



Anna Estee van Oers
THE SELF OBSERVATORY
02/02/2018
Graduation

CP

CONTENT



PERSONAL INTEREST



THE ASSIGNMENT

- *mental health issues*



CURRENT ISSUES

- *mental health issues*



FUTURE ISSUES

- *unemployment*

- *stress*



PROBLEM STATEMENT



SEMINAR RESEARCH



CONCLUSIONS, AMBITION + STRATEGY



SITE DESIGN

- *Characteristics People & Landscape*

- *Design*



PAVILIONS

- *Gradient*

- *Program*

- *Materialisation*



TOWER

- *gradient*

- *program*

- *logistics*

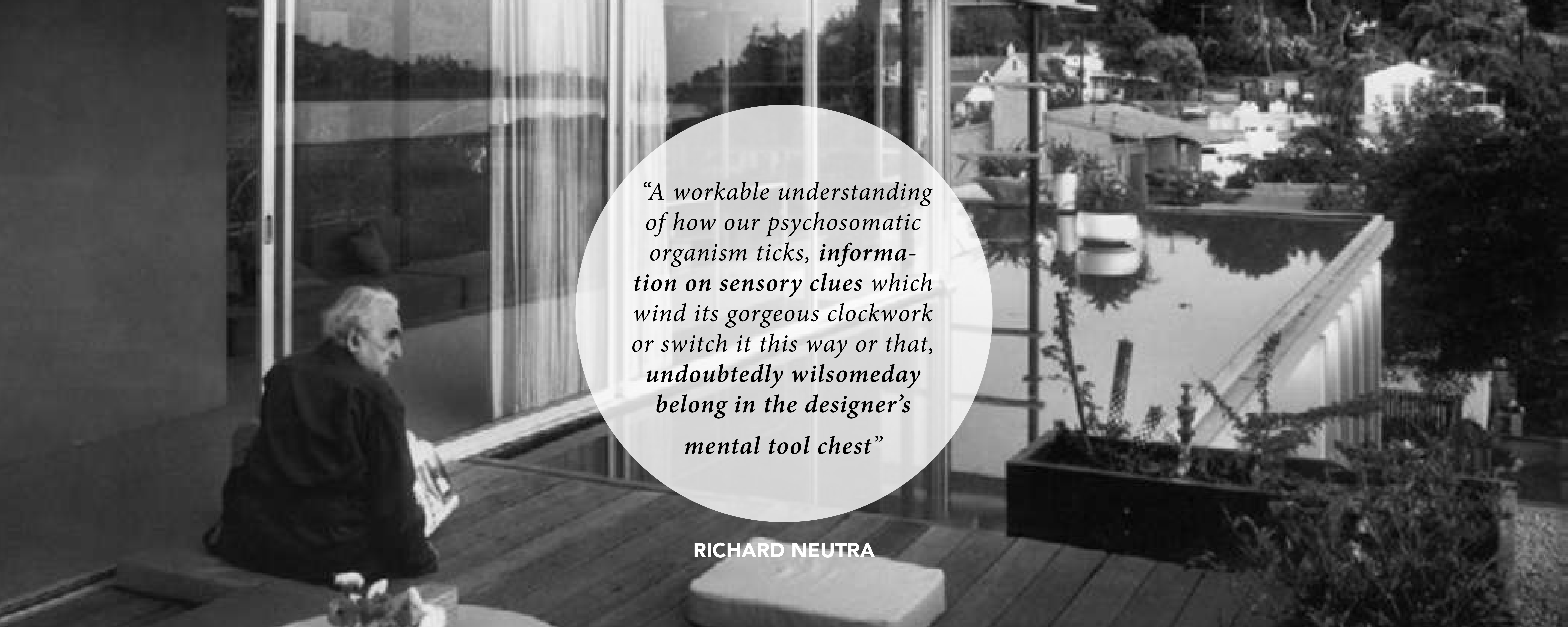
- *Materialisation*

- *Climate*



CONCLUSIONS



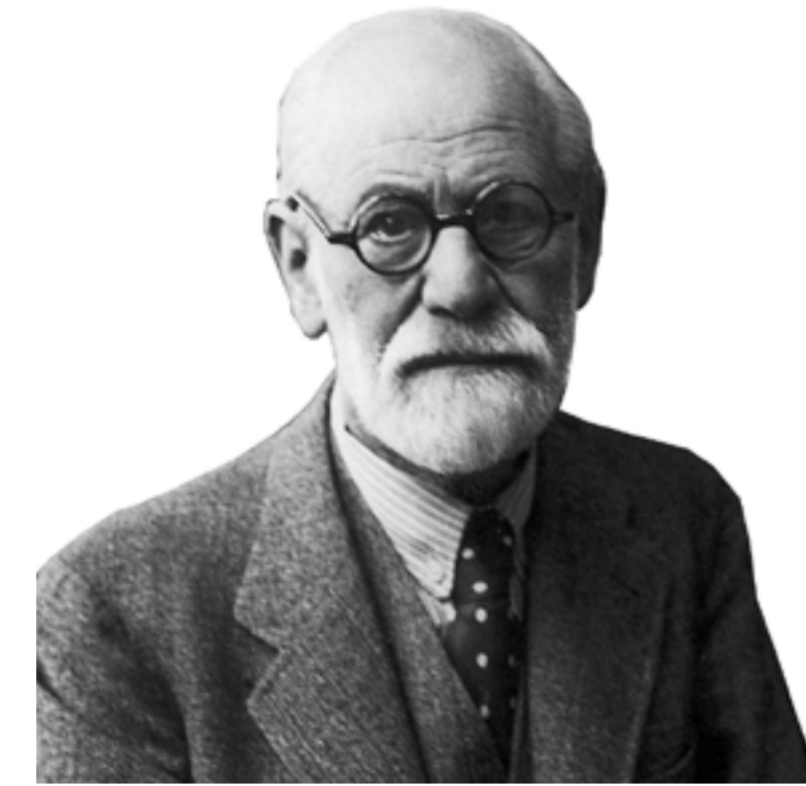
A black and white photograph of an elderly man, Richard Neutra, sitting on a wooden balcony. He is wearing a dark jacket and glasses, looking towards the right. The balcony has a glass railing and a large planter box with various plants. In the background, there are houses and trees. A large, semi-transparent white circle is overlaid on the center of the image, containing a quote in a serif font.

*“A workable understanding
of how our psychosomatic
organism ticks, informa-
tion on sensory clues which
wind its gorgeous clockwork
or switch it this way or that,
undoubtedly wilsomeday
belong in the designer’s
mental tool chest”*

RICHARD NEUTRA

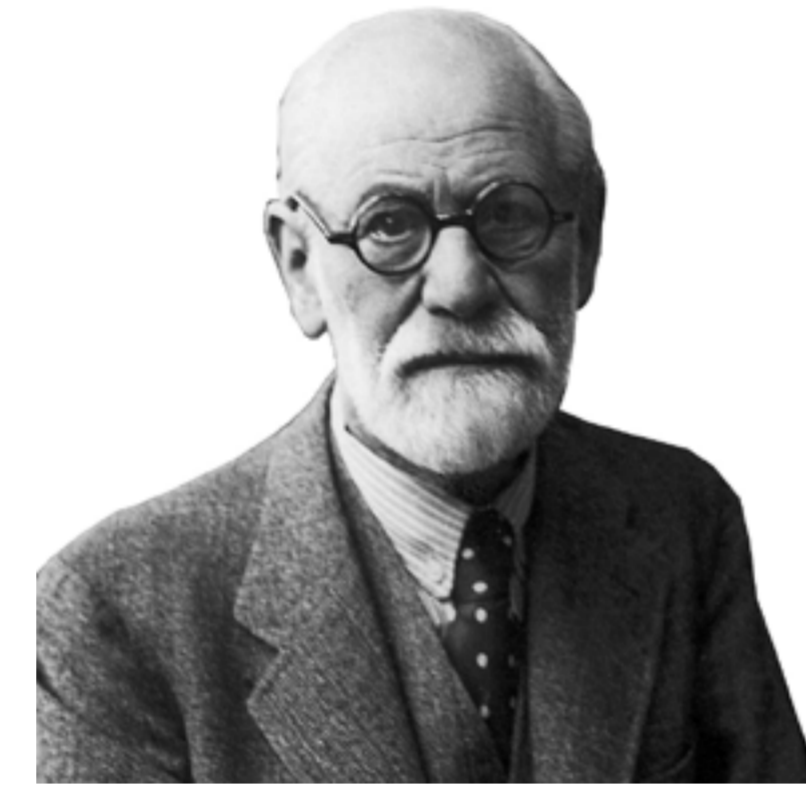
PERSONAL FASCINATION

in relation to architecture



**ENVIRONMENTAL-
PSYCHOLOGY**

PERSONAL FASCINATION
in relation to architecture

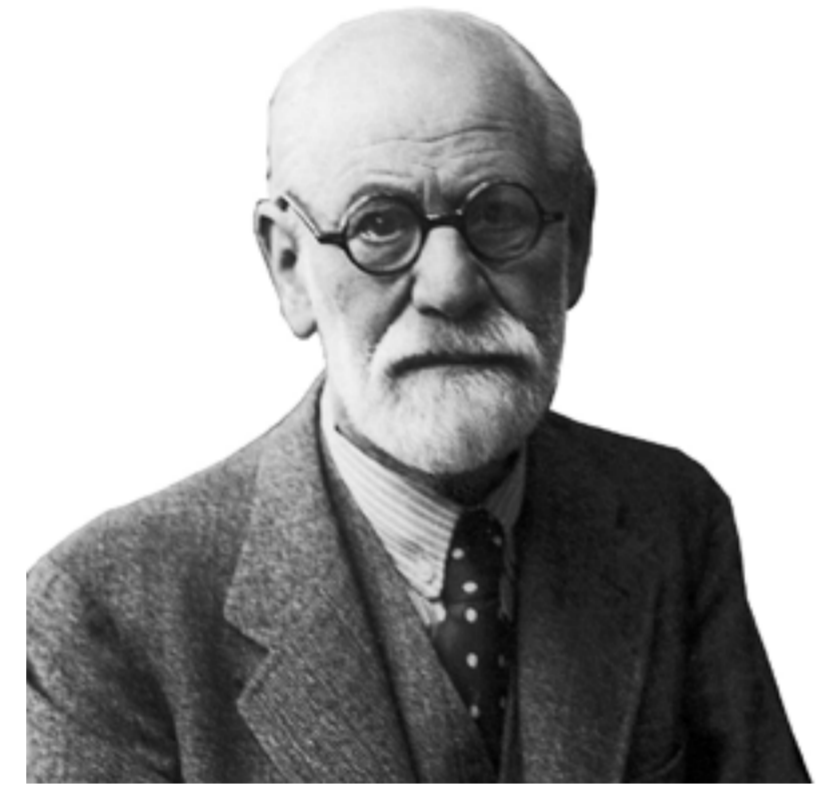


**ENVIRONMENTAL-
PSYCHOLOGY**



WELLBEING

PERSONAL FASCINATION
in relation to architecture



**ENVIRONMENTAL-
PSYCHOLOGY**



WELLBEING



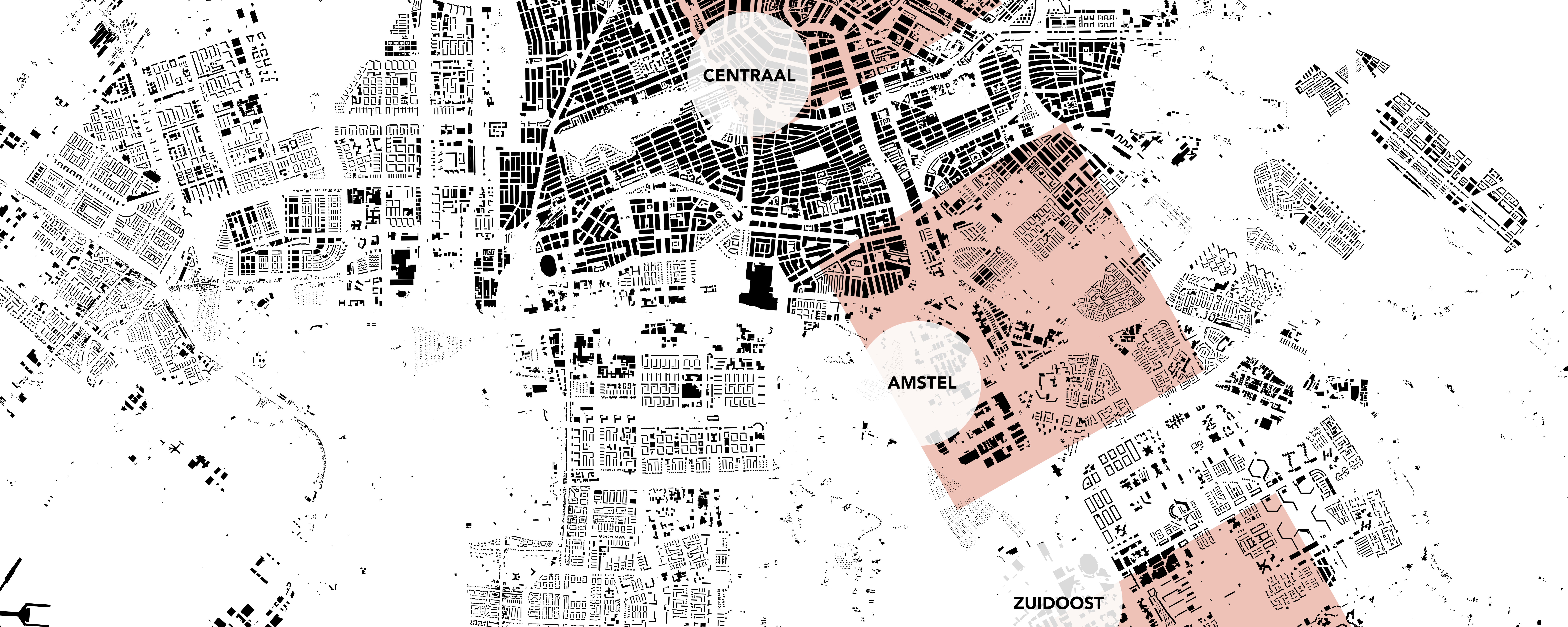
NATURE

PERSONAL FASCINATION
in relation to architecture

THE ASSIGNMENT
Complex Projects - TU Delft

THE ASSIGNMENT
Complex Projects - TU Delft

AMSTERDAM 2050



CENTRAAL

AMSTEL

ZUIDOOST



AMSTERDAM ZUIDOOST
Current state wellbeing



12%

UNEMPLOYED

VS. 5,4% NATIONAL



12%
UNEMPLOYED
VS. 5,4% NATIONAL



22,8%
LOW INCOME
VS. 10% NATIONAL



12%
UNEMPLOYED
VS. 5,4% NATIONAL



22,8%
LOW INCOME
VS. 10% NATIONAL



10,7%
**WELFARE
SYSTEM**
VS. 4% NATIONAL

Arrestatieteam haalt verwarde man van dak in Zuidoost



Tefelenstraat in Zuidoost © Google Maps



Eigen GGZ-poli voor zorgmijders Zuidoost



“De mensen die in Zuidoost wonen verlaten nauwelijks het stadsdeel,” zegt Annette Sanders. © Jean-Pierre Jans



Inwoners van Zuidoost lijken niet bereid het stadsdeel te verlaten voor geestelijke gezondheidszorg. Daarom opende Arkin deze week polikliniek Ganzenhoef.

TOPICS NIEUWSBRIEF DIGITALE

Wij, Omroep

Het Parool

HOME AMSTERDAM OPINIE STADSGIDS

Meer overlast door mensen met psychische problemen



Dit blijkt uit een rondgang in Zuidoost. Hester van Buren, topvrouw van woningcorporatie Rochdale zegt zich zorgen te maken over kwetsbare groepen die in 'gewone' woonwijken komen wonen.

AMSTERDAM ZUIDOOST
Current state of affairs

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SEMINAR RESEARCH

CONCLUSIONS, AMBITION + STRATEGY

SITE DESIGN

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- *Landscape*

PAVILIONS

- *Gradient*

- *Program*

- *Materialisation*

TOWER

- *gradient*

- *program*

- *logistics*

- *Materialisation*

- *Climate*

CONCLUSIONS

AMSTERDAM ZUIDOOST
Amsterdam 2050 - future wellbeing



REVIEWS NEWS VIDEO HOW TO SMART HOME CARS DEALS DOWNLOAD

CULTURE

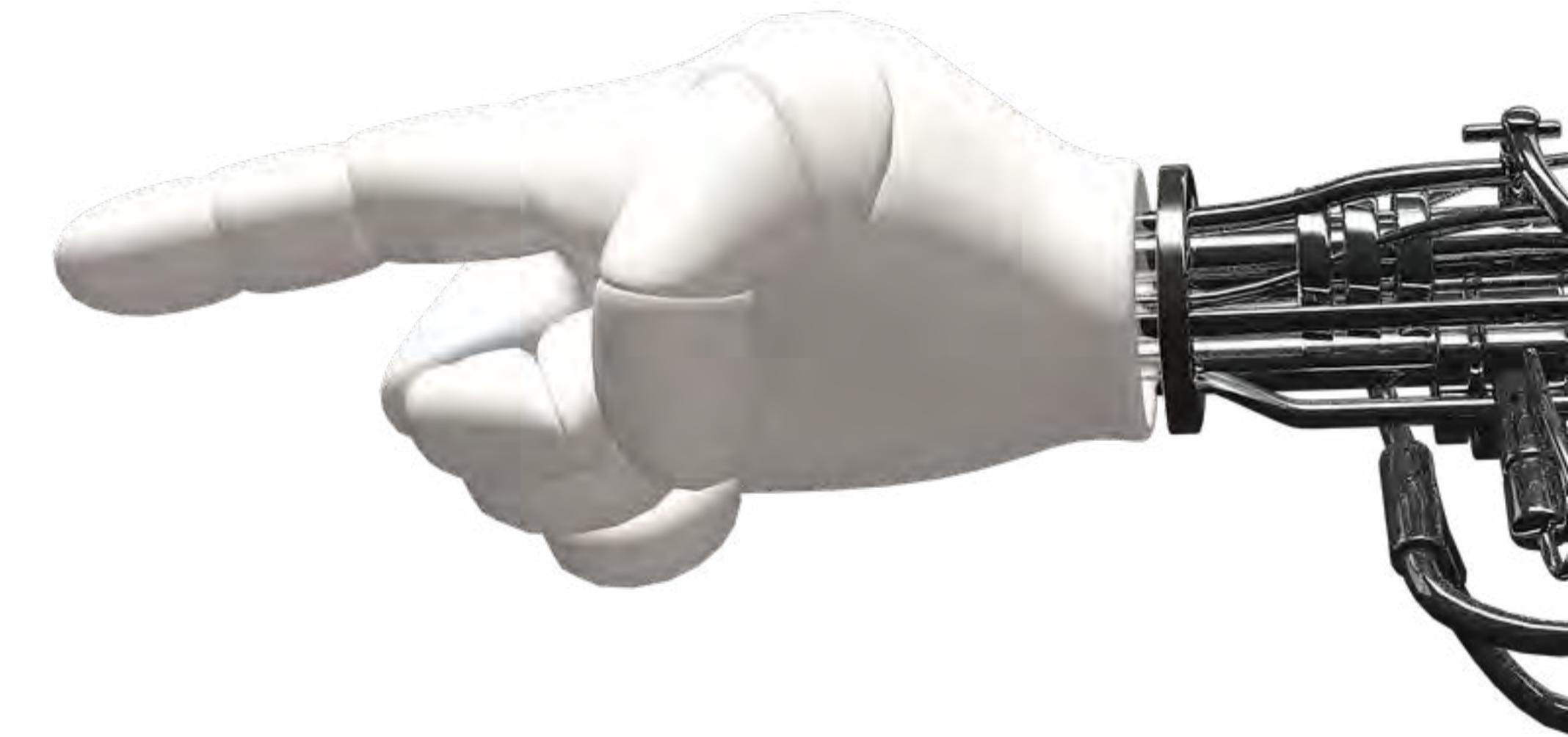
Robots could push unemployment to 50% in 30 years, prof says

Will jobs exist in 2050?

The Guardian International edition

Sophisticated machines are fast outpacing jobs. What does this mean for the future of work? And if there are no jobs, what we

The [jobs more likely to be taken over by robots](#) include those in the transportation and storage (56%) sectors, as well as manufacturing (46%) and retail (44%).



The paradox of work is that many people hate their jobs, but they are considerably more miserable doing nothing.

77%
STRESS

64%
ANXIOUS

61%
VULNERABLE

54%
USELESS



RESULTS
Of unemployment

The problem with needing highly specialised roles is that it will isolate parts of the population who are unable to continuously adapt and retrain. “We can’t all be knowledge workers, so there will be a lot of unemployment – and perhaps no impetus to help these people.

...

*The future of work will soon become
“the survival of the most adaptable”*

PROBLEM STATEMENT

Future of Amsterdam Zuidoost

*Citizens of Zuidoost will face mental health problems caused by the effects
unemployment and the **lack of being capable to adapt.**
Not having a purpose will cause stress and anxiety, and a **loss of sense of self
and identity***

PROBLEM STATEMENT

Future of Amsterdam Zuidoost

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CONCLUSIONS

RESEARCH

Mental Health & Environmental psychology

*Which **architectural and environmental elements**
can contribute to successful brain restoration and thus,
add up to the **wellbeing of the users?***

RESEARCH QUESTION

Research Question



LITERATURE



TYPLOGIES

RESEARCH

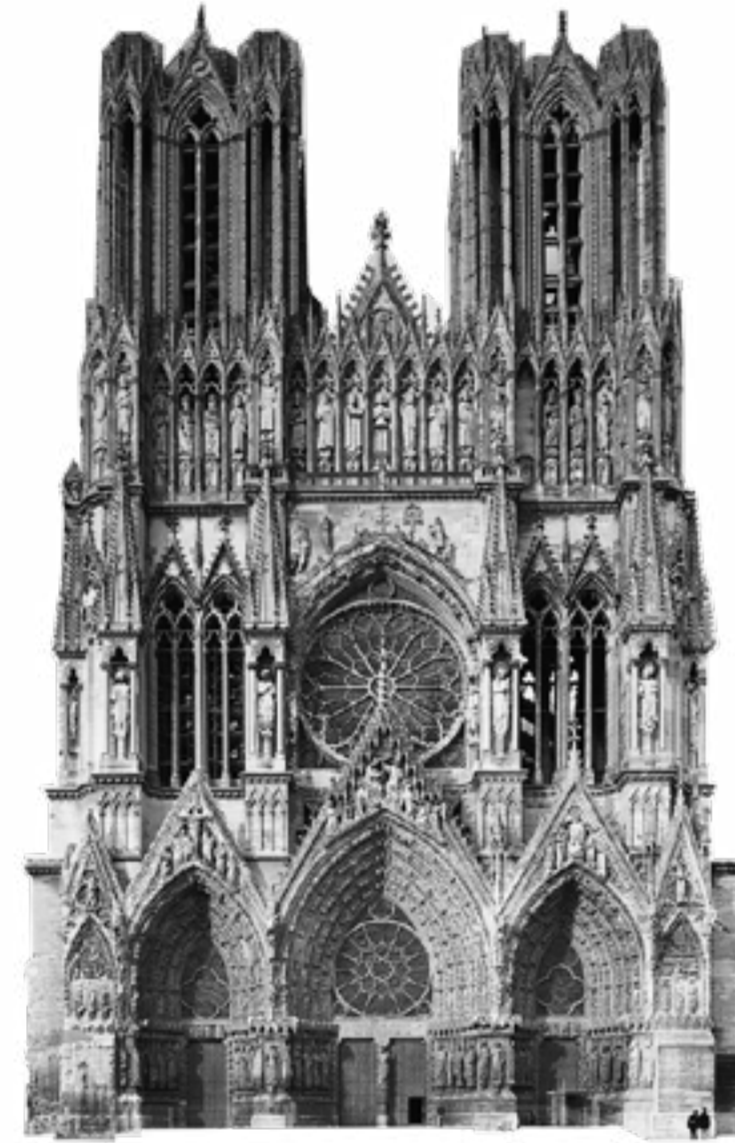
Two types



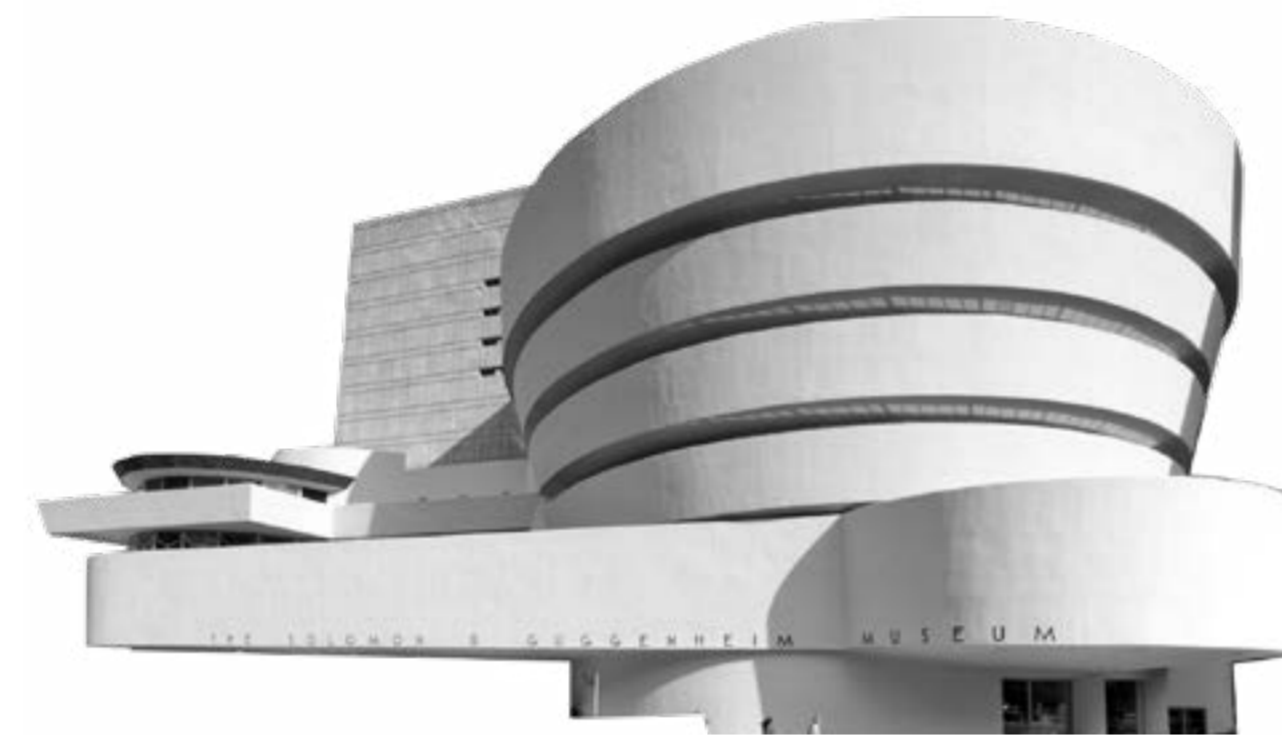
**LITERATURE
CONCLUSIONS**



CONCLUSIONS
Literature research



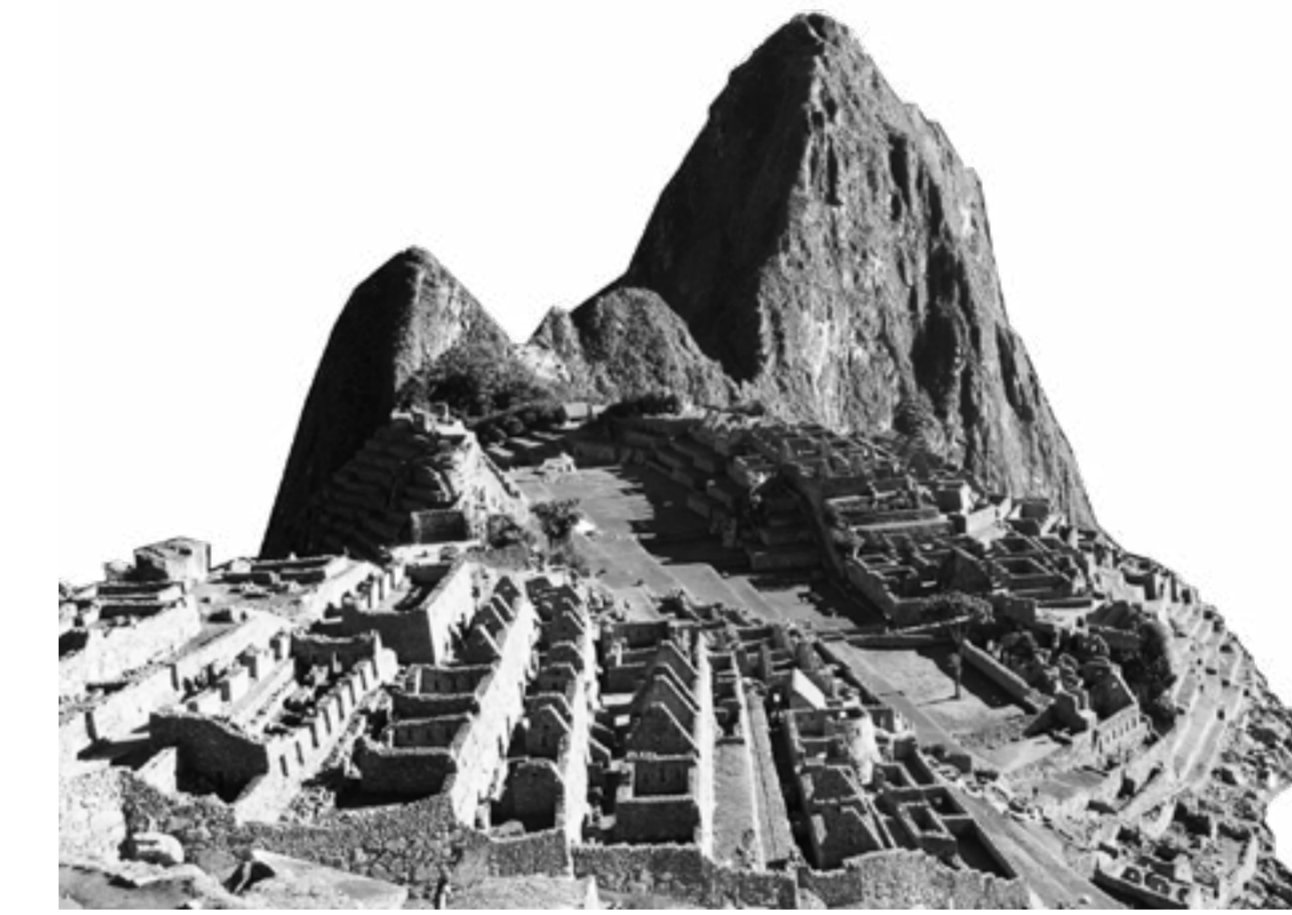
RELIGIOUS



MUSEUM



LIBRARY

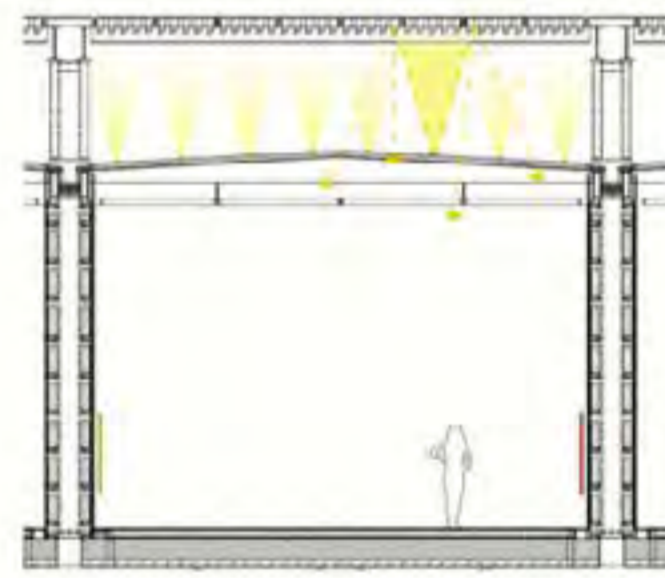
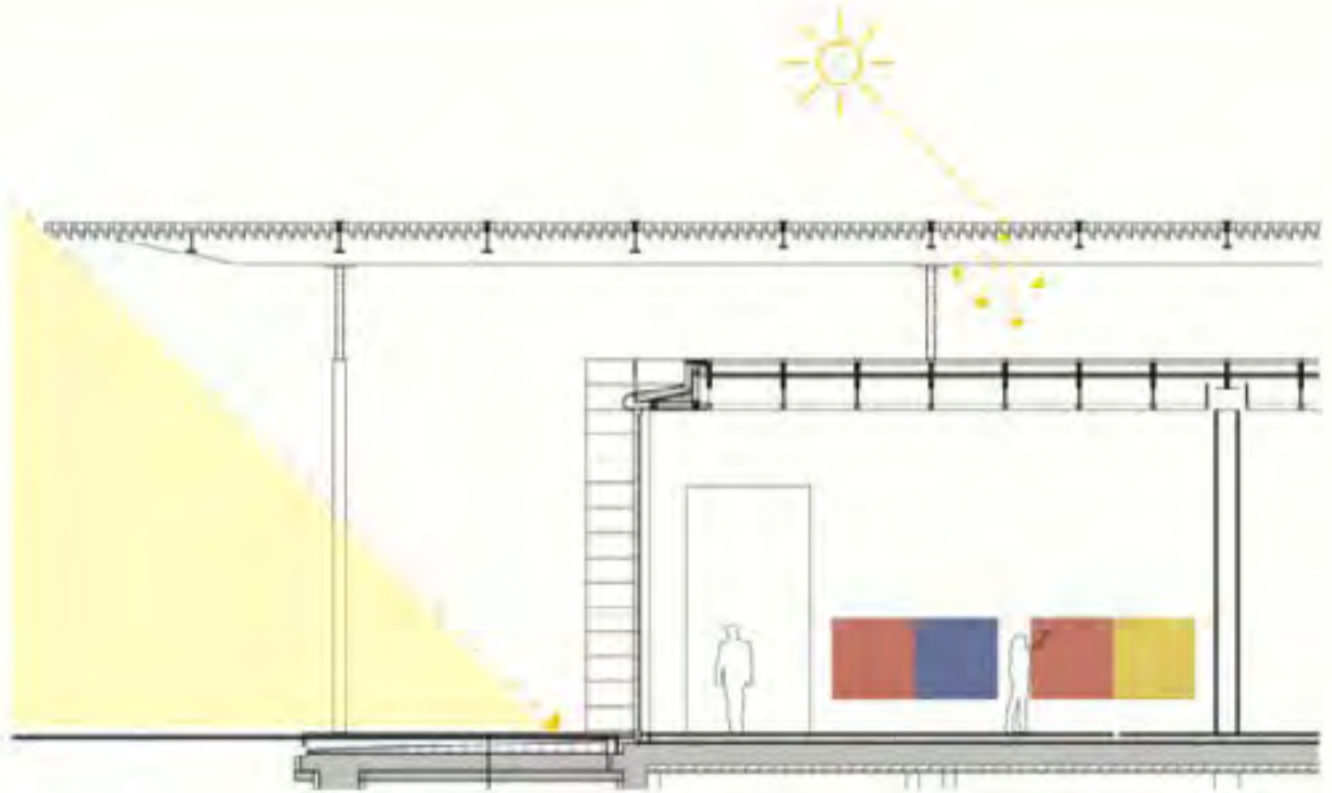


**ARCHEOLOGICAL
SITE**

TYPES OF CONTEMPLATIVE ARCHITECTURE

Typologies that stimulate de-stressing and thus brain restoration





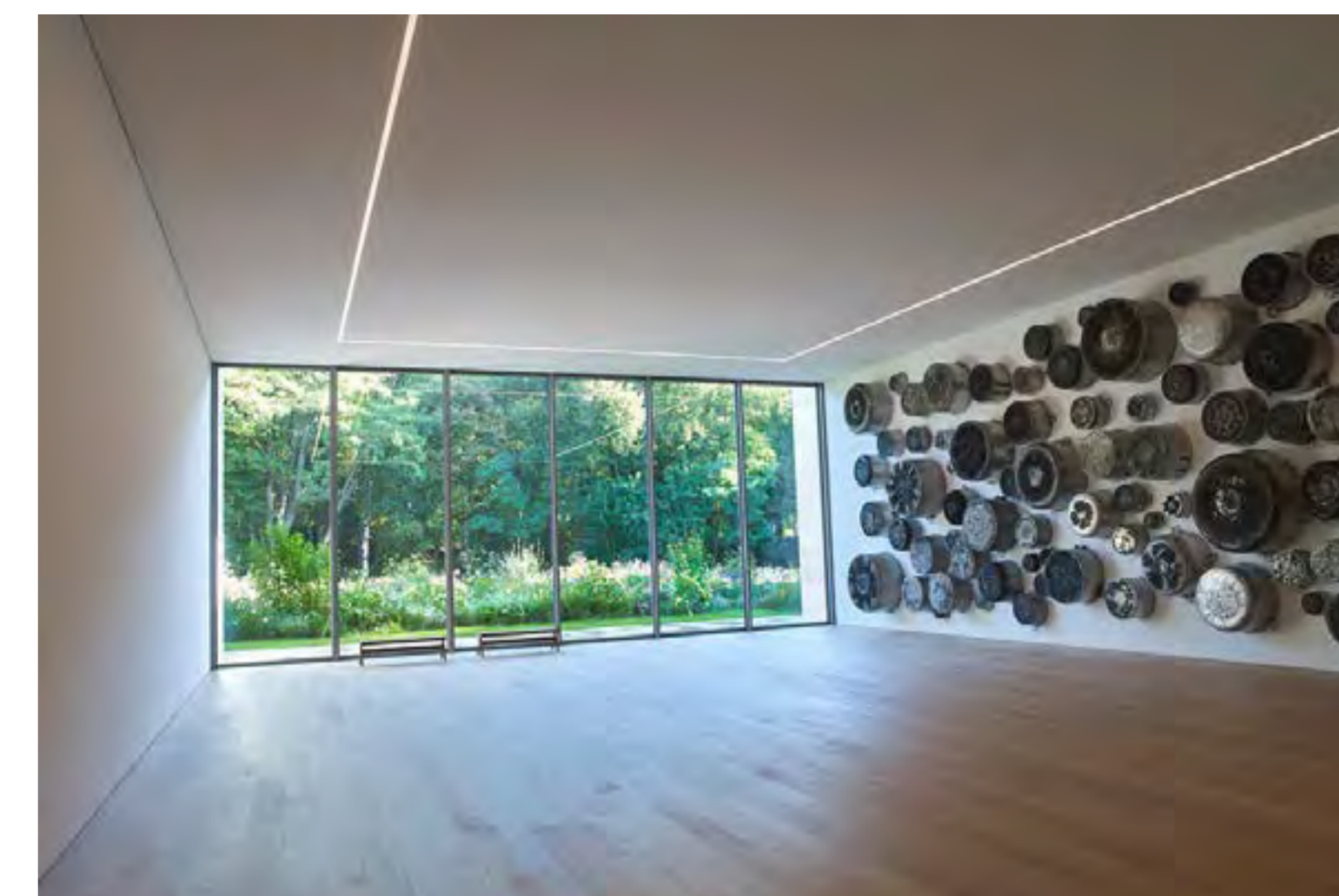
ZOLLVEREIN (SANA)



NELSON ATKINS MUSEUM OF ART (Steven Holl)

