Requalification of the Parque dos Poderes of Campo Grande, MS: potentializing the contemporary use for the practice of outdoor physical activities

Elaíne Britto de Castro
Doctoral student, PPGDL/UCDB, Brazil.
konyl@terra.com.br

Israel Vítor Bonfim Rodrigues
Master’s student, PPGDL/UCDB, Brazil.
israelvbr@hotmail.com

Juliana de Mendonça Casadei
Doctoral student, PPGDL/UCDB, Brazil.
ju.casadei@gmail.com

Flávia Cristina Albuquerque Palhares Machado
Doctoral student, PPGDL/UCDB, Brazil.
flaviapalharesmachado@gmail.com

Dolores Pereira Ribeiro Coutinho
PhD Professor, PPGDL/UCDB, Brazil.
doloresribeiro@uol.com.br
Abstract
This study aimed to identify the contributions of the intervention for the requalification of the urban space of the Parque dos Poderes, a political-administrative complex in the state of Mato Grosso do Sul, in a way of encouraging the practice of outdoor physical activities and, consequentially, the improvement of quality of life of the population.

The case study method was used, based on secondary data and unsystematic observations in loco. The investigated area is the Parque dos Poderes, a green area located in Campo Grande, MS, considered to be one of the tourist attractions of the city and an important leisure area for the population, which appropriated its use for the practice of outdoor physical activities, even though it was conceived for other purposes. The requalification of the Parque dos Poderes had the goal of meeting the demands of the new use of the Parque and of its users. Its design, however, favors the practice of sports such as walking, running, cycling and exercising in outdoor gyms, lacking for other audiences, such as children, elderly people, people with disabilities, and pets accompanied by their tutors.

Keywords: Physical activities. Urban parks. Requalification.

1 INTRODUCTION
The practice of outdoor physical activities brings a series of benefits for people’s physical and mental health. Besides the stimulus for the health originated from natural light, which potentialize the positive outcomes of physical activities, outdoor areas offer, among other things, a variety of incentives and challenges that may make the activities more pleasing and motivating than they would be if performed indoors and repetitively, such as the reduction of tension and anxiety promoted by the sense of freedom and the connection with nature that the practice in these conditions provides.

Secondary, outdoor physical activities may establish themselves as an opportunity for socialization and for interaction with other people that share the same interests in the collective space, which is also a reason why they outstand. In that sense, many researchers have been dedicated to studying the relation between the practice of outdoor physical activities and the promotion of health, well-being and quality of life.

The architects and urbanists Jan Gehl and Birgitte Svarre emphasize the importance of projecting cities that meet human necessities, focusing on quality of life and on the promotion of social interactions, in order to defend an urban planning based on observation and analysis of activities and human behaviors in public areas, defining more human cities that would welcome and meet the needs and wishes of its population (GEHL; SVARRE, 2018).

This study aimed to identify the contributions of the intervention for the requalification of the urban space of the Parque dos Poderes, a political-administrative complex in the state of Mato Grosso do Sul, in a way of encouraging the practice of outdoor physical activities and, consequentially, the improvement of the quality of life of the population.

Utilizing the study case method and based on secondary data and unsystematic observations in loco, the place of investigation is the Parque dos Poderes, a green area located in Campo Grande, MS, considered as one of the tourist attractions of the city and an important leisure area for the population, one of which appropriated its use for the practice of physical activities, even though the Parque was designed for different purposes.

The Parque dos Poderes, the political-administrative heart of Mato Grosso do Sul, has a historical-cultural and also socioenvironmental role of big relevance for the current context and, although it wasn’t previously planned to offer a free area for physical and leisure activities, came to be spontaneously elected by the population for this function, transforming itself into a public contemplative space, for which the requalification became an important way of promoting the needed improvements towards the different types of contemporary uses.
2 METHODOLOGICAL ASPECTS: A CASE STUDY OF THE PARQUE DOS PODERES

The conducted research is exploratory and analytical-descriptive. It is defined as a case study, based on qualitative data, from the observation and interpretation of complex and contextual phenomena, with the purpose of comprehending the object of study in its totality, considering its historical, cultural, social and political aspects (YIN, 2015).

