MAKING AN OASIS

RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

01 RESEARCH_OBJECTIVE AND SUBJECTIVE OF THE ACADEMIC RESEACH 001_ PROBLEM_STATEMENT AND RESEARCH_QUESTIONS 002_THE RECEIVER_TO WHOM? 003_MY EMPHASIS_STUDY ON WHY? 004_INDEPENDENT_GROUP 02 TERMS_PHYSICAL AND INTELLECTUAL TERRITORY OF THE PROJECT 001_MENTAL HEALTH_SHOPPING MALLS_HONG KONG _AND GARDENS 03_STUDY_ON _THE _CITY_WHERE? 001_ HONG_KONG 002_CITY _OF _EXTREMES 04 _STUDY _ON _URBAN DEVELOPMENT, POLITICS AND HISTORY 001_RETAIL AS CORE 002_GROWTH AT WHAT COST? 003_ POLITICAL UNREST 004_HONG KONGER IDENTITY 05_SITE_IN SEARCH OF THE LOCATION 001_STUDY_ON _THE _CITY_SHOPPING MALL 002_SHOPPING MALLS ARE PUBLIC SPACES 003_RECLAIM _THE _MALL 004_THE_SITE_FRANKI CENTRE 05_STUDY_ON _PEOPLE_ANTHROPOLOGICAL_ AND SOCIOLOGICAL_CONCERN_FOR WHOM? 001_CINEMATOGRAPHY OF HONG KONG 002_STIGMATISED SOCIETY 06_ STUDY_ON _THE _HEALTHCARE _AND_HEALING ARCHITECTURE 001_NATURE VS. RETAIL 002_GARDENS 003_COLONIAL LAWNS AND CONCRETE GREENS 07_DESIGN _INTERVENTION 001_FRANKI CENTRE: BOTANIC GARDEN 004 _CHINESE DREAMS, BORROWED SKIES 002_FRANKI CENTRE: FLORAL GARDEN 003_UP OR VERTICAL 003_ FRANKI CENTRE: CLIMBING 005_CORPORATE GREENING 004_FRANKI CENTRE : RECLAIM THE GROUND 01 RESEARCH_OBJECTIVE AND SUBJECTIVE OF THE ACADEMIC RESEACH 001_PROBLEM_STATEMENT AND RESEARCH_QUESTIONS 002_THE RECEIVER_TO WHOM? 003_MY EMPHASIS_STUDY ON WHY? 004_INDEPENDENT_GROUP 02 TERMS_PHYSICAL AND INTELLECTUAL TERRITORY OF THE PROJECT 001_MENTAL HEALTH_SHOPPING MALLS_HONG KONG _AND GARDENS 03_STUDY_ON _THE _CITY_ WHERE? 001_HONG_KONG 002_CITY _OF _EXTREMES 04 _STUDY _ON _URBAN DEVELOPMENT, POLITICS AND HISTORY 001_RETAIL AS CORE 002_GROWTH AT WHAT COST? 003_POLITICAL UNREST 004_HONG KONGER IDENTITY 05_SITE_IN SEARCH OF THE LOCATION 001_STUDY_ON _THE _CITY_SHOPPING MALL 002_SHOPPING MALLS ARE PUBLIC SPACES 003_RECLAIM _THE _MALL 004_THE_SITE_FRANKI CENTRE 05_STUDY_ON _PEOPLE_ANTHROPOLOGICAL_ AND SOCIOLOGICAL_CONCERN_FOR WHOM? 001_CINEMATOGRAPHY OF HONG KONG 002_STIGMATISED SOCIETY 06_ STUDY_ON _THE _HEALTHCARE _AND_HEALING ARCHITECTURE 001_NATURE VS. RETAIL 002_GARDENS 003_COLONIAL LAWNS AND CONCRETE GREENS 01 RESEARCH_ OBJECTIVE AND SUBJECTIVE OF THE ACADEMIC RESEACH 001_PROBLEM_STATEMENT AND RESEARCH_QUESTIONS 002_THE RECEIVER_TO WHOM? 003_MY EMPHASIS_ STUDY ON WHY? 004_INDEPENDENT_GROUP 02 TERMS_PHYSICAL AND INTELLECTUAL TERRITORY OF THE PROJECT 001_MENTAL HEALTH_SHOPPING MALLS_HONG KONG _AND GARDENS 03_STUDY_ON _THE _CITY_WHERE? 001_HONG_KONG 002_CITY _OF _EXTREMES 04 _STUDY _ON _URBAN DEVELOPMENT, POLITICS AND HISTORY 001_ RETAIL AS CORE 002_GROWTH AT WHAT COST? 003_POLITICAL UNREST 004_HONG KONGER IDENTITY 05_SITE_IN SEARCH OF THE LOCATION 001_STUDY_ON _THE _CITY_ SHOPPING MALL 002_SHOPPING MALLS ARE PUBLIC SPACES 003_RECLAIM _THE _ MALL 004_THE_SITE_FRANKI CENTRE 05_STUDY_ON _PEOPLE_ANTHROPOLOGICAL_ AND SOCIOLOGICAL_CONCERN_FOR WHOM? 001_CINEMATOGRAPHY OF HONG KONG 002_STIGMATISED SOCIETY 06_STUDY_ON _THE _HEALTHCARE _AND_HEALING ARCHITECTURE 001_NATURE VS. RETAIL 002_GARDENS 003_COLONIAL LAWNS AND CONCRETE GREENS 07_DESIGN _INTERVENTION 001_FRANKI CENTRE: : BOTANIC

MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

MASTER'S THESIS
ALICJA JURKOWSKA
INTERIORS BUILDINGS CITIES
INDEPENDENT GROUP 24_25
ARCHITECTURE BOUWKUNDE
TECHNISCHE UNIVERSITEIT DELFT

I would like to thank my main mentors, Daniel Rosbottom and Mark Pimlott, whose guidance throughout this thesis was invaluable. Their feedback was always insightful and constructive, grounded in academic depth and critical thinking. Rather than offering direct answers, they challenged me to refine my ideas, guiding me toward relevant references, theories, and methodologies. This approach pushed me to form my own perspective and navigate the complexities of my research independently. Their ability to contextualise architecture within wider societal, political, economic, and historical frameworks helped me understand the deeper responsibilities architects carry—not only as designers but as contributors to cultural and academic discourse. I am truly grateful for the role they played in shaping both this project and my thinking.

I also want to thank my family and friends. To my mum, sister and grandparents, thank you for always believing in me—even when you had no idea what I was actually doing. Without your emotional and financial support, completing my studies at one of the best universities in the world wouldn't have been possible.

To my partner, Samuel Johnson, thank you for your daily support and for engaging so fully with the project —it meant everything.

And finally, to myself—for getting through the hard times, and for embracing what became the most intellectually fulfilling and personally transformative time of my life.

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P2__ synthesis of research findings and first desgin proposal 131

RECORDING PROCESS__ thee design approach and architectual trajectory 169

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BIBLIOGRAPHY __ collection of sources, references and inspirations 336

ALICJA_JURKOWSKA

RESEARCH__objective and subjective of the academic reseach

00_PROBLEM STATEMENT

00.1_INTRODUCTION

Hong Kong with a population of almost 7,5 million citizens is one of the most developed and urbanised cities in China. Overall population density is among the highest in the world, inhabitants are living in a small, highly urbanised area of 2.75 km2. Property prices are high and living conditions often are dense and overcrowded.[01]. Moreover, the city is facing social density and simultaneously social isolation. The process of urbanisation together with globalisation of the economy and the development of new technologies is radically changing people's living environments and living conditions. Those changes and their complexity affect human mental health unpredictably, which the Hong Kong public experiences on a high level nowadays. Multiple types of research show that our living environment and the lifestyle that is dictated by it, are inseparably connected with our psychical health. The Department of Health reports are alarming, the public system in Hong Kong faces a growing number of citizens diagnosed with mental health problems. The most common disorders were mixed anxiety and depressive disorder, followed by generalised anxiety disorder depressive episodes.[02] This tendency is seen everywhere in big cities, however, Hong Kong as one of the most dense cities faces mental health issues on an extensive scale.

01 "Case Study: The Age-friendly Programme in Hong Kong - Age-Friendly World." Age-Friendly World, 30 Nov. 2018, extranet.who.int/agefriendlyworld/resources/age-friendly-case-studies/hong-kong.

02 Food and Health Bureau, Hong Kong Administrative Region Government, Mental Health

RESEARCH__objective and subjective of the academic reseach

00_PROBLEM STATEMENT

00.2_SOCIAL CONDITIONS :

As of 2022, the average living space of Hong Konger is 14.95m2.–[02]



Figure 1:photo by Scott A Woodward

03 https://www.statista.com/statistics/630746/hong-kong-public-rental-housing-average-living-space-per-person/

RESEARCH__objective and subjective of the academic reseach

00_PROBLEM STATEMENT

00.3_MENTAL HEALTH DATA :

61% of Hong Kong adults currently suffer from poor mental well-being, with 1 in every 7 people developing a common mental disorder in their lifetime.

The number of psychiatric patients has doubled from 2004 to 2014.

74% of mental health sufferers do not seek any form of professional help.
Many will continue to suffer in isolation as a result of stigma, feelings of shame, lack of awareness about their condition, and a shortage of accessible professional support

Anxiety and depressive disorders are the most common mental health issues in Hong Kong.[04]



figure 2 : photo by unknown

04 https://www.mind.org.hk/mental-health-in-hong-kong/

RESEARCH__objective and subjective of the academic reseach

00_PROBLEM STATEMENT

00.4_ EMPHASIS

My emphasis towards researching public well-being is deeply rooted in a personal narrative that intertwines moments of vulnerability, resilience, and observations. Having spent a significant amount of time within healthcare institutions passively as well as self struggling with mental health, led me to scrutinise the fabrics and elements of the healthcare architecture as well as the built environment. This experience has not only exposed me to the challenges individuals face in their pursuit of health but also questions about well-being, mental health, and the societal impact of our built environment. The last six months in Hong Kong have provided an ambiguous interplay between well-being and the built environment, which caused flashbacks and delivered new reflections.



Figure 3: view from Hong Kong window, photographed by Alicja Jurkowska

RESEARCH__ objective and subjective of the academic reseach

01_STUDY ON THE CITY

01.1_ OUTSET :

"In redevelopment projects for post-productive landscapes, conventional instruments such as zoning plans, developed from a bird's-eye perspective, do not meet the particularity of todays design challenges. Complex locations, often with a particular geological, industrial, agricultural and social history, demand analysis and design approaches that take into account the experience on the ground, the 'sense of place', the different layers and meanings of a site, the experience of movement and time. "[05]

01.2_ INVESTIGATION_QUESTIONS :

How to analyses the complexity, density and intensity of Hong Kong?
How to measures Hong Kong?
How to defines the terra infirma?
How the city without ground is operating?
How to rethink the ground?
What are components of this multi-level city?
How to decompose into prime factors the city?
How works the connectivity of the city?

01.3_AIM :

based on C. Lindner theory [06]understanding city Hong Kong in urban context is crucial for providing new critical and theoretical perspectives on the city.
The tools are examining the aesthetic, narrative, and representational strategies, interpreting the dynamic space of cities as well xploring the relationship between urban space and a variety of pressing cultural concerns.

05 Havik, Klaske, et al. "Narrating Urban Landscapes." OASE 98
06 Lindner, Christoph, editor. Urban Space and Cityscapes : Perspectives from Modern and Contemporary Culture. Routledge, 2006.

TERMS_ physical and intellectual territory of my project

01_STUDY ON THE CITY

01.4_METHODOLOGY :

Narrating Urban Landscapes - the use of narration
Overlapping
Cognitive Mapping
Different actors including the the perspective 'from below'

01.5_LITERATURE REVIEW UPDATE :

Cairns, Stephen. Cognitive Mapping the Dispersed City, in: Cristoph Lindner (ed.), Urban Space and Cityscapes: Perspectives from Modern and Contemporary Culture, (London/New York: Routledge, 2006), 203.

Havik,Klaske, Notteboom, Bruno, de Wit, Saskia , Narrating urban landscape, OASE 98

Kris Scheerlinck, Yves Schoonjans, Gisèle Gantois & Hannes Van Damme, 063A Narrative Approach to Collective Spaces. Urban Analysis and the Empowerment of Local Voices

Frampton, Adam, et al. Cities Without Ground: A Hong Kong Guidebook. ORO, 2012.

TERMS_ physical and intellectual territory of my project

01_STUDY ON THE CITY

01.6_ABSTRACT :

cinematic narrative as a way to address and redefine the urban landscapes. [08]

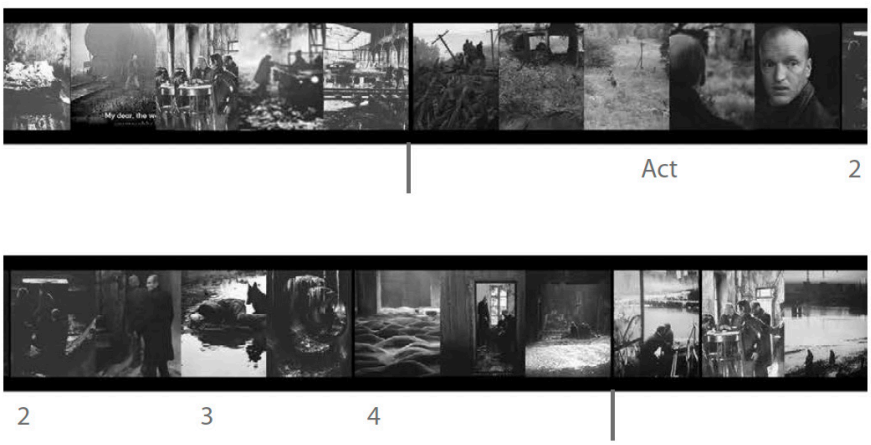


figure 4: _Collage, film stills from Stalker (A. Tarkowsky, 1978–1979). from Havik, Klaske, et al. "Narrating Urban Landscapes." OASE 98

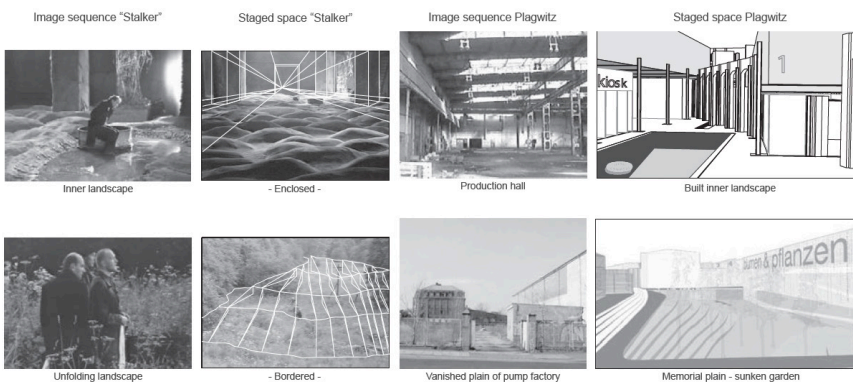


figure 5: _Scenography of Stalker and Plagwitz. (A. Tarkowsky, 1978–1979). from Havik, Klaske, et al. "Narrating Urban Landscapes." OASE 98

