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PRESERVATION OF THE CULTURAL HERITAGE OF THE PRC IN THE FORMATION OF PUBLIC INTERIOR DESIGN: APPROACHES AND MEANS

Qualification work for obtaining the SVO «Master»
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The qualification work contains the results of own research

The use of ideas, results and texts of other authors must be referenced to the appropriate source. _____ Guo Yan (Joyce)

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T h e s i s p r o p o s a l L i t e r a t u r e r e v i e w r e p o r t

Title of the report Research on the reconstruction design of historical and cultural blocks under the theory of urban acupuncture and moxibustion - A case study of the historical and cultural blocks in the south of Gaoyou City Student ID S23101351039 Name: Guo Yan

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ABSTRACT

With the acceleration of urbanization, the protection and renewal of historical and cultural districts have gradually become important issues in modern city development. These districts not only bear rich historical and cultural heritage but also showcase the historical threads and humanistic landscapes of cities, possessing significant social, economic, and cultural value. However, with the increasing functional demands of modern cities, historical and cultural districts face issues such as spatial decline, aging infrastructure, chaotic traffic organization, and the dilution of cultural characteristics, leading to a gradual loss of vitality and appeal in rapidly developing urban environments. This study takes the southern historical and cultural district of Gaoyou City as an example and explores its renovation design based on the theory of urban acupuncture. By analyzing the theories of urban acupuncture and related theories of historical and cultural districts, combined with field research, this study comprehensively summarizes problems in the district's traffic layout, spatial functions, and landscape nodes. Using the theory of urban acupuncture, this study proposes precise renovation strategies, including unblocking the district's meridians, reshaping functional zones, and revitalizing landscape spaces. The aim is to enhance the overall vitality and cultural value of the district through small-scale, localized precision interventions, exploring sustainable renewal models for historical and cultural districts in modern urban development, and providing theoretical basis and practical references for the protection and development of similar districts.

Key words: urban acupuncture theory; historical and cultural blocks; renovation design; regional culture

АНОТАЦІЯ

З прискоренням урбанізації захист та оновлення історичних та культурних блоків поступово стає важливою проблемою сучасного міського розвитку. Ці квартали не тільки несуть багату історичну та культурну спадщину, але також демонструють історичний контекст та гуманістичні особливості міста, а також мають важливі соціальні, економічні та культурні цінності. Однак із зростанням функціональних потреб сучасних міст історичні та культурні квартали стикаються з такими проблемами, як занепад простору, старіння інфраструктури, хаотична організація транспорту та послаблення культурних особливостей, що призводить до того, що вони поступово втрачають життєву силу та привабливість у швидко розвивається міському середовищі. У цьому дослідженні в якості прикладу береться історичний і культурний блок Ченнань міста Гаою та обговорюється його дизайн реконструкції на основі теорії міської акупунктури.

Завдяки аналізу теорії міської акупунктури та пов'язаних теорій історичних та культурних блоків, у поєднанні з польовими дослідженнями, всебічно підсумовуються проблеми блоку з точки зору планування трафіку, просторової функції та ландшафтних вузлів. У цьому дослідженні використовується теорія міської акупунктури для запропонування точної стратегії трансформації, включаючи конкретні заходи реалізації, такі як очистка меридіанів блоку, змінна функціональної зони та активізація ландшафтного простору. Він спрямований на поступове підвищення загальної життєздатності та культурної цінності кварталів шляхом малого, локального точного втручання, вивчення моделі сталого оновлення історичних і культурних кварталів у сучасному міському розвитку, а також забезпечення теоретичної основи та практичної довідки для захисту та розвиток інших подібних кварталів.

Ключові слова: теорія міської акупунктури; Історичні та культурні райони; дизайн реконструкції; регіональна культура.

INTRODUCTION

1. Research background

Currently, China is in a stage of rapid economic growth, with urbanization advancing swiftly. The spatial structure of cities and traditional lifestyles are undergoing profound changes. Historical and cultural districts, as important carriers of urban heritage, not only bear rich historical and cultural legacies but also face severe challenges in the wave of modern urbanization. While the traditional "large-scale demolition and reconstruction" model can yield quick results, it severely undermines the uniqueness and sustainable development capabilities of historical and cultural districts. In this context, the theory of "urban acupuncture" has gradually gained attention. This theory draws on the concepts of traditional Chinese medicine's acupuncture, intervening precisely and minimally at key points in space to gradually restore urban vitality. This approach emphasizes respecting historical textures, achieving organic renewal of the district in a gentle and gradual manner, thus avoiding the destruction of cultural and structural elements caused by large-scale renovations. This study aims to explore the application of urban acupuncture theory in the design of historical and cultural district renovations. By implementing targeted small-scale interventions, it seeks to activate cultural and economic vitality within the district, promoting organic renewal and sustainable development of historical districts, providing new perspectives for the renovation design of other historical and cultural districts.

The object of the study is the design of urban and interior spaces.

The subject of the study is approaches to the formation of urban and interior spaces.

The structure of the work consists of an introduction, two sections, conclusions, a list of sources used and appendices.

The introduction defines the relevance of the study, formulates the goal and objectives of the study, and outlines the object and subject of the study, the methods used, the scientific novelty of the work, the theoretical and practical significance of the work.

The first section analyzes the source base on the topic of the study and modern practical studies that describe the issues from the perspective of compliance with the urban theory of acupuncture of the city. Based on the synthesis of the results of the analysis of these sources, the main groups of approaches to the formation of the design of urban and interior spaces are formed.

The second section characterizes each of the groups of approaches related to the design of the interior space of the historical and cultural blocks in the south of Gaoyou City.

The conclusions indicate that: During the development of the project proposal, the use of modern design language to express cultural connotations has become an important task, which is the main innovation of this study. Through the abstraction and reconstruction of traditional cultural symbols, combining them with the needs of modern life, not only the cultural value is preserved, but also the functionality of use and the aesthetic impression of the quarter are improved through innovative design, providing guidelines for the design of the reconstruction of the quarter that integrates commerce, residence and cultural tourism.

Based on the content and research results of this topic, a master's thesis was written and completed, which contains theoretical innovations and practical value for application in practice by specialists of various professional specialties who can systematically use the application of urban acupuncture theory in the reconstruction and design of historical and cultural quarters in the south of Gaoyou city.

CHAPTER I. REVIEW OF THE CURRENT STATUS OF RESEARCH IN CHINA AND ABROAD

1.1 Theory of Urban Acupuncture

1.1.1 Research on the theory of domestic urban acupuncture

The domestic research status of the theory of urban acupuncture, although this theory is gradually attracting attention, but the overall depth and breadth of research is still in the research stage. In the 1980s, the theory of organic renewal proposed by Mr. Wu Lianyong has a similar concept to urban acupuncture [1]. Organic renewal is essentially a method of continuous and gradual transformation and regeneration, although there are some differences in methods from acupuncture, it uses the method of renewal of local nodes, it can effectively activate the vitality of the entire area, so the effect is similar to acupuncture therapy. Based on the study and analysis of the structural theories and methods of the city,

Yu Ying discusses the structural way of thinking. On this basis, "urban acupuncture" has great practical significance as a specific operational paradigm for urban renewal [2]. Zhang Xiao believes that "urban acupuncture" is a model of urban renewal with small transformation. Through small transformation, it can bring about changes in the environment and ultimately stimulate the vitality of the city [3].

Wu Zhongping pointed out that urban acupuncture emphasizes meticulous and small interventions, which can ensure that the renovated building is closely integrated with the original texture, but also have a huge impact beyond the scope of the operation [4].

Jia Yongda and Guo Qian dissected the premise and principles of the theory of "urban acupuncture", analyzed its broad application forms and characteristics, and pointed out the shortcomings of domestic public participation and intangible research [5]. Yuan Xin [proposed in improving the quality of ecological space

based on "urban acupuncture": urban acupuncture can bring a big leap in quality through small ecological actions and improve the quality of the living environment of residents [6].

Shu Tingting believes that green acupuncture, as a method of urban acupuncture design, uses plant elements to form green public spaces and enhance their publicity and vitality, with the aim of provoking the overall improvement of the city and summarizing effective strategies suitable for improving urban public spaces in China [7].

1.1.2 Research on the theory of foreign urban acupuncture

Foreign research on the theory of "urban acupuncture" began earlier, mainly focusing on the practice of urban renewal in Europe and Latin America, especially in the 1990s by the Spanish architect Manuel de Soly Morales. This concept was proposed in the 1990s, emphasizing the promotion of the overall vitality of the city through small local interventions. In Europe, scholars apply "urban acupuncture" to solve the problem of spatial fragmentation in cities, focusing on improving the overall quality of urban public spaces with small interventions. Urban planners in Switzerland, the Netherlands and other countries also often use this theory in the process of revitalizing historic districts and reconstructing old communities to promote the revival of social interaction and community vitality through precise design interventions. Latin American countries, especially Brazil, have widely used the theory of "urban acupuncture" in solving the problems of slum renewal and urban poverty, and have promoted the gradual improvement of surrounding areas by improving public facilities and services in key nodes. In addition, foreign scholars have paid more attention to how to combine the theory of "urban acupuncture" with sustainable development and the construction of green cities, and integrate urban micro-renewal with ecological environmental protection,

cultural heritage and other fields, which further deepens the scope and practical significance of this theory.

In the article, Lerner believes that the acupuncture strategy means that the diseased area can be restored and activated by touching key nodes [36]. Acupuncture therapy requires a simple action plan and can produce immediate results and improve urban life at a reasonable cost. Jaime Lerner noted in an article that urban acupuncture is about stimulating urban acupuncture points, causing chain reactions and causing correlated changes in the body, there by improving the environment of urban organisms and promoting urban regeneration.

Salman Qabas Abdul Hameed; Hussein Shaimaa Hameed suggested in an article that urban acupuncture “implements small interventions to achieve project goals in a shorter time and on a smaller budget. This process is similar to analyzing a lesion in a patient’s body to determine where treatment is needed. Urban acupuncture The basic concept is to intervene by analyzing the city and identifying points and areas that need to be “treated.” Salvatore Iaconessi; Oriana Persico proposed in the article that through the use of social media, diverse groups of people can participate in the planning and implementation of urban renewal through big data applications, providing an effective way to enhance public participation for the theory of urban acupuncture.

1.1.3. Research on the application of urban acupuncture theory

Based on theoretical research, a large number of practical researches on the concept of urban acupuncture have emerged. Urban acupuncture theory has achieved significant results in the direction of public space, street and park design.

- *Application of urban public space reconstruction design.* Urban acupuncture theory provides a new and fruitful way to the design of urban public space reconstruction, focusing not only on maintaining the overall urban texture, but also promoting the organic regeneration and development of the city through precise

spatial•intervention. Based on the theory of urban acupuncture, Niu Ruirui emphasizes that subtle acupuncture design methods can effectively solve various problems in urban public space, thereby improving the overall quality of the urban environment [8].