The object of study is the Parque dos Poderes, located in Campo Grande, capital of the state of Mato Grosso do Sul, belonging to the Midwestern region of Brazil. The city, situated in a flat region, with altitudes that vary from 500 to 675 meters above the sea level (PLANURB, 2022), has a total area of 8,082,978 km² and a population of 897,938, according to the Brazilian Institute of Geography and Statistics (IBGE). The climate, as specified by the Köppen climate classification, is between the transition range of the humid mesothermal (Cfa) and the tropical humid (Aw) subtypes, with two well defined seasons: a rainy one, which lasts from October to March, and a dry one, that lasts from April to September (PLANURB, 2022).

The Parque dos Poderes, with the area of the Parque Estadual do Prosa and the Parque das Nações Indígenas, forms the largest urban green area of Campo Grande, with more than 300 acres (Figure 1), most of them destined for leisure, recreation, education and environmental preservation, as well as for tourism of contact with nature, in the urban area of the sul-mato-grossense capital (IMASUL, 2011).

Figure 1 – Limits of the Parque dos Poderes, Parque Estadual do Prosa and Parque das Nações Indígenas


About the researched area, secondary data concerning the Parque dos Poderes region were investigated, obtained from a bibliographic and documental research, and also unsystematic observations in locu were made, based on the principals of Gehl and Svarre (2018), on different days and schedules, in order to investigate the offered infrastructure for the
practice of physical activities, as well as to understand how the dynamics of appropriation of the public space are developed by the population.

The authors Gehl and Svarre (2018), when approaching the role of the public space in urban life, analyze how people make use of and interact with these spaces, presenting methodological propositions that include: direct observation techniques, data analysis, participative research, temporary tests and experimentation. The observation techniques include walks, counting the people that circle around the area, mapping and registration of activities that occur in it, analysis of people’s behavior, traffic flow observation, as well as conversations with the users of the space, in order to understand their necessities and opinions. Photographs, videos, notes, drawings and maps are some of the instruments suggested by the authors for data collection.

3 UNDERSTANDING THE PARQUE DOS PODERES THROUGH ITS DIFFERENT CONTEXTS

3.1 Historical dimension

The developmentalist policy established in 1975 resulted in interventions in the geographic settings of the country (BITTAR, 2017), including the division of the then state of Mato Grosso and the creation of the state of Mato Grosso do Sul, on October 11th of 1977, by the Complementary Law n. 31/1977. Article Three of the referred law defined the city of Campo Grande as the capital of the new Brazilian state named Mato Grosso do Sul (BRASIL, 1977). The creation of the new federative unit brought not only the need for physical-administrative organization, but also repercussions in the urban space of the capital and its development, which, in this context, gained protagonism.

One of these consequences was the creation of the Parque dos Poderes, located east of the Parque Estadual do Prosa, which can be described as the political-administrative heart of the state government and had its planning initiated still in 1977, when the emerging of MS, of which the space was only occupied in 1979, with the definitive installation of the government (IMASUL, 2011).

The implantation occurred respecting the native vegetation of the Cerrado (IMASUL, 2011), in which case the Parque composes a green area that holds, in an integrated way, public buildings of the Executive, Legislative and Judiciary branches (Figure 2).
The State Decree n. 1.229, of September 18th 1981 (MATO GROSSO DO SUL, 1981) mentions the creation of the Ecological Reserve of the Parque dos Poderes, in aims to protect the fauna, flora and the existing natural wonders of the region. The reserve should be managed, protected and used for educational, scientific and recreational purposes, according to the Article Two of the referred law, which remains valid (IMASUL, 2011).

The State Secretary of Environment (SEMA) was established in March of 1987, after the extinction of the Institute of Preservation and Environmental Control (INA MB), and assumed the responsibilities for the Conservation Unit. The Reserve was created with an area of 135 acres, as the rest was destined to the construction of the Parque dos Poderes, which was designed, in its original concept, by the landscaper Roberto Burle Marx, emphasizing the conservation of native trees that existed in the median strips of the avenues of the region, in addition to the predominant influence of modernist Brazilian architecture on the buildings designed for the Parque dos Poderes (ARRUDA, 2000).

The city, as the capital of the new state, expanded at an extraordinary pace. The population doubled its size in a decade, overcoming 280,000 in 1980, with an extensive migratory flux, both internal and external, pressuring the housing sector and public services (ARRUDA, 2000).