RESEARCH__objective and subjective of the academic reseach

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.1_ STUDY_ON _THE _CITY

Hong Kong is a Chinese city, a former British colony that developed extraordinary conditions. It is located on the southeast coast of China, was in the hands of Britain till 1997 and it evolved initially based on its excellent natural harbour and lucrative trade. The political and economic status of Hong Kong is very complex and these unusual circumstances have an impact on it today. The analysis go Hong Kong's history unfolds different narratives, the Chinese, Hong Kong, and British Empire, sometimes the narratives cross, other times are far apart in the perception. (figure 7) A history emphasises some things, leaves out others, uses some strands as a plot, and others as an incidental anecdote. (figure 6)

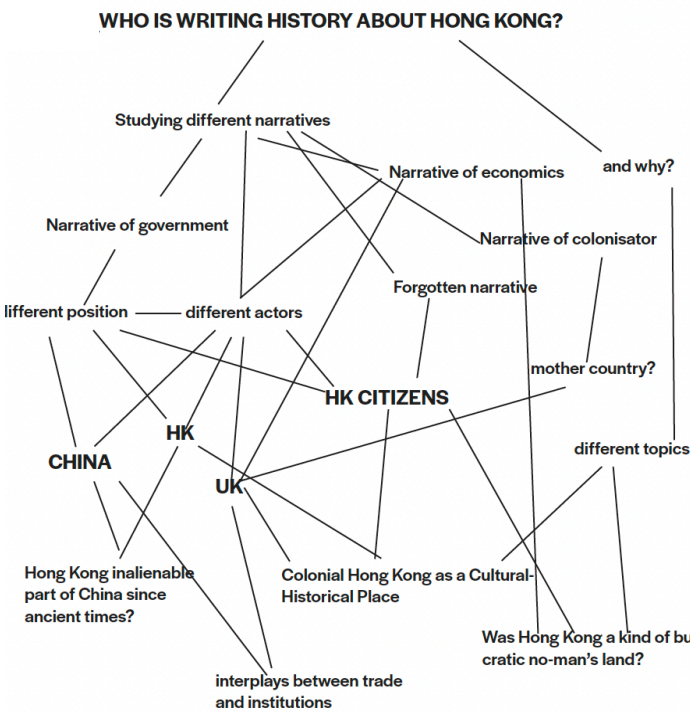


Figure 6 : diagram who is writing history of Hong Kong?, by Alicja Jurkowska

RESEARCH__objective and subjective of the academic reseach

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.1_ STUDY_ON _THE _CITY

The diagram captures the layered narratives of Hong Kong's identity, from its colonial past to its evolving sense of Chineseness and political autonomy. John M. Carroll highlights how Hong Kong functioned both as a strategic imperial outpost and as a unique space where Chinese elites engaged with British rule while contributing to China's broader national aspirations. The BBC and Singapore Law Review sources reflect the post-handover tensions, where fears over the erosion of democratic freedoms challenge the promise of "one country, two systems," reinforcing the city's history as a site of transition and contestation.

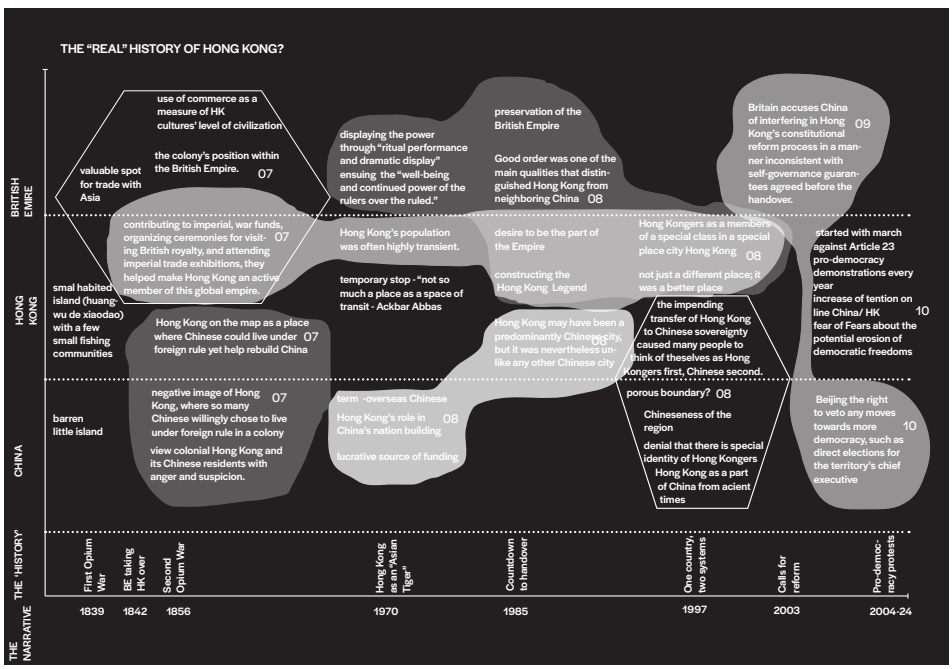


Figure 7 : timeline of a the ´real´´history of Hong Kong?, by Alicja Jurkowska based on :

07 Caroll, John M., Colonial Hong Kong as a Cultural-Historical Place, Modern Asian Studies 40, Cambridge University Press, 2006, pp. 517–543.

08 Caroll, John M.,"Edge of Empires: Chinese Elites and British Colonials in Hong Kong." ,

09 Choice Reviews Online, vol. 43, no. 06, Feb. 2006, pp. 43–3541.

10 BBC News. "Hong Kong Profile - Timeline."

RESEARCH__objective and subjective of the academic reseach

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.1_ STUDY_ON _THE _CITY

Those perceptions and unusual conditions are inseparable affecting the daily life of Hong Kongers. As Mapping Asia exhibited, *The travel photo taken in the 1970s—two decades before the handover of British-colonial Hong Kong to Mainland China—captures a sign that, in present-day Hong Kong, symbolizes the enduring significance of the distinction between the two territories.*[11] This relationship is marked by both dependence—Hong Kong relies on Mainland China for nearly all its energy sources—and a complex dynamic of distrust and resistance. With its recent colonial past, its status under the "one country, two systems" framework, and its politically fraught ties with the Mainland. Hong Kong becomes a lens through which to reconsider the dual identity of its citizens.



Figure 8 : ´´You can see the nice view of China from here´´by Courtesy of Asia Art Archive

11 Mapping Asia, a publication, exhibition, talk and performance series, is an extension of the third issue of AAA's e-journal, FIELD NOTES, 2014.

TERMS_ physical and intellectual territory of my project

01_STUDY ON URBAN DEVELOPMENT, POLITICS AND HISTORY

01.1_OUTSET :

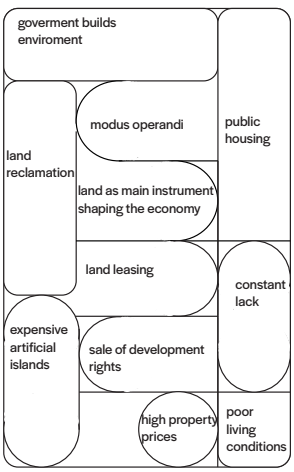


figure 9: _graph based on Shelton, Barrie, et al. The Making of Hong Kong : From Vertical to Volumetric. Routledge, 2011., by Alicja Jurkowska

01.2_INVESTIGATION_QUESTIONS :

How the city developed, what would be the brief introduction to Hong Kong?
What is the historical quintessence of the rise of Hong kong?
How the city has became the economic powerhouse?
What are the government's main instruments for shaping the city?
Who is responsible for urban development?
How the city operates today?
What are the urgents of the city?

01.3_AIM :

Finding hypothetical sites for design research
Examining the history of planning policy
Understanding the political complexities
Analysing the governmental and economic role in shaping the city landscape
Following the operational and strategic processes
Envisioning the interference between governmental and societal interests

TERMS_ physical and intellectual territory of my project

01_STUDY ON URBAN DEVELOPMENT, POLITICS AND HISTORY

01.4_ABSTRACT :

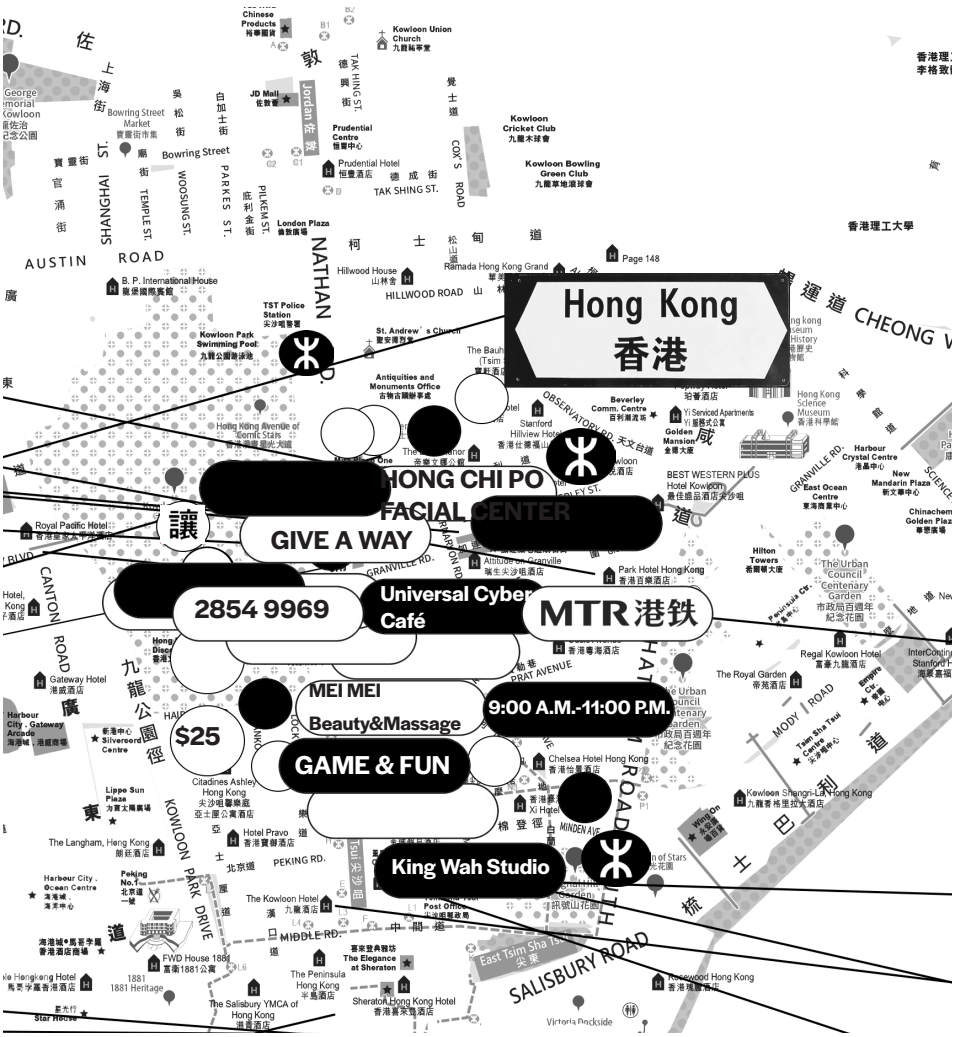


figure 10:_how the city communicates, by Alicja Jurkowska

TERMS_ physical and intellectual territory of my project

01_STUDY ON URBAN DEVELOPMENT, POLITICS AND HISTORY

01.5_METHODOLOGY :

Timelines
Diagrams of correlations
Creating catalog of governmental tools and instruments
Argument mapping
Cognitive maps

01.6_LITERATURE REVIEW UPDATE :

Shelton, Barrie, et al. The Making of Hong Kong : From Vertical to Volumetric. Routledge, 2011.

Vertical Urbanism : Designing Compact Cities in China. Routledge, 2020.
Lu, Xiaoxuan, editor. Interstitial Hong Kong : Exploring the Miniature Open Spaces of High-Density Urbanism. Jovis, 2021.

TERMS_ physical and intellectual territory of my project

02_STUDY ON PEOPLE_ANTHROPOLOGICAL AND SOCIOLOGICAL CONCERN

02.1_ OUTSET :

"The health of a people comes from the health of the buildings."

_ Christopher Alexander,
an architect and design theorist

02.2_ INVESTIGATION_QUESTIONS :

How is the society of Hong Kong?
How are they distributed?

What is the identity of Hong Konger?
Do they think about themself as individually or collectively?
What are the political moods in the society / young generation?
What do the citizens think of their future as a citizens of China ?

How people live and have lived in Hong Kong?
What does the routine of Hong Konger's look like?
What are the healthy and unhealthy habits people of Hong Kong?
How the life quality looks in modern dense city?
How do they take care of themself?
Why mental health issues are stigmatised?

TERMS_ physical and intellectual territory of my project

02_STUDY ON PEOPLE_ANTHROPOLOGICAL AND SOCIOLOGICAL CONCERN

02.3_AIM :

understanding city Hong Kong in urban context
exploring the relationship between urban space society

02.4_METHODOLOGY :

Comparing diferent literature and authors, who is writing and with what aim?
Analysing governmental data
Interviews/ questionnaire to fulfil?
Creating day schedules

02.5_LITERATURE REVIEW UPDATE :

Lau, Maggie, and David Gordon. Poverty in a Rich Society : The Case of Hong Kong. Chinese University Press, 2017

Sennett, Richard. Building and Dwelling : Ethics for the City. Allen Lane, an Imprint of Penguin Books, 2018.

TERMS_ physical and intellectual territory of my project

02_STUDY ON PEOPLE_ANTHROPOLOGICAL AND SOCIOLOGICAL CONCERN

02.6_ ABSTRACT :

The Manhattan Transcripts by Bernard Tschumi challenge conventional architectural drawings by neither representing real projects nor pure fantasies. Created in the late 1970s, they reinterpret reality through a unique structure combining photographs that document or direct events with plans, sections, and diagrams mapping spatial relationships and movement. Their explicit aim is to capture elements often excluded from architectural representation—such as the interplay between space and use, set and script, type and program, and objects and events—while implicitly reflecting on the nature of the 20th-century city. [12]

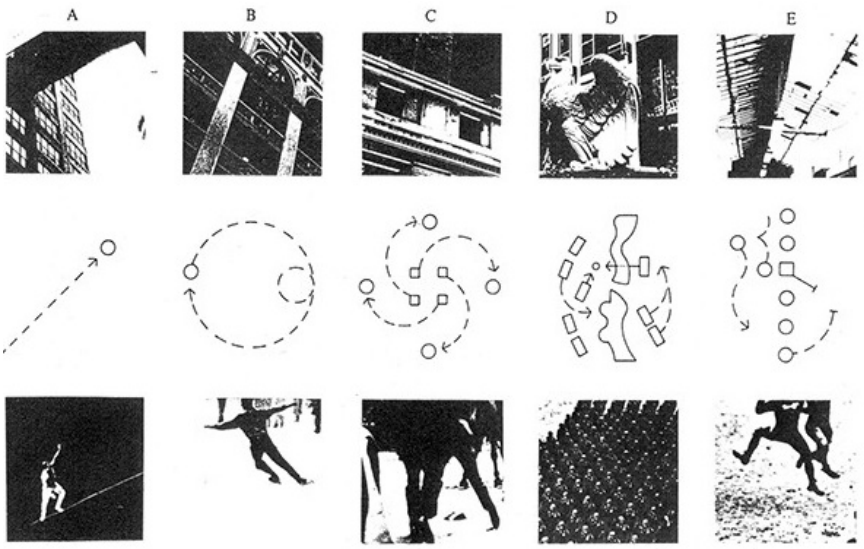


figure 11:_The Manhattan Transcripts
(B. Tschumi,(1976–1981).