In the article, Zhang Dan studies the practicality and workability of renovating public spaces in old communities based on the theory of urban acupuncture, contributing to the restoration of community vitality and improving the quality of life of residents [10].

Through the analysis of the behavioral habits of the elderly, Liu Yanwen clarified the specific physiological and psychological needs in the public space environment of residential communities and explored key ways to solve the problem based on the theory of "urban acupuncture" [9]. Summing up the current situation of old communities, it is found that the main difficulties of reconstruction are the lack of public space and poor environmental quality. Starting from the three aspects of spatial activation, road organization and cultural creation, we realize the diversion of people and vehicles, extract local cultural characteristics, create a historical and cultural atmosphere, and comprehensively promote the aging-adapted renovation and transformation of public spaces in old communities.

- *Application of urban street reconstruction design.* In the design of street reconstruction, the theory of urban acupuncture can effectively solve the problems faced by urban streets and enhance their vitality and functions through precise, gradual and active design methods. At the same time, the emphasis on cultural heritage and ecological restoration makes the restored streets not only have diverse functions, but also become local characteristics and contribute to the sustainable development of the city.

In their article, Lian Yichao and Wang Xuhui start from the theory of urban acupuncture and focus on the selection and •transformation of acupuncture points, which provides new ideas for improving the vitality and protection of traditional

streets and alleys [11]. In his master's thesis, Liang Tiantian took Huanghuagang Road in Dongxing City as an example [12]. Based on the theory of urban acupuncture, he studied a low-cost, small-scale, progressive micro-street renovation model with public participation, aiming to optimize urban resources, improve street quality, and balance protection and context renewal, and provided design recommendations and implementation framework. Based on the theory of "urban acupuncture", Zhang Yaofang reconstructed the historic Dongting South Road with four strategies to solve the problem of the old street and provide a reference for similar urban renewal [13].

In the article, Wang Jinzhui discussed the method of “acupuncture micro-transformation of street space”, which transforms space through “point cutting” to stimulate the vitality of surrounding public spaces [14]. Using the theory of acupuncture transformation, this paper analyzes the spatial scale, commercial type of public space and external environment, studies the influence of these factors on the activities of public space, and puts forward targeted proposals for micro-transformation.

- *Application of urban park reconstruction design.* The theory of urban acupuncture provides an innovative idea for the design of urban park reconstruction. Through precise and gradual intervention methods, the ecological environment, functional diversity and cultural value of the park can be effectively improved, making the park not only a place for citizens’ daily recreation, but also an important space for promoting community interaction. Roman pointed out in the article that the introduction of pocket parks in urban space is similar to the effect of “urban acupuncture” [15]. Through intervention in specific heterogeneous nodes, it gradually causes changes in the surrounding environment. As a microenvironment in the city, pocket parks are closely related to citizens’ daily lives, increasing open space. It is characterized by openness, accessibility, sophistication and diversity, providing urban residents with a place for outdoor communication and recreation.

In the article, Wu Qiaoyun focuses on using digital tools to study the precise positioning of “acupuncture points”, which provides an important direction for future urban micro-renovation [16]. Li Ming discussed the design strategy of the Copenhagen Pocket Park, exploring the problems of urban space using points and lines, and finding ways to stimulate the vitality of the city, providing references and references for future pocket park design [17].

1.2 Research related to the design of reconstruction of historical and cultural blocks

1.2.1 Theoretical research on the design of reconstruction of domestic historical and cultural blocks

Many domestic scholars have conducted a lot of research and studies on historical and cultural districts. In the article, Jiang Zhengliang proposed a comprehensive protection and renovation strategy from the perspective of protecting historical and cultural heritage, improving the urban spatial environment and enhancing regional vitality, emphasizing that based on the principle of "restoring the old as before", through moderate functional adjustments and spatial optimization, restore the original style of historical districts, while meeting the needs of modern urban development and achieving the dual goals of historical and cultural protection and the revival of urban functions [18]. Chen Chen, Tang Xuwei and others believe that under the premise of dynamic renovation, a protection mechanism that combines flexibility and rigidity should be established, and the restoration of the entire region can be promoted by selecting key node areas for key control [19]. At the same time, we strengthen operations management, explore transformation strategies from many aspects such as space formation,

optimize functions and attract funds, and ultimately realize the revitalization and long-term development of historical districts.

In the article, Ruan Yisan and Gu Xiaowei discussed the practical cases of historical districts in my country, summarized the countermeasures for the protection and restoration of historical districts, and believed that in the future, the principle of long-term and gradual small-scale "organic renewal" should be adhered to [20]. Large-scale demolition and reconstruction will inevitably destroy the original structure of the city. This approach should not be used in historical districts. On the contrary, we should gradually restore the historical traditions of the district by gradually restoring the old as before. This reconstruction process aims to protect and inherit the unique characteristics of the historical district and ensure that the true history is fully left to future generations [21]. These scholars have conducted in-depth research on different research methods, different focuses, and different cultural perspectives of historical and cultural blocks, and have provided new thoughts and experiences on the renovation and transformation of modern historical and cultural blocks.

1.2.2 Theoretical Research on the Design of Reconstruction of Foreign Historical and Cultural Blocks

Foreign research on the design of reconstruction of historical and cultural blocks reflects a comprehensive and diverse development trend. Through interdisciplinary integration, the transformation of historical districts is gradually closely integrated with sociology, economics, ecology and other fields, emphasizing that transformation is not only the renewal of space and architecture, but also the coexistence and interaction of history, culture, ecology and modern urban life. At the same time, foreign research attaches great importance to the balance between heritage protection and modern functions, preserving the historical memory and cultural characteristics of the quarter, and introducing new functions to meet the needs of modern society. Innovative design strategies have also become the focus foreign research, especially in small, micro-renovated methods. Through precise intervention, the effect of local movement can be

achieved as a whole, providing a new path for the sustainable development of historical and cultural blocks. These trends and experiences have important enlightenment and reference for the design of reconstruction of historical and cultural blocks around the world.

In the 18th century, Western countries attached great importance to the protection of historical and cultural heritage and formulated a series of relevant laws and regulations. In 1933, the "Athens Charter", the first international program document on urban planning, proposed methods and principles for "the protection of building complexes and areas with historical, cultural and artistic value", including "the protection of building complexes and areas with important historical, cultural and artistic value". The concept of "surrounding areas of the building complex" laid the foundation for the study of Western cultural and historical areas. In 1987, the International Council on Monuments and Sites adopted the Charter for the Protection of Historic Towns and Cities (also known as the Washington Charter) in Washington, which first explicitly proposed the concept of historic districts. The Charter further expanded the definitions of "traditional towns" and "historic sites", noting that these two concepts should encompass not only buildings but also urban spatial characteristics, street patterns and landscape elements. Lewis Mumford analyzed the development of modern cities and expressed opposition to the large-scale demolition and reconstruction of old urban areas. He proposed that urban renewal should be people-oriented and adopt a humanized method of renewal and transformation.

Jane Jacobs pointed out the shortcomings of the reconstruction of urban historic and cultural districts and the damage caused to the city by the model of large-scale reconstruction and development of districts. She proposed to focus on the use of small streets and open spaces and to use small reconstructions to protect the city.

Studying the material characteristics that make up the aesthetics of city blocks, Ashihara Yoshinobu proposed a number of design solutions that help

enhance the vitality of the city to meet the needs of various public spaces. Research and practice summarize the methods of quarter reconstruction based on the inheritance of traditional culture.

Colin Stephen Teesdale, Tanel Erch and Tim Heath analyzed a series of cases of historical district revitalization, comprehensively reviewed urban design and urban renewal, and proposed the choice of creating an industrial development model, a strategy for the revitalization of historical districts with small-scale development methods and diversified development mechanisms.

1.2.3. Research on the reconstruction project of historical and cultural blocks

- *Micro-renewal concept.* The micro-renewal concept provides a low-impact, high-adaptability renewal path in the design of the reconstruction of historical districts, avoiding the damage caused by large-scale reconstruction, and at the same time improving the functional, environmental and cultural value of the quarter through gradual optimization. This concept not only preserves the authenticity of the historical district, but also rejuvenates it through sophisticated design strategies and meets the sustainable needs of modern urban development.

In their article, Fu Xiaoyu and Ding Yalan proposed small-scale, gradual, low-intervention strategies based on the theory and practice of micro-renewal, taking Daru Lane as an example, they promote history and culture through three aspects: fine-tuning of flow lines, micro-modification of space, and micro-addition of healthy development culture [22].

In his master's thesis, Ma Xiangtian took Yantai Qishan Suocheng Historical and Cultural Block as an example [23]. Based on the concept of micro-renewal, by summarizing research results, analyzing cases and on-site verification, he proposed a sustainable, diverse, heritage and regional historical and cultural block. The design principles of micro-renewal and design strategies for extracting regional elements, The creation of high-quality nodes and the modernization of service

facilities are completed by the reconstruction project and provide a reference for the sustainable development of historical and cultural blocks. •

● *According to the theory of organic renewal.* The reconstruction design of historical and cultural blocks according to the theory of organic renewal emphasizes respect for historical and cultural heritage. On the basis of the continuation of the historical context, the optimization and improvement of block functions are carried out through gradual and small-scale renovation. Through multi-party participation, ecological optimization and functional innovation, the theory promotes the sustainable development of the quarter, making it a renewed vitality and vitality in the modern urban environment. Hu Binghan used ARCGIS combined with the application of the mathematical model of "Tyson Polygons" to construct neighborhood relations in historical districts, explored a new method of organic renewal of spatial order in historical districts, and combined technical means to create a more effective and reasonable spatial integration model [24].

In his master's thesis, Xu Yuzhi analyzed and sorted out the reconstruction design methods of historical and cultural blocks based on the theory of organic renewal, and summarized the specific manifestation methods based on the remarkable successful cases of renovation [25]. He studied the impact of the theory of organic renewal on historical and cultural areas through the practical case of Zhongjie Pedestrian Street. •

● *According to the theory of catalyst.* The reconstruction design of historical and cultural blocks according to the theory of catalyst promotes the vitality and functional optimization of the entire block through precise intervention and small-scale reconstruction of key nodes. The theory not only pays attention to the protection and heritage of history and culture, but also emphasizes the introduction of modern functions and the improvement of the ecological environment, and ultimately realizes the multiple catalysis of the economic, cultural and social benefits of historical and cultural blocks. Through the gradual renewal and public

participation, historical and cultural blocks can maintain their uniqueness and vitality in the modern urban development of Li Runyu [26].

