaissance, la valorisation et la restauration*, ed. by Hadda, L., Mecca, S., Pancani, G., Carta, M., Fratini, F. et al., Tome 3, 117-132. Firenze: Firenze University Press.
- Mori, P. A., & J. Sforzi, ed. by. 2018. *Imprese di comunità. Innovazione istituzionale, partecipazione e sviluppo locale*. Bologna: Il Mulino.
- Mori, P. A. & J. Sforzi. 2019. *Imprese di comunità. Un nuovo strumento per la gestione dei beni comuni*. Roma: Labsus.
- Moro, G. 2013. *Cittadinanza attiva e qualità della democrazia*. Roma: Carocci.
- Muka, A., Riza, E., & P. Thomo. 2004. *Vendbanime dhe Banesa Popullore Shqiptare* (vol. 1). Tiranë: Toena.

- Muka, A. 2007. *Ndërtimet Tradicionale Fshatare*. Tiranë: Akademia e Shkencave.
- Norberg-Schulz, C. 1979. *Genius loci. Towards a phenomenology of architecture*. New York: Rizzoli.
- Pashako, F. 2012. "La pianificazione italiana nei centri minori dell'Albania. In Architettura moderna italiana per le città d'Albania." In *Modelli e interpretazioni*, ed. by A.B. Menghini, F. Pashako, & A. Stigliano, 64-95. Bari: Archinauti Monografie.
- Pedani, M.P. 2006. *Breve storia dell'impero ottomano*. Roma: Aracne.
- Pena, S.B., Manuela Abreu, M.M., Teles R., & M.D. Espirito-Santo. 2010. "A methodology for creating greenways through multidisciplinary sustainable landscape planning." *Journal of Environmental Management* 91, 970-983.
- Pistrick, E. 2015. *Performing Nostalgia. Migration Culture and Creativity in South Albania*. London: Ashgate.
- Pompejano, F. 2020. "From National to Cultural Monuments: an overview of architectural heritage protection in Albania (1912 by-1944)". *Journal of Architectural Conservation* 26 (1), 55-70.
- Porfirio. 2006. *L'antro delle Ninfe*. Milano: Adelphi.
- Pouqueville, F. 1820. *Travels in Epirus, Albania, Macedonia, and Thessaly*. London: Sir Richard Phillips and Co.
- Prifti, E. 2012. "Aromanian Elements of an Albanian argot". In *Balkanismen heute - Balkanisms today*, ed. by Kahl, T., Metzeltin, M., & H. Schaller, 245-263, Wien: Lit Verlag.
- Qiriaz P. 2006. *Gjeografia Fizike e Shqipërisë*. Tiranë: Botimet Ideart.
- Qiriaz P. 2017. *Trashëgimia Natyrore e Shqipërisë, Vlerat, Rreziqet dhe Menaxhimi*. Tiranë: Akademia e Shkencave.
- Qorri, A. 2021. "Approccio al metabolismo urbano nei piani locali in Albania/Urban Metabolism Approach in Local Plans in Albania". In *Albania del terzo millennio*, ed. by N. Valentin, 151-154. Roma: Gangemi Editore.
- Reynaud C., & S. Miccoli. 2016. "Spopolamento e invecchiamento: una difficile relazione nelle aree di malessere demografico". In *Per una storia della popolazione italiana nel Novecento*, ed. by A. Fornasin, & C. Lorenzini, 247-258. Udine: Forum.
- Riza, E. 1972. "Banesa popullore në Shkodër gjatë shek. XVIII-XIX". *Monumentet*, 4, 141-184.
- Saliu, Sh. 2011. *Hulumtime për Luginën e Sipërme të Përmetit, Rrëza dhe Shqeria*. Tiranë: Pegi.
- Schiemer, F., Beqiraj, S., Drescher, A., Graf, A., Egger, G., Essl, F. et al. 2020. "The Vjosa River corridor: a model of natural hydro-morphodynamics and a hotspot of highly threatened ecosystems of European significance." *Landscape Ecology* 35, 953-968 < <https://doi.org/10.1007/s10980-020-00993-y> > (2024-06-24).
- Sereni, E. 1961. *Storia del paesaggio agrario italiano*. Bari: Editori Laterza.
- Sforzi, J., Burini, C., De Benedictis, C., Bettani, L., & D. Gaudio. 2022. "Le comunità intraprendenti in Italia." In *Research Report n. 023-2022*. Trento: Euricse.
- Shtylla, V. 2013. *Roads and Bridges in Albania*, Tiranë: Gurten.
- Shumka, S., Bego, F., Beqiraj, S., Papparisto, A., Kashta, L., Miho, A., et al. 2018. "The Vjosa catchment – a natural heritage." *Acta ZooBot Austria* 155, 349-376.
- Shutina, D., Toto, R., & B. Zenel, 2017. "The Albanian Urban Mix from Utility to Livability." In *ENHR Conference 2017. Affordable Housing for All: Redefining the Roles of Public and Private Sector*. Tiranë, 4-7 September.
- Shutina, D., Allkia, L., Toto, R., & T. Favro. 2021. "Sviluppo del territorio in Albania, Esperienze e prospettive future/Land Development in Albania. Experience e Future Prospect." In *Albania del terzo millennio*, ed. by N. Valentin, 74-81. Roma: Gangemi Editore.
- Sokoli, O. & R. Doluschitz. 2019. "Cooperative evolution through political era/epoch: Albanian's case and comparisons." *Economics of Agriculture* 66 (1), 189-204.
- Sovinc, A. 2021. *Protection study of the Vjosa River Valley based on IUCN protected area standards*. Belgrade, International Union for Conservation of Nature (IUCN). < <https://portals.iucn.org/library/sites/library/files/documents/2021-011-En.pdf> > (2024-06-24).
- Sulstarova E., & S. Kociu. 1975. *The catalogue of Albanian earthquakes*. Tiranë: Botim i Qendres Sizmologjike.