12 The Manhattan Transcripts. www.tschumi.com/projects/18.

TERMS_ physical and intellectual territory of my project

03_STUDY ON NOTIONS

03.1_ OUTSET :

WELL-BEING
HEALTH
HEALTHCARE
HEALING
WELLNESS
BUILT ENVIRONMENT

03.2_ INVESTIGATION_QUESTIONS :

What does well-being mean?
What is the difference to health?

What are the measurements for good health?
How the built environment impacts the health?

What are the elements of healthcare?
How does the healthcare system works?
When and where the system fails?
Why mental health issues are stigmatised?

03.3_AIM :

Deep understanding of core psychological constructs
Embracing the key concepts of environmental psychology and using them in your practice
Envisaging the way in which mental and physical well-being is affected by physical environments

TERMS_ physical and intellectual territory of my project

03_STUDY ON NOTIONS

03.4_METHODOLOGY :

Studying environmental psychology
Comparison of notion health, well-being, personal space, territoriality, privacy, resilience, stress
Collecting data bank on health and healthcare system in HK

03.5_LITERATURE REVIEW UPDATE :

Kopec, Dak. Environmental Psychology for Design. Third ed., Fairchild Books, an Imprint of Bloomsbury Publishing, 2018.

Takehito, Takano, Healthy Cities and Urban Policy,2003

Devlin, Ann Sloan, editor. Environmental Psychology and Human Well-Being : Effects of Built and Natural Settings. Academic Press, 2018.

TERMS_ physical and intellectual territory of my project

04_STUDY ON THE HEALING ARCHITECTURE

04.1_OUTSET :

Is there some method?

04.2_ INVESTIGATION_QUESTIONS:

What are components of healing?
How the environment should be, to support the healing?
How to make mental health issues normal?
How to prevent mental health issues with architecture?
How to process destigmatisation with architectural intervention?

04.3_AIM :

Starting the design research

TERMS_ physical and intellectual territory of my project

04_STUDY ON THE HEALING ARCHITECTURE

04.4_METHODOLOGY :

Using the theoretical framework in the design proposal
Investigating different references
Comparing different qualities from the healing designs
Creating 'new' typology

04.5_LITERATURE REVIEW UPDATE :

Battisto, Dina, Wilhelm, Jacob J, Architecture and health : guiding principles for practice, Routledge, 2019

Nickl-Weller, Christine, and Hans Nickl. Healing Architecture. Braun, 2013.

Connellan, Kathleen, et al. "Stressed Spaces: Mental Health and Architecture." Herd, vol. 6, no. 4, 2013, pp. 127–68.

Sternberg, Esther M. Healing Spaces: The Science of Place and Well-Being. Belknap Press of Harvard University Press, 2010.

TERMS_ physical and intellectual territory of my project

05_THE ACADEMIC RESEARCH GRID

01_ STUDY ON THE CITY	01.2_INVESTIGATION_ QUESTIONS	01.3_AIM	01.4_METHODOLOGY
01.1_OUTSET			
02_ STUDY ON URBAN DEVELOPMENT, POLITICS, HISTORY	02.2_INVESTIGATION_ QUESTIONS	02.3_AIM	02.4_METHODOLOGY
02.1_OUTSET			
03.1_OUTSET	03.2_INVESTIGATION_ QUESTIONS	03_STUDY ON PEOPLE_ ANTHROPOLOGICAL AND SOCIOLOGICAL CONCERN	03.4_METHODOLOGY
		03.3_AIM	
04.1_OUTSET	04_STUDY ON NOTIONS 04.2_INVESTIGATION_ QUESTIONS	04.3_AIM	04.4_METHODOLOGY
05_STUDY ON HEALING ARCHITECTURE 05.1_OUTSET	05.2_INVESTIGATION_ QUESTIONS	05.3_AIM	05.4_METHODOLOGY

figure 12:_the academic grid, by Alicja Jurkowska

HISTORICAL POSITION(S)__ the journal of Hong Kong actors

Historical Position of Hong Kong is merely a stepping stone, a point of entry into a much wider and more nuanced debate about the city, the actors and the narrtives.

01.1_WHO IS WRITING HISTORY ABOUT HONG KONG?

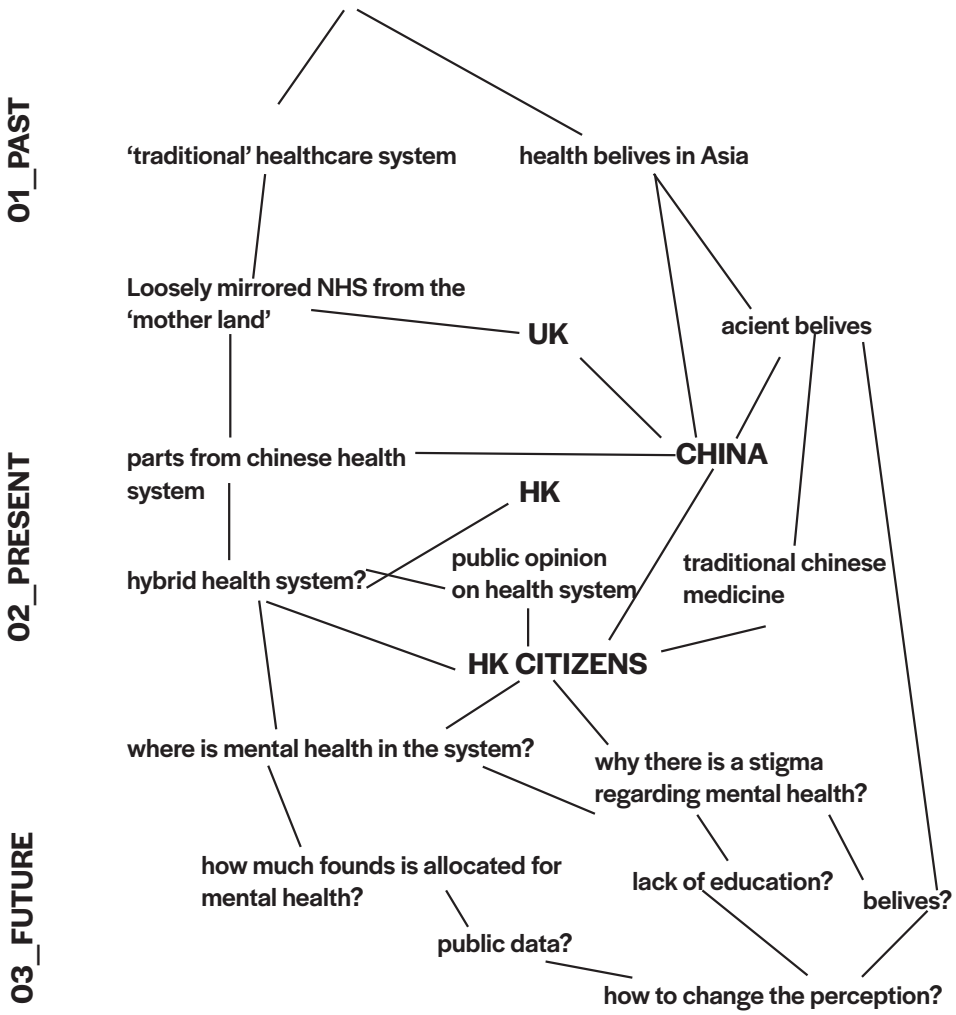


WHO IS SAYING_Actors : UK, HK, China, citizens of HK
WHY IS SAYING_Narratives : governmental, economical, social
WHAT IS SAYING_Topics : politics, trade, modus operandi country like a company, , unseparatable part of China, independent, colonialism, colonial civic culture, no-man's land ,forgotten society, identity, "borrowed place, borrowed time", capitalist paradise without history or culture

HISTORICAL POSITION(S)__

the journal of Hong Kong actors

01.2_WHERE IS HEALTHCARE IN THE HISTORY?

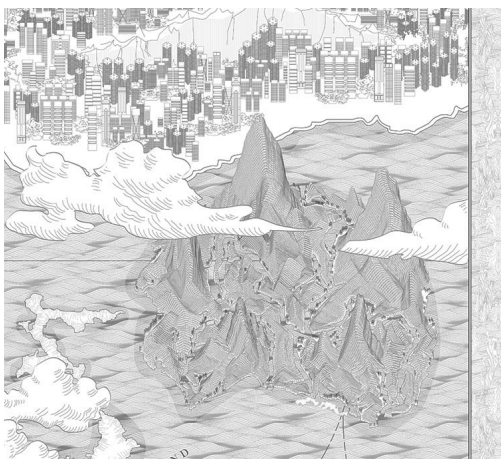


ARCHIVE__journal of reflection

01_KUNST:

01.1_ ABSTRACT :

The study of Map office proposed adding eight artificial islands to the existing landscape of the city, which is already diffused across over 260 islands.
"*cartography is a form of representation that often replaces the territory itself by imposing its own narrative upon it,,* [13]



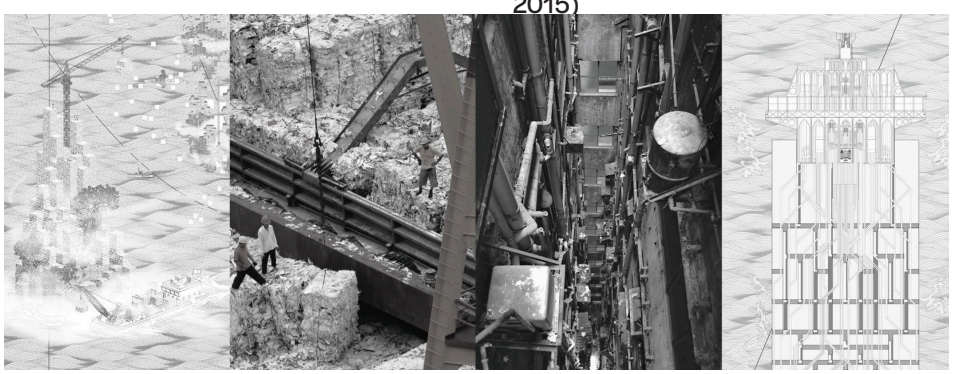


figure 13 : MAP Office: Hong Kong Is Land (2014) for "Uneven Growth: Tactical Urbanisms for Expanding Megacities" exhibition, at the MOMA New York (November 22, 2014–May 10, 2015)

13 Lucarelli, Fosco. "MAP Office: Hong Kong Is Land (2014)." SOCKS, 24 Feb. 2019, socks-studio.com/2015/02/04/map-office-hong-kong-is-land-2014.

01_KUNST:

01.1_ ABSTRACT :

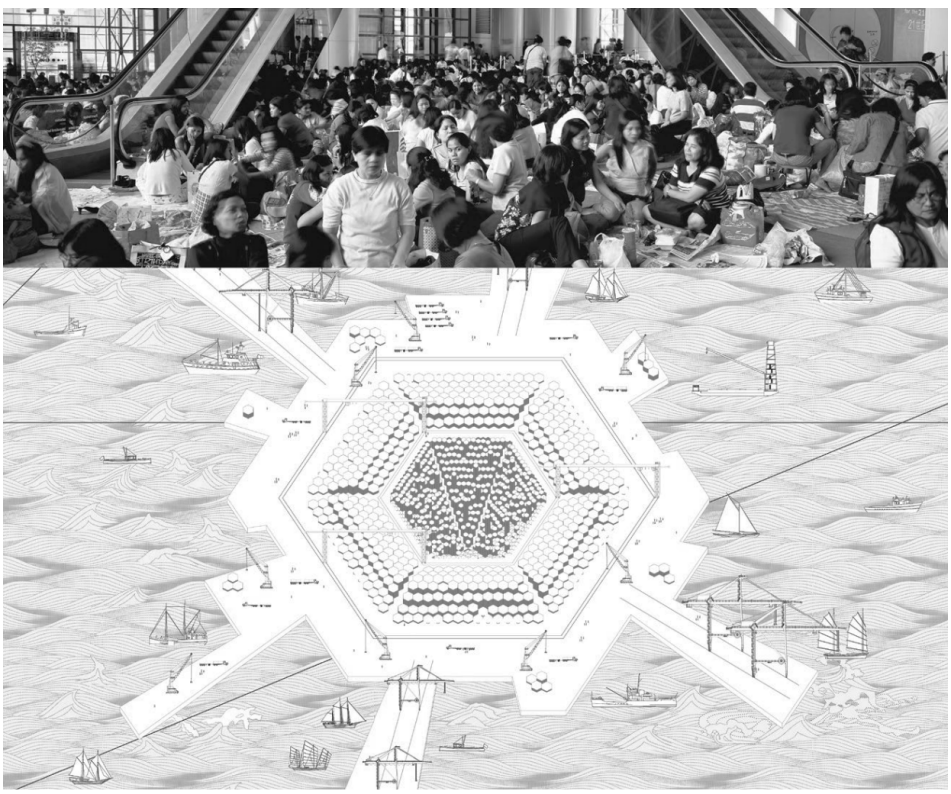


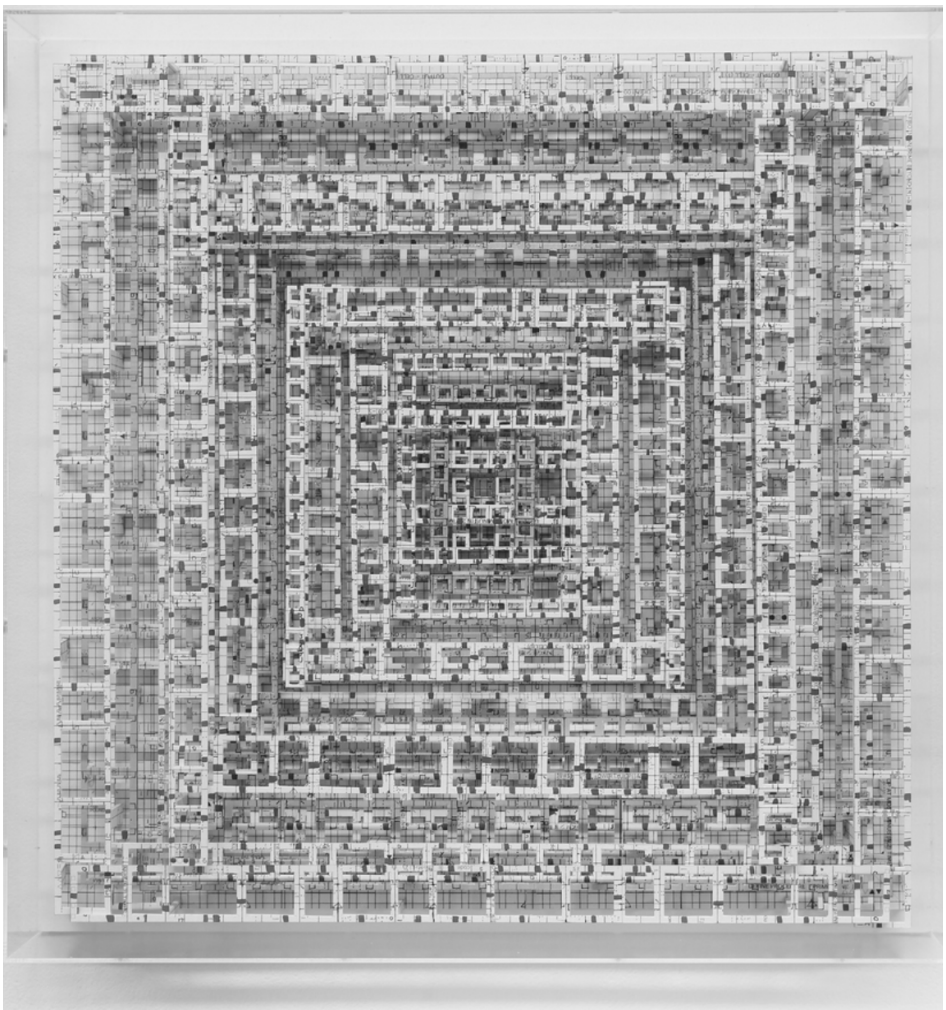
figure 14: _"The Island of Resources" reliefs on the strong networking capability of the expatrite Filipino comminity, by MAP Office: Hong Kong Is Land (2014) for "Uneven Growth: Tactical Urbanisms for Expanding Megacities"