In the article, Wang Li combines the theory of urban catalyst and takes the revitalization of Taicheng Residential Area planned during the Anshan Puppet Period as an example to discuss ways to revitalize the vitality of public space and the social life of residents within the framework of urban master planning. In his master's thesis, Zhang Yanyu explored the cultural connotation of the site and used the renovation and transformation of site elements to revitalize the environment, improve the environmental quality of the block, and inject vitality into the block, thus continuing the history and culture of the block and promoting the healthy development of the historical and cultural block [27].

1.3 Research related to the reconstruction project of historical and cultural blocks under the theory of urban acupuncture

As an urban micro-intervention strategy, the theory of urban acupuncture has been widely used in the reconstruction design of historical and cultural blocks in recent years. Through small and precise intervention at the “key nodes” in the city, we can stimulate the vitality inside and outside the block, thereby improving and optimizing the overall functions. In the reconstruction of historical and cultural blocks, the theory of urban acupuncture emphasizes the preservation of the historical and cultural features of the block and the introduction of modern urban functions to achieve the dual goals of protection and development.

1.3.1 Theoretical research on the reconstruction design of historical and cultural blocks under urban acupuncture

In the existing literature, many scholars combine acupuncture theory and the protection of historical blocks, propose acupuncture intervention as an operational paradigm for urban renewal, and discuss its practical value in small-scale

transformation. The research focuses on precise spatial design, functional restoration, and small-scale interventions to stimulate the vitality of areas and continue the cultural context. However, the design strategies for acupuncture point selection, functional optimization, cultural protection, and renovation balance have not yet formed a complete theoretical system or methodology.

In the article, Mr. Yang partially renovated the landscape of historical and cultural blocks with the concept of “urban acupuncture” to improve the landscape environment and promote cultural renewal. Analyze and summarize the research trends on the protection and renovation of historical districts at home and abroad, explore the theory of "urban acupuncture" and apply it to the landscape improvement of the Shanxiahan historical district in Fuzhou City, and propose strategies such as basic research, selection and reconstruction of "acupuncture points", and finally, through real cases, verify the feasibility of the strategy to promote the sustainable development of the landscape and culture of historical districts.

In the article, Wu Yang explores the design strategy of coordinating material renovation and historical and cultural heritage based on the theory of "urban acupuncture". It analyzes the main problems existing in the process of renovation of historical blocks in China, and then puts forward the significance of the application and feasibility of the theory of "urban acupuncture" in the regeneration of historical and cultural blocks. From the aspects of principles, objectives and application types, the positive effects of "urban acupuncture" in social, economic and cultural dimensions are deeply discussed, and a design strategy is proposed that takes into account the social, economic and cultural benefits of the quarter.

In her master's thesis, Zhang Aiqin d explored the interdisciplinary combination of historical and cultural heritage protection and traditional Chinese medicine culture [28]. She used the theory of "urban acupuncture" to compare cities with a living organism, and used the diagnosis and treatment methods of traditional Chinese medicine and acupuncture to analyze and renew historical and

cultural blocks with precise space design and functional restoration to activate the vitality of the quarter.

In his master's thesis, Yao Chengrui analyzed the problems in the innovation process of the streets and alleys of the ancient city, introduced the concept of "urban acupuncture" and explored its application to enhance the vitality of the historical and cultural districts of the city of Iyang Ming and Qing as the research object, he emphasized the dynamics of this theory and the improvement and development in practical applications [29].

In his master's thesis, Jia Yongda proposed to improve the physical environment, extend the context and stimulate vitality, and adhere to the principles of integrity, precision and small scale to build a practical foundation for the revitalization of street vitality according to the theory of urban acupuncture [31]. Through the process of analytical hierarchy, a street vitality assessment system in historical and cultural blocks was established. Taking Zhongshan Road, Shilong Town, Dongguan City as the empirical object, the "acupuncture points" of the street were selected and five acupuncture strategies such as improving architectural style and improving functions were formulated.

In the article, Xiao Wei introduced the concept of "urban acupuncture" and relied on the theory of traditional Chinese medicine, meridian theory and acupuncture point theory to propose a gradual transformation strategy for the protection and renovation of historical and cultural blocks, combining "functional zones", "corridors" and "vital force points" are compared with the organs, meridians and acupuncture points of the human body, and the correspondence between them is explored in terms of thinking modes, action principles and working mechanisms [34]. This paper summarizes the three major problems faced by historical districts: organ dysfunction, meridian blockage and insufficient vitality of acupoints, and proposes corresponding treatment strategies to promote the healthy development of historical districts. In short, domestic research on the design of reconstruction of historical and cultural blocks according to the theory of

urban acupuncture has gradually made progress, but it is still in the research stage. in general, and there are limitations in theory and practice.

1.3.2 Thematic Study of the Reconstruction Project of Historical and Cultural Blocks in Urban Acupuncture •

● *Historical and Cultural District of South Gate of Yongxin County.* Yongxin County is located on the western border of Jiangxi. The ancient city is surrounded by mountains and rivers, and has a unique shape. The streets and alleys are well preserved, and the historical and cultural resources and red revolutionary heritage are concentrated. The revitalization of Yongxin Ancient City, guided by the theory of "urban acupuncture", is different from the traditional reconstruction of the old city of "large-scale demolition and large-scale construction", which is carried out through "point cutting" within a certain region, thus causing changes in the environment, and ultimately achieving the purpose of stimulating the vitality of the city, changing the appearance of the city, and renewing the city. During the renovation process of Yongxin Nanmen District, the overall planning, landscape restoration and style creation have greatly improved the spatial quality of the district and improved people's well-being and livelihood. At the point level, there are many potential small spaces in the ancient city, which are closely related to the lives of residents. Through the acupuncture-style transformation, the functionality can be enhanced, the sign and spatial vitality can be strengthened, which greatly affects the lifestyle of residents and the overall atmosphere of the quarter. Through the "urban acupuncture" method, important points of reconstruction are selected, and the power of design is used to stimulate and promote the development of the entire region, plan the landscape system, and improve the quality of space and the environment. At the same time, unlike demolition and reconstruction, partial renovation is conducive to preserving its cultural context and continuing the cultural genes of Yongxin. Through functional research and artistic reconstruction, it can compensate for the unity of spatial functions, increase the opportunity for

public activities in the ancient city, stimulate the vitality of the ancient city, and enhance the sense of cultural benefit and happiness in life.

- •*Pingjiang Historical and Cultural District, Suzhou City.* Pingjiang Historical and Cultural District is located in the northeast of the ancient city of Suzhou, bounded by the Outer Ring River in the east, Lindong Road in the west, Qianjiang Road in the south and Baita East Road in the north. It covers an area of about 116.5 hectares, and is the most representative historical and cultural district of the ancient city of Suzhou, with rich traditional architecture and cultural heritage. This street covers the eastern part of the ancient city of Suzhou and is distributed along the Pingjiang River. It has a typical water town style and profound historical and cultural heritage. During the reconstruction of Pingjiang Road, combined with the "point cutting" method of urban acupuncture theory, a series of micro-renovation measures were adopted to achieve the revitalization and rejuvenation of the district, preserving the historical culture and promoting modern development.

The reconstruction of Pingjiang Road reflects the application of urban acupuncture theory in the renovation of historical districts. Through precise intervention, the overall vitality of the district is improved while maintaining historical features. Restore and maintain traditional houses and historical buildings along the street to preserve the original traditional Suzhou architectural style, including gray tiles and white walls, small bridges and flowing water. Through the establishment of pedestrian streets and the optimized design of non-motorized lanes, the original the problem of traffic congestion in the block, allowing visitors to better experience the historical and cultural atmosphere of the block.

In addition, pedestrian paths along the river were designed to further enhance the accessibility and landscape experience of the block. Through these micro-renovations and urban acupuncture reconstruction methods, Pingjiang Road not only attracts a large number of tourists, but also provides local residents with a livable living environment. The historical and cultural value of the block is passed

on and its commercial viability has also been improved, becoming the ancient city of Suzhou A successful example of protection and modernization.

Conclusions to the first chapter

1. During the study, it was recognized that this topic is very relevant, as evidenced by a large number of theoretical scientific works, whose researchers consider this problem from different directions:

1) "urban acupuncture" - is considered as a model of urban renewal with little transformation (Zhang Xiao, Niu Ruirui, Pan Yang, etc.);

2) improving the quality of ecological space based on "urban acupuncture" proposed (Yuan Xin, Chen Chen, Tang Xuwei, etc.);

3) designing the reconstruction of urban streets (Lian Yichao and Wang Xuhui, Wang Li, Liang Tiantian, etc.);

4) solving the problems of slum upgrading and urban poverty and promoting the gradual improvement of surrounding areas by improving public facilities and services in key nodes (James Lerner, Salman Qabas Abdul Hameed, Hussein Shaimaa Hamid, Lewis Mumford, Yongxin Nanmen, etc.);

5) designing the reconstruction of urban parks (Wu Qiaoyun, Li Min).

2. In summary, combining the research results both in China and abroad, it can be seen that the application of urban acupuncture theory in the reconstruction of historical and cultural blocks still has a huge space for research. This topic aims to inherit its essence and supplement and deepen some contents based on existing theoretical research. The theory of “urban acupuncture” will be appropriately expanded to further explore its connotation. Combining the practice of reconstruction and design of the historical and cultural district of Gaoyu City, we

aim to stimulate the inner vitality and culture of the district through small-scale and targeted design interventions.

3. It is found that in the analysis of the prototypes of the formation of the territory design of some communities based on the theory of “urban acupuncture”, the processes of district renewal in the direction of overall planning, landscape restoration and style creation have contributed to the significant improvement of the spatial quality of the district and the well-being and livelihood of local residents.

4. It is found that at the local level, there are many potential small spaces in the ancient city that are closely related to the lives of residents. Through the transformation based on the above concept, it is possible to enhance the functionality, enhance the landmark of the area and spatial vitality, which can greatly affect the lifestyle of residents and the overall atmosphere of the quarter.

5. It is found that through the theory of "urban acupuncture", important points of reconstruction are selected, and professionally decided design is used to stimulate and promote the development of the entire region, plan its landscape system, and improve the quality of public space and natural environment.

SECTION II. PUBLIC INTERIOR DESIGN PROPOSAL: APPROACHES AND TOOLS

Topic of the scientific work: Research on the reconstruction design of historical and cultural blocks under the theory of urban acupuncture and moxibustion -- A case study of the historical and cultural blocks in the south of Gaoyou City The theoretical significance of this study is that, on the one hand, it expands the application scope of urban acupuncture theory in historical blocks of small and medium-sized cities, proposes new
concepts such as "cultural catalyst" and "minimally invasive renewal", and promotes the protection of historical blocks from overall protection to precise restoration; on the other hand, by constructing a localized renewal methodology based on the spatial genes of Jiangnan water towns, a technical system of "acupoint selection-acupuncture operation-dynamic adaptation" is formed, and the synergistic mechanism of micro-intervention of the material environment and social and cultural effects is revealed. The study not only promotes the interdisciplinary integration of urban renewal theory, cultural heritage protection theory and complex adaptive system theory, but also realizes the theoretical paradigm innovation from "morphological restoration" to "organic regeneration", providing systematic theoretical support for the micro-renewal practice of similar historical blocks.