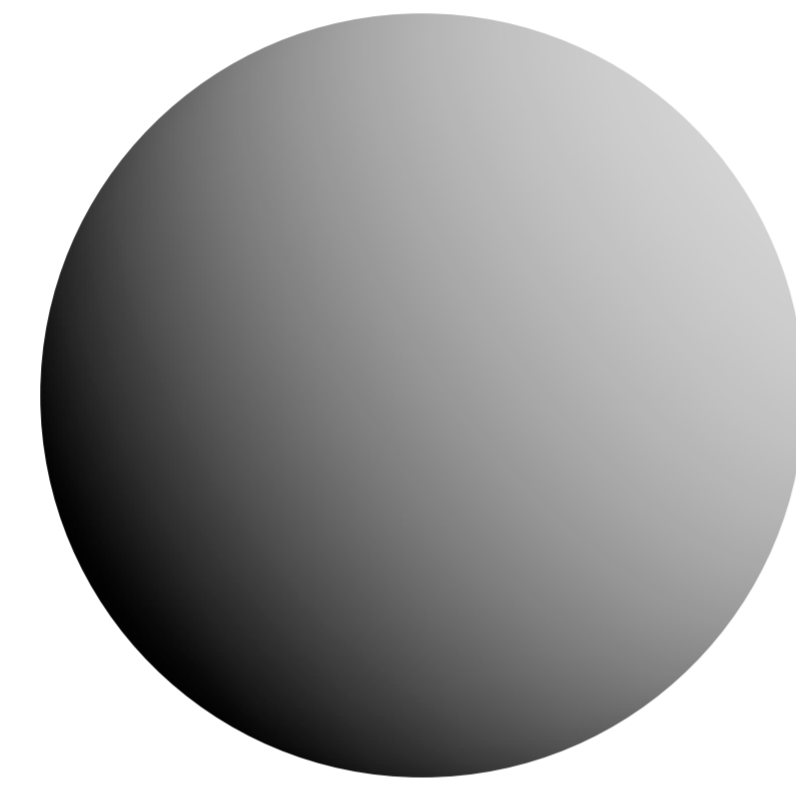


KUNSTHAUS BREGENZ (Zumthor)



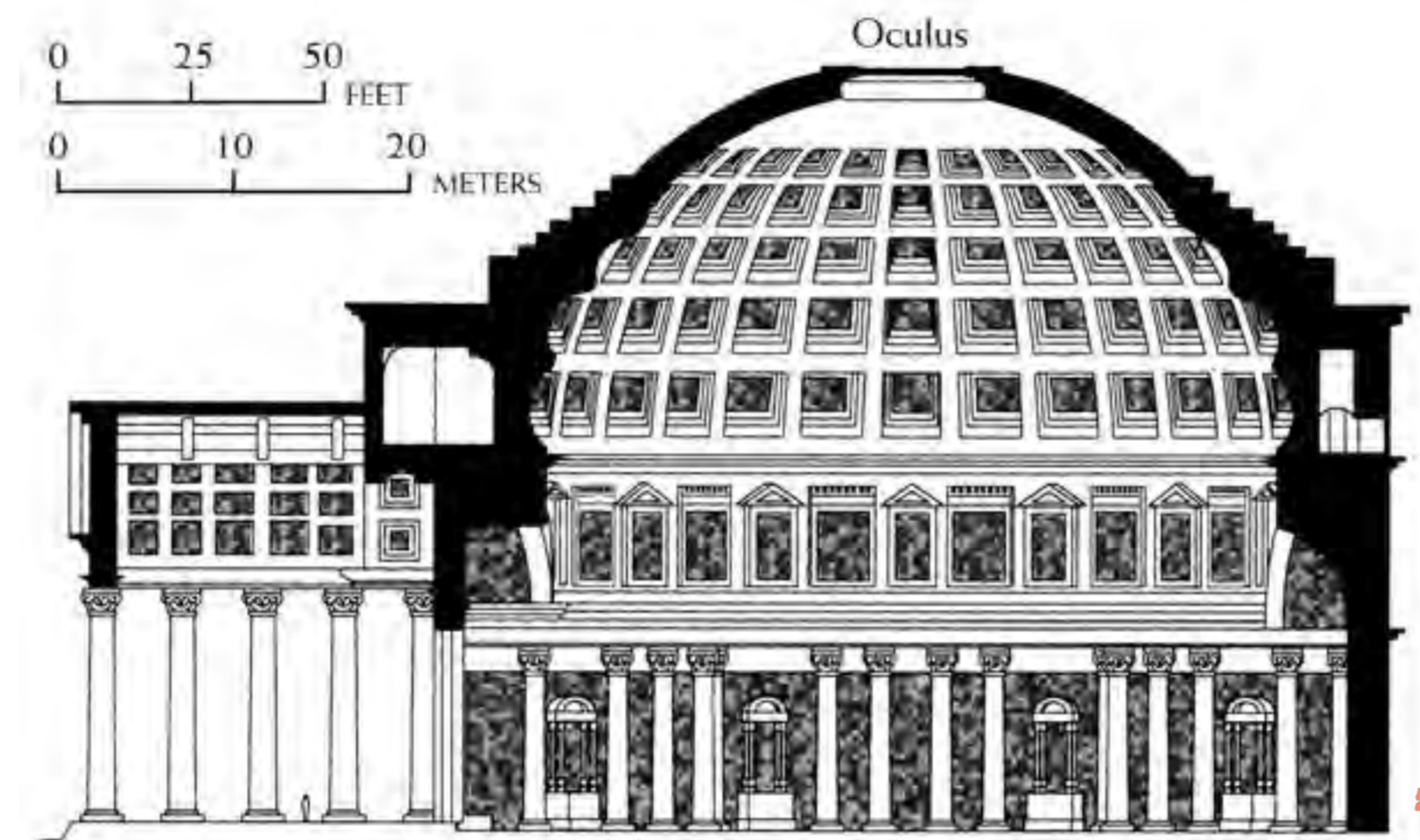
VIEW:
nature

FLOOR:
natural/
light colour

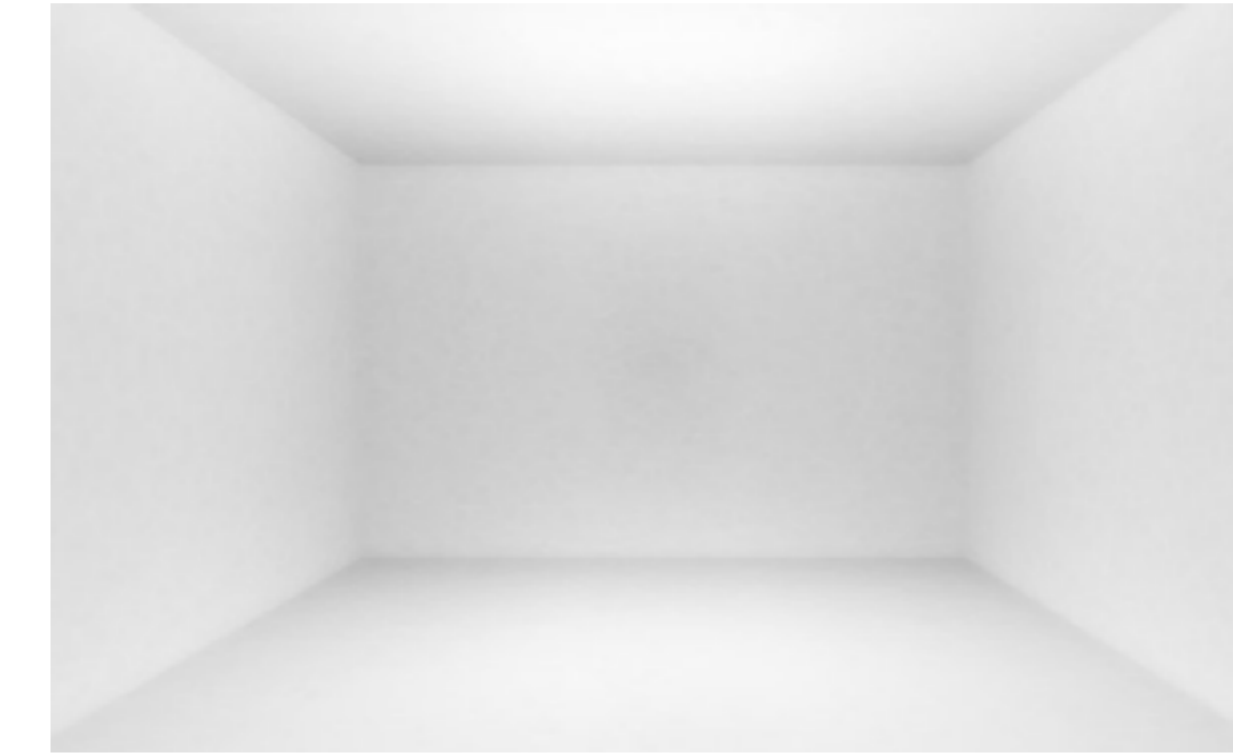


NO DIRECT LIGHT

*Indirect
Shaded
Diffuse*



LARGE SCALE



SOBER INTERIOR

Emptiness



**NATURE AND VIEWS ON
NATURE**

CONCLUSIONS

Typology research

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CONCLUSIONS

AMBITION

Preferred effect of design

*an **inclusive** public space that provides an optimal,
stress reducing environment, and stimulates self-inspection and self-reflection*

AMBITION

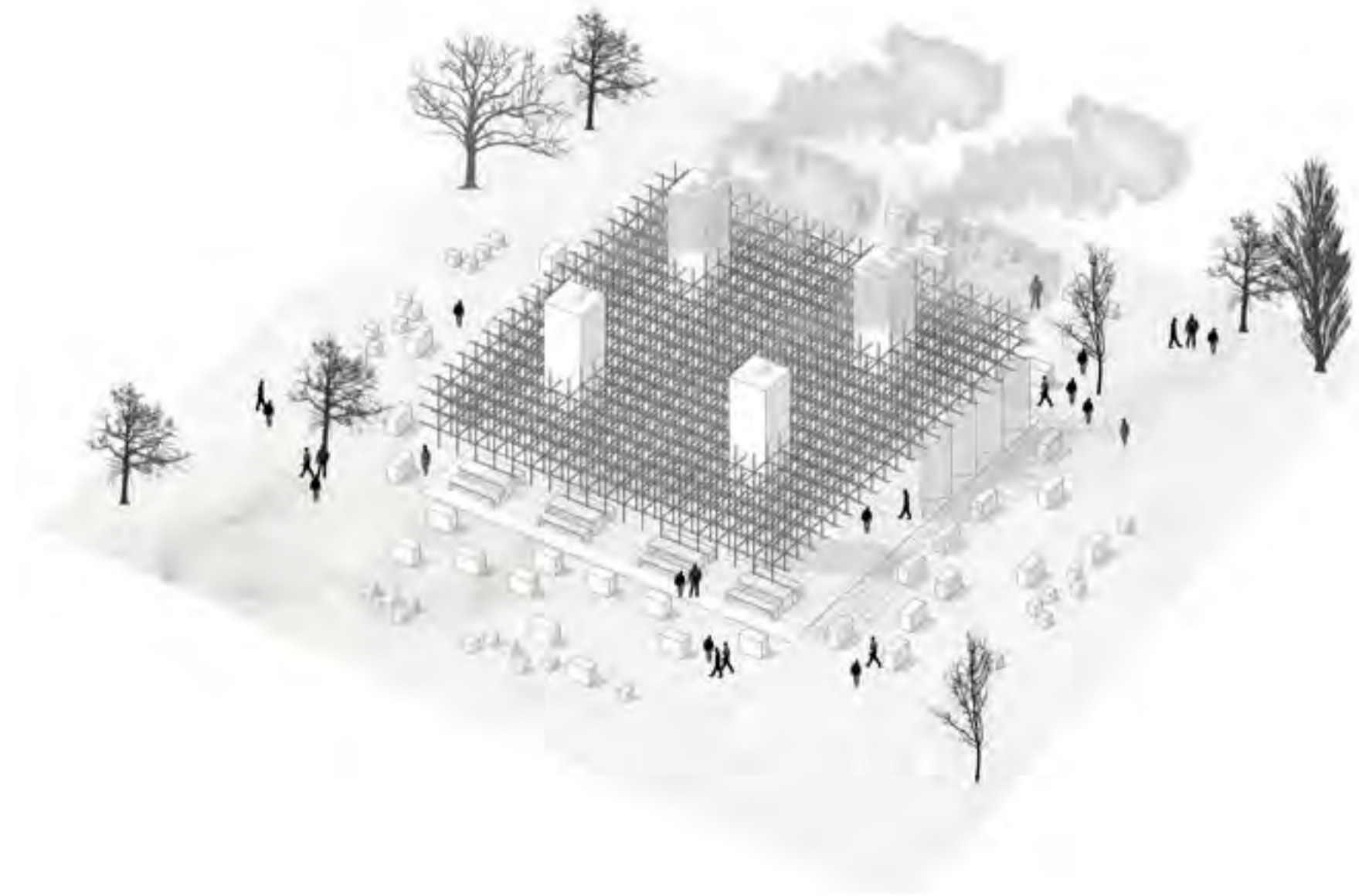
Preferred effect of design

STRATEGY

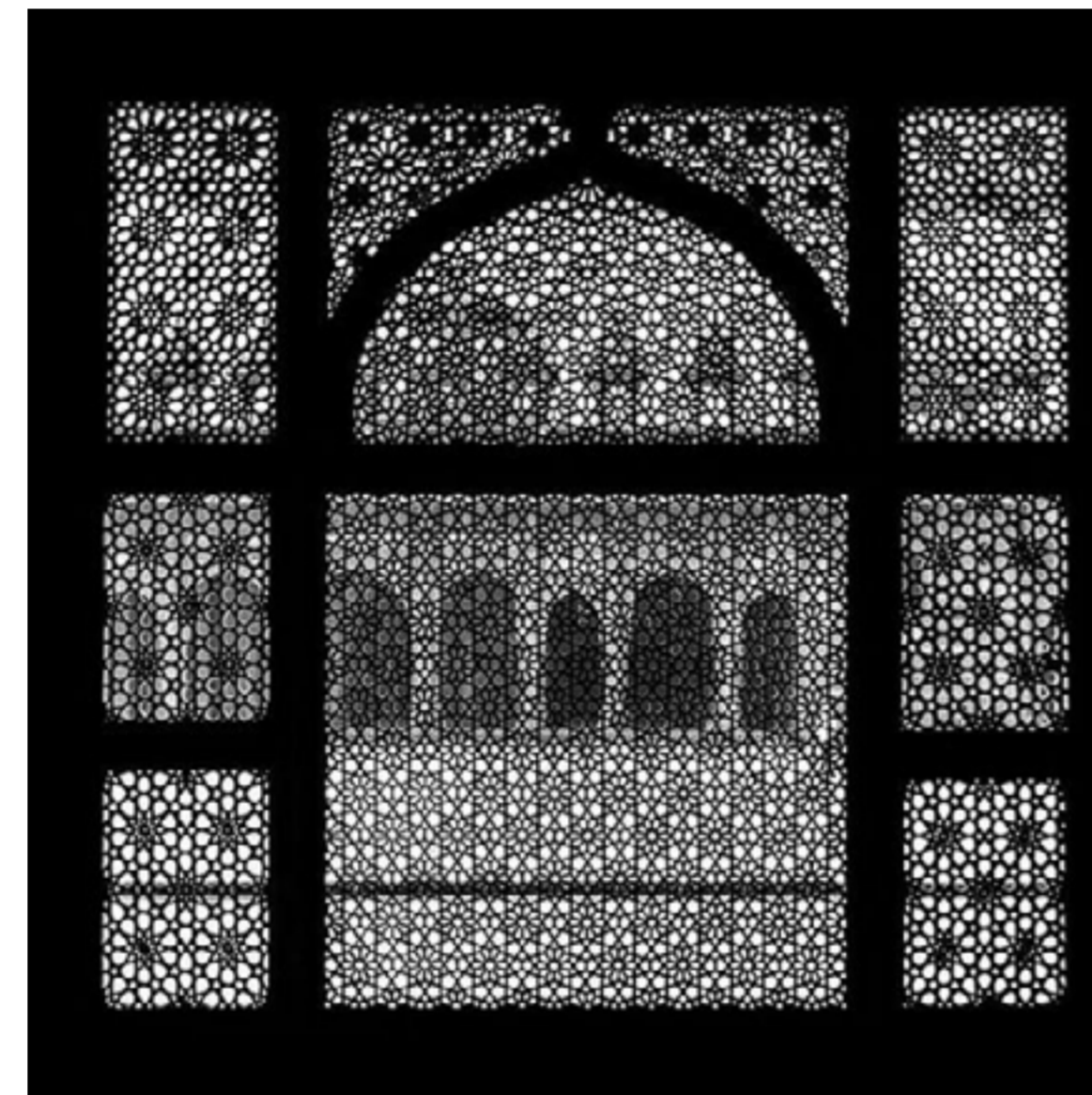
How will I accomplish the stated ambition?

INCLUSION

Strategy



**FUNCTIONS WITH LOW THRESHOLD
AND COMMUNAL FUNCTIONS**



**REFERENCES
TO ARCHITECTURE OR TRADITIONS
OF OTHER CULTURES**



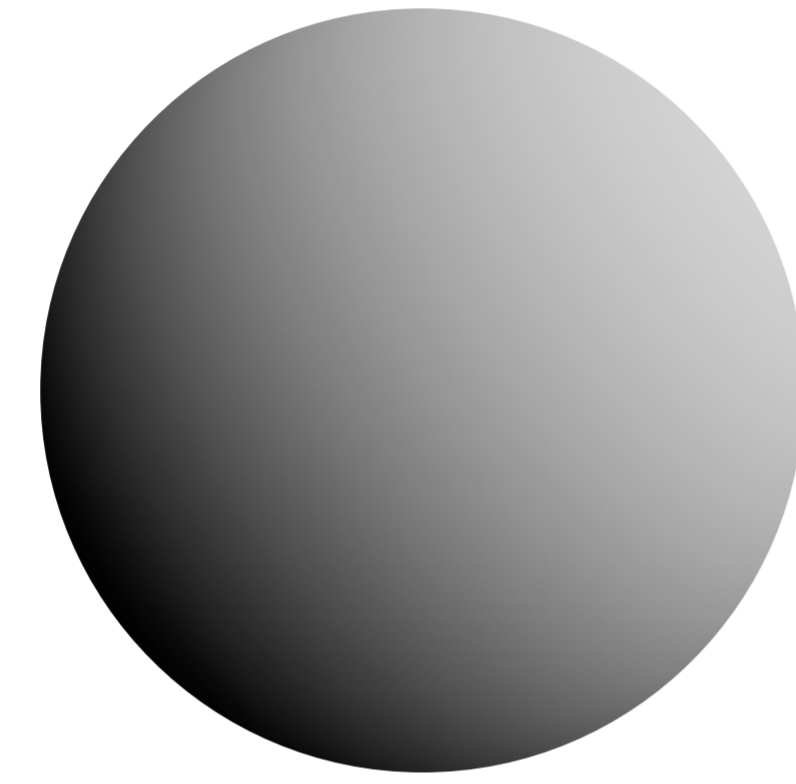
**CREATING A LANDMARK TO
ATTRACT VISITORS**



**JOB CREATION - COMMUNITY
INVOLVEMENT AT CONSTRUCTION**

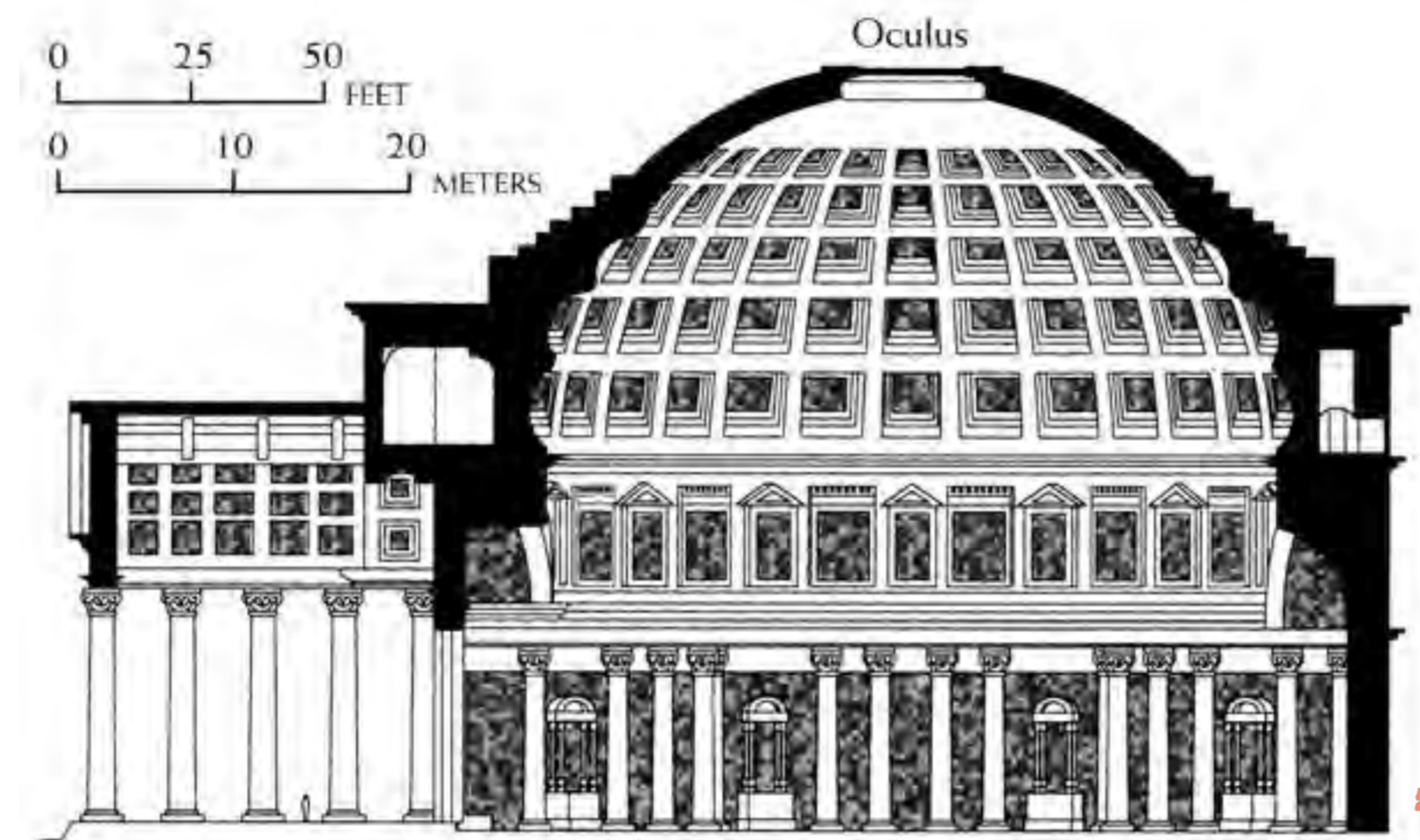
WELLBEING

Strategy

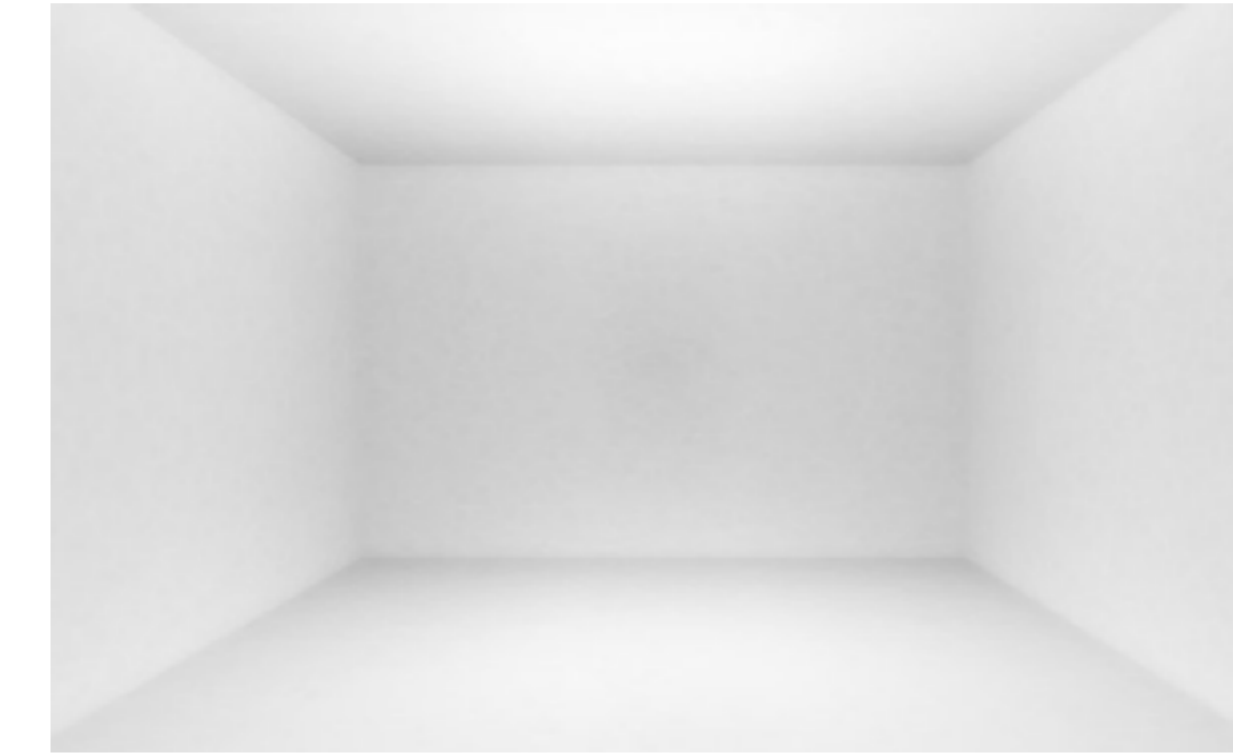


NO DIRECT LIGHT

*Indirect
Shaded
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LARGE SCALE



SOBER INTERIOR

Emptiness



**NATURE AND VIEWS ON
NATURE**

CONCEPT

Gradient



CONCEPT

Schematic design concept

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CONCLUSIONS

SITE CHARACTERISTICS

People & Landscape

PEOPLE

Cultural characteristics



130 Ethnicities



100+ Religions

PEOPLE
Cultural characteristics



Food: Sharing & Cooking



Sport



Religion



*Culture specific activities
(like birdsinging competitions)*

PEOPLE
Social adhesives

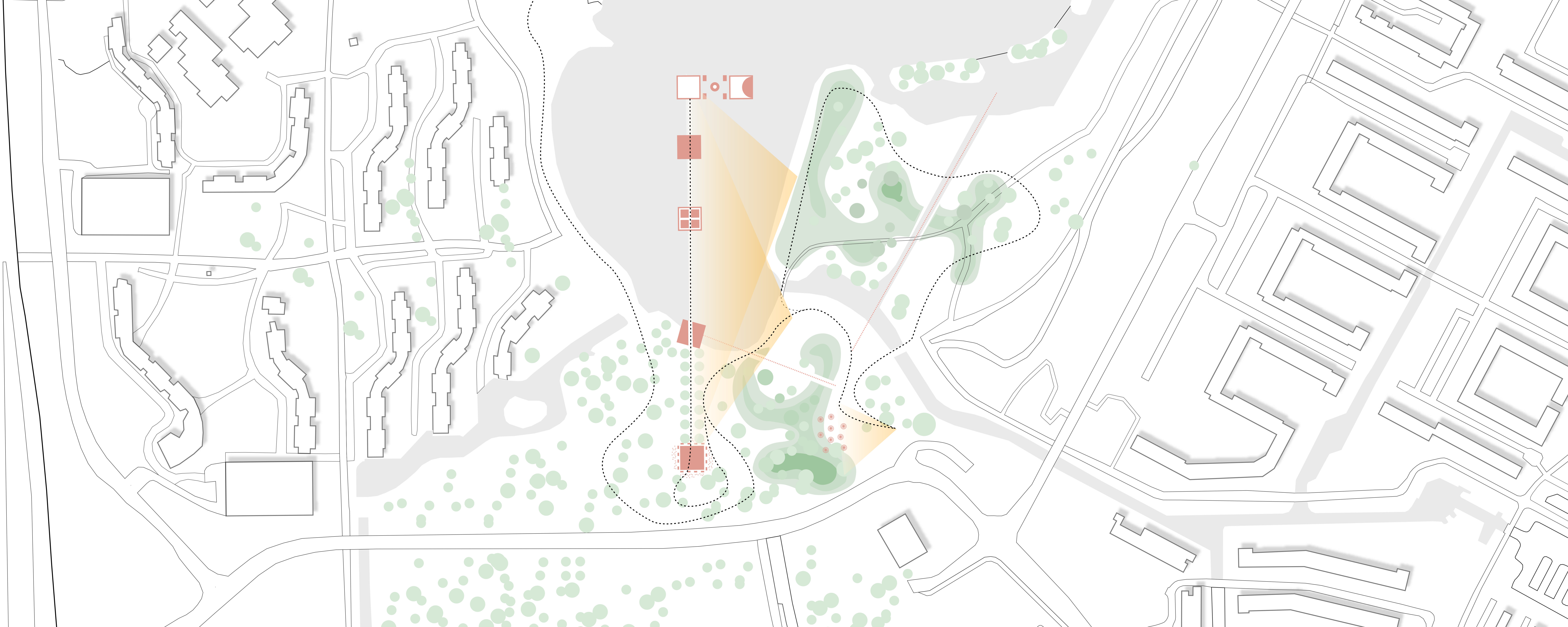
LANDSCAPE
Site Choice





SITE
Landscape Design





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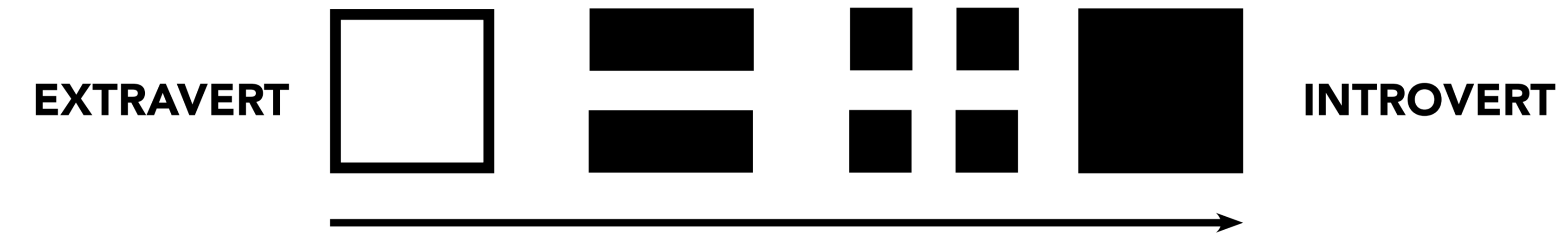
- *logistics*

- *Materialisation*

- *Climate*

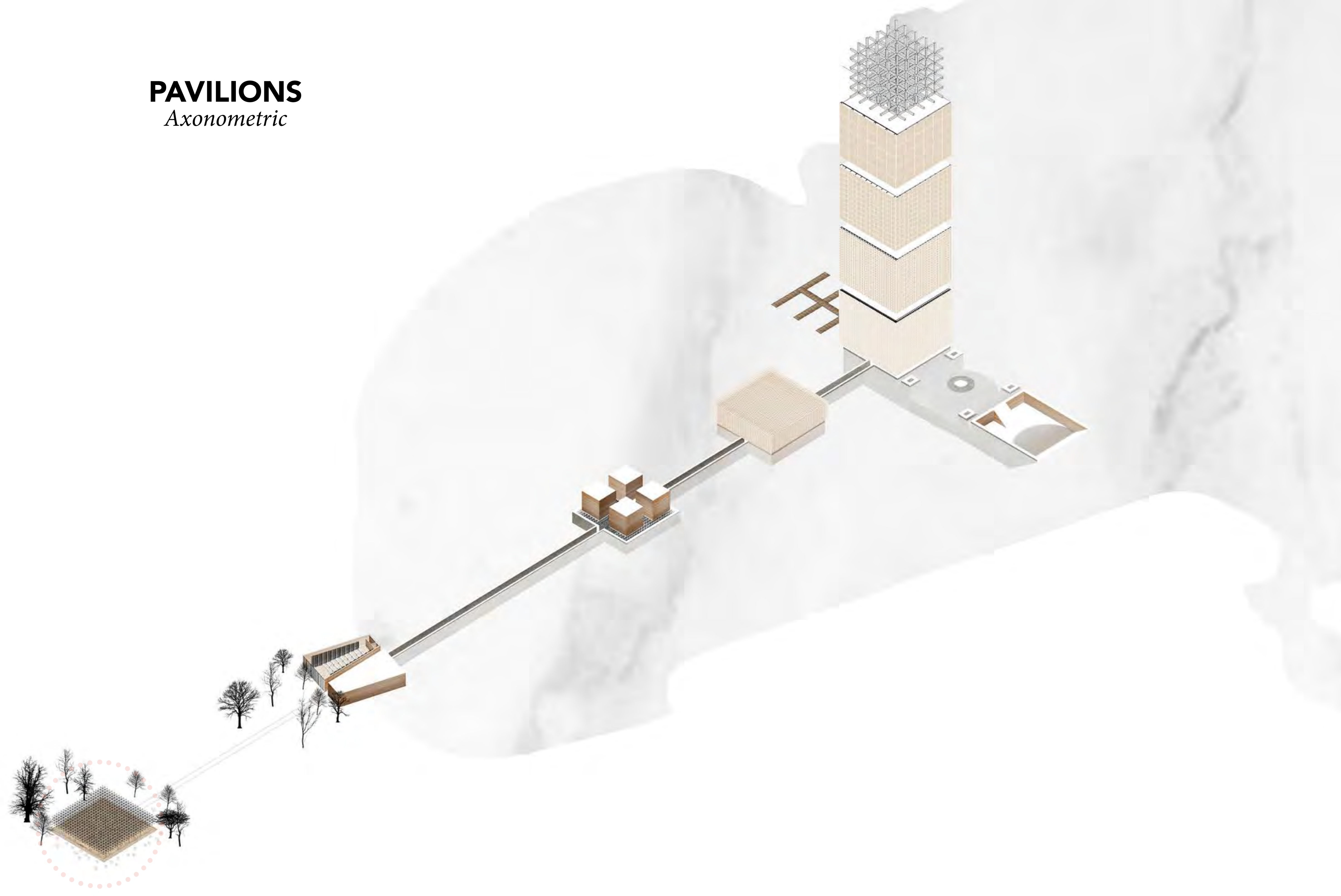
CONCLUSIONS

PAVILIONS
Architectural Design



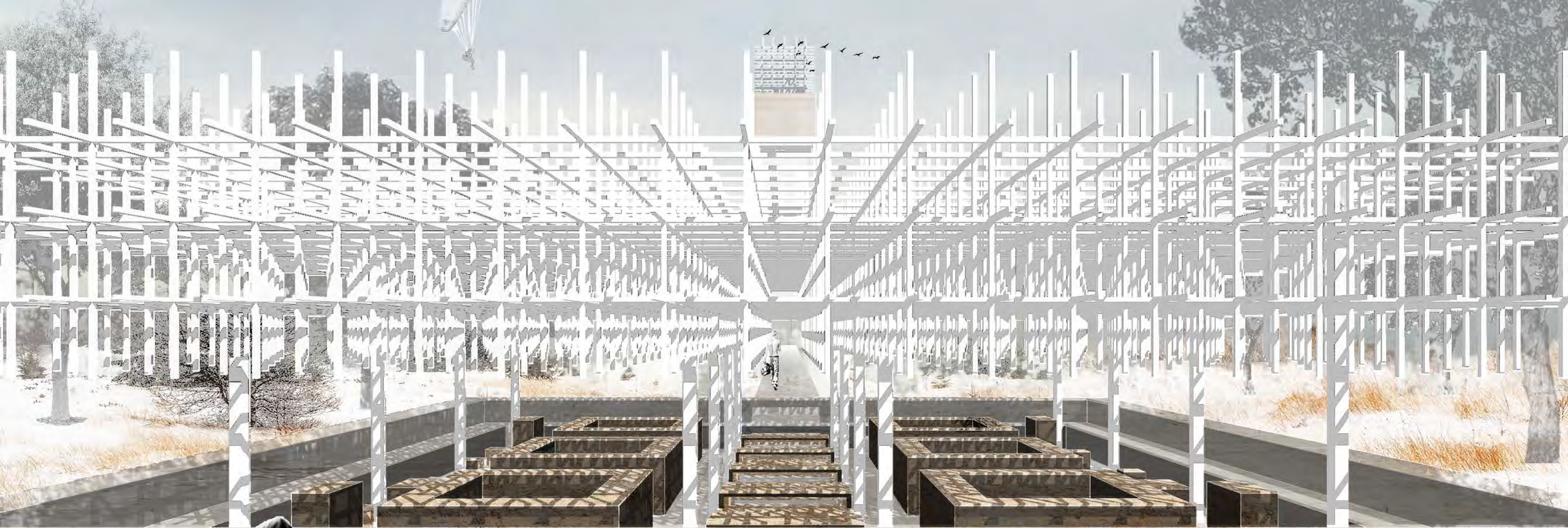
PAVILIONS
Gradient

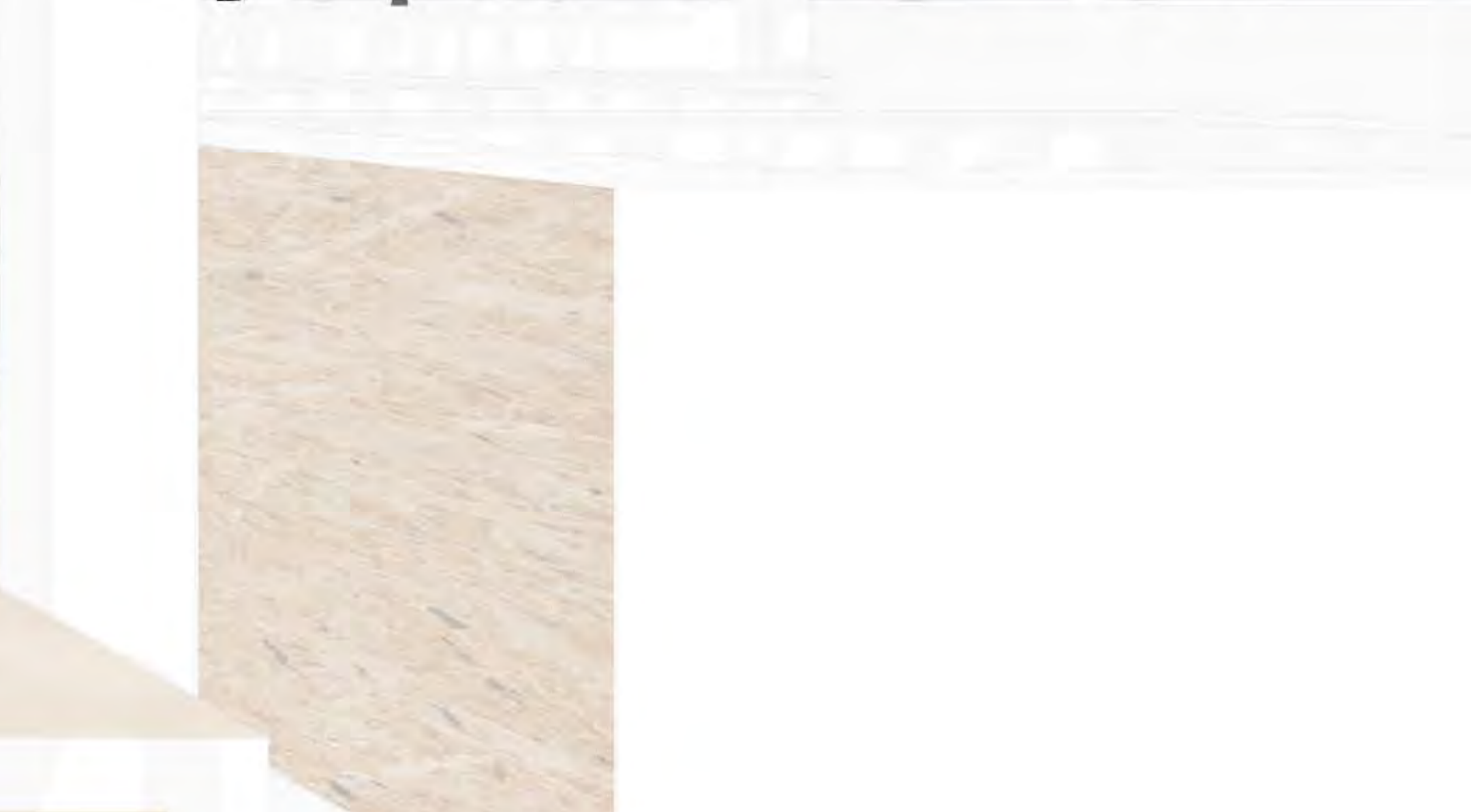
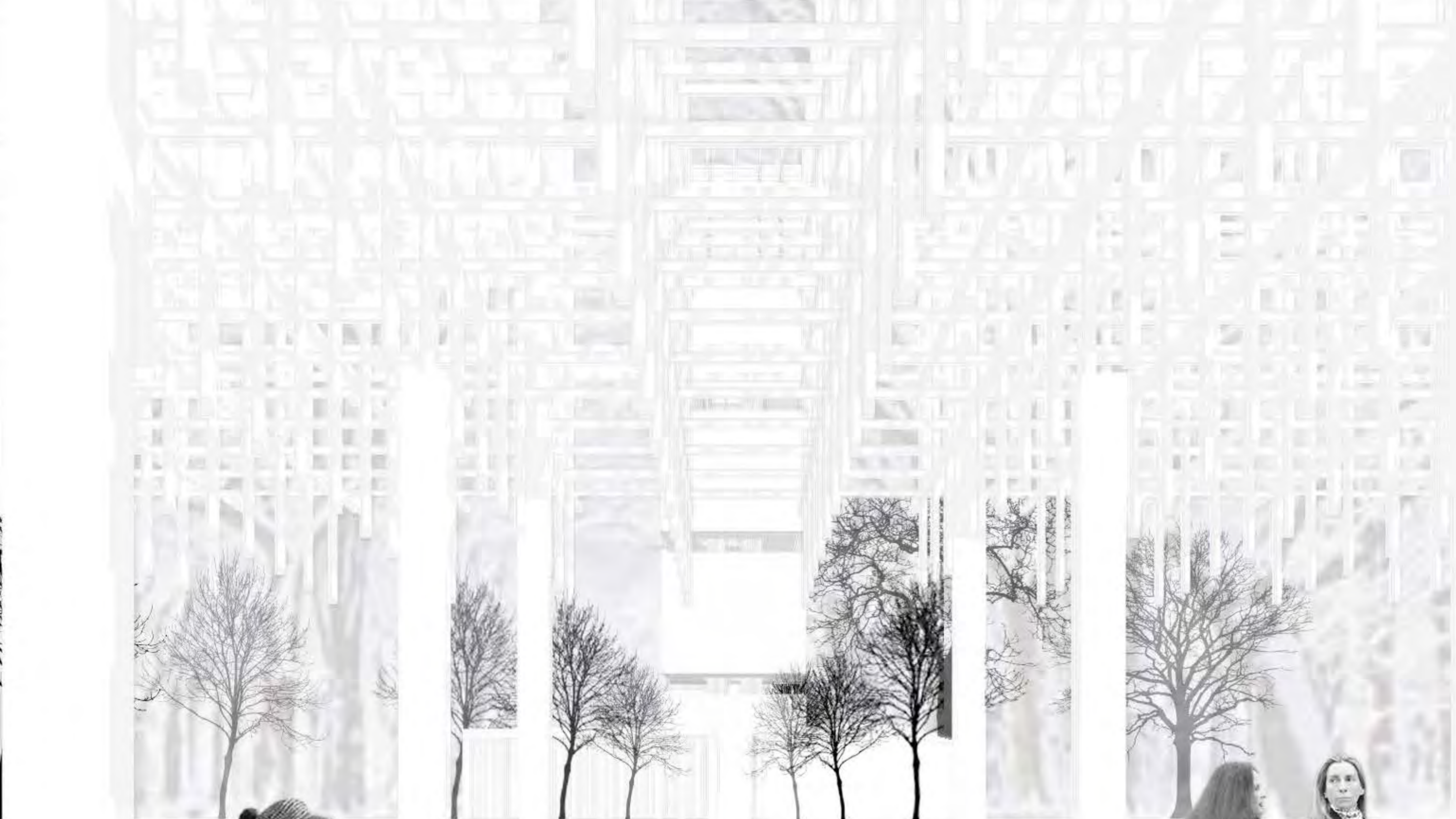
PAVILIONS
Axonometric