To meet the administrative demands, a Master Plan for the government buildings was established, and the expansion was scheduled by sectors, as it was the case of the Special Areas of Cultural Interest (ZEIC) and the Special Areas of Environmental Interests (ZEIA), with the Parque dos Poderes belonging to both categories (Figures 3 and 4).

The first and oldest sector, which considers the stage that was inaugurated in the 1980s, is defined as ZEIC. According to the Master Plan of Urban and Environmental Development of Campo Grande (CAMPO GRANDE, 2018, p. 5), ZEIC “[…] is characterized by areas, buildings or spaces, urban or rural, that show the occurrence of Cultural Heritage and that must be preserved aiming to avoid loss or disappearance of its characteristics”. It is subdivided into four typologies of interest, with the Parque dos Poderes being framed in ZEIC 3, (Figure 3 –
A), that is characterized by area, building complex or architectural complexes, both urbanistic and landscaping, which hold historical quality for the city (CAMPO GRANDE, 2018).

Figure 3 – ZEIC (A) and ZEIA (B) of the region of the Parque dos Poderes

At the end of the 1980s, it was built, in the complex, the Popular Palace of Culture (Palácio Popular da Cultura), now named Arquiteto Rubens Gil de Camillo Convention Center (Centro de Convenções Arquiteto Rubens Gil de Camillo), which became the main space for events in the city and granted the government complex a role of cultural protagonism in Campo Grande.

3.2 Environmental dimension

Campo Grande is inserted in the neotropical zone, belonging to the domains of the phytogeographic region of the Cerrado, with typical vegetational forms of this biome, conserving native remnant forests that grant, even in an urban area, a richness for the local biodiversity. For this reason, it provides a direct contact with elements from the fauna and the flora to the population (PLANURB, 2022; MAMEDE; BENITES, 2020).

Authors Mamede and Benites (2020) consider that the available green areas in the city, besides the conservation units in the urban and peri-urban perimeters, offer opportunities for ecotourism and contemplation, leisure and outdoor physical activities. According to the research, the Parque dos Poderes is considered as one of the hotspots for birdwatching, in a context in which Campo Grande outstands as one of the most biophilic and attractive Brazilian capitals for birdwatching in urban areas, taking into account the diversity of bird species of local occurrence.

The Parque dos Poderes is known for its natural beauty and for the preservation of the typical fauna and flora of the Cerrado. Besides the birds, it is common to find animals such as capibaras, coatis and monkeys amid the green areas of the Parque. These characteristics made the Parque an important tourist attraction of the city, much visited by the population and by tourists that wish to enjoy moments of leisure and nature contemplation, amidst the remnant of native vegetation.

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1 As stated by the authors, birdwatching is an outdoor activity that awakens curiosity, encourages people to perceive and interact with their surroundings and to enjoy the landscaping of wildlife, having a great tourist potential.
In the years following the installation of the Parque, there have been changes in the use of local soil, with the expansion of urbanization and the reduction of native vegetation for the enlargement of the city area. However, with a multitemporal analysis of the urban region of the Prosa, it is possible to consider that the small amount of pressure applied to the vegetation is due to the presence of this and other urban parks, which are protected areas (CRUZ-SILVA et al., 2014), in which the Parque dos Poderes has a function of balancing the development of the city².

Additionally, according to the Master Plan of Urban and Environmental Development of the city (CAMPO GRANDE, 2018, p. 5), the polygon formed by the Parque is considered a ZEIA (see Figure 3 – B), which “[...] are portions of the territory that present natural, cultural and landscaping characteristics that are relevant to the preservation of important ecosystems and to the maintenance of biodiversity”, being subdivided according to some characteristics. The Parque dos Poderes, specifically, integrates the ZEIA 5, for which are established, as stated by the Master Plan, particular procedures of use and occupation of the soil, meeting the state legislation set for this purpose (CAMPO GRANDE, 2018).

The preservation of the referred park was object of recent discussions, in a sense of preventing the expansion of building spaces and of the infrastructure of the administrative center from affecting the green area. Luckily, the Law n. 5.237, of July 17th 2018, created a preservation, protection and environmental recuperation program for the areas that integrate the government complex (Complexo dos Poderes) (MATO GROSSO DO SUL, 2018).

3.3 Socioeconomical dimension

The urban area of Campo Grande is divided into seven regions (Figure 4), and the Parque dos Poderes is located in the urban region of the Prosa, in the east portion of the urban perimeter of the city, more specifically, in the urban division of the Jardim Veraneio. When the city is analyzed by its socioeconomical context, especially regarding the indicators of the neighborhoods and the urban region, it is possible to identify some incoherences.

