

GRONINGEN THE STORY



GRONINGEN THE STORY





WHY WELL-BEING?

AIMS

REVITALIZING PROVINCE THROUGH **TOURISM**

FOR INCOME, CULTURAL IDENTIFICATION, SOCIAL COHESION & OPPORTUNITIES FOR EMPLOYMENT

HOW TO ATTRACT TOURISTS?

HOW TO SERVE THE LOCAL COMMUNITY?

VALUE WELL-BEING

WHY WELL-BEING?

WHY WELL-BEING?

SOCIETAL TRENDS

47% OF DUTCH PEOPLE >18 YEARS IS **LONELY**

44% OF DUTCH EMPLOYEES COPE WITH **BURNOUT COMPLAINTS** (PSYCHOLOGICAL FATIGUE)

25% OF DUTCH PEOPLE >12 YEARS HAS **SLEEPING PROBLEMS**

50% OF DUTCH PEOPLE >18 YEARS HAS **OVERWEIGHT**

34% OF DUTCH PEOPLE >18 YEARS IS **PHONE-ADDICTED**

<https://www.rivm.nl/mentale-gezondheid/monitor/werkenden/burn-out-klachten>

<https://www.vzinfo.nl/slaper/totale-bevolking>

<https://www.vzinfo.nl/overgewicht/volwassenen>

<https://www.vzinfo.nl/eenzaamheid/leeftijd-en-geslacht>

<https://www.nemokennislink.nl/publicaties/weerstand-bieden-aan-je-smartphone/>

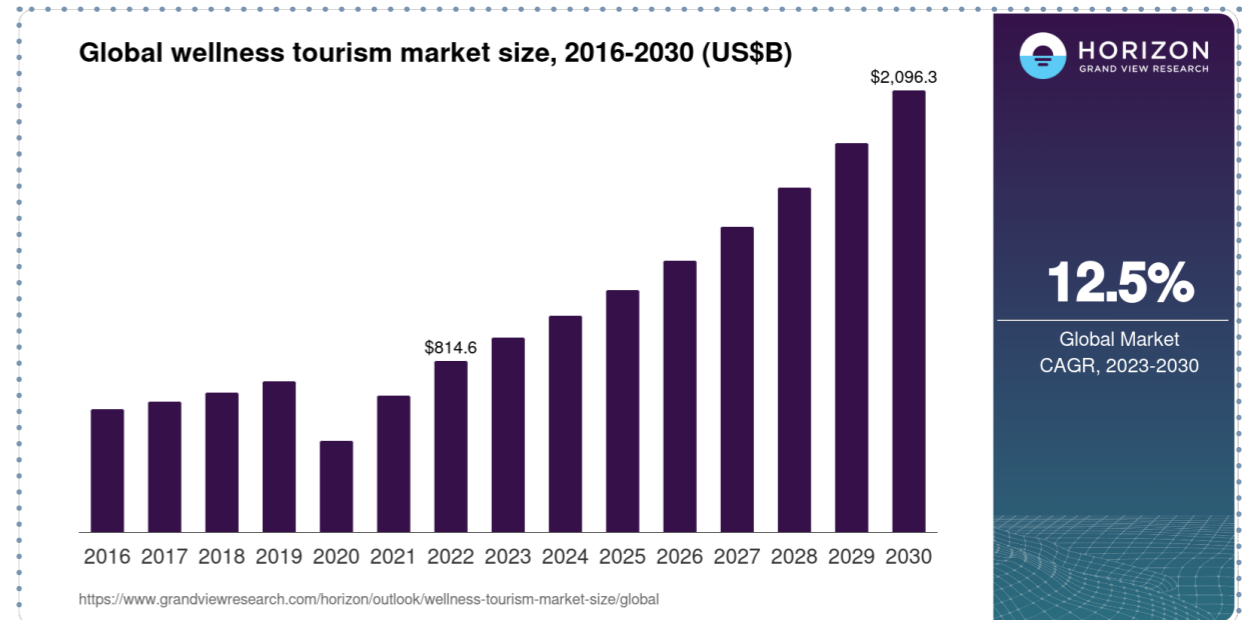
WHY WELL-BEING?

TOURISM TRENDS

Travel And Live Events Will Drive Experience Economy Growth In 2025

In today's thriving **experience economy**, consumers increasingly value life experiences over material goods.

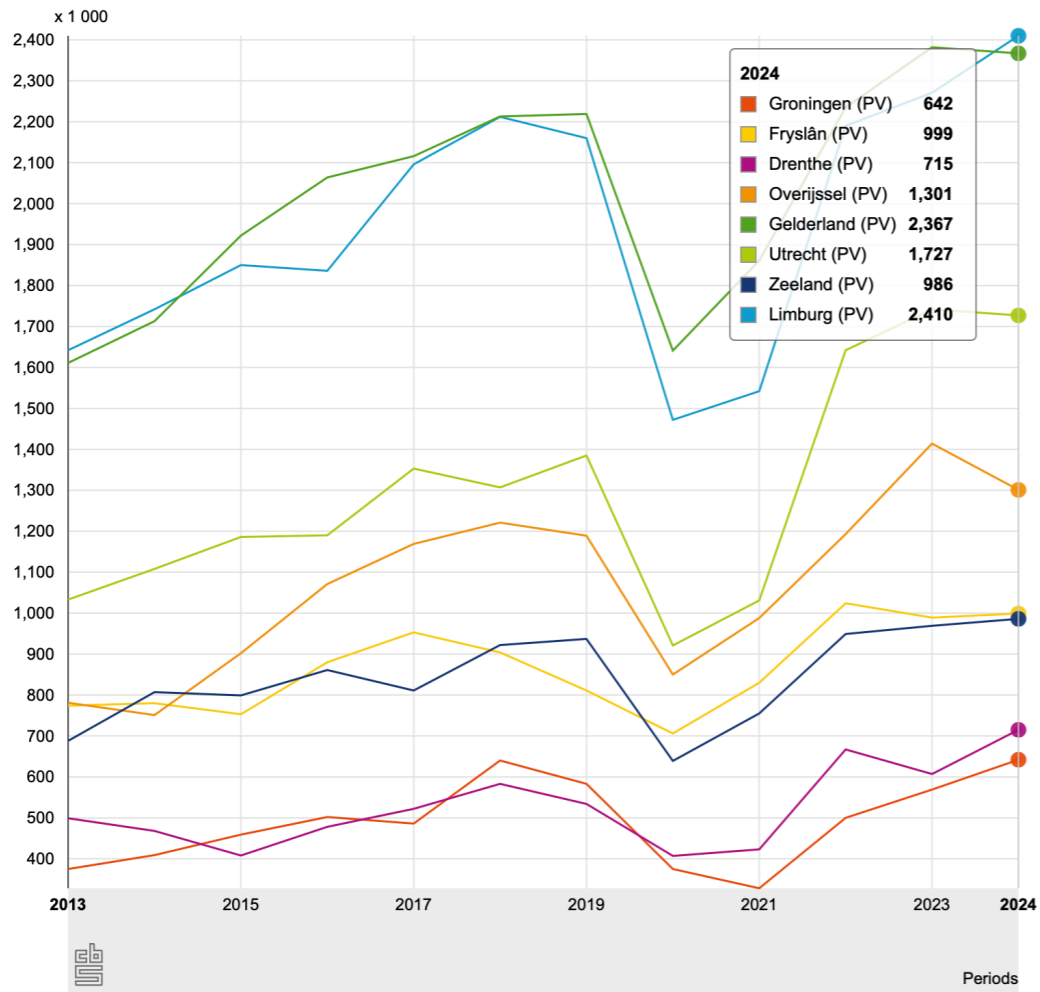
How the Growth of Wellness Tourism Market Is Transforming Travel



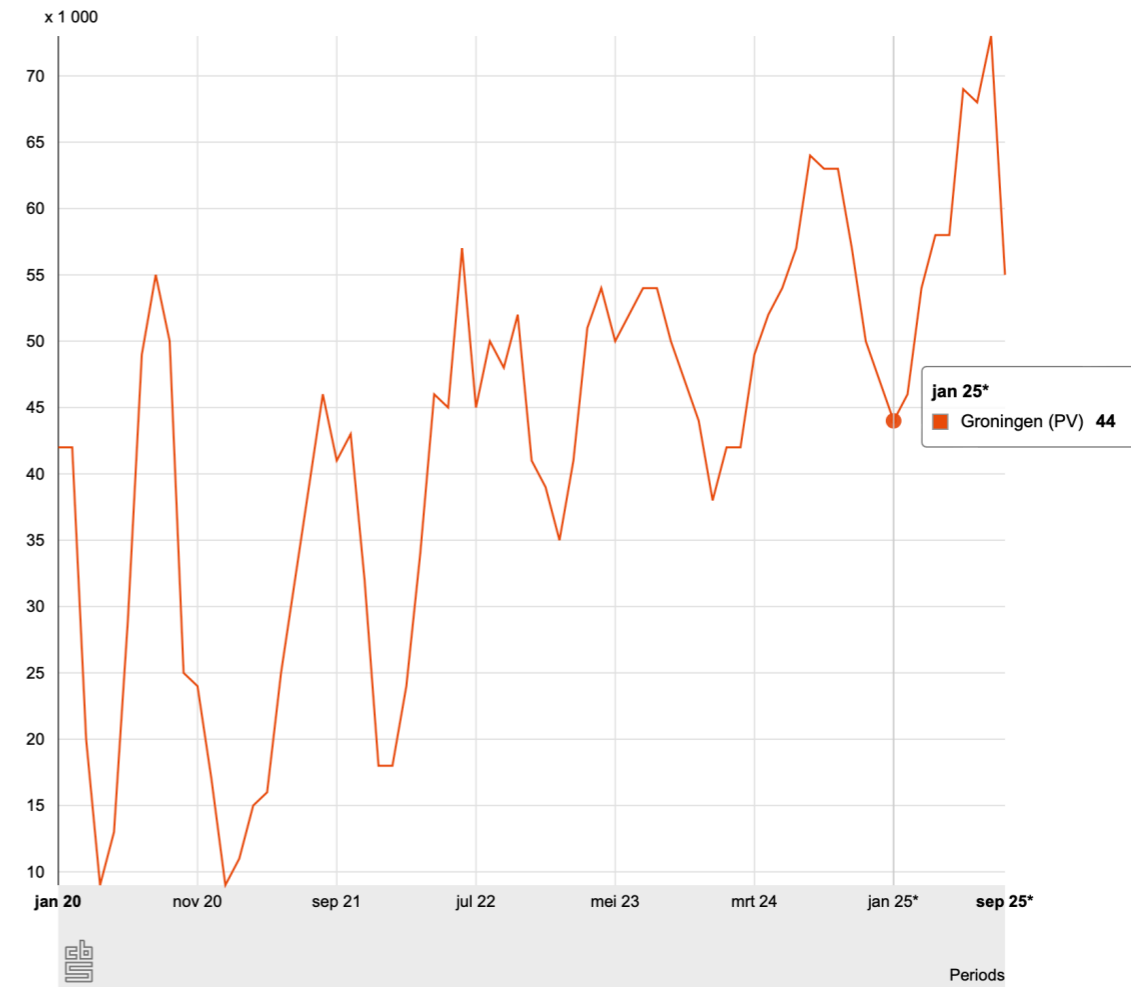
WHY GRONINGEN? WHY WINSUM?

WHY GRONINGEN?

OVERNIGHT STAYS PROVINCES (8) 2013-2024



OVERNIGHT STAYS GRONINGEN 2020-2025



Groningen

A province far far away...

ANTALYA
MALLORCA
KRETA



KRISTIANSAND



19 HRS FERRY €100 - €250

3 - 6 HRS PLANE €300 - €350 TICKET

HAMBURG

4 HRS DRIVING



€40 FUEL COSTS

2 HRS TRAIN €31 TICKET

3 HRS DRIVING €30 FUEL COSTS



WHY WELL-BEING?

ESCAPE TOURISM

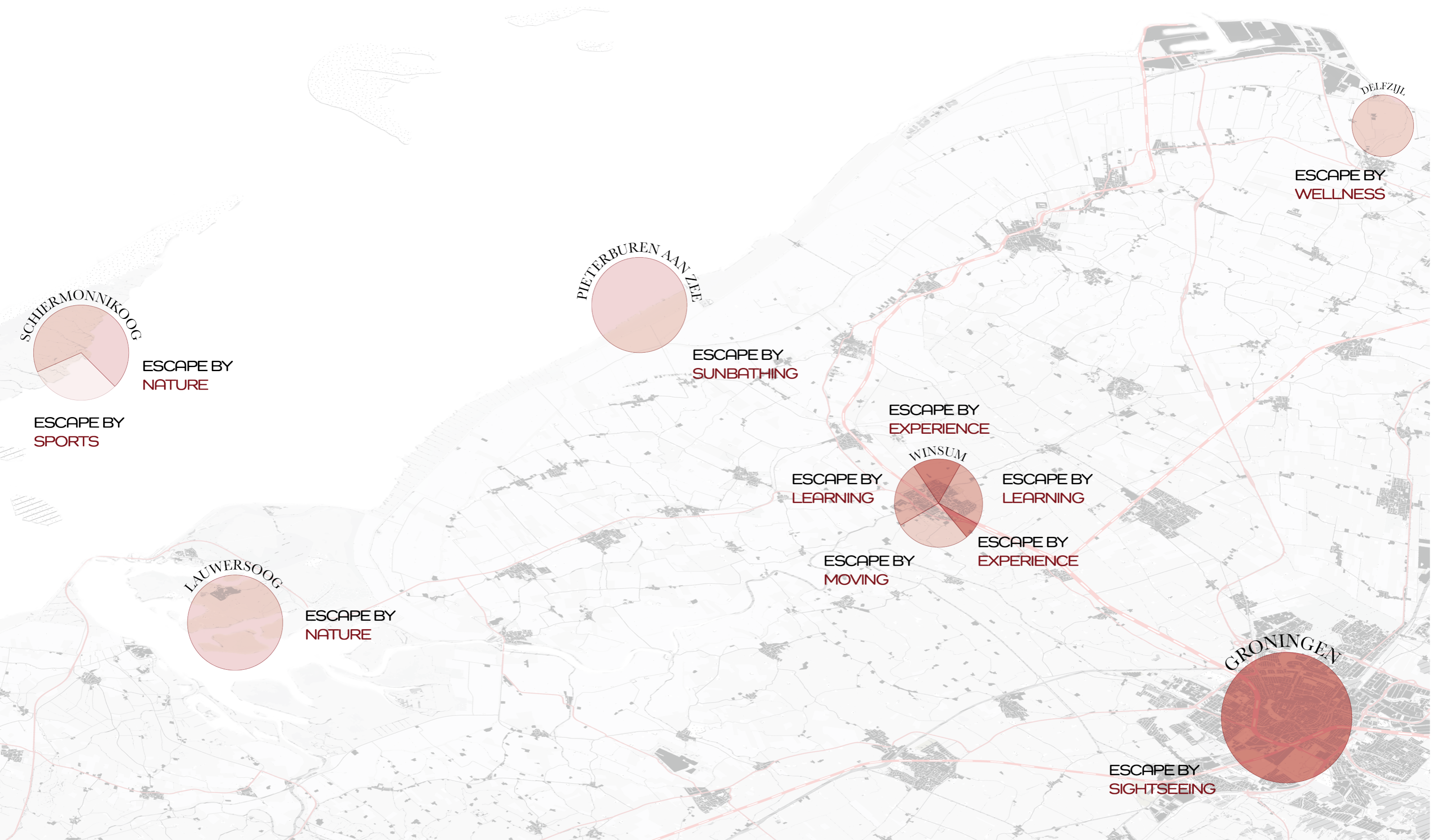
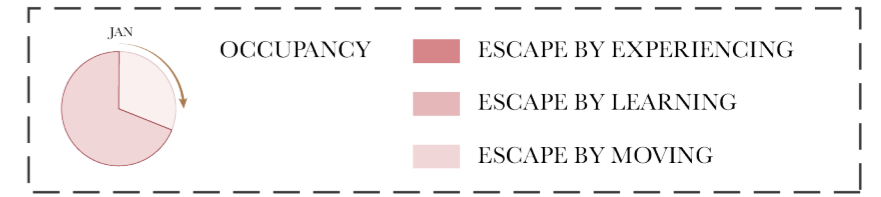
can be defined as journeys to places that provide isolation: geographically isolated places, places providing psychological isolation, creative retreats for creative work in isolation

escape may be perceived as a chance to relax from the (mental and physical) pressure of a stressful reality or as a journey to clear one's mind

Travelling to such places requires commitment in terms of planning and preparing the journey, and travellers may face difficult and unexpected situations in the course of the journey

ESCAPE? BUT WHERE? ABOUT 'ESCAPE TOURISM' (DAGMARA, 2022)

WINSUM FROM STOP TO HUB



Winsum

A village far far away...

NEARBY "FAR FAR AWAY" DESTINATIONS



CREATE LOOKOUT OVER VILLAGE

CREATE MORE PLACES FOR BOATS TO STAY

CONNECT WITH VILLAGE CENTER

EMPHASIZE WATERWAY

"20,1 procent van de werknemers heeft burn-out klachten" RIVM

EXTEND WALKING PATHS ACROSS MARENLAND

PERIODIC EVENTS FOR DIVERSE AUDIENCE: WATER CONCERT?

"Physical activities during vacations enhance health and wellness more than passive or social activities" FORBES

EXPERIENCE LOCAL LIFE: AGRICULTURE, DAIRY, FISHING

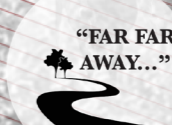
"Escape may be perceived as a chance to relax from the mental and physical pressures of a stressful reality or as a journey to clear one's mind" TOURIST STUDIES

SPACES ADAPTABLE TO SEASON AND TOURISTS

TOURIST



BRANDING



ACTIVITIES



COMMUNITY



WHY WINSUM?



WHY WINSUM?



WHY WINSUM?





WHY WINSUM? SITE VISIT



CHARACTERISTIC RED BRICK HOUSES WITH YELLOW WINDOW FRAMES



END OF CENTER; BIG SUPERMARKETS



EMPTY SHOPPING STREETS IN WINTER



AGRICULTURAL LAND NEXT TO MARENLAND



WALKING 'BOULEVARD' ALONG MARENLAND

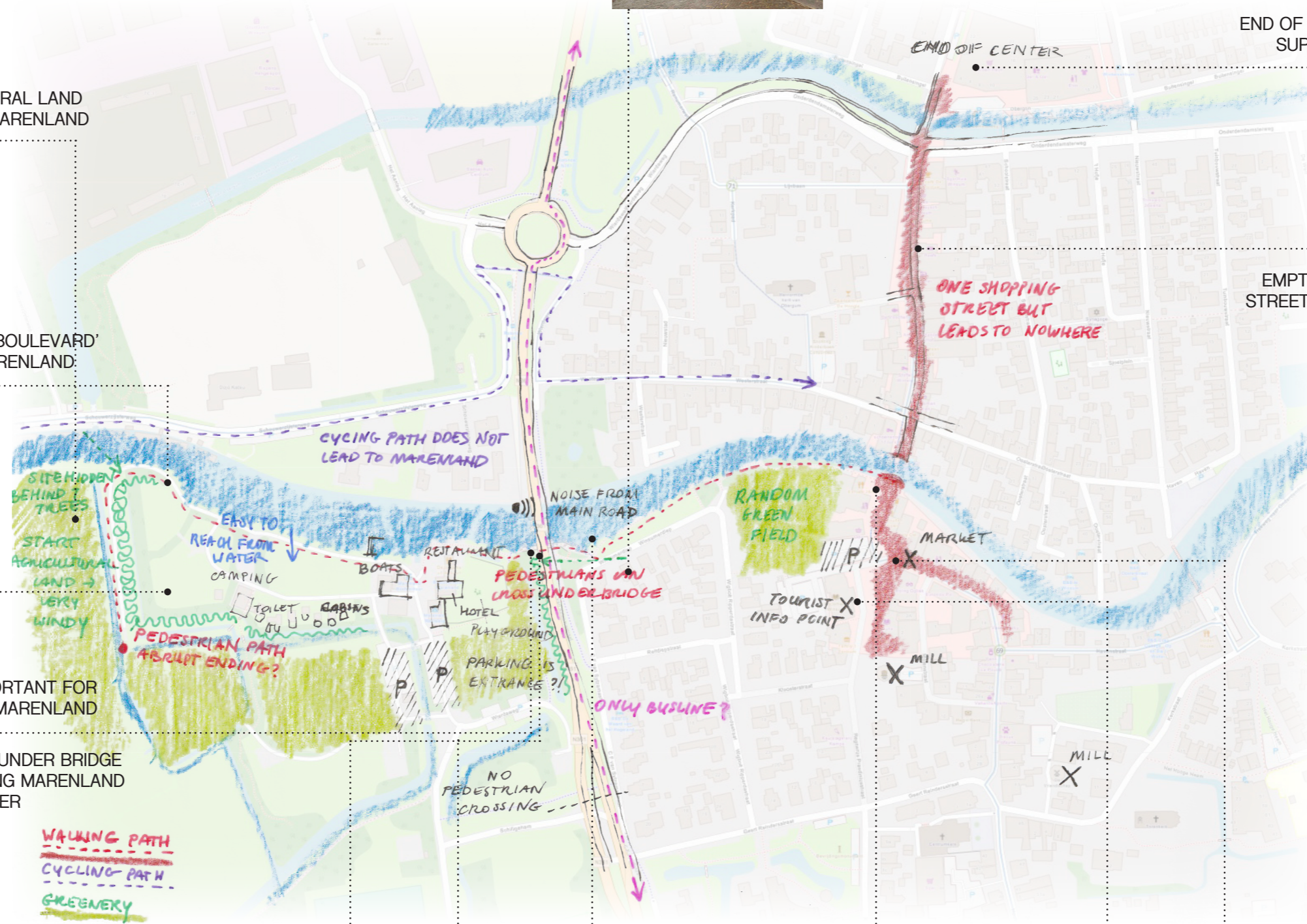


CAMPING PLACES EMPTY DURING WINTER



ROAD IMPORTANT FOR VISIBILITY MARENLAND

CROSSING UNDER BRIDGE CONNECTING MARENLAND WITH CENTER



PROVINCE PROMOTED FOR WALKING TRAILS



VIEWING POINT AT WEC LAUWERSOOG, WHY NOT IN WINSUM?



MINIMAL PUBLIC TRANSPORT IN PIETERBUREN



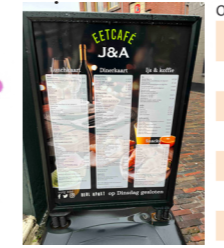
MEMORY INFO BOARDS ONLY IN DUTCH



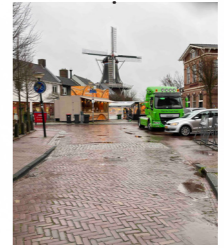
PIETERPAD SIGNS HIDDEN



MENU ONLY IN DUTCH MEALS FOCUSED ON TOURIST



LIBRARY WITH TOURIST INFO POINT OPEN AT 13:00?!



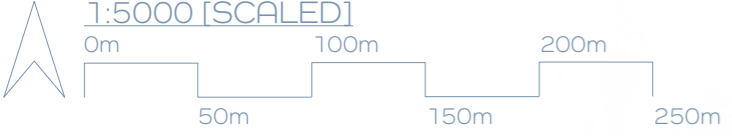
SMALL HIDDEN CENTRAL SQUARE

CLOSEST BUSSTOP TO MARENLAND (6 MIN WALKING)

Openingstijden

maandag	13:00 - 17:00 uur (Alleen vrijwilligers aanwezig)
dinsdag	10:00 - 17:00 uur
woensdag	13:00 - 17:00 uur
donderdag	13:00 - 17:00 uur
vrijdag	13:00 - 17:00 uur
zaterdag	10:00 - 13:00 uur
zondag	gesloten

TRAIN & BUS STATION X
8 MIN BUS TO MARENLAND (~12 MIN WALKING TO MARENLAND)







Openingstijden

maandag

13:00 - 17:00 uur
(Alleen vrijwilligers aanwezig)

dinsdag

10:00 - 17:00 uur

woensdag

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zaterdag

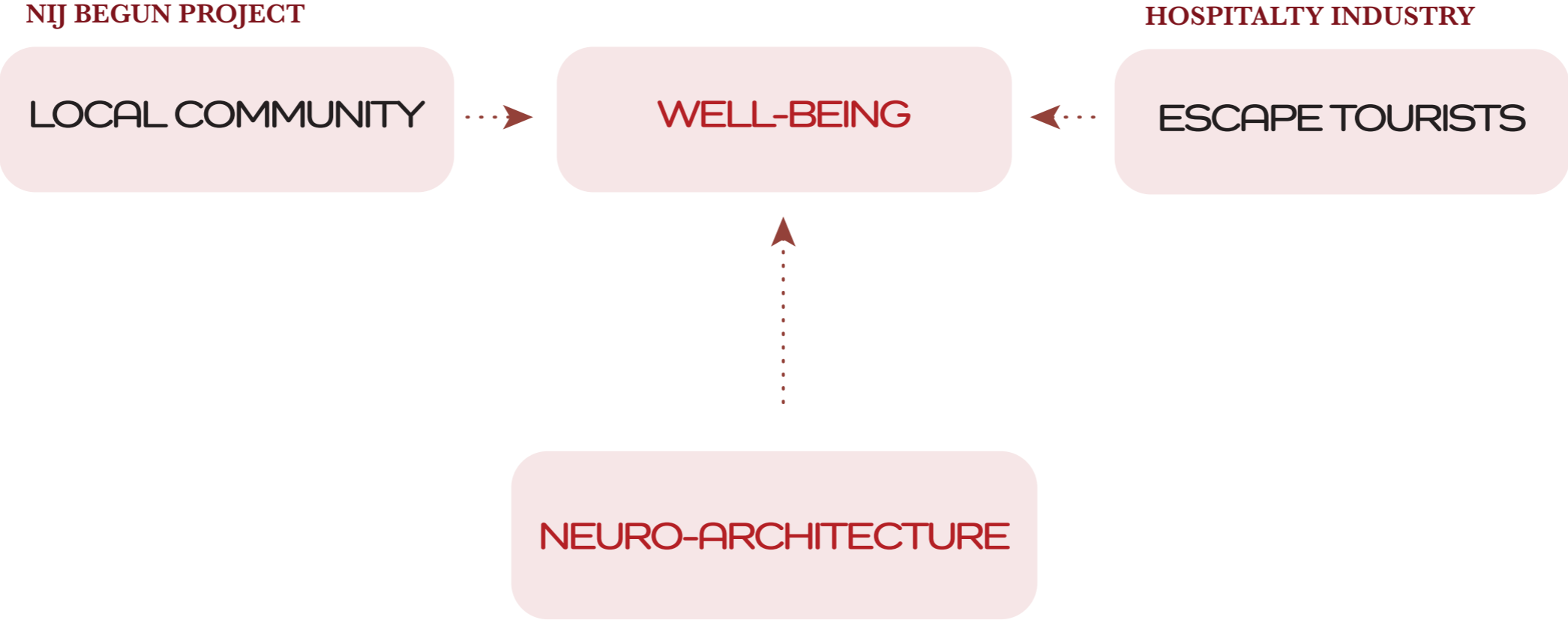
10:00 - 13:00 uur

zondag

gesloten

LOCALS & TOURISTS?

LOCALS & TOURISTS?