COOKING PAVILION

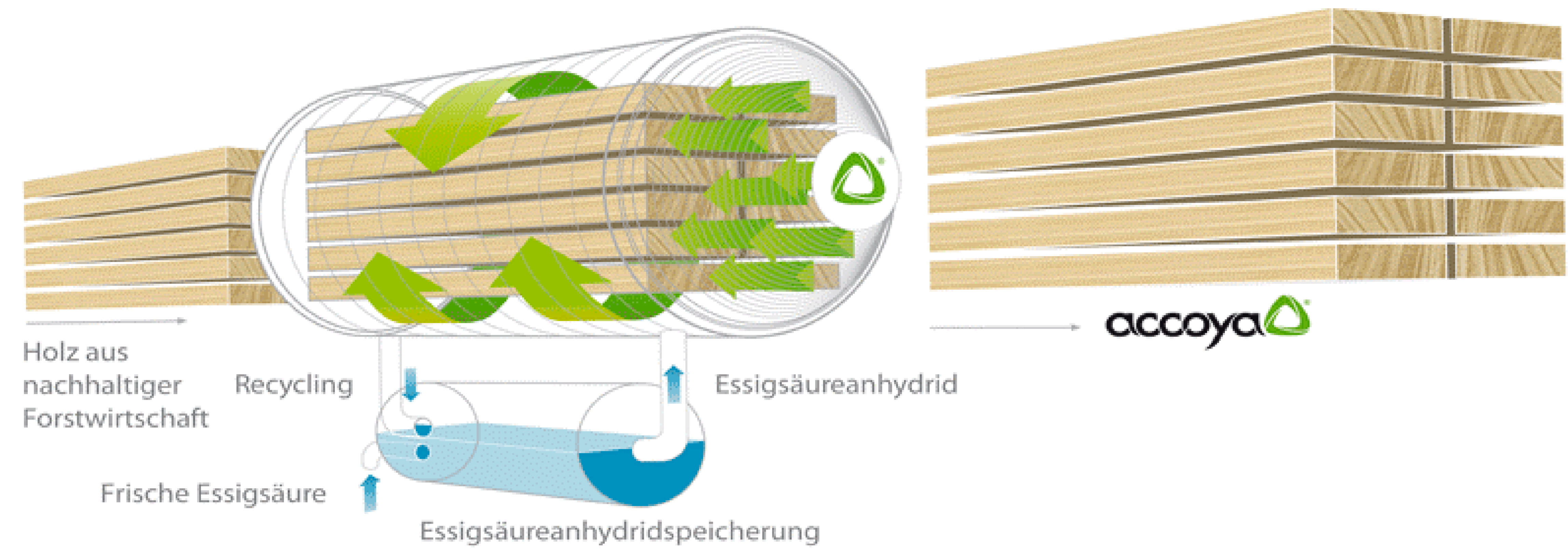
Extravert, social activity





MATERIALISATION

Accoya wood



SUSTAINABILITY
Why is this so sustainable and durable?



**HIGHEST DURABILITY
CLASS**

Lastst over 50 years

**SUSTAINABLY
MANAGED FORESTS
AND PLANTATIONS**

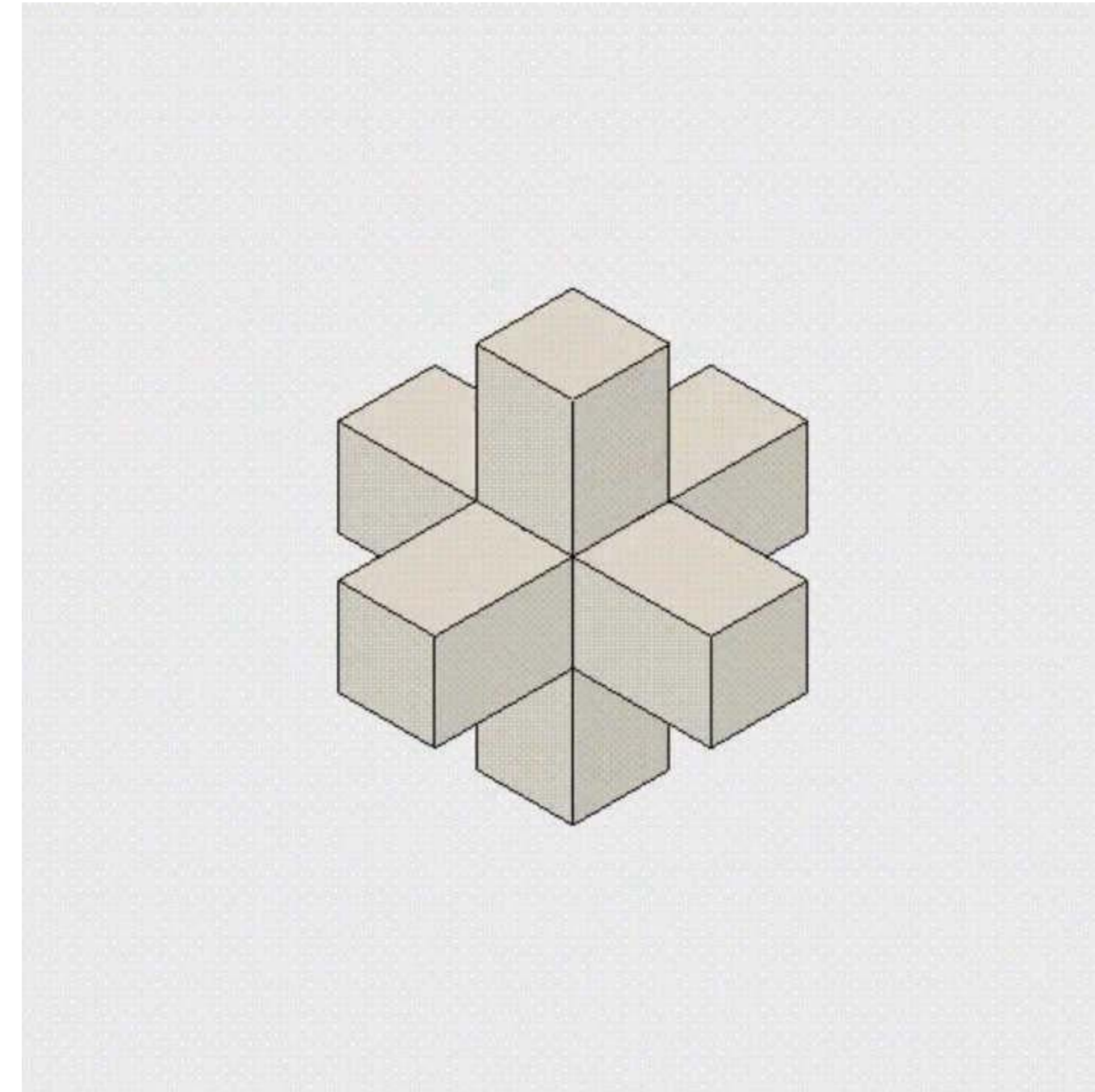
*fast growing and renewable
wood species*

**CAN BE UPCYCLED AT
END OF LIFE**

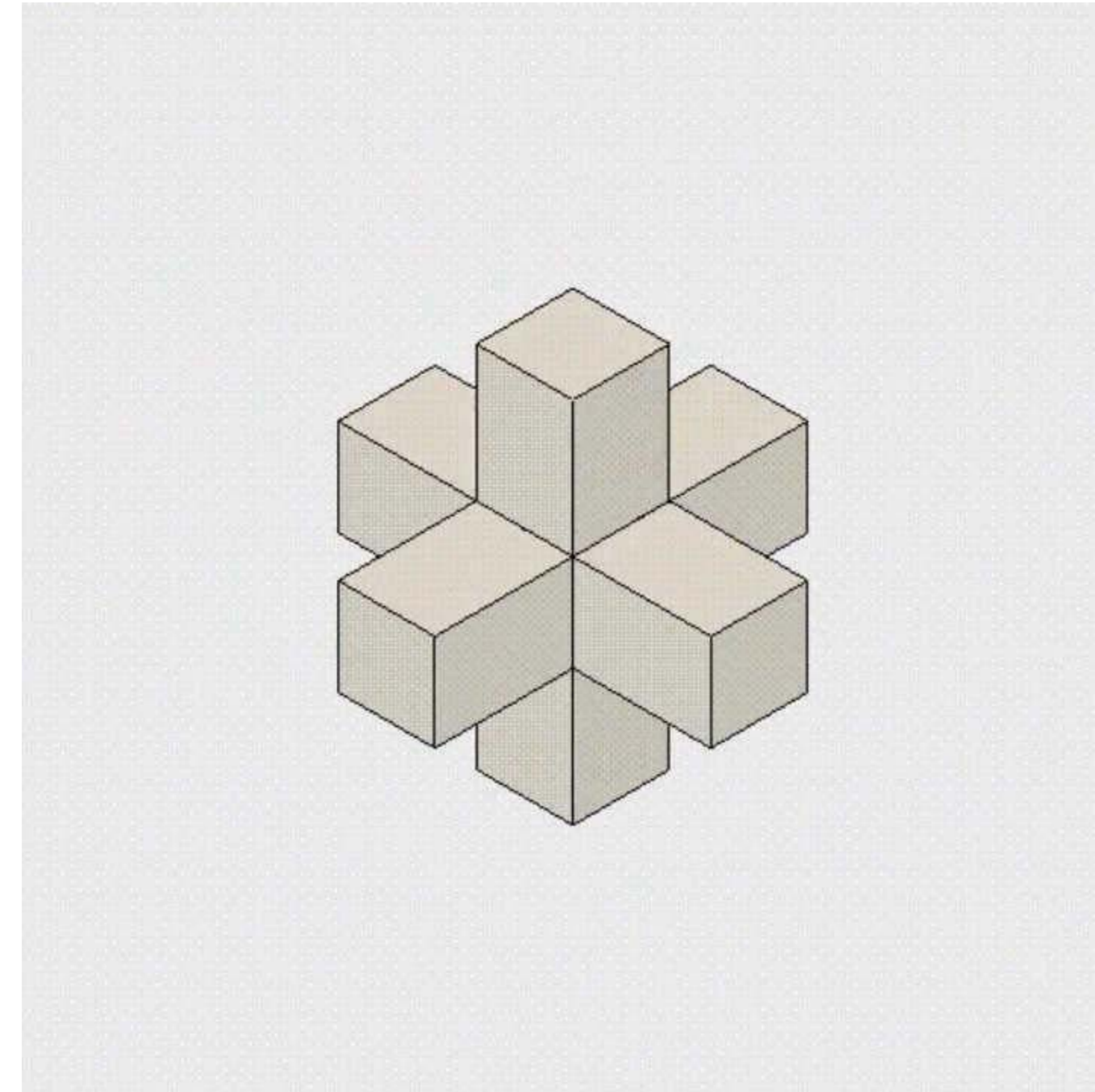
re-used after 50 years

**PERFECT FIT FOR
CIRCULAR ECNOMY**

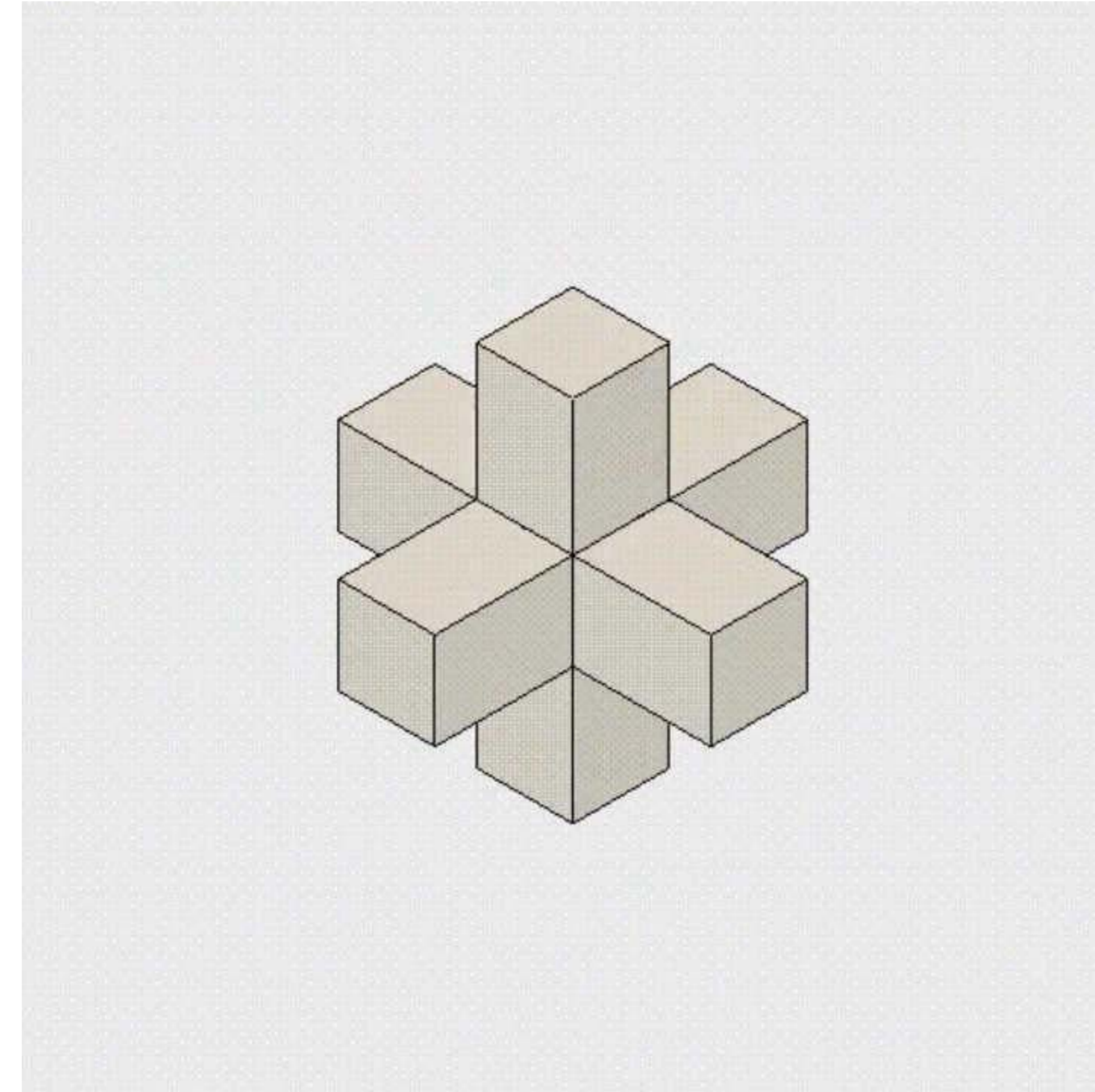
Cradle2Cradle certified



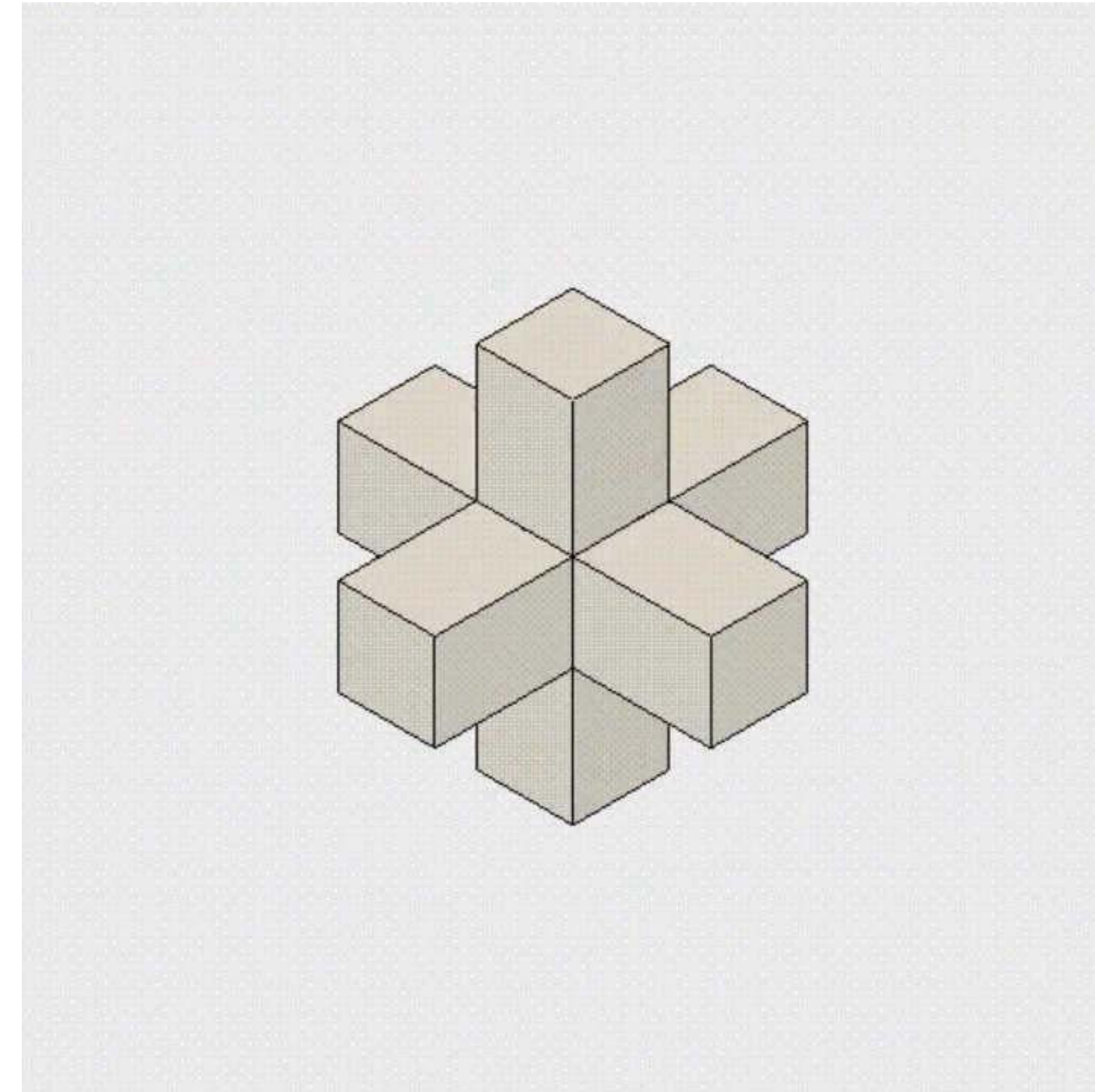
ASSEMBLING
Japanese technique



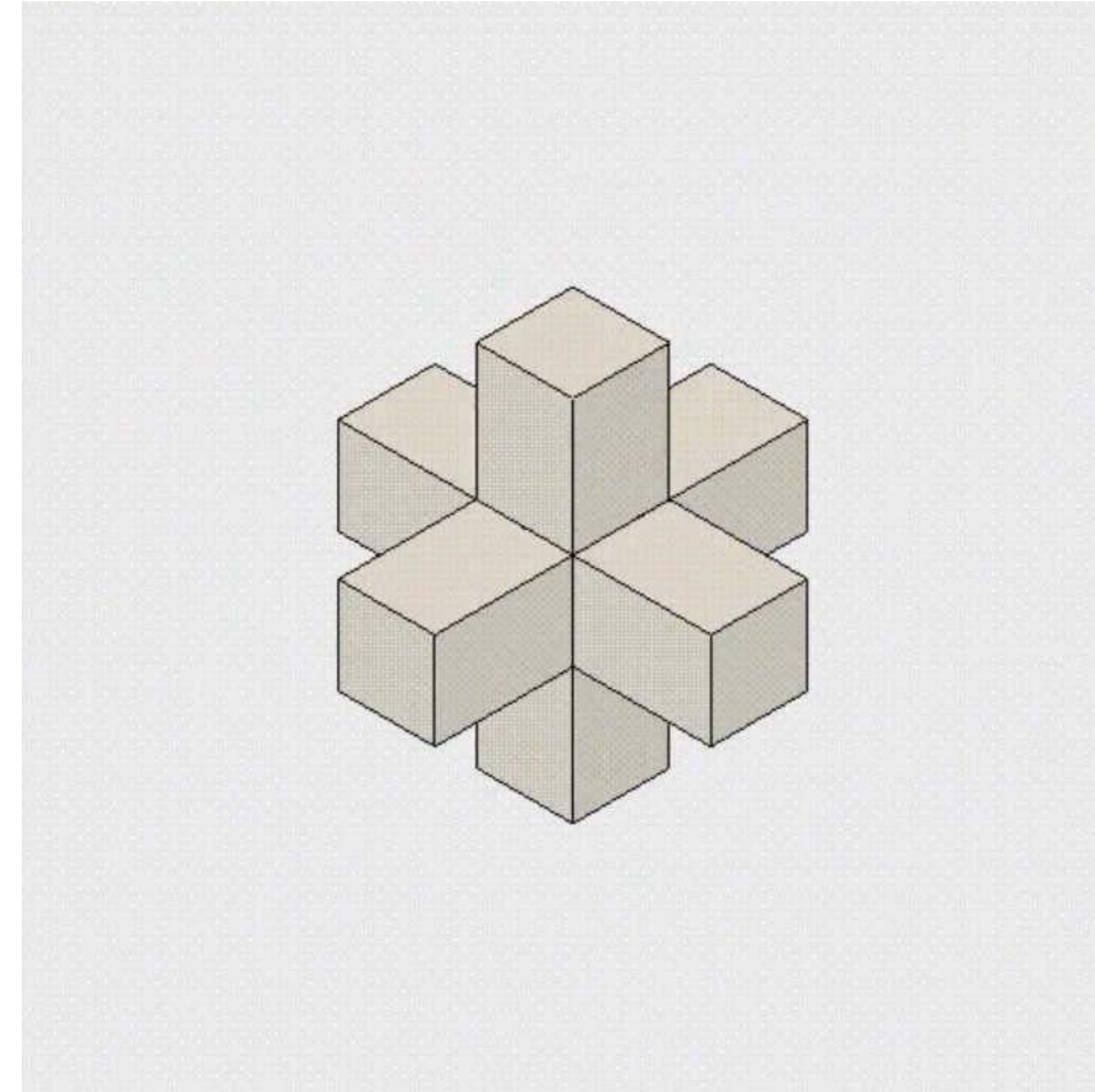
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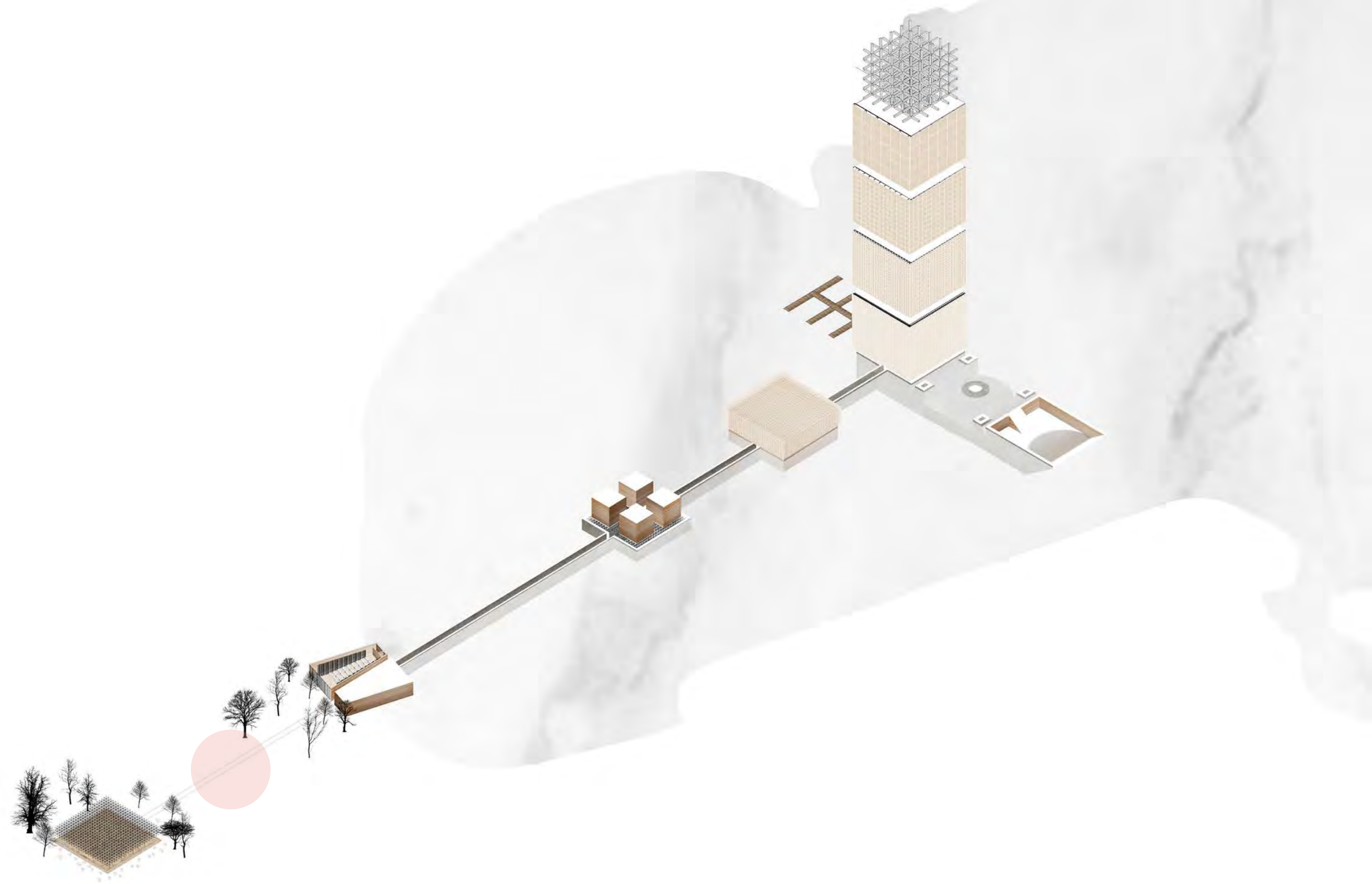
ASSEMBLING
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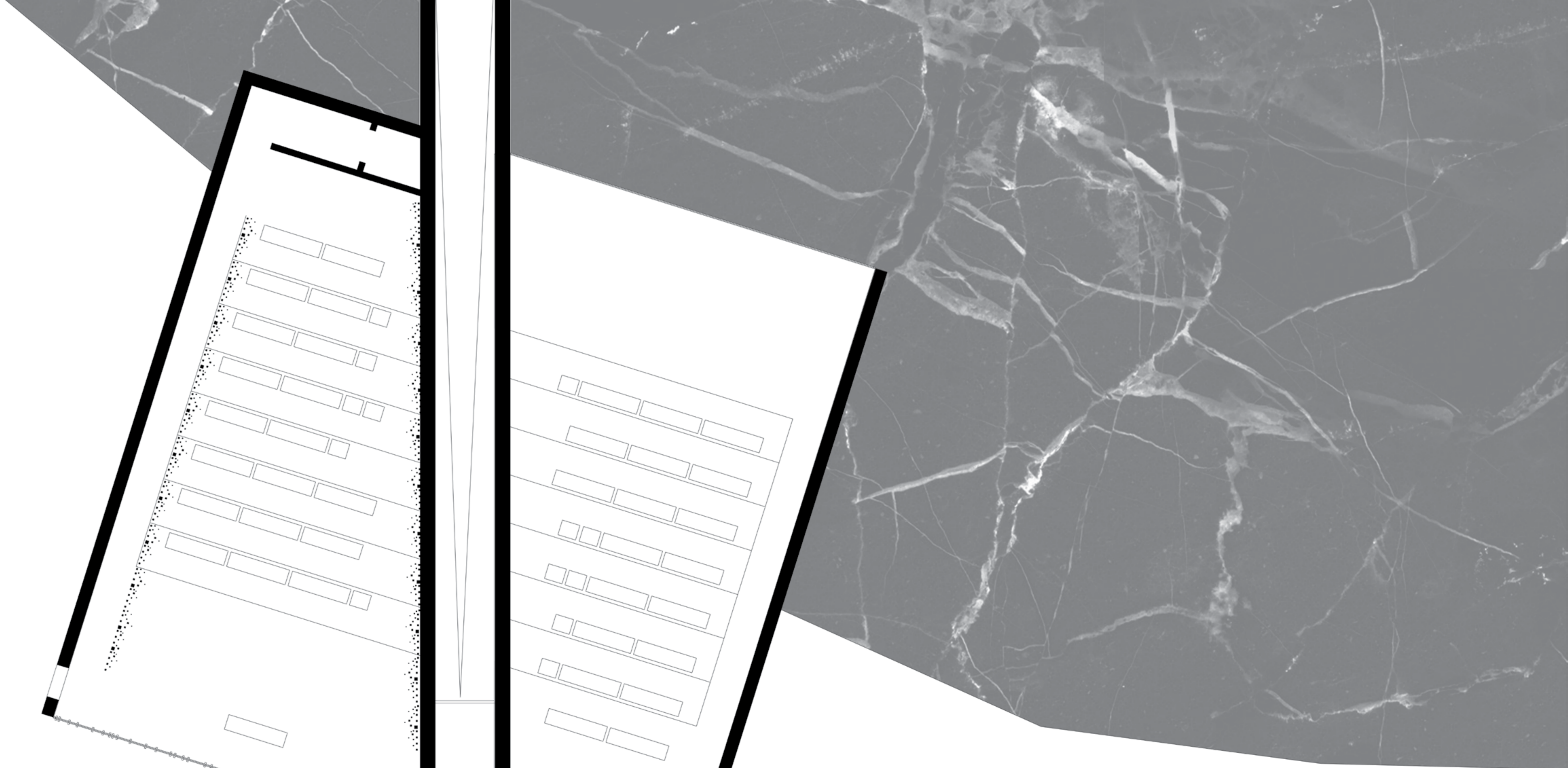
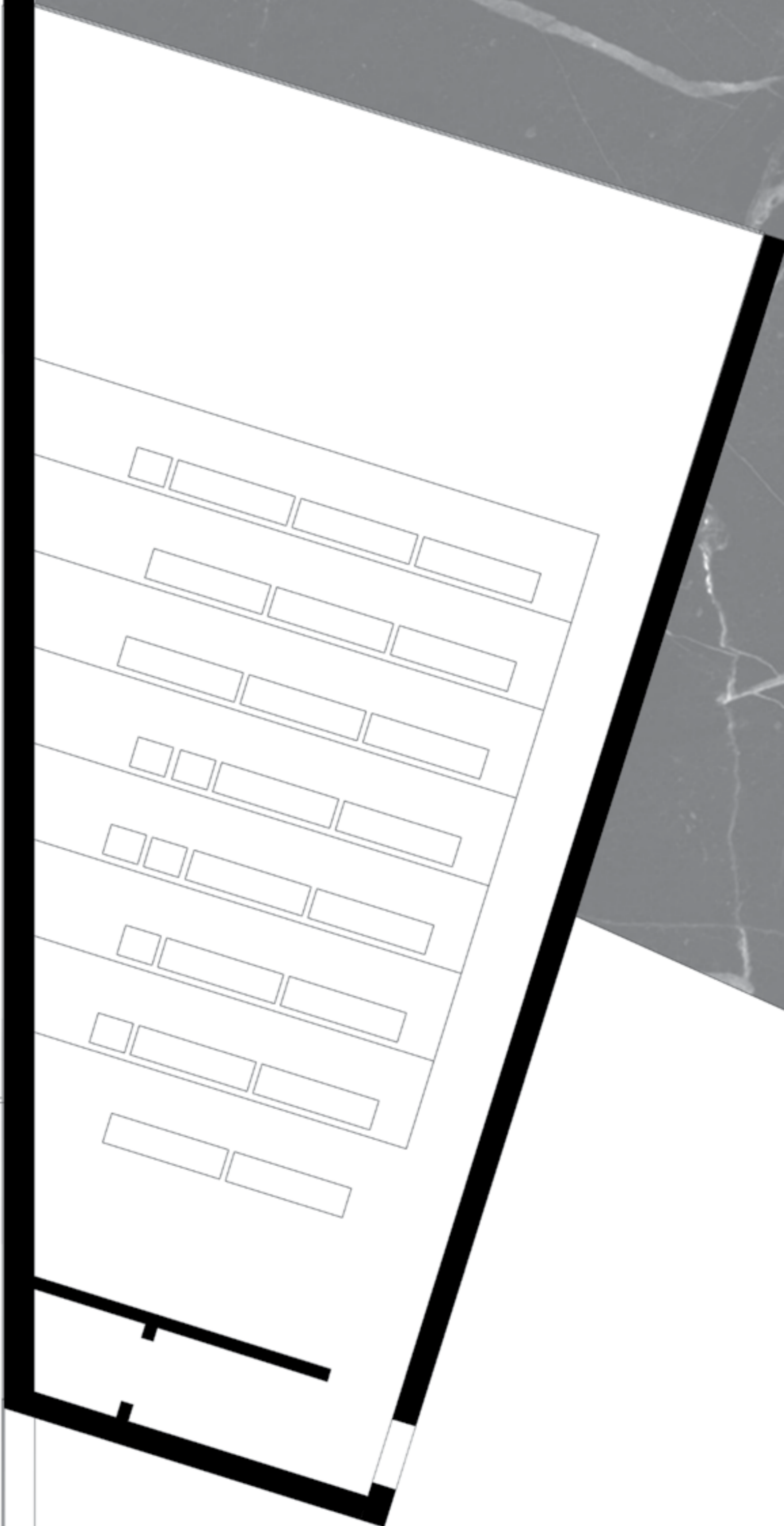
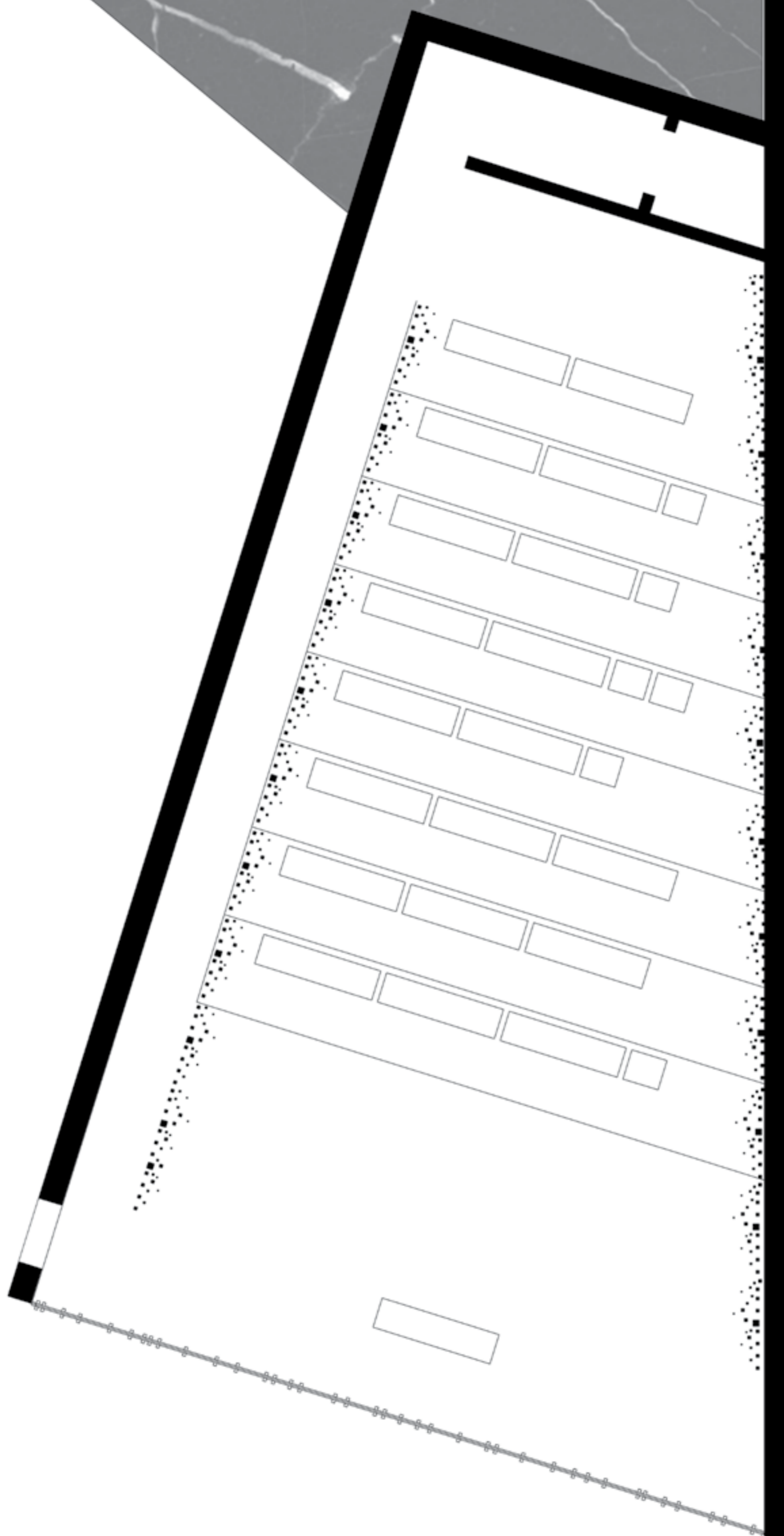
ASSEMBLING
Japanese technique



ASSEMBLING
Japanese technique









RAMMED EARTH (STAMPLEEM)
Materialisation

Superior thermal mass

Temperature and noise control

Strong and durable

Easy maintenance

Fire proof

Sustainable, reusable and available close to location

Forms a barrier for mobile signals (stress free!)