The practical significance of this study is that, on the one hand, it proposes a precise "minimally invasive" transformation strategy for existing problems such as spatial fragmentation and functional decline in the block, and achieves the dual goals of improving the historical environment and regenerating cultural vitality through methods such as activation of key nodes and restoration of street textures;

on the other hand, it explores a "small-scale, low-cost, and gradual" renewal model, forms a popularizable technical path and implementation mechanism, and provides a demonstration for the organic renewal of historical blocks in small and medium-sized cities. The research can not only improve the quality of the living environment of local residents and awaken cultural identity, but also provide a practical model for balancing the contradiction between historical protection and urban development through sustainable renewal methods.

What impact does this issue haye on the world around us?

1. *Revitalization and protection of historical and cultural heritage.* Save endangered memories: repair the decaying historical buildings and street textures in the southern block of Gaoyou through acupuncture-style transformation to avoid "constructive destruction" and provide an operational model for the protection of cultural heritage in small and medium-sized cities.

Continuation of cultural genes: activate regional characteristics such as postal culture and canal culture, make historical spaces a "living museum", and enhance community cultural identity (such as transforming abandoned post offices into cultural stations).

2. *Contribution to sustainable urban development.* Realization of spatial justice: replace large-scale demolition with micro-renewal, reduce the risk of displacement of indigenous people, and protect the right to live of low-income groups.

Low-carbon renewal demonstration: small-scale intervention to reduce construction waste and resource consumption (such as using old bricks and tiles to repair walls), responding to the "dual carbon" goal. Economic resilience improvement: cultivate local economy and avoid excessive commercialization by implanting light formats such as cultural and creative shops and characteristic home stays.

3. *Direct improvement of community life.* Infrastructure empowerment: targeted transformation of "pain points" such as lane lighting and drainage systems to improve the quality of life of residents. Social network repair: Through public space acupuncture (such as courtyard sharing transformation), rebuild

neighborhood interaction scenes and alleviate social isolation problems in old communities.

4. *Paradigm innovation for the planning industry.* Methodological output: Form a technical process of "diagnosis-acupuncture point selection-micro design-evaluation" to promote urban planning from "grand narrative" to "fine governance". Interdisciplinary inspiration: Provide a reference framework for collaborative practice in fields such as architecture, sociology, and cultural heritage (such as the combination of space transformation and social investigation).

5. *Subtle influence on public cognition.* Heritage education function: The renovated blocks become an experience classroom for historical culture, enhancing public awareness of protection (such as setting up a QR code explanation wall). Aesthetic paradigm communication: Through design demonstration, change the stereotype of "old equals dilapidated" and reshape people's cognition of the modern value of traditional space.

CONCEPT

My chosen topic is to study the design and reconstruction of historical and cultural districts based on the theory of urban acupuncture. Taking the Chengnan Historical and Cultural District in Gaoyou City as an example, it is proposed to use elements of Chinese culture as the basis of my concept. Instead of engaging in large-scale demolition and reconstruction, it is necessary to identify key functional areas for more precise design. The design of the master's qualification work will focus on the interior spaces of the exhibition hall and cafe.

Reconstruction of interior spaces in historical and cultural districts is more than just reconstruction; it includes:

1) precise implementation of functions;

2) and activation of spaces in certain areas.

The main goal is to revitalize the entire building and even the district through the proposed “minor intervention” in the interior design. The following are

the types of interior spaces and their functions that the design of Gaoyou. District in Chengnan will focus on:

1. *Cultural display and experience spaces.* These spaces aim to consolidate and visualize Gaoyou's unique intangible cultural resources in a limited interior space, serving as the first step for visitors to experience Gaoyou culture. The design of the small-scale exhibition hall focuses on elements of urban culture: the use of intellectual property of Mengcheng Post; the demonstration of modern exhibition technology (light boxes, interactive screens, and a replica of an ancient post office)—all the proposed components illustrate the history of Gaoyou, which was fueled by postal services.

2. *Revitalizing spaces through commercial formats.* The design of this type of space brings economic vitality to the area's exposure by introducing new business formats, but it must be closely integrated with the local culture to avoid homogenization. Culturally designed bed and breakfast hotels: They retain the layout and charm of old houses (such as wooden structures, blue bricks and tiles on the facades), while combining modern and comfortable living spaces. Each room can be named after a Gaoyou cultural theme, and changes in interior design will be adapted to this theme.

Common areas are proposed to be designed as cafe , demonstrating a deeper cultural experience. Creative and light cafe interiors: the main concept is "local ingredients + creative expression".

In short, through these "micro-scale, precise, ecological and humanistic" interventions, this design aims to make the landscape a key environment that combines history and the present, unites people and nature, and revitalizes community life.

The topic I have chosen is the study of the design and reconstruction of historical and cultural districts based on the theory of urban acupuncture. Taking the Chengnan Historical and Cultural District in Gaoyou City as an example, it is

proposed to use elements of Chinese culture as the basis of its concept. Instead of engaging in large-scale demolition and reconstruction, it is necessary to identify key functional areas for more precise design. The design of the master's qualification work will focus on the interior spaces of the exhibition hall and the cafe.

Objective: Research on the reconstruction of historical and cultural districts according to the theory of urban acupuncture -- a thematic study of historical and cultural districts in the south of Gaoyou City.

The theoretical significance of this study is that, on the one hand, it expands the scope of application of the theory of urban acupuncture in the historical districts of small and medium-sized cities, proposes new concepts such as "cultural catalyst" and "minimally invasive renovation", and promotes the protection of historical districts from general protection to precise restoration; on the other hand, by constructing a localized renovation methodology based on the spatial genes of Jiangnan water towns, a technical system of “acupuncture point selection-acupuncture operation-dynamic adaptation” is formed, and the synergistic mechanism of micro-intervention in the material environment and socio-cultural effects is revealed. The study not only promotes the interdisciplinary integration of urban renovation theory, cultural heritage protection theory, and complex adaptive systems theory, but also realizes the innovation of the theoretical paradigm from “morphological restoration” to “organic regeneration”, providing systematic theoretical support for the practice of micro-renovation of such historical districts.

The practical significance of this study is that, on the one hand, it proposes a precise "minimally invasive" transformation strategy for existing problems such as spatial fragmentation and functional decline in the quarter, and achieves the dual purpose of improving the historical environment and restoring cultural vitality through methods such as activating key nodes and restoring street textures; on the other hand, it explores a "small-scale, low-cost and gradual" renovation model,

forms a popularized technical path and implementation mechanism, and provides a demonstration of the organic renovation of historical quarters in small and medium-sized cities. The study can not only improve the quality of the living environment of local residents and awaken cultural identity, but also provide a practical model for balancing the contradiction between historical heritage protection and urban development through sustainable renovation methods.

What impact does this issue have on the surrounding world?

1. *Revival and protection of historical and cultural heritage.* Preserving disappearing memories: renovating abandoned historical buildings and street textures in the southern Gaoyou district through acupuncture transformation to avoid "constructive destruction" and provide an operational model for protecting cultural heritage in small and medium-sized cities. Continuing cultural genes: revitalizing regional characteristics such as postal culture and canal culture, transforming historical spaces into "living museums," and strengthening the cultural identity of the community (e.g., transforming abandoned post offices into cultural stations).

2. *Contribution to sustainable urban development.* Realizing spatial justice: replacing large-scale demolition with micro-renovation, reducing the risk of displacement of indigenous peoples and protecting the right to life of low-income groups. Demonstrating low-carbon renovation: small-scale interventions to reduce construction waste and resource consumption (e.g. using old bricks and tiles to repair walls), in line with the "double carbon" objective. Increasing economic resilience: developing the local economy and avoiding excessive commercialization by introducing light formats such as cultural and creative shops and typical residential houses.

3. *Directly improving community life.* Expanding infrastructure capabilities: targeted transformation of "pain points" such as path lighting and drainage systems to improve the quality of life of residents. Social network repair: through

acupuncture of public space (e.g. transformation of shared courtyard use), reorganizing neighborhood interaction scenes and alleviating social isolation problems in old communities.

4. *Paradigm innovation for the planning industry.* Methodological output: forming a technical process of “diagnosis-acupuncture point selection-micro-design-evaluation” to advance urban planning from “grand narrative” to “precise management”. Interdisciplinary inspiration: providing a reference base for joint practice in fields such as architecture, sociology and cultural heritage (e.g. combination of space transformation and social research).

5. *Impact on public cognition.* Heritage education function: the renovated blocks become a classroom for learning about historical culture, raising public awareness of protection (e.g. installation of a QR code explanation wall). Communicating an aesthetic paradigm: through design demonstration, to change the stereotype of "old equals dilapidated" and change people's perceptions of the modern value of traditional space.

The topic I have chosen is to study the design of reconstruction of historical and cultural districts based on the theory of urban acupuncture. Taking the Chengan Historical and Cultural District in Gaoyou City as an example, it is proposed to use “urban acupuncture” as the basis of its theory. Instead of engaging in large-scale demolition and reconstruction, it is necessary to identify key “acupuncture points” for more precise design.

The design of the master’s qualification work will focus on interior spaces, and landscape nodes will be auxiliary spaces of the design. It is proposed to develop an interior design based on the theory of “urban acupuncture”.

The reconstruction of interior spaces in historical and cultural districts is more than a simple reconstruction; it includes: 1) the precise implementation of functions; 2) and the activation of spaces at certain “acupuncture points”.

The main goal is to revive the entire building and even the district through the proposed “minor intervention” in the interior space design. The following are the types of interior spaces and their functions that will be the focus of the design of Gaoyou District in Chengnan:

1. *Cultural display and experience spaces.* These spaces aim to consolidate and visualize Gaoyou’s unique intangible cultural resources in a limited interior space, serving as the first step for visitors to experience Gaoyou culture. The design of the small-scale exhibition hall focuses on elements of urban culture: the use of intellectual property of Youcheng Post; the demonstration of modern exhibition technology (light boxes, interactive screens, and a replica of an ancient post office) - all the proposed components illustrate the history of Gaoyou, which was fueled by postal services. Intangible Cultural Heritage Workshop Area: It not only showcases culture, but also promotes living heritage.