WELL-BEING & ESCAPE TOURISM -> DESIGN

WELL-BEING & ESCAPE TOURISM -> **DESIGN**

SHAPE

PROGRAMMING

MATERIALITY

SITE AMBITIONS

VISIBILITY FROM QUAY

WIDEN TOUDEDIEPJE

VISIBILITY FROM BRIDGE

PIETERPAD DE-TOUR

NATURAL BOUNDARY

RESTAURANT

CAMPING AREA

BOAT RENTAL

SANITARY

BUNGALOWS

SNACKBAR

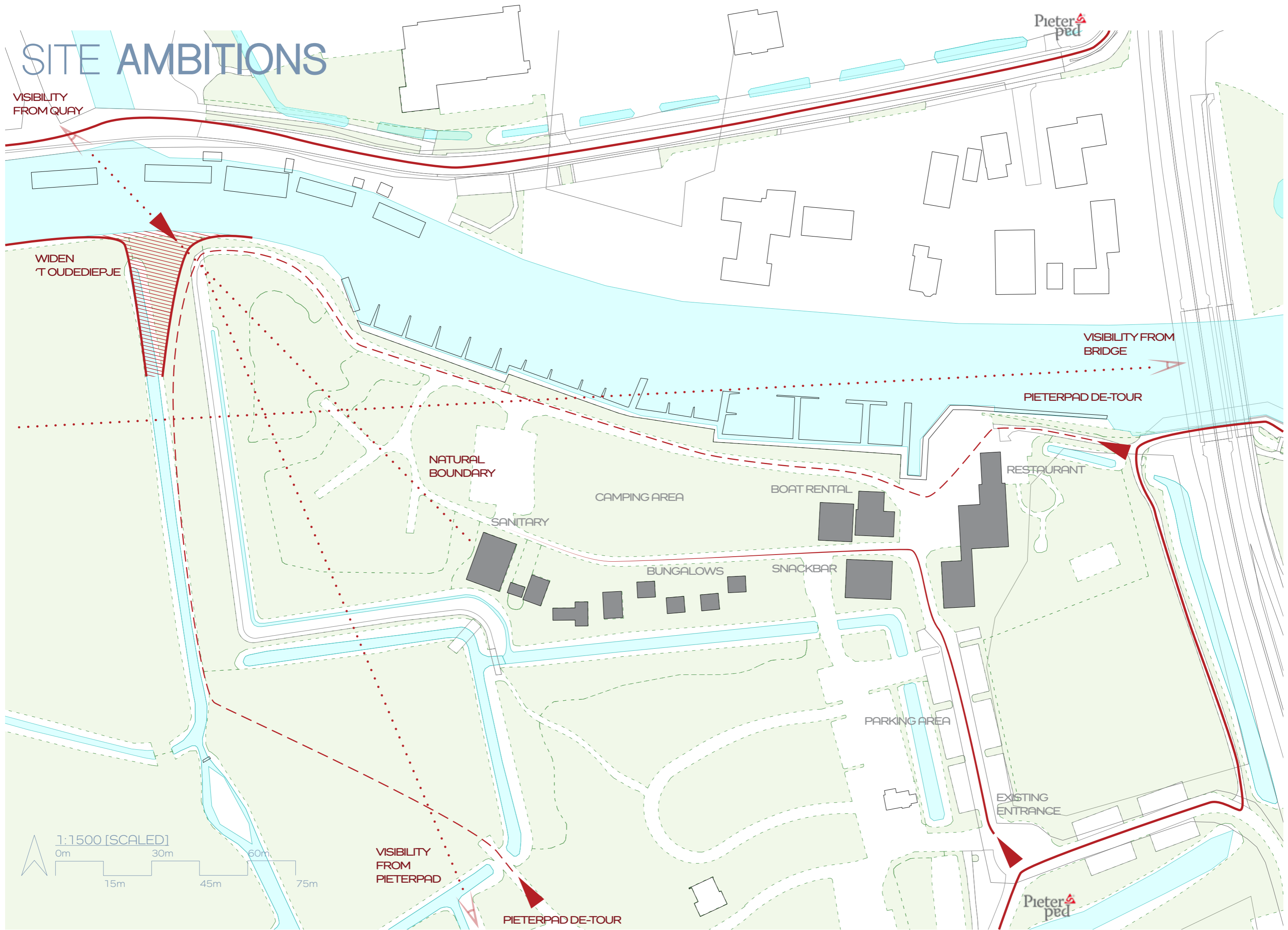
PARKING AREA

EXISTING ENTRANCE

VISIBILITY FROM PIETERPAD

PIETERPAD DE-TOUR

1:1500 [SCALED]



SITE STRATEGIES

VISIBILITY FROM QUAY

WIDEN TOUDEDIEPJE

VISIBILITY FROM BRIDGE

PIETERPAD DE-TOUR

NATURAL BOUNDARY

RESTAURANT

CAMPING AREA

BOAT RENTAL

SANITARY

BUNGALOWS

SNACKBAR

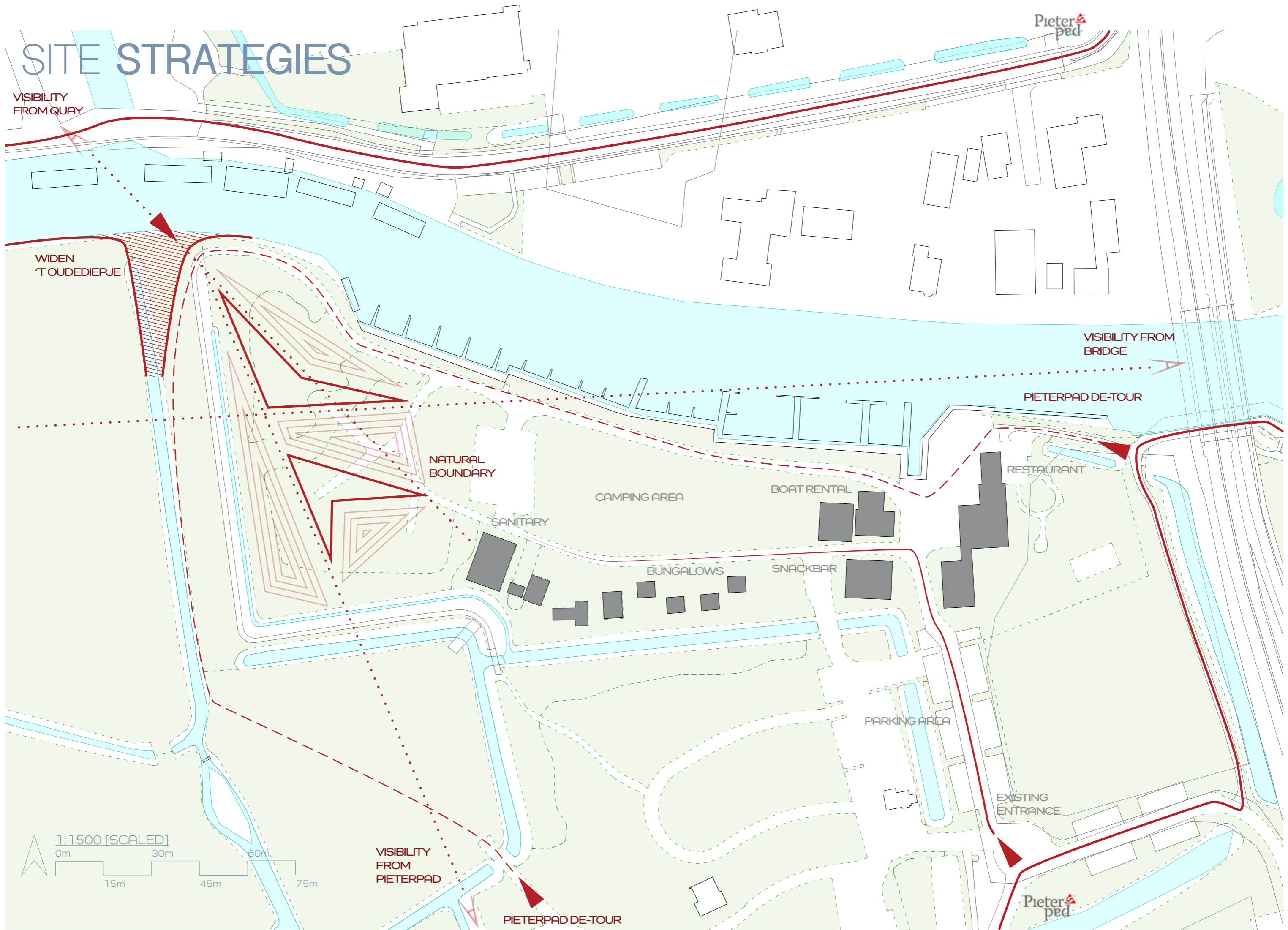
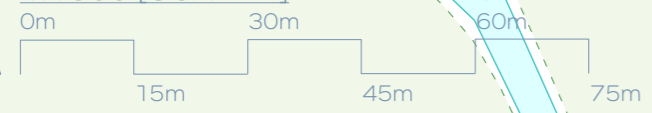
PARKING AREA

EXISTING ENTRANCE

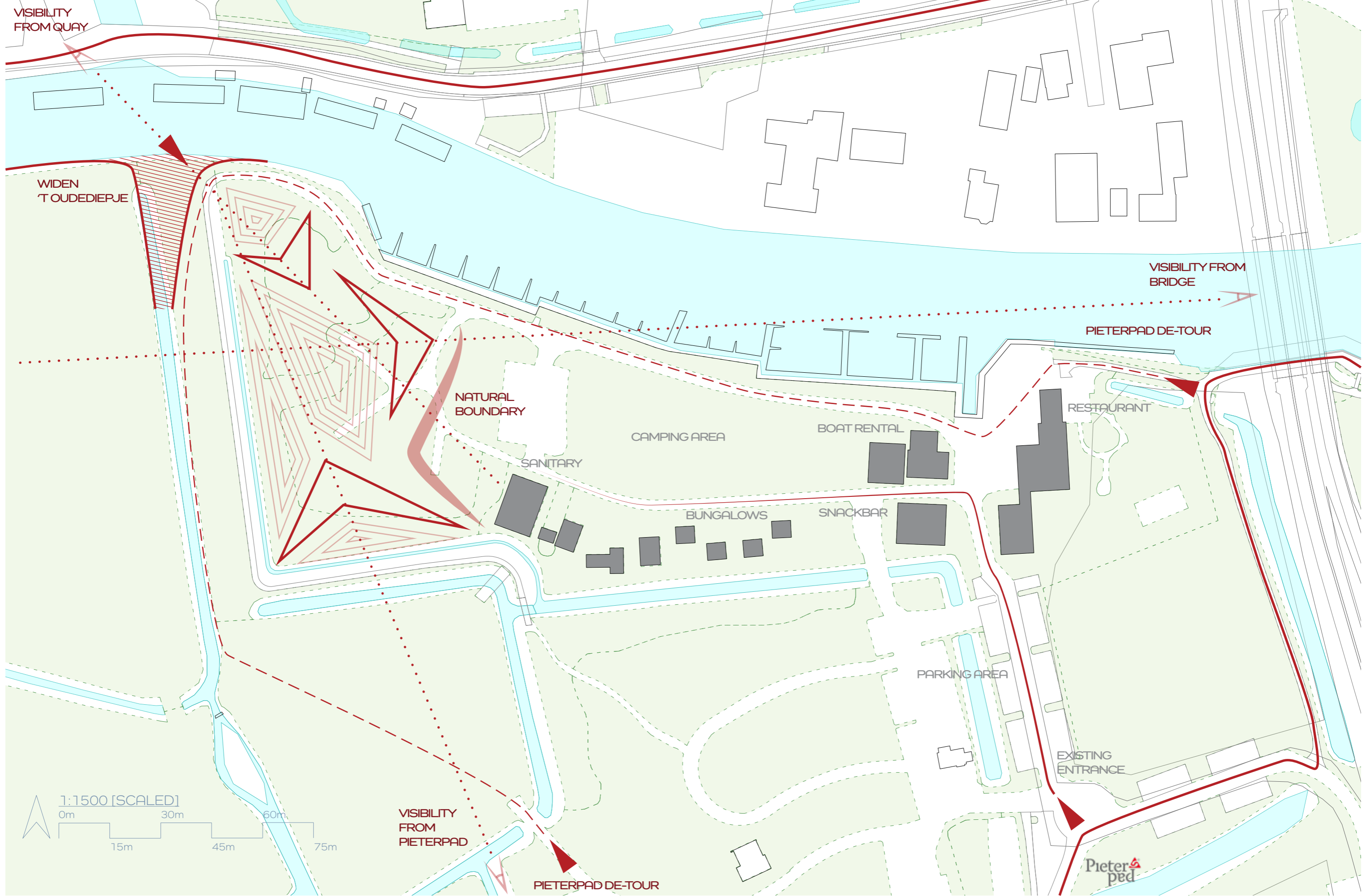
VISIBILITY FROM PIETERPAD

PIETERPAD DE-TOUR

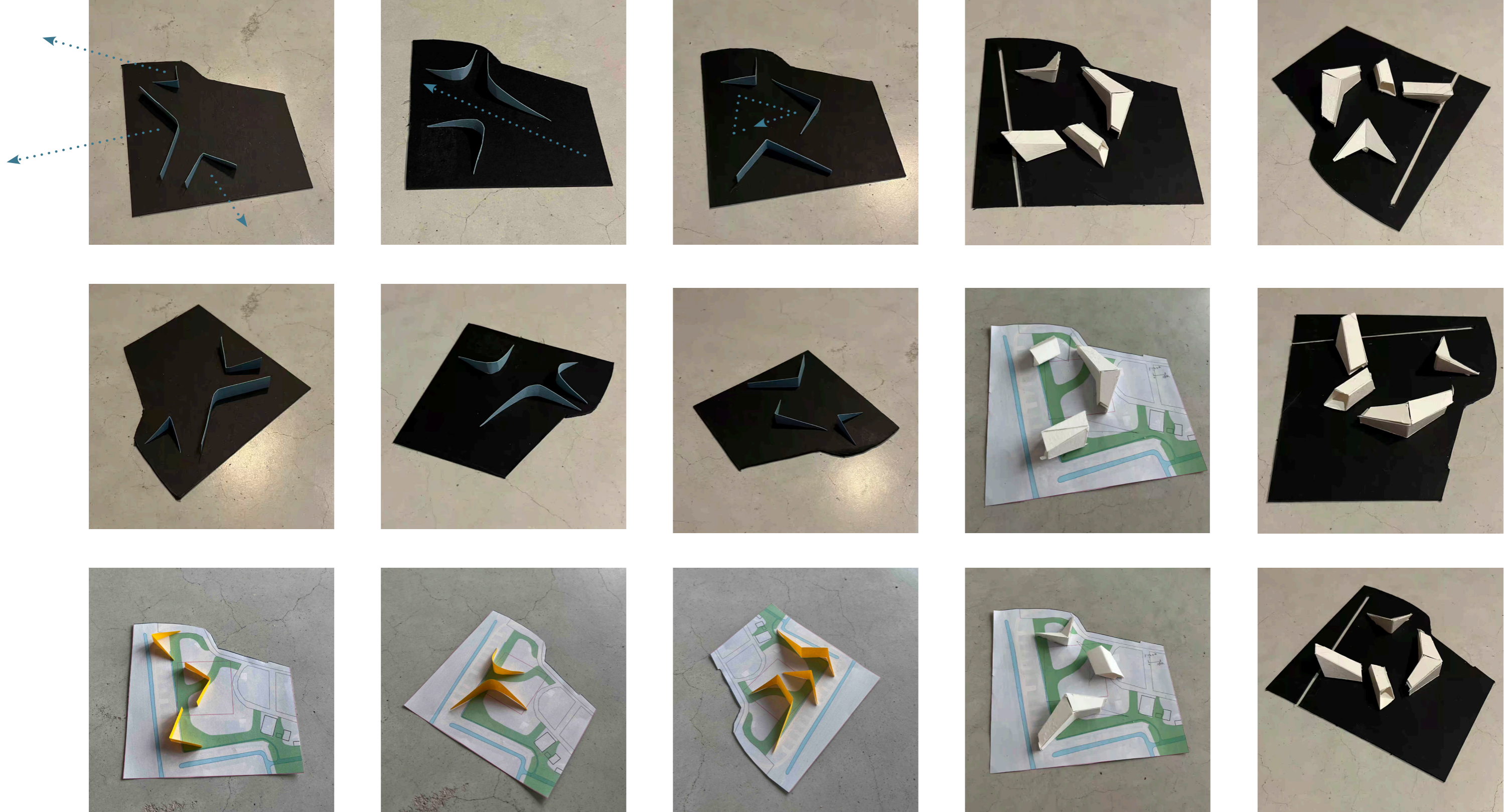
1:1500 [SCALED]



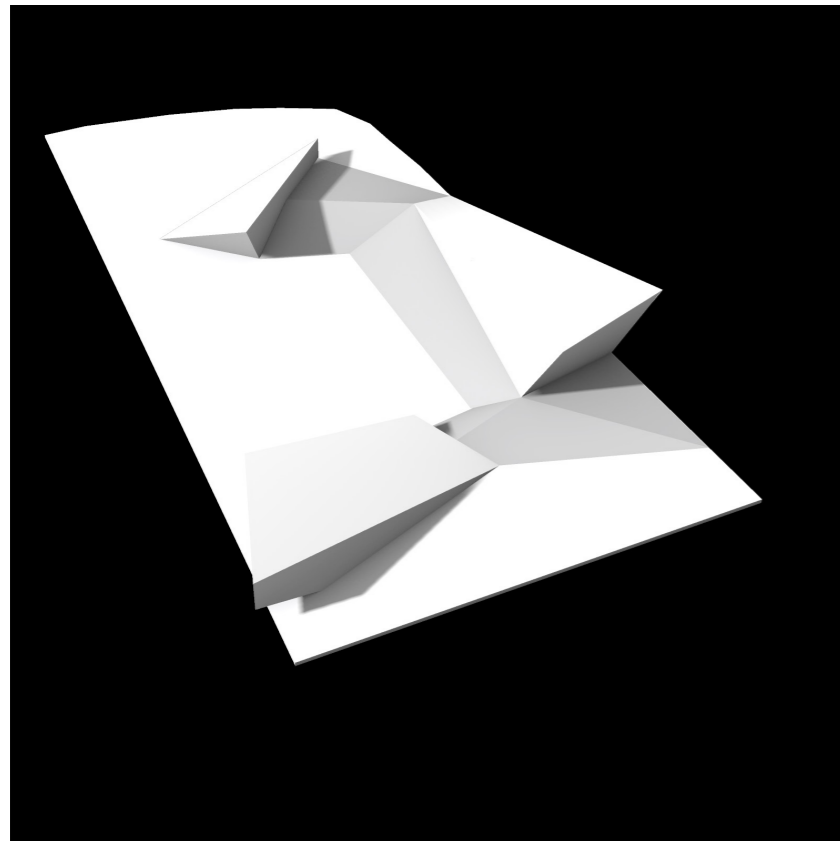
SITE STRATEGIES



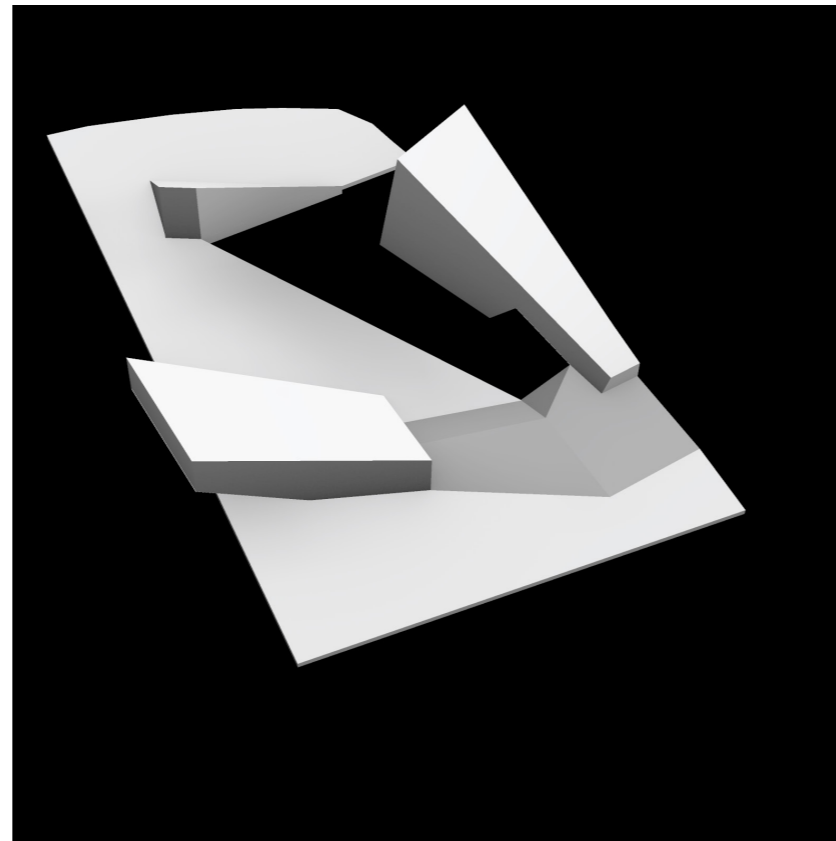
VOLUME STUDIES [FLOWS & VIEWS]



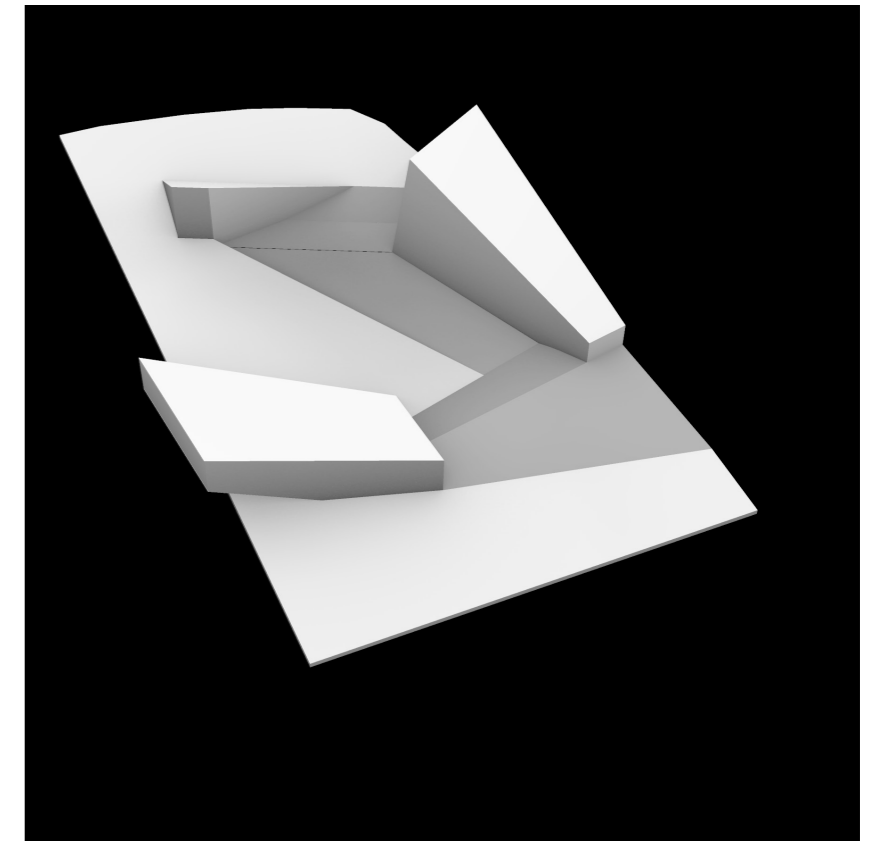
VOLUME STUDIES [LANDSCAPE]



LANDSCAPE UP

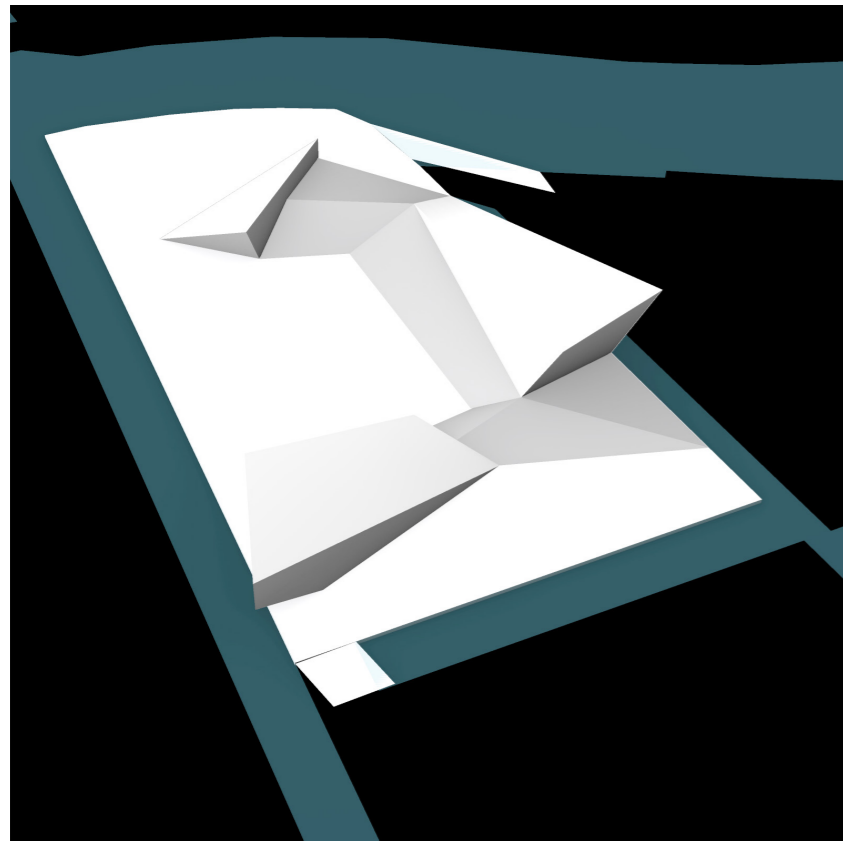


LANDSCAPE AWAY

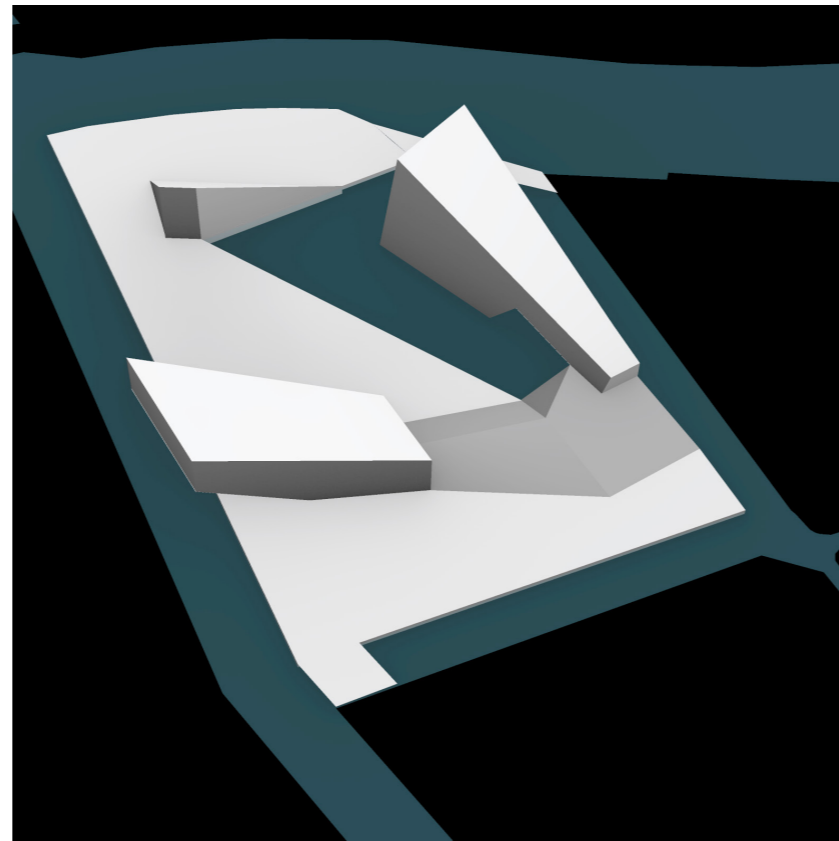


LANDSCAPE DOWN

VOLUME STUDIES [LANDSCAPE]



LANDSCAPE UP



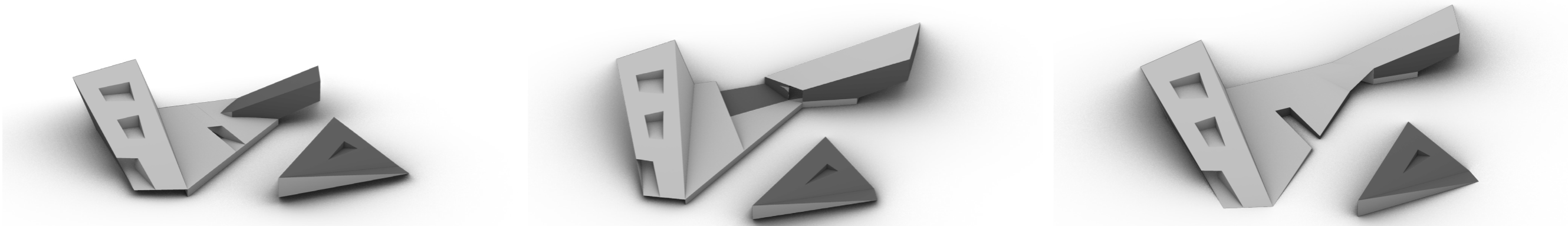
LANDSCAPE AWAY



LANDSCAPE DOWN

VOLUME STUDIES [MASSING - LIGHT - ENTRANCE]