ARCHIVE__journal of reflection

02_KUNST:

02.1_ ABSTRACT :

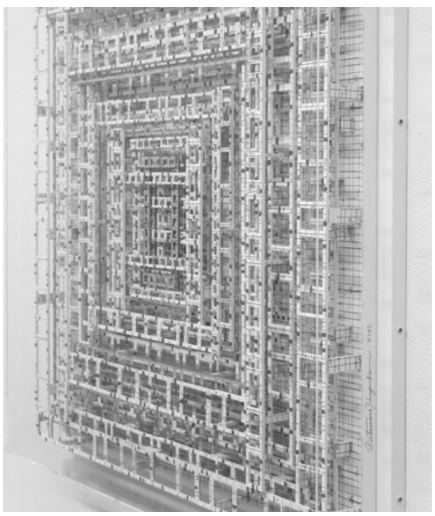
figure 15: Katsumi Hayakawa, Core, 2022
Archival paper, Ink- jet printing, acrylic gouache, wood on panel

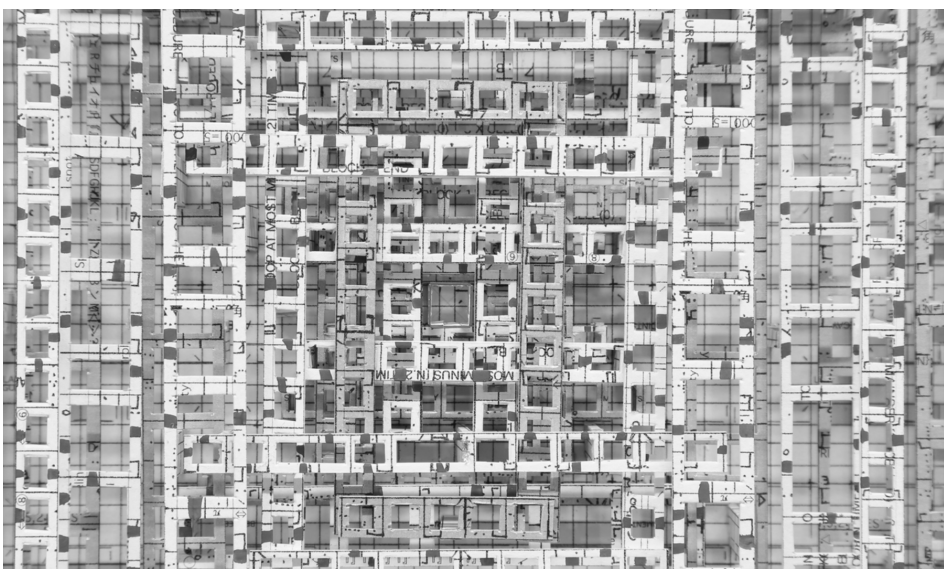


02_KUNST:

02.2_ ABSTRACT :

figure 15: Katsumi Hayakawa, Core, 2022
Archival paper, Ink- jet printing, acrylic gouache, wood on panel



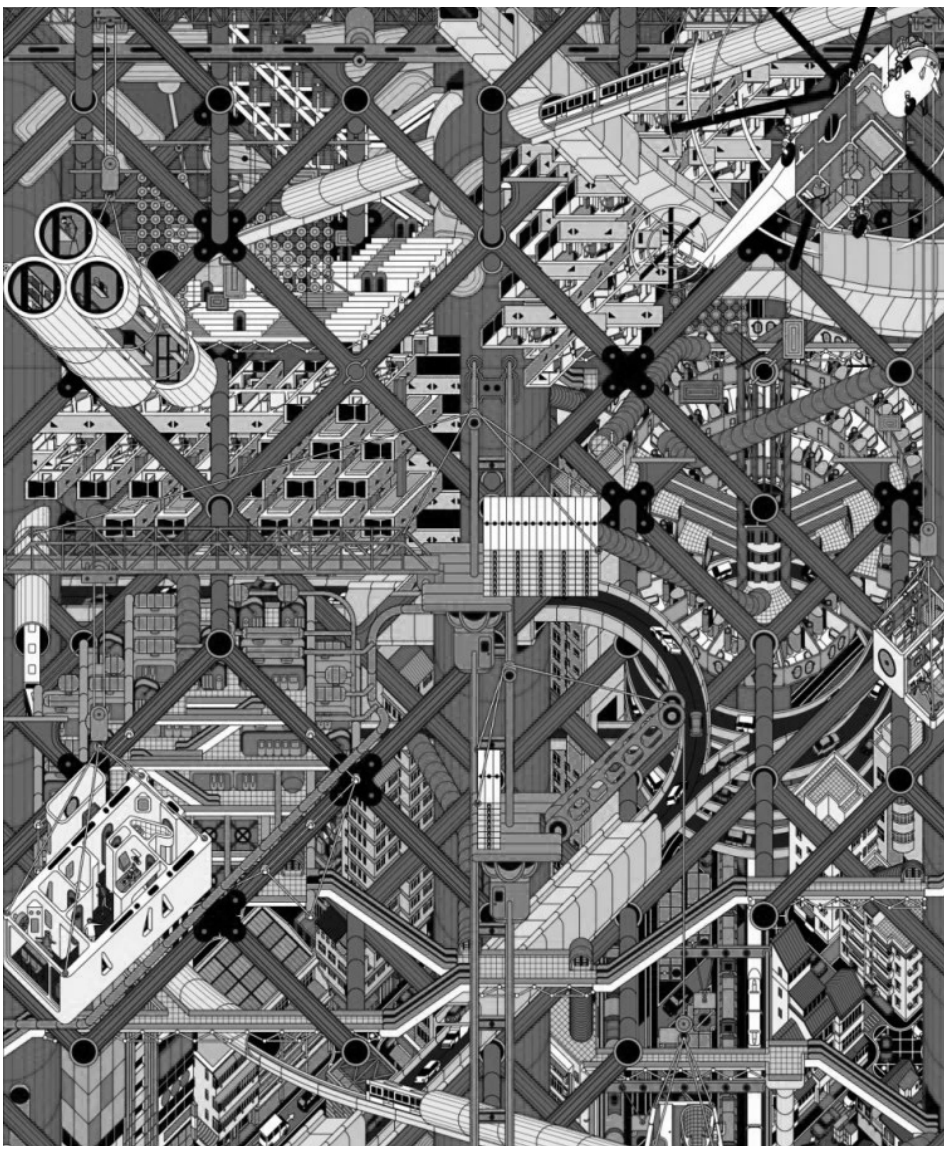


ARCHIVE__journal of reflection

03_KUNST:

03.1_ ABSTRACT :

figure 16: permanent exhibition of M+ MATTERS : ARCHIGRAM CITIES
Hong Kong, by Peter Cook



03_KUNST:

03.2_ ABSTRACT :

figure 16: permanent exhibition of M+ MATTERS : ARCHIGRAM CITIES Hong Kong, by Peter Cook



THEORY__process of problematization

01_THEORY OF HEALING

01.1_ TOPICS :

healing practices

ancient Egyptians, the Greeks, Romans and Middle Eastern

Nature and the afterlife

chinese traditional medicine

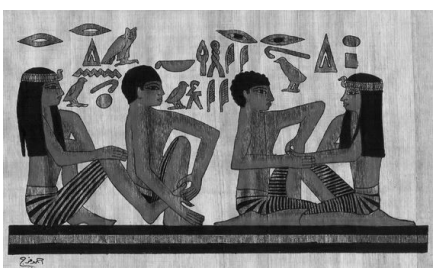


figure 17: _Ancient Egyptian tomb drawings indicated a form of reflexology may have been practiced as far back as 2330 B.C.

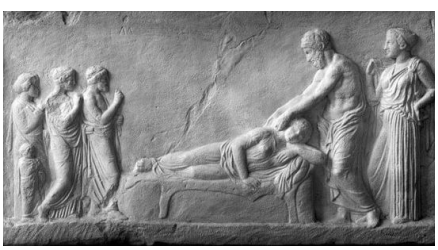


figure 18: _Ancient Greek art of medicine

THEORY__process of problematization

02_THEORY OF NOTIONS

02.1_ OUTSET :

WELL-BEING
HEALTH
HEALTHCARE
HEALING
WELLNESS
BUILT ENVIRONMENT

02.2_ INVESTIGATION_QUESTIONS :

What does well-being mean?
What is the difference to health?

What are the measurements for good health?
How the built environment impacts the health?

What are the elements of healthcare?
How does the healthcare system works?
When and where the system fails?
Why mental health issues are stigmatised?

02.3_AIM :

Deep understanding of core psychological constructs
Embracing the key concepts of environmental psychology and using them in your practice
Envisaging the way in which mental and physical well-being is affected by physical environments

THEORY__process of problematization

03_THEORY OF MENTAL HEALTH

03.1_ TOPICS :

history of theories_insanity against the rational

Mental health, is a discipline in medicine that is constantly dismissed.
In the past it was the fear and association with asylums, sin and something devilish, today it continues to be overlooked—now not out of fear, but because in an era of individualism, the society got to acceptance without understanding, mental well-being is overexposed on social media, therapy in western culture is more normalised, yet society largely ignores the deeper realities behind mental health.

the the stigma of mental health based from the deeply rooted belives?
Public stigma, Stereotype, Prejudice, Discrimination, Self-stigma

Understanding the mental health _theories
Analytical/developmental (Freud, Jung, Erickson, Kohlberg)
Behavioral (Watson, Skinner, Pavlov)
Cognitive (Tolman, Piaget, Chomsky)
Social (Bandura, Lewin, Festinger)
Humanistic (Rogers and Maslow)
Personality (Erickson's psychosocial development theory)

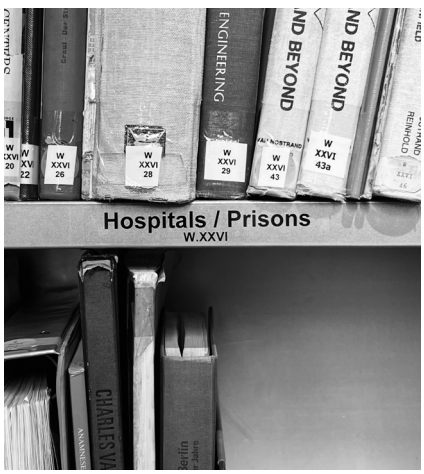


figure 19 : architecture library, tu delft, photo by Alicja Jurkowska



figure 20 : photo circulating online with the (false) caption, "Doctors in a mental asylum.

THEORY __process of problematization

04_THEORY OF HEALTCARE SYSTEM

04.1_ TOPICS :

Health buildings as a system -the hospital institution as a machine for healing
a machine with the primary mission of accomodation other machines in the treatment of human sickness and diesease

evidence based design - is it the best possible outcome?

apothesis of pure functionalism
dehumanizing, depersonalizing, frightening, uncearing

“machine clinic for the masses”

the only one actor of the hospital - sickness

techno-social utopia

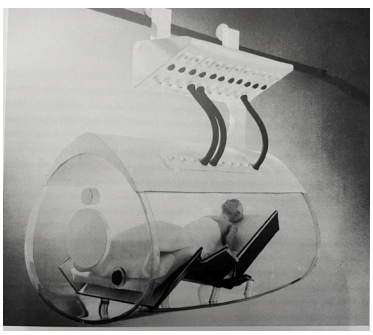


figure 21: _Prototype Patient capsule, 1969

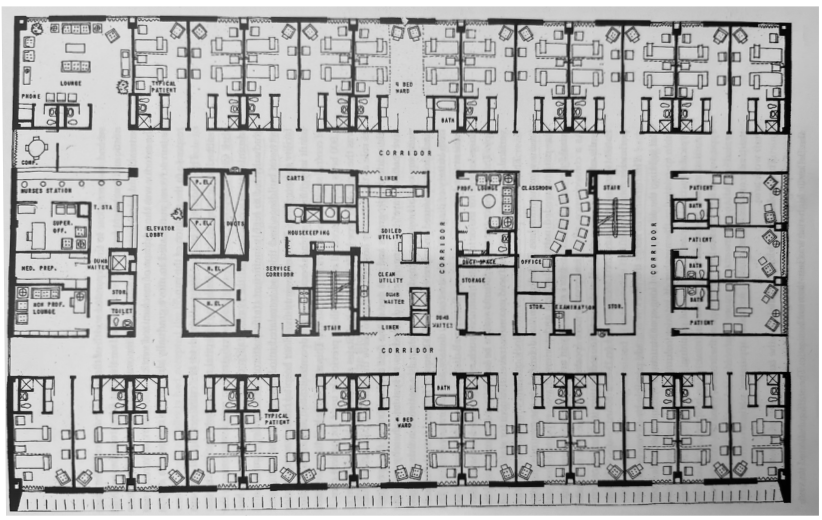


figure 22:_Archbishop Bergan Mercy Hospital, Omaha,Nebraska,1965

THEORY__process of problematization

05_THEORY OF INTERIOR

05.1_ TOPICS :

Natural environment and health

enviromental psychology

View Through a Window, Roger S.Ulrich

room with a window view of a natural setting - is that all?

“ health culutre”?