- Tachella, P. 2006. "Temi e questioni di storia economica dell'Albania dalla dominazione ottomana al crollo del comunismo. Una rassegna bibliografica." *Storia Economica* 9 (1), 139-178.
- Teti, V. 2014. *Il senso dei luoghi. Memoria e storia dei paesi abbandonati*. Roma: Donzelli.
- TFUE. 2012. "Consolidated Versions of the Treaty on European Union and the Treaty on the Functioning of the European Union." *Official Journal of the European Union* (2012/C 326/01). < <https://shorturl.at/knO58> > (2024.02.10).
- Toccolini, A., Fumagalli, N., & G. Senes. 2006. "Greenways planning in Italy: the Lambro River Valley Greenways System." *Landscape and Urban Planning* 76, 98-111.
- Toto, R., Gijka, A., Dyca, B., Bajrami, Z., Dhrami, K. Imami, F. et al. 2015. *Planifikimi dhe Zhvillimi i Territorit në Shqipëri. Manual Teknik*. Tiranë: Pegi.
- Toto, R., & L. Allkja. 2018. "Land Development in Albania – Challenges and Innovations" *Annual Review of Territorial Governance in Albania*, 1, 55-68. < <https://doi.org/10.32034/CP-TGAR-I01-04> > (2024-06-24).
- Turco, A. 1988. *Verso una teoria geografica della complessità*. Milano: Unicopli.
- van Stam, G. 2021. "Individuals, Conglomerates, Persons, and Communities." *African Sociological Review* 21 (1), 32-47.
- Wickel, B.A.J., & S. Galaitsi. 2017. *Assessment of hydro-ecological and socio-economic systems of the Vjosa River*. EU Flood Protection Infrastructure Project – FPIP, UNDP. < https://www.undp.org/sites/g/files/zskgke326/files/migration/al/Vjosa_River_Assessment.pdf > (2024-06-24)
- World Bank 2016. *Migration and Remittances Factbook Factbook 2016*. Washington, DC: World Bank. < <https://doi.org/10.1596/978-1-4648-0319-2> > (2024-06-24).
- Ziman Scudo, K. 2006. "The Greenways of Pavia: innovations in Italian landscape planning." *Landscape and Urban Planning* 76, 112-133.
- Zindel, C., Lippet, A., Lahi, B., & M. Kiel. 2018. *Albanien: Ein Archäologie- und Kunstführer von der Steinzeit bis ins 19. Jahrhundert*, Wien: Böhlau Wien.