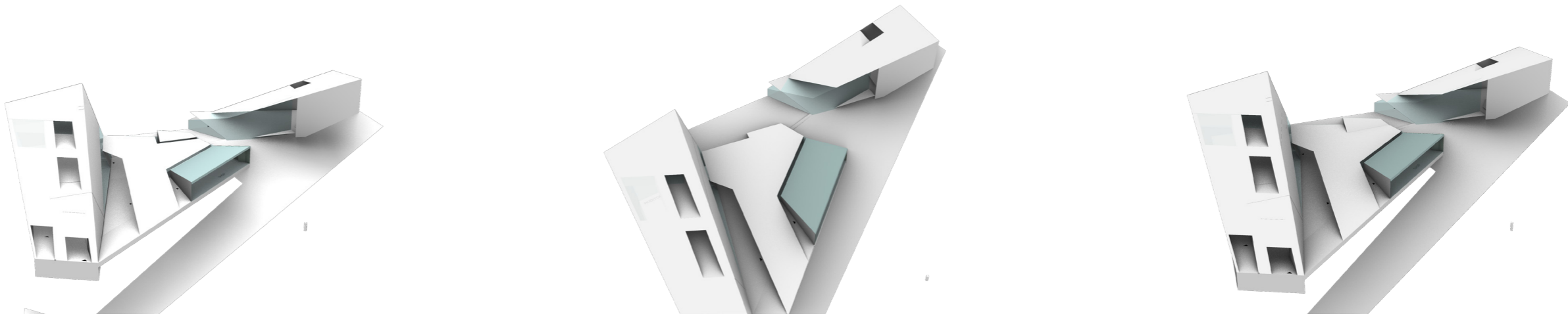
MASSING



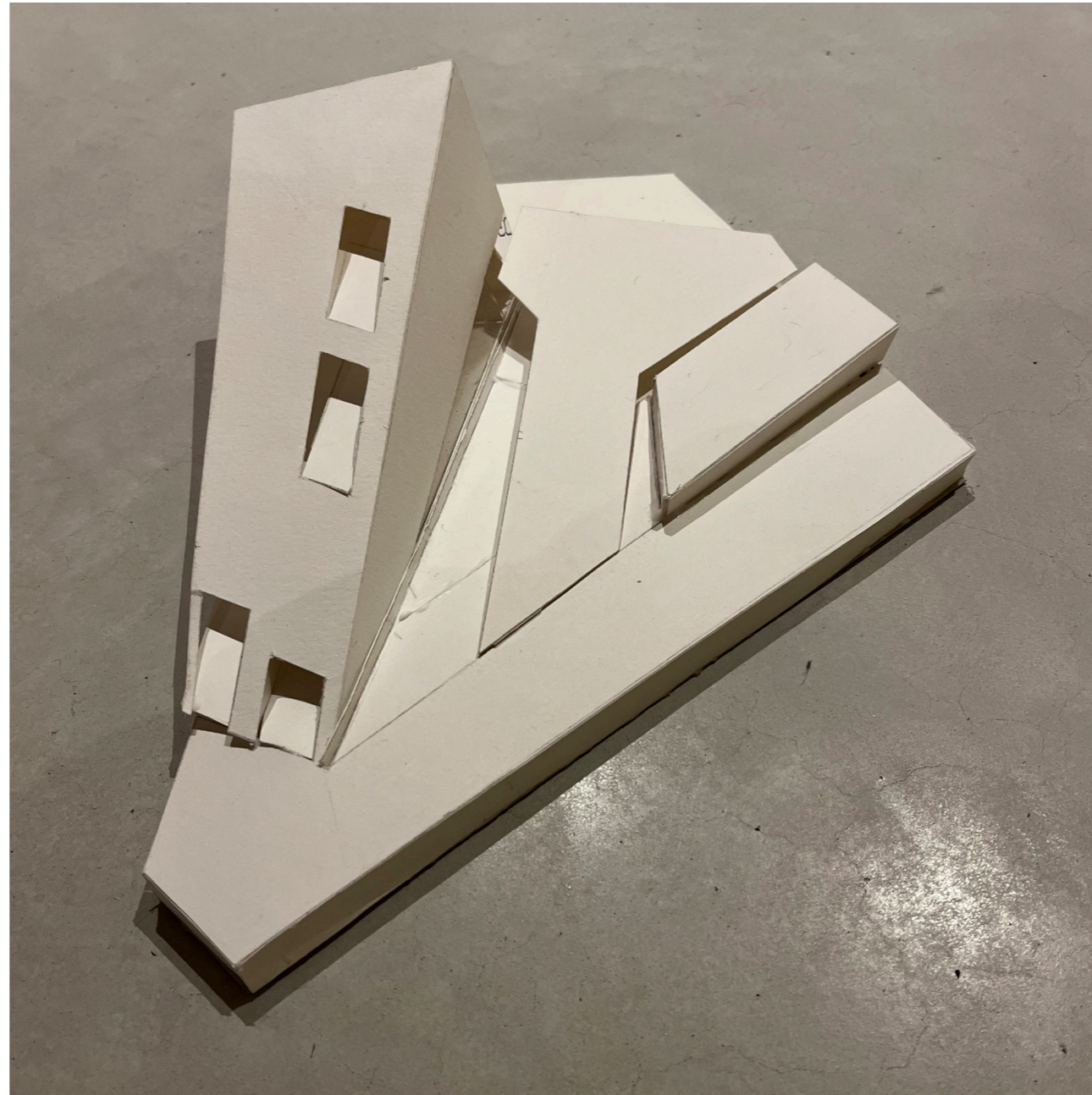
LIGHT



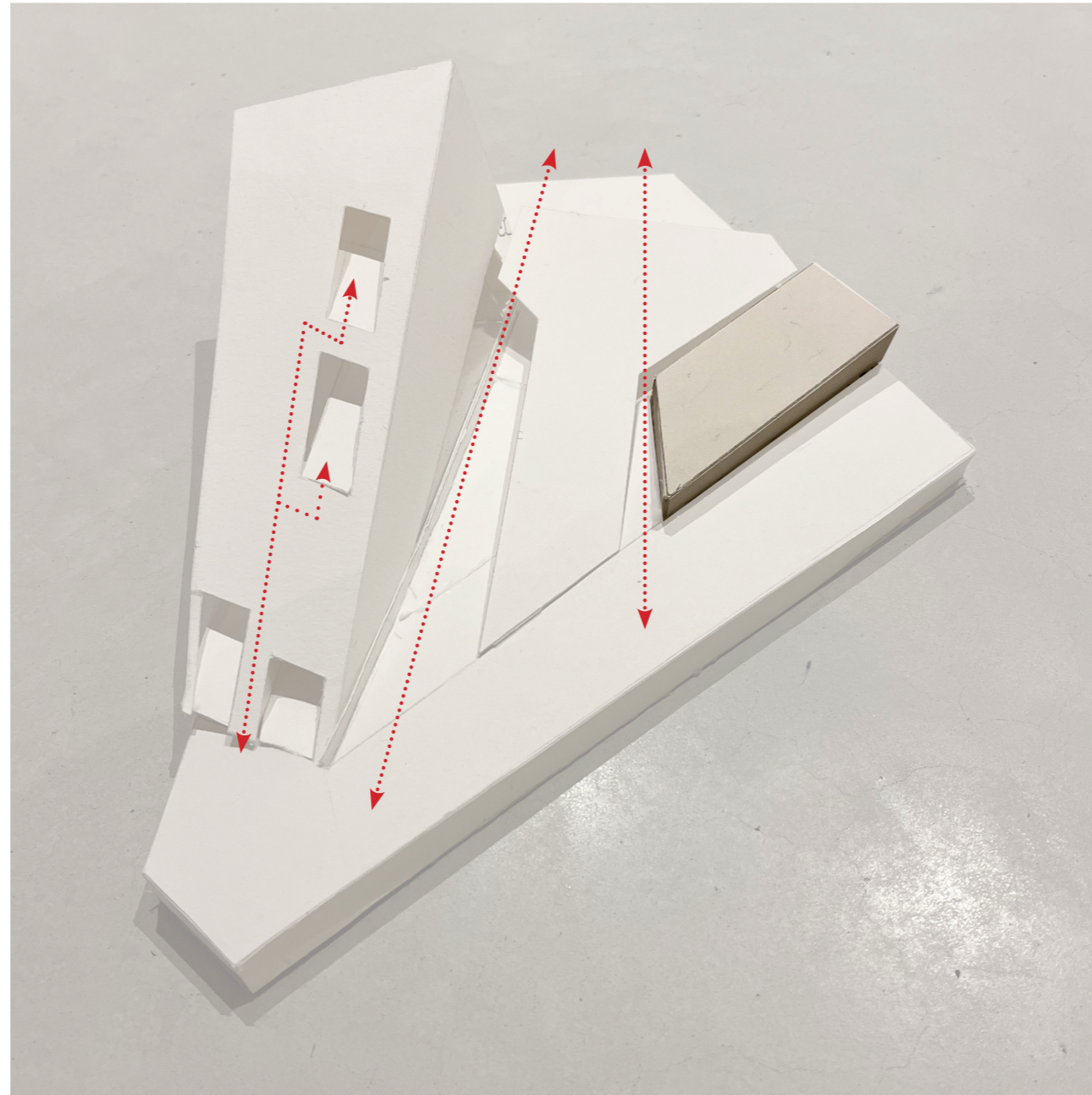
ENTRANCE



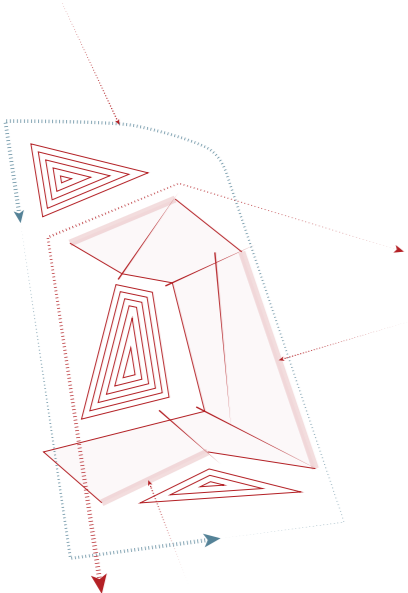
VOLUME STUDIES [PHYSICAL MODEL]



VOLUME STUDIES [PHYSICAL MODEL]

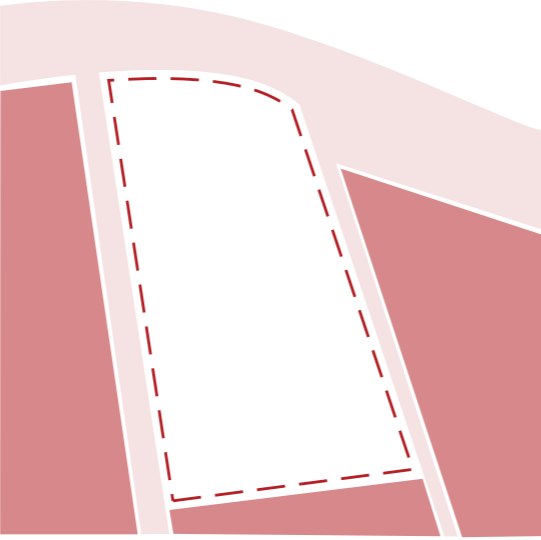


SITE DESIGN PRINCIPLES



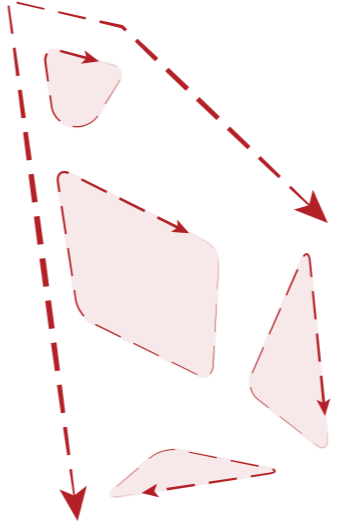
DESIGN PRINCIPLES

- VIEW TO SITE
- - - FLOW TO SITE
- - - FLOW AROUND SITE



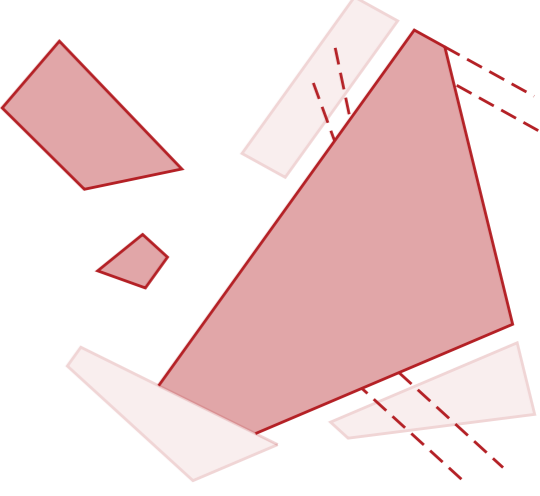
HUB AS 'ISLAND'

- GREEN & CITY
- WATER
- - - ESCAPE HUB



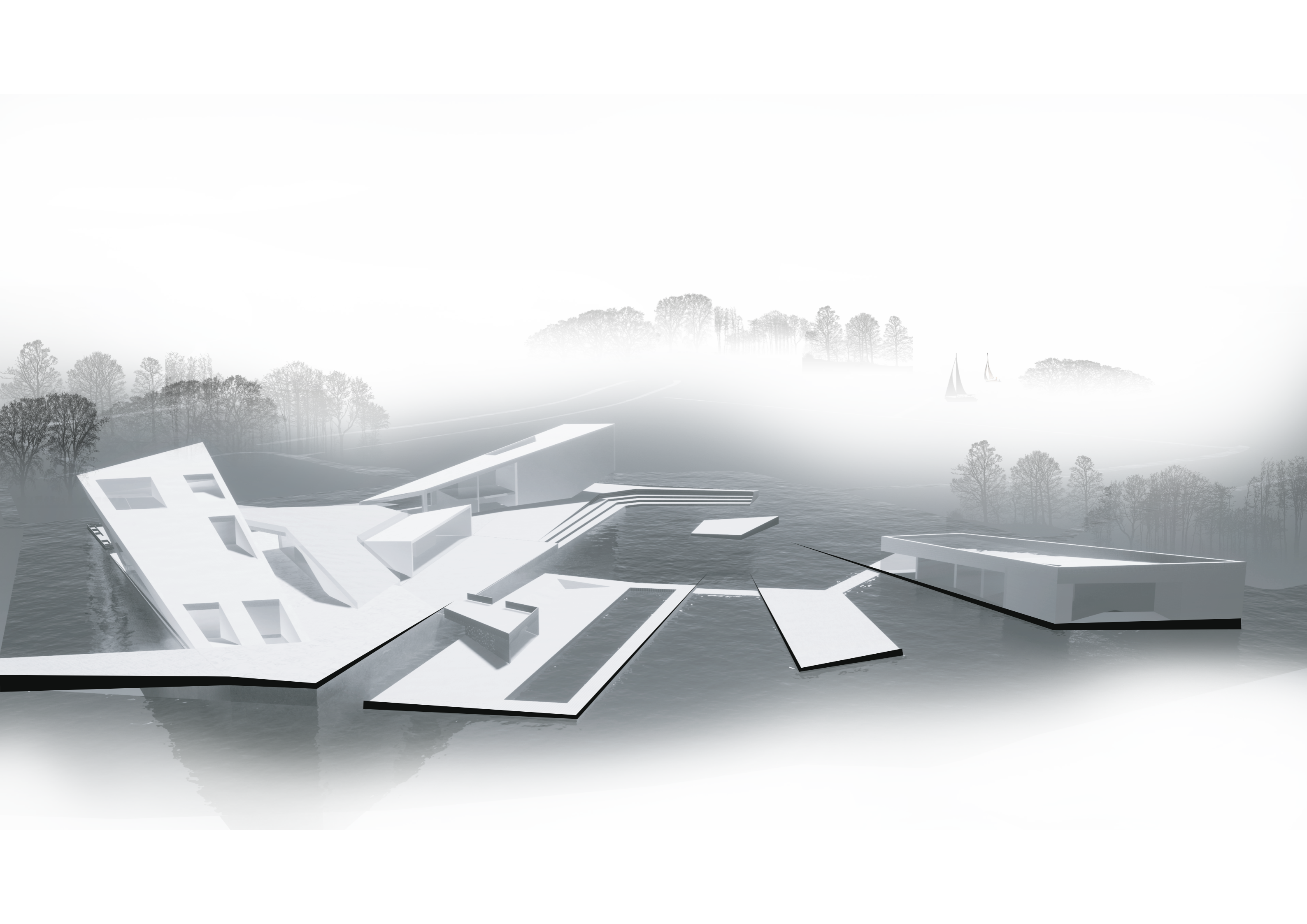
MOVING VERSUS STAYING SPACE

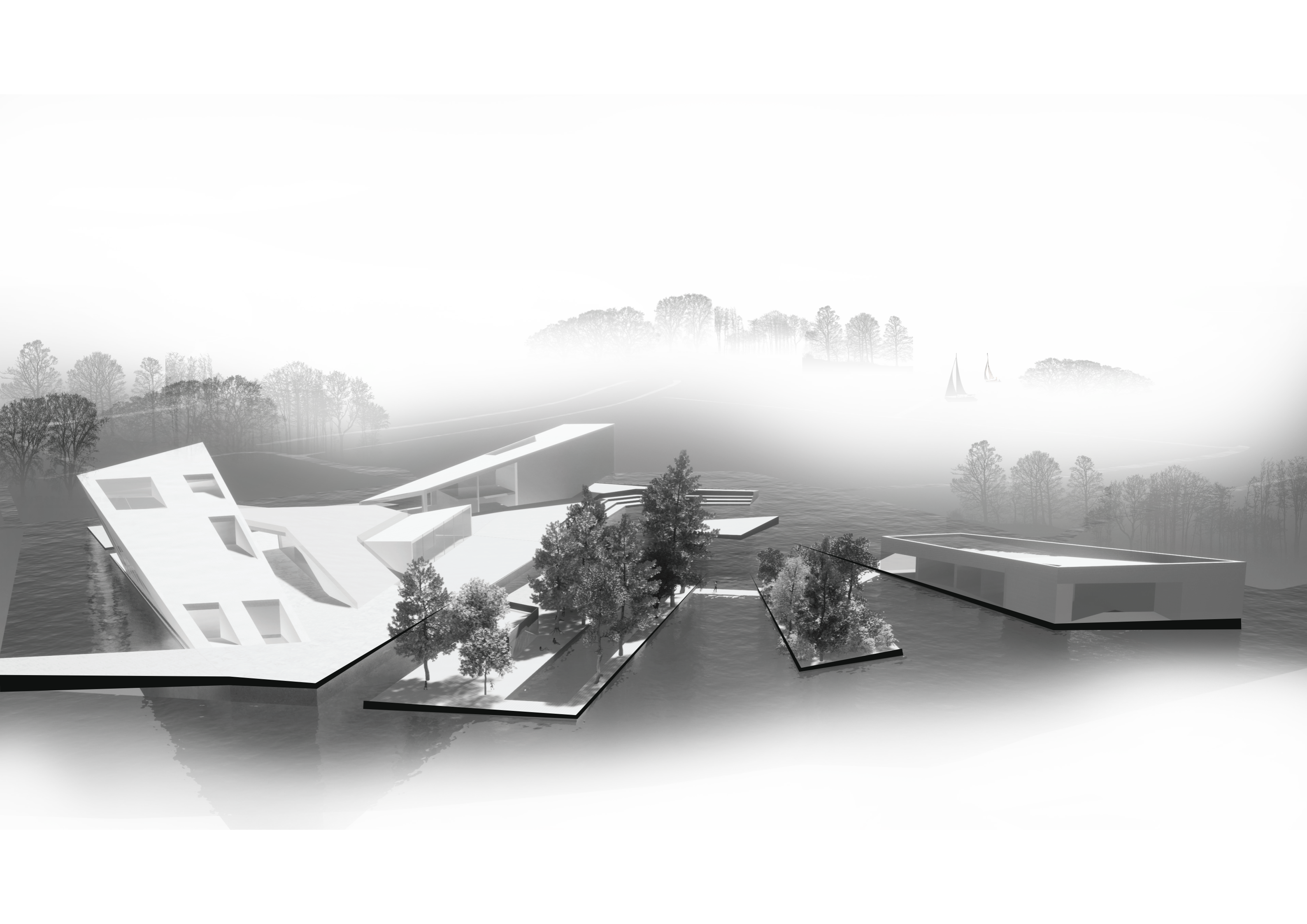
- ESCAPE HUB
- ➔ DIRECTION



COMPOSITION

- ISLAND
- PENINSULAS
- - - BRIDGES





WELL-BEING & ESCAPE TOURISM -> DESIGN

SHAPE

PROGRAMMING

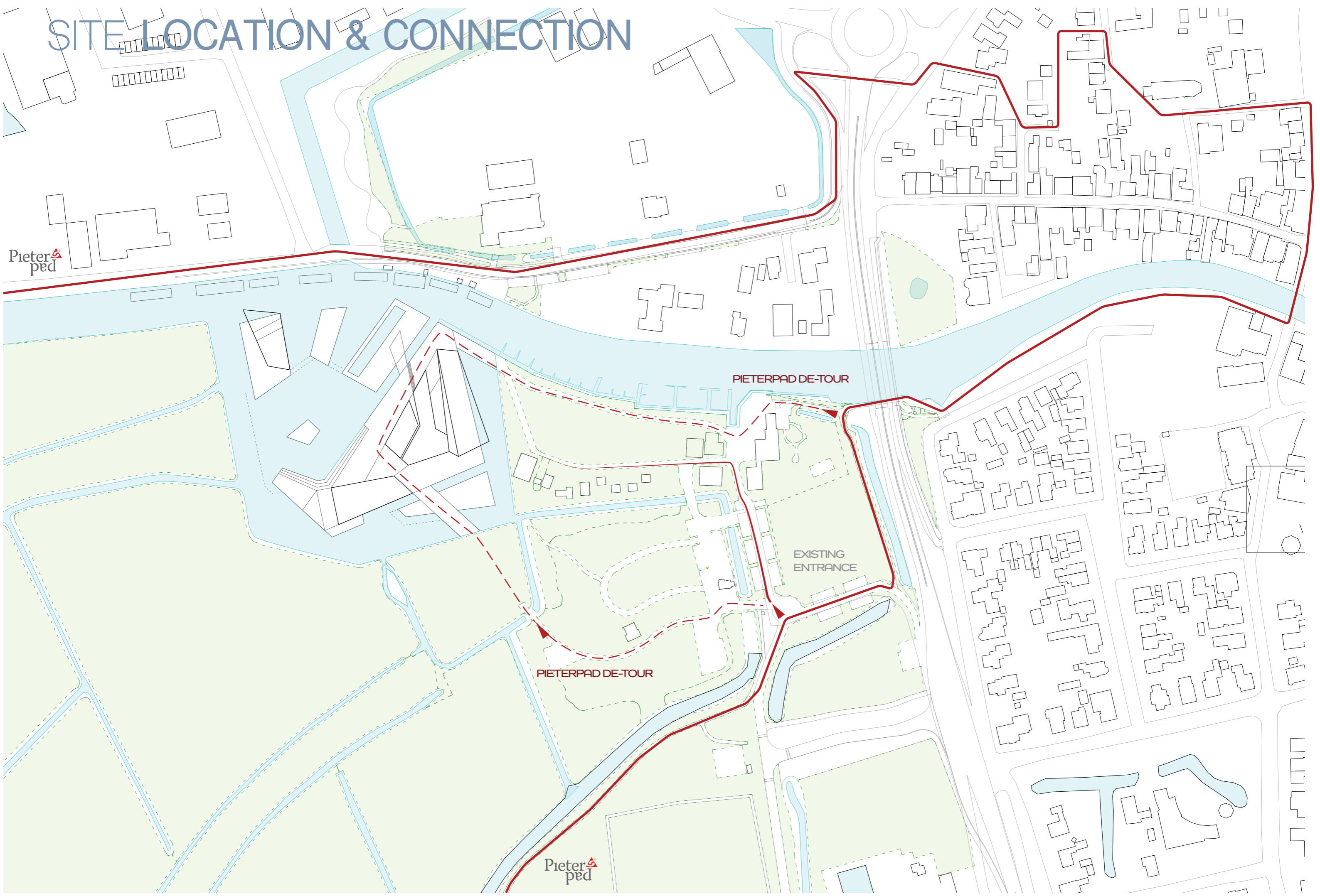
MATERIALITY

BUILDING

OUTDOOR SPACES

SITE LOCATION & CONNECTION

Pieter
ped



PIETERPAD DE-TOUR

EXISTING
ENTRANCE

PIETERPAD DE-TOUR

Pieter
ped

DESIGN IN URBAN FABRIC



ESCAPING IS NOT ALONE



ESCAPE BY MOVING



ESCAPE BY EXPERIENCING



ESCAPE BY LEARNING

GOALS & ZONING

ZONING

ESCAPE BY EXPERIENCING

ESCAPE BY LEARNING

ESCAPE BY MOVING

RESTING

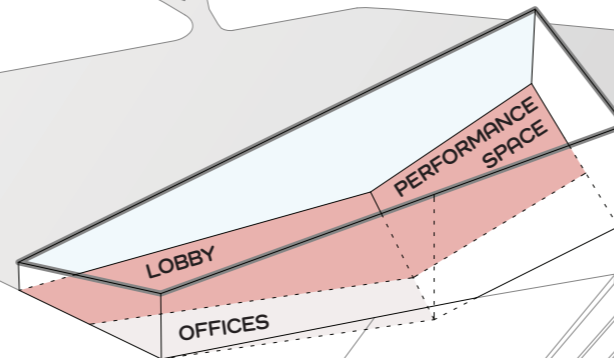
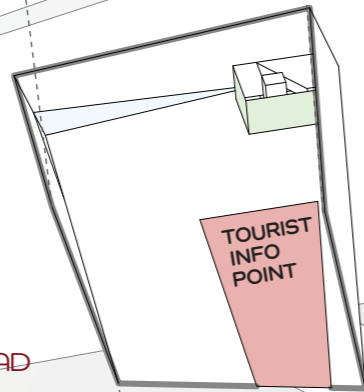
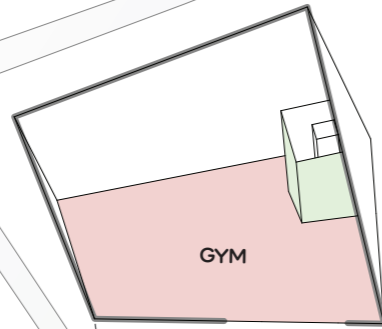
SUPPORTIVE

CIRCULATION

INFORMED AMBITIONS

ESCAPE TYPE

GOAL



NATURE - REST - HEALTH

> HEALTHY HABITS: SOCIAL SKILLS, CREATIVE SKILLS, NATURAL PRODUCTS, EXERCISE TO RELIEF STRESS



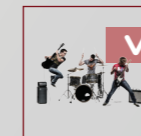
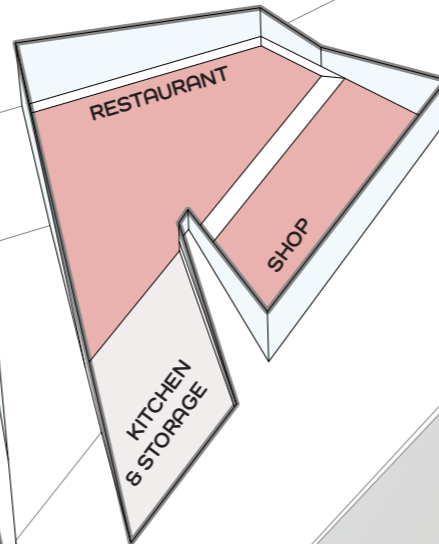
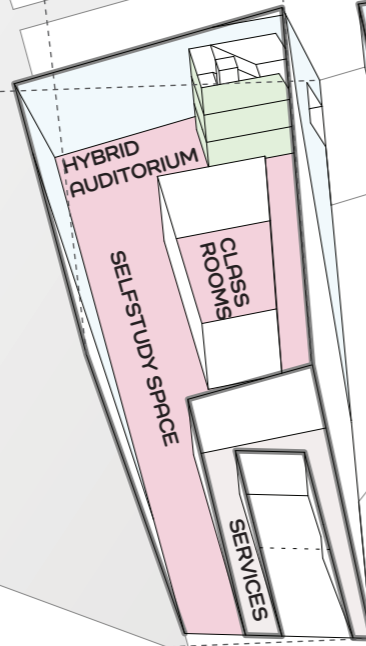
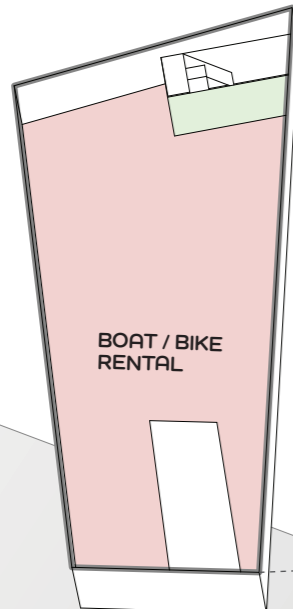
CIRCULAR ECONOMY