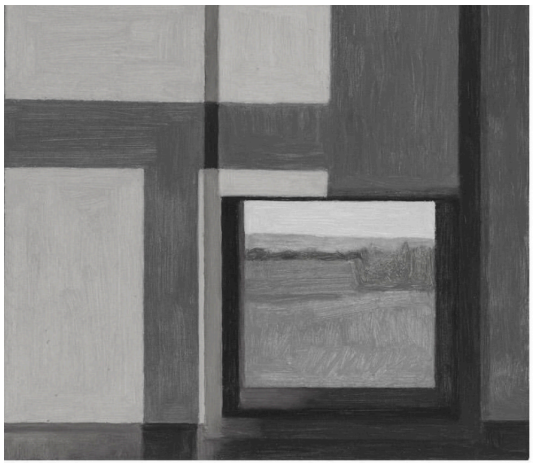


figure 23: Eleanor Ray, 2020



figure 24 : Villa medici portayted by some of its residents

SITE_ in search of the location

01.1_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

STEP_02: " THE BUILDING"

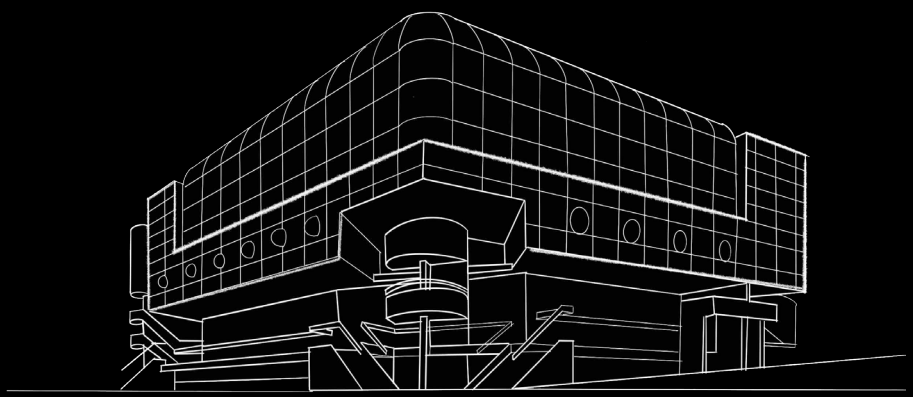


figure 25 : Franki centre, drawing by Alicja Jurkowska

FRANKIE CENTRE

Year of completion: 1981

Number of layers: 7 layers

Total area: approximately 14,870 square meters

Architecture firm: Rocco Design

Awards: Hong Kong Institute of Architects Annual Awards Merit Award (1981)

SITE__ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

01.1 THE BUILDING”

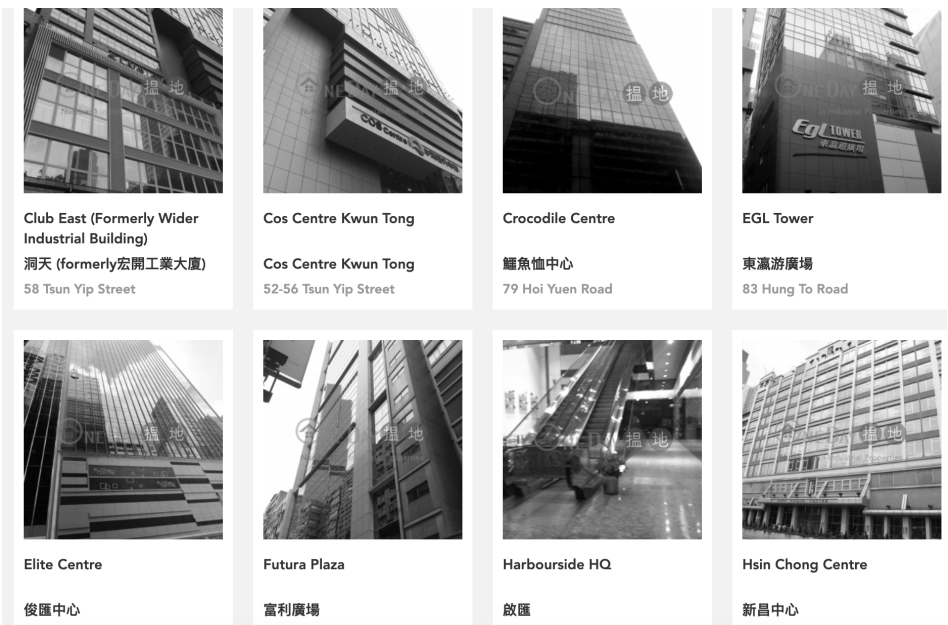


figure 26: Photo by Feng Kaijian

SITE__ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

02.1 SEARCHING FOR EMPTY PROPERTY TO RENT OR BUY



Club East (Formerly Wider Industrial Building)
洞天 (formerly宏開工業大廈)
58 Tsun Yip Street

Cos Centre Kwun Tong
Cos Centre Kwun Tong
52-56 Tsun Yip Street

Crocodile Centre
鱷魚恤中心
79 Hoi Yuen Road

EGL Tower
東瀛游廣場
83 Hung To Road

Elite Centre
俊匯中心

Futura Plaza
富利廣場

Harbourside HQ
啟匯

Hsin Chong Centre
新昌中心



Building Info for Franki Centre

Franki Centre 320 Junction Road Beacon Hill Kowloon City Kowloon	Year of Completion	1981
	Building Age	42
	Property Type	Office
	Street No	320
	No of Storeys	3
	No Of Blocks	1
	Ownership	Single Landlord

figure 27: screenshots, Property search web-site, oneday.com/hk

SITE_ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

01.1 THE BUILDING

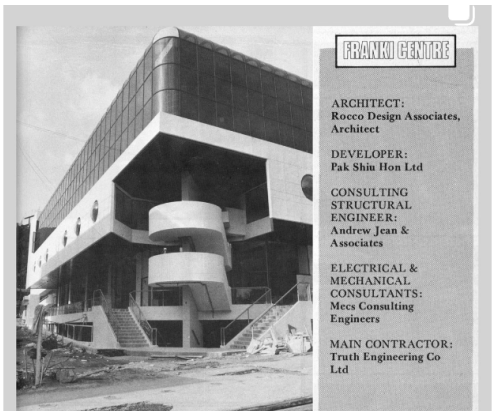


figure 28 :Franki Centre photo from Asian Architect and Builder, Hong Kong, Thomson Press Hongkong Limited, April 1982, pp. 32, 33, 37



figure 29: Photo by Feng Kaijian

SITE__ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

01.1 THE BUILDING

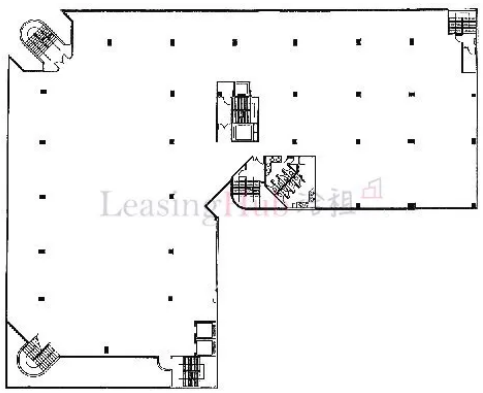


figure 30 :Franki Centre floor plan, posted by leasinghub.com



figure 31:photo by Feng Kaijian

SITE__ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

02.1 ANALYSIS OF THE AREA

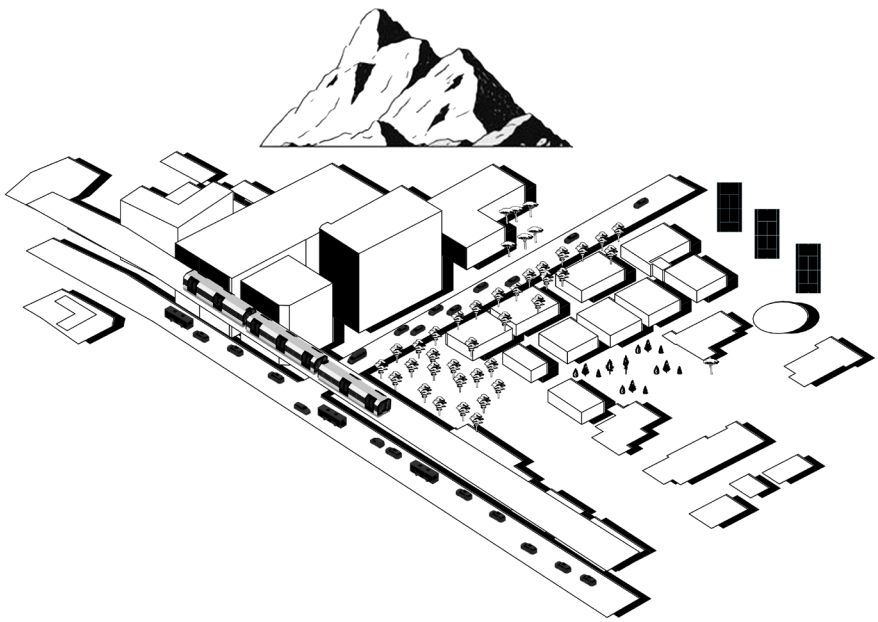


figure 32 : axonometric, conditions

ALICJA_JURKOWSKA
INTERIORS BUILDINGS CITIES 2023_24
INDEPENDENT GROUP
22_02_2024

SITE__ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

02.1 ANALYSIS OF THE AREA

Beacon Hill in Kowloon City, Hong Kong, was historically valued as an ideal location for a radio beacon due to its central position between Hong Kong, Kowloon, and the New Territories, as well as its favorable altitude for radio transmission. Before and after World War II, it housed various radars, radio stations, and aviation signal towers. Following the 1997 handover, most of these facilities were decommissioned, leaving only the quasi-government radio station RTHK. Today, Beacon Hill is a sought-after residential area known for its spacious low-rise buildings, which are large by Hong Kong standards. [14]

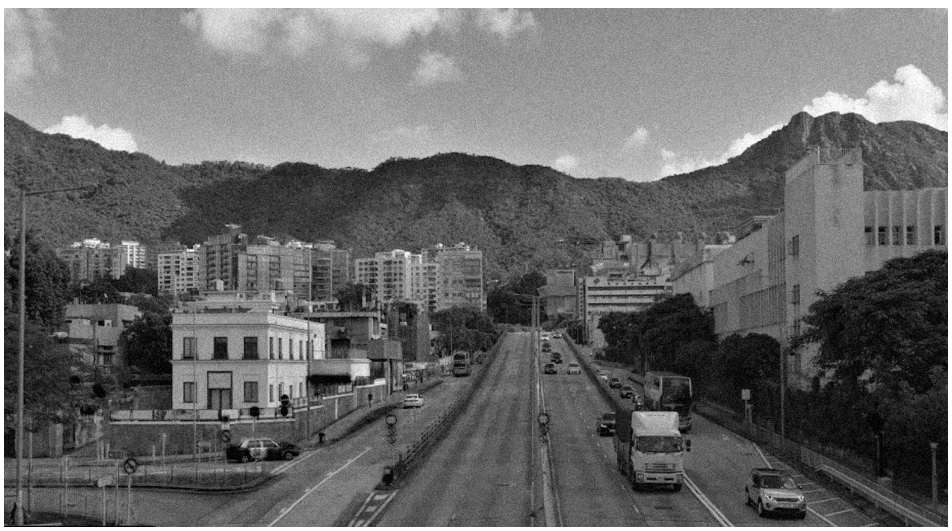


figure 33 : google maps view

14 "Beacon Hill Hong Kong Residential Properties (1) Sales and Rental." Property Search Hong Kong | OneDay, www.oneday.com.hk/en_US/hk/subdistrict/beacon-hill/residential/1.

SITE_ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

03.1 ANALYSIS OF URBAN CONTEXT

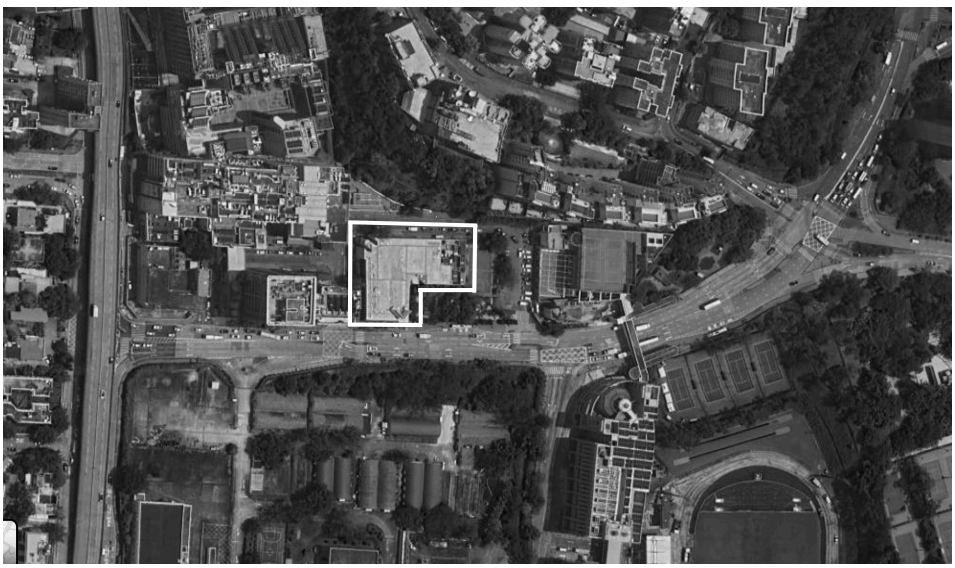


figure 34: google maps,320 Junction Road, Beacon Hill, Kowloon City,

SITE__ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

03.1 ANALYSIS OF URBAN CONTEXT



figure 35: location of Franki Centre, map by Alicja Jurkowska

SITE__ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

04.1_ THE CONDITION GRID OF FRANKI CENTRE, BECON HILL, KOWLOON

SCOPE	Reimaging the commercial building to the mental healthcare institution
SCALE	Building Interior
CHALLENGES	How to create safe space which people will use, encourage to interact Social isolation Breaking mental health taboo
OPPORTUNITIES	designing Destigmatizing Space sustaianble approach - using what is already there open grid Reimpreting the Materiality, Texturally of commercial building in different context social - foster a sense of belonging
EXISTING	Perfect urban conditions, university, schools and well as hospital and green park in the area Good transportation options Accesible Defined target group
IMPACT	Changing the character of old HK landmark, Creating safe space for a specific target group, semi-public healthspace inclusive enough?