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² The crescent occupation and appreciation of the contiguous areas of the Parque dos Poderes is noticeable, with the implantation of many allotments and buildings of residential and commercial use, hospitals etc. It is possible to conclude that the Parque itself is an appeal for the valuation of these areas by the real estate market (OAU, 2016).
The region of the Prosa is the second one with the lowest indexes of income poverty and is also the second region with the highest levels of literacy and schooling, only inferior to the indicators of the region of the Centro. However, according to the studies made by Sauer, Campelo and Capillé (2012), the Jardim Veraneio, which is next to the Complexo dos Poderes, is one of the neighborhoods with the highest indexes of social exclusion\(^3\), in comparison to all the other neighborhoods of the city.

To Sauer, Campelo and Capillé (2012), the social exclusion in the city occurs in a radial pattern, from the center to the periphery, as most of the Brazilian small and medium range cities. And, although the exclusion is present in all the urban regions of the city, in smaller or bigger proportions, the highest indexes are achieved in the portions which are most distant from the Centro; in this case, the neighborhood where the park in question is located doesn’t diverge from the train of thought established in the studies of mapping of social exclusion.

Following this same logic, the region of the Prosa holds the third highest index of Urban Quality of Life (IQVU) of the city of Campo Grande, being more significant in the regions of Centro and Bandeira, respectively. The IQVU is the average of the sum of levels of education,

\(^3\) According to the authors, the indicator of social exclusion of the municipality of Campo Grande was defined from three big subjects that characterize the components of social exclusion or of the risk of social exclusion, which, in turn, were divided into three indicators – poverty, inequality and demographic dependency ratio.
income, environmental sanitation and housing, calculated based on the data of the Demographic Census of the IBGE (PLANURB, 2013).

4 PHYSICAL ACTIVITIES AND URBAN REQUALIFICATION WITH THE PURPOSE OF IMPROVING THE CONDITIONS OF USE FOR PHYSICAL ACTIVITIES

The original design of the Parque dos Poderes didn’t consider that new utilities could be adopted by the population. The available infrastructure initially limited itself to offering paved streets for vehicular access to public buildings, separated by big distances, some bus stops for the access of public transportation, with irregular, narrow and discontinuous sidewalks for pedestrians, as well as limited access for active transportation.

The urbanization and occupation of areas close to the Parque, especially for residential real estate projects, brought a wide flow of people for the region, which began to appropriate the free and open spaces of the Parque for sports and leisure use, especially on the weekends. Gradually, the Parque began to be occupied by neighbors, professional and amateur athletes, as well as by people in search of leisure. They began to share the space with vehicles, nature and also with animals that lived in the region.

The growing number of users of the Parque during the weekends motivated, in 2016, the implementation of the project Amigos do Parque, created by the State Law n. 4.682, of 2015 (MATO GROSSO DO SUL, 2015). The project predicts the interdiction of vehicles and the liberation of a roadway that borders the reserve of the Parque Estadual do Prosa, from the end of the Afonso Pena Avenue, for leisure and sports practice, like walks, runs, bicycle and roller-skate rides, through all weekends and holidays, from 7 AM to 7 PM (ZURUTUZA; HADDAD, 2016).

Therefore, in addition to the public buildings, which, integrated to the complex, characterize a historical, cultural, landscaping and environmental heritage, the Parque dos Poderes began to represent a space of leisure for the population of the city that has access to the region, during weekends and holidays (GAÚNA, 2020).

In 2021, construction work for the requalification of the Parque began (AGÊNCIA DE NOTÍCIAS GOVERNO DE MATO GROSSO DO SUL, 2021), being finished in 2022 (KEMPFER, 2022), with the goal of promoting improvements for the available infrastructure, in order to modernize the access of the workers and the general public, as well as to offer conditions for the practice of physical activities, in view of the demands of the population (AGÊNCIA DE NOTÍCIAS GOVERNO DE MATO GROSSO DO SUL, 2020).

The positive benefits of the practice of outdoor physical activities are not found in exercises performed in indoor spaces (COON et al., 2011); for that reason, the creation of methods of national and worldwide promotions is necessary, considering the advantages of outdoor physical activities (MANFERDELLI; LA TORRE; CODELLA, 2019). In that sense, the requalification of the Parque dos Poderes would offer a big benefit to the population.