GARDEN > CLASS > RESTAURANT
LOCAL FARM > CLASS > SHOP
OLD GENERATION > YOUNG > ABROAD



SOCIAL COHESION

> WORKSHOPS FOR YOUNG PEOPLE TO DEVELOP SKILLS & BOND WITH COMMUNITY



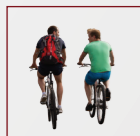
VISIBILITY - PROMOTION - TRADITION

> ROOF AS OUTDOOR STAGE FOR PERFORMANCES



ACCESS - ROUTE - SCARCITY

> EXCLUSIVE BOAT TOURS FROM GRONINGEN TO WINSUM



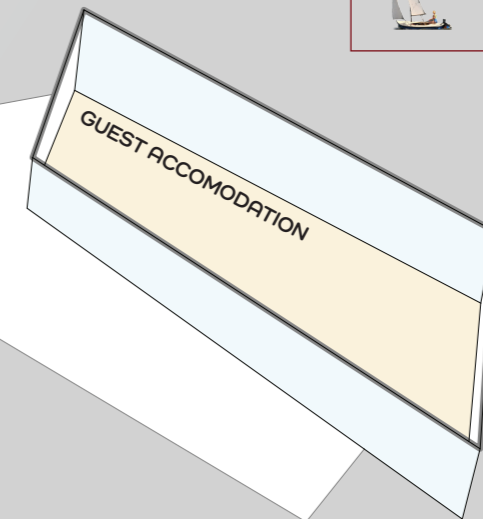
ACCESS - ROUTE - SCARCITY

> MODE OF ARRIVAL: BOAT / BIKE / WALKING



ACTIVITY - HYBRIDITY

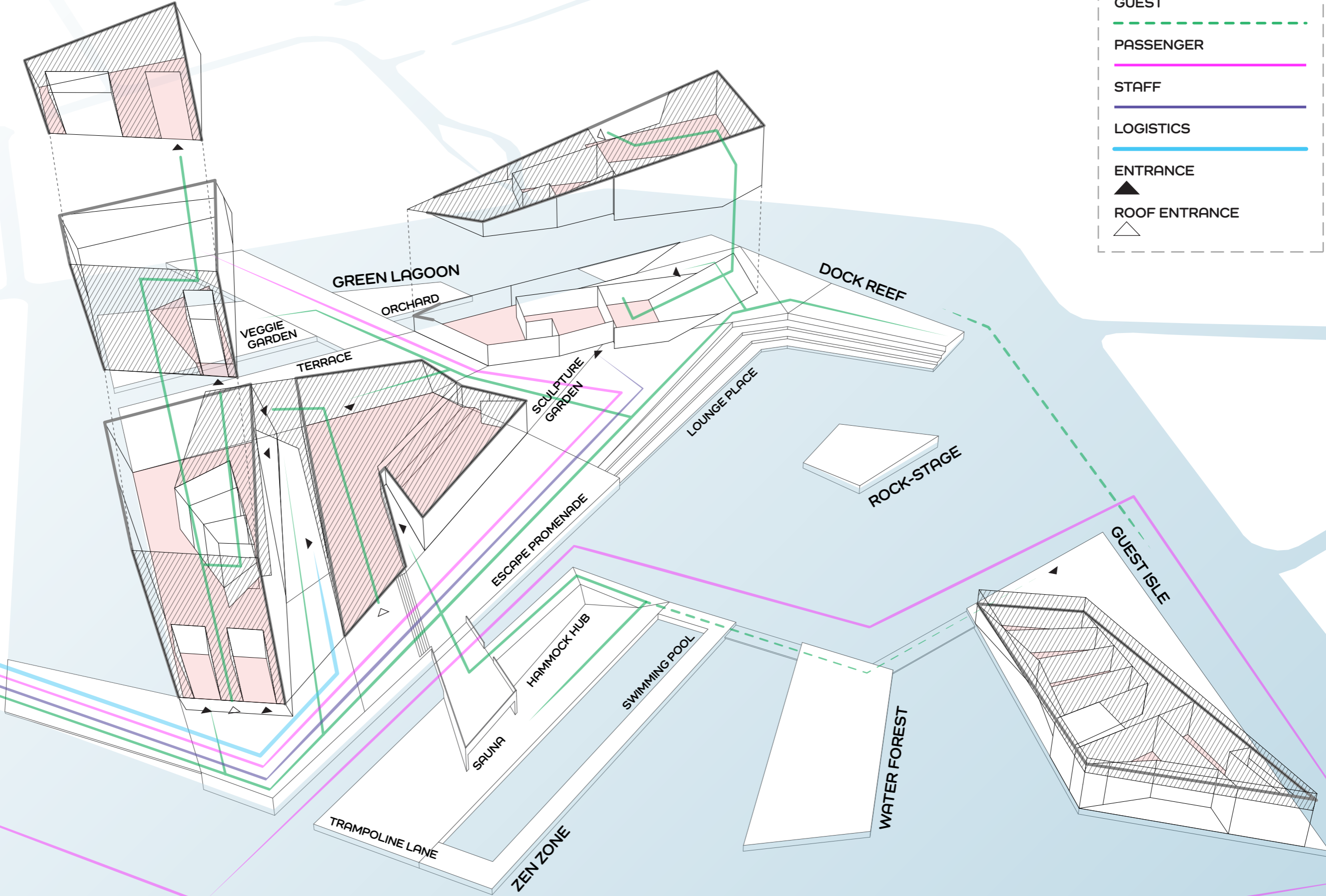
> SEASONAL TRANSFORMATION: LOOKOUT SPOT -> STAGE -> PICKNICK PLACE



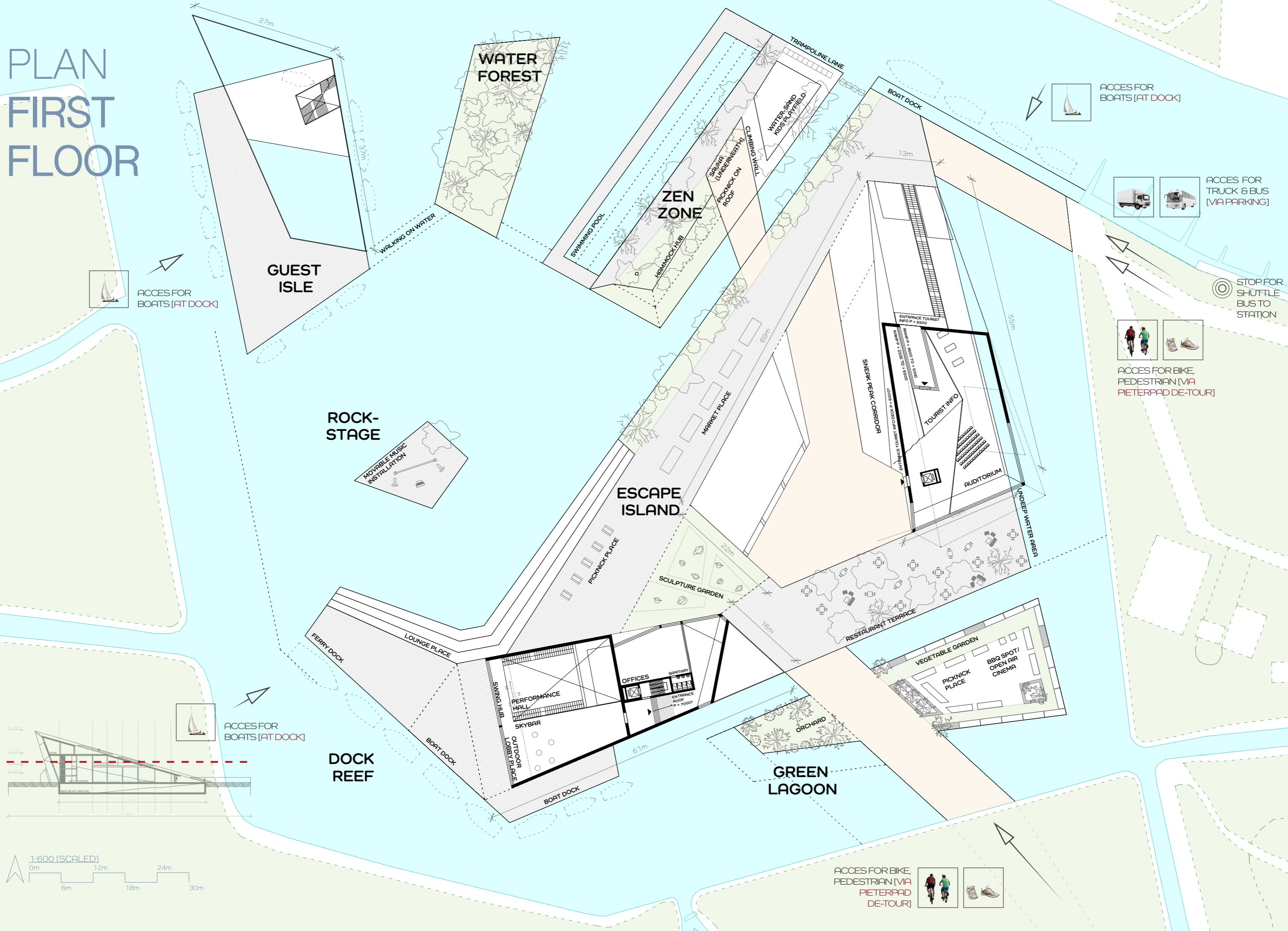
ACCESS & ROUTING

ROUTING

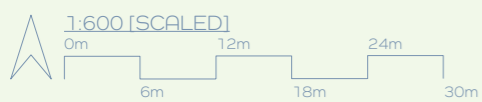
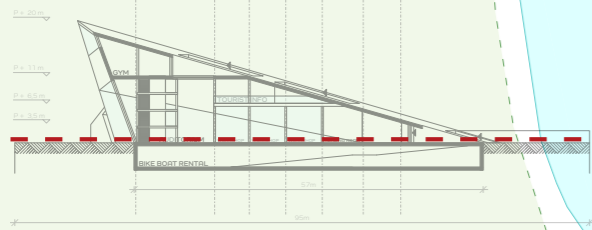
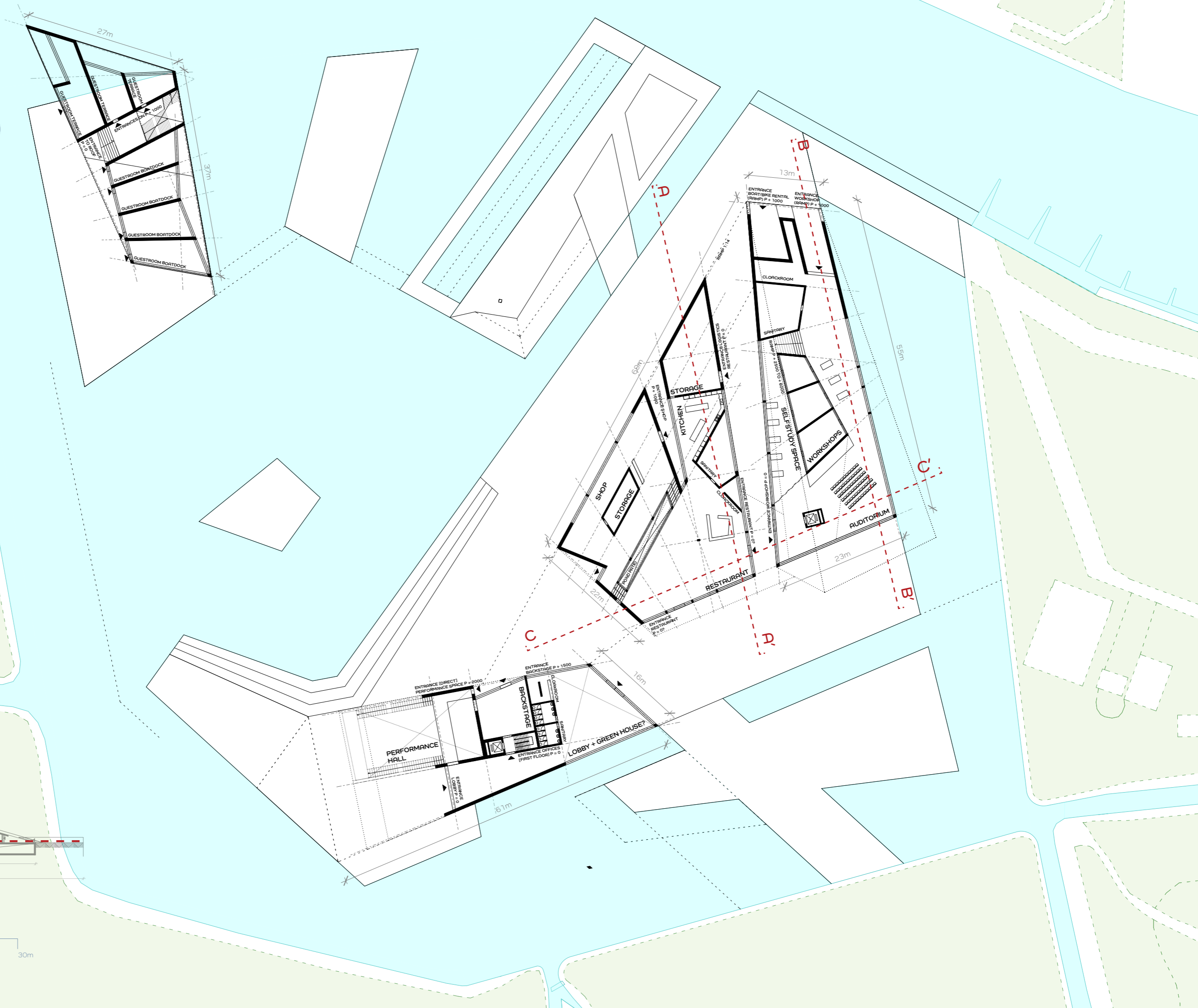
- VISITOR (solid green line)
- GUEST (dashed green line)
- PASSENGER (solid magenta line)
- STAFF (solid blue line)
- LOGISTICS (solid cyan line)
- ENTRANCE (black triangle)
- ROOF ENTRANCE (white triangle)



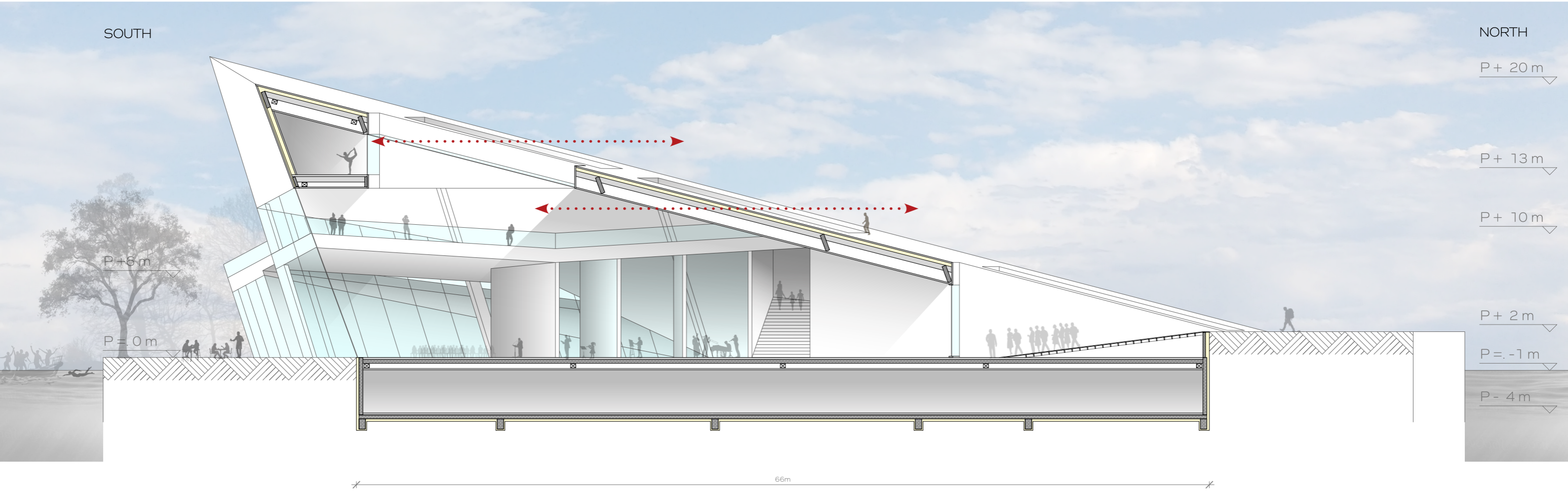
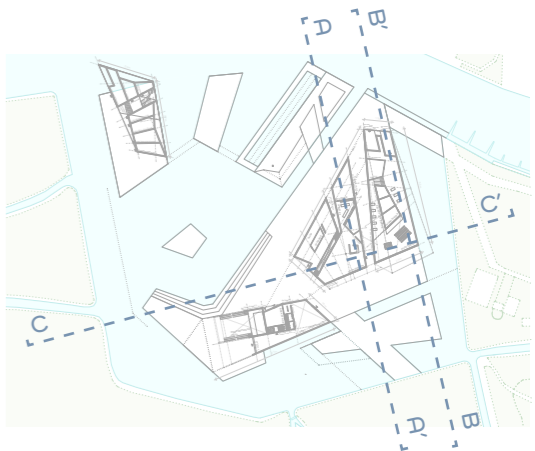
PLAN FIRST FLOOR



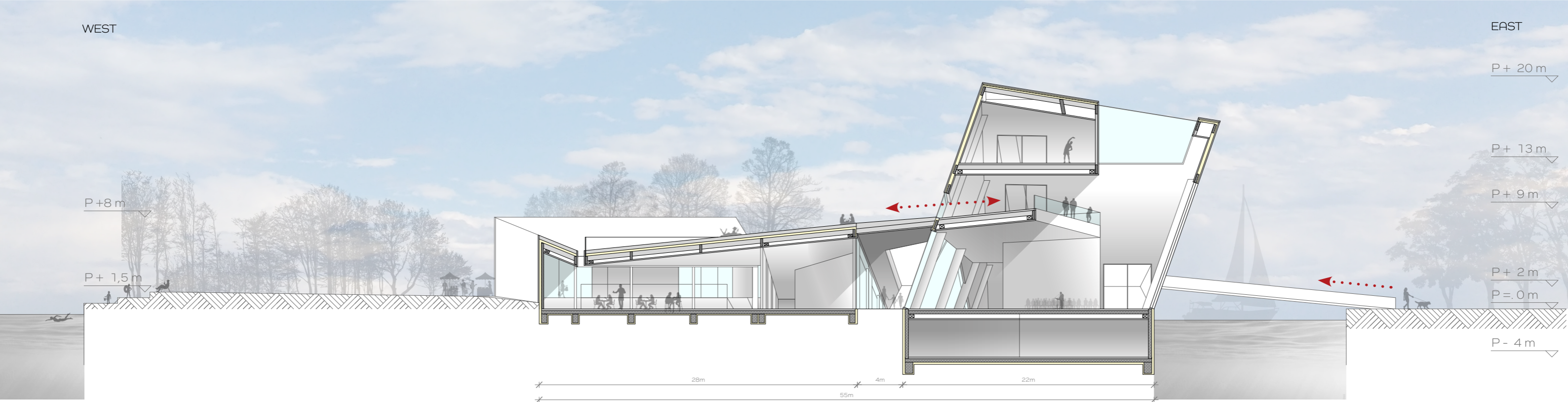
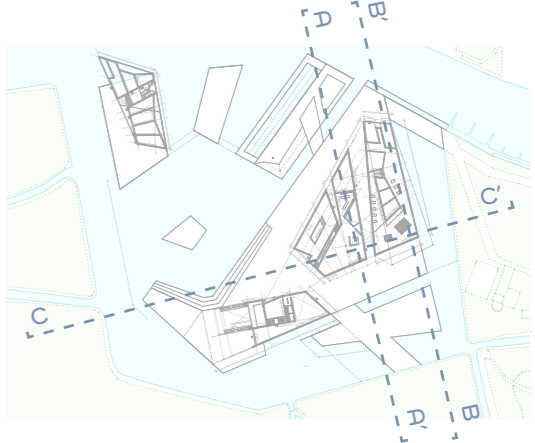
PLAN GROUND FLOOR



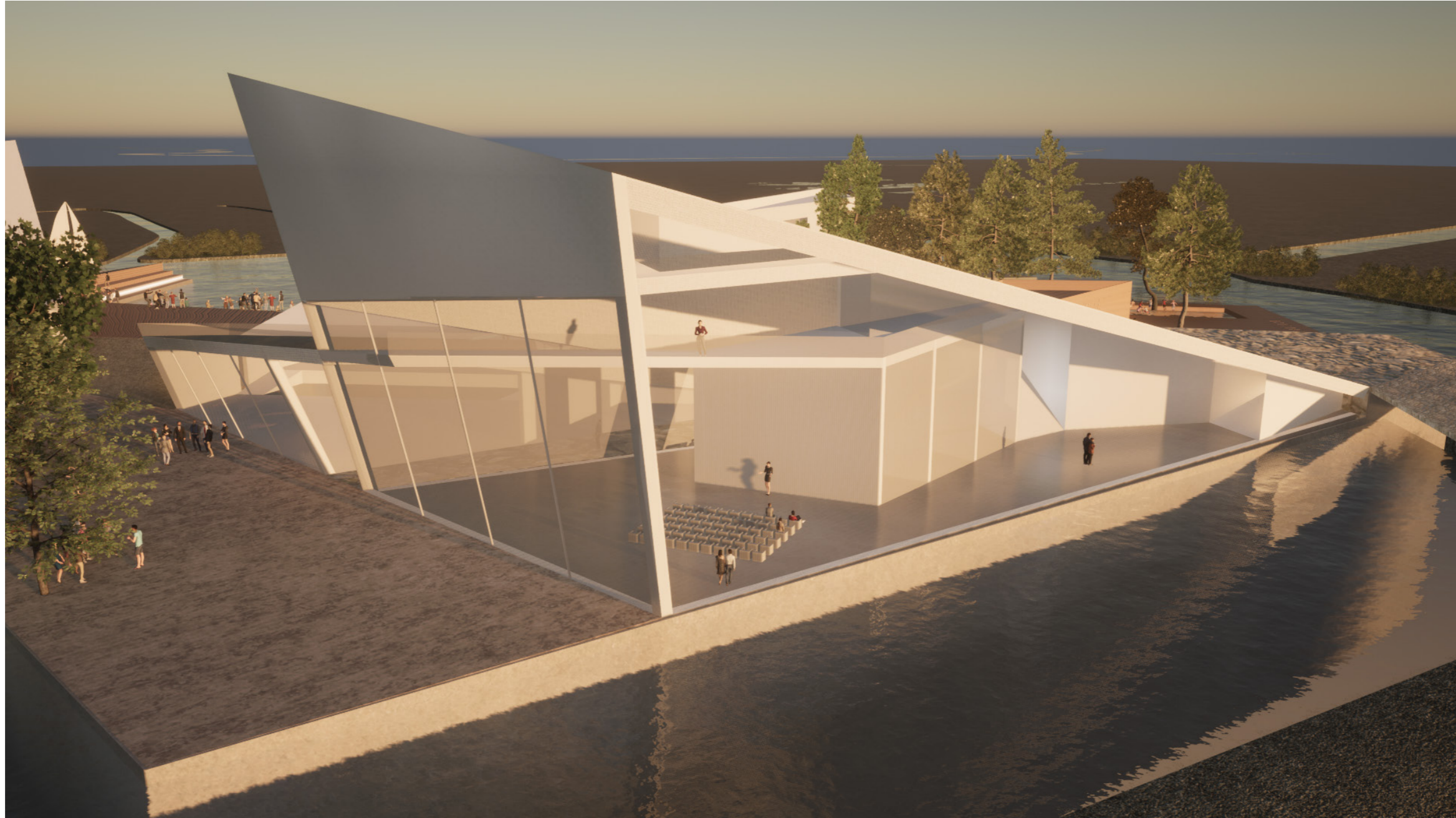
SECTION BB' SOUTH-NORTH



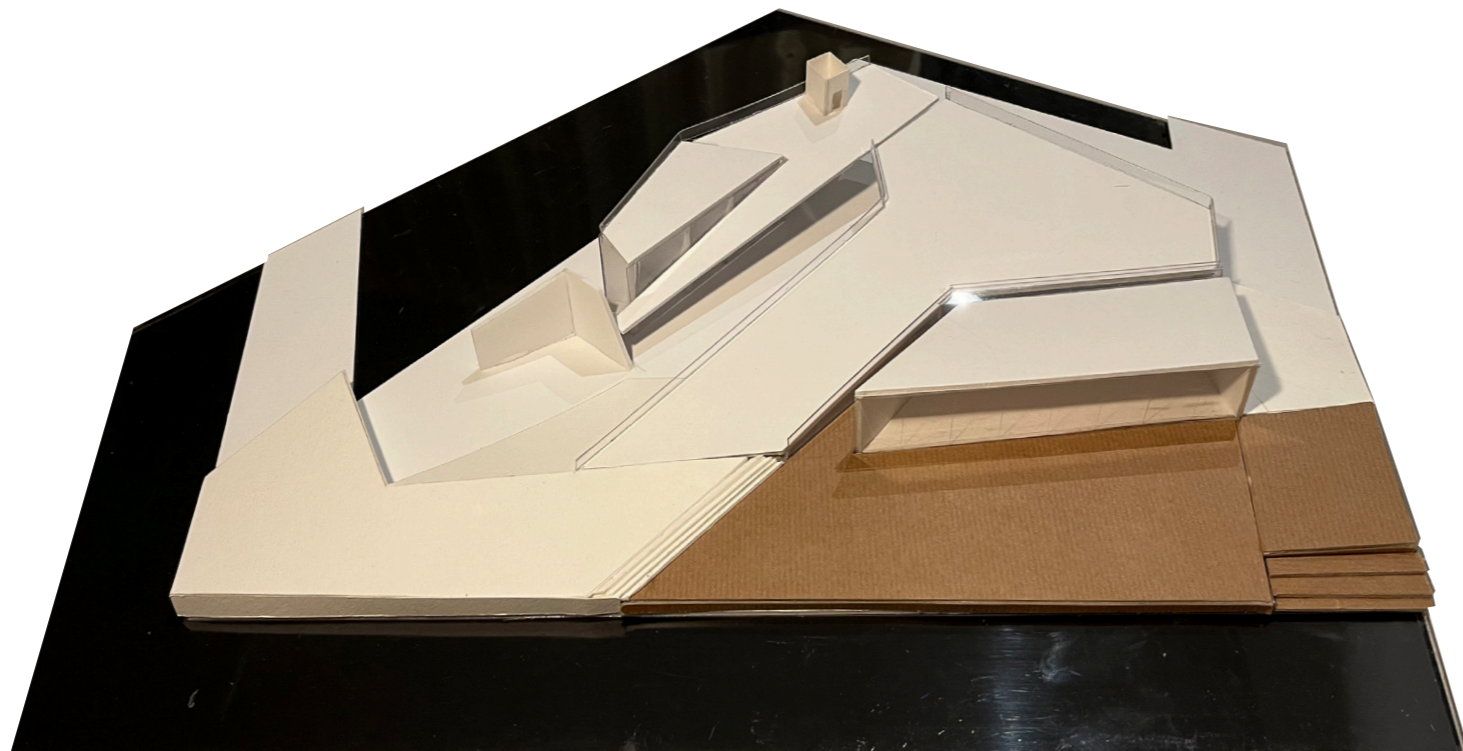
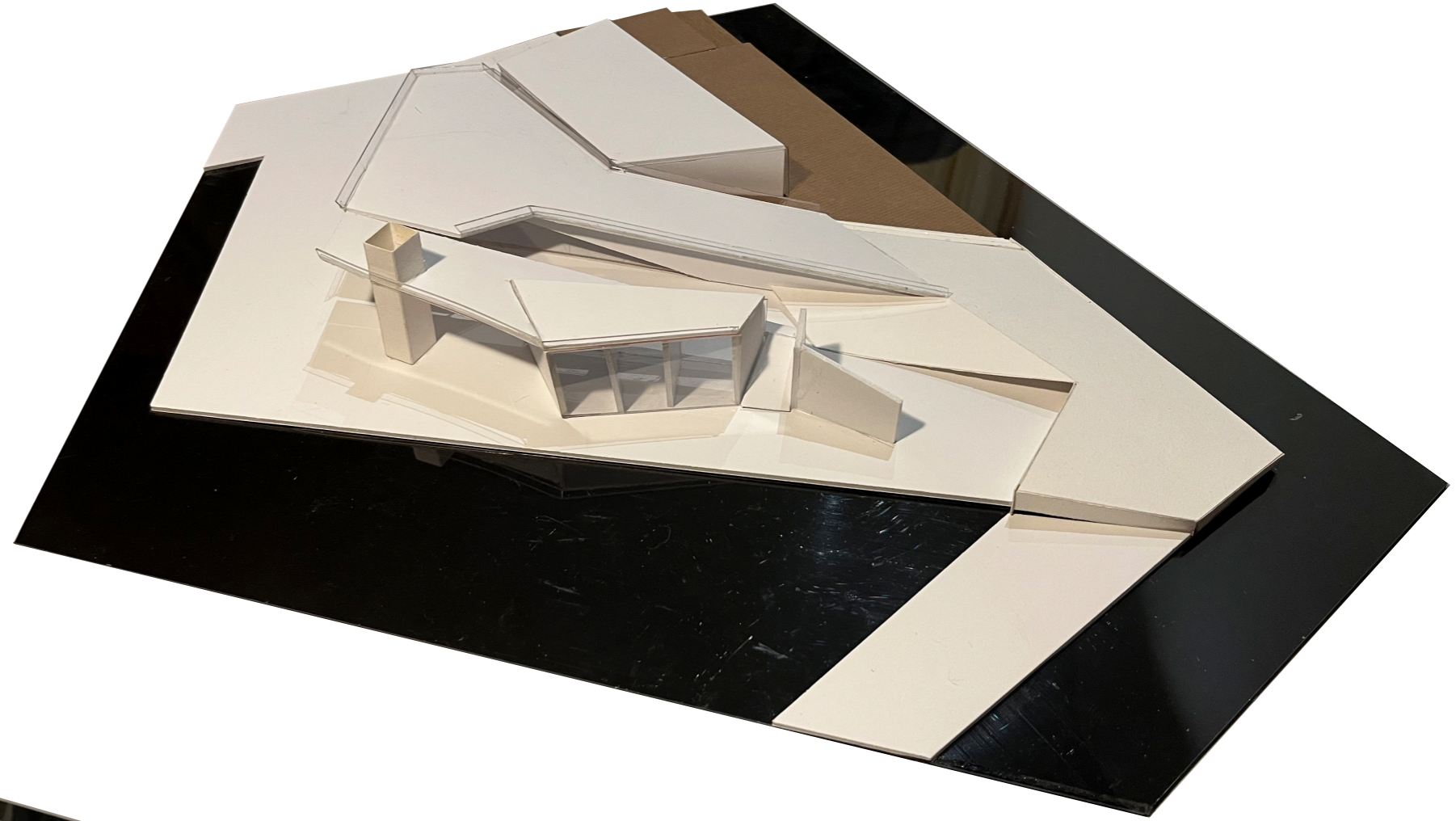
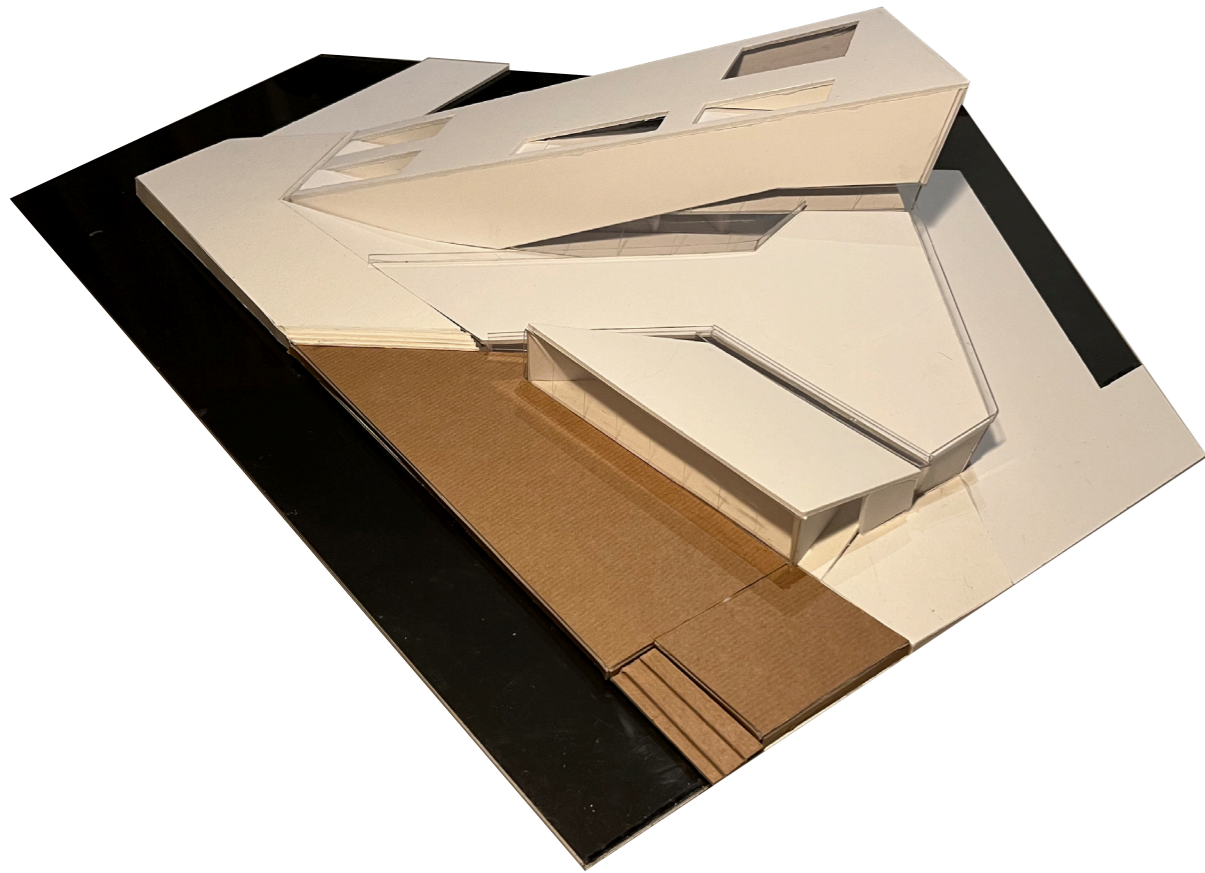
SECTION CC' WEST-EAST



SECTION BB' SOUTH-NORTH



ZONING STUDIES [PHYSICAL MODEL]