SITE__ in search of the location

01_SCENARIO: REIMAGING A COMMERCIAL BUILDING AS A WELL-BEING CENTRE

05.1_BRINGING THE SITE TO THE STUDIO, COLLAGE

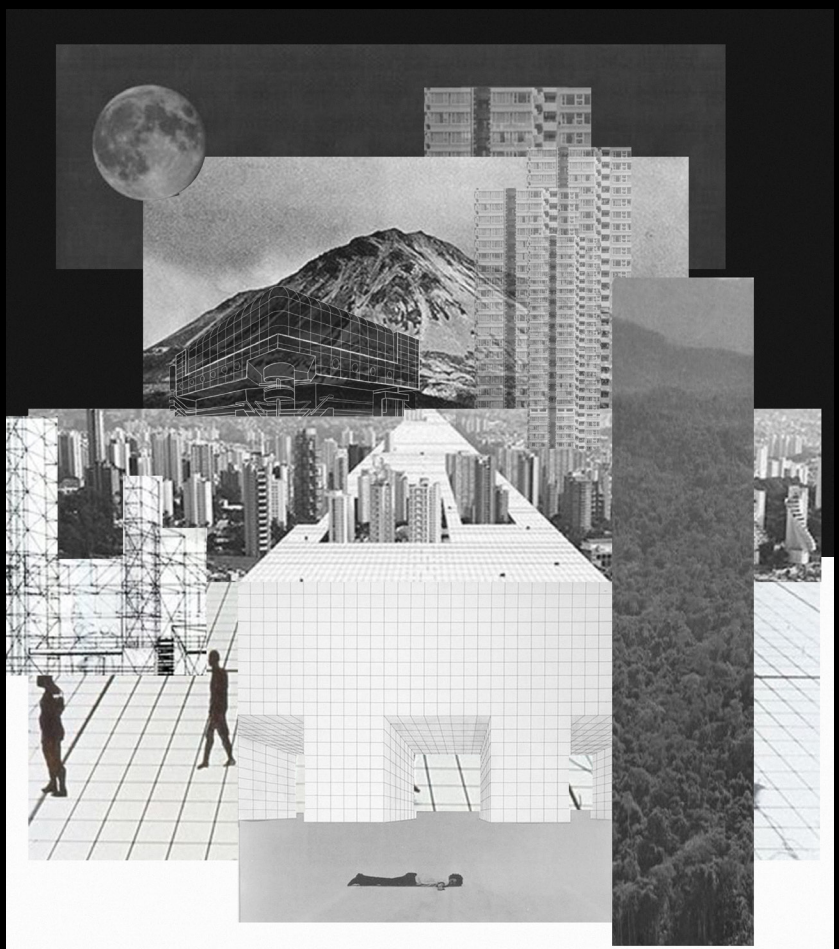


figure 36: : Franki Centre as a site,collage by Alicja Jurkowska

ALICJA_JURKOWSKA

02_SCENARIO: RECLAIMING THE GROUND OF KOWLOON PARK

02.1_THE GROUND

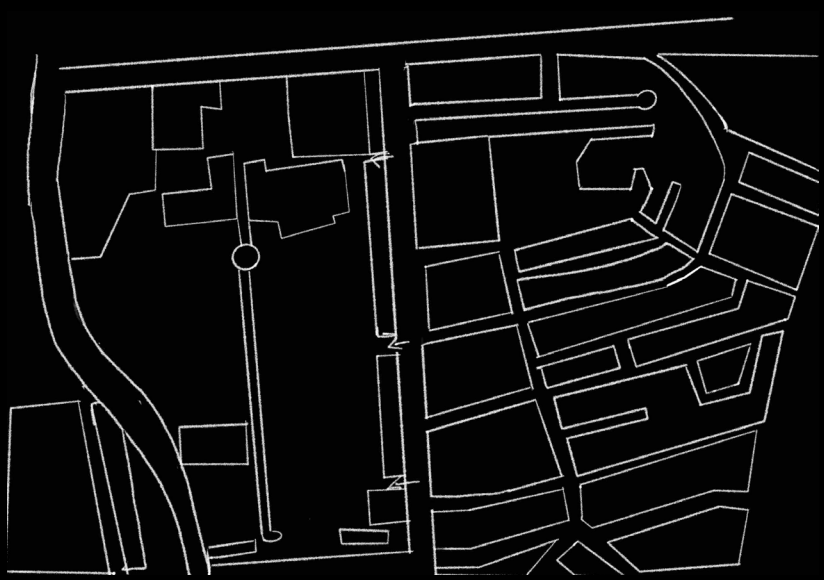


figure 37: site plan Kowloon Park, drawing by Alicja Jurkowska

Non-ground
As Jillian Walliss, in Finding Ground claims:
Since the early 1990s, the concept of terrain vague has attracted attention from western landscape architects, with post-industrial sites offering ample opportunities to explore ideas of redundancy, wildness and novel ecologies. However, these concepts do not map easily onto the dense urbanism of Asian cities which continue to expand, rather than shrink, often through processes Of land reclamation. Such landscapes of reclamation offer very particular ground conditions - seemingly without context, ecological system, geology, topography, and free from traces of a past urbanism or industrial use. However, these landscapes are far from unencumbered. [15]

15 Jillian Walliss, Essay, Finding Ground in Hong Kong in HKIA Journal, 2018

SITE__ in search of the location

02_SCENARIO: RECLAIMING THE GROUND OF KOWLOON PARK

02.2_ RESEARCH ON THE URBAN CONTEXT



figure 38: entrance to Kowloon park, photo by Alicja Jurkowska

SITE__ in search of the location

02_SCENARIO: RECLAIMING THE GROUND OF KOWLOON PARK

02.2_ RESEARCH ON THE URBAN CONTEXT





figure 39: the natue of Kowloon park, photos by Alicja Jurkowska

SITE__ in search of the location

02_SCENARIO: RECLAIMING THE GROUND OF KOWLOON PARK

02.3_ RESEARCH ON THE URBAN CONTEXT



figure 40: location of Kowloon Park, map by Alicja Jurkowska

SITE__ in search of the location

02_SCENARIO: RECLAIMING THE GROUND OF KOWLOON PARK

02.1_ RESEARCH ON THE URBAN CONTEXT



figure41: google maps, Kowloon Park, Hong Kong

SITE__ in search of the location

02_SCENARIO: RECLAIMING THE GROUND OF KOWLOON PARK

02.4_THE CONDITION GRID, KOWLOON PARK, TST, HONG KONG

SCOPE	Reclaiming the ground
SCALE	Urban, landscape With small architectural intervention
CHALLENGES	Capitalism facing communism both obsessed with generating economic growth, confronting the overconsumption Mental health project or public space? becomes very political, the topic of people and health is fading problematic scale, noisiness of the area, broad
OPPORTUNITIES	Space to reinterprete the city and natural wealth promote traditional Chinese beliefs and values Unique playground Socially supportive environment
EXISTING	The physical ground is there Surrounded by nature, the park controls the use of visitor, Manufacturing Nature: “Trees by Man” A lot of concrete surfaces, “concrete garden” Very central location, Inclussivness- accesible by many,
IMPACT	Collapse of our life-support systems- or open dialog? Radical Mindfulness in daily life, more recreational time spending

02_SCENARIO: RECLAIMING THE GROUND OF KOWLOON PARK

5.1 BRINGING THE SITE TO THE STUDIO, COLLAGE

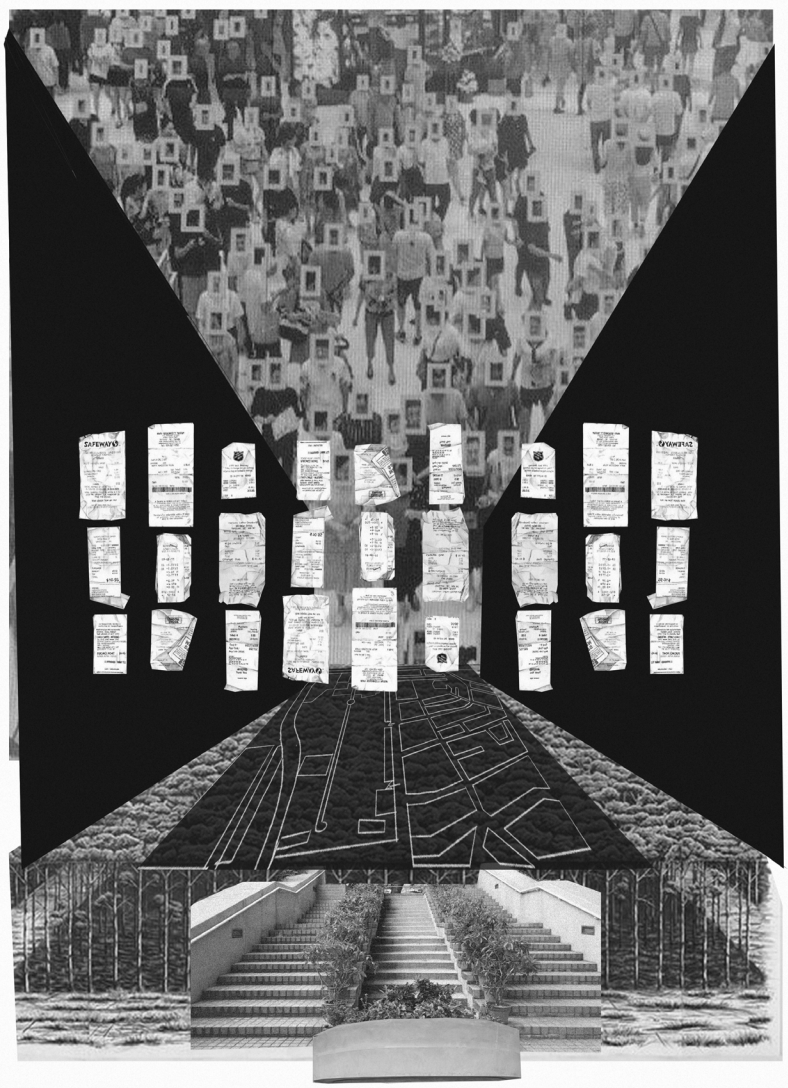


figure 42 : Kowloon Park as a site,collage by Alicja Jurkowska

03_SCENARIO: SĀNĀRE OF A SANATORIUM, SOMEWHERE IN FLORA AND FAUNA OF HONG KONG



figure 43 : Paimio Sanatorium, Paimio chairs and tables in the auditorium in 1933 © Alvar Aalto Foundation,Photo: Gustaf Welin, Alvar Aalto Museum

SITE_ in search of the location

03_SCENARIO: SĀNĀRE OF A SANATORIUM, SOMEWHERE IN FLORA AND FAUNA OF HONG KONG

03.1_CONDITIONS GRID, TRAIL TRACK, HONG KONG

SCOPE	Sānāre-, sanatorium, healing, recovery cenre
SCALE	Building Interior
CHALLENGES	Reinterpreting existing typology in different context and different target group The location and the accesibility
OPPORTUNITIES	Project as an island? Expending the theory_statement that MENTAL HEALTH IS NOT A LUXURY
EXISTING	Hiking trail,hardly accessible - by foot, hiking, design for active people “rest day” architecture Limited use not day to day use - modern accesible recovery centre?
IMPACT	space for recreation Changing the weekend habits Long term results

03_SCENARIO: SĀNĀRE OF A SANATORIUM, SOMEWHERE IN FLORA AND FAUNA OF HONG KONG

03.2 BRINGING THE SITE TO THE STUDIO, COLLAGE

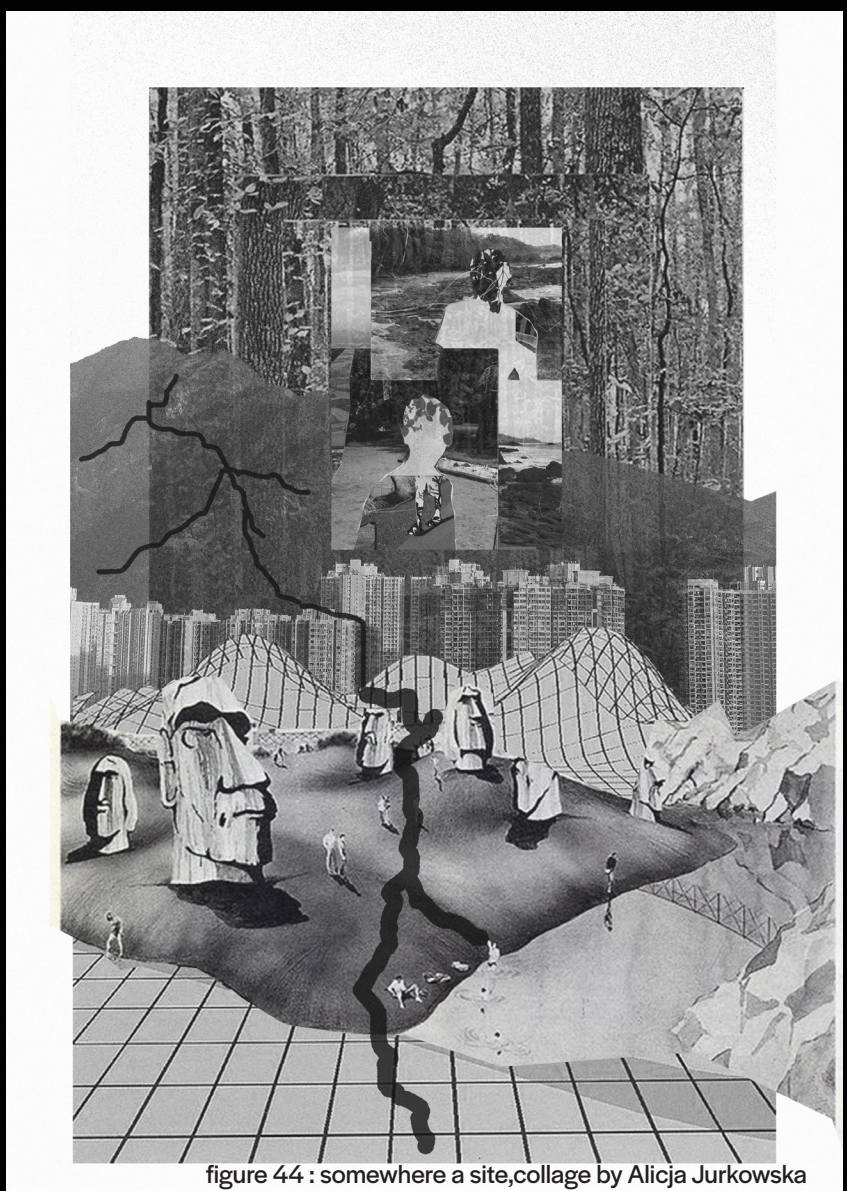


figure 44 : somewhere a site,collage by Alicja Jurkowska

SITE_ in search of the location

04_ JUXTAPOSITION GRID

NARRATIVE / SITE	SCENARIO 1 : FRANKI CENTRE, BECON HILL, KOWLOON	SCENARIO 2 : KOWLOON PARK, TST, HONG KONG	SCENARIO 3: TRAIL TRACK, HONG KONG?
_SCOPE	Reimaging the commercial building as the healthcare institution	Reclaiming the ground	Sānāre-, sanatorium, healing, recovery cenre
_SCALE	Building Interior	Urban, landscape With small architectural intervention	Building Interior
_CHALLENGES	safe space Social isolation mental health taboo	capitalism_communism overconsumption political Mental health_or_ public space? Scale_noisiness_Broad	Reinterpreting existing typology in different context and different target group the location accesibility
_OPPORTUNITIES	Destigmatizing spaces open grid materiality and texturally of shopping mall sense of belonging	the city and natural wealth socially supportive environments	Project as an island? MENTAL HEALTH IS NOT A LUXURY
_EXISTING	Perfect urban conditions, transportation Accesible Defined target group	The ground is there nature central location Accesible	Hiking trail design for active people “rest day” architecture
_IMPACT	Changing the character of old HK landmark semi-public health space questioning inclusivness	Collapse of our life-support systems- or open dialog? Mindfulness recreational habits	space for recreation Changing the weekend habits Long term results