BENEFITS

Why rammed earth?

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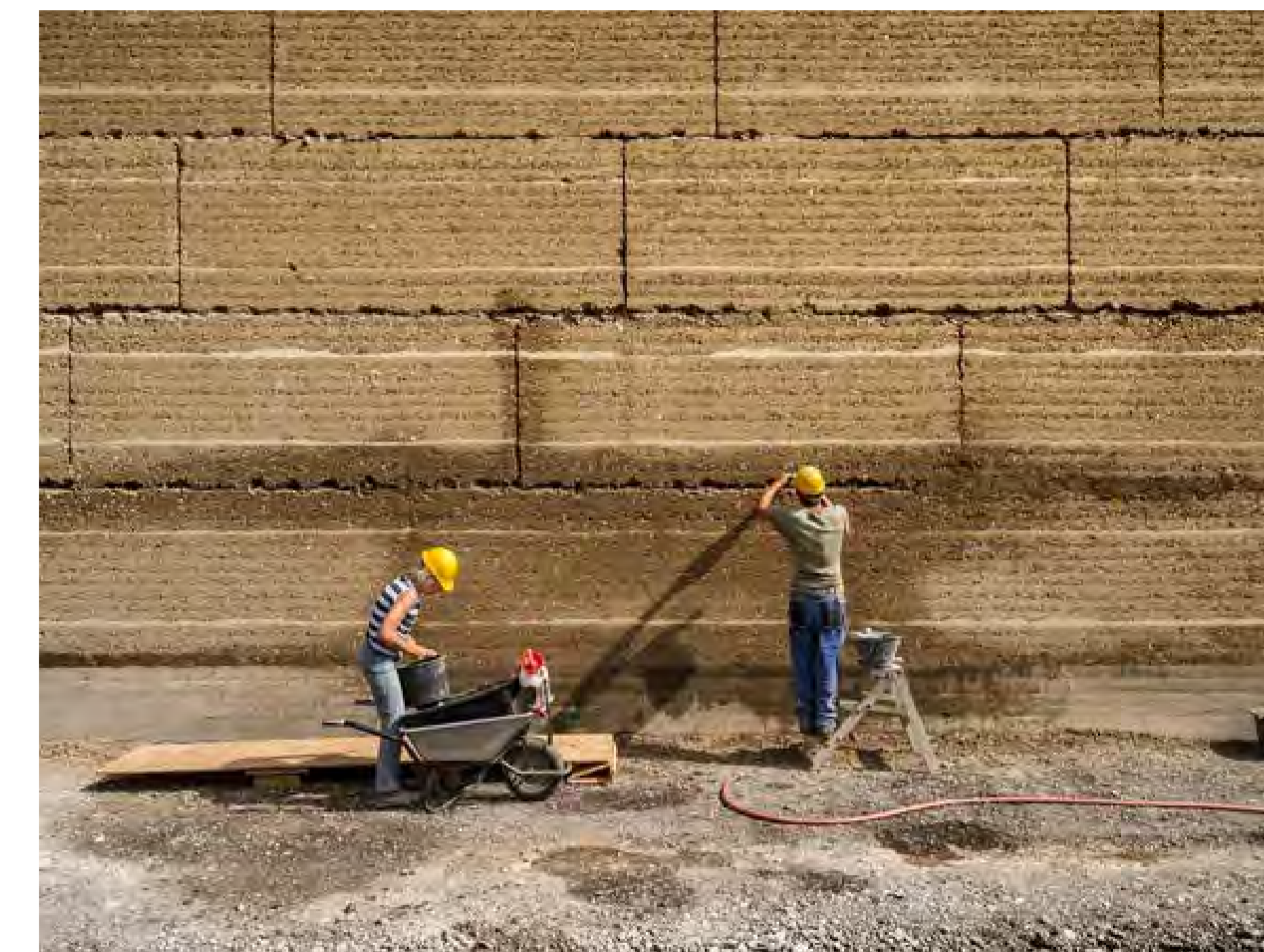
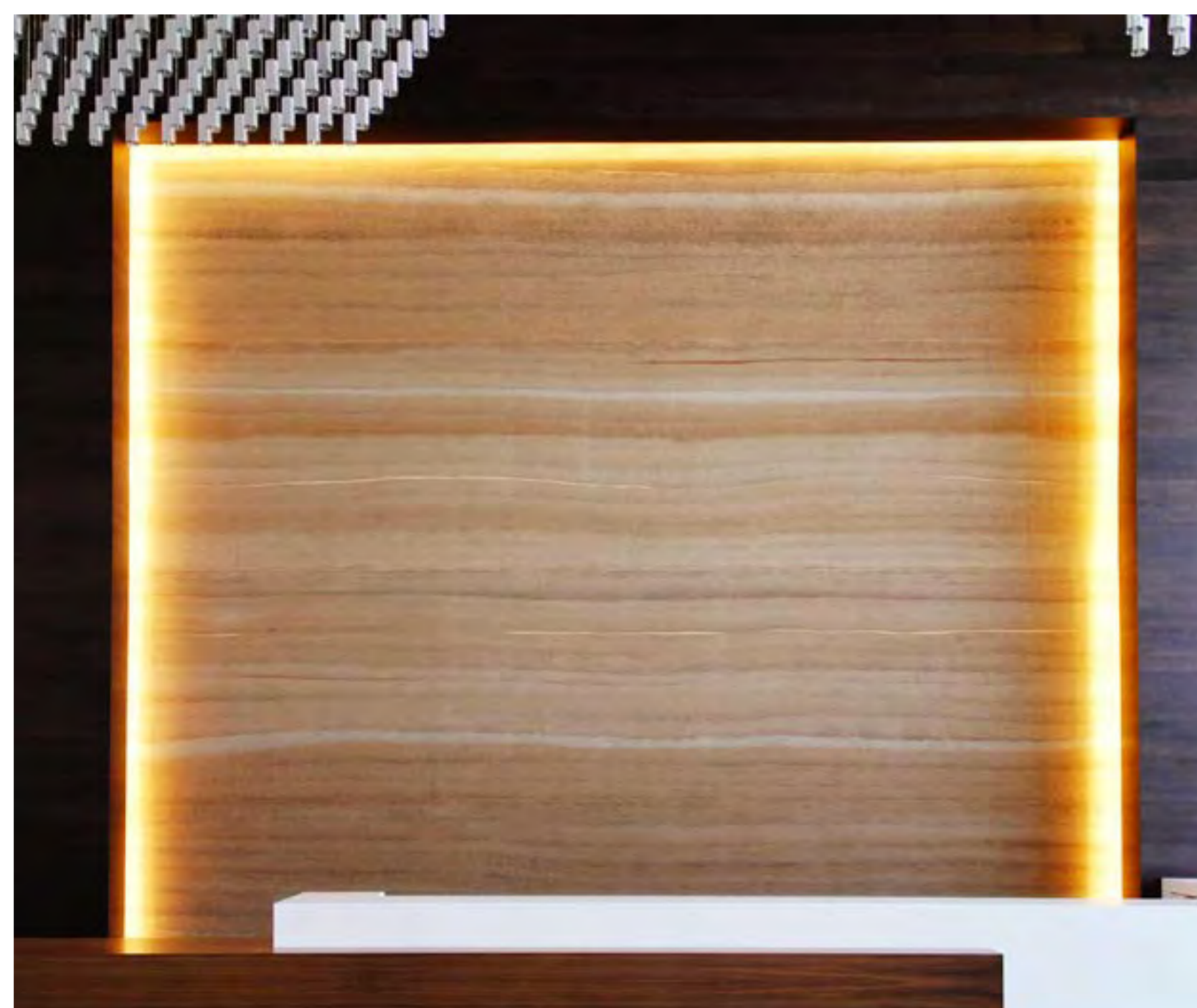
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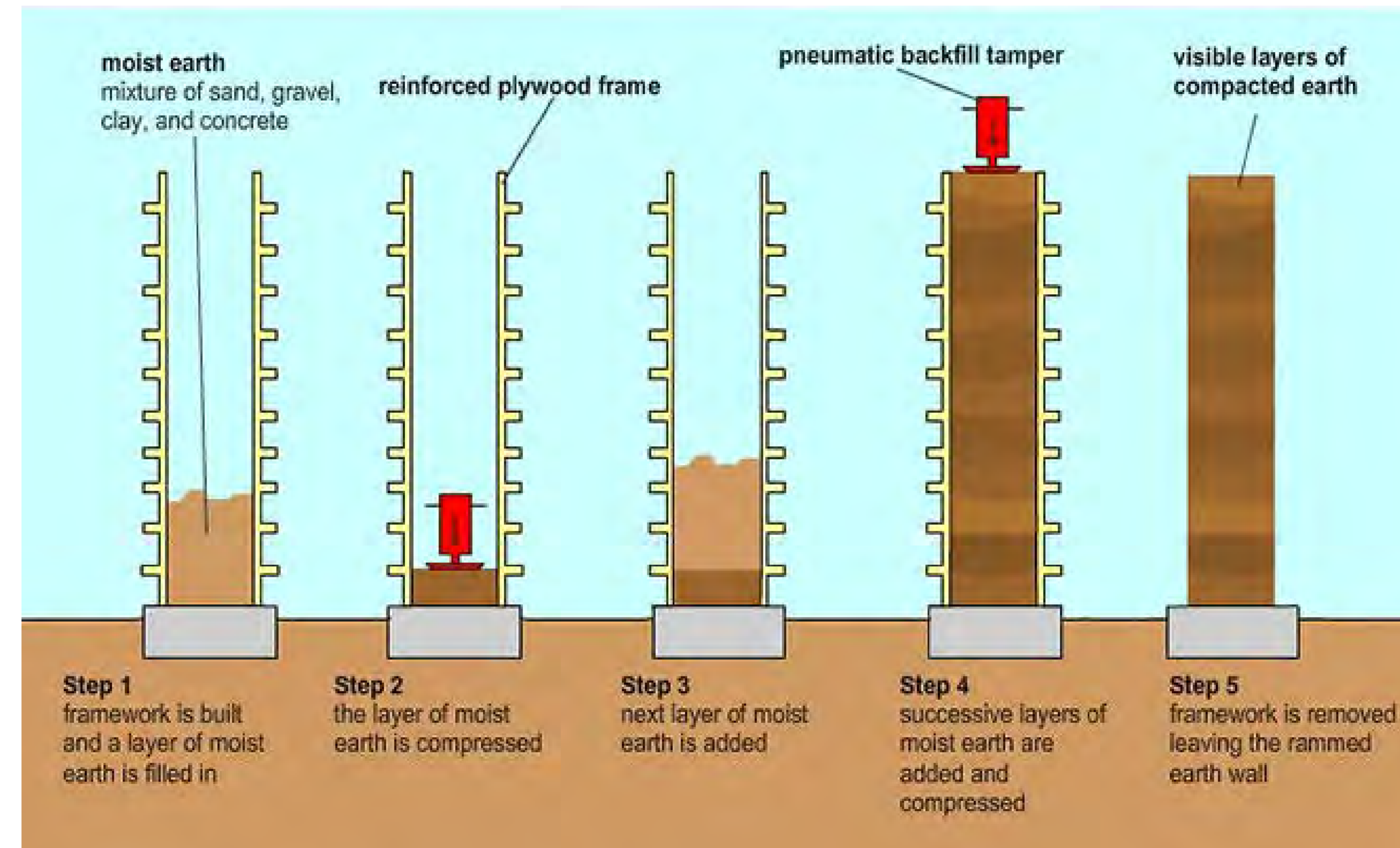
Why rammed earth?