2. *Revitalizing spaces through commercial formats.* The design of this type of space brings economic vitality to the exposure of the district, introducing new business formats, but it must be closely integrated with the local culture to avoid homogenization. Culturally designed B&Bs: They retain the layout and charm of old houses (such as wooden structures, blue bricks and tiles on the facades), while combining modern and comfortable living spaces. Each room can be named after a Gaoyou cultural theme, and the changes in interior design will be adapted to this theme.

Common areas are proposed to be designed as tea rooms or offices, which shows a deeper cultural experience. Creative-light Cafes: The main concept is "local ingredients + creative expression". Landscape design: Adhering to the theory of "urban acupuncture", the reconstruction of historical and cultural districts is not a large-scale, standardized project. Instead, it uses precise, micro-scale, ecological, and minimally necessary approaches to revitalize and restore the neighborhood's public spaces, corners, and building boundaries.

Conclusions to the second chapter

1. It is proved that it is necessary to use interdisciplinary research methods that can combine knowledge of urban planning, architectural design, cultural heritage protection, traditional Chinese medicine and other disciplines to study the design of the site.

2. Various elements of the historical and cultural district of the city are identified from the perspective of urban acupuncture theory, and the "acupuncture points" of the specified district are also determined.

3. The material and intangible culture of the southern historical and cultural district of Gaoyou City is investigated, which contains the following components: folk culture, canal culture and post-culture.

4. During the development of the project proposal, the use of modern design language to express cultural connotations has become an important task, which is the main innovation of this study. Through the abstraction and reconstruction of traditional cultural symbols, combining them with the needs of modern life, not only the cultural value is preserved, but also the functionality of use and the aesthetic impression of the quarter are improved through innovative design, providing guidelines for the design of the reconstruction of the quarter that integrates commerce, residence and cultural tourism.

5. Based on the content and research results of this topic, a master's thesis was written and completed, which contains theoretical innovations and practical value for application in practice by specialists of various professional specialties who can systematically use the application of urban acupuncture theory in the reconstruction and design of historical and cultural quarters in the south of Gaoyou city.

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ANNEX A. (Tables and diagrams)

National policy documents on the development of historical and cultural blocks

years	name	content
2005年	《Standards for the Protection of Historic and Culturally Significant Cities》	Emphasize the protection of historical characteristics and spatial scale within historic districts.
2007年	《Urban and Rural Planning Law of the People's Republic of China》	It is clearly pointed out that for the renovation of the old city, attention should be paid to protecting the local traditional appearance and cultural heritage.
2008年	《Regulations on the Protection of Famous Historical and Cultural Cities, Towns, and Villages》	Clarify the concept of historical and cultural districts and their scope of protection
2021年	《Opinions on Strengthening the Protection and Inheritance of Historical and Cultural Heritage in Urban and Rural Construction》	It is clear that a system for the protection and inheritance of urban and rural historical culture should be established, strengthening protection, utilization, and inheritance, prohibiting large-scale demolition and reconstruction, and promoting active utilization.
2022年	《"14th Five-Year Plan for Cultural Development"》	It is clearly stated that we should inherit and promote the excellent traditional Chinese culture, and strengthen the protection and utilization of cultural relics as well as the preservation of intangible cultural heritage.

Табл.1. National policy documents on the development of historical and cultural blocks

Documents related to the protection of international historic urban areas

years	name	content
1931年	《The Athens Charter》	For the first time, the protection of valuable historical buildings and sites was proposed.
1964年	《Venice Charter》	Extending the scope of protection from buildings to urban and rural environments; proposing the principles of integrity and authenticity.
1976年	《Nairobi Proposal》	Emphasize the integrity of historical areas and their surrounding environments, and propose specific protection measures.
1987年	《Washington Charter》	Emphasize the importance of residents protecting historical sites
1994年	《Authentic Documents of Nara》	Starting from historical sites, call for the protection of cultural diversity.
1966年	《San Antonio Declaration》	Believing that the protection of historic districts requires a developmental and dynamic perspective

Табл.2. Documents related to the protection of international historic urban areas

Topic Introduction

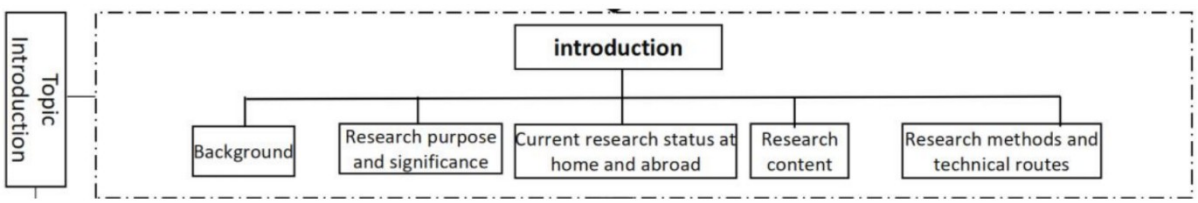


Табл.3. Topic Introduction

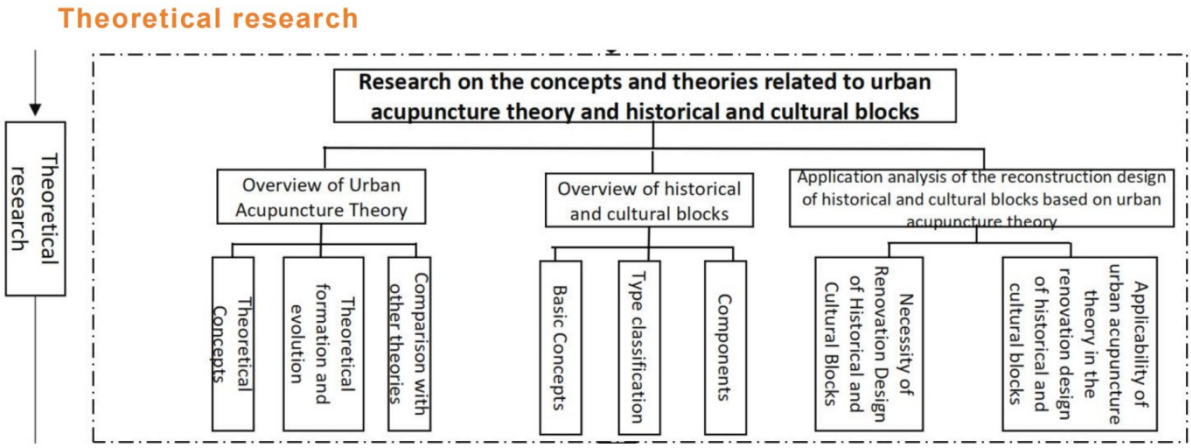


Табл.4. This section systematically organizes the research directions of urban acupuncture theory and the renewal of historical and cultural blocks, laying a theoretical foundation for further in-depth research.

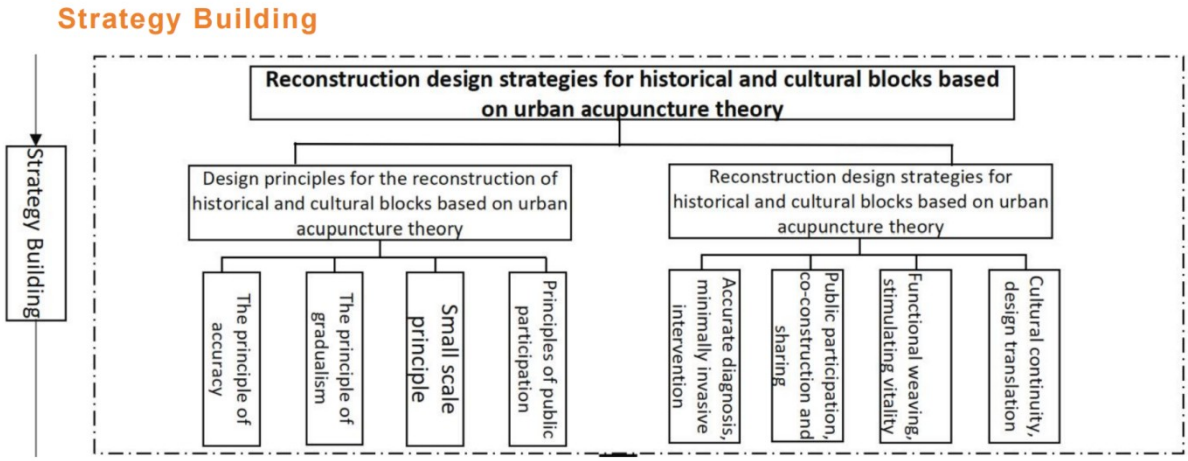


Табл.5. This section systematically elaborates on the design strategies and principles for the renovation of historical and cultural blocks based on the theory of "urban acupuncture," providing guidance for the design practices described below

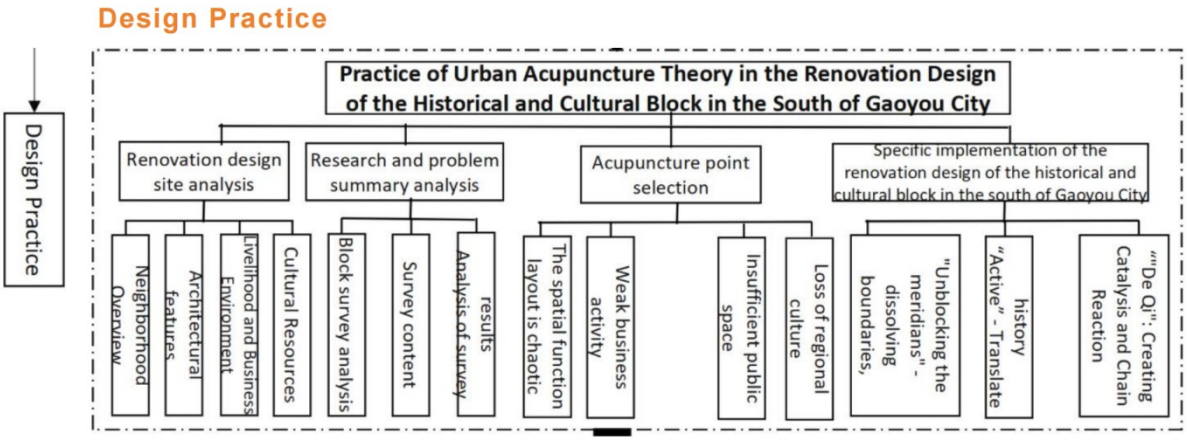


Табл.6. Based on preliminary research, this section identifies existing problems in the neighborhood and clarifies the target direction for renovation. Corresponding to the core element of "site selection" in the theory of "urban acupuncture," it assesses "acupuncture points" from three dimensions. Finally, for the selected "acupuncture points," it proposes three implementation strategies to revitalize the neighborhood.

