

## Meeting Places in the Urban Strategy to Build a Happy City: A Mixed Research Approach

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**Abstract :** The happy city, as the desired effect of changes implemented by cities, involves the deliberate and purposeful evolution of material and spiritual space in which residents pursue happiness, as it is perceived collectively and individually. The quality of life (QoL) has, for many years, been researched as one of the dimensions of happiness. Both literature studies and the observation of how cities function lead to the conclusion that the happy city is the city of meetings. The importance of meeting spaces in cities for the quality of life has been confirmed also for Polish cities and, as a result, the conclusions may be drawn that public space should be planned in such a manner so as to tailor it – to the greatest possible degree – to the needs of the residents of Polish cities. The study embraced both Polish and foreign data concerning both the dimension of the quality of life in cities and the issues related to the existence of common spaces where meetings take place. Both quantitative and qualitative analytical techniques have been used to analyze and interpret the data collected. We sought the answers to the questions on the significance of the factors, identified by the respondents, which affect the QoL in a city. We identified 9 mega factors: being, work, education, recreation, health and safety, mobility, neighborhood, acceptance, agora. We established the preferences of the QoL in relation to the size of a city and the public spaces, that seem to be the cornerstone of the happy city.

**Keywords :** city, meetings, public spaces, social cohesion, quality of life

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