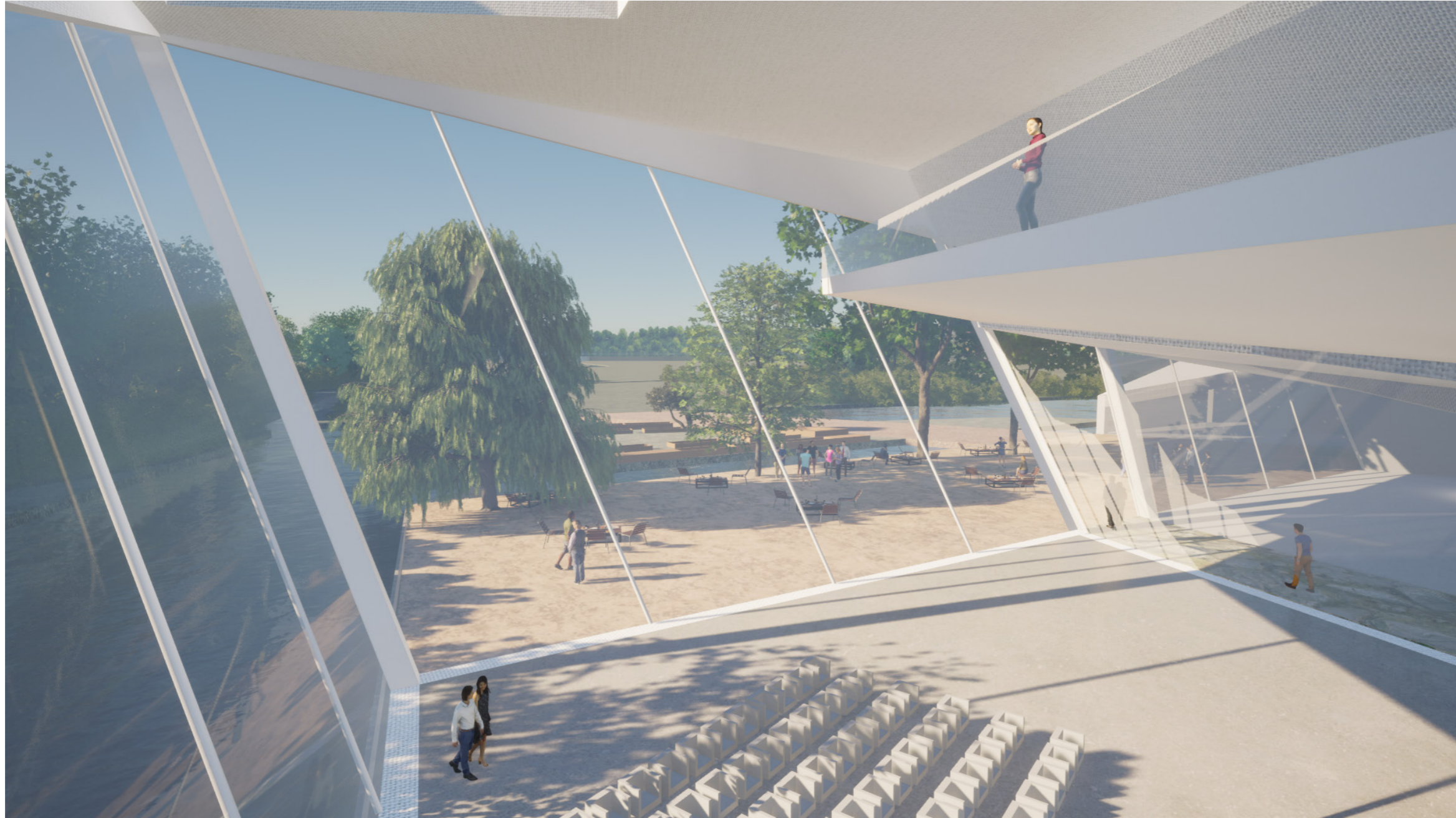


AMBIENCE INTERIOR



AUDITORIUM & TOURIST INFO LANDSCAPE

AMBIENCE INTERIOR



AUDITORIUM & TOURIST INFO LANDSCAPE

AMBIENCE INTERIOR



AUDITORIUM & WORKSHOP SPACES

WELL-BEING & ESCAPE TOURISM -> DESIGN

SHAPE

PROGRAMMING

MATERIALITY

BUILDING

OUTDOOR SPACES

PUBLIC SPACES TYPOLOGIES

SOCIETAL TRENDS

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APPROACHES

▶ MEETING PLACE

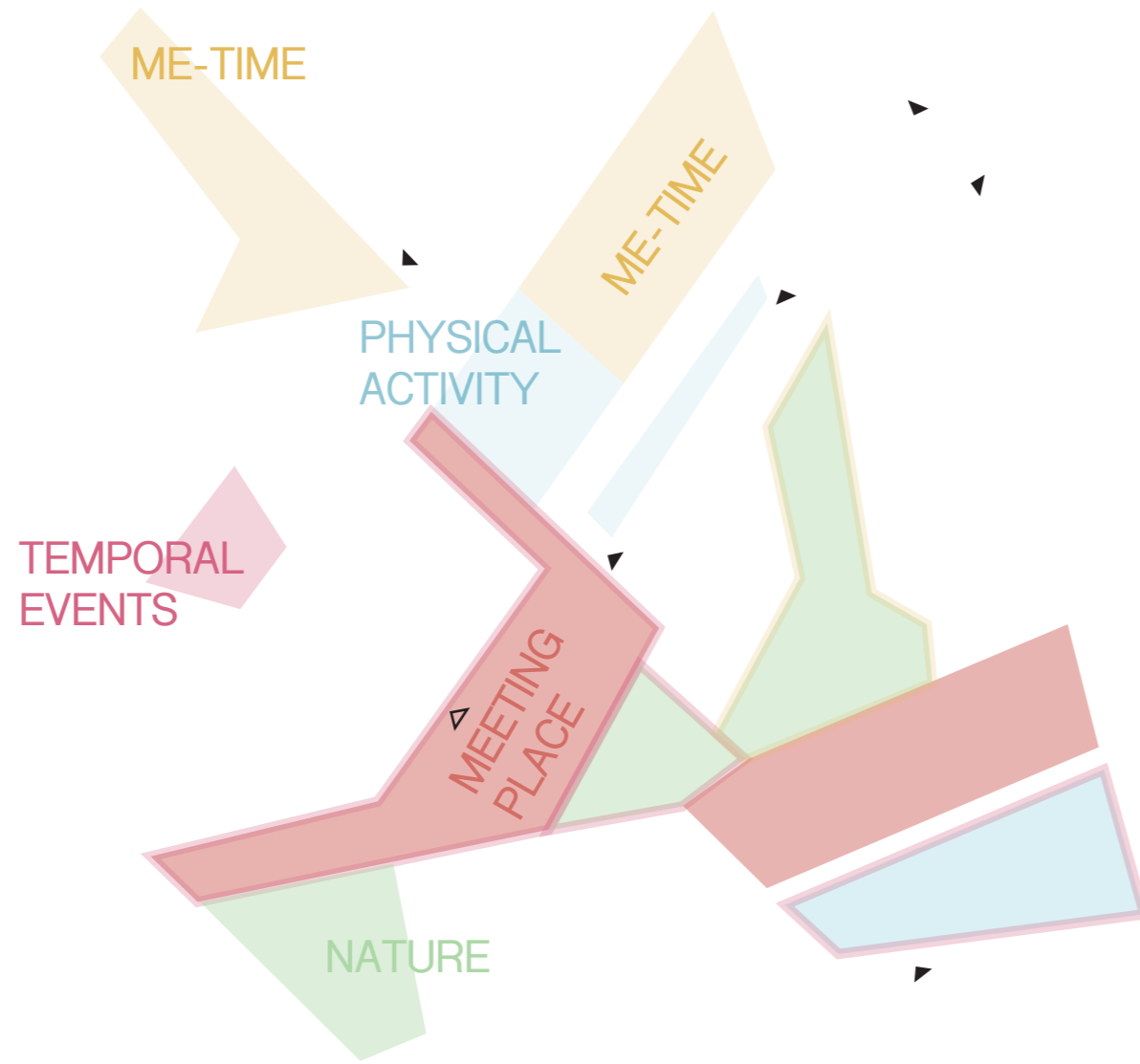
▶ NATURE

▶ ME-TIME

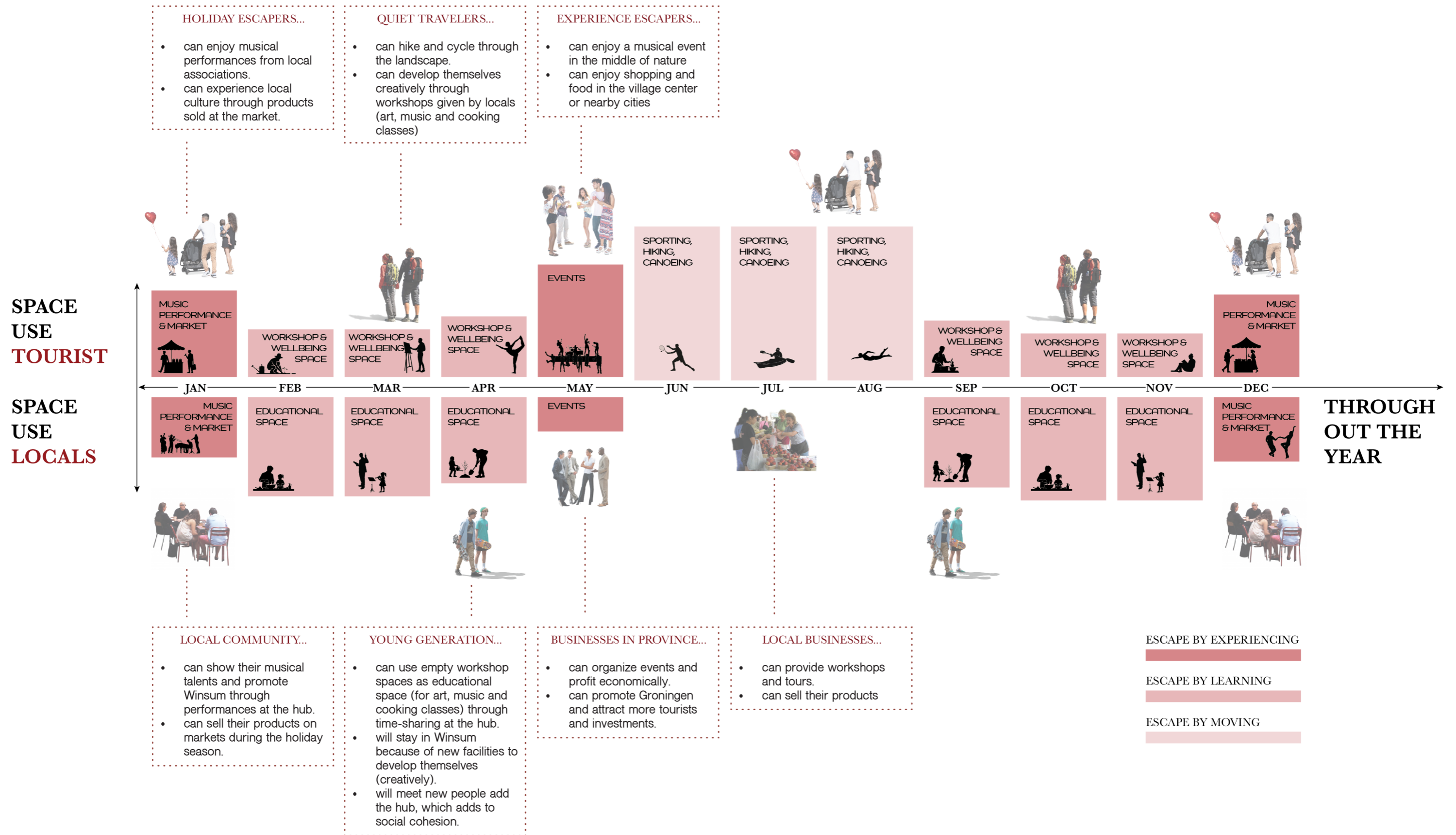
▶ PHYSICAL ACTIVITY

▶ REAL-LIFE EVENTS

PUBLIC SPACES ZONING

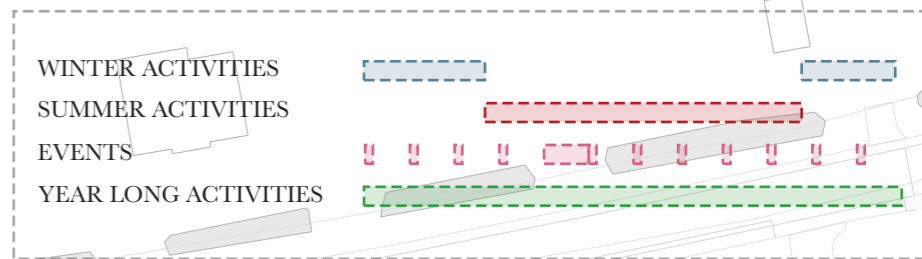


PROGRAM ESCAPE BY ...



SEASONAL PROGRAMMING ALL-YEAR

ACTIVITIES THROUGHOUT THE YEAR



VISIBILITY ATTRACTOR:
JUMPING KIDS ON
TRAMPOLINE LANE

ESCAPE BY
MOVING

CLIMBING WALL

ESCAPE BY
MOVING

**WATER-SAND
KIDS PLAYFIELD**

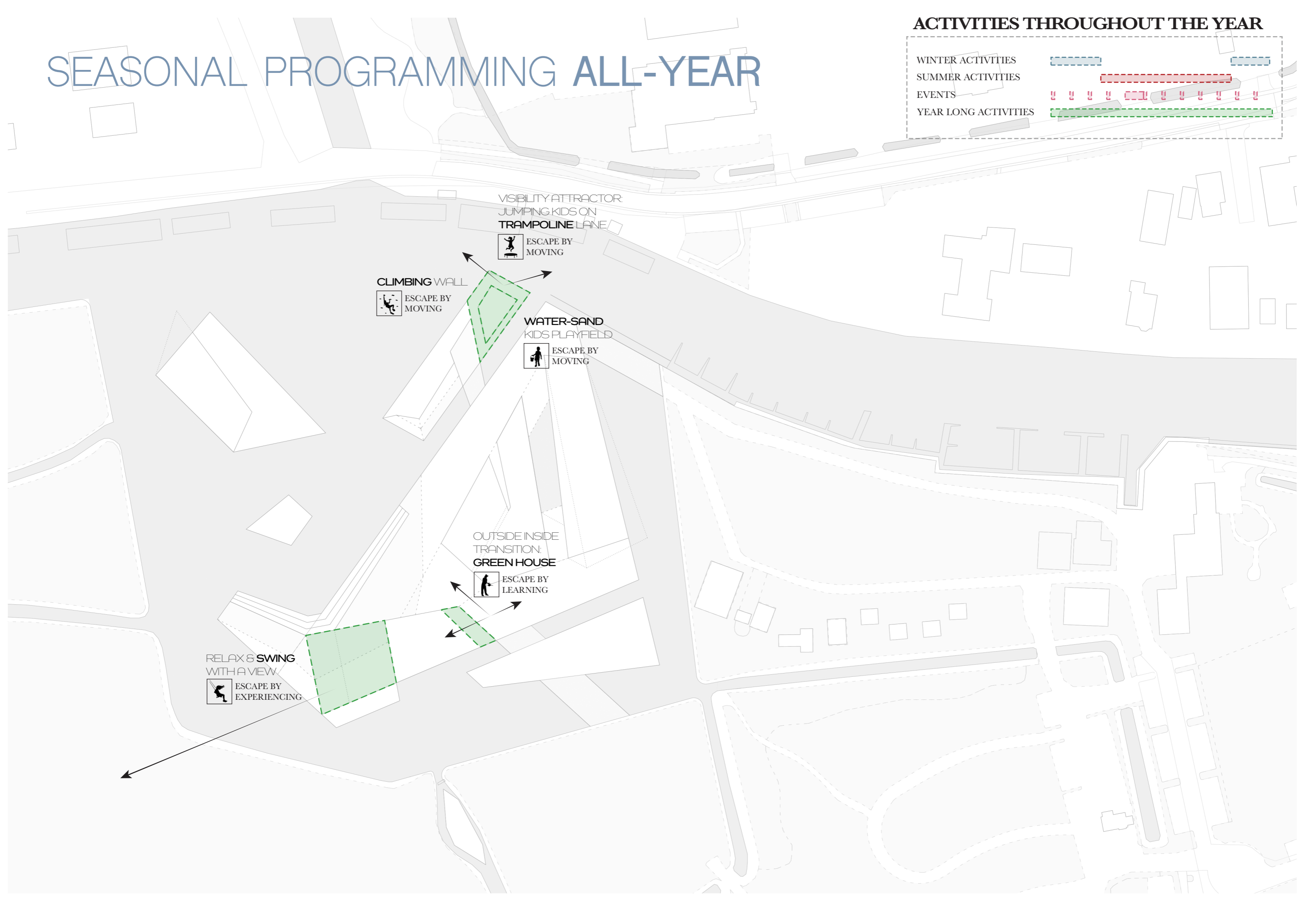
ESCAPE BY
MOVING

OUTSIDE INSIDE
TRANSITION:
GREEN HOUSE

ESCAPE BY
LEARNING

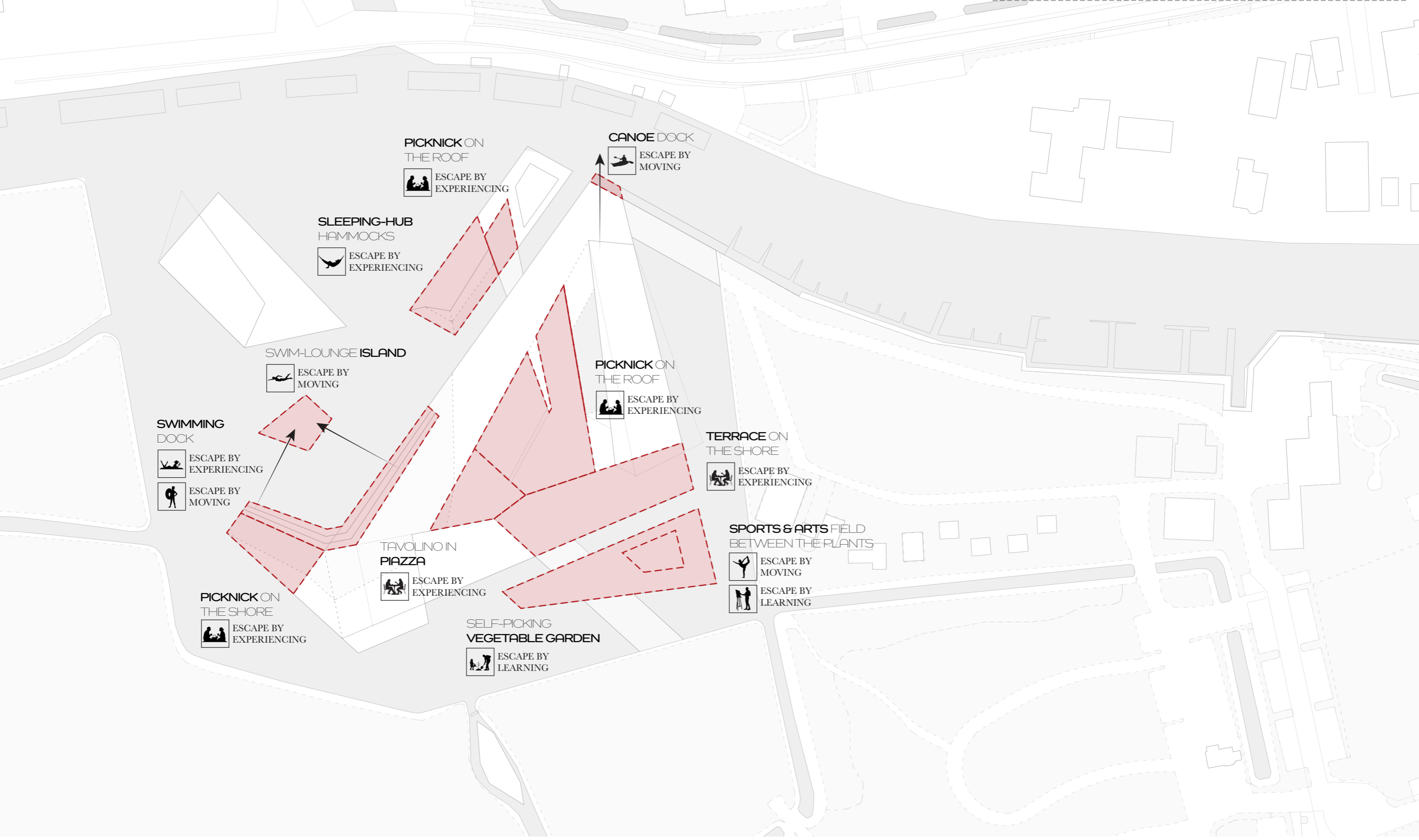
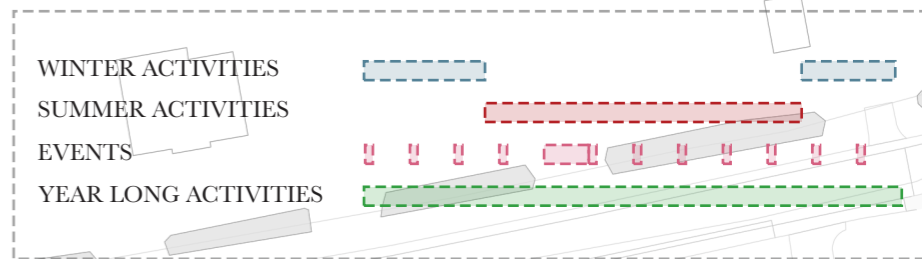
**RELAX & SWING
WITH A VIEW**

ESCAPE BY
EXPERIENCING



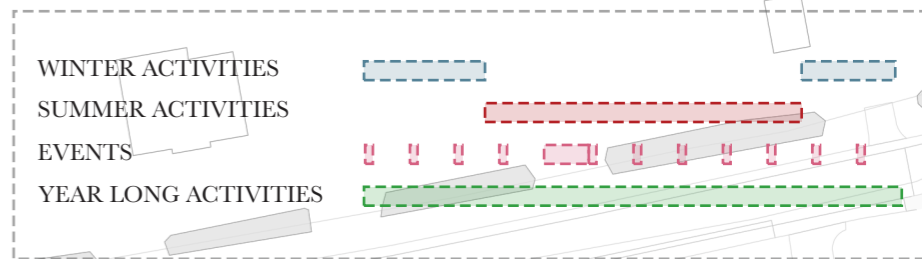
SEASONAL PROGRAMMING SUMMER

ACTIVITIES THROUGHOUT THE YEAR



SEASONAL PROGRAMMING WINTER

ACTIVITIES THROUGHOUT THE YEAR



FROM SAUNA INTO
WINSUMERDIEP



ESCAPE BY
EXPERIENCING

ICE SKATING ON
UNDEEP WATER



ESCAPE BY
MOVING

COFFEE
AT BAR

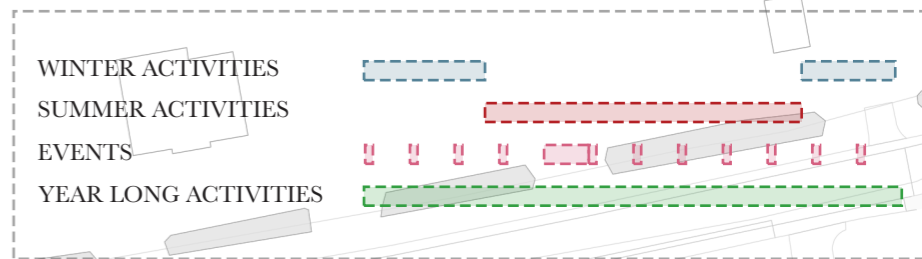
MARSHALLOW
CAMPFIRE



ESCAPE BY
LEARNING

SEASONAL PROGRAMMING EVENTS

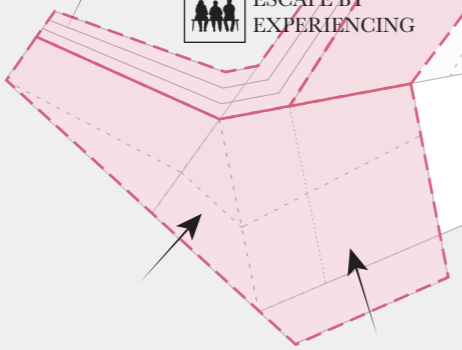
ACTIVITIES THROUGHOUT THE YEAR



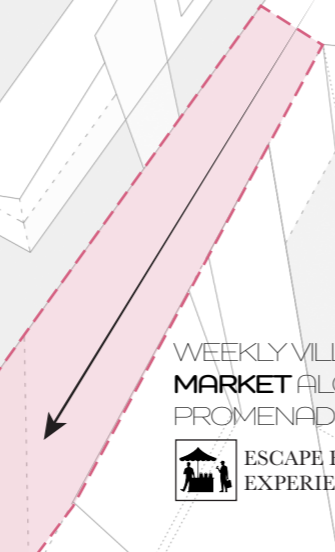
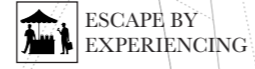
FLOATING EVENT STAGE



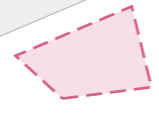
WATER THEATRE



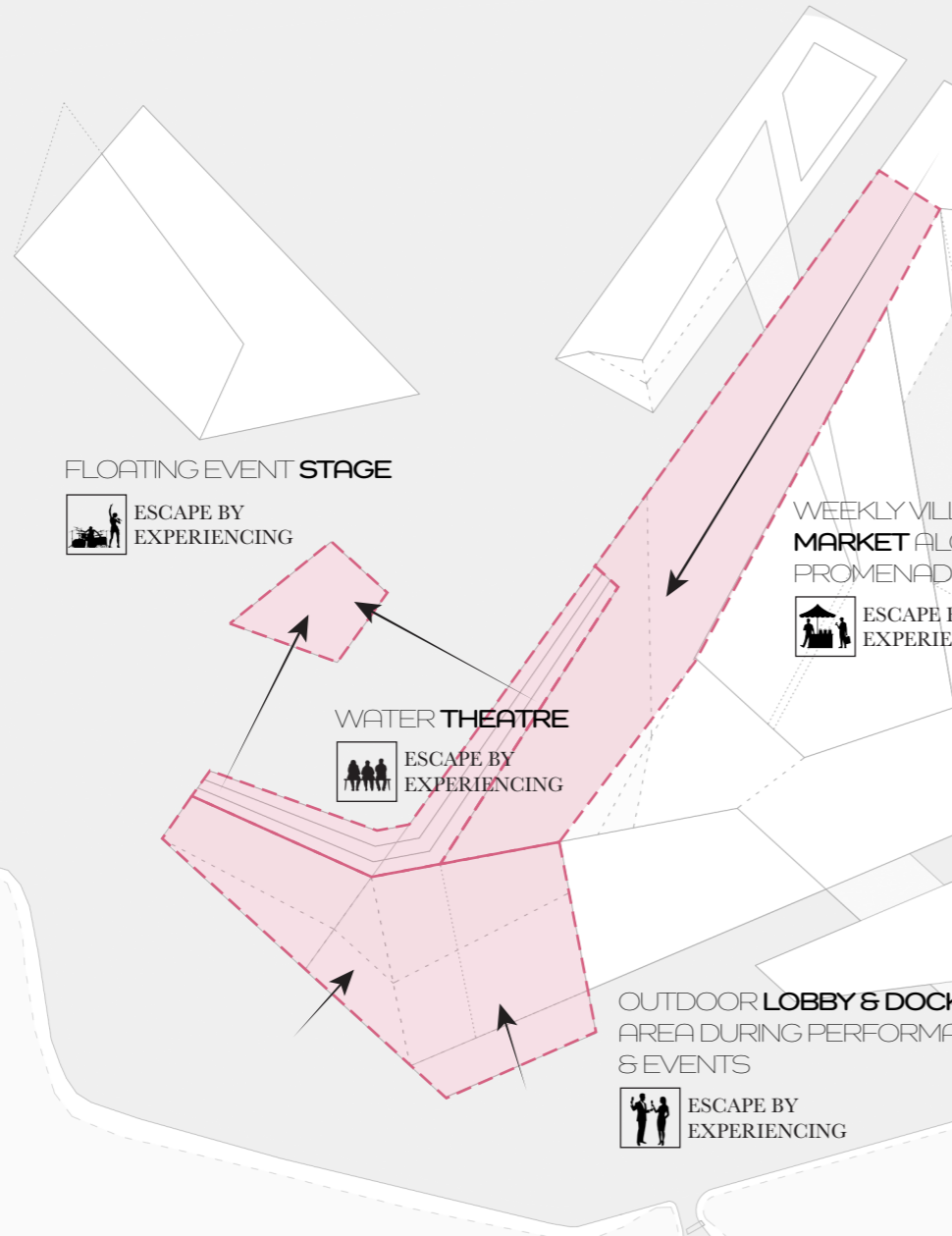
WEEKLY VILLAGE MARKET ALONG PROMENADE



OPEN-AIR CINEMA SEATS



OUTDOOR LOBBY & DOCKING AREA DURING PERFORMANCES & EVENTS



WELL-BEING & ESCAPE TOURISM -> DESIGN

SHAPE

PROGRAMMING

MATERIALITY

PUBLIC SPACES VARIATION BY AMBIENCES



WATER FOREST - GRASS & STONE



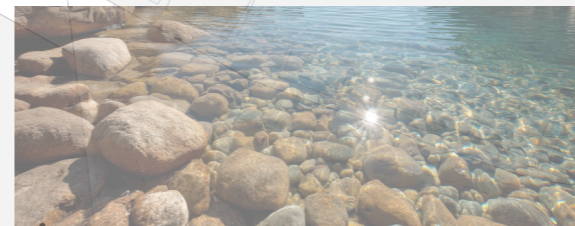
ZEN ISLAND - TIMBER DECK, HIGH PINE TREES