Image Credits

The following list contains only images (figures and tables) that were not created/edited by the authors of the book as part of the research *Develop Community Resources through the Valorisation of the Natural and Cultural Heritage*.

Chapter 1

- Fig. 1.6 Photo by Anesti Jançe, Wikimapia.
- Fig. 1.12 Courtesy: Laurelin Haas.
- Fig. 1.13 Photo by Carole Raddato, Wikimedia commons, CC-BY-SA-2.0
- Fig. 1.15 Photo by Kimea, Wikimapia.
- Fig. 1.19 From “1813. Thomas Smart Hughes: Travels in Albania”. http://www.albanianhistory.net/1813_Hughes/index.html. Wikimedia Commons.
- Fig. 1.20 Photo by Pudelek, Wikimedia commons, CC-BY-SA-2.0
- Fig. 1.22 From “Foto të rralla/ Shqipëria e Jugut në prag të Luftë së Parë Botërore”. <https://konica.al/2019/01/foto-te-rralla-shqiperia-e-jugut-ne-prag-te-lufte-se-pare-boterore/>
- Fig. 1.23 From “Foto të rralla/ Shqipëria e Jugut në prag të Luftë së Parë Botërore”. <https://konica.al/2019/01/foto-te-rralla-shqiperia-e-jugut-ne-prag-te-lufte-se-pare-boterore/>
- Fig. 1.24 Postcard, 1944.
- Fig. 1.25 From “Foto të rralla/ Shqipëria e Jugut në prag të Luftë së Parë Botërore”. <https://konica.al/2019/01/foto-te-rralla-shqiperia-e-jugut-ne-prag-te-lufte-se-pare-boterore/>
- Fig. 1.26 Photo by Gitikolasi, Wikimedia commons, CC-BY-SA-2.0
- Fig. 1.28 From Menghini *et al.*, 2012.
- Fig. 1.30 Courtesy: Municipality of Përmet.
- Fig. 1.32 Postcard, 1969.
- Fig. 1.33 From the photographic book *40 années d’Albanie socialiste*, Tiranë, 1984.

- Fig. 1.34 From the General National Spatial Plan “Albania 2030” (2016).
 Fig. 1.35 From the General National Spatial Plan “Albania 2030” (2016). Extracts reworked by Eni Nurihana.
 Fig. 1.36 From the General National Spatial Plan “Albania 2030” (2016).
 Fig. 1.37 From the General National Spatial Plan “Albania 2030” (2016).
 Fig. 1.38 Photo by Shkelzen Rexha, Wikimedia commons, CC-BY-SA-2.0
 Fig. 1.40 Photo by Fatjonkaloci, Wikimedia commons, CC-BY-SA-2.0.
 Fig. 1.41 Reworked by Francesco Alberti from “World Pilgrimage Guide”. https://sacredsites.com/europe/albania/albania_photo_gallery.html.
 Fig. 1.42 Reworked by Eni Nurihana from the General Local Territorial Plan of the Municipality of Përmet (2020).
 Fig. 1.43 Reworked by Eni Nurihana from the General Local Territorial Plan of the Municipality of Përmet (2020).
 Fig. 1.44 Reworked by Eni Nurihana from the General Local Territorial Plan of the Municipality of Përmet (2020).
 Fig. 1.47 *bottom* From the working drawing of the Visitor Center in the thermal area of Benje (2019). Client: Fondi. Shqiptar i Zhvillimit. Project by JV Abkons shpk / Metropolis shpk.
 Fig. 1.48 Reproduction of an archive photo. Përmet Multifunctional Centre.
 Fig. 1.49 From the Regulations for the Historic Centre of Bënjë (2016).
 Tab. 1.1 Reworked by Eni Nurihana from the General Local Territorial Plan of the Municipality of Përmet (2020).
 Fig. 1.51 Reworked by Eni Nurihana from Shumka *et al.*, 2018.
 Fig. 1.52 Photo by Thanas Todhe, Creative Commons Attribution 3.0 Unported license.
 Fig. 1.53 Photo by Trigruda, Creative Commons Attribution-Share Alike 4.0 International license.
 Fig. 1.57 Reworked by Eni Nurihana from Sovinc, 2021.
 Fig. 1.60 Satellite photo by CNES / Airbus 2023 - Google Earth.
 Tab. 1.2 Reworked from Sovinc, 2021.