Core Objectives	Method Classification	Specific strategies	Implementation direction and value
Continuous and gradual transformation and regeneration of space	Update local space nodes	1. Canal Café: Creating a "canal culture-themed coffee scene," incorporating boat-shaped elements, and hosting coffee culture salons. 2. Gaoyou City Culture Exhibition Hall: Combining "immersive digital exhibitions + physical cultural relic exhibitions," setting up cultural experience areas, and regularly holding intangible cultural heritage handicraft activities. 3. Linking the two spaces: Creating a "coffee + culture" circulation route in the historical and cultural district, stimulating both social interaction and cultural consumption.	With the two spaces as core nodes, a composite scene of "coffee social space + cultural experience place" is constructed to enhance the frequency of interaction between residents and tourists and improve the cultural dissemination effectiveness and commercial appeal of the historical district.
	Improve the quality of public spaces	1. Canal Café: Featuring movable canal-themed installations. 2. Gaoyou City Culture Exhibition Hall: Creating a "public cultural sharing area" and a space for cultural lectures, open to the public free of charge.	With the upgrading of public space functions as the core, the project enhances the service of public spaces in historical and cultural blocks through scene creation, business integration, and resource sharing, thereby strengthening residents' sense of belonging and tourists' cultural experience.
	Urban Acupuncture Theory	1. Key Spatial Interventions: The café retains the old building's distinctive elements such as the pitched roof and wooden latticework, incorporating modern elements to create a clash between old and new; the exhibition hall integrates transparent glass display cases within the old building, showcasing artifacts while revealing the building's original structure. 2. Minor Reconstructions: The café's damaged wooden window frames and floor tiles underwent minor reconstruction, restoring its historical appearance; the exhibition hall's entrance steps and accessible pathways were partially reconstructed to optimize the user experience and avoid large-scale demolition and alteration.	Using the two major spaces as "acupuncture points," the project aims to reduce damage to historical spaces through precise intervention, optimize functions and maintain the original appearance through small-scale reconstruction, and create a chain effect of "micro-renovation - strong activation," providing a low-impact and highly adaptable practical path for the renewal of historical and cultural blocks.

Табл.7. Specific strategies, Implementation direction and value

Classification of Design Methods	Detailed strategy description	Implementation direction and value
Historical and cultural space optimization and restoration	For the café, the original brick and wood structure and roof of the building were preserved, and canal-themed decorations (such as oar-shaped lamps and canal map wall decorations) were added to enhance the historical feel of the space. For the exhibition hall, some of the old building's blue brick walls were preserved, and modern exhibition installations were added to achieve a spatial integration of "historical features + modern functions".	Accurately restoring the spatial memory of Gaoyou's historical and cultural district, giving cultural distinctiveness to public indoor spaces, and making them a "living container" for showcasing regional history.
Building a resilient protection mechanism	Rigid Dimension: Define "immutable core areas" such as building structure and historical decoration (e.g., exhibition space for artifacts in an exhibition hall), and clarify protection requirements according to regulations or design guidelines. Flexible Dimension: Introduce modern design elements (e.g., movable display cases, modern decorations) into non-core areas, allowing for dynamic adjustments to function and form.	Balancing the contradiction between "protection" and "development" means both safeguarding the cultural bottom line of historical districts and reserving flexible space for the functional iteration and business innovation of public spaces.
Implementation of multi-dimensional transformation strategy	Spatial Function Optimization: The Grand Canal Culture Exhibition Hall will be transformed into a multi-functional space combining static exhibitions and dynamic experiences; the café will expand its functions to include both social interaction and cultural dissemination. Neighborhood Revitalization and Long-Term Development: Using these two spaces as "key points," the project will connect surrounding historical buildings (e.g., by planning a "Grand Canal Culture Route" to link the exhibition hall, café, and surrounding intangible cultural heritage workshops) to form a "point-line-plane" network for neighborhood revitalization, promoting the sustainable development of the historic district.	Upgrading from "single-space renovation" to "block system revitalization," the multi-dimensional linkage of functions, funding, and networks injects long-term development momentum into the Gaoyou historical and cultural block, and provides a "replicable and scalable" transformation path for micro-renewal of similar blocks.

Табл.8.

The Research Status

Research on urban acupuncture at home and abroad

Urban acupuncture theory, as a new concept to realize small-scale and progressive urban renewal, has been gradually introduced by scholars at home and abroad in recent years. Although there are slight differences in the definition of urban acupuncture, there is a general consensus that urban acupuncture advocates that relatively small scale interventions in specific areas of the city can have a positive catalytic effect on a larger range of social, economic and environmental issues.

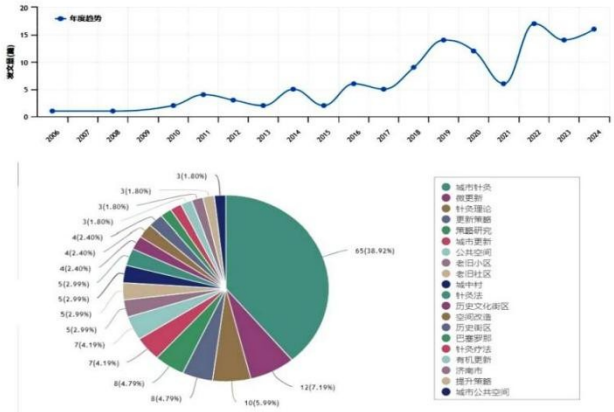


Табл.9.

research framework

1. Relevant concepts and theoretical research of urban acupuncture theory and historical and cultural blocks

2. Investigation and analysis of reconstruction design of historical and cultural blocks in Yangzhou

3. Under the theory of urban acupuncture and moxibustion, the reconstruction design strategy of Yangzhou historical and cultural block

4. Urban acupuncture and moxibustion theory in Gaoyou City south historical and cultural block reconstruction design practice

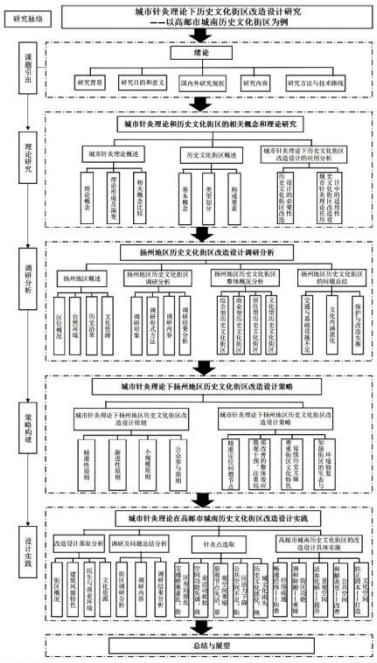


Табл.10.

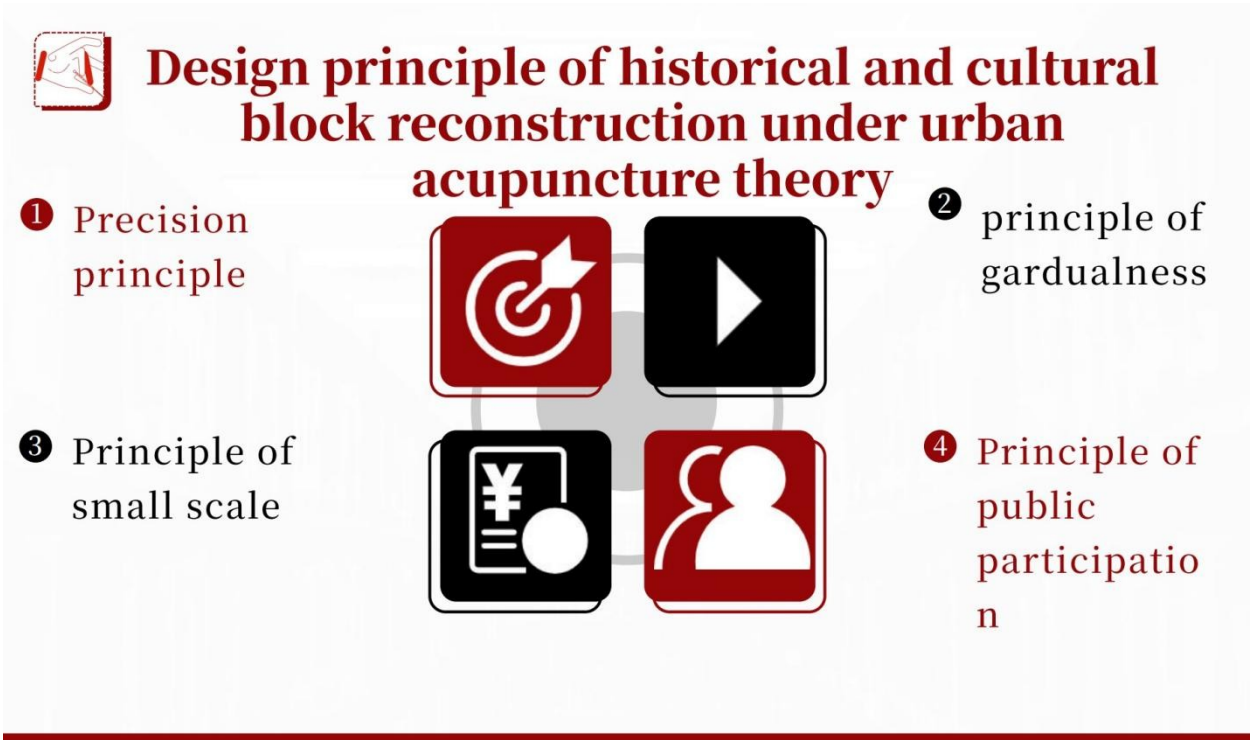


Табл.11.

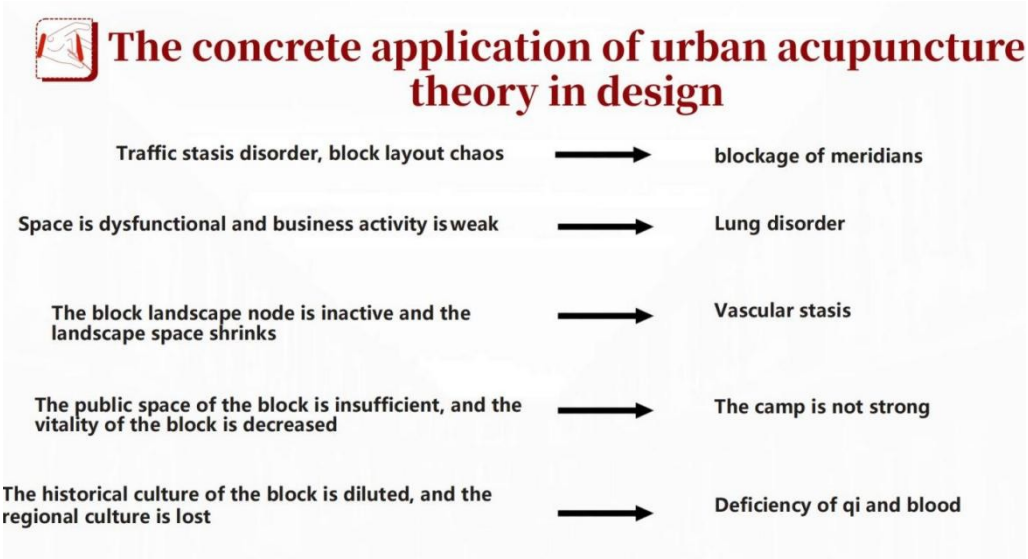


Табл.12.