INTERIOR
pre-cast rammed earth panels

EXTERIOR
pre-cast rammed earth blocks

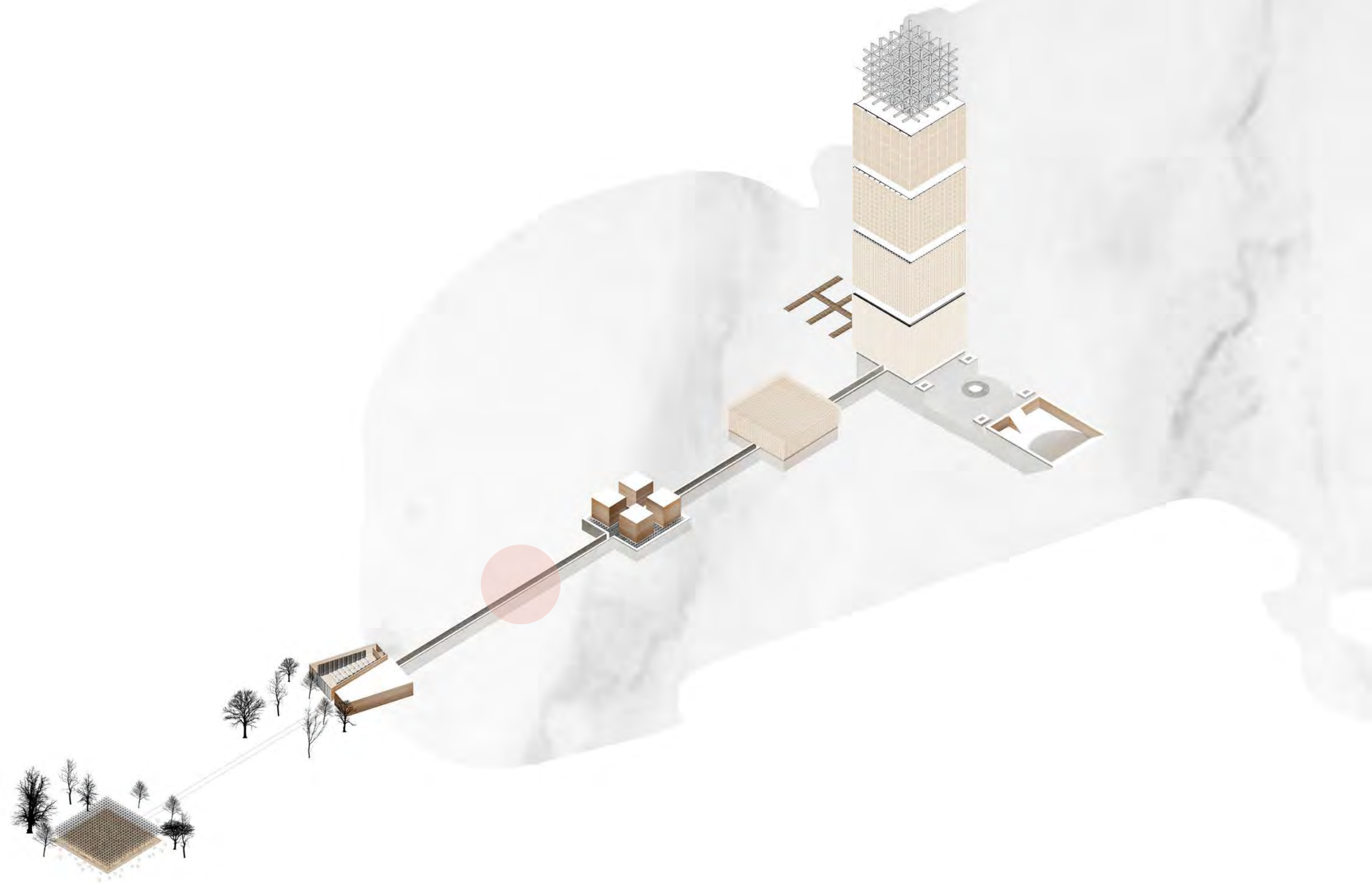
RAMMED EARTH (STAMPLEEM)
Implementation



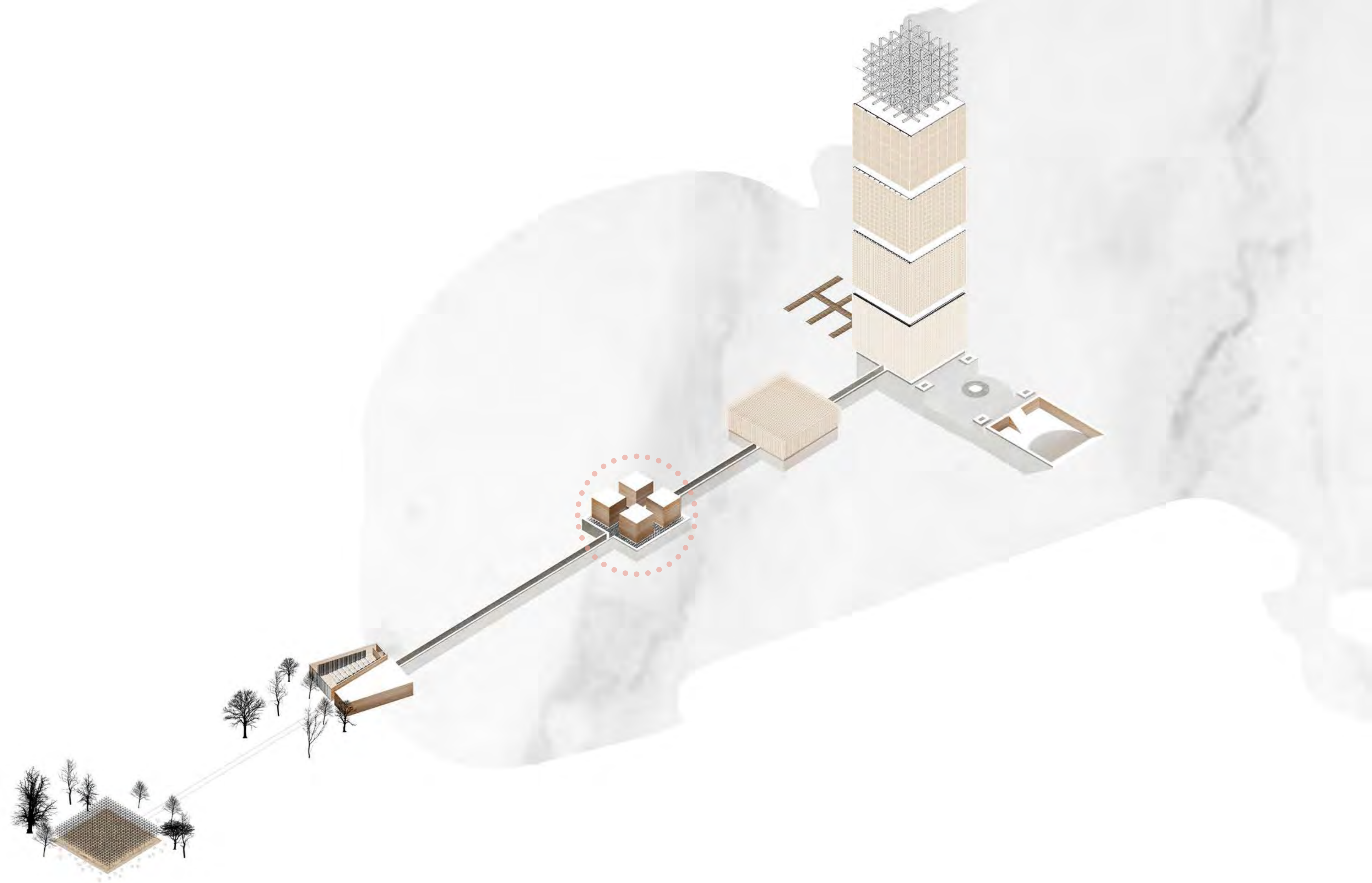
PRODUCTION

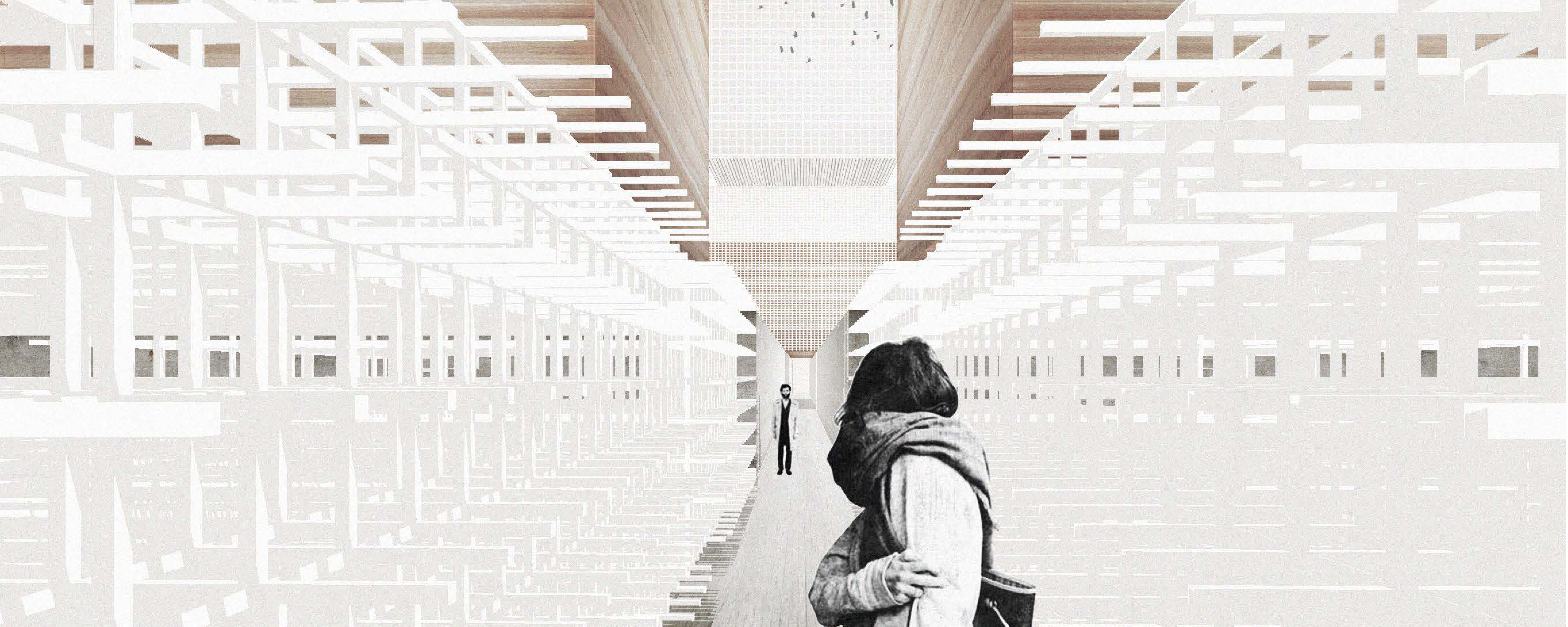
*How are these panels and blocks
made?*

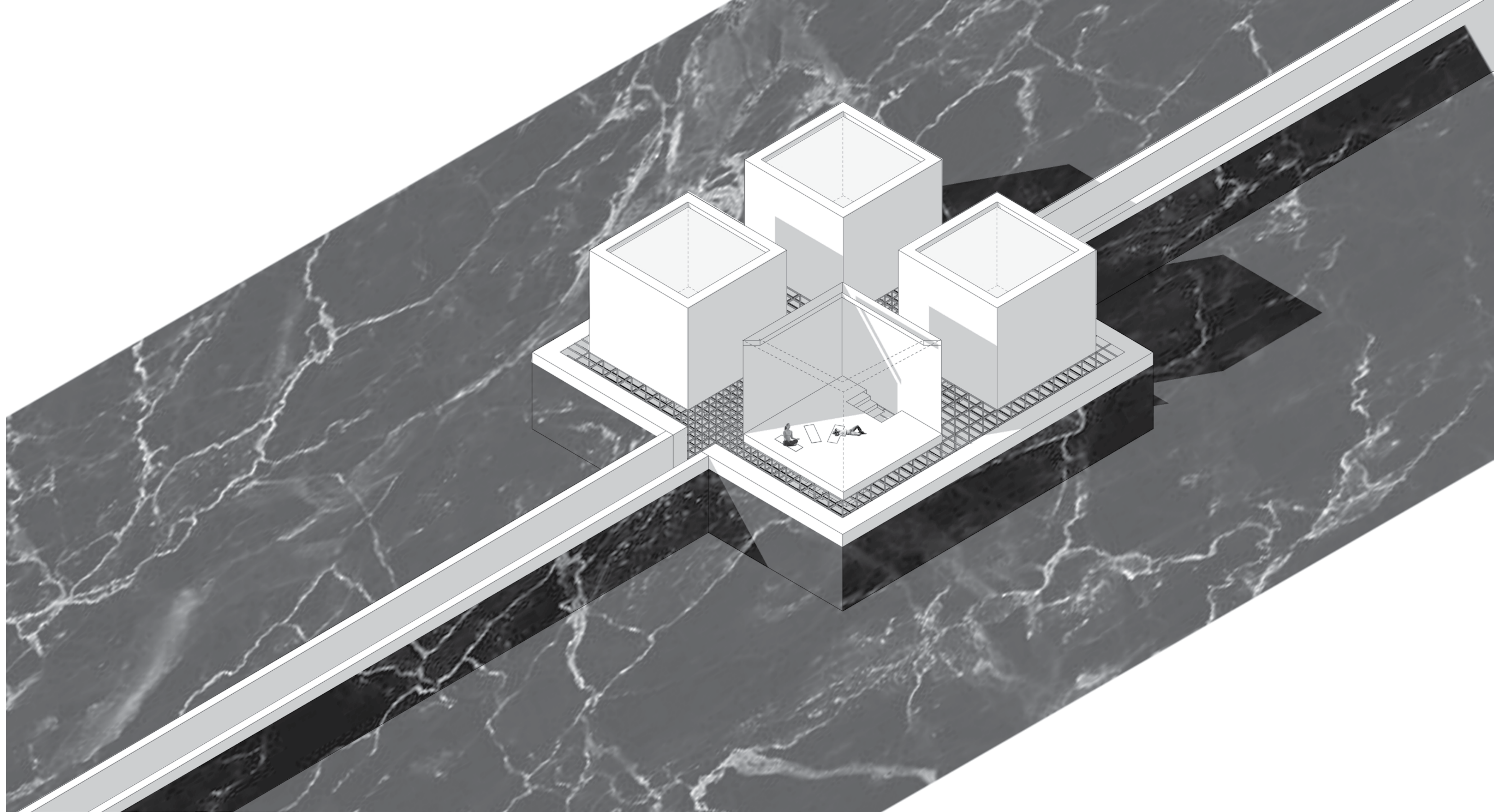


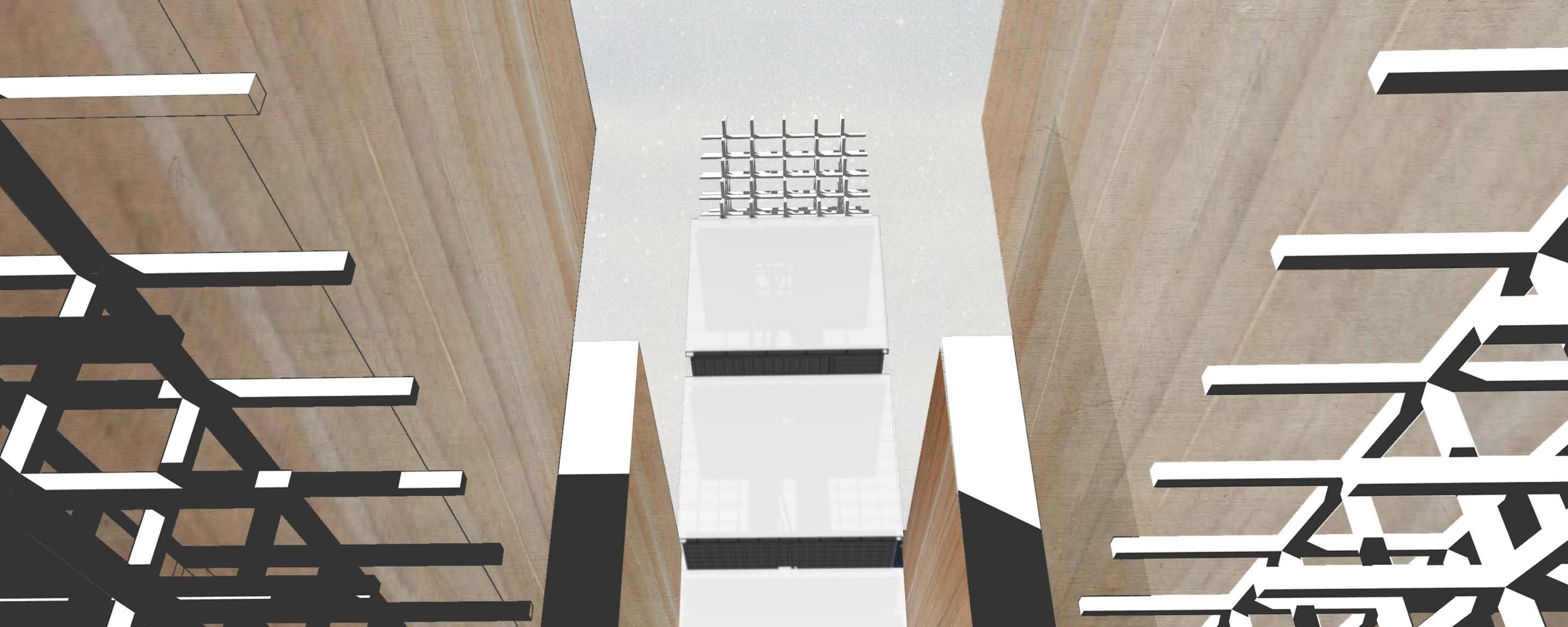


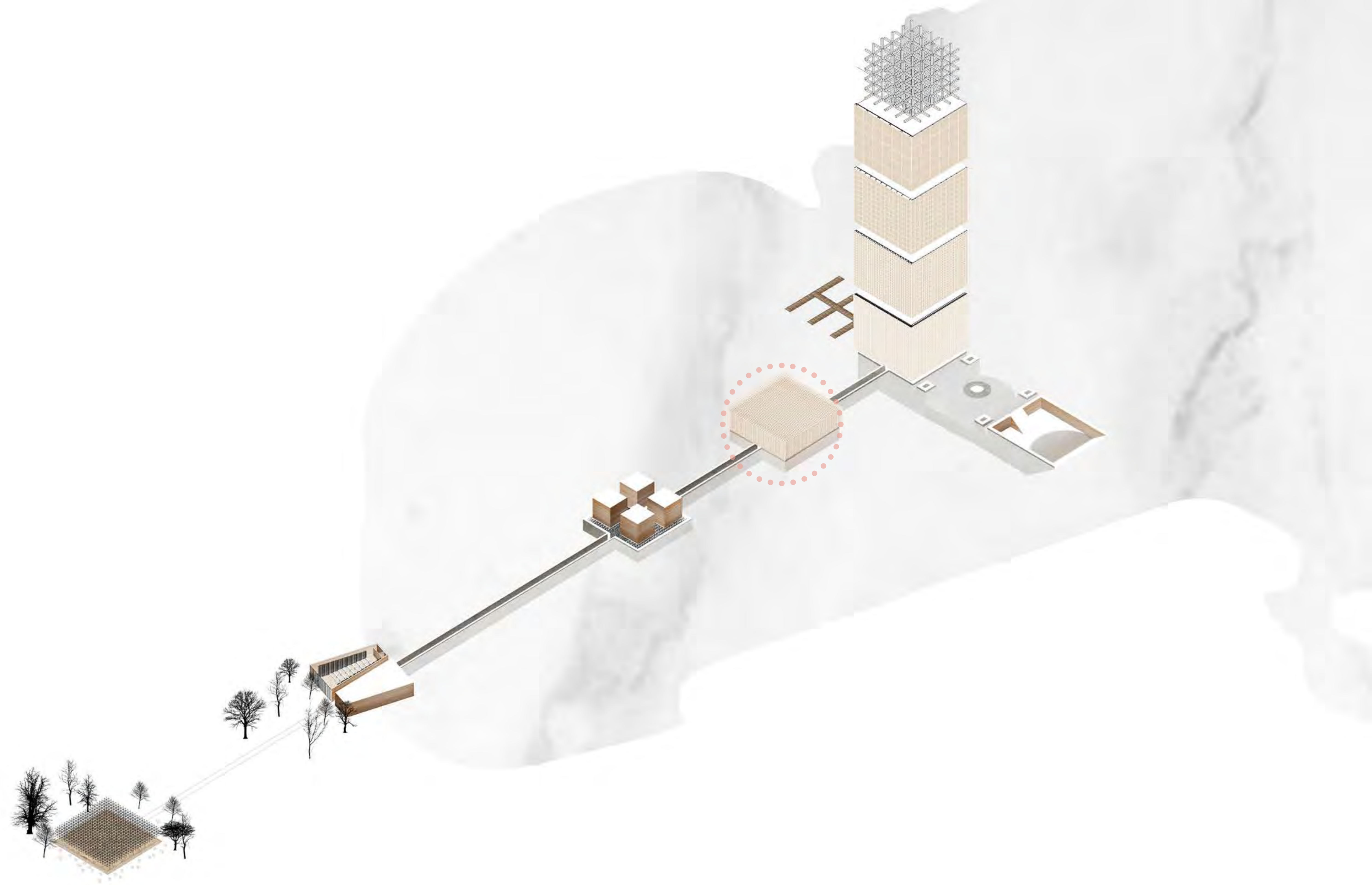


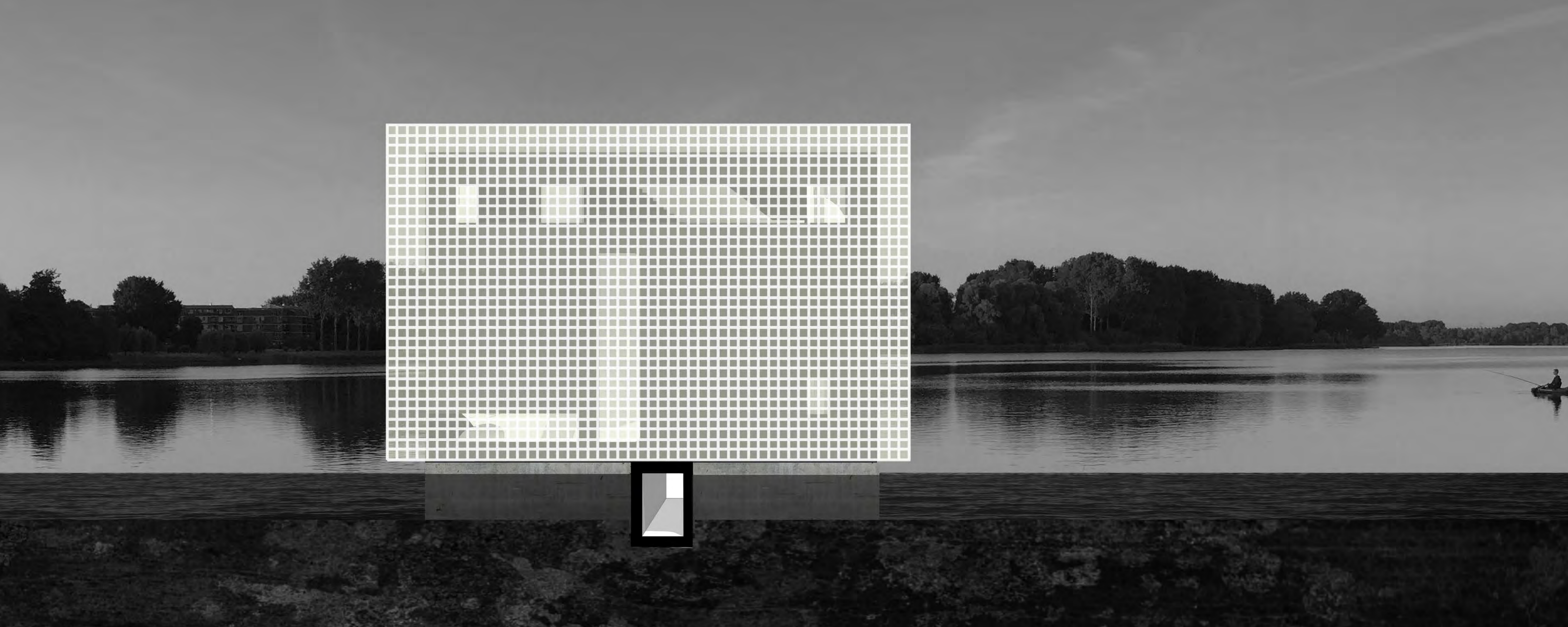




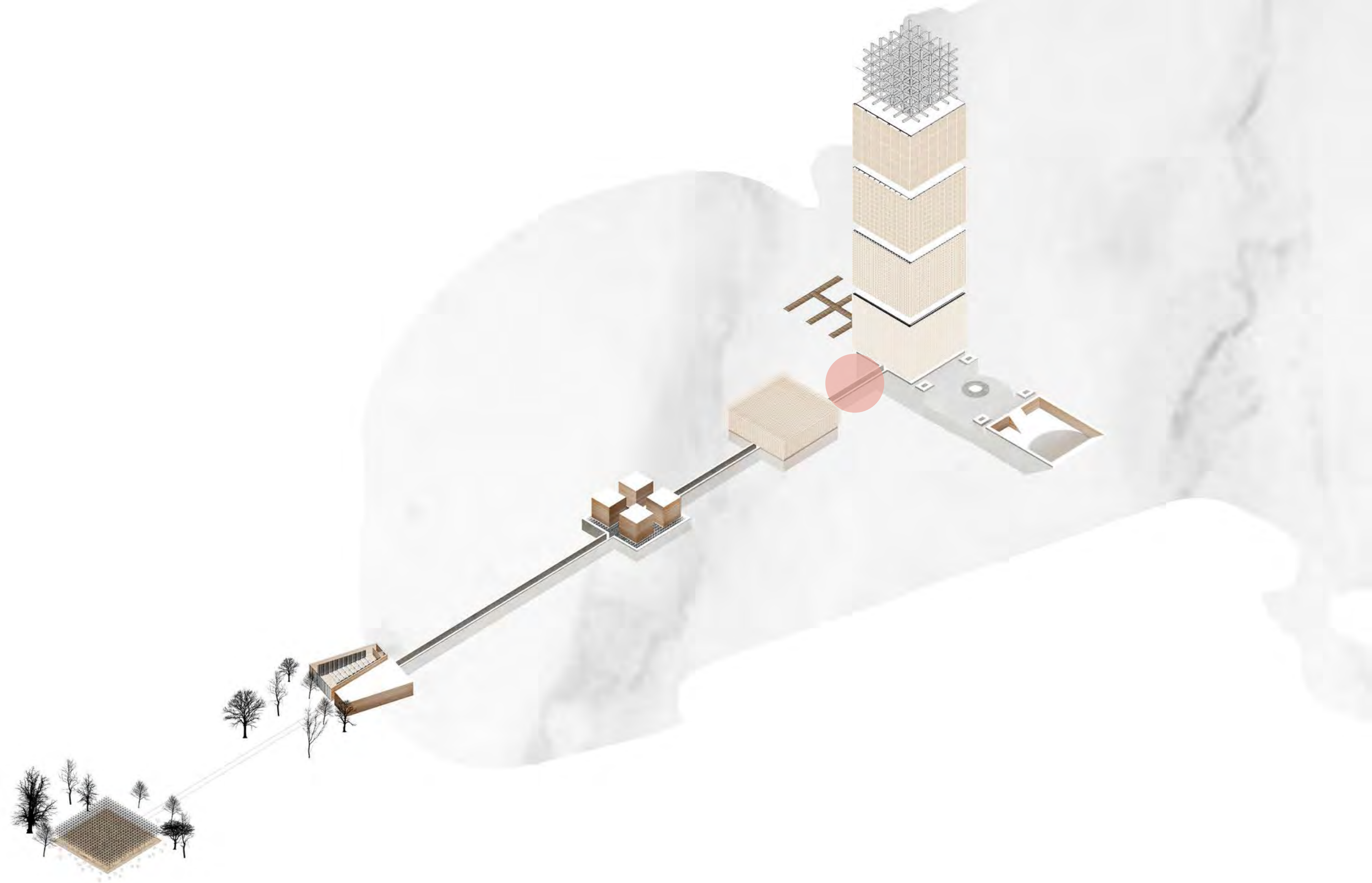




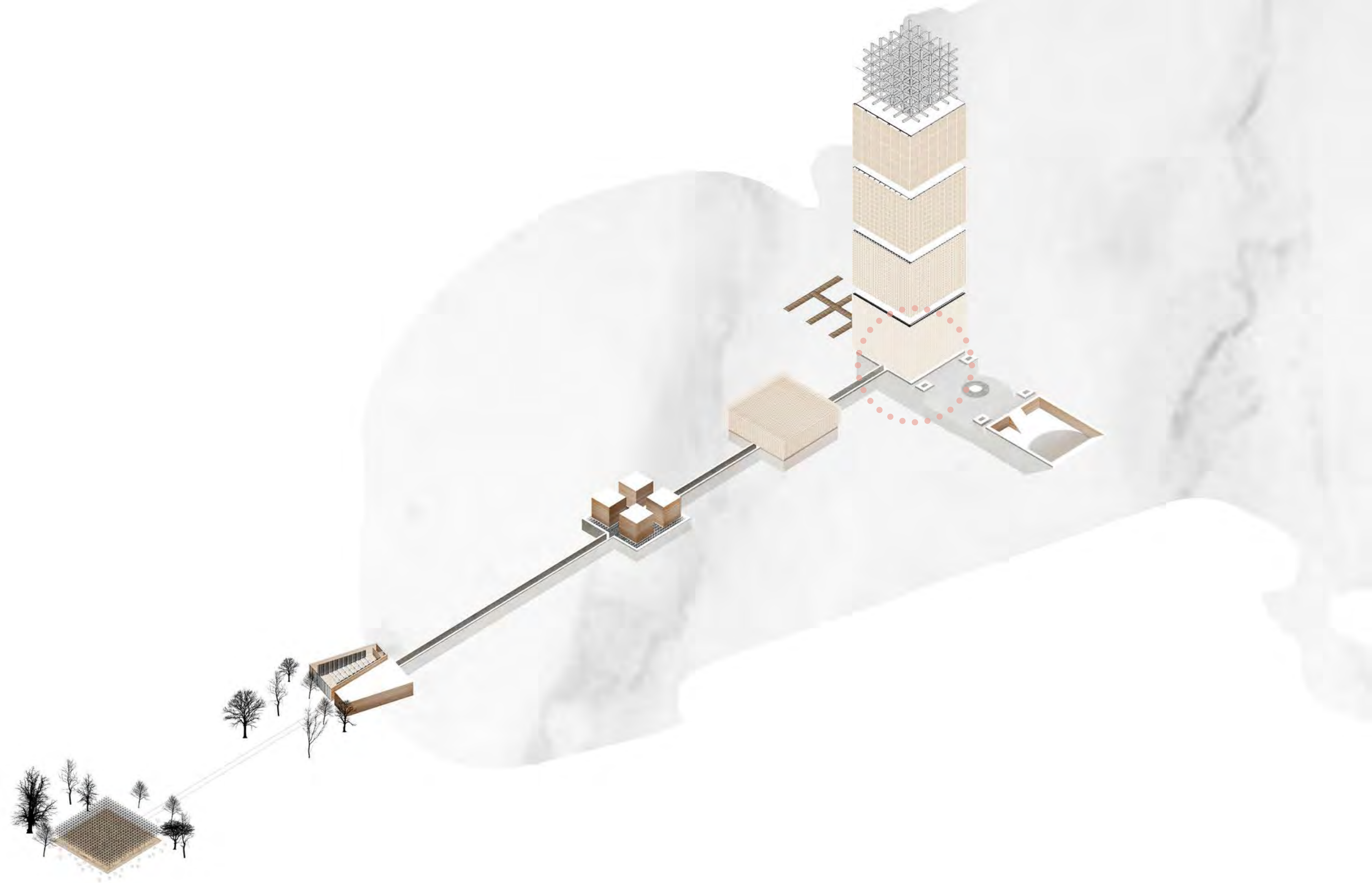






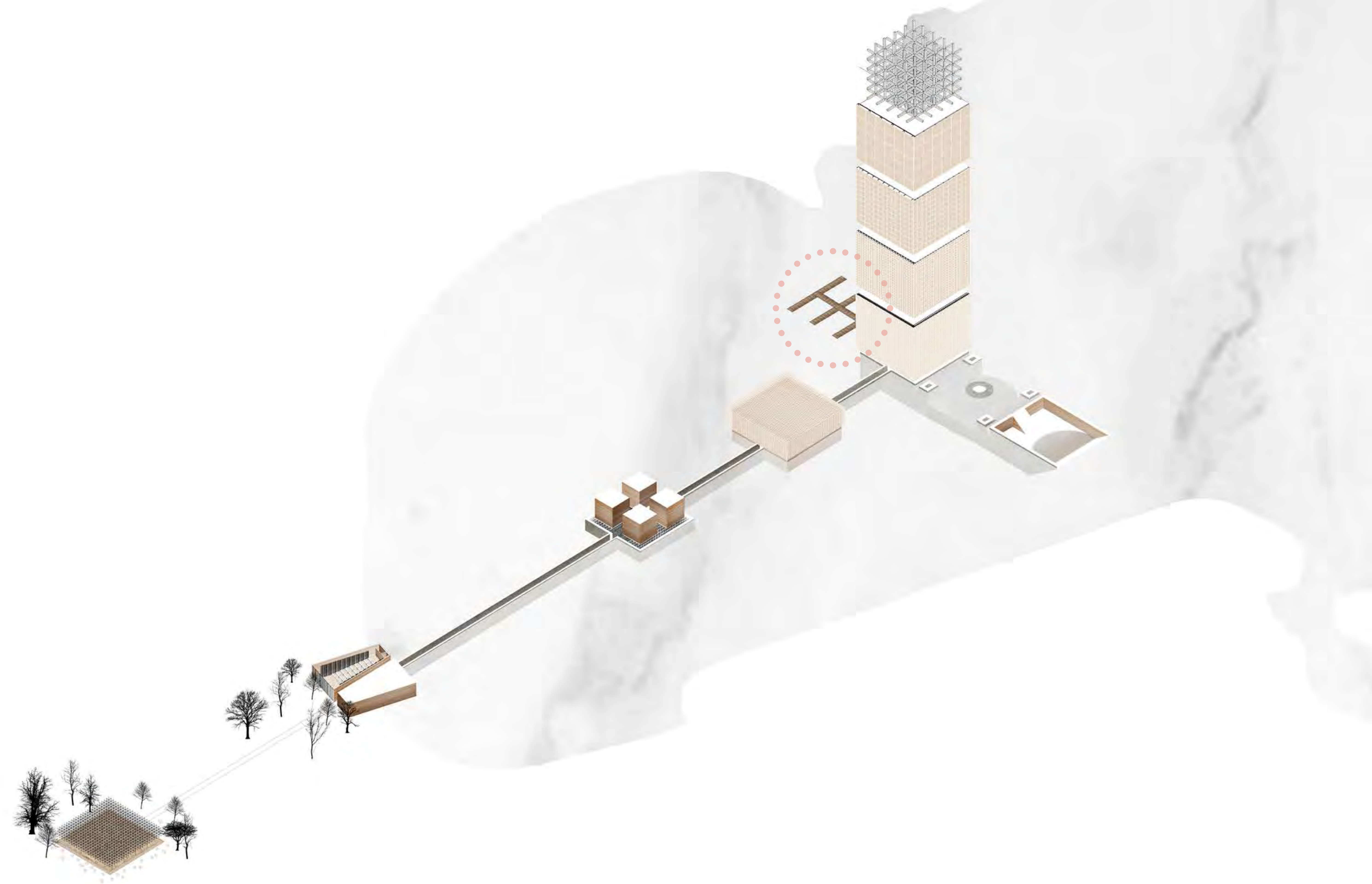


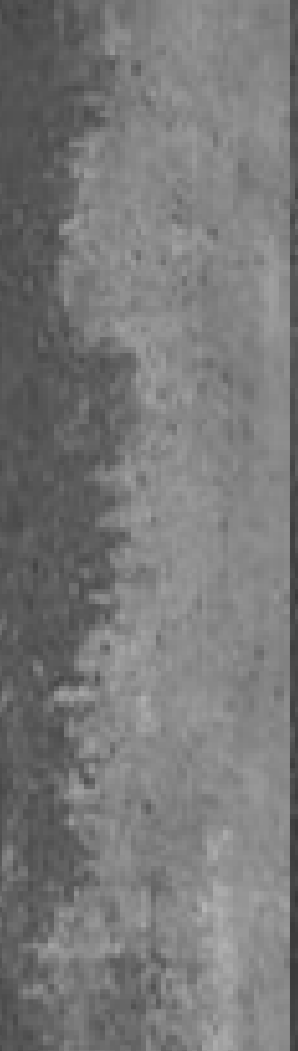
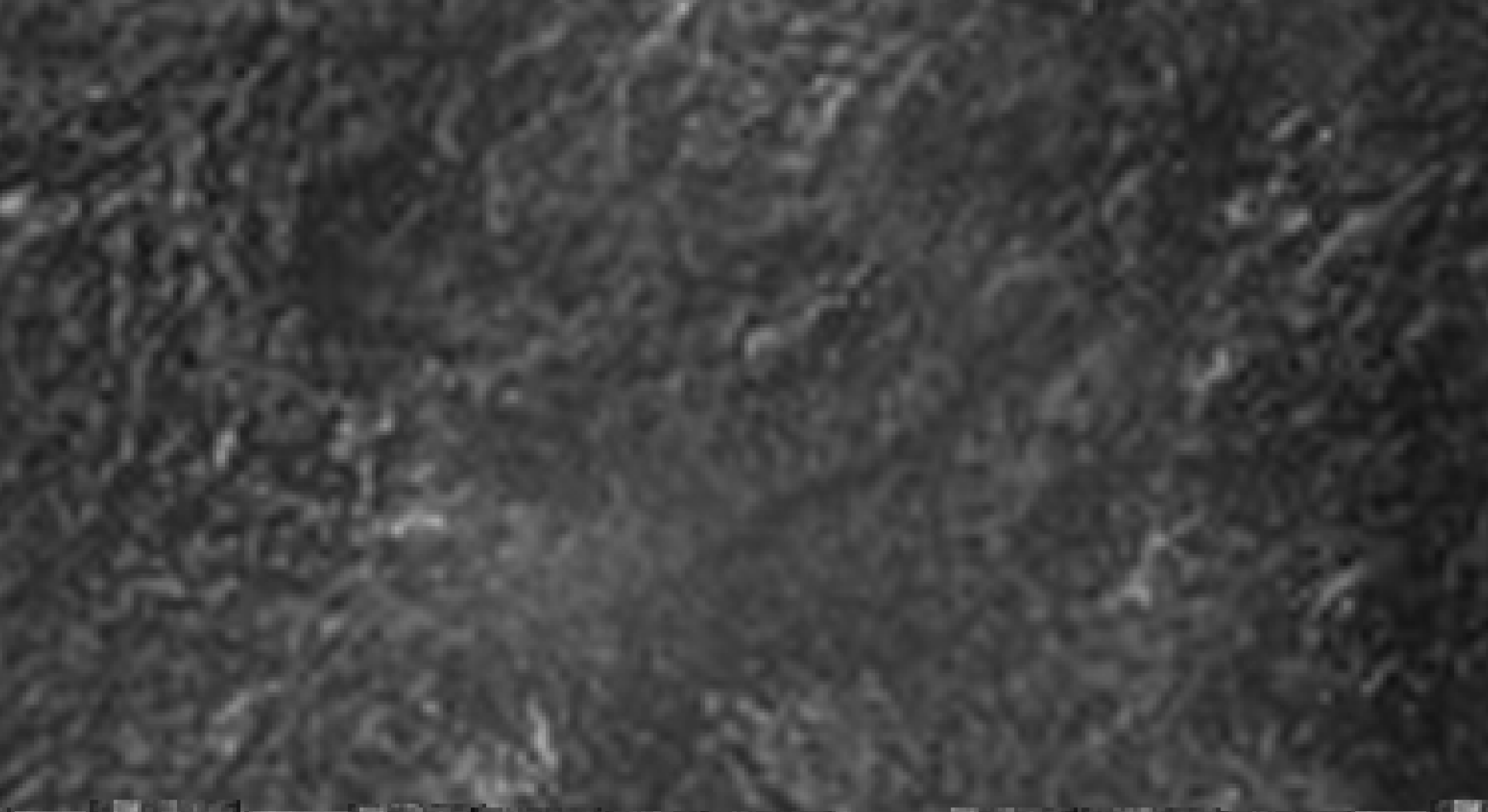




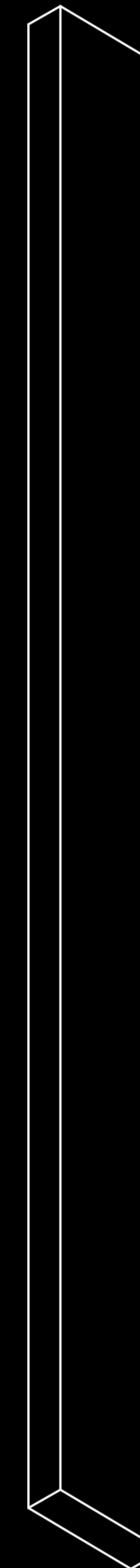
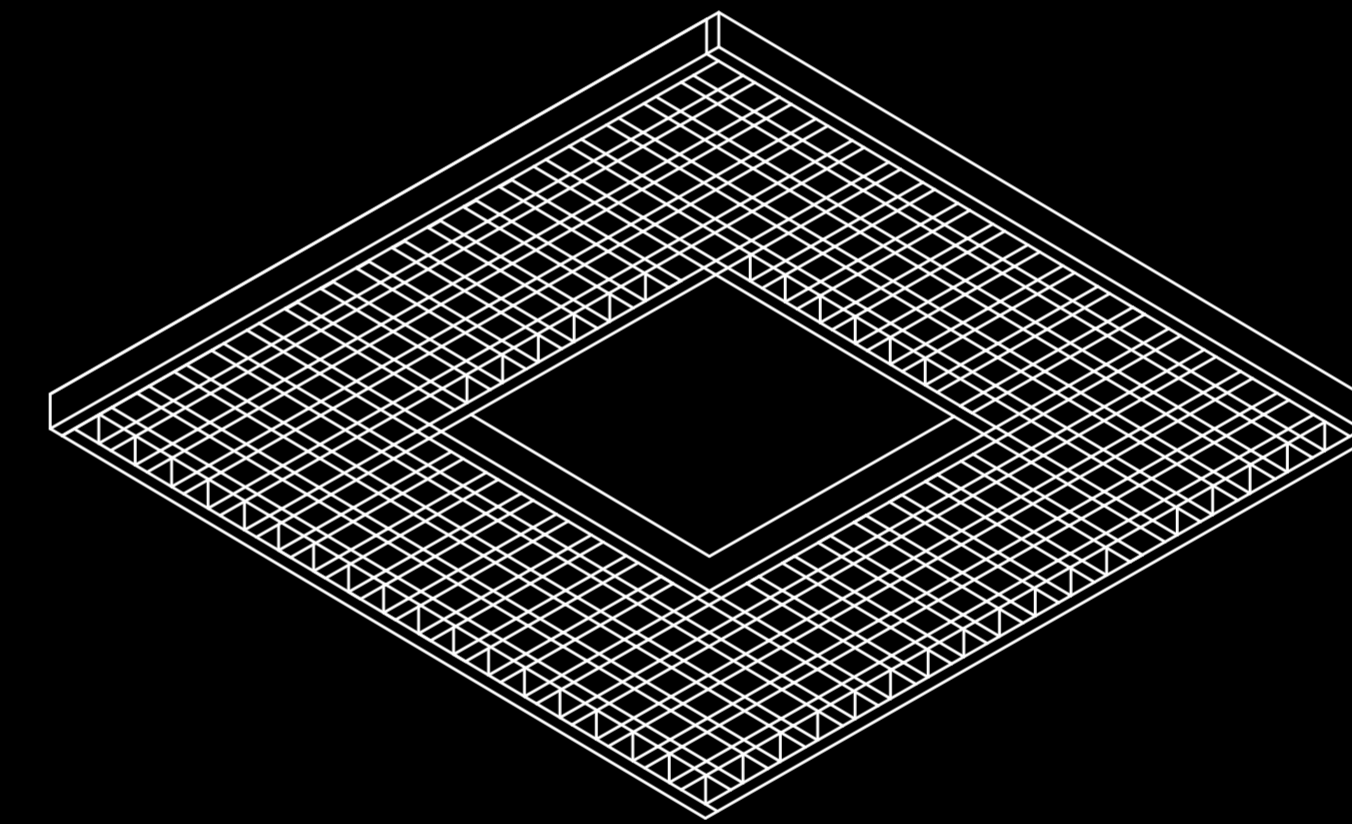
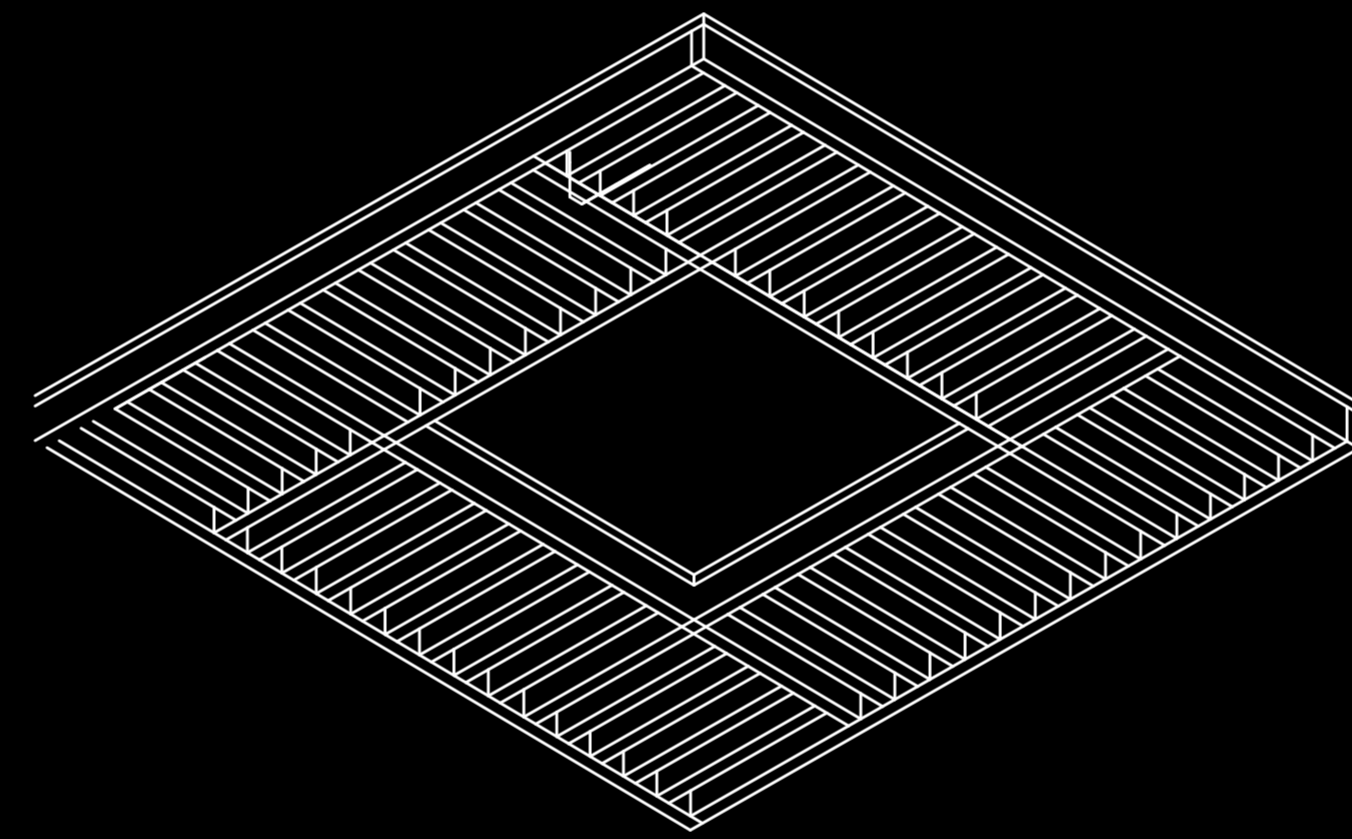
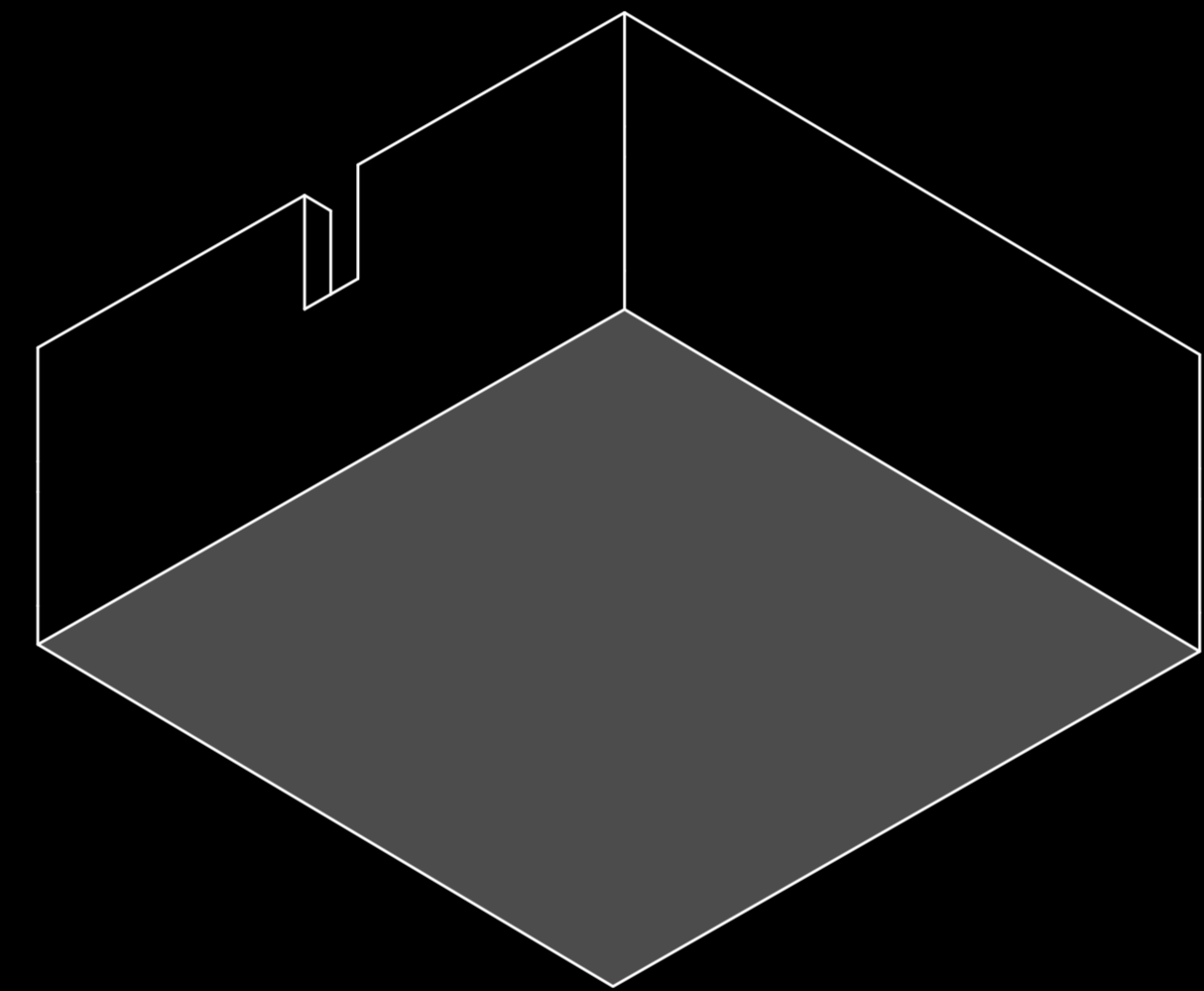
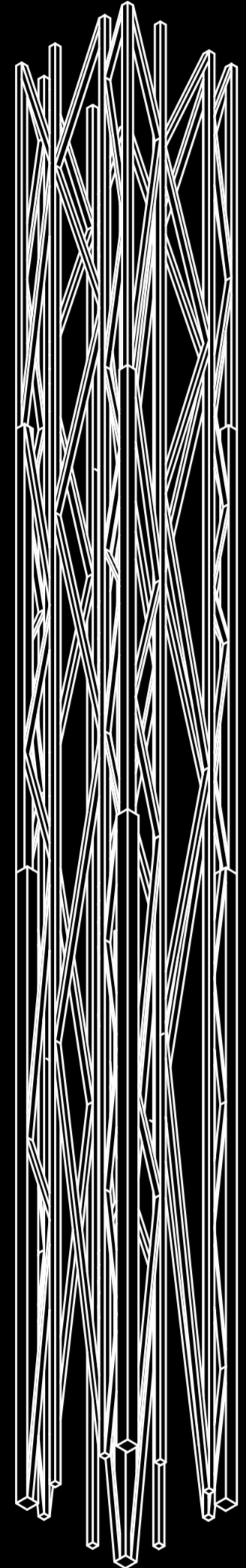




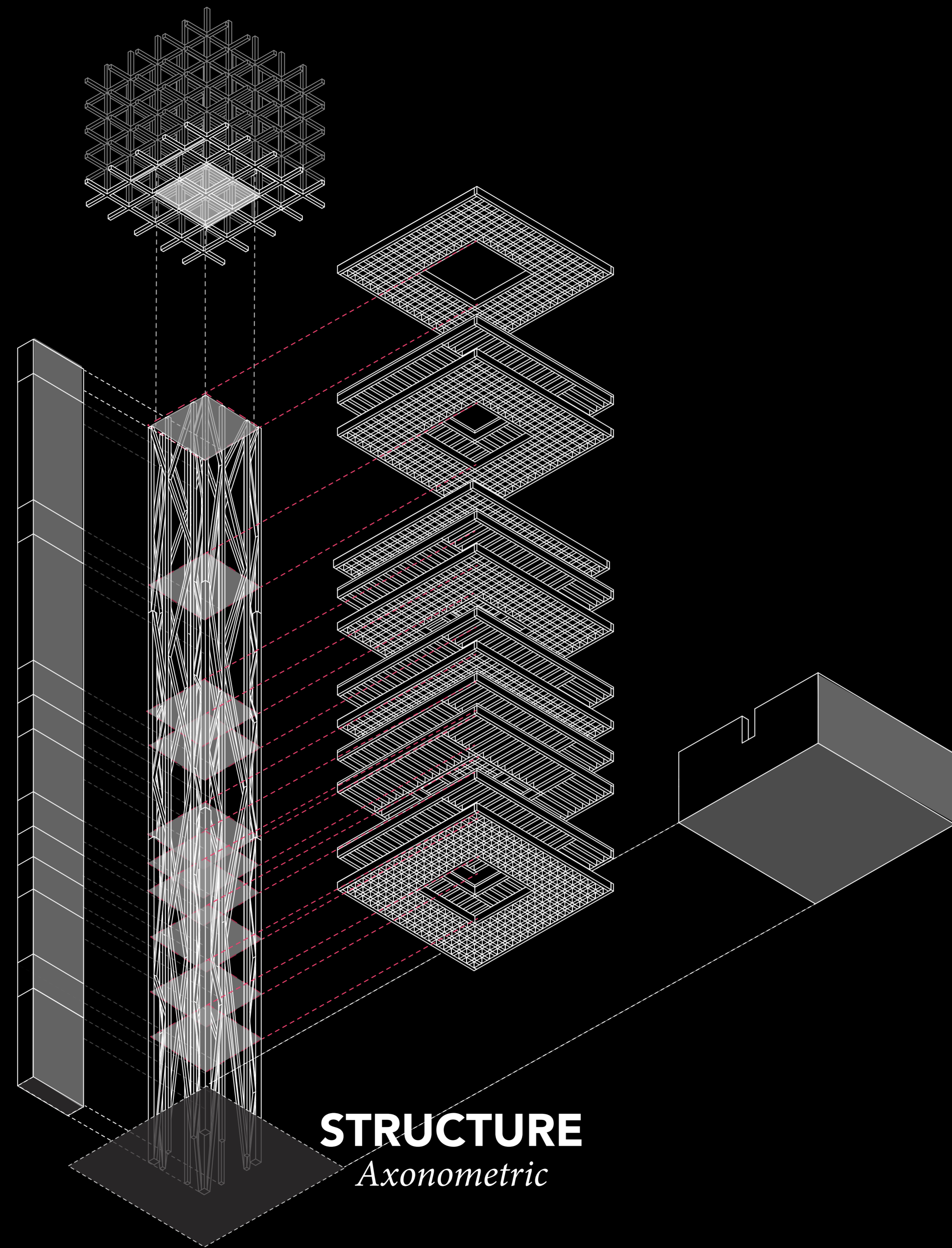




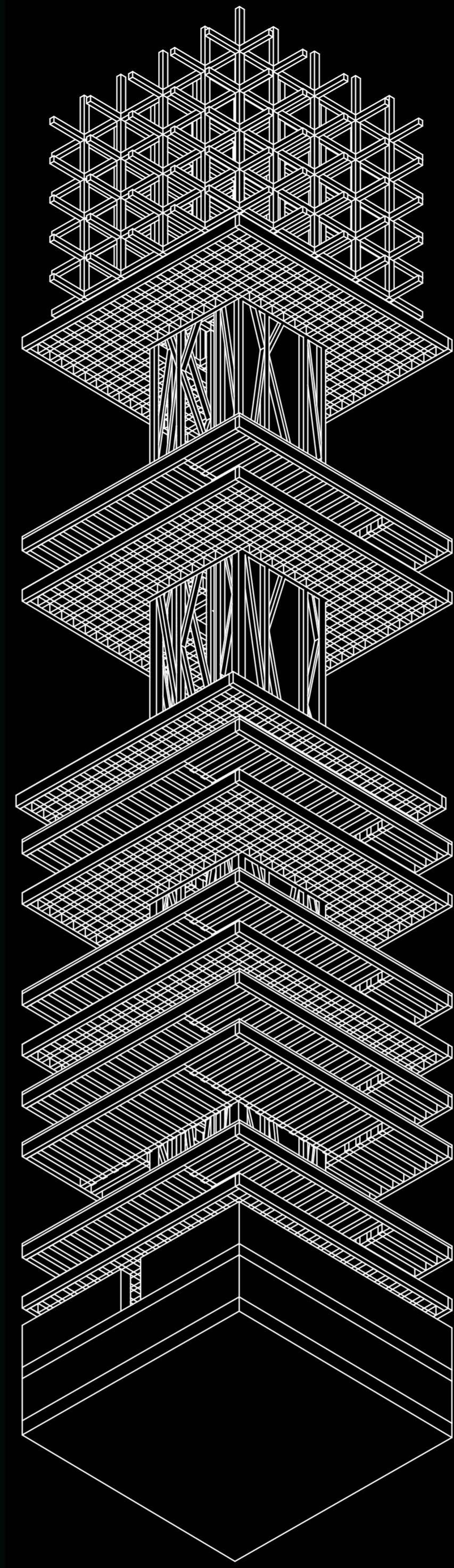




STRUCTURE
Elemental Breakdown



STRUCTURE
Axonometric



STRUCTURE
Assembled

CONTENT



PERSONAL INTEREST

THE ASSIGNMENT

- *mental health issues*

CURRENT ISSUES

- *mental health issues*

FUTURE ISSUES

- *unemployment*

- *stress*

PROBLEM STATEMENT

SEMINAR RESEARCH

CONCLUSIONS, AMBITION + STRATEGY

SITE DESIGN

- *People*

- *Landscape*

PAVILIONS

- *Gradient*

- *Program*

- *Materialisation*

TOWER

- *gradient*

- *program*

- *logistics*

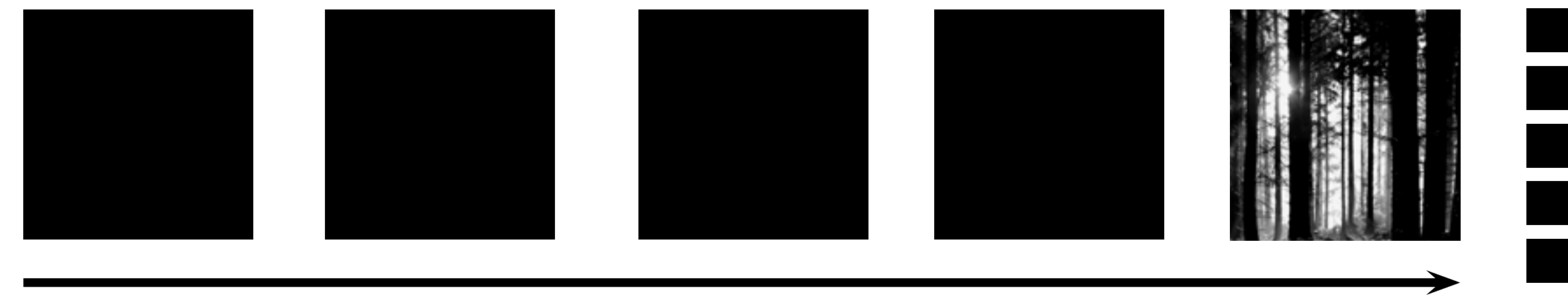
- *Materialisation*

- *Climate*

CONCLUSIONS

TOWER
Concept

**HEALING THROUGH CURATED
THERAPY BY MAN-MADE STRATEGIES
FOR MENTAL HEALTH**



**THE UNCURATED AND UNCONSCIOUS
HEALING BY EXPOSING THE SENSES
TO NATURE**

TOWER
Gradient

NATURE



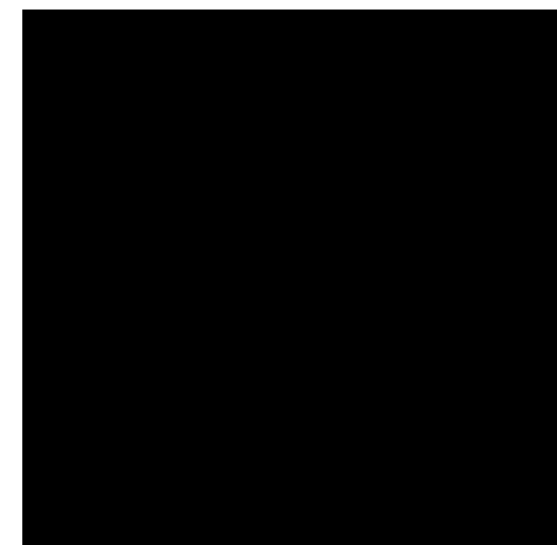
PEACE



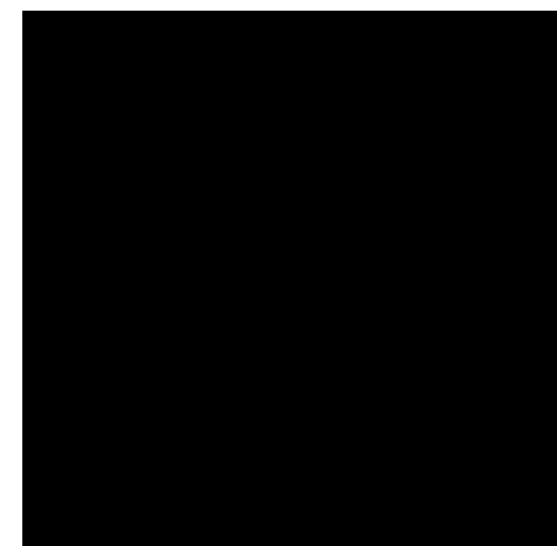
ISOLATION



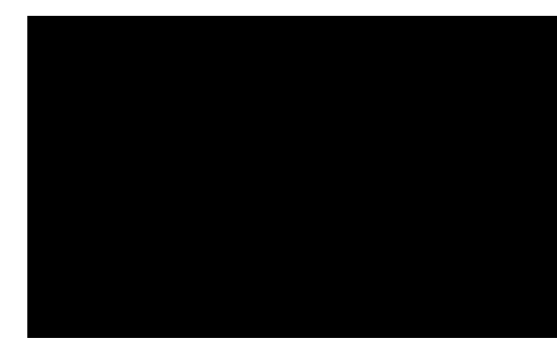
**FOOD
ACTIVITY
CONVERSATION**



CLINIC



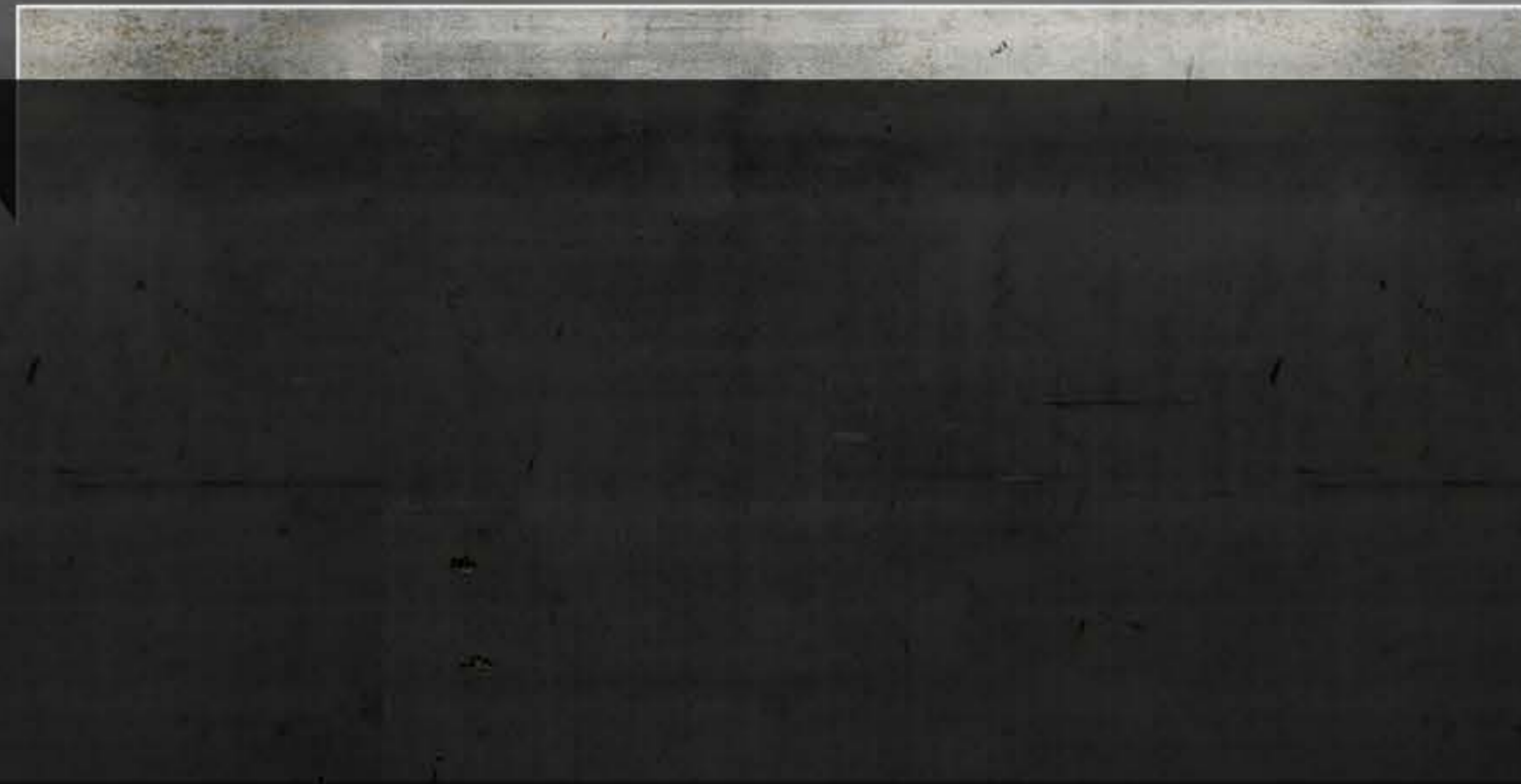
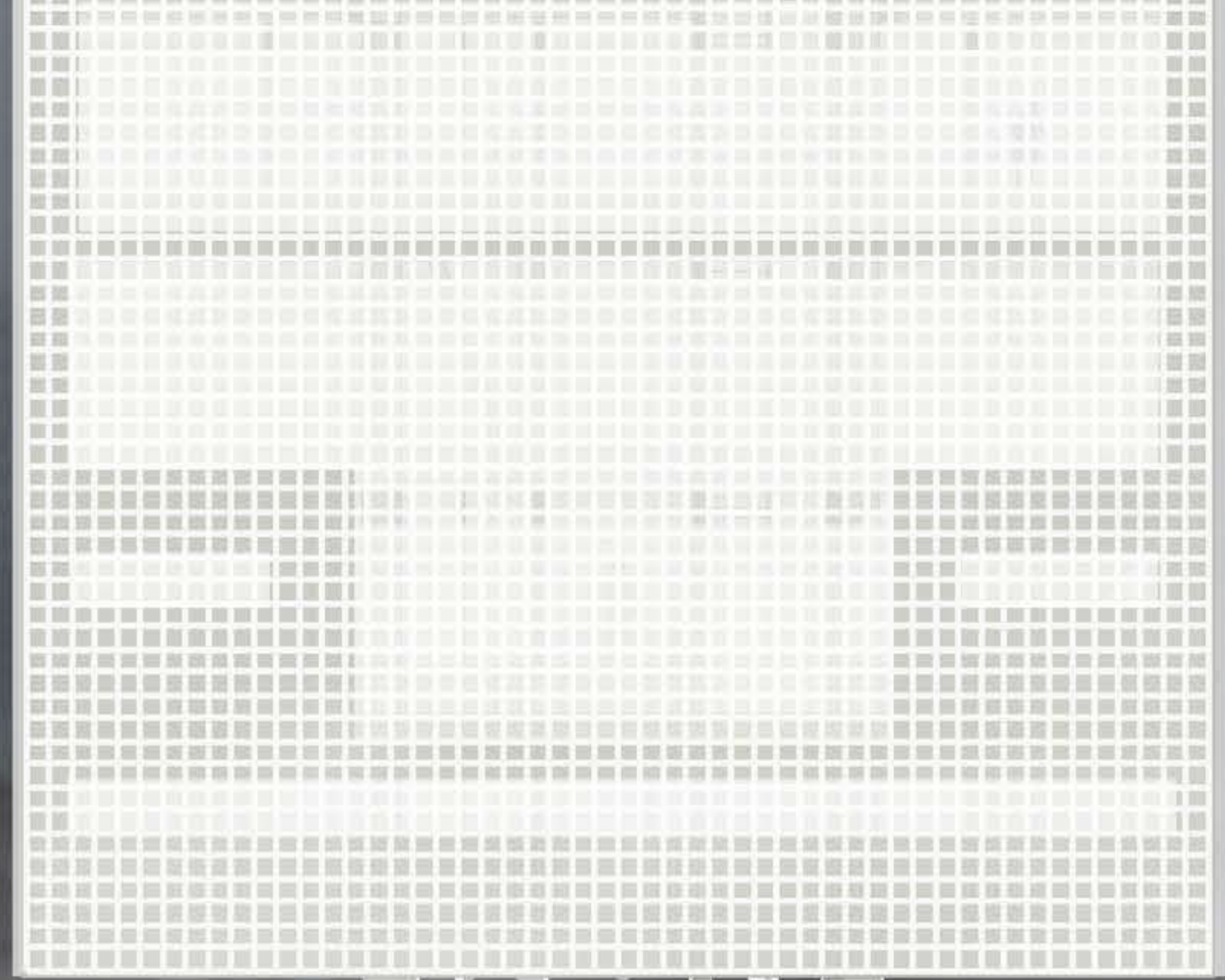
HAMMAM