05_ARBITRARILY

05.1_ THE SHAW BROTHERS STUDIO





figure 45 : behind the scenes of Shaw brothers studio

SITE_ in search of the location

05_ARBITRARILY

05.1_ THE SHAW BROTHERS STUDIO

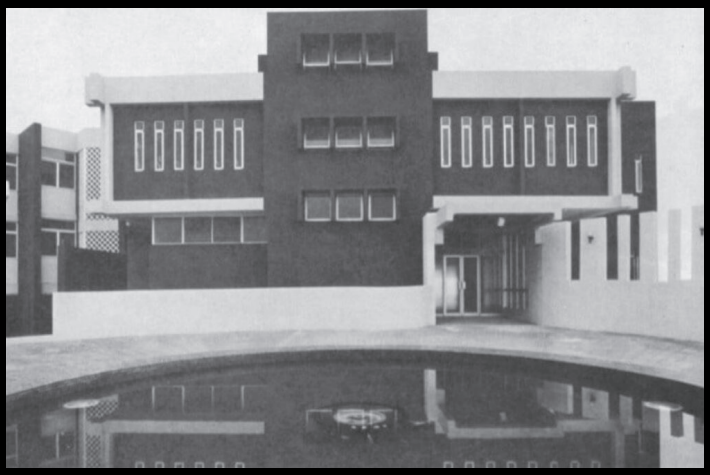


figure 46 : mr. Shaw next to his residency ,posted by South China post

SITE_ in search of the location

05_ARBITRARILY

05.1_ THE SHAW BROTHERS STUDIO



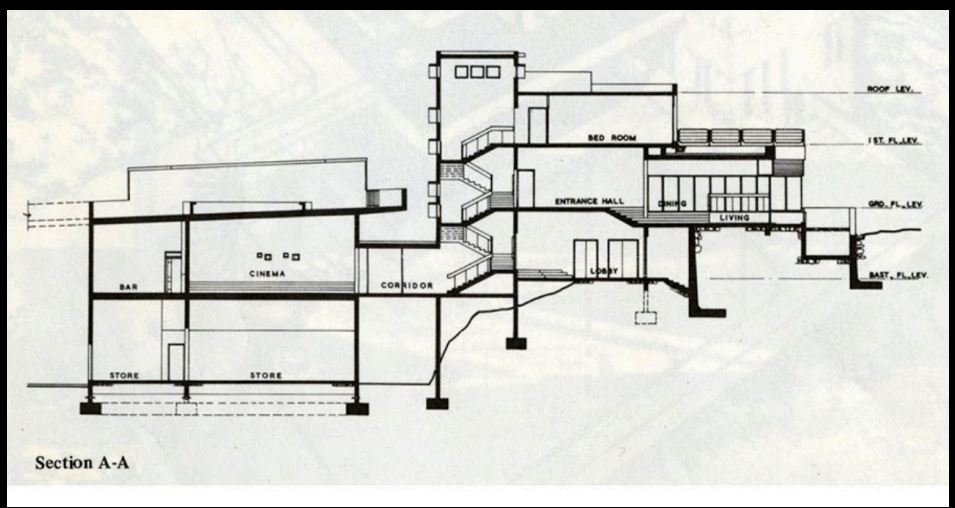


figure 47 : view and section of one the Shaw residency

SITE_ in search of the location

05_ARBITRARILY

05.1_ THE SHAW BROTHERS STUDIO



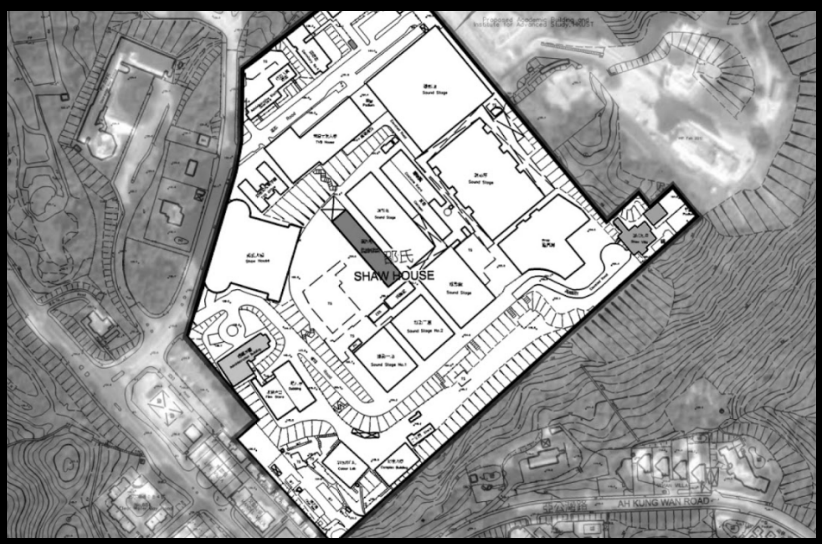


figure 48 : photo and floor plan of one the Shaw buildings

SITE_ in search of the location

05_ARBITRARILY

05.1_ THE SHAW BROTHERS STUDIO

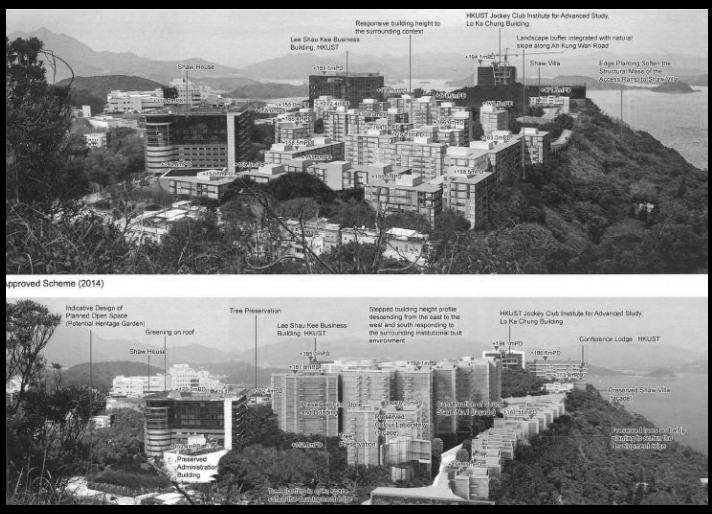




figure 49 :the bird view of Shaw studio set

RESEARCH__objective and subjective of the academic reseach

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.2_STUDY_ON _PEOPLE

The methodology of ´´study on people´´ predominated interviews with citizens of Hong Kong, films, and various sources of literature. The analysis of all the collected materials revealed contradictions in the identity of Hong Kongers. *As Caroll implied, They think of themself as Hong Kongers first, and Chinese second.*' [16]The political and historical situation impacted how they built their ''double identity.

Hong Kong cinematography is used as a way to address and define the complexity of social problems. Fiction and non-fiction intertwine in Hong Kong reality. Using cinematography as a methodology was the ideal lens to analyse the perspective 'from below', scrutinised the life of Hong Kong citizens, their everyday routines, relations and interactions with the city of Hong Kong, as well as social and political concerns that are very present in the film plots.

For example, Wong Kar-wai's films delve into characters' loneliness, their sense of alienation from their surroundings, and their indecisiveness, serving as a metaphor for the political climate of contemporary Hong Kong, as well as depict emotions of being forgotten and neglected by colonising and the primary motherland that caused damages and traumas for more than one generation. The traditional Chinese collectiveness doesn't leave a space for emotional and mental connection and causes stigma regarding mental health and well-being.

To set the stage for my research and outline the findings, I created a film based on my site visits and interviews in Hong Kong. This film captures the portrait of Hong Konger, the essence of the city's environment, and its impact on public well-being.

16 Caroll, John M., Colonial Hong Kong as a Cultural-Historical Place, Modern Asian Studies 40, Cambridge University Press, 2006, pp. 517–543.

RESEARCH__objective and subjective of the academic reseach

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.2_STUDY_ON _PEOPLE



Figure 50 : Fallen Angels, Hong Kong , 1995 , film director :Wong Kar-wai

RESEARCH__objective and subjective of the academic reseach

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.2_STUDY_ON _PEOPLE



Figure 51 : Public well-being vs the city Hong Kong , by Alicja Jurkowska

PEOPLE__listening to the voices

01_ THE STORY OF MY FRIENDS





Figure 52 : Celeste and Cher, friends from Hong Kong, photos by Alicja Jurkowska

PEOPLE_ listening to the voices

01_ THE STORY OF MY FRIENDS



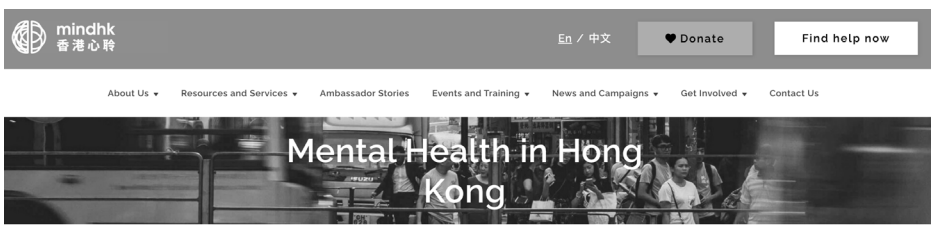


Figure 53 : Celeste Cher,and myself in Hong Kong, photos by another student

PEOPLE_ listening to the voices

02_ THE CAMPAGNES OF MIND HK

Mind HK is a mental health charity to ensure no one has to face a mental health problem alone in Hong Kong. Through the work, they hope to improve awareness of mental health and mental health conditions, remove the associated stigma, and provide talking therapy, with the aim of achieving the best mental health for all in Hong Kong. Together with the existing collaboration and research efforts, they are supporting Hong Kong in becoming a global leader and regional model for public mental health. [17]



What is the mental health situation in Hong Kong?

Figure 54 : screenshot of the MindHK NGO

17 https://www.mind.org.hk/

PEOPLE_ listening to the voices

"As they claim, "Progress in mental health in a population cannot be made without tackling the issues of stigma and discrimination. To curb these is a challenge to the entire society, not just patients and professionals." [18]



Figure 55 : photo of the MindHK NGO team, published on their website

18 https://www.mind.org.hk/

PEOPLE_ listening to the voices

03_ THE STORY OF JACKIE



figure 56 : photo of Jackie, by Alicja Jurkowska

PEOPLE__listening to the voices

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.2_STUDY_ON _PEOPLE

_IDENTITY

01_Can you briefly tell me about yourself? (name, age, citizenship)
02_What is your background, where were you born, how many years did you live there ?
03_What is your chinese name, do you use both names, in what situations?
04_Where is home for you?
05_How many years did you live in Hong Kong?
06_Why did you decide to move from Hong Kong and study abroad?
07_What is the background of your parents, were they born and rased in HK during time of the british colony?
08_What stories did you hear from your parents regarding Hong Kong?
09_Are you considering coming back at some point?
10_What does it mean to be Hong Konger for you?
11_From my research the notion "double identity" of Hong Konger came up a lot , do you resonate with it or do you know anyone that does?

_HK BUILT ENVIRONMENT

01_Could you describe Hong Kong in your own words, some adjectives or key words?
02_Can you think about any place in Hong Kong, that people can escape from everyday problems?
03_Where and when do you feel sense of belonging?
04_Do you think people have space to emotionally and mentally connect?
05_Are there some unique qualities that HK offers to the people?
06_Do you think people in HK have difficulty of balancing "two different cultures"?
07_Is there something you miss about HK culutre or the city?
08_How would you describe the society of HK? some adjectives that come firstly to your mind
09_What are the challenges you experienced in your homeland?

_MENTAL HEALTH CULUTRE

01_What do you think about mental health issues in the HK society?
02_Where and what did you learn about mental health?
03_In your opinion, what are the main factors that contribute to the mental health problems in HK?
04_There is a common opinion that mental health issues are stigmatised in Asia, would you agree and if yes would you hypothesize why is that?
05_Do you see a lot of differences in societal approach regarding mental health in western culture (where you live now) in comparison to HK one?
06_Do you have experienced any difficult time yourself in HK?
07_Have any of your immediate or extended family experienced mental health issues? If yes did they talked about it and/or got help?
08_What do you do when you feel stressed?
09_ Is there any safe space, physical or in your mind ,you would go to?
10_Could you imagine such a place? How you oasis would look like?

PEOPLE_ listening to the voices

04_ THE THEORY AND LIFE OF CHARLES JENCKS

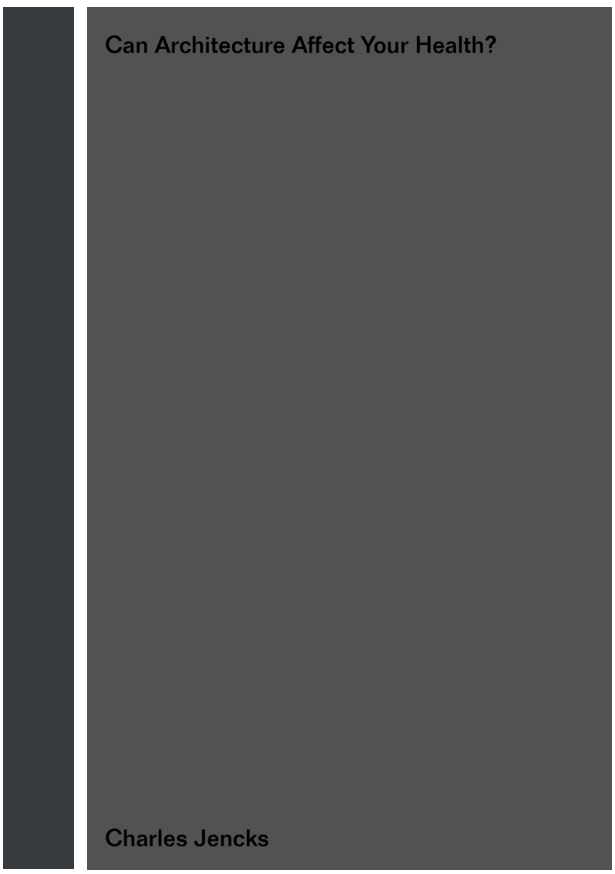


figure 57: cover of the book Can Architecture Afftect Your Health?, by Charles Jencks

PEOPLE__listening to the voices



figure 58: photo of Charles Jencks, from book Garden of Cosmic Speculation



figure 59: Maggie and Charles Jencks at the Ecole des Beaux Arts, Paris in 1981, by Eustachy Kossakowsky

PEOPLE__listening to the voices

05_ THE WORK OF KOPVOL



figure 60 : cover of book Architecture as second body, by G. Koppen and T.C. Vollmer

PEOPLE_ listening to the voices

Architect Gemma Koppen and architectural psychologist Dr. Tanja C. Vollmer are the founders of Kopvol architecture & psychology. In 2009 opened office in Rotterdam and in 2019 a second office in Berlin. Kopvol is the first architectural practice in Europe to employ staff from the disciplines of architecture and psychology that work together in various design and planning phases.[17]

Their theory is *spatial anthropodysmorphy* which refers to the change in the perception of space by people who are existentially physically or mentally ill.



figure 61 : photo of Prof. Gemma Koppen



figure 62 : photo of Prof. Dr. Tanja C. Vollmer

17 https://kopvol.com/about-us/what-we-do/

RESEARCH__objective and subjective of the academic reseach

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.3_ STUDY_ON _THE _HEALTHCARE _AND_ HEALING ARCHITECTURE

The literature references as well as my own observations directed me to study on healthcare architecture and attempt to answer to my research questions, how architecture can prevent the development of mental illness and support the healing.

There is a big discrepancy between mental healthcare architecture and healing, particularly in the realm of mental health facilities. While healthcare buildings have developed into highly efficient machines, and evidence-based designs that take efficiency as an indicator, the human has been pushed more and more into the background over time. [19] Similarly, Dubose claims, that healthcare has primarily focused on fixing the body and forgotten about the well-being and the expansion of healthcare focus on healing is necessary.[20] The healthcare system is the main actor, however, the architecture is like a scenography that plays an equally relevant role in the pursuit of health.

Research on the impact of the physical environment – indoors and outdoors – on people's health and well-being was formerly carried on in isolation by different research disciplines, such as medicine, environmental psychology, and in recent years landscape architecture and architecture.[21] The first research on the impact of healing processes in connection to architecture, where conducted by Roger S. Ulrich who claimed, that the well-being supportive design can help and accelerate the healing process. Alike Charles Jencks[22], emphasised that while architecture alone does not explicitly heal, it can create conditions conducive to healing by promoting behavioural and emotional engagement that supports the healing process.

19 Exhibition, TUM-Architekturmuseum. Das Kranke(n)haus – Wie Architektur heilen hilft, München, 2023

20 DuBose, Jennifer et al. "Exploring the Concept of Healing Spaces." HERD vol. 11,1 (2018): 43-56. doi:10.1177/1937586716680567

21 American Horticultural Therapy Association, et al. "Gardens and Healing Gardens." Journal of Therapeutic Horticulture, season-02 2000, p. 61.

