

# Exploring the X-Minute City: A Chronological Analysis and Thematic Review of Proximity-Based Urbanism

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**Abstract.** The 15-Minute City (15mC) concept has emerged as a paradigm-shifting urban planning model aimed at enhancing sustainability, accessibility, and quality of life by ensuring that essential services and amenities are within a short walking or cycling distance. This study explores the historical roots of the X-minute City model through a chronological review of previous urban planning strategies and examines its practical implementation through a thematic analysis of five case studies representing different cities. The research identifies key challenges faced in these cities and categorizes them into five main themes: financial and resource constraints, governance and administrative barriers, public engagement and perception issues, socioeconomic dynamics, and infrastructure and urban development challenges. The findings reveal that while the X-minute City model has the potential to create more livable and sustainable urban environments, its implementation is constrained by institutional, financial, and societal challenges. The study highlights the importance of policy coordination, community engagement, and context-specific adaptation in overcoming these challenges. Future research should expand the analysis to additional cities to explore diverse urban contexts and further refine strategies for successful implementation. By bridging historical insights with contemporary case studies, this research contributes to the ongoing discourse on sustainable urban development and offers valuable insights for policymakers and urban planners.

**Keywords:** x-minute city, Chronological review, Proximity, Thematic review, Liveability