ESCAPE ISLAND - CHALK ROCKS, GRASS, SMALL PLANTS



WALKING ON WATER - STEPPING STONES



POOL - RAIN WATER COLLECTION, STONE



ROMANTIC TERRACE - STONE, GRAVEL, GRAPE BUSH, OLIVE TREES, LIGHTS



BOAT DOCK - TIMBER DECK, SEATS



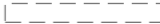



DUNE HILL - SAND, DUNE GRASS, CACTUS, LITTLE BUSH

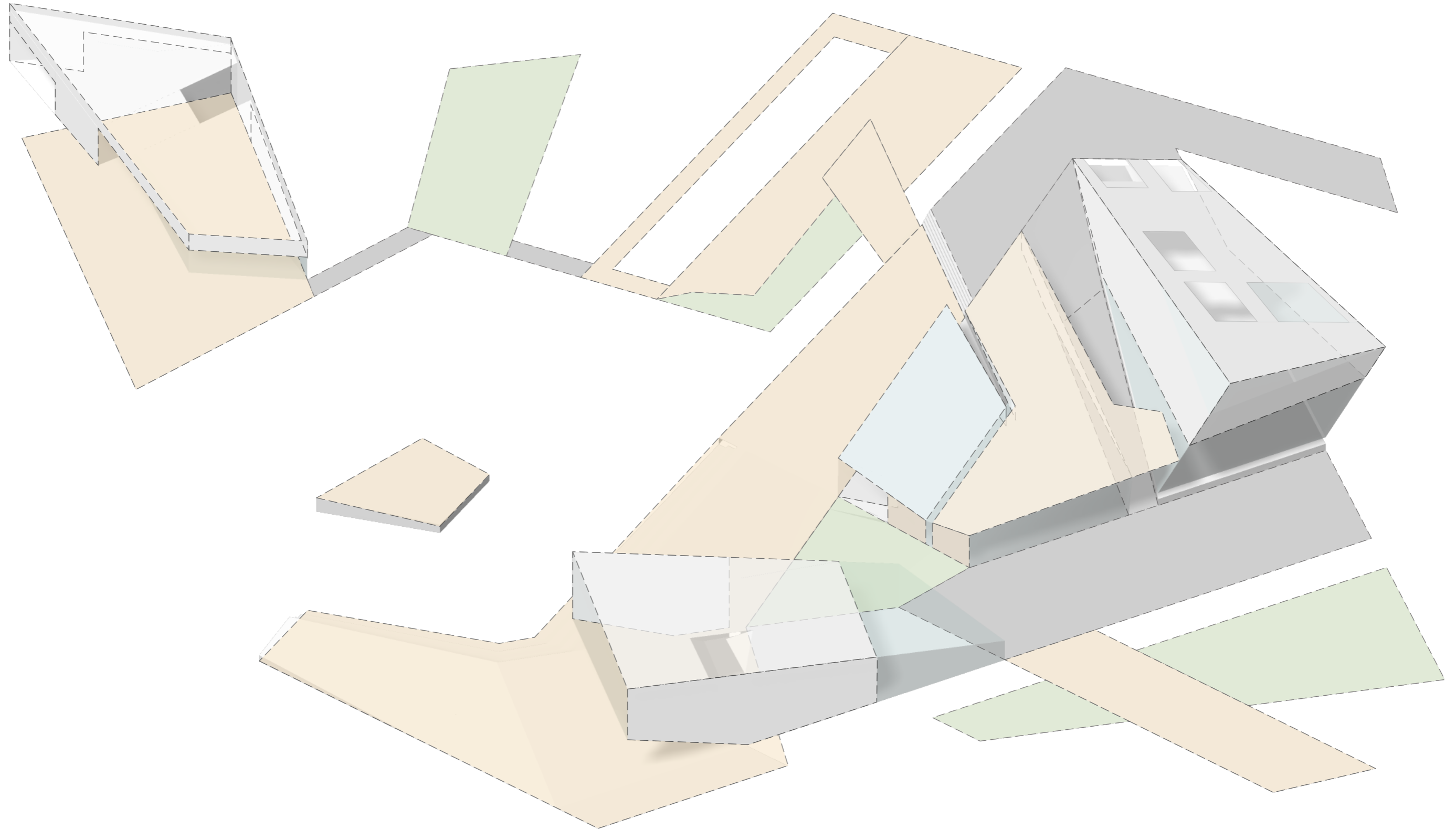


WILD VEGGIE GARDEN - ORCHARD, FLOWERS, RICE GROWING

FACADES VARIATION BY THEMES

MATERIAL AMBIENCES

	'SAILS' - TEXTILE, BIOCOMPOSITE
	'DUNES' - SAND, GRAVEL, TIMBER
	'LAND' - GRASS, MANGROVE
	'CLIFFS' - ROCK, STONE, CONCRETE



SITE VARIATION BY AMBIENCES

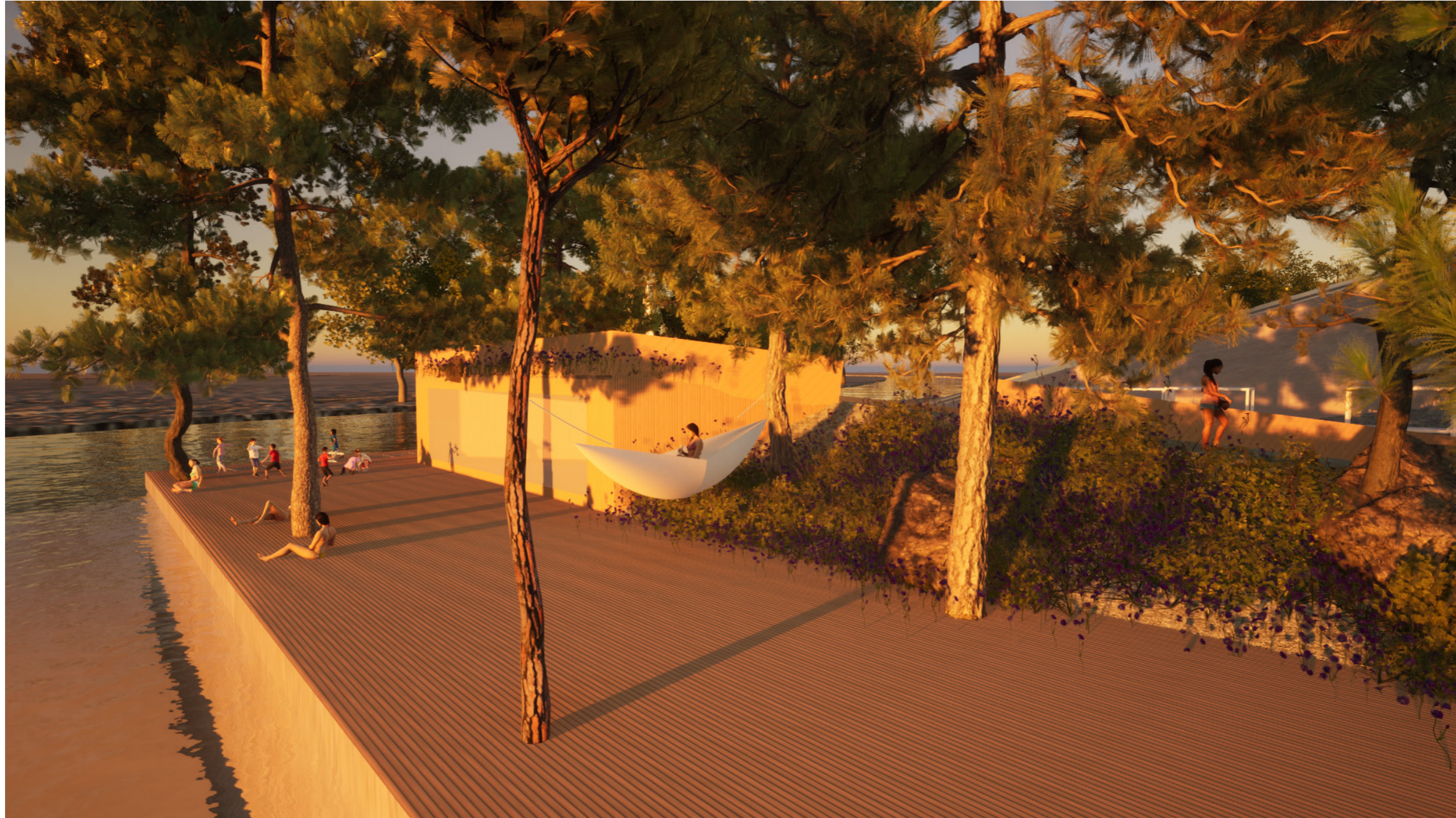
► VISIBILITY ► ATTRACTING



KIDS PLAYING ON ZEN ISLAND

SITE VARIATION BY AMBIENCES

► WELLBEING



HAMMOCK HUB & SAUNA ON ZEN ISLAND

SITE VARIATION BY AMBIENCES

► JOURNEY



WALKING ON WATER PATHWAY NEXT TO POOL

SITE VARIATION BY AMBIENCES

► ALIEN ARRIVAL



ESCAPE PROMENADE

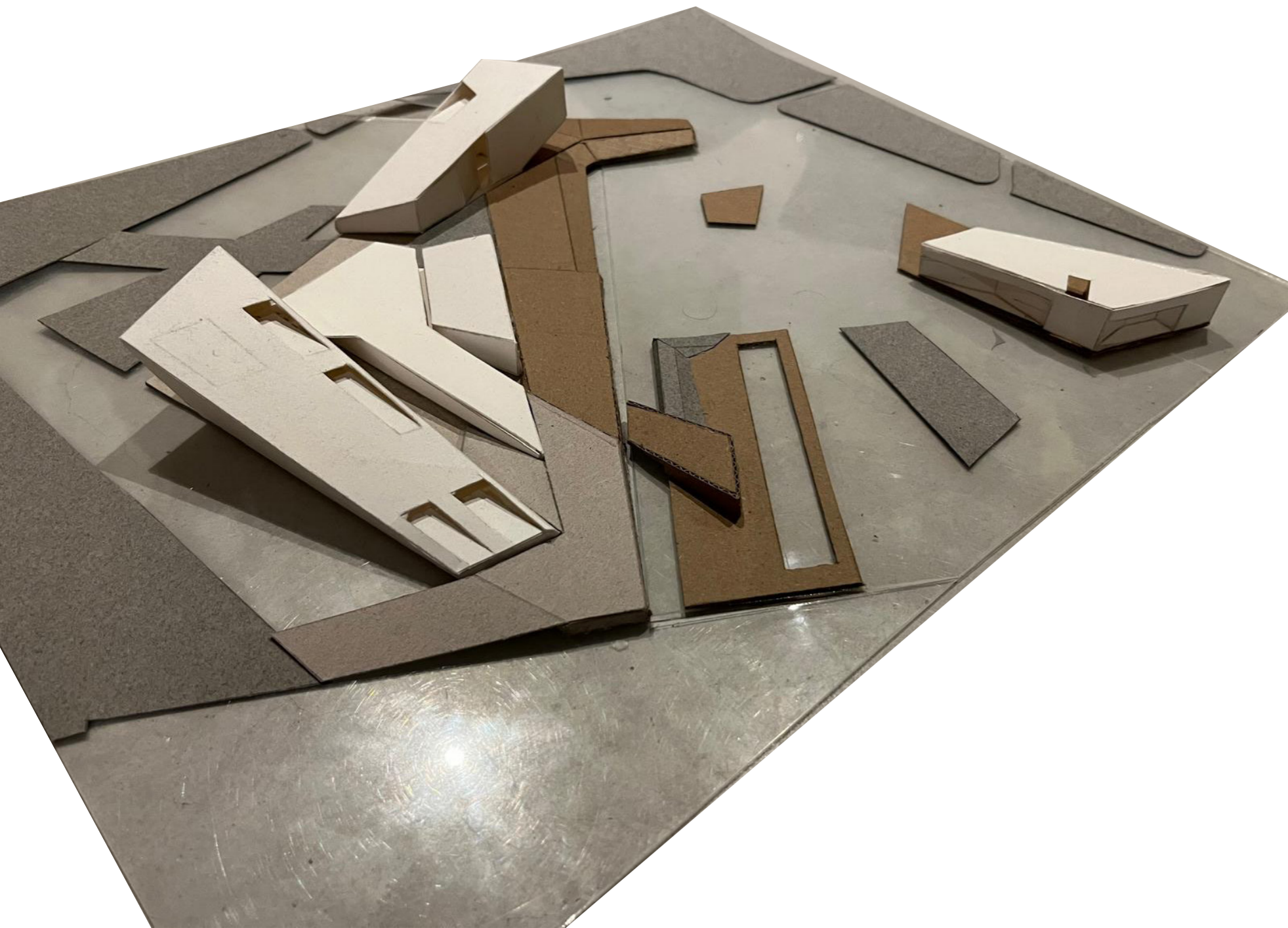
SITE VARIATION BY AMBIENCES

► MEETING ► EDUCATION



PIETERPAD DE-TOUR THROUGH VEGGIE GARDEN

TEXTURE STUDIES [PHYSICAL MODEL]



GOALS SUSTAINABILITY



DAYLIGHT & SUN

'Staying' zones (auditorium, restaurant, lobby) located on south side to profit from sufficient daylight.

Forward leaning walls block sun?



VENTILATION

Ventilation type D with heat recovery has a mechanical air input and output system.

Sloping shape of the building allows for stack effect: ventilation through rising air



SOCIAL

Large windows visually connect tourist info point with village. Height of the building creates landmark for orientation in the landscape.

Tourism-community program by letting both tourist and local associations time-share workshops spaces.



ELECTRICITY

PV-panels on south roof and integrated PV-panels on kinetic curtain will provide electricity.

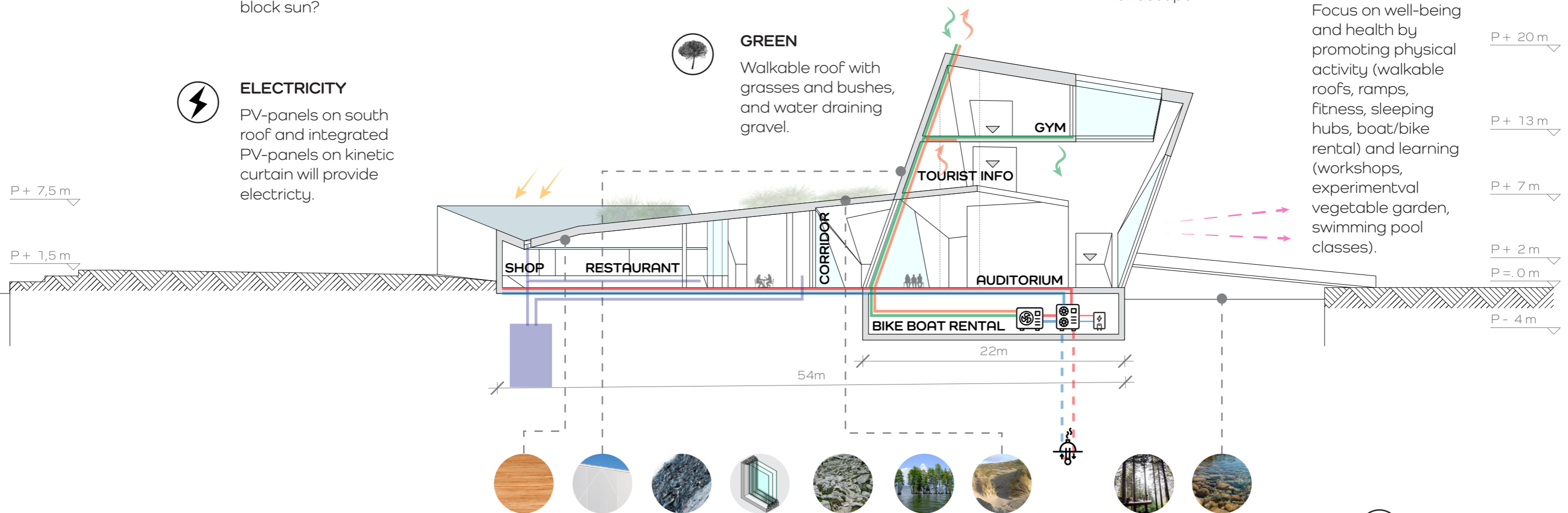


GREEN

Walkable roof with grasses and bushes, and water draining gravel.

P+ 7,5 m

P+ 1,5 m



Focus on well-being and health by promoting physical activity (walkable roofs, ramps, fitness, sleeping hubs, boat/bike rental) and learning (workshops, experimental vegetable garden, swimming pool classes).



WATER

Rainwater harvested from roof via gutters is transported through pipes in floor, filtered and stored in water tank.

The pumped up grey water is used for toilet flushing and watering the vegetable garden. An overflow will be shared with neighboring buildings.

MATERIALISATION

The construction of CLT (-spans, columns, trusses), beams, and wooden floors is lightweight and low in embodied CO2.

The facade is made of biocomposites of renewable resources or insulating low-maintenance textile.

Insulation is made of recycled biobased textile from polluting fashion industry. Triple glass prevents heat loss.

A diversity of natural materials is used in the outdoor space, to create diverse ecological habitats for organisms (mangrove, rocks, dunes, forest, undep sweet water).



HEATING

Geothermal heat pump will conduct heat from the ground and distribute it through floor heating.

STRUCTURE OPTION 1 - STRUTS

MATERIALIZATION

- CLT FRAMES
- CLT BEAMS & COLUMNS
- STEEL WINDBRACES
- CLT STRUTS
- CLT TRUSSES
- CLT SUB-STRUCTURE
- CLT PANELS
- CONCRETE PANELS
- WOODEN FLOORS

ROOF

SECOND FLOOR

FIRST FLOOR

GROUND FLOOR

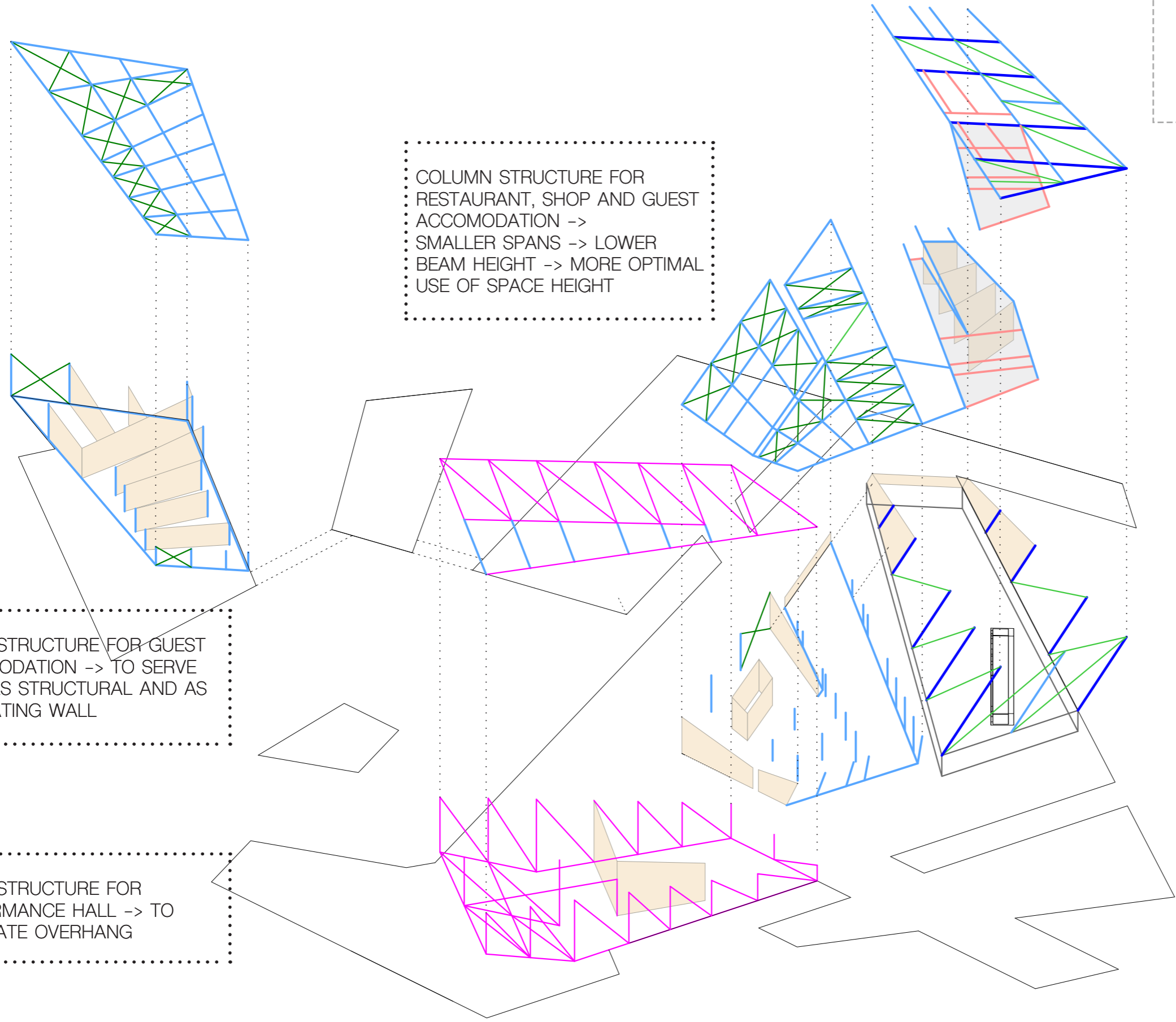
COLUMN STRUCTURE FOR RESTAURANT, SHOP AND GUEST ACCOMODATION -> SMALLER SPANS -> LOWER BEAM HEIGHT -> MORE OPTIMAL USE OF SPACE HEIGHT

PANEL STRUCTURE FOR GUEST ACCOMODATION -> TO SERVE BOTH AS STRUCTURAL AND AS SEPARATING WALL

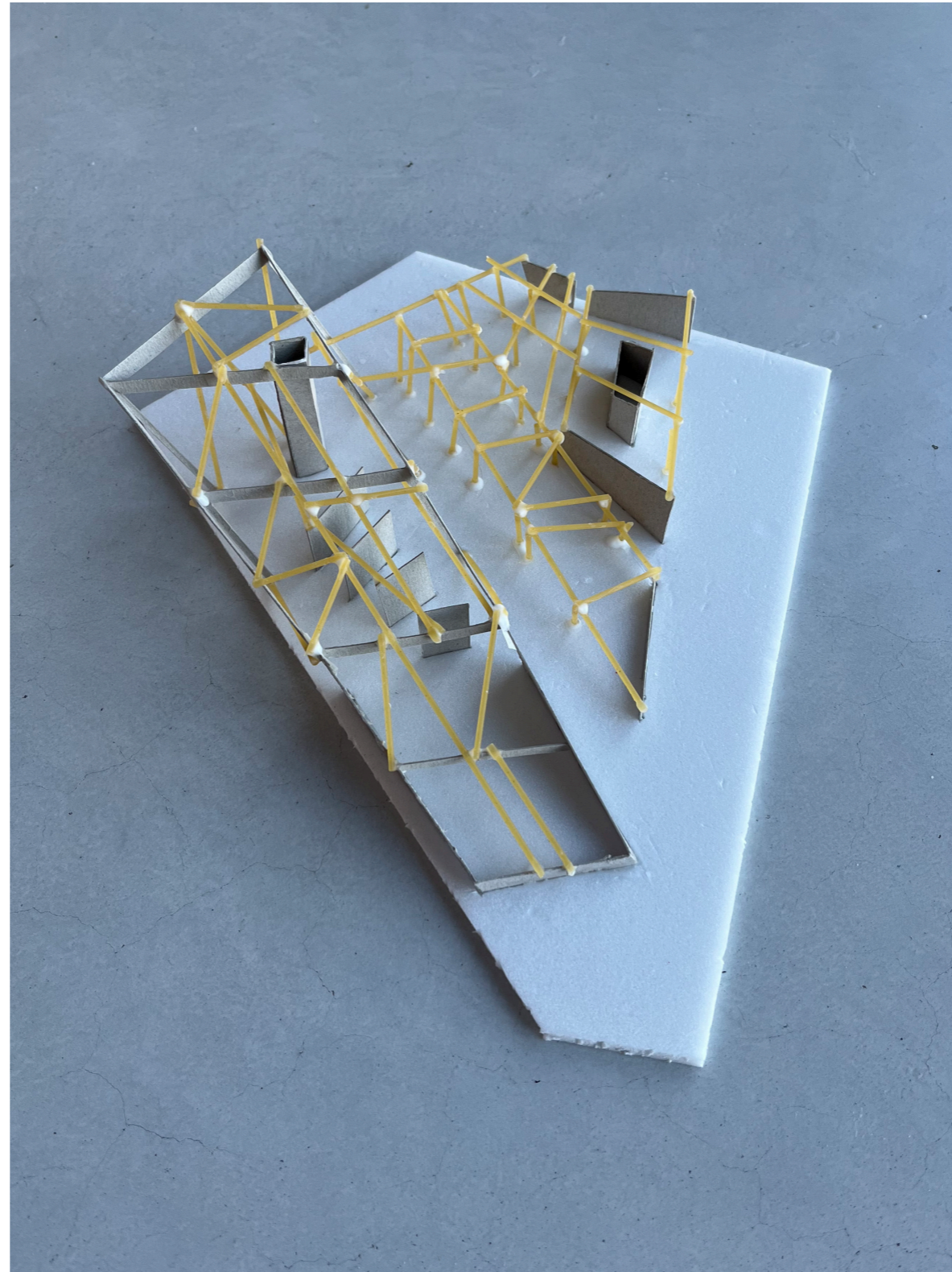
TRUSS STRUCTURE FOR PERFORMANCE HALL -> TO FACILITATE OVERHANG

FRAME STRUCTURE FOR WORKSHOP -> NO COLUMNS INSIDE SPACE -> MORE FLEXIBLE USE OF SPACE -> HIGHER BEAM HEIGHT

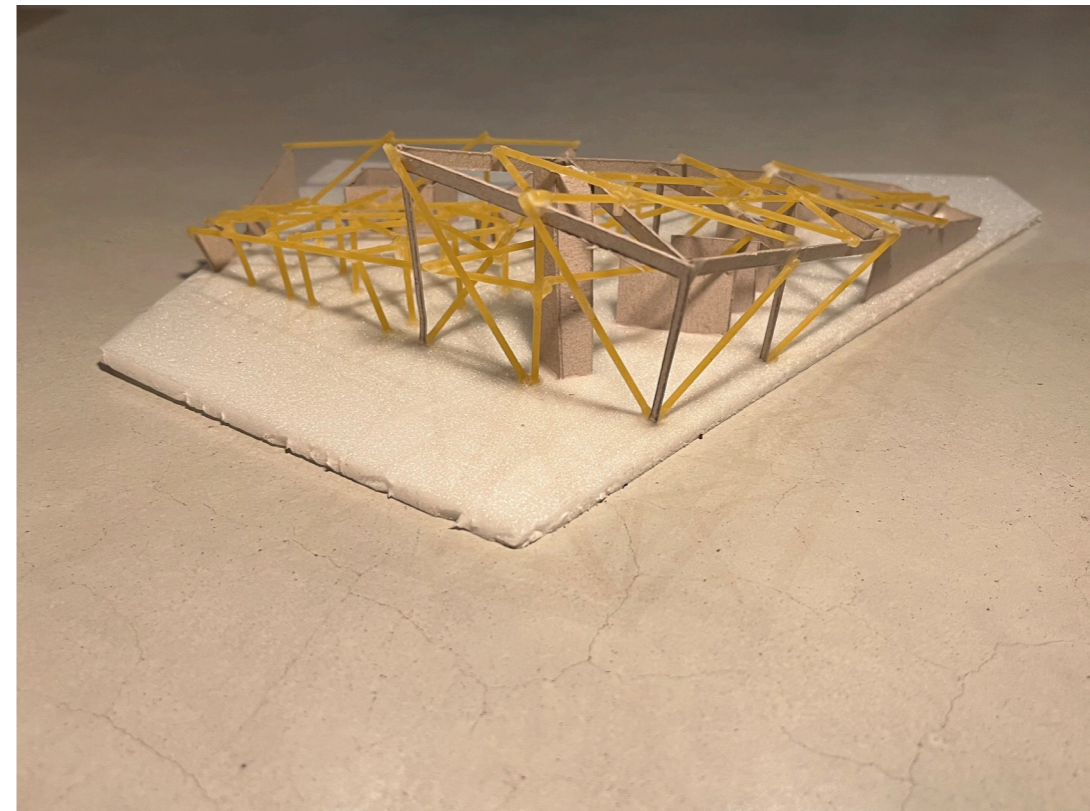
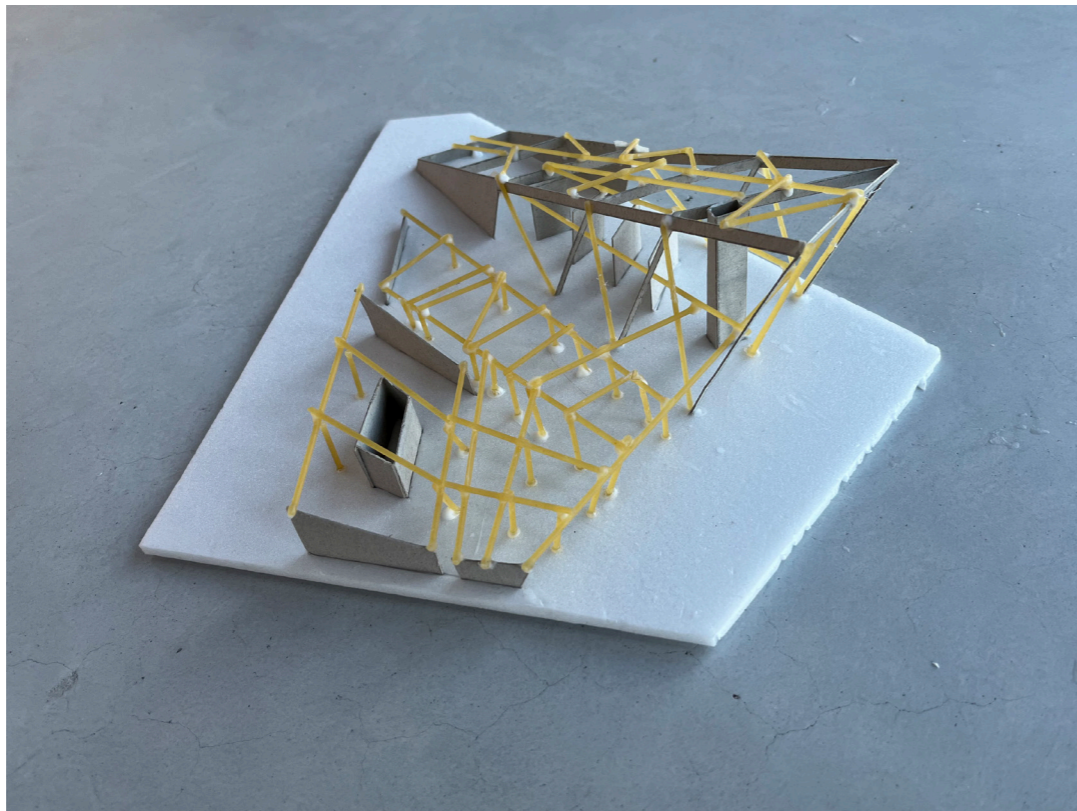
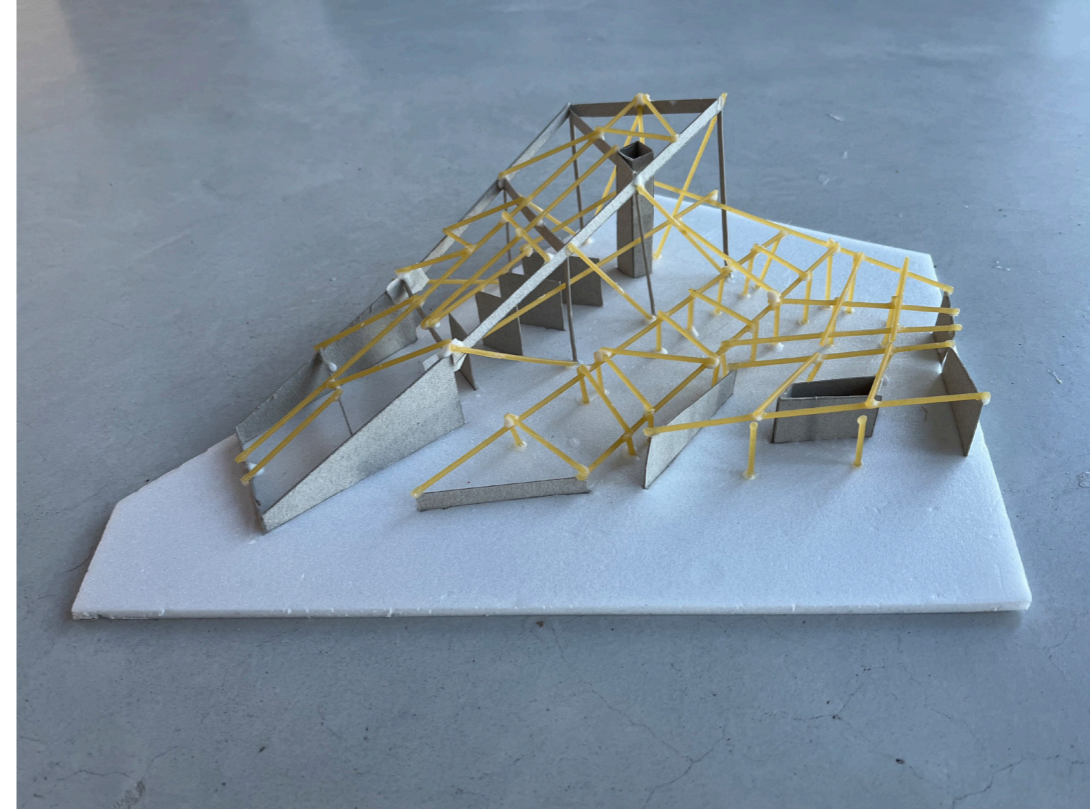
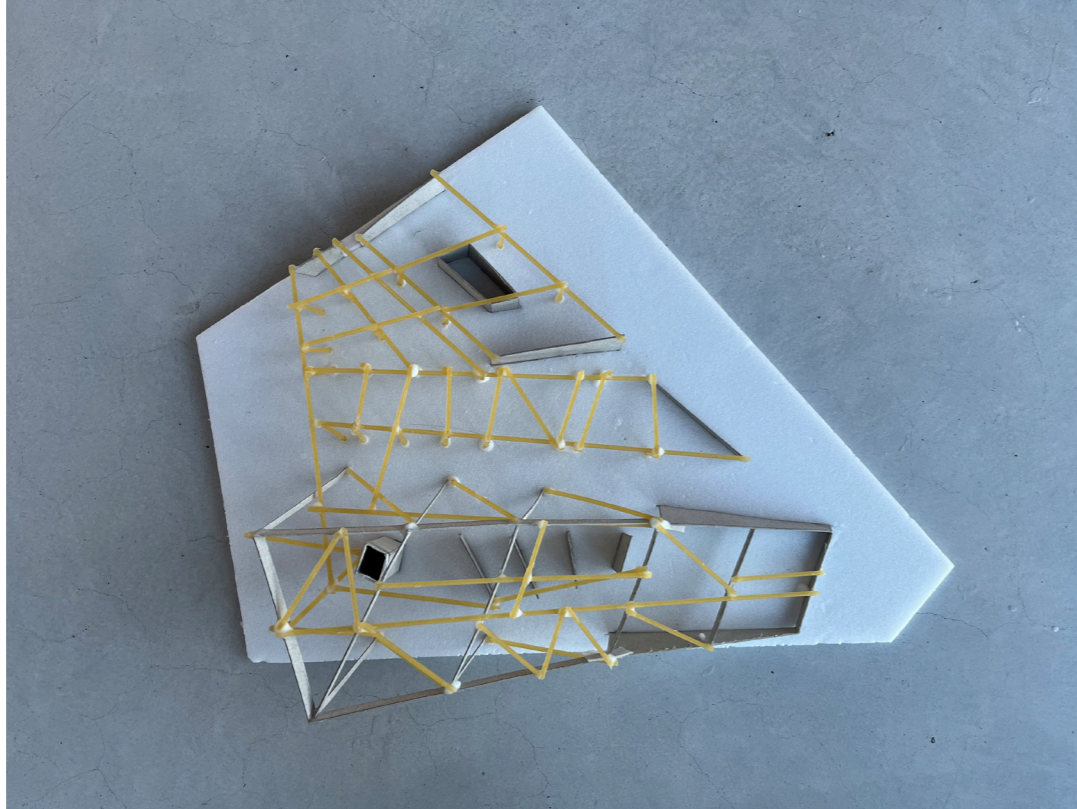
STRUTS FOR STABILITY FRAMES?