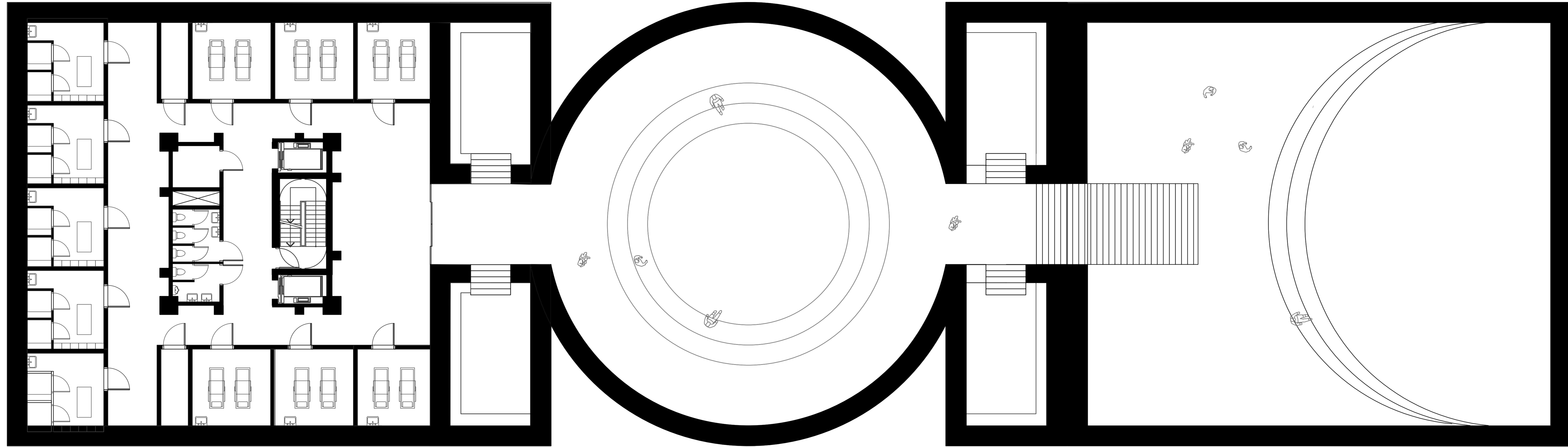


**SENSES
FREE**

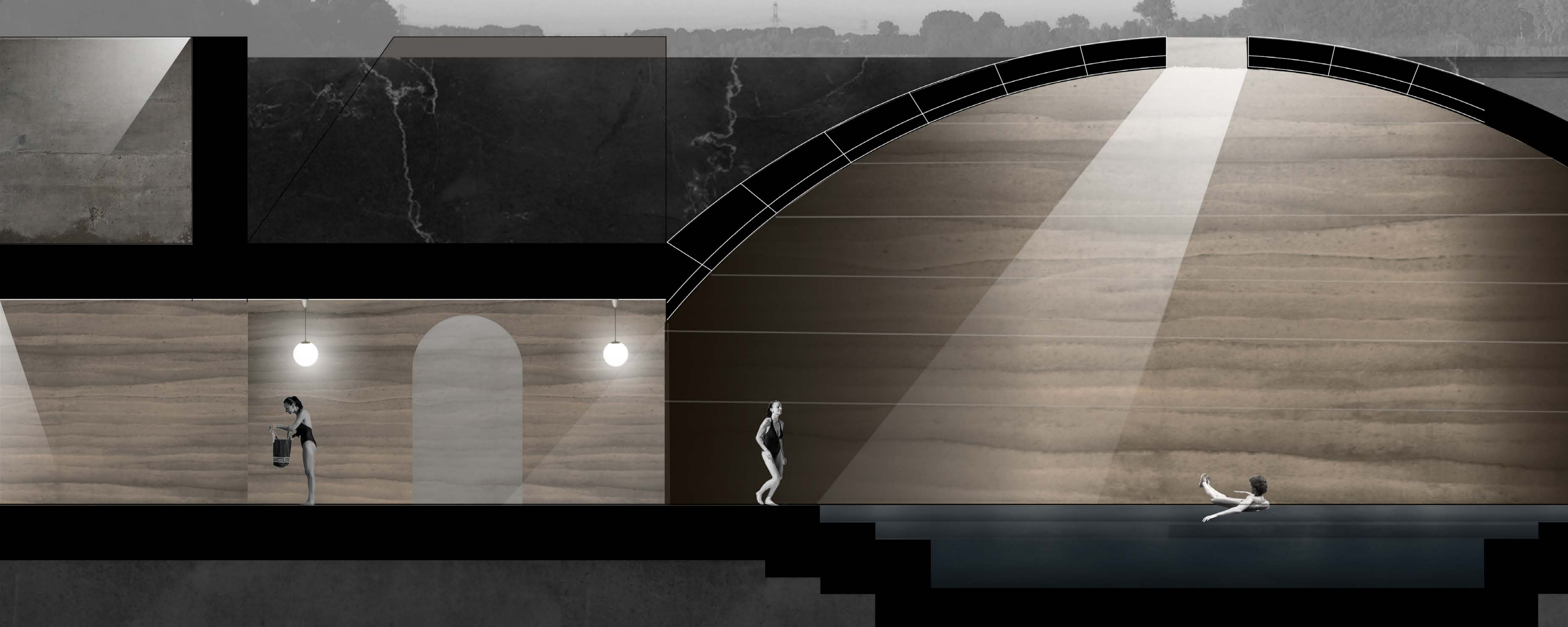


**SCIENCE
STRUCTURE
CURATED**



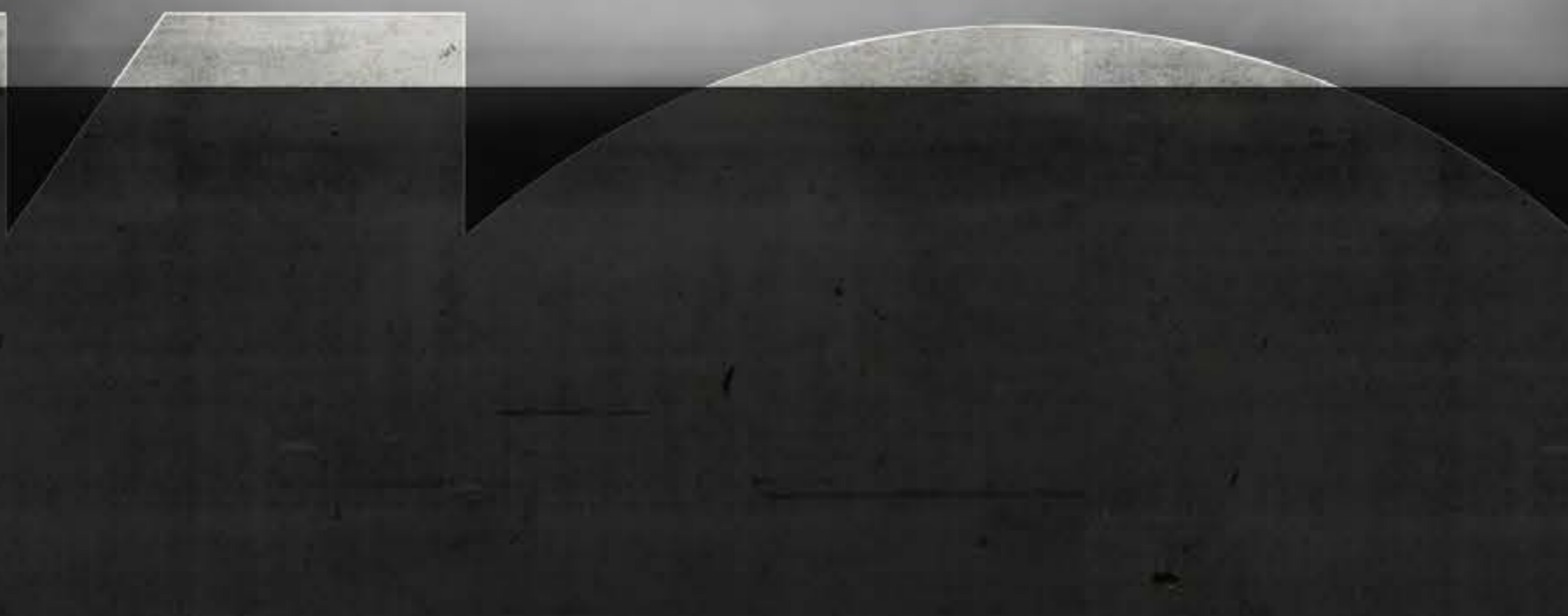
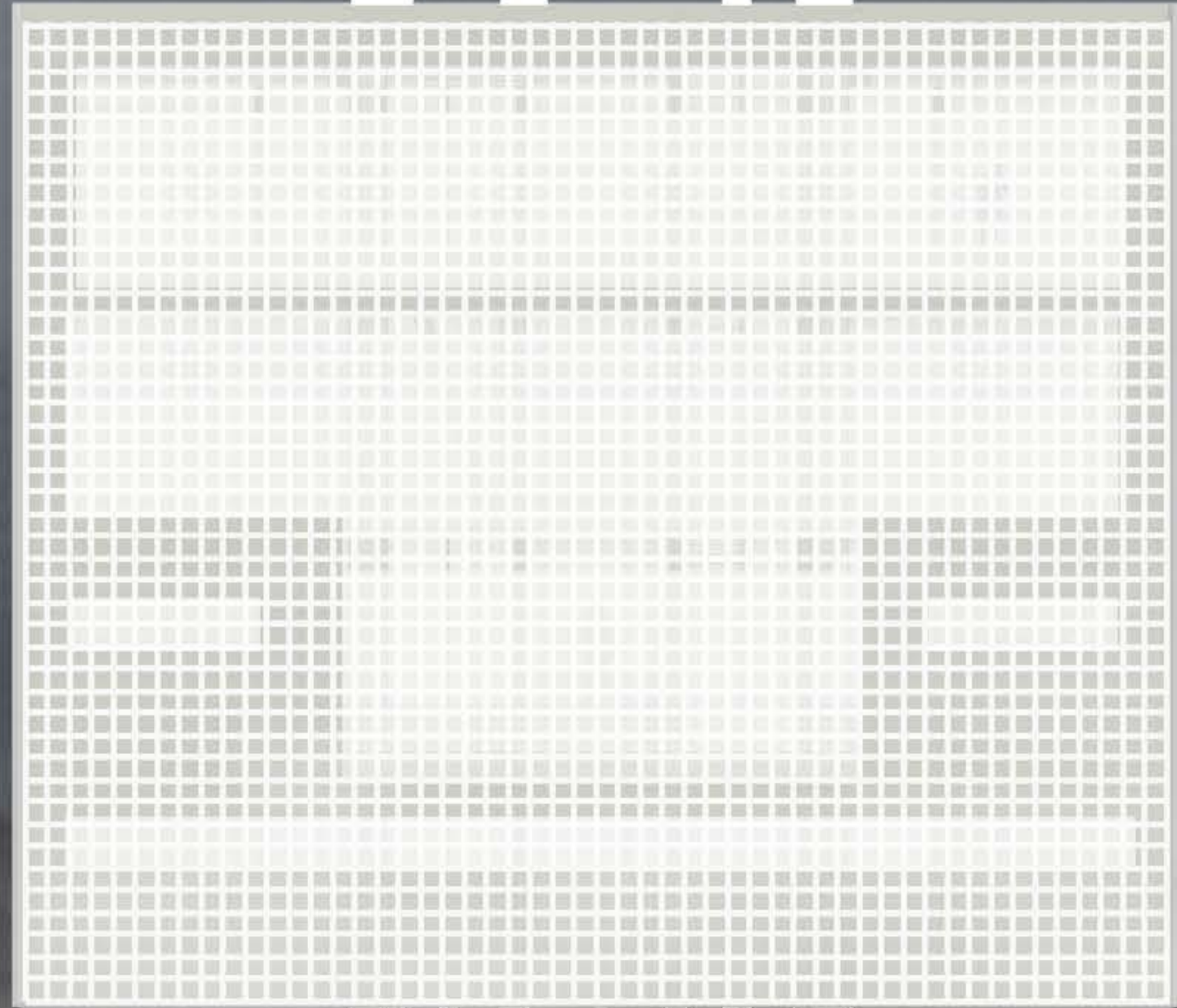
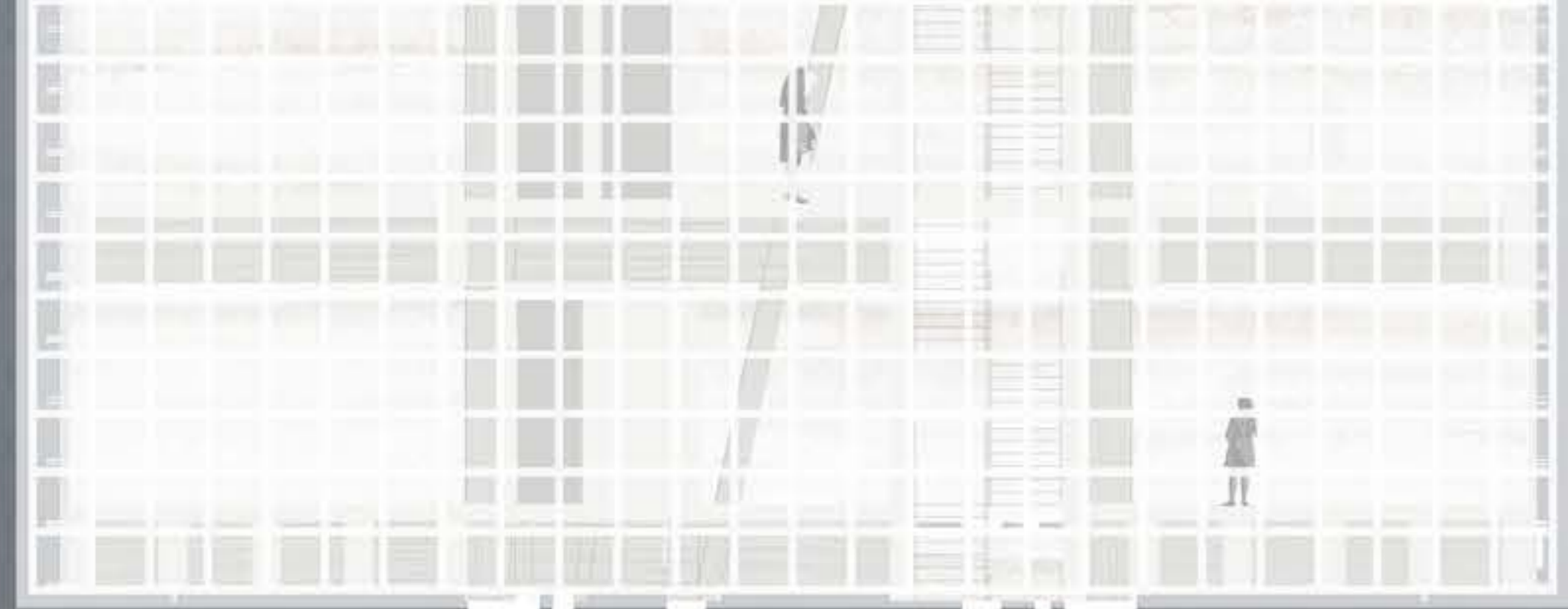


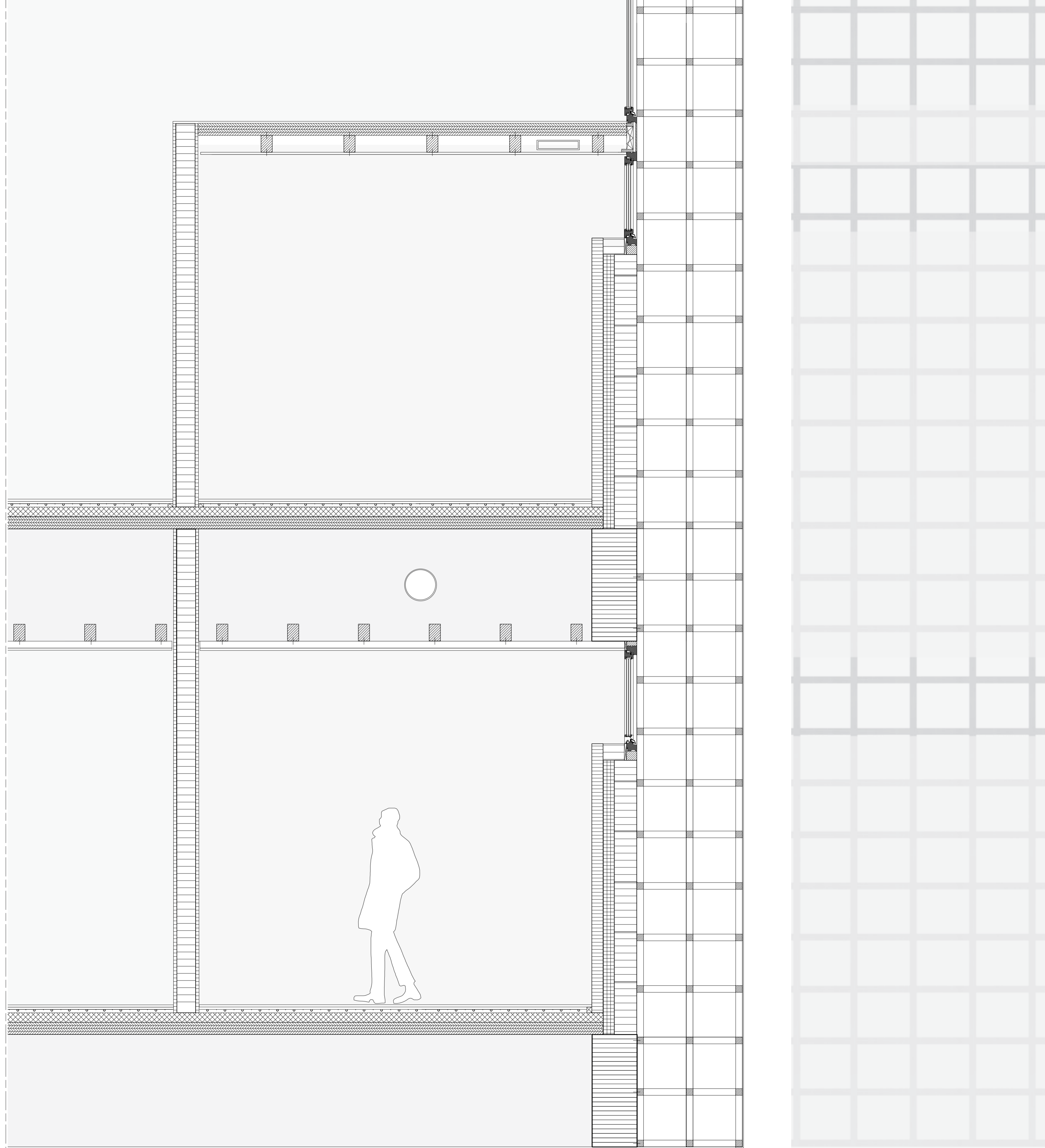
HAMMAM
Plan



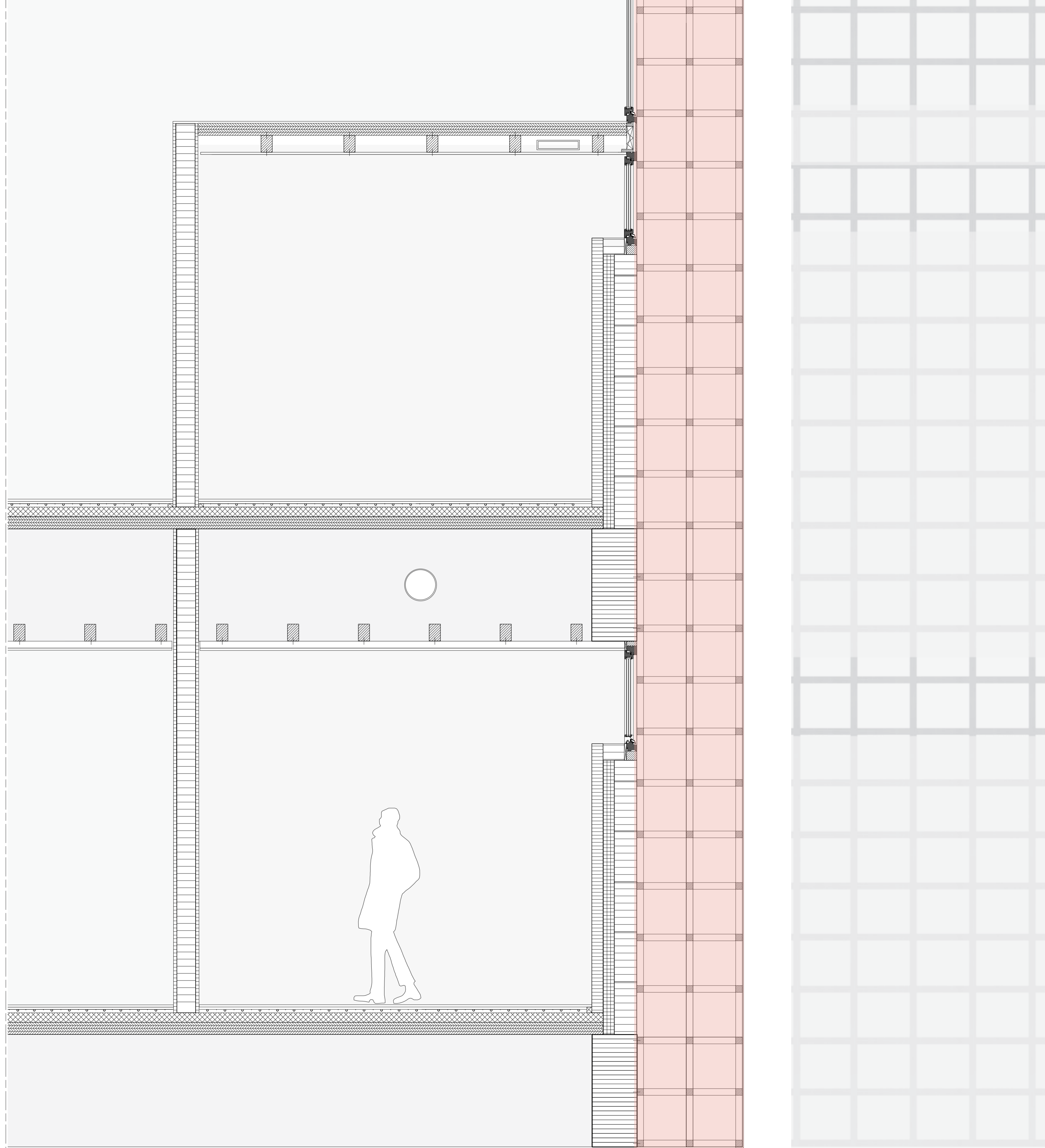


HAMMAM
Climate

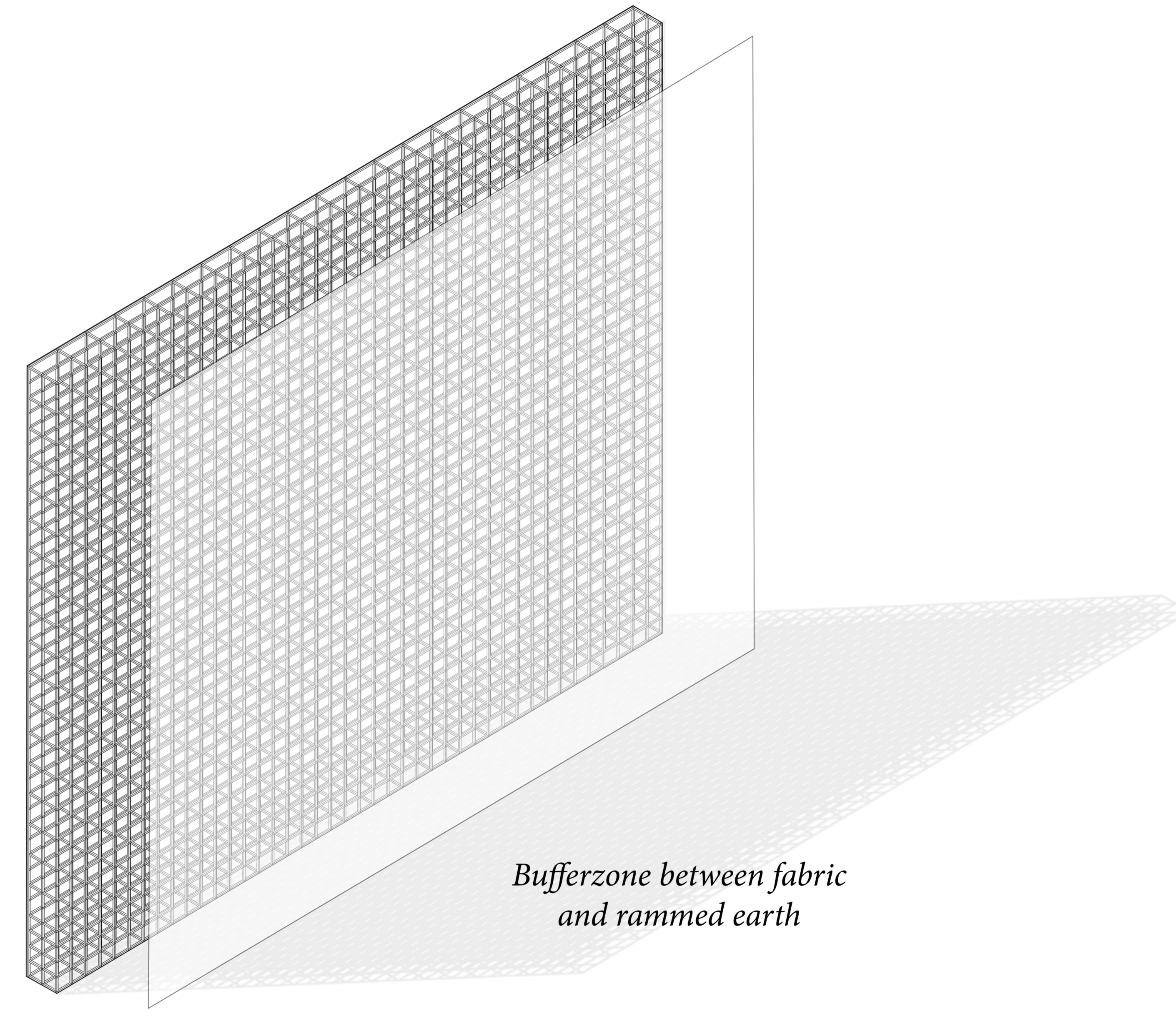




FACADE
Building technology



FACADE
Building technology





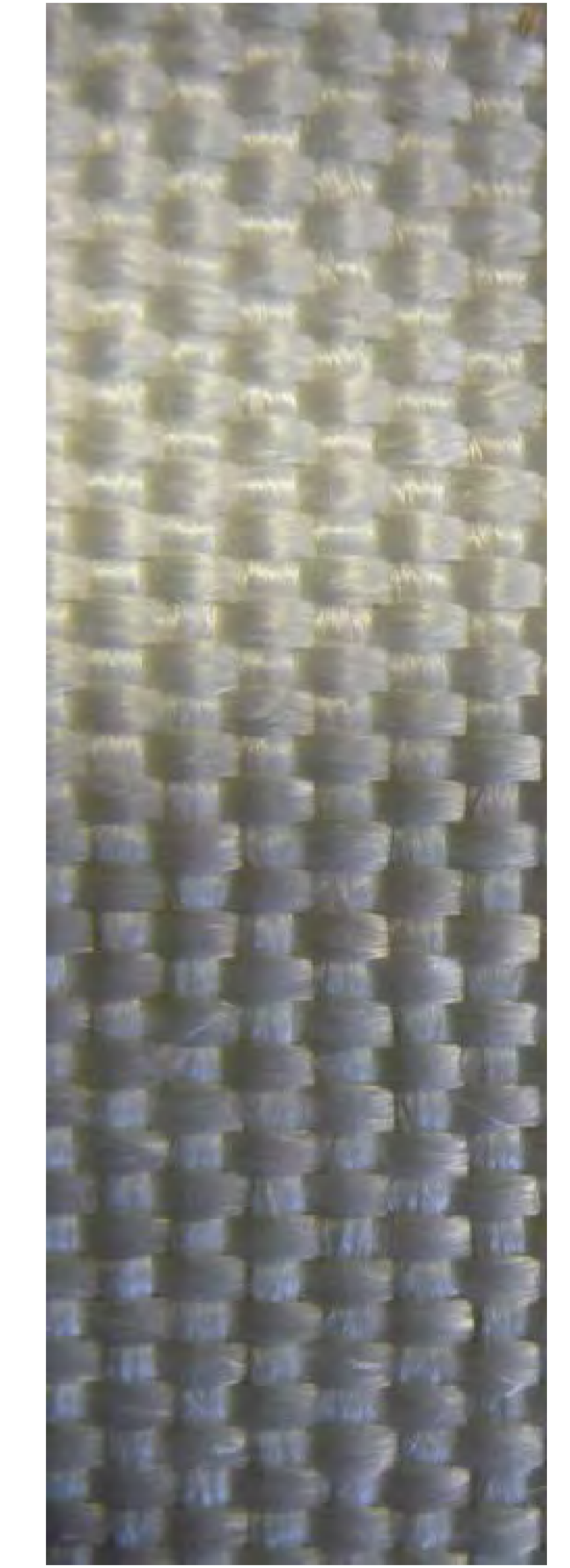
TRANSPARENT BUT GIVES INDIRECT LIGHT TO INTERIOR



EFFECT DURING NIGHT



EFFECT DURING DAY



CLOSE UP

Protects rammed earth inner facade from erosion by rain and wind

Durable and 100% recyclable

Easy maintenance: resistant to mold and dirt

Shades and creates diffuse light

Lightweight

BENEFITS

Why glassfibre textile?

Protects rammed earth inner facade from erosion by rain and wind

Durable and 100% recyclable

Easy maintenance: resistant to mold and dirt

Shades and creates diffuse light

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BENEFITS

Why glassfibre textile?

Protects rammed earth inner facade from erosion by rain and wind

Durable and 100% recyclable

Easy maintenance: resistant to mold and dirt

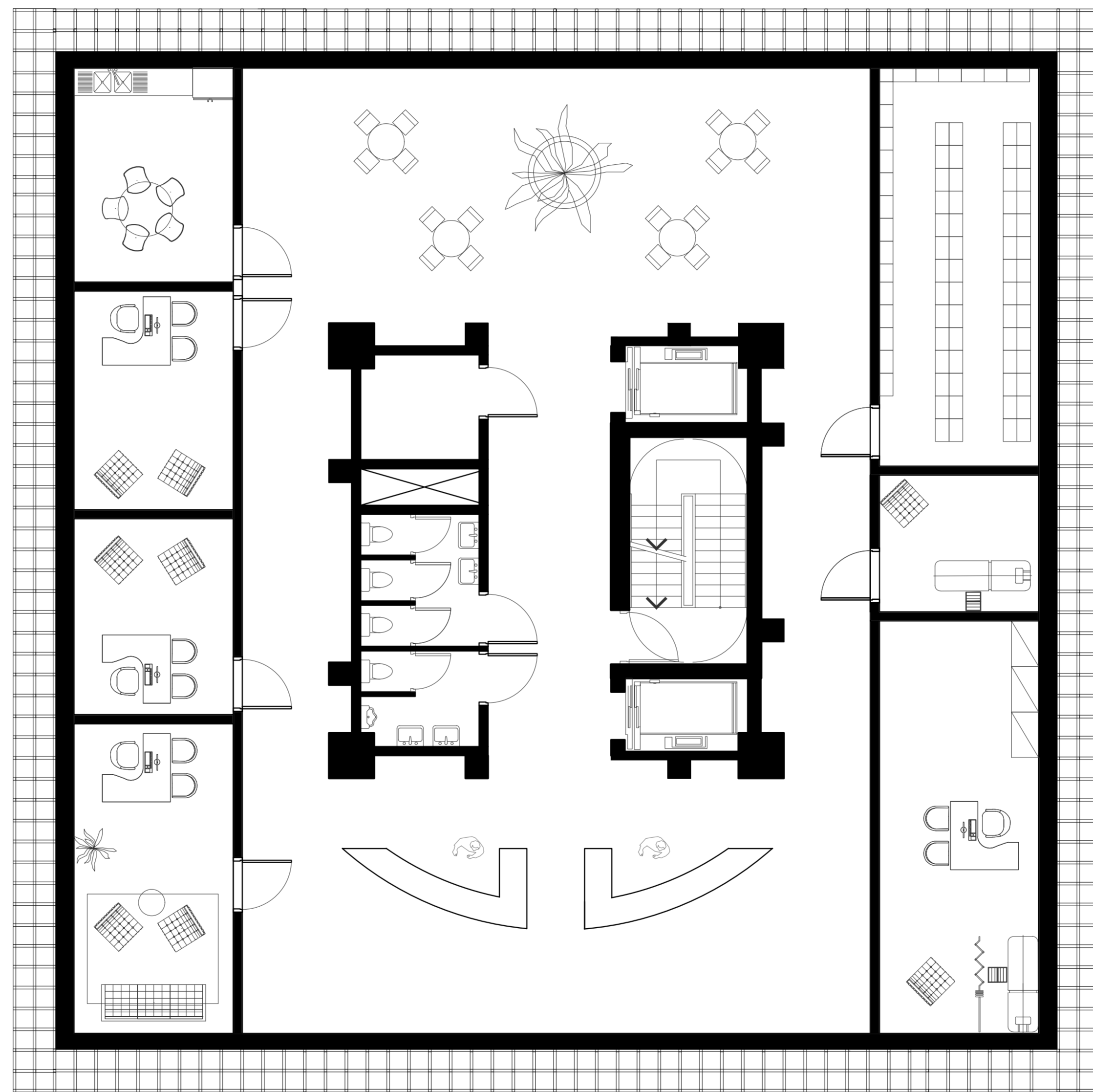
Shades and creates diffuse light

Lightweight

BENEFITS

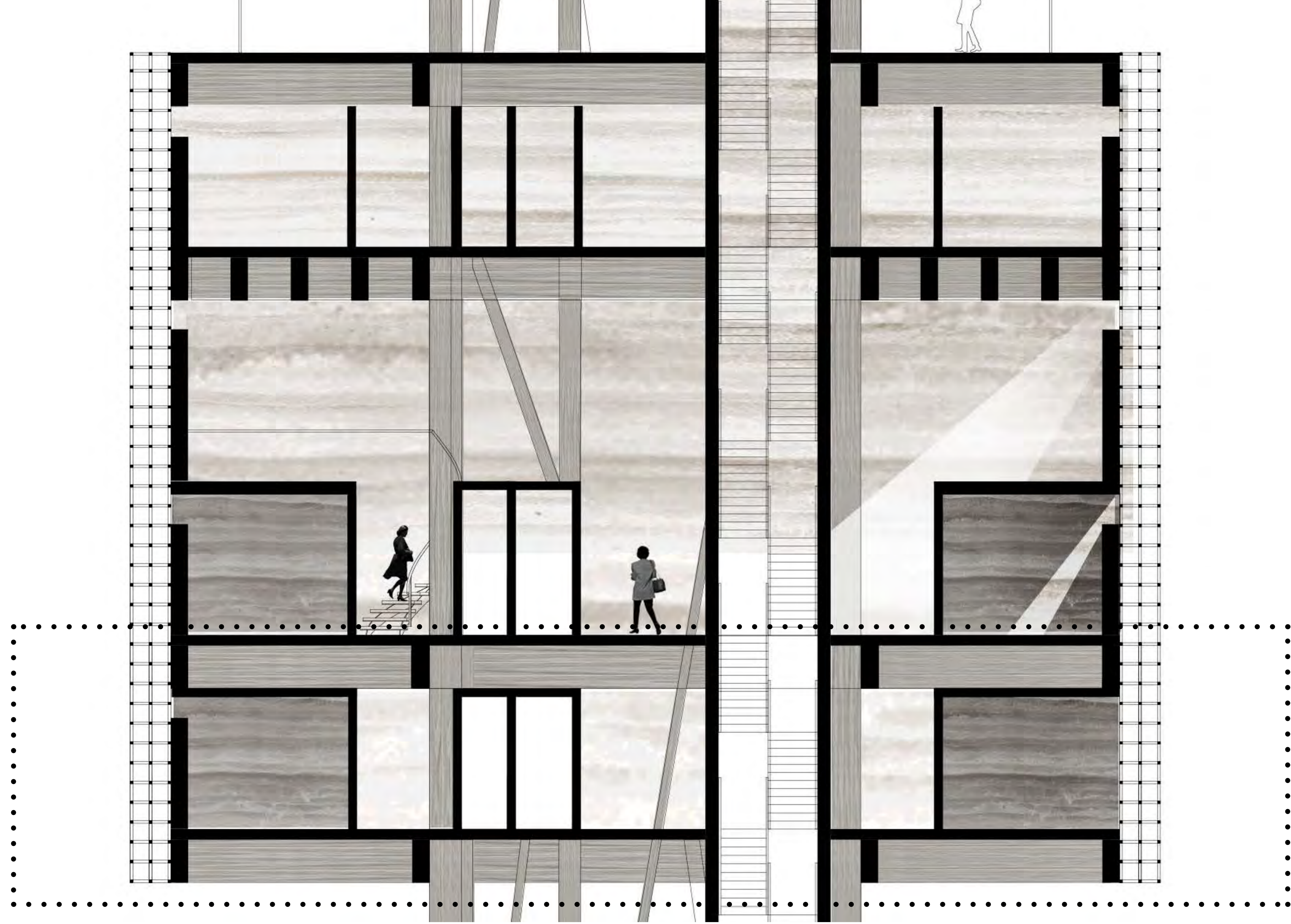
Why glassfibre textile?