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4 It is important to point out that the Parque dos Poderes is suited with only three bus lines that function from Monday to Friday, which complicates the access to the region on the weekends.

5 As from the 2010s, the surroundings of the Complexo dos Poderes suffered many transformations. Many horizontal residential condominiums were established on the Afonso Pena Avenue, in the neighborhoods of Jardim Veraneio and Carandá Bosque. The neighborhoods of Santa Fé, Carandá Bosque and Chácara Cachoeira have been receiving a large number of vertical real estate launches, especially for residential use, but also for the commercial and service sectors.
Generally, the construction work included the implantation of walking and running tracks, bicycle lanes on median strips and the installment of rest benches and gymnastic stations (Figure 5). Besides, the requalification invoked street resurfacing, promotion of accessibility, landscaping, parking renovation and the installment of bus shelters and trash bins, as well as the construction of a User Support Center, with male and female restrooms adapted for people with disabilities (AGÊNCIA DE NOTÍCIAS DO GOVERNO DE MATO GROSSO DO SUL, 2020).

Figure 5 – Walking and running tracks (A), bicycle lanes (B), rest stops (C) and gymnastics station (D) installed in the Parque dos Poderes, after the requalification

The requalification also aimed to improve the infrastructure of public transportation, predicting the replacement of old bus stop shelters with 35 new structures, provided with nighttime illumination equipped with automatic lighting, through human presence detection sensors. With the project, draining and resurfacing work of approximately 110 thousand m² of avenues were executed, traffic lights were implanted, an elevated crossing lane for pedestrians was made, in front of the José Eduardo Martins Jallad Children Education Center (CEI ZEDU), and fixed speed traps for controlling the speed of vehicles were installed. The entire walking lane that borders the reserve of the Parque Nacional do Prosa was modified (KEMPFER, 2022).

The sidewalk for pedestrians that borders the Reserve of the Parque Estadual do Prosa was transformed into a paved lane appropriated for walking and running. The region received horizontal traffic signaling over the pavement and with plates that, besides regulating and orienting the traffic of vehicles and people, warn about animal crossing. There was also the implementation of 4,2 km of bicycle lanes on all the interlocked concrete blocks, located in the
median strips of the Poeta Avenue and of the Desembargador José Nunes da Cunha Avenue (KEMPFER, 2022).

As an incentive for the practice of physical activities, three Outdoor Gyms (AAL) were implemented, located nearby the Mato Grosso Avenue, in front of the State Secretary of Administration (SAD) and on the Poeta Avenue. The chosen locations were already utilized as meeting spots for amateur and professional athletes that practice physical activities in groups frequently. The equipment is quite used by the population; however, it is not intergenerational nor accessible, and is not able to serve the amount of elderly people and children that often visit the region nor people with disabilities. In addition to that, there are no orientations or communication about the proper way of using the AAL’s equipment, in order to avoid injuries. The project also predicted, in the gyms’ vicinities, totems that should expel water steam, so that the athletes could freshen up (KEMPFER, 2022); but their operation was not observed.

The requalification enabled, yet, the implantation of eight living spaces in different locations, with four benches in each of them for the interaction between users, as well as 32 more benches installed throughout the route of the bicycle lanes, on its borders (KEMPFER, 2022). It is observed that the benches of the living spaces are more utilized than the other ones, especially by families with children, since the benches are placed forming a “bag” shape, with free space for the children to be comfortable and safe. The benches that border the bicycle lanes are very close to the pathway, making the stay there uncomfortable in moments when the traffic of people is more intense.

Although 70 trash bins have been installed in the Parque, they still are not enough to fulfill the demand. There are few trash bins close to the benches, and there are no organic residues containers spread across the area, which results in food leftovers being poorly discarded or directly discarded on the floor, becoming accessible for the wild animals that live in the Parque. The great number of tutors accompanied by their pets that visit the Parque also does not dispose of proper containers to discard their pets’ wastes, which end up mixed with recyclable residues or being discarded nearby the recycling trash bins.