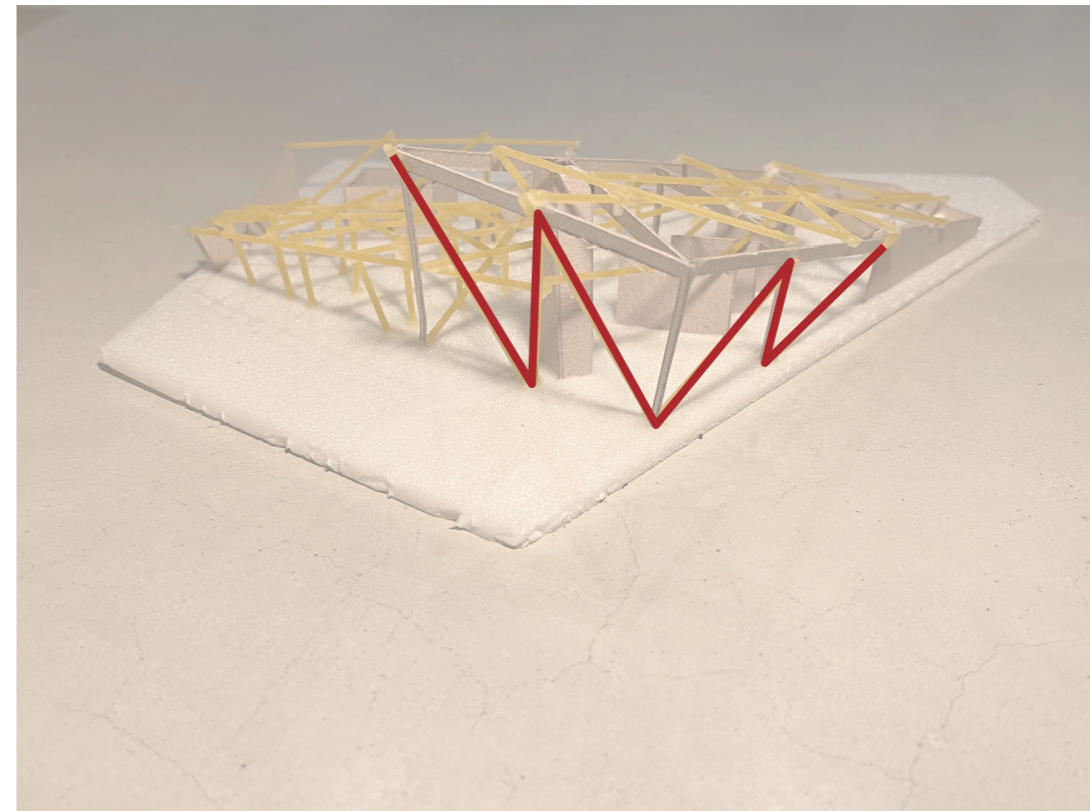
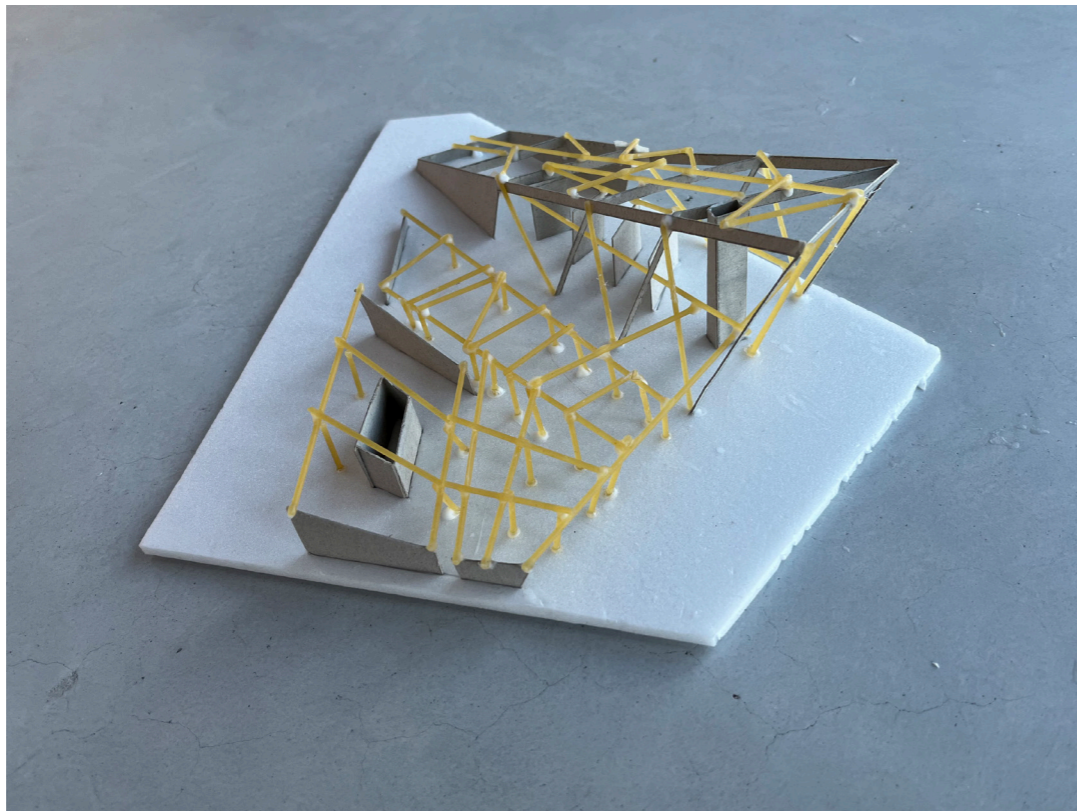
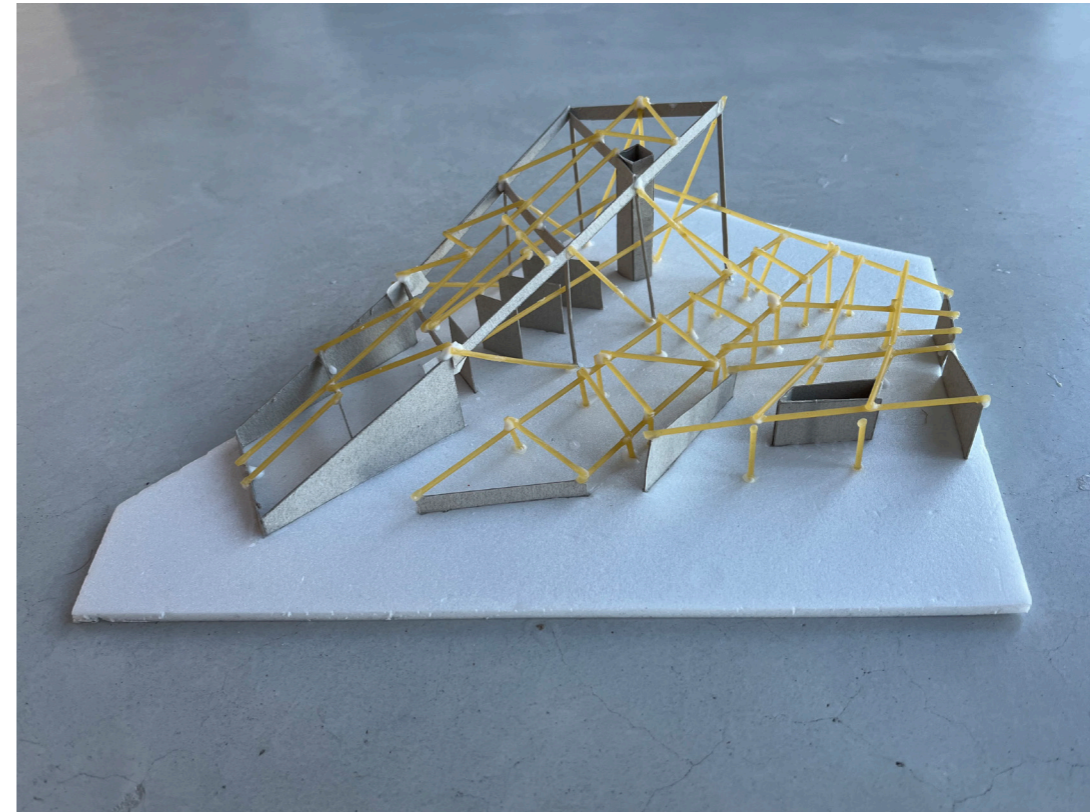
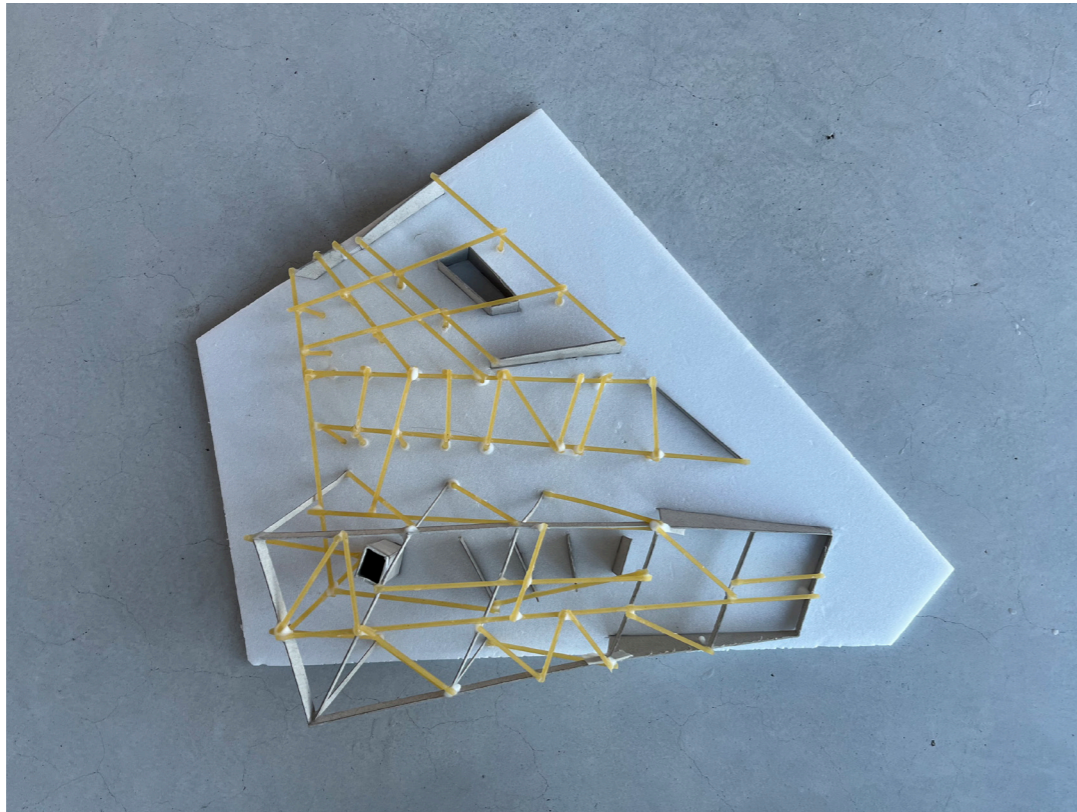
STRUCTURE OPTION 1 MODEL

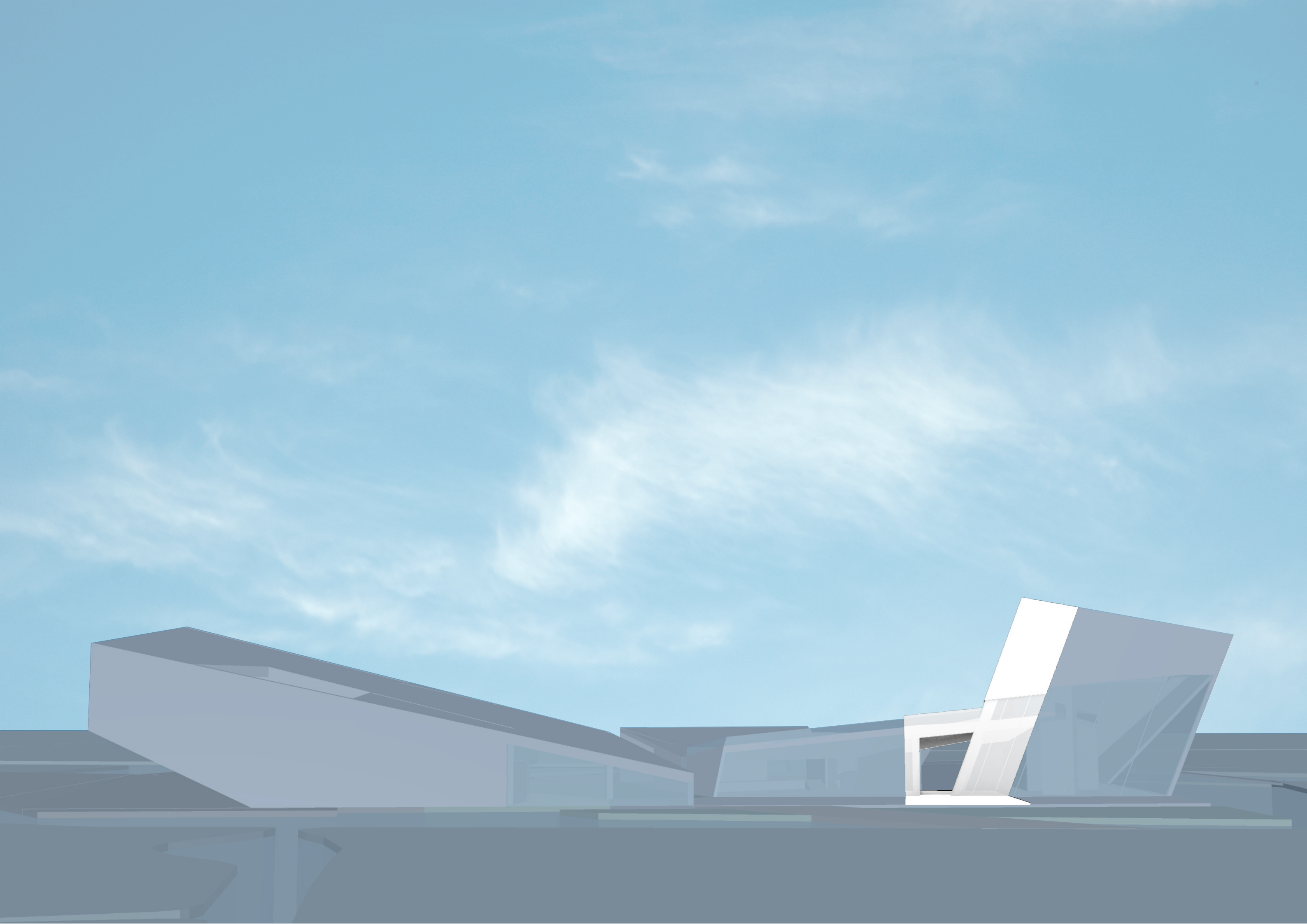


STRUCTURE OPTION 1 MODEL



STRUCTURE OPTION 1 MODEL



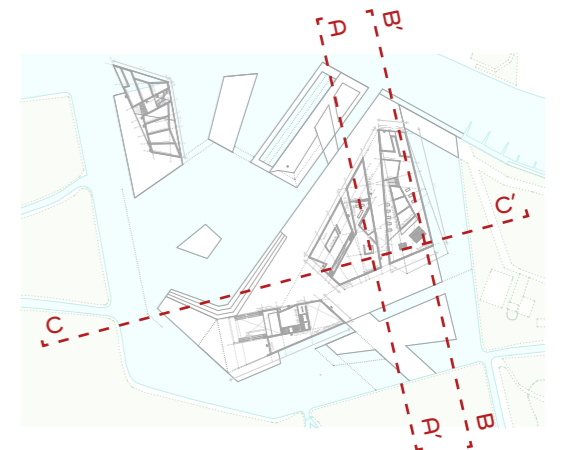
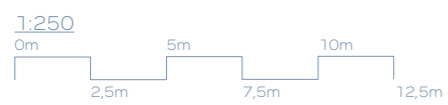
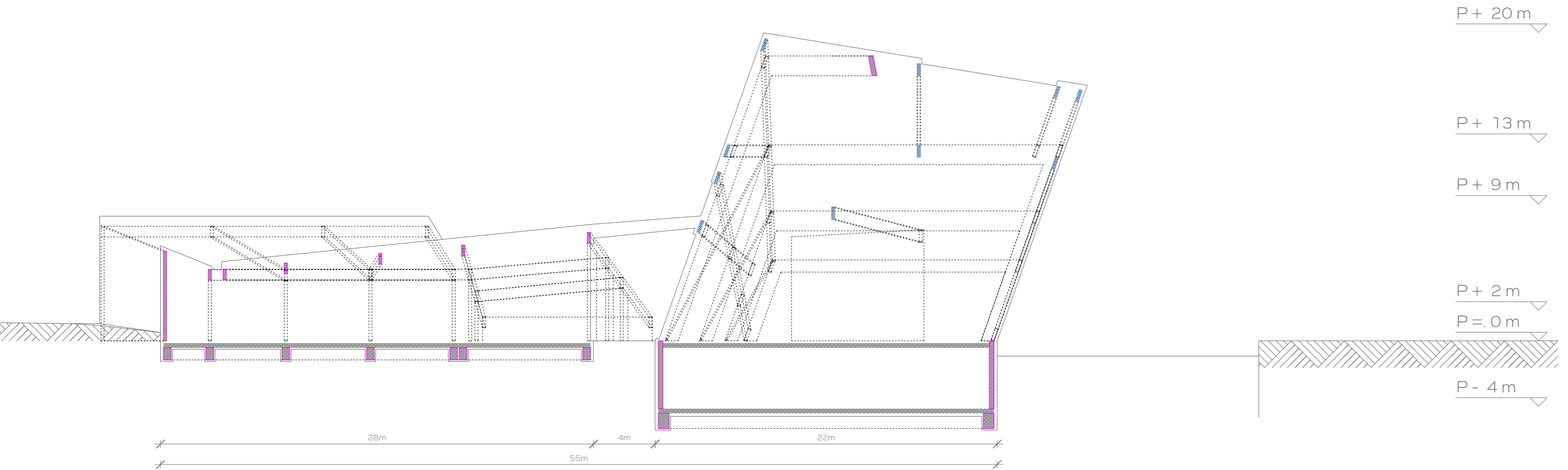


SITE VARIATION BY AMBIENCES

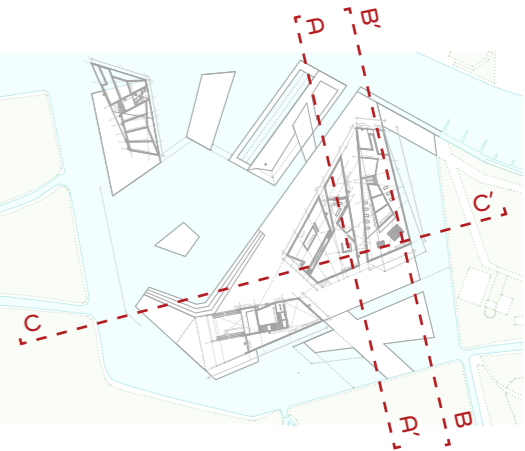
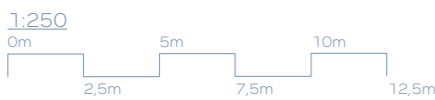
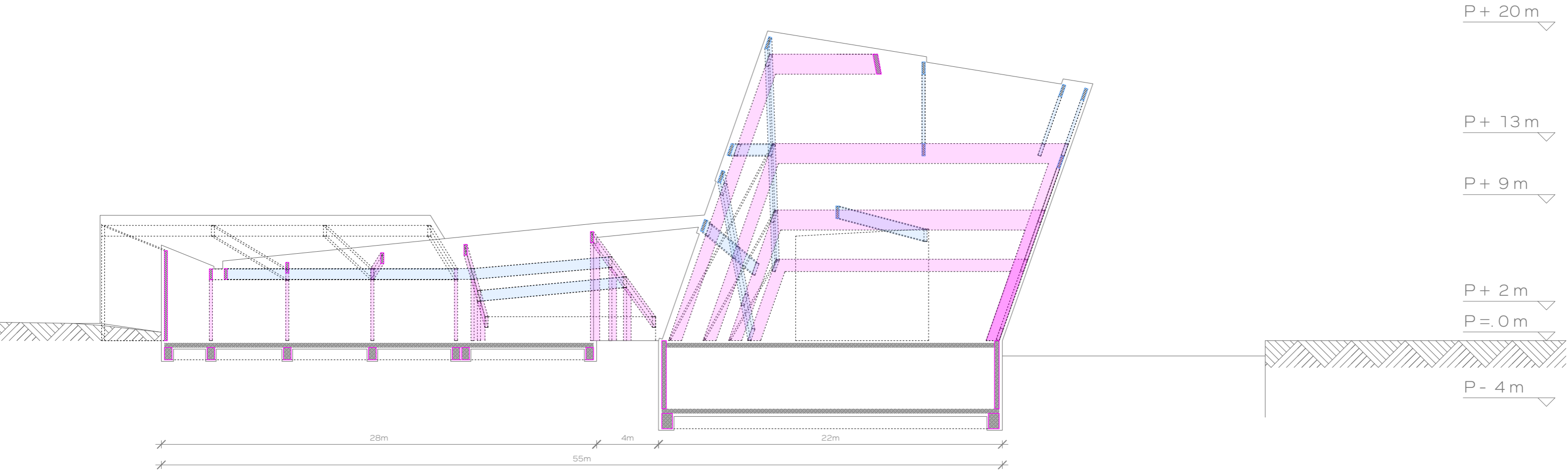


VISITORS RELAXING ON LOUNGING DUNES

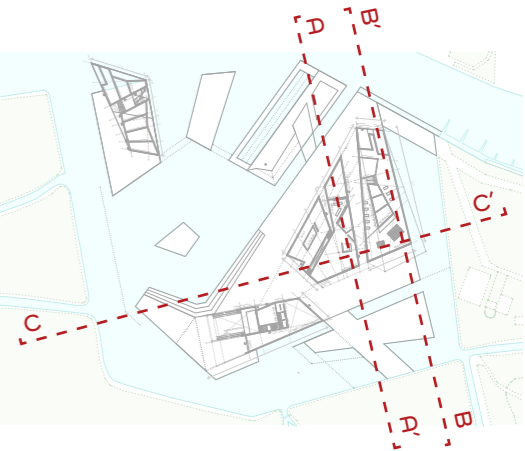
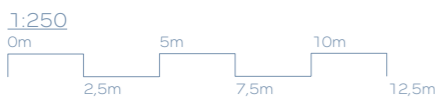
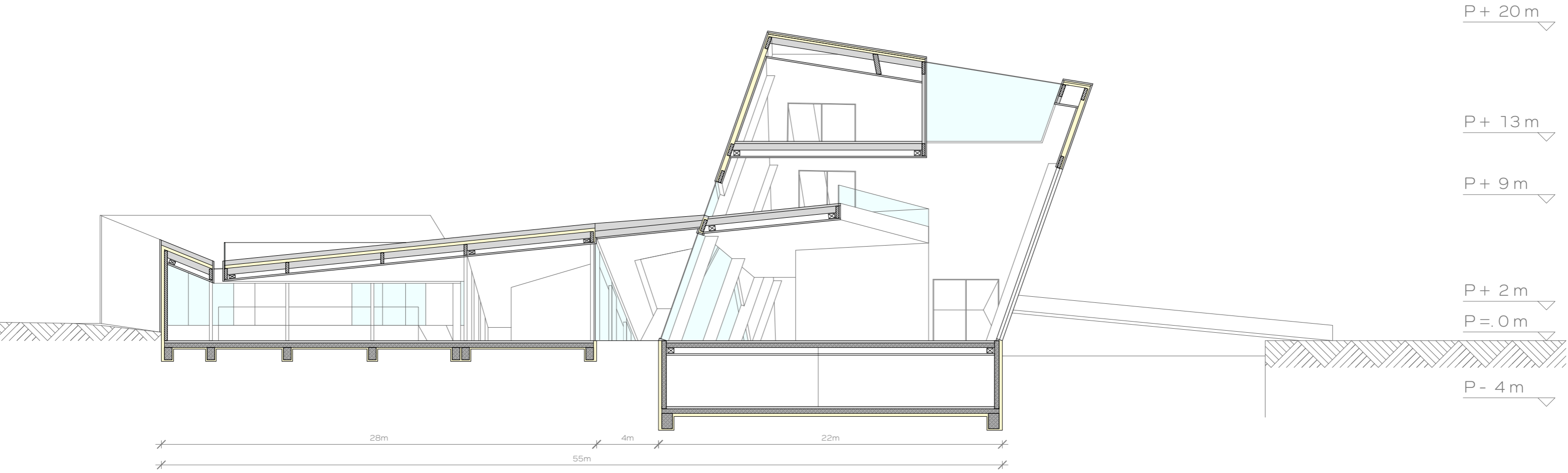
STRUCTURE SECTION CC'