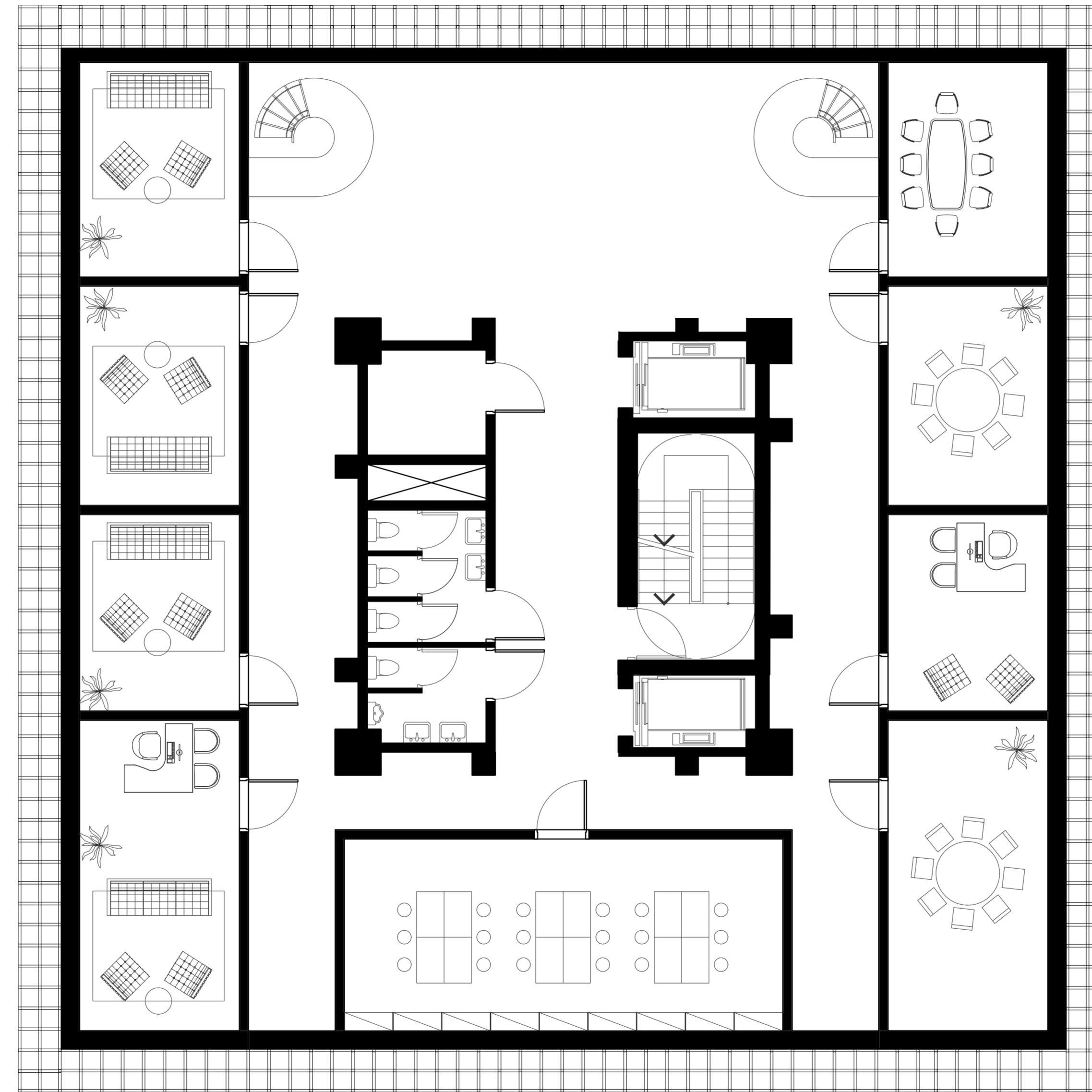
PROGRAM



CLINIC
Program

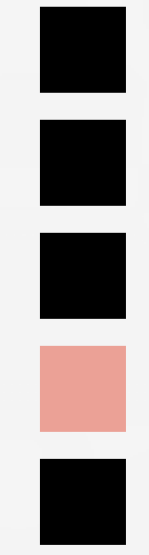
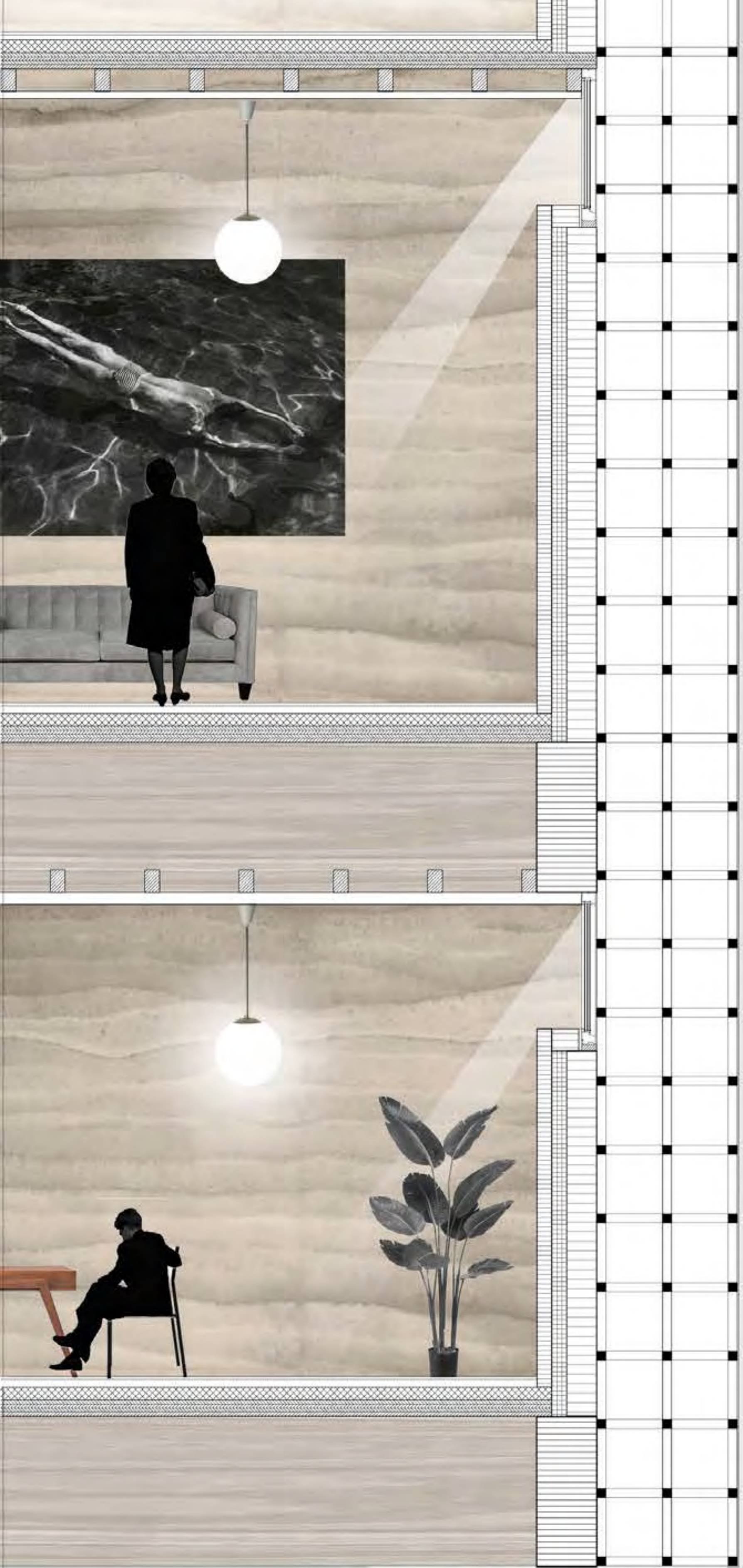


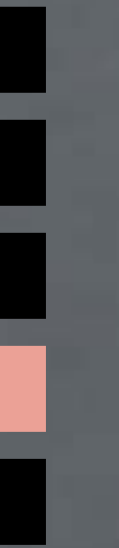
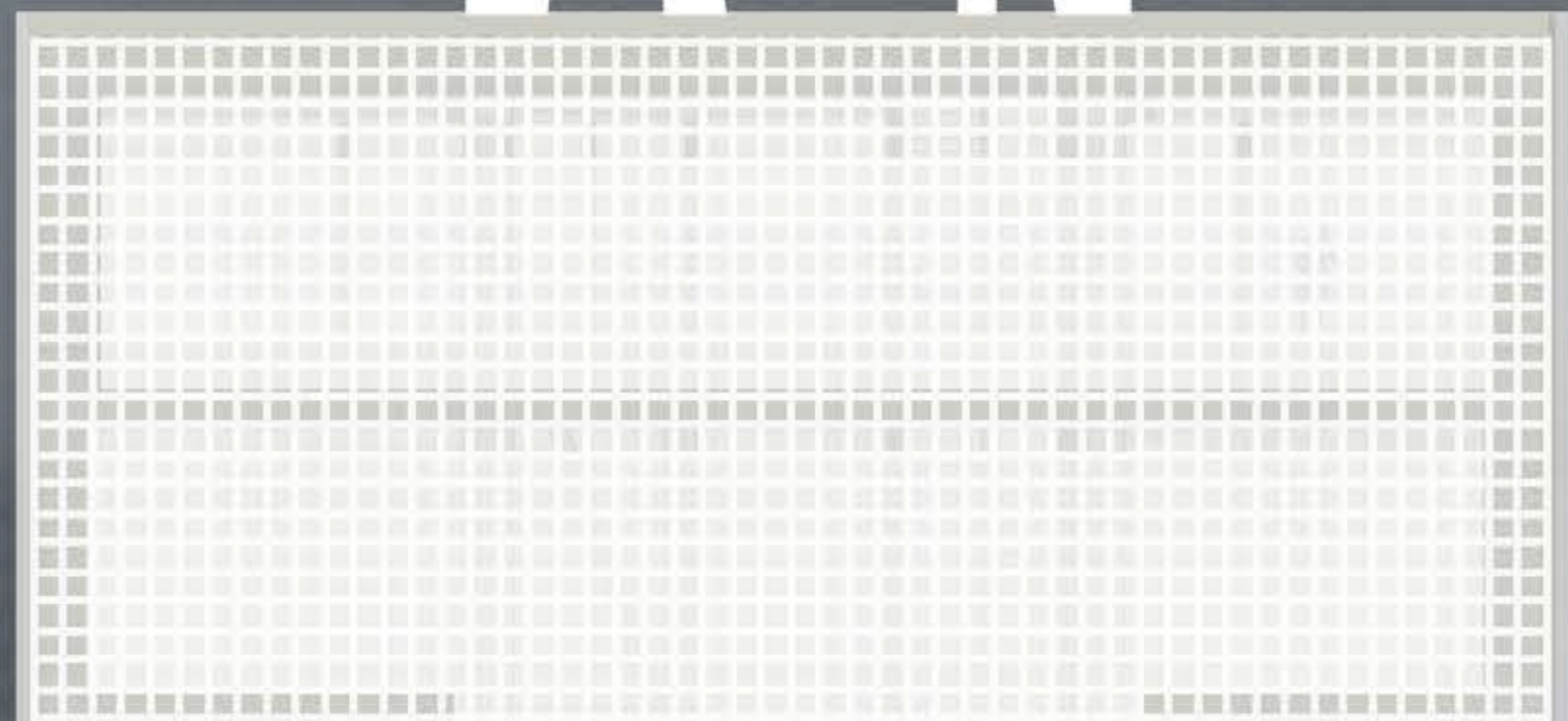
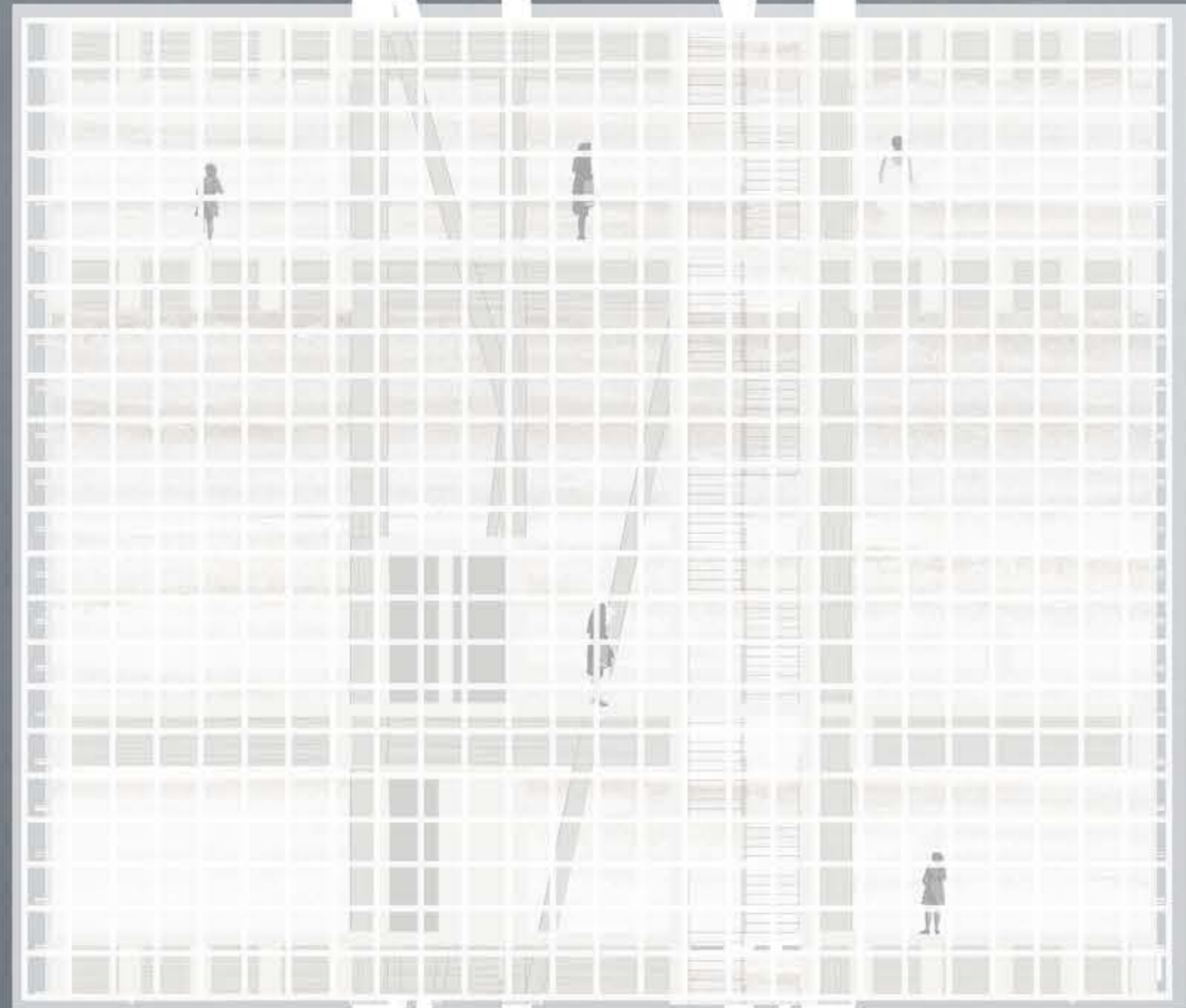