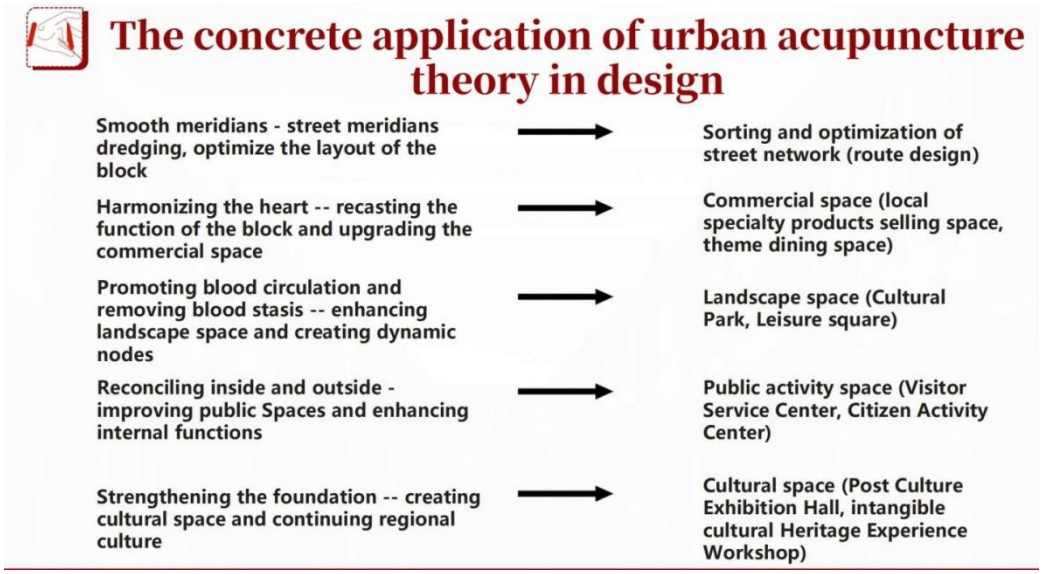


Табл.13.



Табл.14.

Cultural Analysis in Exhibition Space

Design Dimensions	Specific performance strategies	Specific strategies	Corresponding showroom examples (image association)
Spatial morphology translation	Extracting natural imagery such as the canal's "waterways" and the region's "mountains and rivers," these elements are transformed into spatial forms such as curved walls, wave-shaped structures, and spiral installations.	Embodying the Chinese concept of "harmony between man and nature," it concretizes geographical and cultural elements into spatial language, strengthening the cultural locality of the site.	Figure 1 (Sequence of doorways), Figure 2 (Spiral scroll), Figure 3 (Curved wall surface), Figure 4 (Water ripples at the top)
Symbol element implantation	It incorporates architectural symbols such as Chinese pavilions, traditional architectural grilles, and wooden display stands; and extracts folk art symbols such as stamps and calligraphy.	Inheriting the formal aesthetics of Chinese architecture and the cultural genes of folk art, showcasing the diversity of tangible cultural heritage.	Figure 3 (Pavilion Model), Figure 2 (Document Scroll), Figure 3 (Stamp)
Historical narrative construction	Using a timeline (Sui and Tang Dynasties - Song and Yuan Dynasties - Ming and Qing Dynasties), old photo walls, and document exhibitions, the historical context of canal culture is connected.	Following China's narrative tradition of "learning from history," it conveys the logic of cultural inheritance and evolution through a linear historical presentation.	Figure 2 (Photo wall depicting stories of time), Figure 4 (Time node installation)
Material and Craftsmanship Expression	The project utilizes modern materials such as cement textures, wooden display cases, and glass bricks, combined with techniques that preserve the original appearance (such as wooden structure restoration).	Balancing the "cultural warmth of traditional craftsmanship" with the "innovative expression of modern materials," it embodies China's design wisdom of "blending the ancient and the modern."	Figure 1 (wooden display stand), Figure 3 (cement wall), Figure 4 (relief map wall)

Табл.15.

ANNEX B. Prototypes for improving community design based on the theory of “urban acupuncture”

Chengan Historical and Cultural Quarter in Gaoyu City

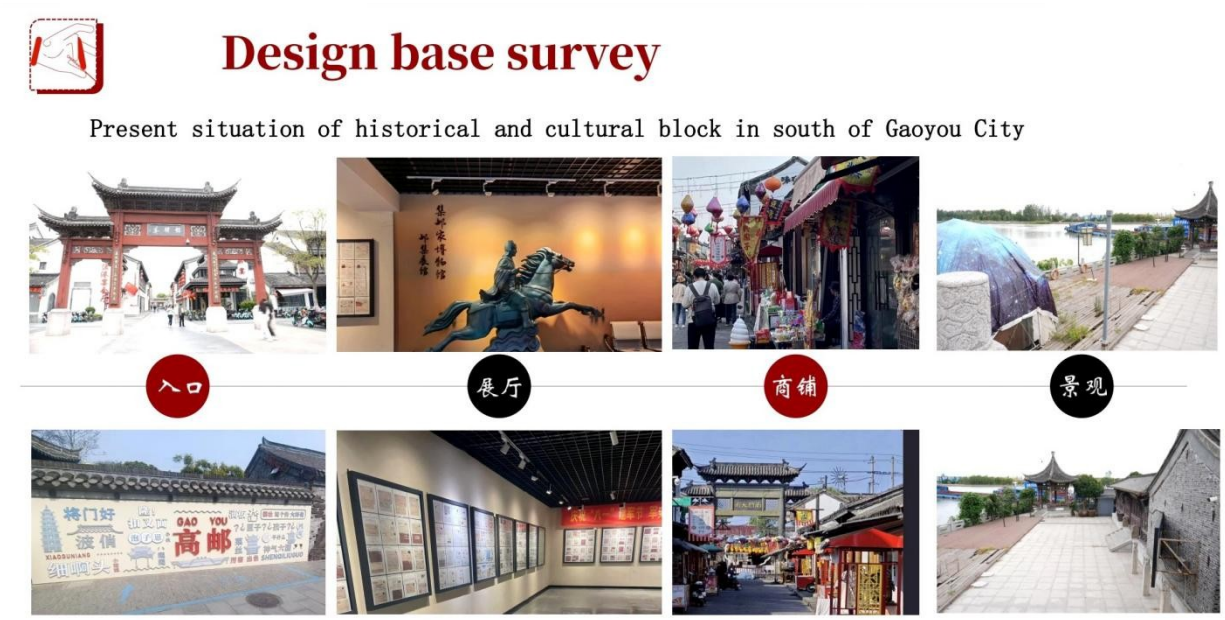


Fig. 1.



Fig. 2. Design of the architectural and landscape environment

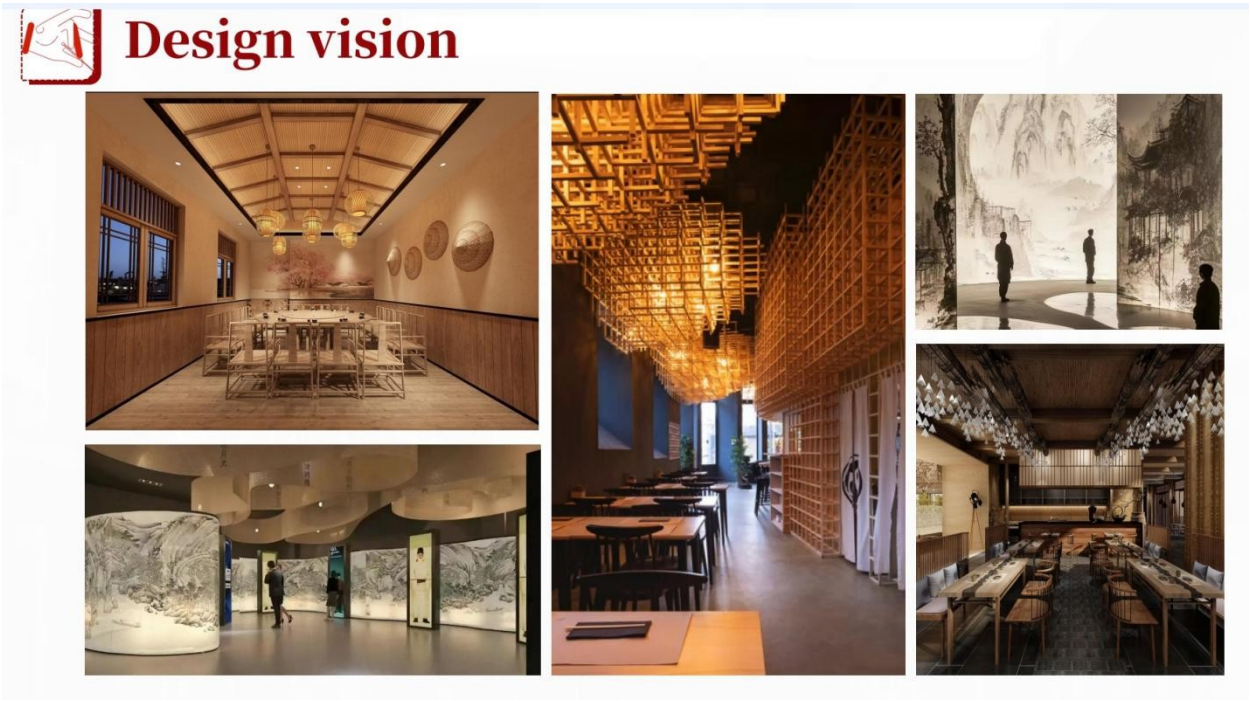
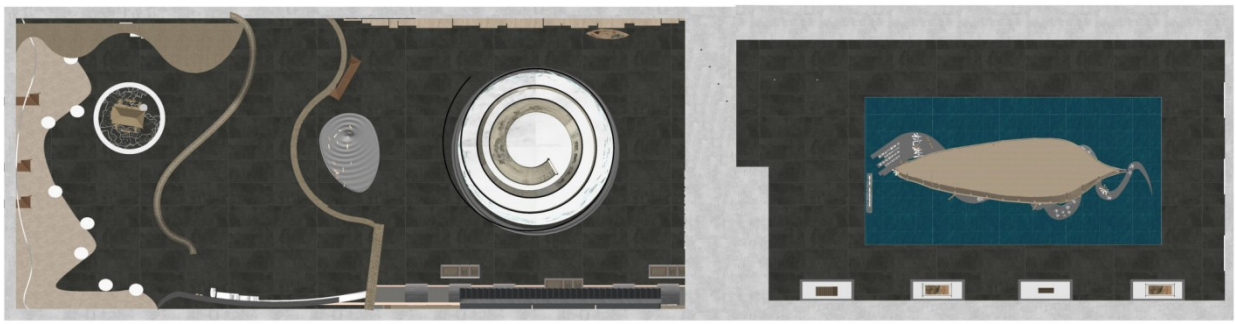