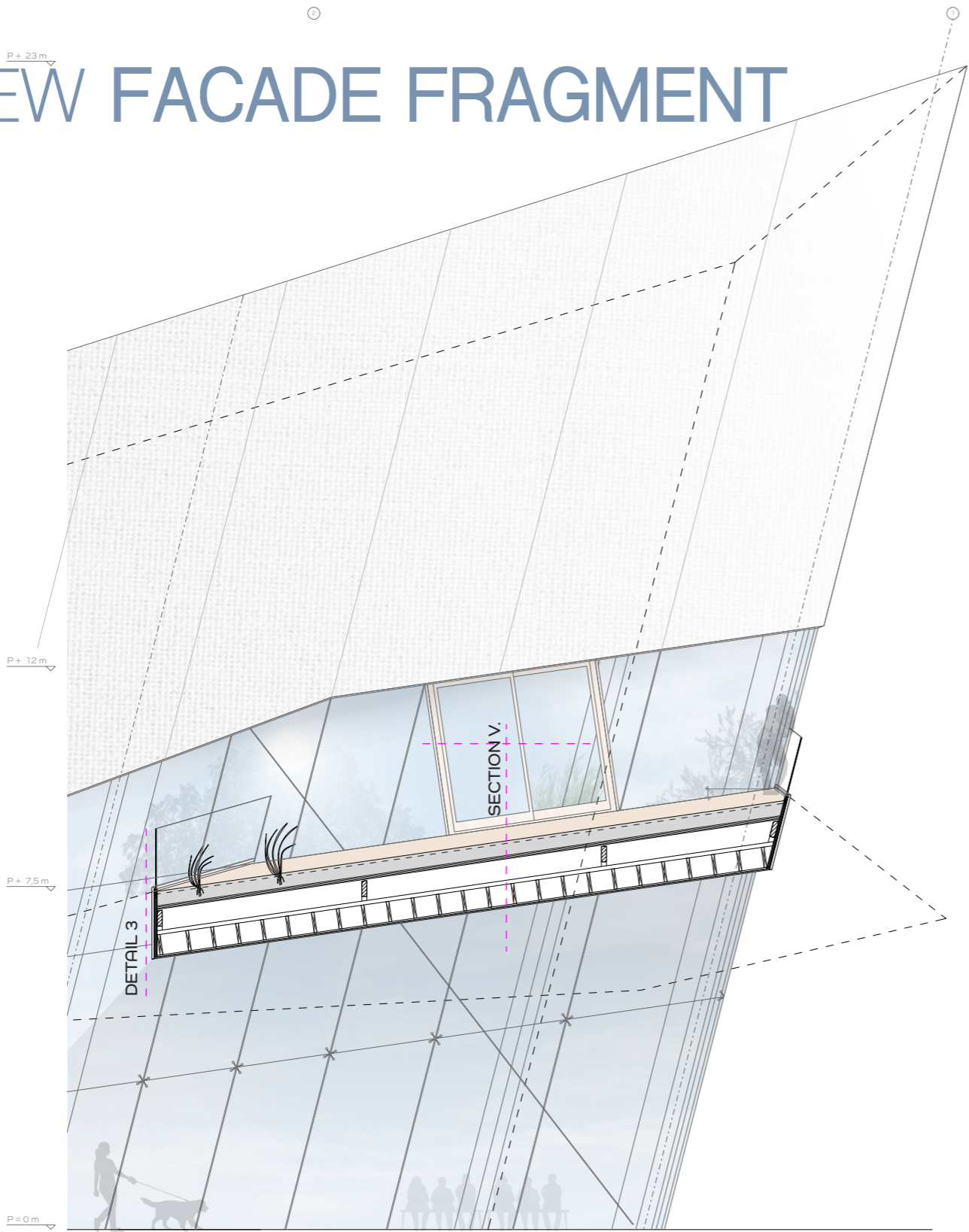
STRUCTURE SECTION CC'



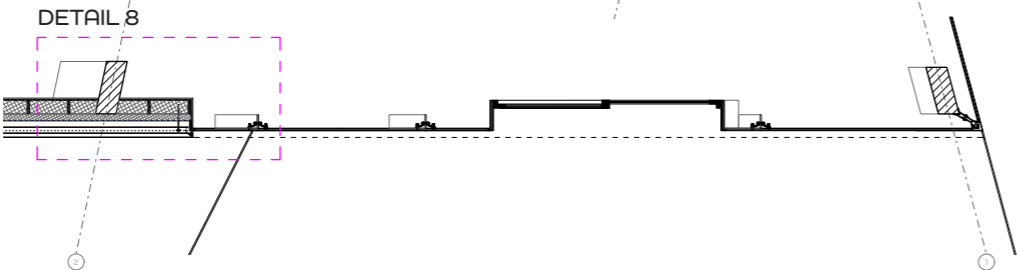
OVERVIEW SECTION CC'



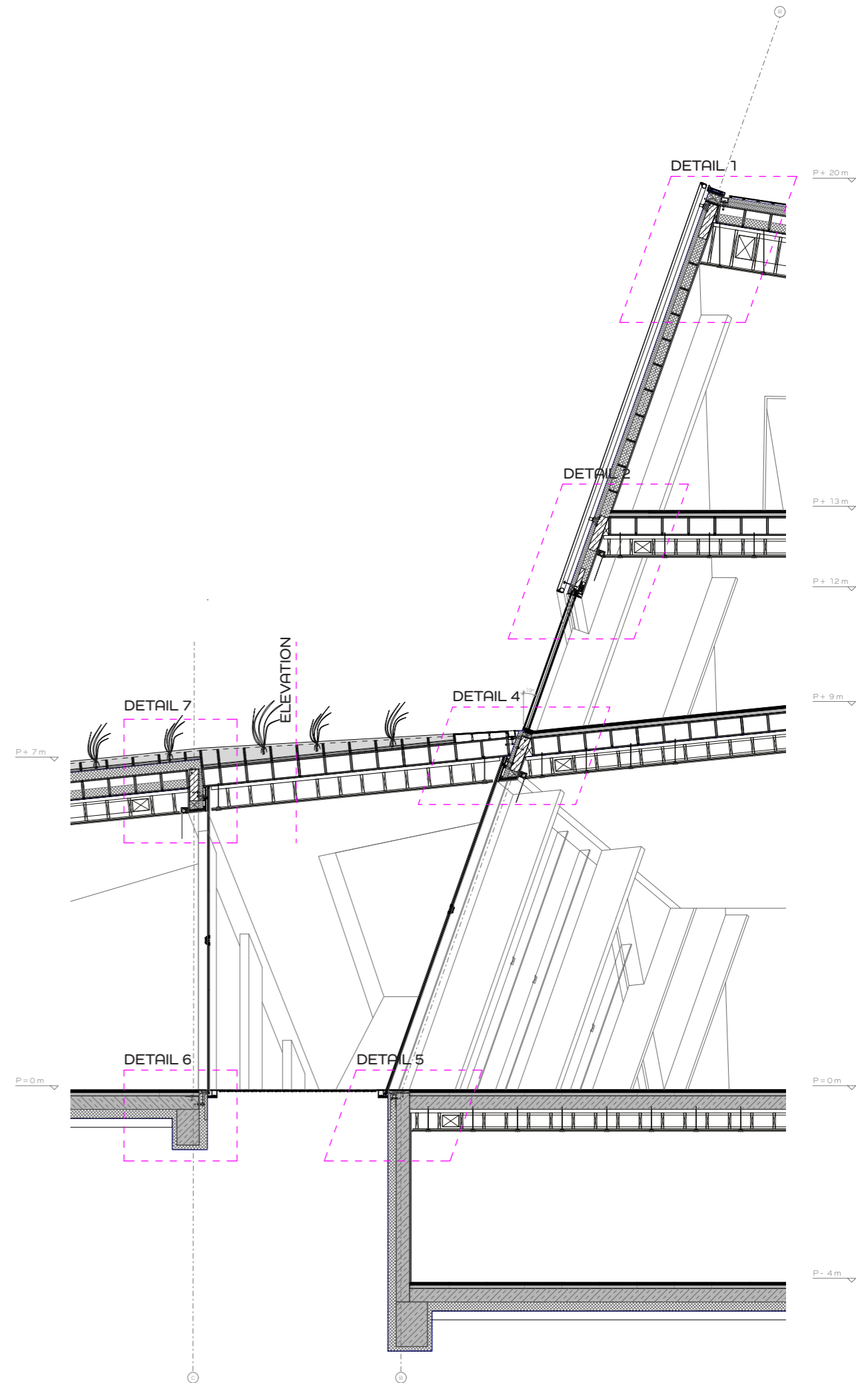
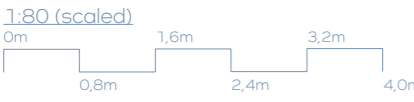
OVERVIEW FACADE FRAGMENT



ELEVATION WEST FACADE

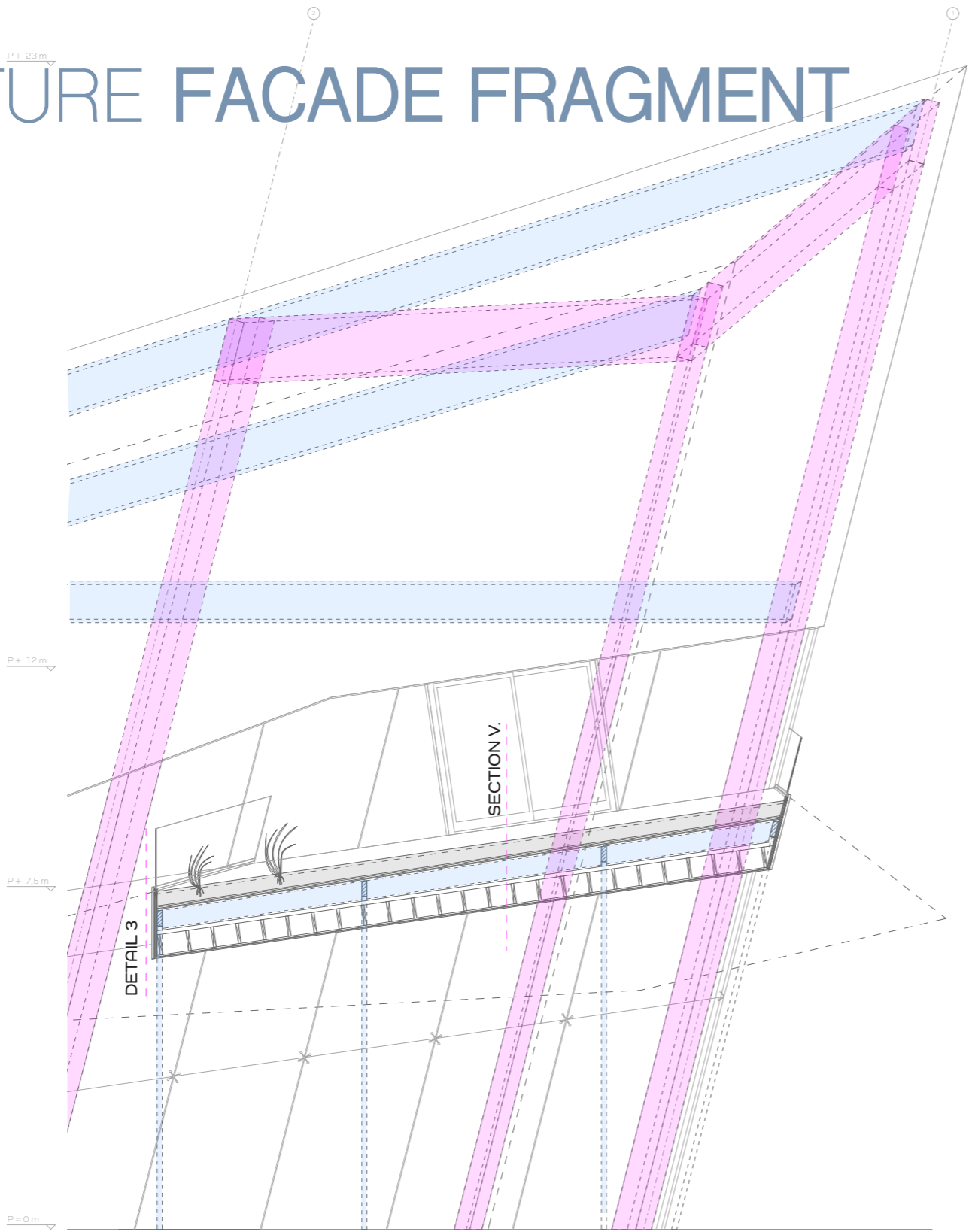


SECTION H. FIRST FLOOR CURTAIN WALL - SLIDING DOORS

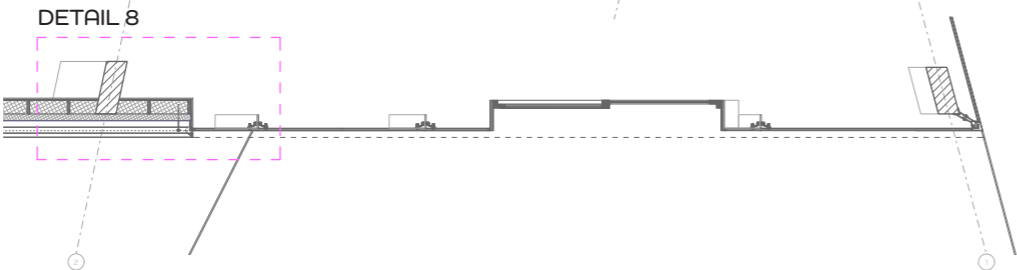


SECTION V. RESTAURANT - CORRIDOR - AUDITORIUM

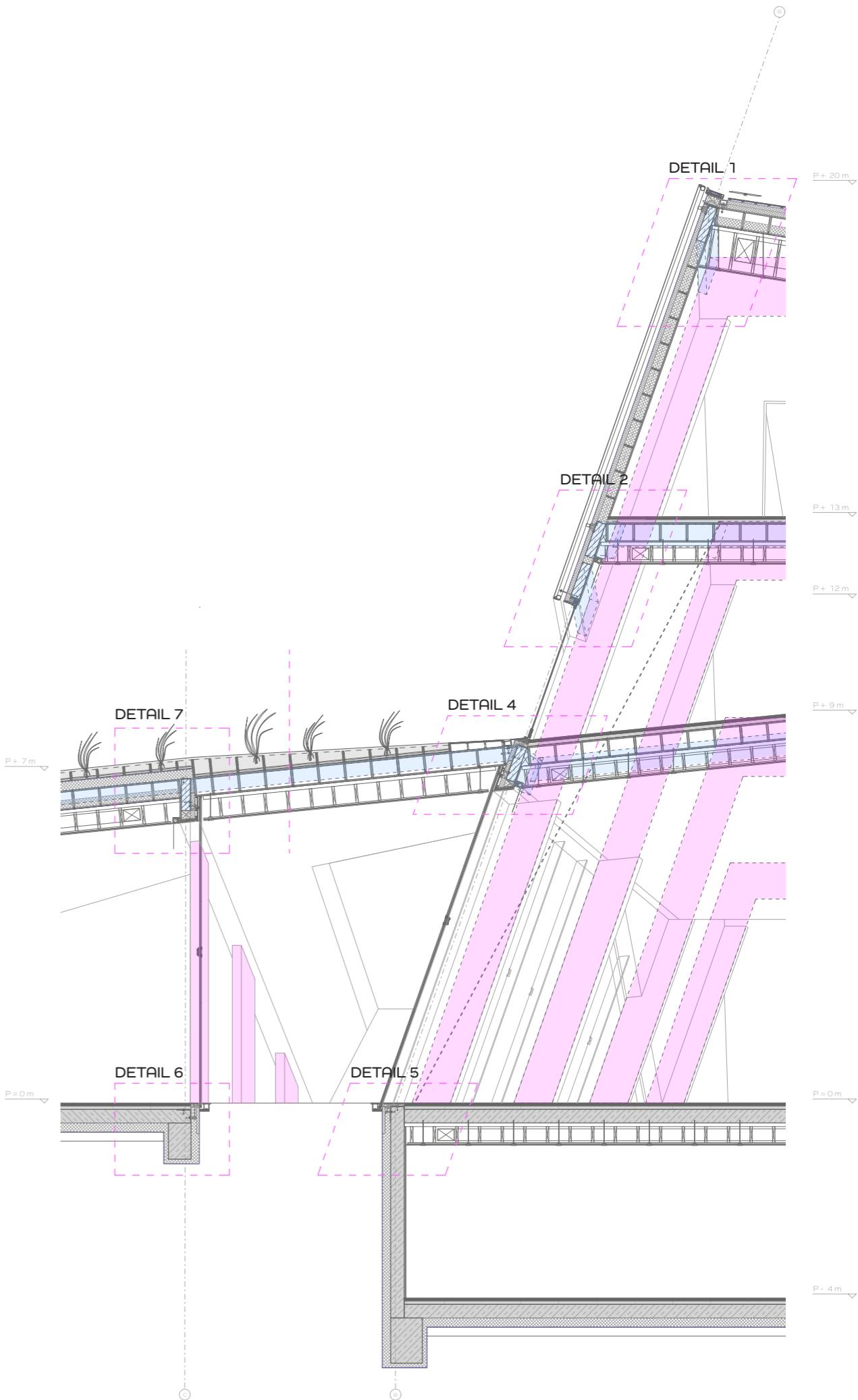
STRUCTURE FACADE FRAGMENT



ELEVATION WEST FACADE



SECTION H. FIRST FLOOR CURTAIN WALL - SLIDING DOORS



SECTION V. RESTAURANT - CORRIDOR - AUDITORIUM

FACADE BUILD-UP

BEAMS EXTEND FROM RESTAURANT
INTO WORKSHOP

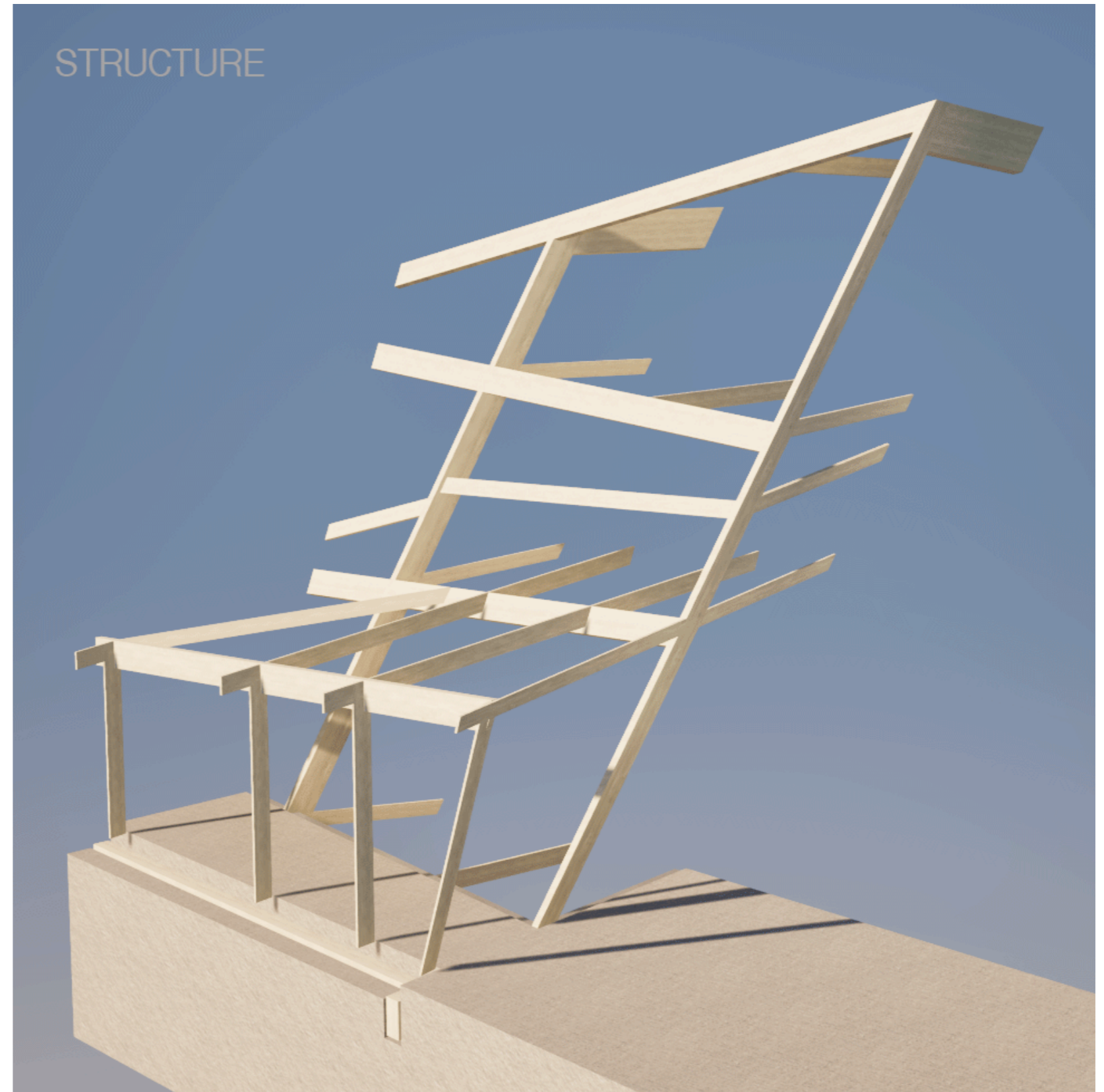
KERTO RIPA FLOORS LAID-IN
BETWEEN BEAMS

CURTAIN WALL GLASS LINE FOLLOWS
ANGLE OF ROOF IN PARALLEL

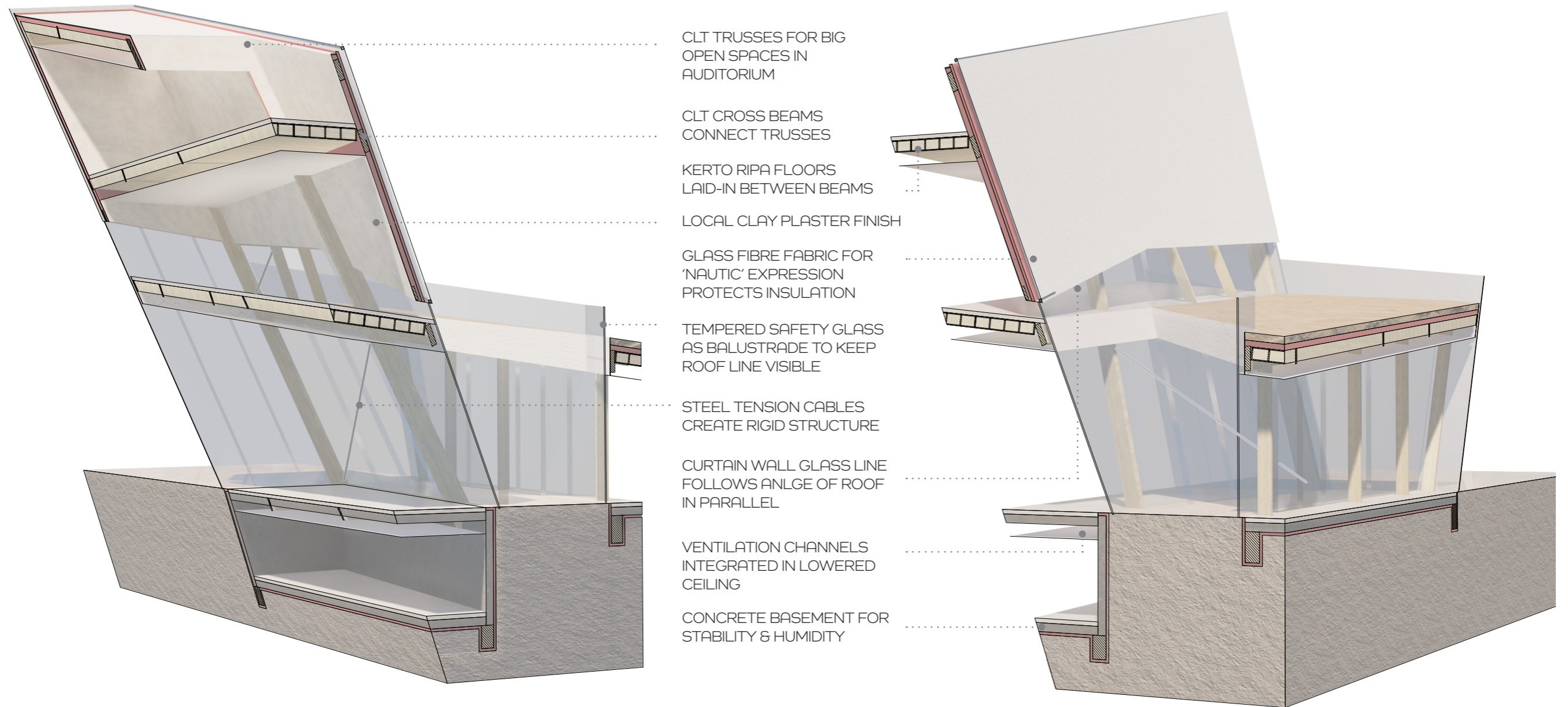
INSULATION COVERS BEAMS

GLASS FIBRE FABRIC COVERING TO
PROTECT INSULATION

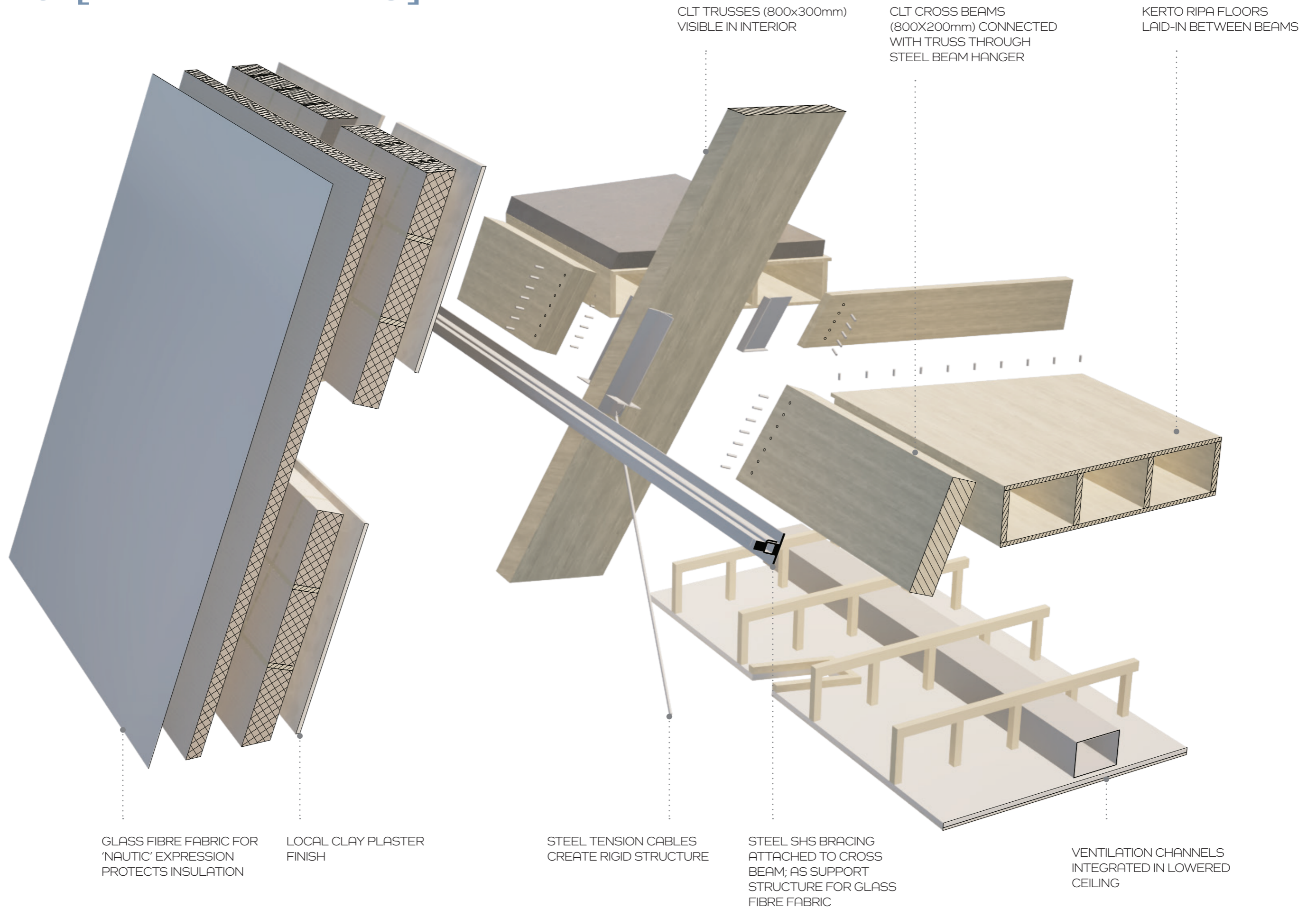
TOP FLOOR COVERS KERTO RIPA
FLOORS AND BEAMS



FACADE CONCEPT DIAGRAM



DETAILS [TILTED BEAMS]



REFLECTION WHY FOCUS ON 'SHAPE'?

We worden overspoeld met adviezen over gezond eten en bewegen, maar waarom horen we nooit iets over „een dagelijkse portie kunst”, vraagt Daisy Fancourt (35), hoogleraar psychobiologie en epidemiologie aan University College Londen. Ze doet al vijftien jaar onderzoek naar de gezondheidseffecten van kunst, en weet inmiddels hoe talrijk en breed die zijn. Mentaal én fysiek. Vermindering van stress, vertraging van de veroudering, minder kans op depressie, op dementie, op chronische pijn, op hart- en vaatziekten, op verstoringen van de afweer.

Fancourt noemt kunst zelfs de vijfde pijler onder gezondheid, naast slaap, voeding, bewegen en natuur. En het is een vergeten pijler, want we horen maar zelden over al die voordelen, schrijft ze in haar boek *Art Cure*, waarvan twee weken geleden de Nederlandse vertaling is verschenen, *Kunst als medicijn*. „Het is een bizar goed bewaard geheim”, zegt ze via videoverbinding. „Terwijl kunst een recht is.” Fancourt verwijst naar artikel 27 van de Universele Verklaring van de Rechten van de Mens uit 1948: „Een ieder heeft het recht om vrijelijk deel te nemen aan het culturele leven van de gemeenschap, om te genieten van kunst...”

U definieert kunst vrij breed. Waarom?

„Bij kunst wordt vaak gedacht aan dans, poëzie, beeldhouwen, schilderen of het bespelen van een instrument. Voor mij is het inderdaad breder. Het gaat er namelijk om wat kunst bewerkstelligt in onze hersenen en ons lichaam. Het moet een aantal artistieke elementen bevatten: creativiteit, verbeelding, het aanspreken van meerdere zintuigen. Die kunnen er ook zijn als je goocheltrucs leert, hout bewerkt, tuint, verjaardagskaarten maakt, van alles.”

U schrijft in uw boek dat die artistieke elementen subjectief zijn. Bij de een zijn ze er bij het zingen of het bakken van een taart wel, bij de ander niet. Maar hoe weet je of je die artistieke elementen aanspreekt?

„In het boek geef ik het voorbeeld van een tentoonstelling waar ik iets betoverends zag. Ik weet niet meer precies hoe oud ik was, het moet op de lagere school zijn geweest. Ik stond oog in oog met een schaap. Ze had een geulekte witte kop en een zwart

INTERVIEW **DAISY FANCOURT**
PSYCHOBIOLOOG EN EPIDEMIOLOOG

‘Iedere dag
een beetje
creativiteit
inbouwen
geeft veel
voordelen’

Het belang van kunst voor het menselijk welbevinden is „een bizar goed bewaard geheim”, zegt de Britse hoogleraar Daisy Fancourt. „Er zijn intussen honderden mechanismen geïdentificeerd.”

Door **Marcel aan de Brugh**
Fotografie **Justin Griffiths-Williams**

8/11

Gezondheid

Kunst is net zo belangrijk als slaap, voeding, bewegen en natuur