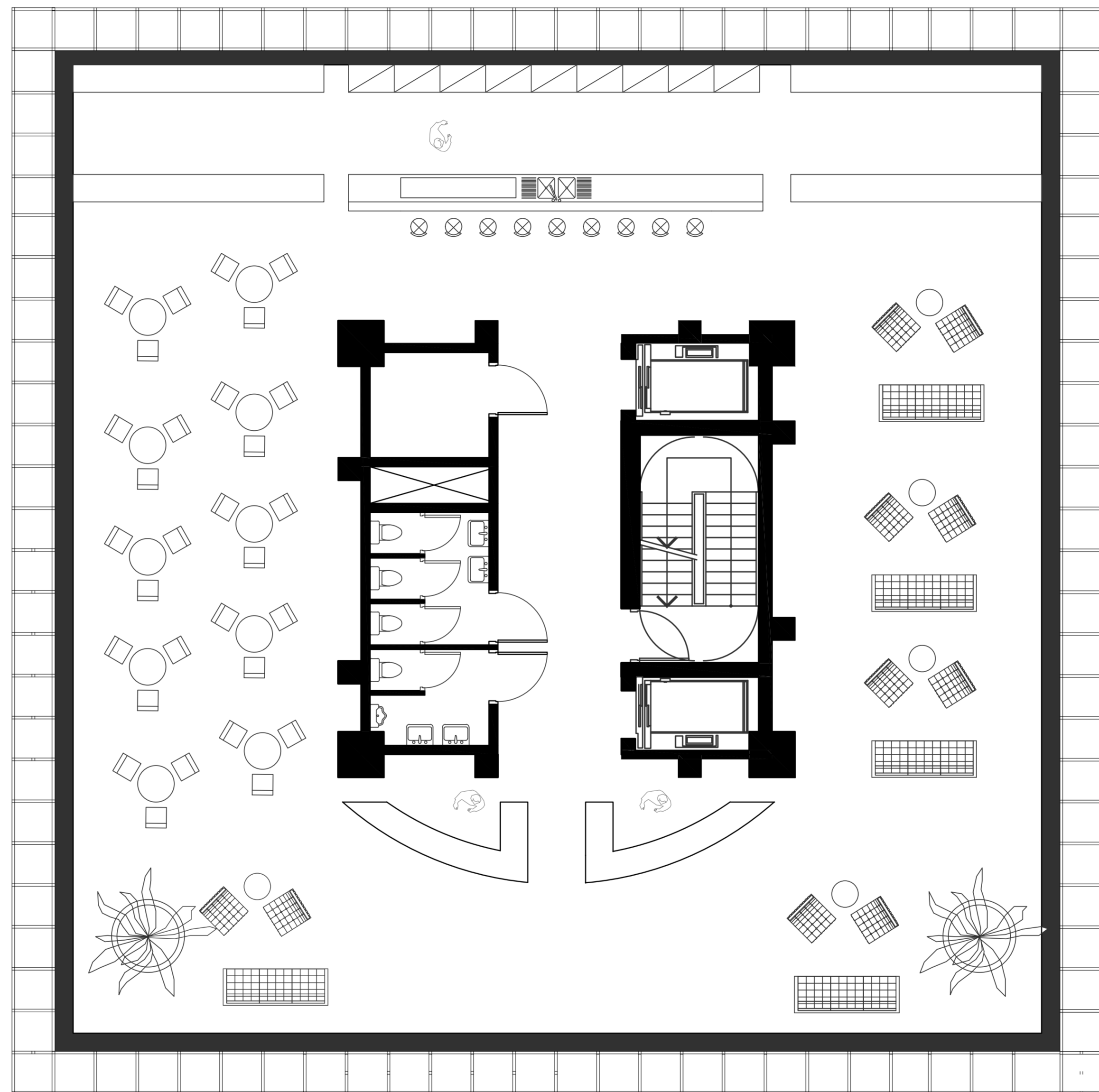


CLINIC
Program





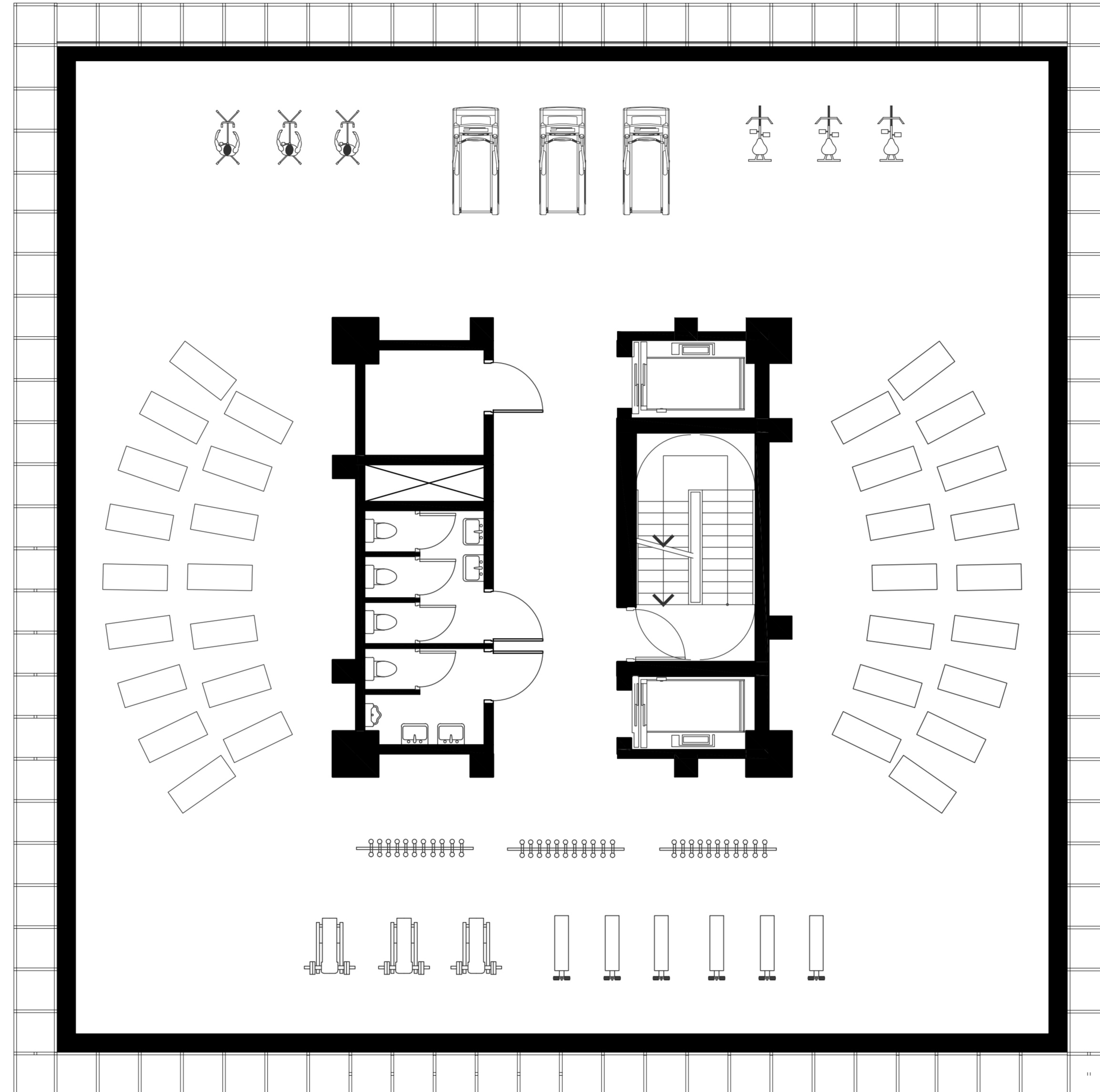




LOBBY & RESTAURANT
Program

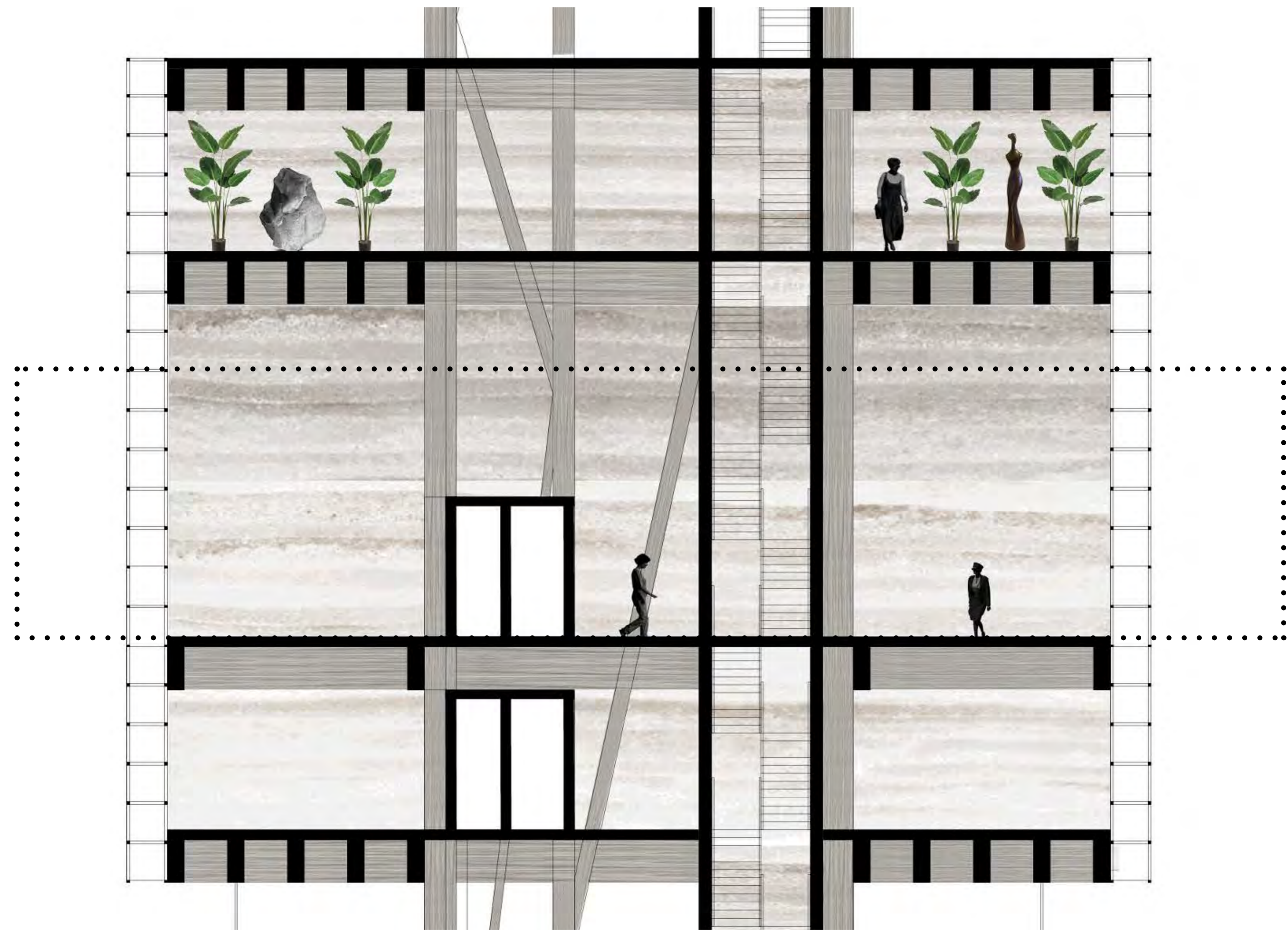


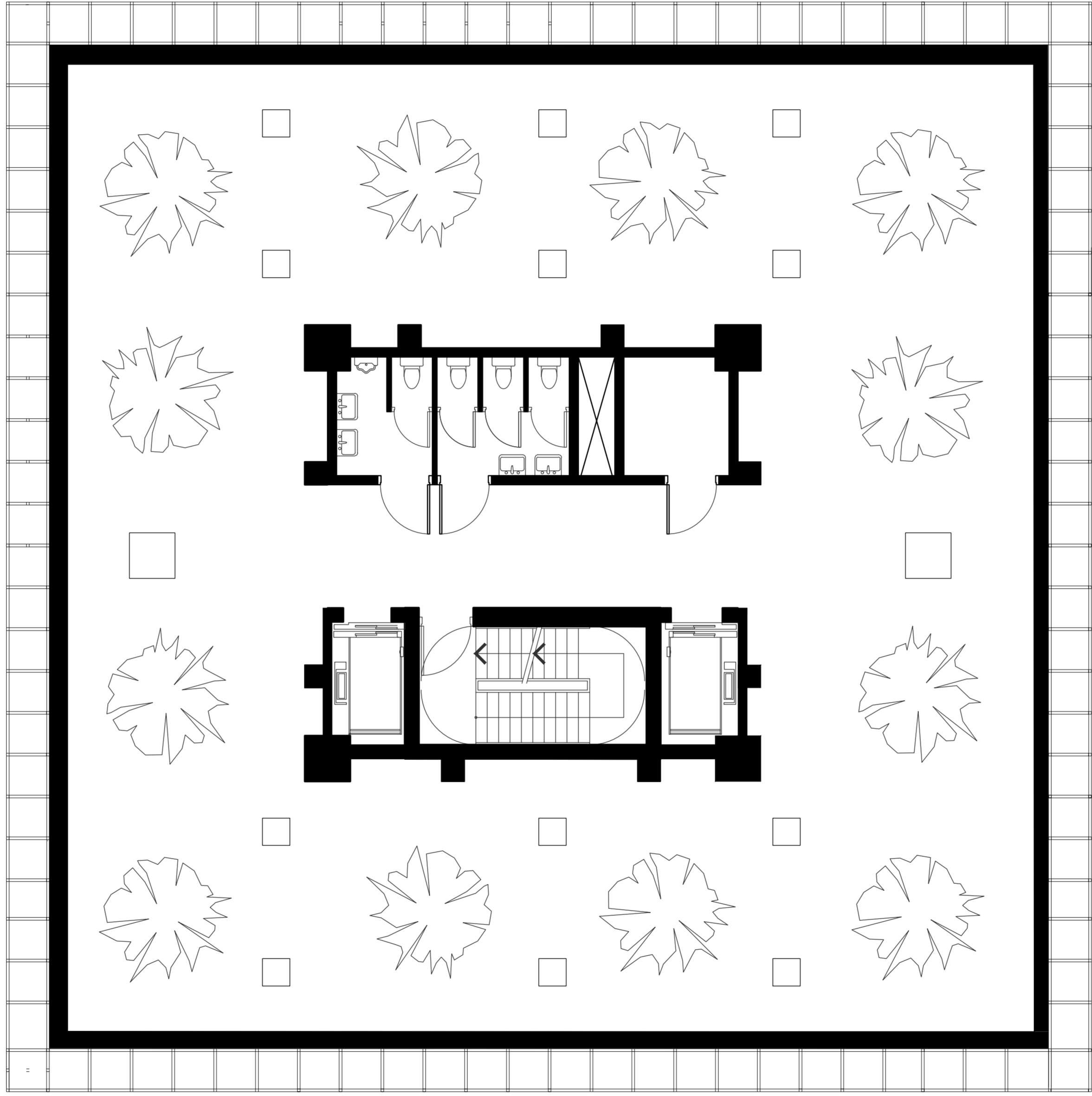




SPORTS&YOGA
Program

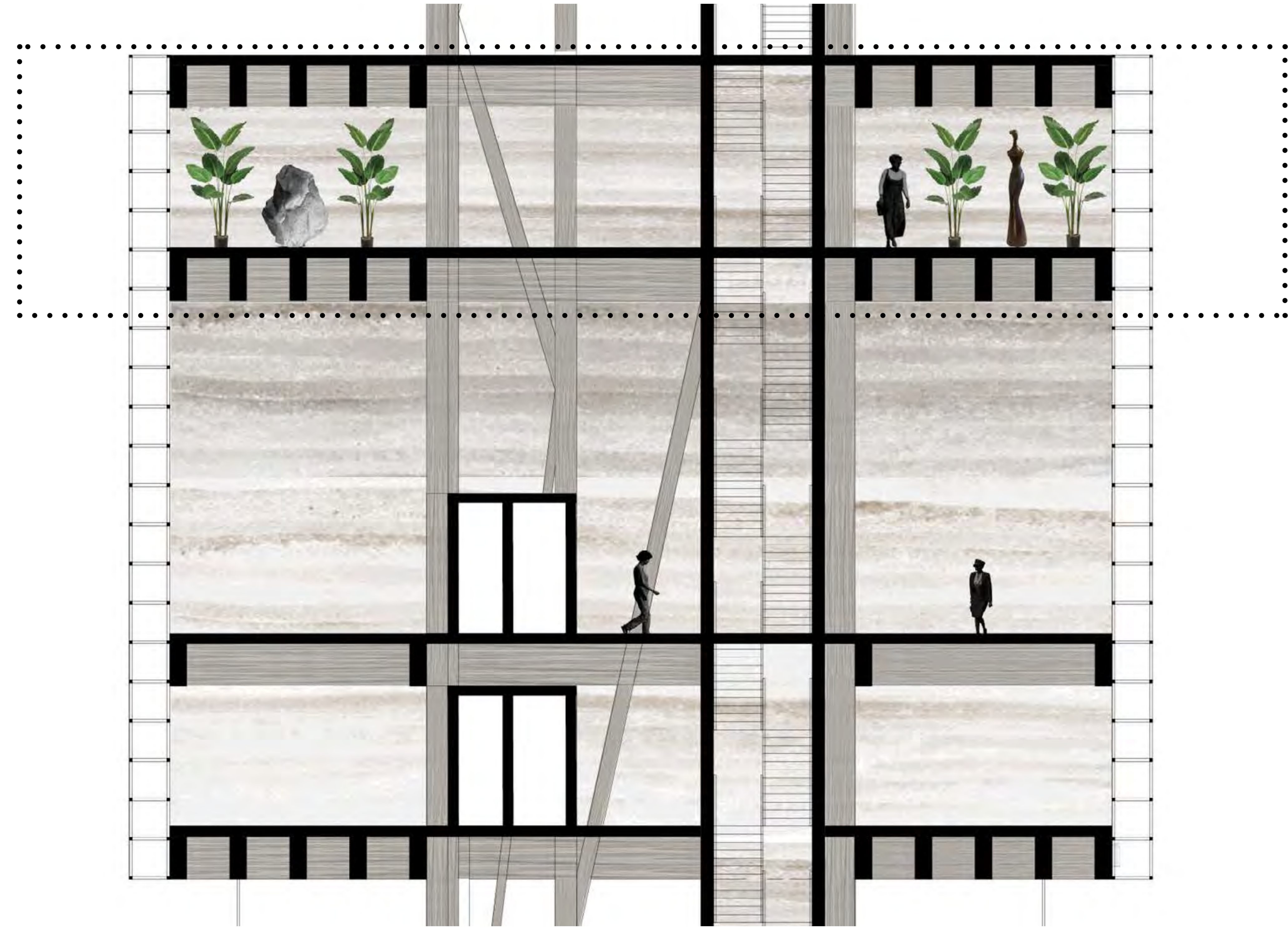


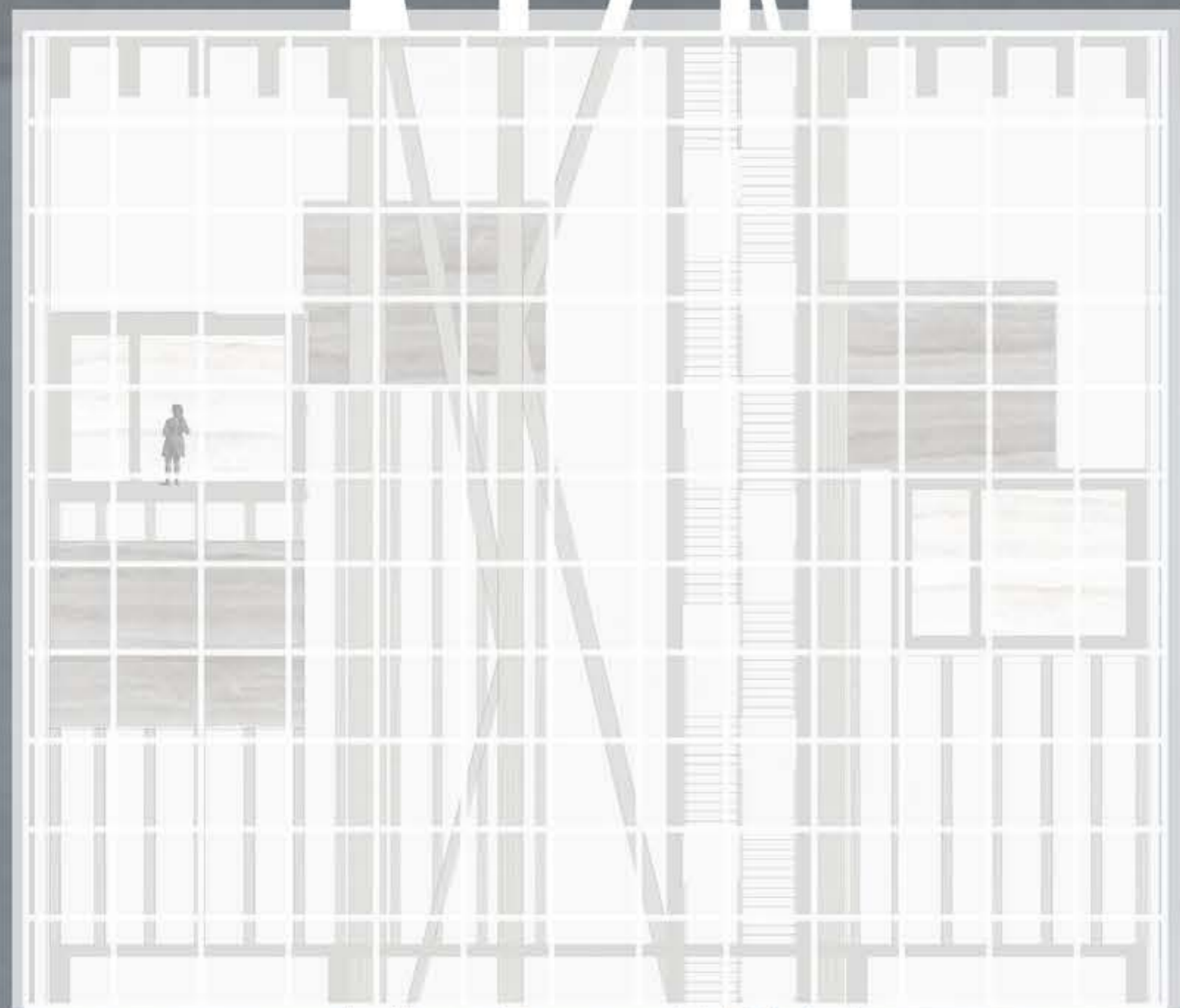


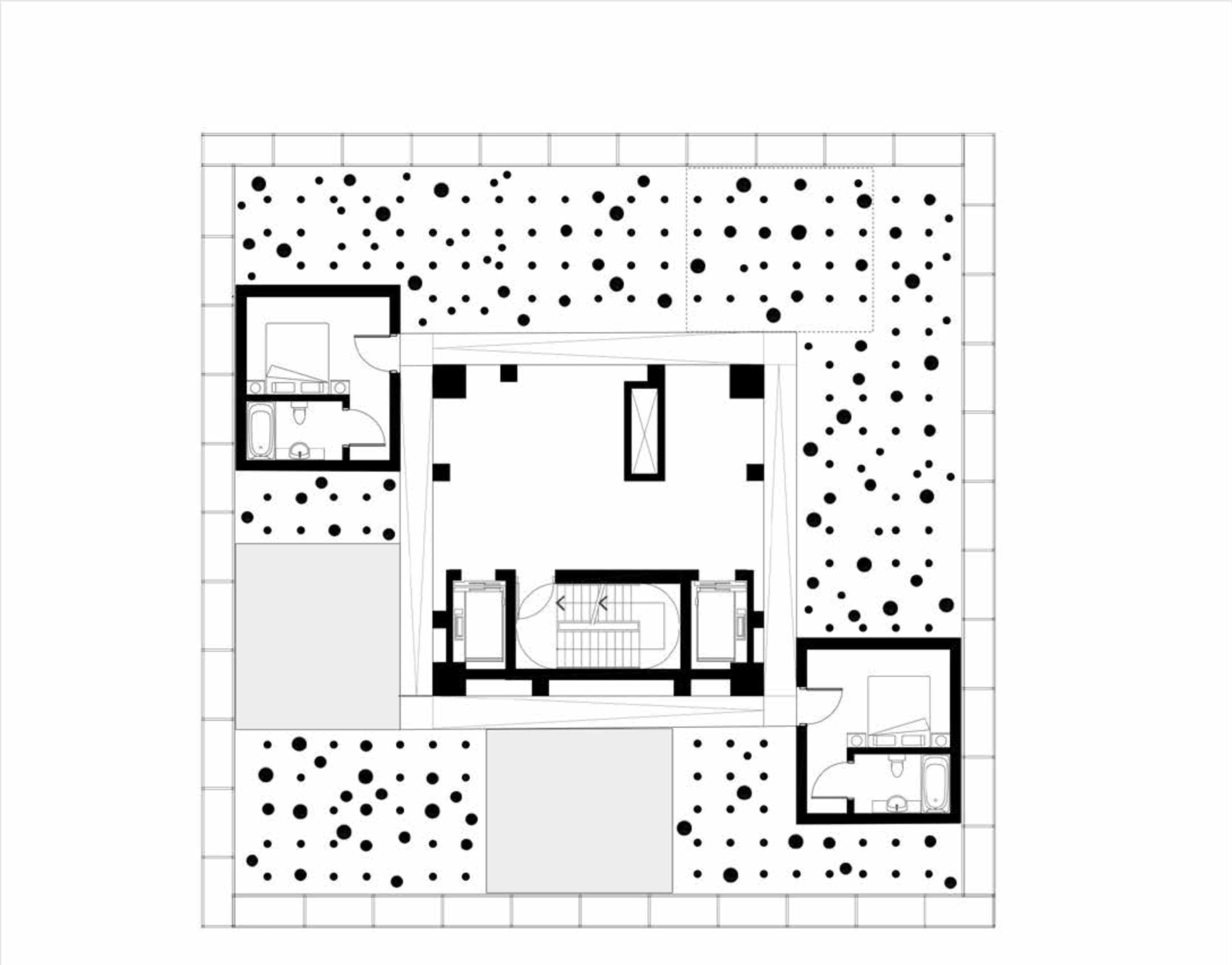


GALLERY
Program



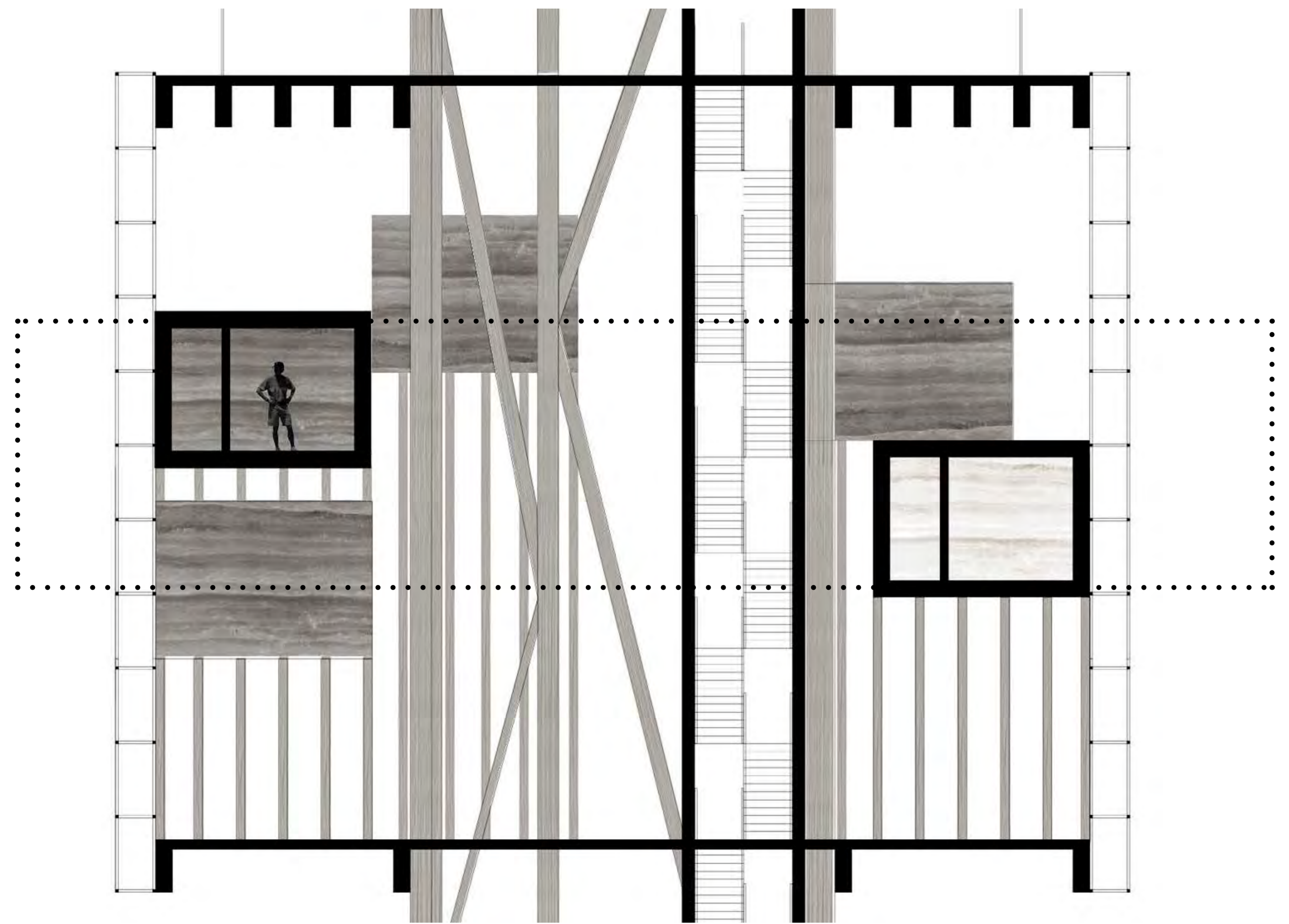




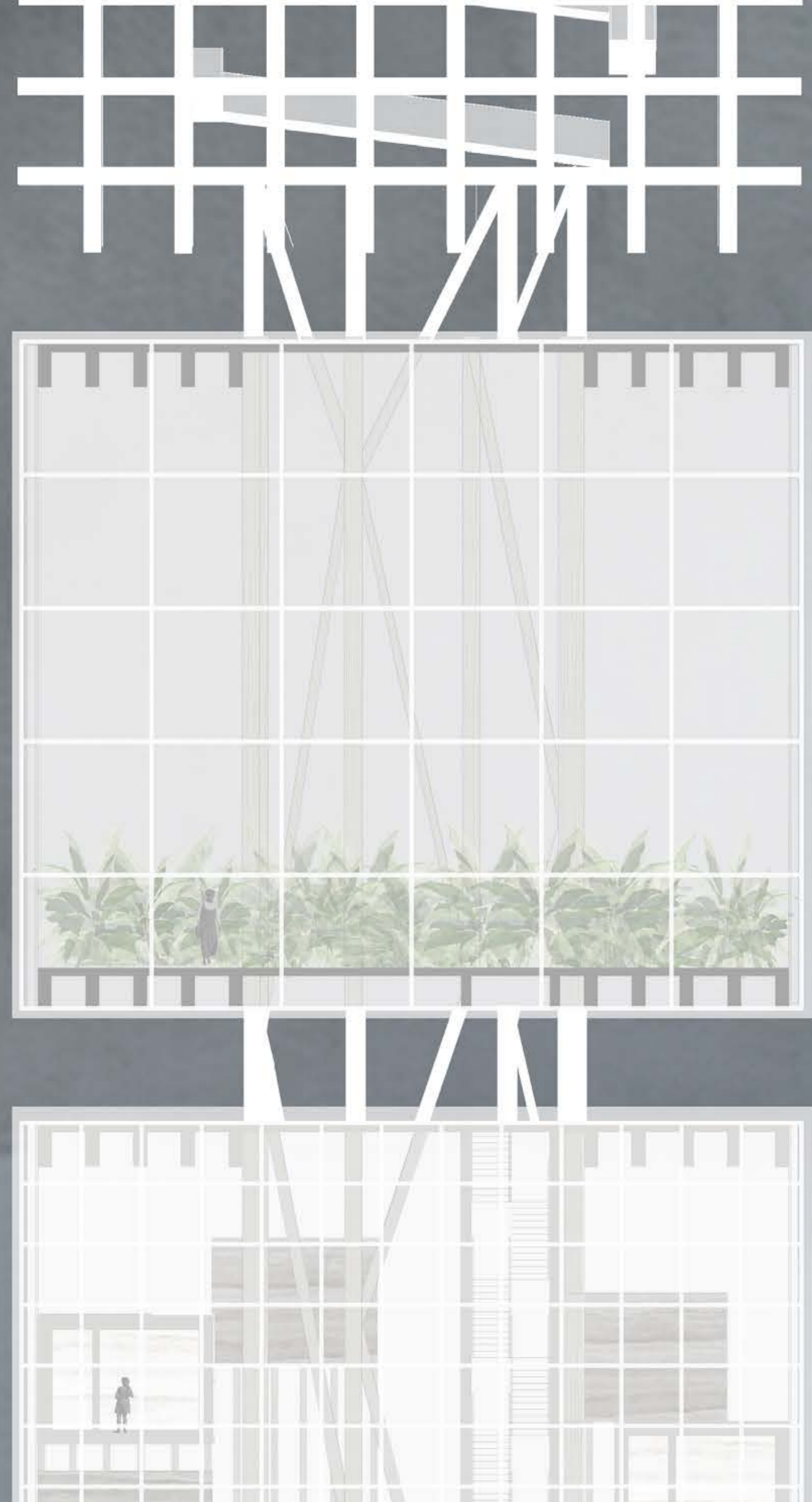


RETREAT
Program



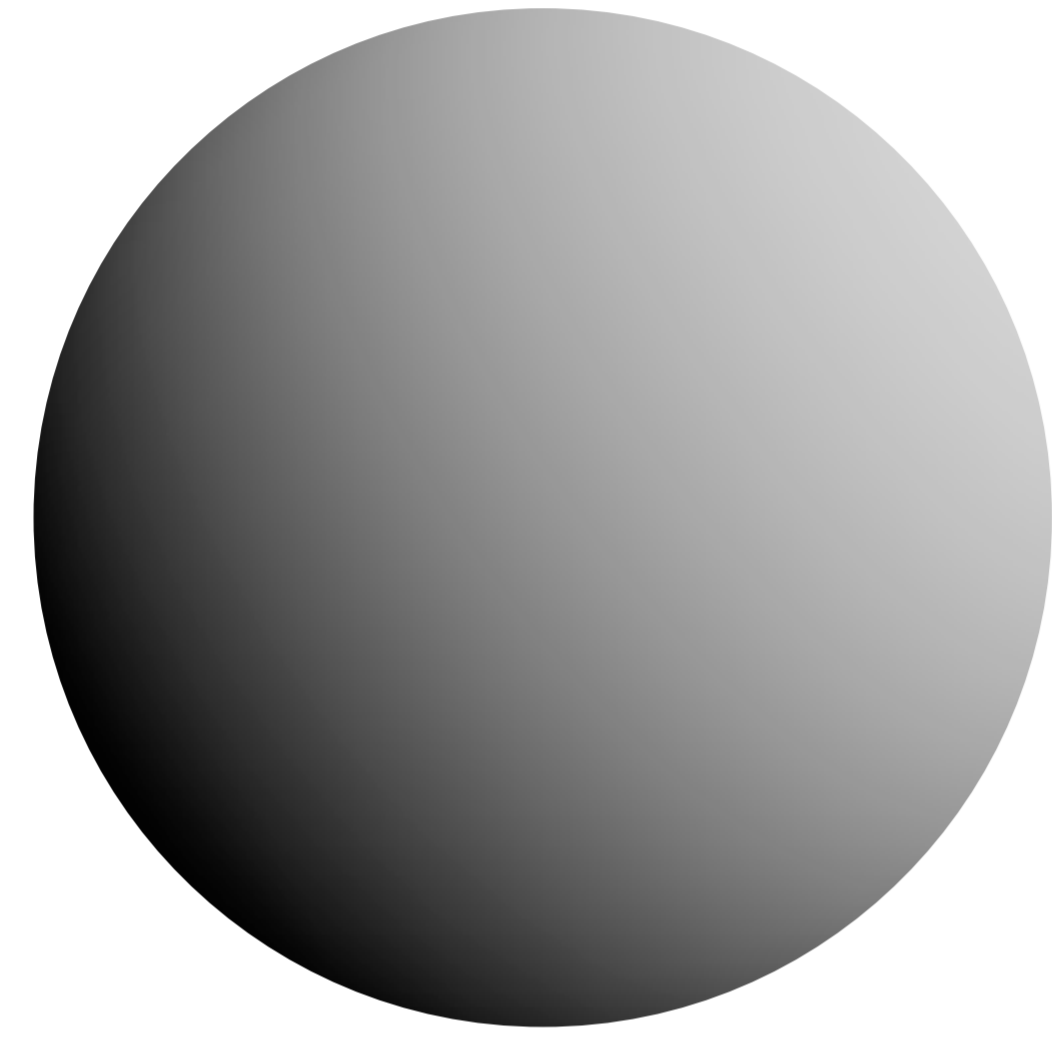






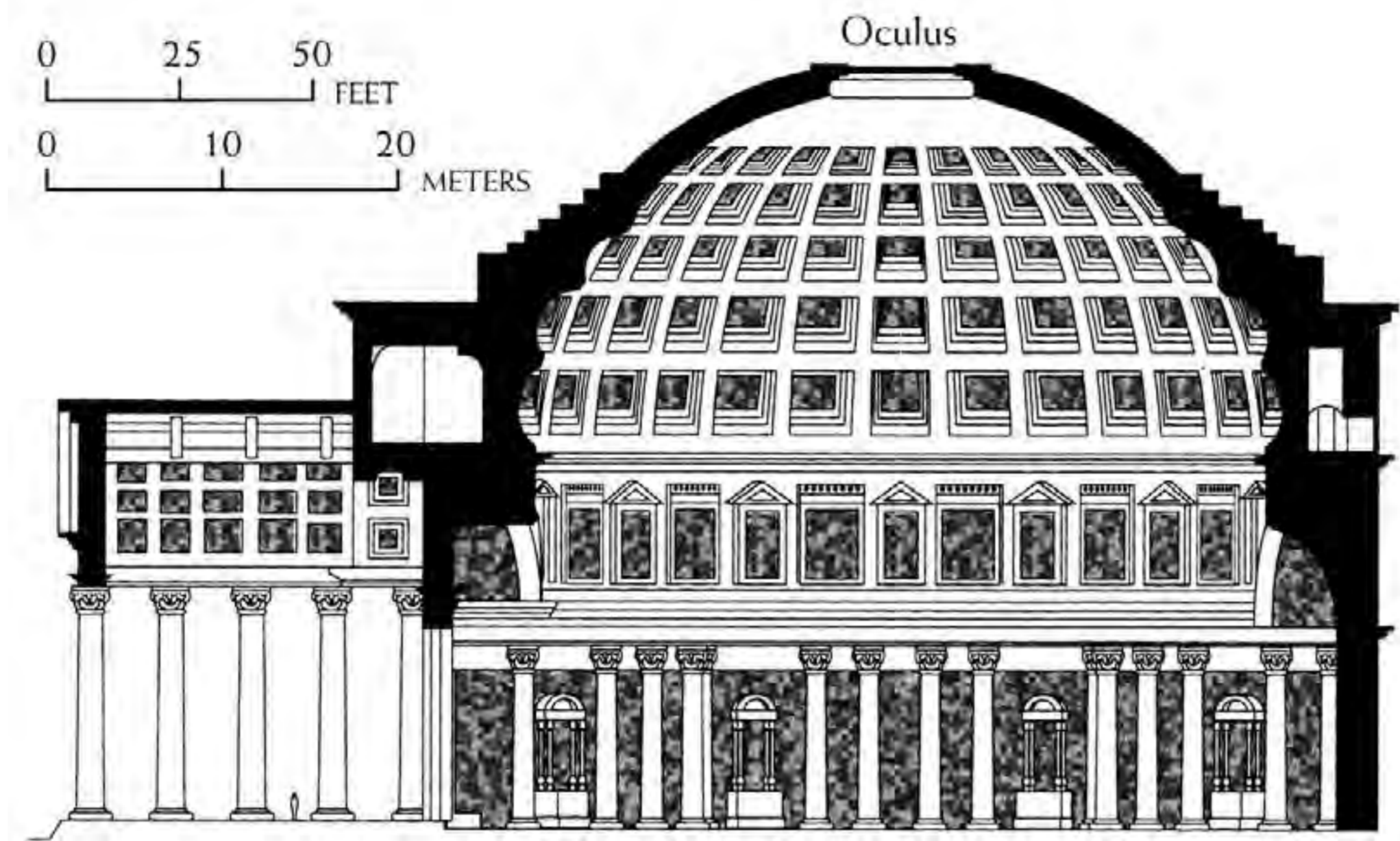


RESEARCH & DESIGN
Conclusions



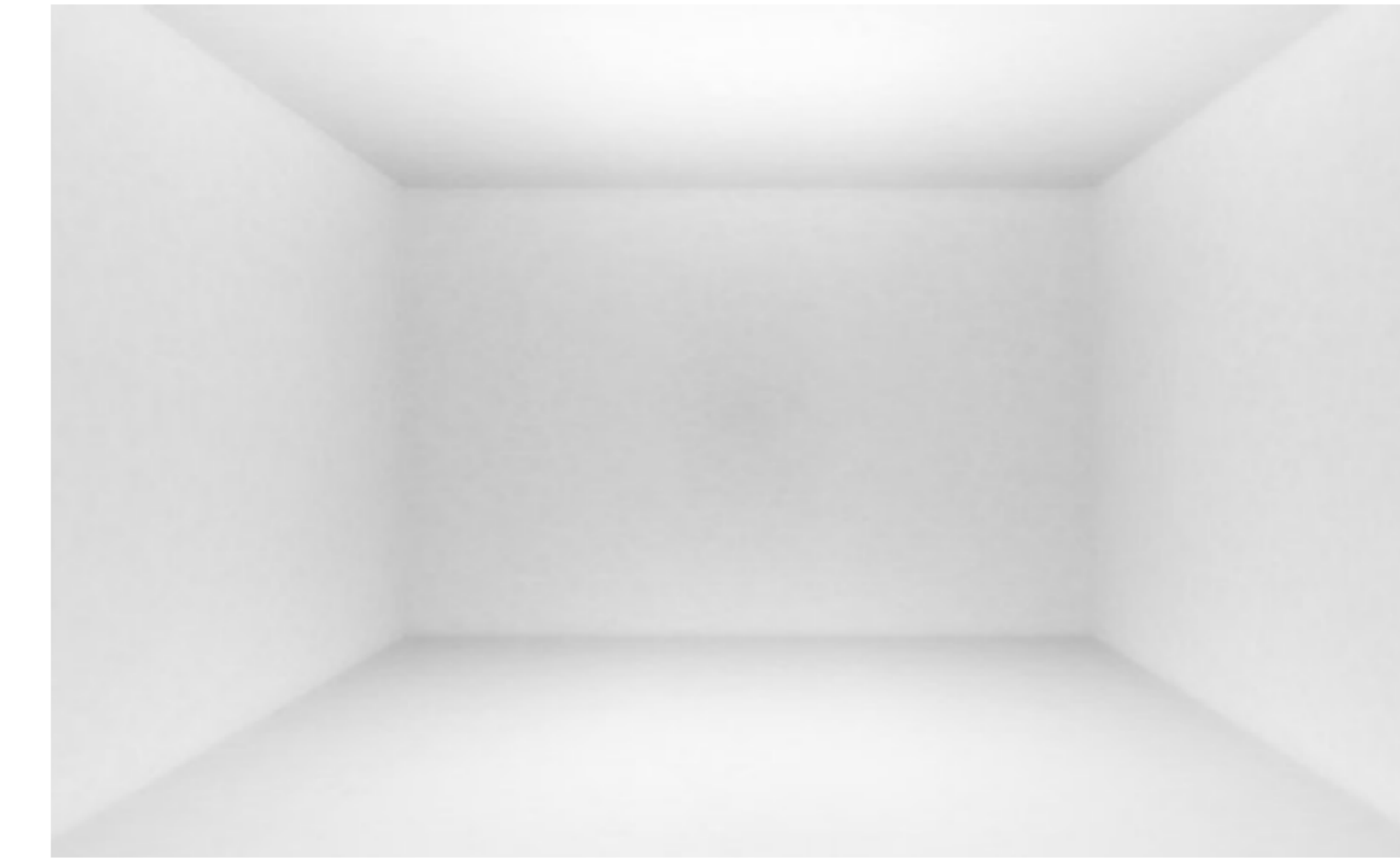
NO DIRECT LIGHT

- *textile facade*
- *detailing in a way that light usually comes from high up*



LARGE SCALE

- *my projects has a large scale in two directions. The horizontal distance is over 300m and the tower is over 100m. Both scales can be experienced well.*



SOBER CALM INTERIOR

- *almost all materials are natural and everywhere the same*
- *whenever there's a view outside this is "blocked" by the opaque facade, this provides a more calm and foggy view*



NATURE AND VIEWS ON NATURE

- *the entire project is located in a natural environment. The pavilions have views on water or nature and the routes through the park provide this too. The tower is isolated in the lake and to go there one has to 'enter' the water.*



FEELING OF BEING AWAY



**INVOLUNTARY ATTENTION OR
FASCINATION**



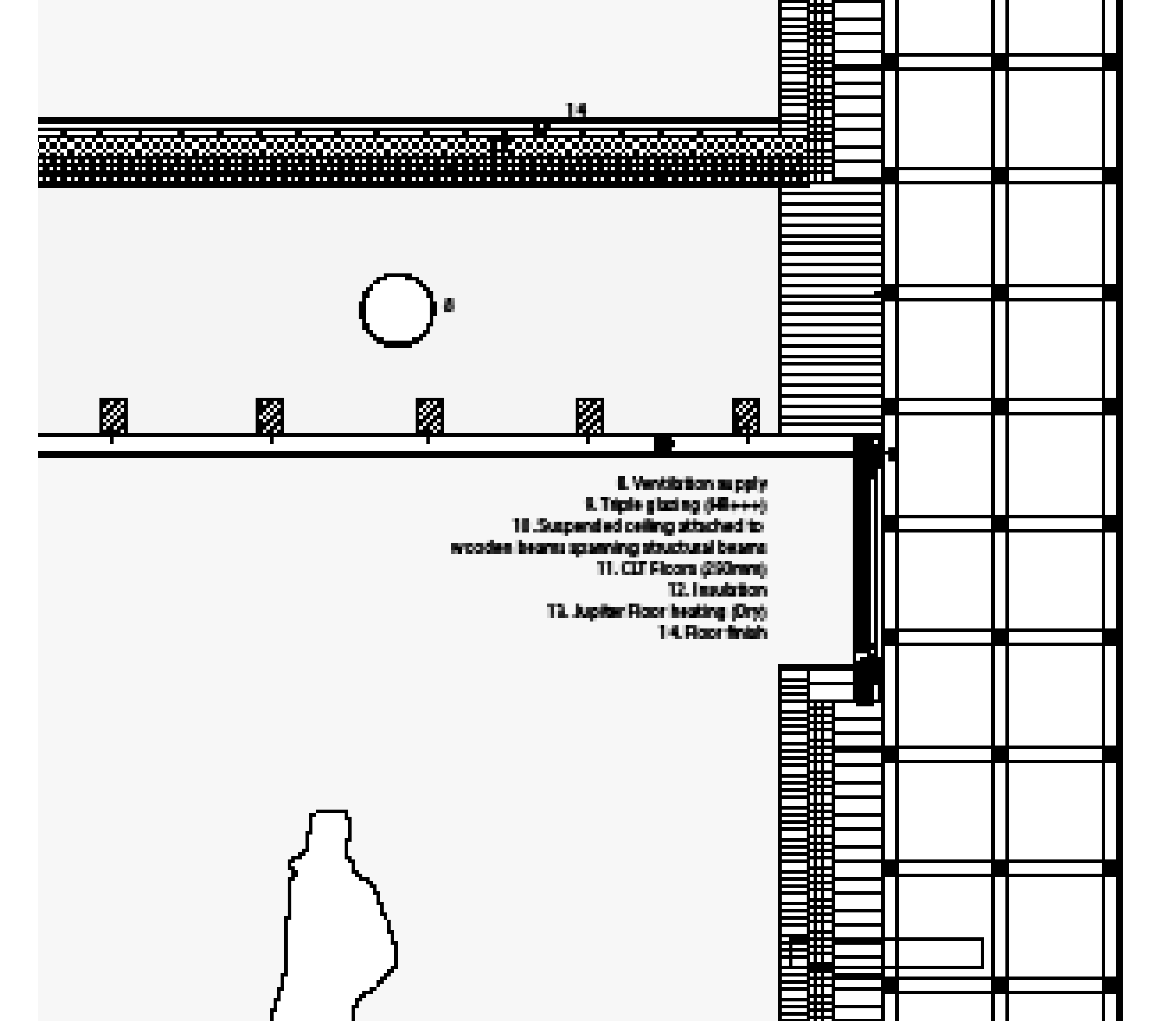
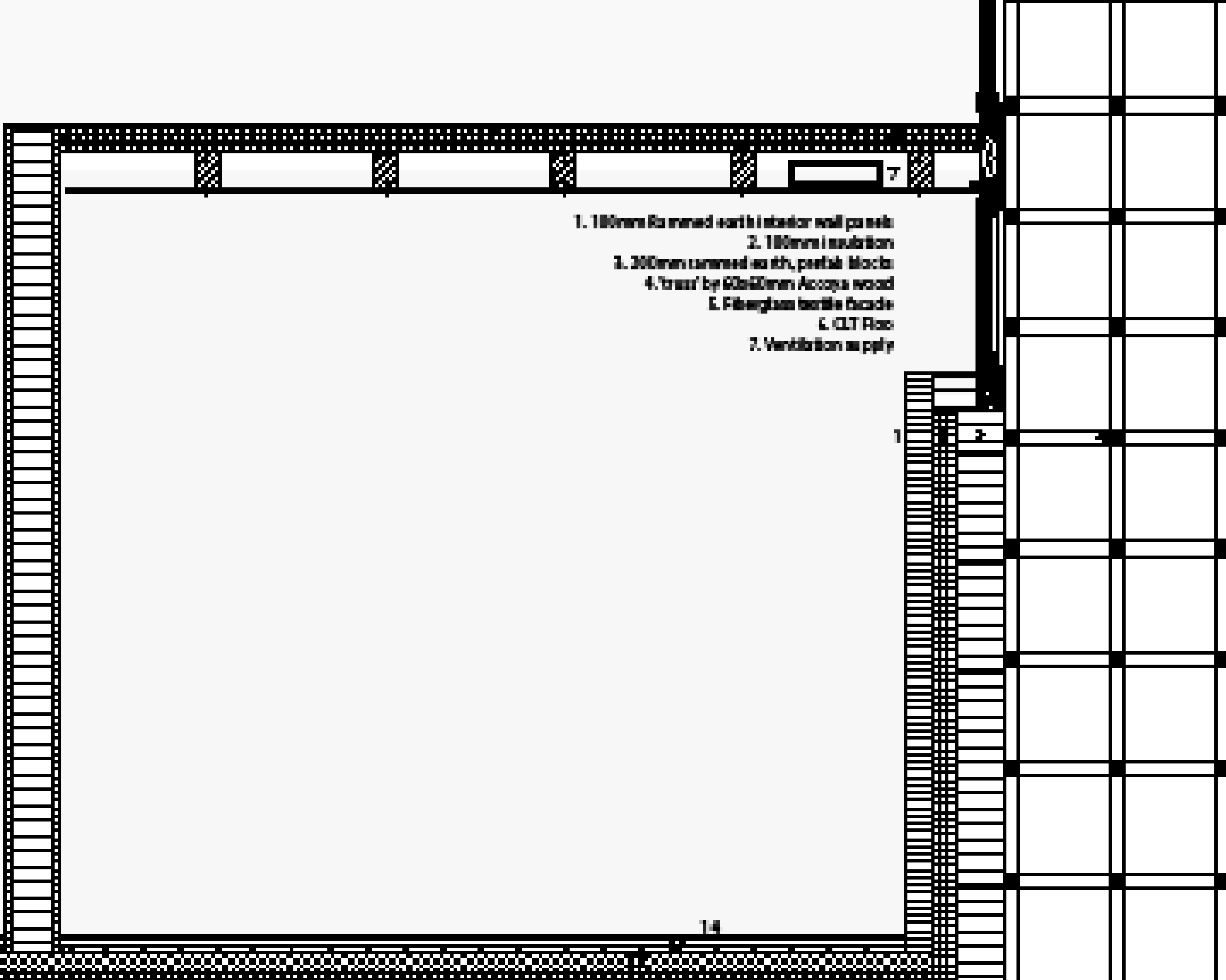
ISOLATION

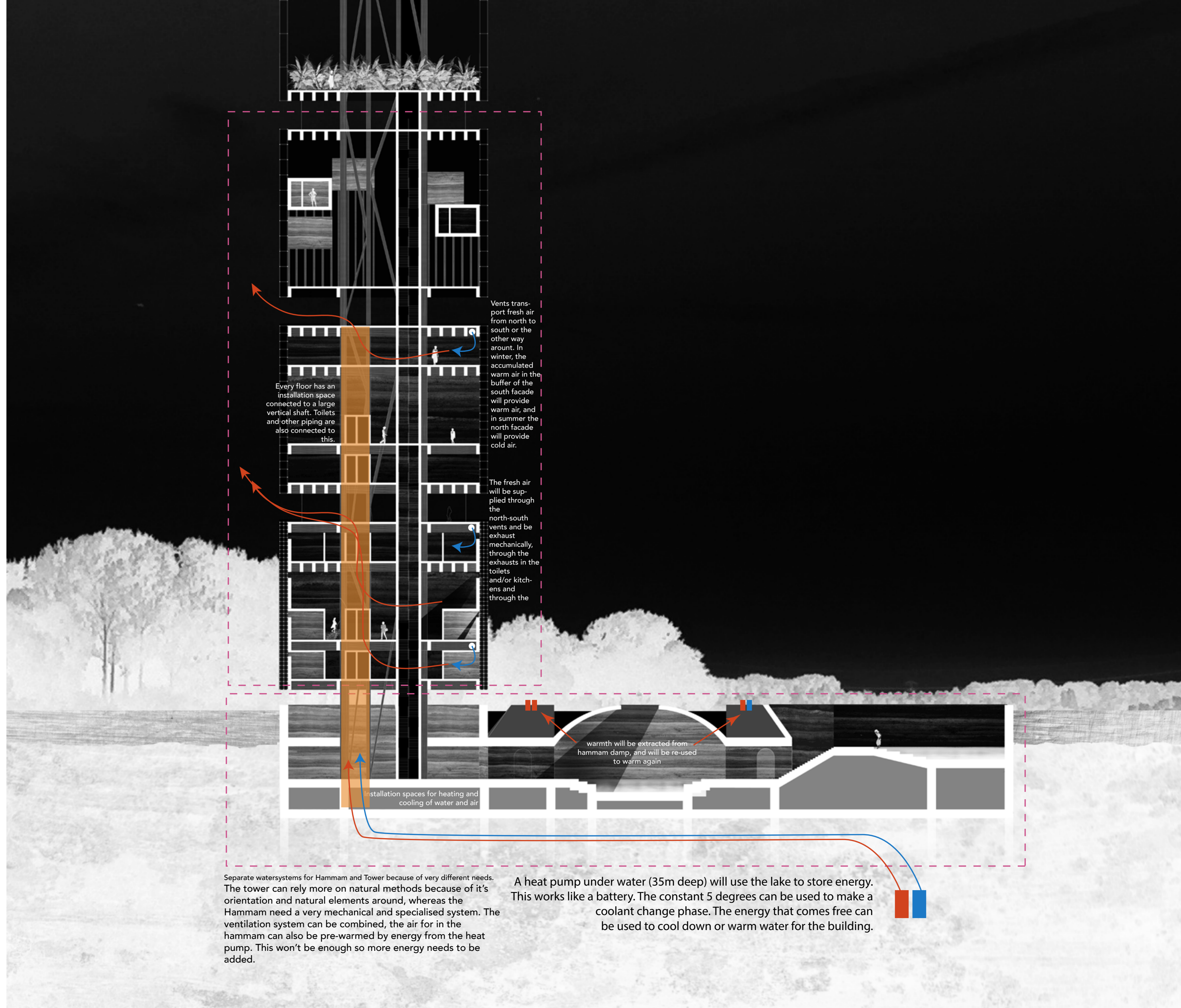


**A BUILDING FOR
CONTEMPLATION**

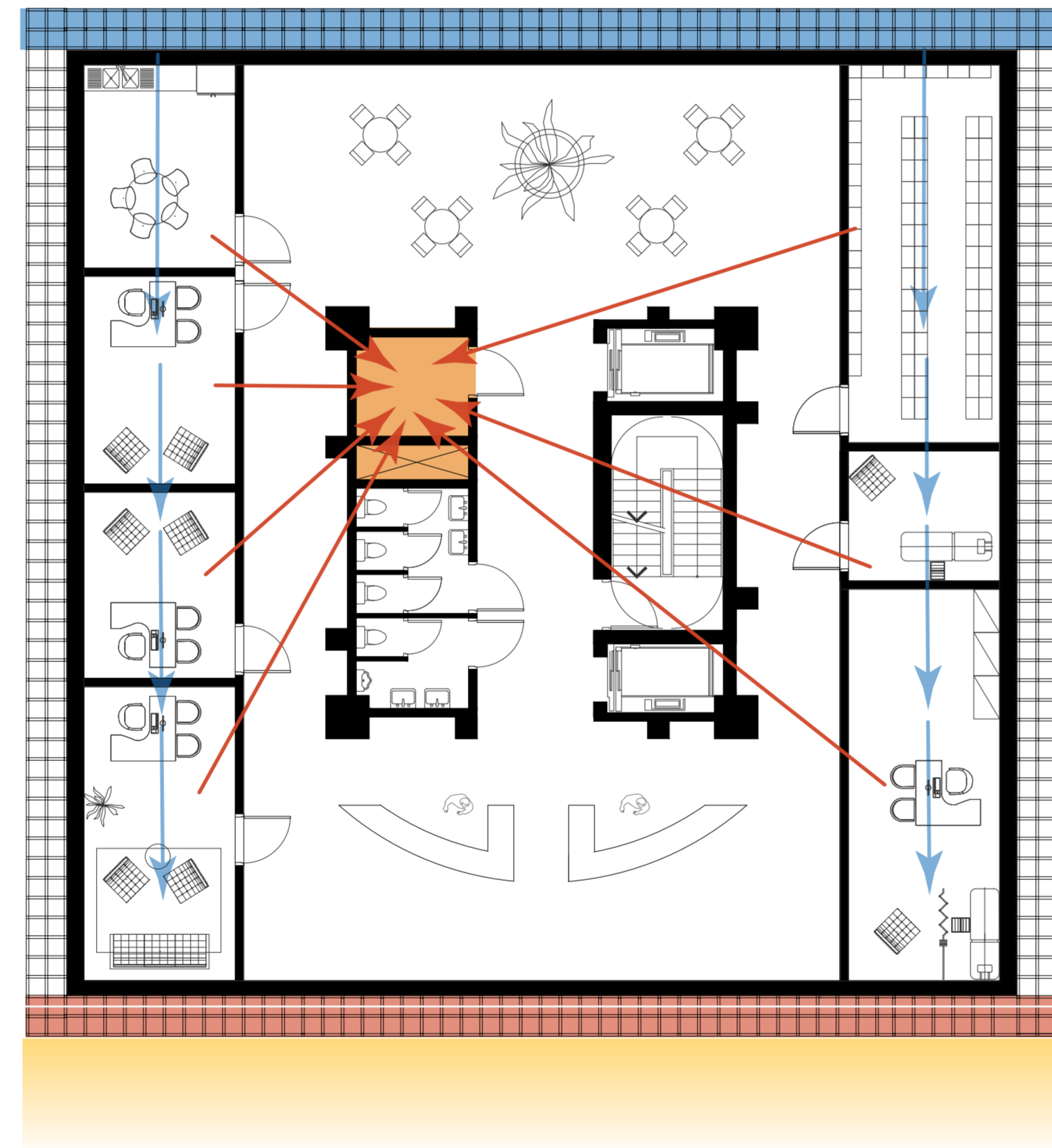
Thank you.







SUMMER ☀



WINTER ☀