Fig. 2. Interior space design

ANNEX C. Project proposal

design proposal for the formation of the Chengnan Historical and Cultural Quarter in Gaoyou City: exhibition hall



Existing achievements: Exhibition Hall Floor Plan



Canal Culture Exhibition Hall: The Historical Timeline and Spatial Memory of the Canal



Regional Symbol Exhibition Hall: Focusing on regional symbols such as stamps and architectural models, it analyzes the material carriers of canal culture



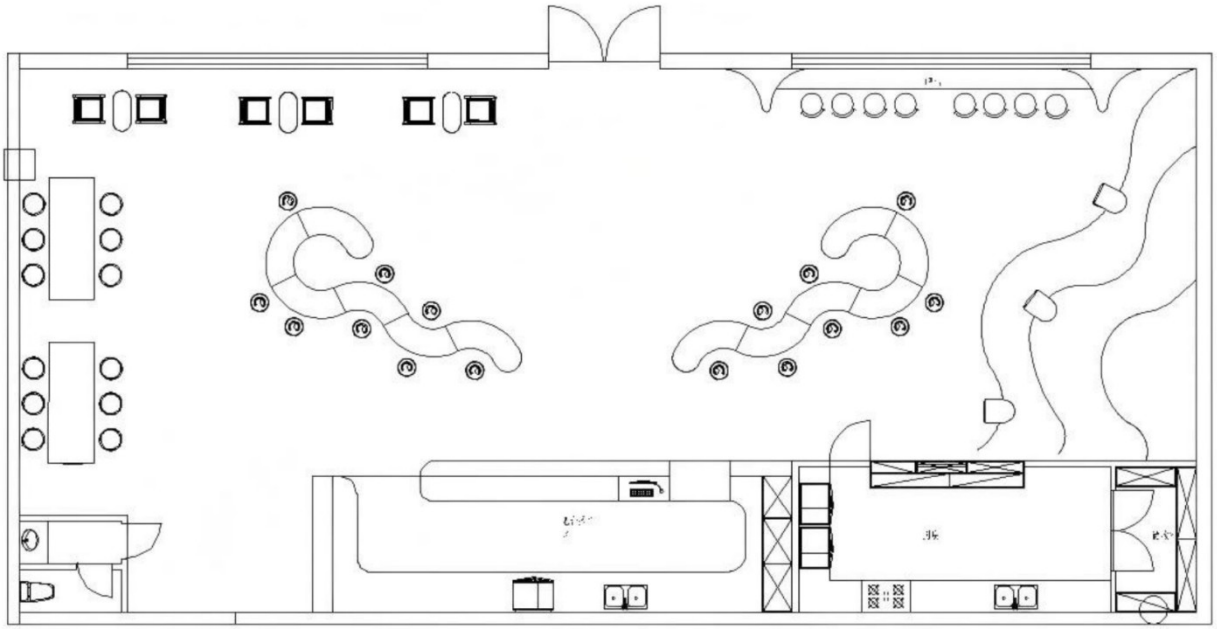
Time Story Exhibition Hall: Presenting the historical context of the canal through old photos and time installations, it builds emotional resonance

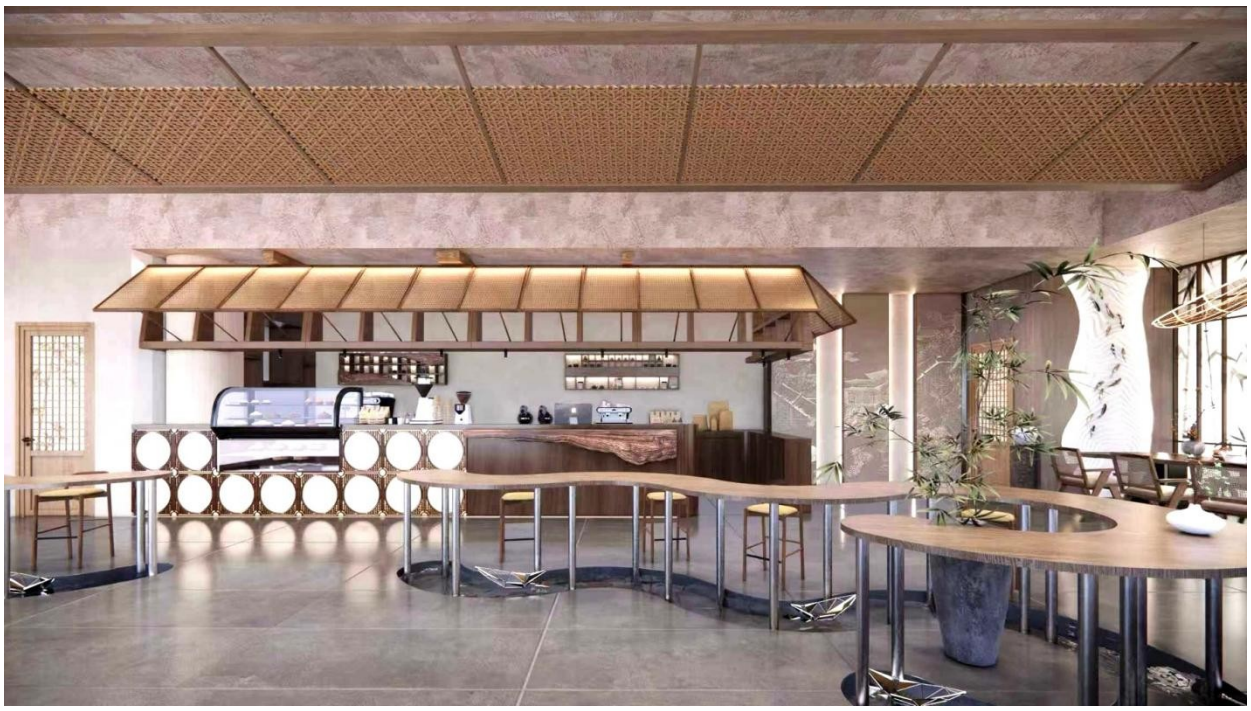


The preface hall of the Canal Culture Exhibition Hall：It laid a cognitive and emotional foundation for the in-depth cultural interpretation of the subsequent exhibition hall.

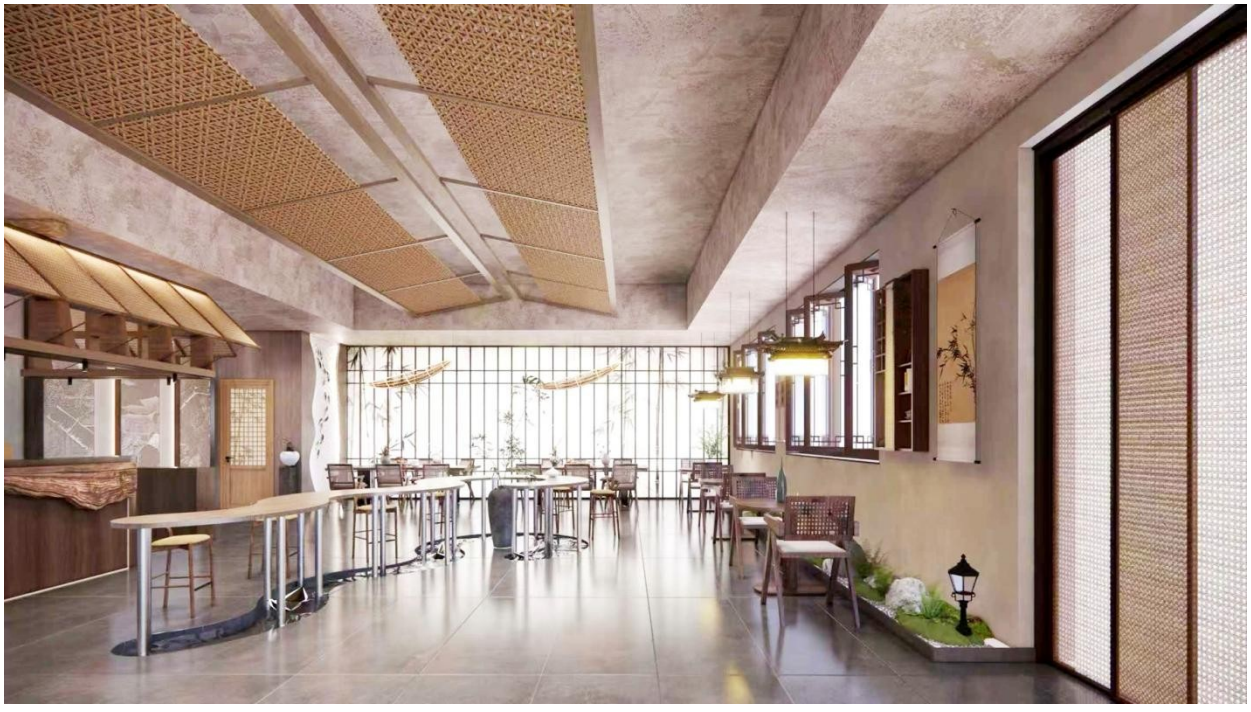
Existing achievements

Coffee shop floor plan





Bar counter + social area：The integration of "functional layout + cultural symbols" creates a core scene that combines commercial attributes with cultural recognition.



Integrated social and multi-person seating area: This area integrates the social long table area and booth area (meeting the quiet rest needs of two people or small groups), and at the same time forms a circulation linkage with the coffee-making area (with a bar counter visible on the left). It is a core

space that combines "consumption experience, cultural immersion, and social interaction".



Cultural and Artistic Social Area: This area combines a bar counter rest area with a cultural exhibition area, and is a distinctive space integrating "coffee consumption, cultural appreciation, and artistic interaction".



Courtyard-style social and leisure area: This area mainly features multi-person social tables and chairs as well as private booths, making it suitable for scenarios such as friend gatherings and cultural salons. At the same time, it

combines green plant landscapes and light and shadow designs to create a relaxed atmosphere of a "Chinese courtyard", meeting consumers' dual demands for "immersive rest and cultural experience".



Bar counter rest area and cultural exhibition area: Achieve the functional integration of "coffee consumption + cultural appreciation", meeting consumers' dual demands for artistic interaction and leisure socializing.