Chapter 2

- Fig. 2.4 From the Analysis phase of “The Diaspora as a Resource for the Knowledge, Preservation and Enhancement of the Lesser-Known Cultural Sites in Albania” research project.
 Fig. 2.5 From Lauria *et al.*, 2020.
 Fig. 2.6 From Lauria *et al.*, 2020.
 Fig. 2.7 *above* Courtesy: CESVI.
 Fig. 2.8 From “The Diaspora as a Resource for the Knowledge, Preservation and Enhancement of the Lesser-Known Cultural Sites in Albania” research project.
 Fig. 2.14 From Lauria *et al.*, 2020.
 Fig. 2.19 *above* Courtesy: CESVI.
 Fig. 2.24 Courtesy: CESVI.
 Fig. 2.35 From Lauria *et al.*, 2020.
 Fig. 2.37 From the Analysis phase of “The Diaspora as a Resource for the Knowledge, Preservation and Enhancement of the Lesser-Known Cultural Sites in Albania” research project.
 Fig. 2.39 *bottom right* From Lauria *et al.*, 2020.

Tab. 2.1 Antonio Lauria from Kola, 2020.

Chapter 3

Fig. 3.16 (*Left*) Basic drawing from “The Diaspora as a Resource for the Knowledge, Preservation and Enhancement of the Lesser-Known Cultural Sites in Albania” research project; (*right*) from “The Diaspora as a Resource for the Knowledge, Preservation and Enhancement of the Lesser-Known Cultural Sites in Albania” research project.

Fig. 3.24 From Google Hearth (11/12/2023.)

Fig. 3.35 From “The Diaspora as a Resource for the Knowledge, Preservation and Enhancement of the Lesser-Known Cultural Sites in Albania” research project.

Fig. 3.36 (*above*) From “The Diaspora as a Resource for the Knowledge, Preservation and Enhancement of the Lesser-Known Cultural Sites in Albania” research project. (*bottom*) From Lauria *et al.* 2020.

Figg. 3.37-38 From “The Diaspora as a Resource for the Knowledge, Preservation and Enhancement of the Lesser-Known Cultural Sites in Albania” research project.

Fig. 3.39 (*Above*) From https://it.m.wikipedia.org/wiki/File:Golik_Bridge,_Albania_2018_01.jpg (*Bottom*) From https://it.wikipedia.org/wiki/Ponte_di_Mes.

Chapter 5

Fig. 5.1 Reworked by Eni Nurihana from Flink & Searns, 1993.

About the Authors and Contributors

Authors

Antonio Lauria is an architect and a full professor of Technological and environmental design of architecture at the University of Florence's Architecture Department. He is the founder and scientific coordinator of the *Florence Accessibility Lab* Interdepartmental Research Unit and Editor in Chief of the *People_Places_Architecture* book series. His research is focused on person-environment interaction in architecture, design and the planning of urban spaces, and typological and technological innovation in architecture. As an established researcher in the field of accessibility, he is the author of numerous publications, scientific coordinator of research and educational projects, as well as consultant for public and private institutions.

Francesco Alberti is an architect, Ph.D. in Urban, Regional and Environmental Planning and associate professor of Urban Planning and Design at the University of Florence's Architecture Department, where he is the scientific coordinator of the research unit "SUP&R" (Sustainable Urban Projects & Research) and the related university spin-off "Urban LIFE" (Urban Liveability & Innovation for Everyone). He is a member of the Italian National Institute for Urban Planning - INU (since 2012) and former President of the INU Tuscany Region Division (2016-2022). His research focuses on issues of urban sustainability, public space and sustainable mobility. On these topics, he has authored numerous publications, coordinated research, participated in and chaired national and international conferences, and advised public institutions.