The requalification yet predicts the construction of a new space for multiple uses, which is still not finished at the present moment, that will be located on the Poeta Avenue, close the barrack of the Military Fire Brigade of Mato Grosso do Sul (CBMMS) and to the Afonso Pena Avenue. According to the State Agency of Management of Businesses of Mato Grosso do Sul (AGESUL, 2022), this space should work as a support spot for the visitors of the Parque dos Poderes, offering restrooms, baby changing stations, playground, drinking fountains for people and animals, bicycle racks, as well as a parking lot with 22 parking spaces for cars and motorcycles (AGESUL, 2022; TAVARES, 2022). However, there are no supplies of restrooms and water fountains in other places of the Parque.

A comparative study between the Parque das Nações Indígenas, nearby the Parque dos Poderes, and the Parque Ayrton Senna, located in the south portion of the city, developed by Souza (2018), identified them as green infrastructures of the urban perimeter, as they are public spaces with a high level of vegetation. In both cases, the author analyzed the structural characteristics of the parks, such as the materials used for the internal paving, as well as its location in relation to the heat islands and freshness islands identified in the city, trying to correlate the thermal comfort of the studied areas with this data. One of the aspects that were observed is about the asphalt paving, a material with low albedo and of dark coloring, which,
therefore, contributes to elevate the temperature of parks during the day, provoking thermal discomfort.

One of the peculiar characteristics of the Parque as an open area is the intense presence of native vegetation. Many authors in literature defend the importance of afforestation in cities for the maintenance of the quality of life of the population, due to its capacity of promoting climatic stability, environmental comfort, reduction of air, visual and noise pollution, and the mental health of the population, besides helping with the conservation of an ecologically balanced environment and with the reduction of urban environmental impacts (AOKI et al., 2023).

The analysis about the proper infrastructure for the practice of bicycle riding and bicycle commuting in general, such as bicycle lanes and bicycle racks, evidently, is important for the context of the Parque. Martins, Souza and Vargas (2018) analyzed bicycle riding from the aspect of urban mobility and sustainable transportation, in the region of the Parque Estadual do Prosa and adjacent, and consider that the practice is linked to the shaping of an ecological habit and of the dissemination of environmental education. In accordance with the authors, we observed many groups of bicycle riders operating on different schedules and days, on the new bicycle lanes of the Parque dos Poderes and, also, on the roadways destined for vehicles.

From the unsystematic observations made in the area of the object of study, considering the analysis of the traffic flow and of people’s behavior in the public space, the evaluation on the quality of the urban area, besides the collection of contextual data about the place, it is possible to identify that the requalification granted elements of human scale advocated by Gehl and Svarre’s theory (2018) and promoted transformations in the public space, convergent with the demands made by the population (FERNANDES, 2020).

5 FINAL CONSIDERATIONS

The project and the implantation of the Parque dos Poderes in Campo Grande, MS, characterize an example of application of functionalist paradigms that oriented urban planning during a good part of the century. Its construction would not only receive the institutional power representations of the new state but would also symbolize the newly conquered power of the sul-mato-grossenses.

The complex formed by the Parque dos Poderes, the Parque das Nações Indígenas and the Parque Estadual do Prosa characterizes a huge and strategic area of environmental interest, of which preservation must be stimulated, but has been pressured by urbanization and occupation of surrounding areas that compete, also, for the transformation of the use of this space, for beyond its original functions. The area became attractive for the practice of outdoor physical activities and for leisure, caused by its conformation and articulation with the area of preservation, enabling contact with nature.

The project of requalification of the Parque dos Poderes aimed to meet the demands for new uses of the Parque, as well as the demands of its users. Its conception, however, privileges the practice of walks, runs, bicycle riding and exercises using the outdoor gyms, but is unsatisfactory to other audiences, like children, elderly people, people with disabilities and pets accompanied by their tutors.
In touristic terms, the city of Campo Grande has excelled as a destiny of ecological interest, but, despite of the location bordered by the Reserve of the Prosa, the requalification project did little to explore this vocation or potential. Even with the improvement of the physical infrastructure of the Parque, the requalification, however, didn’t grant more accessibility of this space for the population. The new utilities remain restrict to the residents of the surrounding areas or to the ones who have access to individual transportation, once the region doesn’t offer public transportation on the weekends, suffers from the restrictive bus lines outside business hours and doesn’t dispose of interconnection with other transportation modalities, as urban mobility in Campo Grande remains centered in the use of motor vehicles. In this sense, the requalification took shape as more of a project of infrastructure other than an equipment or space for the promotion of the well-being, health and quality of life of the population.

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