Pietro Matracchi, is an architect and an associate professor of Architectural Restoration at the University of Florence's Architecture Department. His scientific achievements include studies on the analysis of architectural artifacts. He has developed an architectural diagnostics tool that aims to increase knowledge about construction techniques and the construction phases related to building site operational aspects, also focusing on the conservation problems of materials and structures. In the field of architectural

FUP Best Practice in Scholarly Publishing (DOI 10.36253/fup_best_practice)

Antonio Lauria, Francesco Alberti, Pietro Matracchi, Gabriele Paolinelli, *Enhancing cultural and natural heritage as a lever for the regeneration of rural areas. The village of Bënjë, Southern Albania, as a case study*, © 2024 Author(s), CC BY-NC-SA 4.0, published by Firenze University Press, ISBN 979-12-215-0436-1, DOI 10.36253/979-12-215-0436-1

diagnostics of monumental buildings, he provides consultancy services for both public and private institutions.

Gabriele Paolinelli is an architect, Ph.D. in Landscape Design, and an associate professor of Landscape Architecture at the University of Florence's Architecture Department. He is scientific coordinator of the departmental *Landscape Design Lab* and former Editor in Chief of the academic journal *Ri-Vista. Research for Landscape Architecture*, published by Firenze University Press. He is a member of the Italian Association of Landscape Architecture - AIAPP (since 1995), and a member (since 2018) and vice-president (since 2022) of the Italian Academic Society of Landscape Architecture - IASLA. His research is focused on Landscape Planning and Landscape Design for Sustainability.

Contributors

Pier Angelo Mori is a full professor of economics at the University of Florence. He is the founder and scientific coordinator of the Co-operatives and Non-Profit Research Unit of the University of Florence. He is currently co-editor of *Rivista di economia e diritto del Terzo settore* - the first Italian scientific journal devoted to these topics. His present research focus is the economy of the third sector and in this field he has published numerous books and articles both in national and international academic journals.

Ardian Ndreca is a philosopher and a full Professor at the Department of History of Modern Philosophy - Urbaniana University, Rome. He was also Director of the Institute of Studies on Atheism. At present, he is Editor in Chief of the Journal "Shejzat – Pleiades". In the past, his research focused on Kierkegaard's existentialism and the critique of Hegel's thought. He has written and published on the problem of philosophy of history, secularization and, recently, also on philosophy of the urban space.

Eni Nurihana is a Ph.D student at the University of Florence and graduated with honours (2020) in Urban and Regional Planning. She is a member of LAPEI (Laboratory for Ecological Settlement Design) of Florence's Architecture Department and a member of the SdT society (Società dei Territorialisti e delle Territorialiste). Her field of research is focused on the spatialization of the migrant reception system.

Mirko Romagnoli is an architect and carries out academic teaching and research. He graduated with honours (2015) and holds a Ph.D. in Architecture (Architectural Technology curriculum) from the University of Florence (2019). He is a teaching assistant in Materials and Building Elements at the University of Florence's Architecture Department. His main research projects concern technological and social innovation applied to the redevelopment of cultural heritage and urban public spaces. He has collaborated with the Florence Accessibility Lab (FAL) since 2016.

Flavia Veronesi is a landscape architect and a photographer. She has worked as a researcher for the Florence Accessibility Lab and the Landscape Design Lab at the University of Florence's Architecture Department. She is currently working as a freelance photographer.

The Florence Accessibility Lab



The Florence Accessibility Lab (FAL) is an Interdepartmental Research Unit created in 2013 following more than two decades of research into environmental accessibility and social inclusion (see <https://www.dida.unifi.it/vp-136-fal.html>).

The main goals of the Florence Accessibility Lab are to define, consolidate and promote a new design culture that considers environmental accessibility a great collective resource for human autonomy and well-being in order to make local communities more dynamic, safe and cohesive, exploiting architectural and landscape heritage, as well as for the development of advanced technologies for people. In short, for “Human Development”, as intended by the *United Nation Development Programme*.

The cultural framework of the Florence Accessibility Lab is based on the central role of the human being in habitat transformation processes and on the need for those processes to be guided by in-depth knowledge of socio-economic dynamics and a caring attitude to commons.

The Research Unit takes an interdisciplinary approach to its research and works in a wide range of applied fields: cultural heritage, regeneration of less favoured areas, sustainable tourism, urban security and quality, urban mobility, street furniture, playground, housing adaptation, public buildings. The Florence Accessibility Lab also promotes and organises several kinds of advanced education projects (training and refresher courses, workshops, seminars, summer schools, Master’s courses, etc.).

Since its creation, the Florence Accessibility Lab has hosted Italian and foreign scholars, Ph.D candidates and graduate students, all sharing a research interest in accessibility and disability. At present, the Research Unit is composed of about thirty professors from the University of Florence, belonging to the departments of Architecture (DIDA), Industrial Engineering (DIEF), Economics and Management (DISEI), Political and Social Sciences (DSPS), and Education, Languages, Interculture, Literatures and Psychology (FORLILPSI), and various other research fellows, contributors and consultants from both Italy and abroad.

The Florence Accessibility Lab was the defining model for other accessibility labs created in several Italian universities.

FUP Best Practice in Scholarly Publishing (DOI 10.36253/fup_best_practice)

Antonio Lauria, Francesco Alberti, Pietro Matracchi, Gabriele Paolinelli, *Enhancing cultural and natural heritage as a lever for the regeneration of rural areas. The village of Bënjë, Southern Albania, as a case study*, © 2024 Author(s), CC BY-NC-SA 4.0, published by Firenze University Press, ISBN 979-12-215-0436-1, DOI 10.36253/979-12-215-0436-1

PEOPLE_PLACES_ARCHITECTURE

Antonio Lauria, Luigi Vessella, *Small Forgotten Places in the Heart of Cities. On the residuality of public spaces in historical contexts: Florence as a case study*, 2021

Antonio Lauria, Francesco Alberti, Pietro Matracchi, Gabriele Paolinelli, *Enhancing cultural and natural heritage as a lever for the regeneration of rural areas. The village of Bënjë, Southern Albania, as a case study*, 2024

OPERA PRIMA

Luigi Cappelli, *La fruizione inclusiva nel progetto di restauro: il caso degli anfiteatri romani. Percorsi di conoscenza e indirizzi metodologici*, Opera prima, 2023



This book presents the results of research carried out by a work team from the Department of Architecture of the University of Florence, promoted and funded by the Italian Agency for Development Cooperation in the Western Balkans (Tiranë). It focuses on Bënjë, a rural village in the municipality of Përmet, southern Albania. Bënjë is studied and described in relation to the surrounding territory of the upper Vjosa Valley, of the highest landscape value. The research defines a strategy of small interventions aimed at enhancing, in the most respectful way, the natural, architectural and social resources of the area as a lever for a process of sustainable and socially inclusive development, proposing an approach to the revitalisation of rural areas that can be replicated in other similar contexts.

Antonio Lauria is an architect and a full professor of Technological and environmental design of architecture at the University of Florence's Architecture Department. He is the founder and scientific coordinator of *the Florence Accessibility Lab* and editor-in-chief of the *People_Places_Architecture* book series. His research interests are in the field of person-environment interaction in architecture.

Francesco Alberti is an architect and an associate professor of Urban Planning and Design at the University of Florence's Architecture Department, where he is the scientific coordinator of the SUP&R research unit and the related spin-off *Urban LIFE*. His research focuses on issues of urban sustainability, public space and sustainable mobility.

Pietro Matracchi is an architect and an associate professor of Architectural Restoration at the University of Florence's Architecture Department. His scientific achievements include studies on the analysis of architectural artifacts. He has developed an architectural diagnostics tool that aims to increase knowledge about construction techniques and the construction phases of buildings.

Gabriele Paolinelli is an architect and an associate professor of Landscape Architecture at the University of Florence's Architecture Department, where he manages the *Landscape Design Lab*. His research focuses on Landscape Planning and Landscape Design for Sustainability.

ISSN 2975-0415 (print)
ISSN 2975-027X (online)
ISBN 979-12-215-0435-4 (Print)
ISBN 979-12-215-0436-1 (PDF)
ISBN 979-12-215-0437-8 (ePUB)
ISBN 979-12-215-0438-5 (XML)
DOI 10.36253/979-12-215-0436-1
www.fupress.com