22 Jencks, Charles. Can Architecture Affect Your Health? Edited by Jan Brand, ArtEZ Press, 2012.

RESEARCH__objective and subjective of the academic reseach

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.3_ STUDY_ON _THE _HEALTHCARE _AND_ HEALING ARCHITECTURE

Despite recognising the problem and the lack of emphasis on well-being, the literature still offers few examples to draw from. In my design research, I am attempting to find solutions by adhering to Battisto´s[23] several theoretical design principles regarding healing architecture and landscape.

23 Battisto, Dina, Wilhelm, Jacob J, Architecture and health : guiding principles for practice, Routledge, 2019

RESEARCH__objective and subjective of the academic reseach

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.3_ STUDY_ON _THE _HEALTHCARE _AND_ HEALING ARCHITECTURE

Study the connection between healthcare and healing architecture would be investigating different references and designs.

Analysing and comparing references:

01_ ÖSTRA—ACUTE PSYCHIATRIC HOSPITAL, GOTHENBERG, SWEDEN, WHITE ARKITEKTER, 2009

02_THE PAIMIO SANATORIUM, FINLAND, PAIMIO, ALVAR AND AINO AALTO, 1929_1933

03_MAGGIE'S CENTRE, GARTNAVEL GLASGOW, UK, OMA, 2007_2011

Resulted in the ´´awareness list´´ of qualities and components for "state of the art" of well-being environments, medical and non-medical. All of the designs take as a priority connection to nature.

This helped me establish a foundation for the design research proposal that I will apply to my site.

REFERENCES_ learning from others

01_ VERMONT PSYCHIATRIC CARE HOSPITAL , VERMONT, USA ARCHITECTURE+, 2014

Criteria:
Nature connection and daylight
Nature connection and access to outdoors
Noise control
Flexible therapy spaces
Nurse station observation

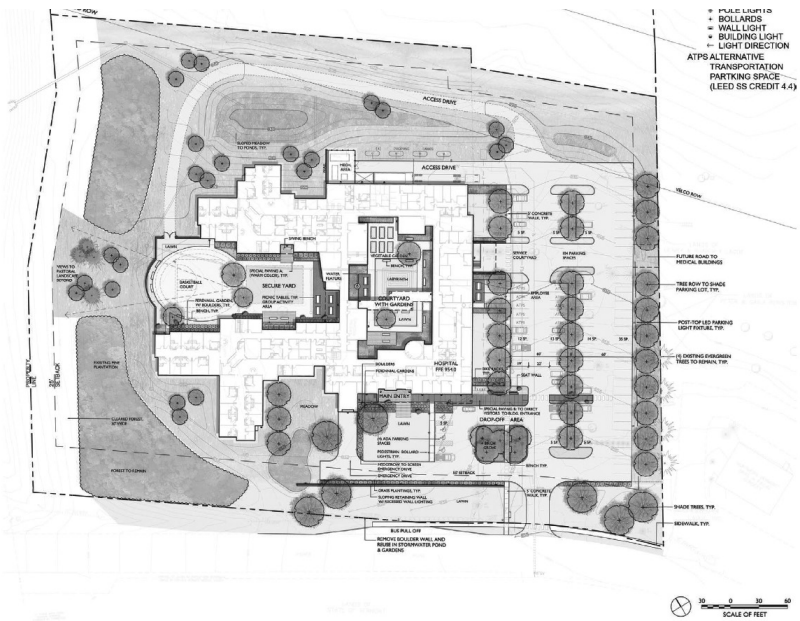


Figure 64 :floor plan ofVermont Psychiatric Care Hospital , Vermont, usa architecture+, 2014

REFERENCES_ learning from others

01_ VERMONT PSYCHIATRIC CARE HOSPITAL , VERMONT, USA ARCHITECTURE+, 2014





Figure 65 :photos of ofVermont Psychiatric Care Hospital , Vermont, usa architecture+, 2014

REFERENCES_ learning from others

02_ ÖSTRA—ACUTE PSYCHIATRIC HOSPITAL, GOTHENBERG, SWEDEN, WHITE ARKITEKTER, 2009

The design of Östra Hospital's Acute Psychiatry Ward creates a free and open environment that breaks down preconceptions formed by traditional institutional environments. Evidence-based research suggests that successful care requires the gradual increase of patients' personal space from their room, to the garden, to the wider public realm with an eventual return to life outside. Östra Hospital offers patients, medical staff, relatives and visitors an opportunity to benefit from a warm environment, with careful gradations of social character – from the separate rooms to seating areas inspired by the vernacular Swedish veranda. At the core of the ward are the living room, kitchen and other communal areas grouped around a small glazed conservatory. This results in a kind of 'corridor-free ward', a solution offering patients an opportunity to move around in ways other than through long, constrictive corridors.[24]



Figure 66 :floor plan Östra—Acute Psychiatric HOSPITAL, Gothenberg, Sweden by White Arkitekter, 2009

24 "Östra Hospital Acute Psychiatry Ward | White Arkitekter." White Arkitekter, 1 Nov. 2023, whitearkitekter.com/project/ostra-hospital-emergency-psychiatry-ward.

REFERENCES_ learning from others

02_ ÖSTRA—ACUTE PSYCHIATRIC HOSPITAL, GOTHENBERG, SWEDEN, WHITE ARKITEKTER, 2009





Figure 67 :photos of Östra—Acute Psychiatric HOSPITAL, Gothenberg, Sweden by White Arkitekter, 2009

REFERENCES_ learning from others

03_THE PAIMIO SANATORIUM, FINLAND, PAIMIO, ALVAR AND AINO AALTO, 1929_1933

A tuberculosis sanatorium was particularly suitable for a building which followed the tenets of the new Functionalism, where bold concrete structures and state-of-the-art building services were inseparable elements of architecture and practicality. Aalto designed the interior colour scheme, including the yellow floors in the main staircase, the colourful walls in the corridors, the dark ceilings in the patients' rooms and the orange balcony rails, in conjunction with the decorative artist Eino Kauria[25]. In designing the building, the architect was mainly inspired by the pioneering modernist ideas of Le Corbusier. However, he enriched the plans with some of his own solutions. He treated the work as a kind of 'medical instrument', taking into account all the relevant factors that could promote the treatment of the then incurable tuberculosis. The structural steel frame allowed the building to have large windows. These provide natural light for most of the day, reducing the need for artificial lighting as well as the need for heating.

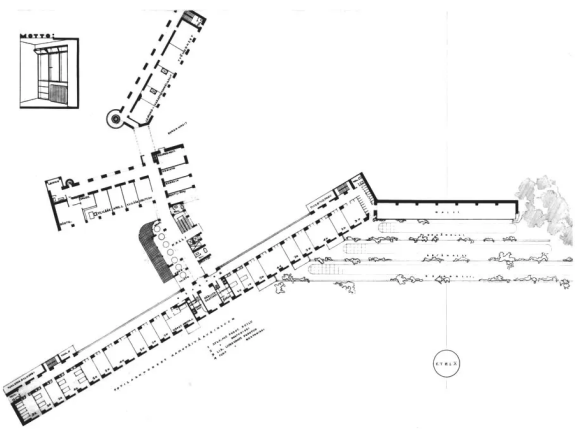


Figure 68 :floor plan The Paimio Sanatorium, Finland, by Paimio, Alvar and Aino Aalto, 1929_1933

25 "Paimio Sanatorium - Alvar Aalto Foundation | Alvar Aalto -säätiö EN." Alvar Aalto Foundation | Alvar Aalto -säätiö EN, 10 Jan. 2022, www.alvaraalto.fi/en/architecture/paimio-sanatorium.

REFERENCES_ learning from others

03_THE PAIMIO SANATORIUM, FINLAND, PAIMIO, ALVAR AND AINO AALTO, 1929_1933

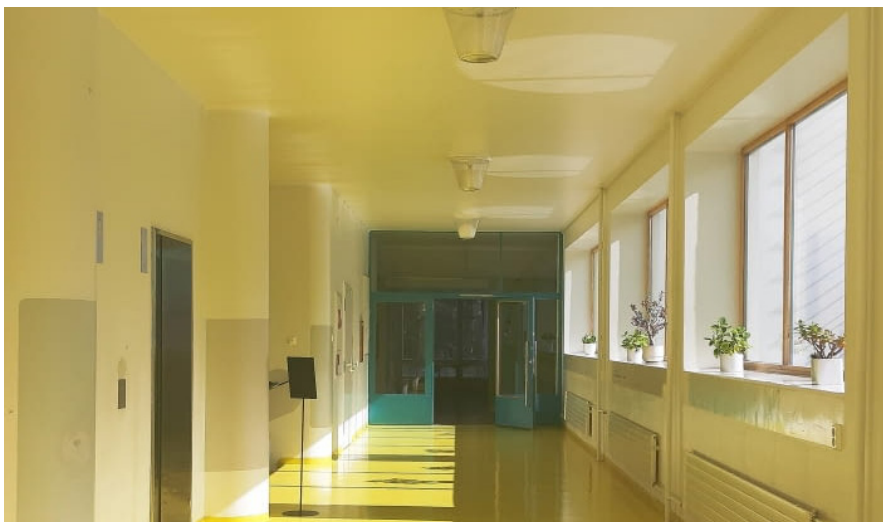




Figure 69 :photos ofThe Paimio Sanatorium, Finland, Paimio, Alvar and Aino Aalto, 1929_1933

REFERENCES_ learning from others

03_THE PAIMIO SANATORIUM, FINLAND, PAIMIO, ALVAR AND AINO AALTO, 1929-33



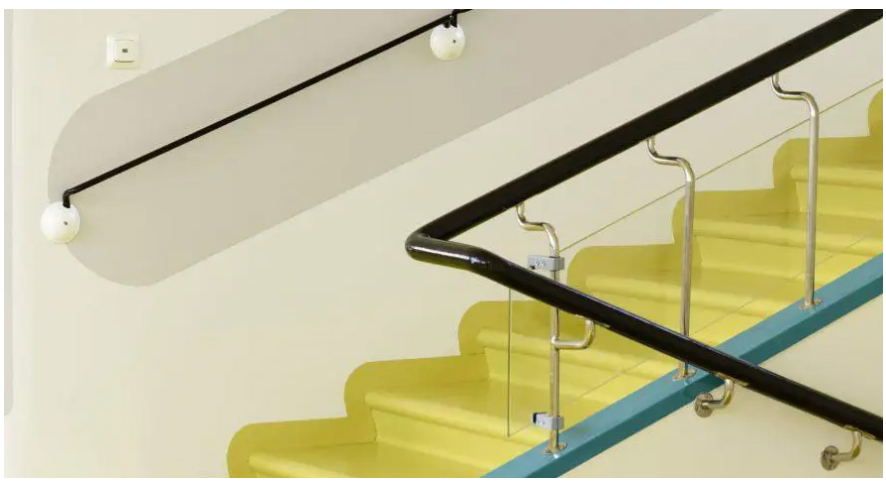


Figure 70 :photos ofThe Paimio Sanatorium, Finland, Paimio, Alvar and Aino Aalto, 1929_1933

REFERENCES_ learning from others

03_THE PAIMIO SANATORIUM, FINLAND, PAIMIO, ALVAR AND AINO AALTO, 1929-33



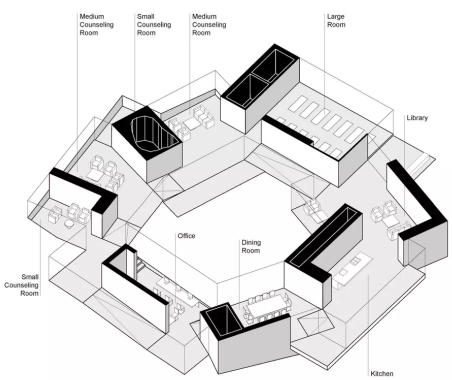


Figure 71 :photos ofThe Paimio Sanatorium, Finland, Paimio, Alvar and Aino Aalto, 1929_1933

REFERENCES_ learning from others

04_MAGGIE'S CENTRE, GARTNAVEL GLASGOW, UK, OMA, 2007_2011

Instead of a series of isolated rooms, the building is designed as a sequence of interconnected L-shaped figures in plan that create clearly distinguished areas - an arrangement that minimises the need for corridors and hallways and allows the rooms to flow. The plan has been organized for the spaces to feel casual, almost carefree, allowing one to feel at ease and at home, part of an empathetic community of people. At the same time the design also provides spaces for more personal moments - either in the intimate setting of the counselling rooms, or in smaller nooks and private spaces. Located in a natural setting, like a pavilion in the woods, the building is both introverted and extroverted: each space has a relationship either to the internal courtyard or to the surrounding woodland and greenery, while certain moments provide views of Glasgow beyond. With a flat roof and floor levels that respond to the natural topography, the rooms vary in height, with the more intimate areas programmed for private uses such as counselling, and more open and spacious zones for communal use. More than any other space, the internal courtyard provides a place of sanctuary and respite.[26]



Figur 72 :isometric plan of Maggie's Centre, Gartnavel, Glasgow, UK, OMA, 2007_2011

27 Maggie's Centre - Gartnavel. architecture-history.org/architects/architects/KOOLHAAS/OBJECTS/2007-2011,%20Maggie%27s%20Centre%20-%20Gartnavel%20,%20Glasgow,%20UK.html.

REFERENCES_ learning from others

04_MAGGIE'S CENTRE, GARTNAVEL GLASGOW, UK, OMA, 2007_2011





Figure 73 :photos of Maggie's Centre, Gartnavel, Glasgow, UK, OMA, 2007_2011

REFERENCES_ learning from others

02_THEORETICAL AND METHODOLOGICAL_ FRAMEWORK

02.3_ STUDY_ON _THE _HEALTHCARE _AND_ HEALING ARCHITECTURE



Figure 63:refenences , photos and floor plans
01_ Östra—Acute Psychiatric HOSPITAL, Gothenberg, Sweden,White Arkitekter, 2009
02_The Paimio Sanatorium, Finland, Paimio, Alvar and Aino Aalto, 1929_1933
03_ Maggie's Centre, Gartnavel, Glasgow, UK, OMA, 2007_2011

REFERENCES_ learning from others

05_PALAIS DES EXPOSITIONS, CHARLEROI, BELGIUM, AGWA,2015_2023

In Charleroi, a formerly prominent industrial city on the southern side of Belgium, stands a large Exhibition Hall. This exceptionally sizable building of 60 000 m² is left largely underused due to the difficulty of appropriating such broad volumes in a shrinking industrial context. Nowadays, a city of the scale of Charleroi can make use of at most 25.000 m² of exhibition halls, about a third of the available space.

Nevertheless, thet could play the card of flexibility and make the space as versatile as possible. Consequently, instead of the planned refurbishments and the development of a zero-energy extension, the project retains most of its original structures, multiplying the usage potential of the available spaces in their original state.[28]



Figure 74 :photo of the modePalais des Expositions, Charleroi, Belgium by AGWA,2015_2023I

28 1508 CHAPEX | AgwA. www.agwa.be/en/projects/1508_CHAPEX/151.

REFERENCES_ learning from others

05_PALAIS DES EXPOSITIONS, CHARLEROI, BELGIUM, AGWA, 2015_2023

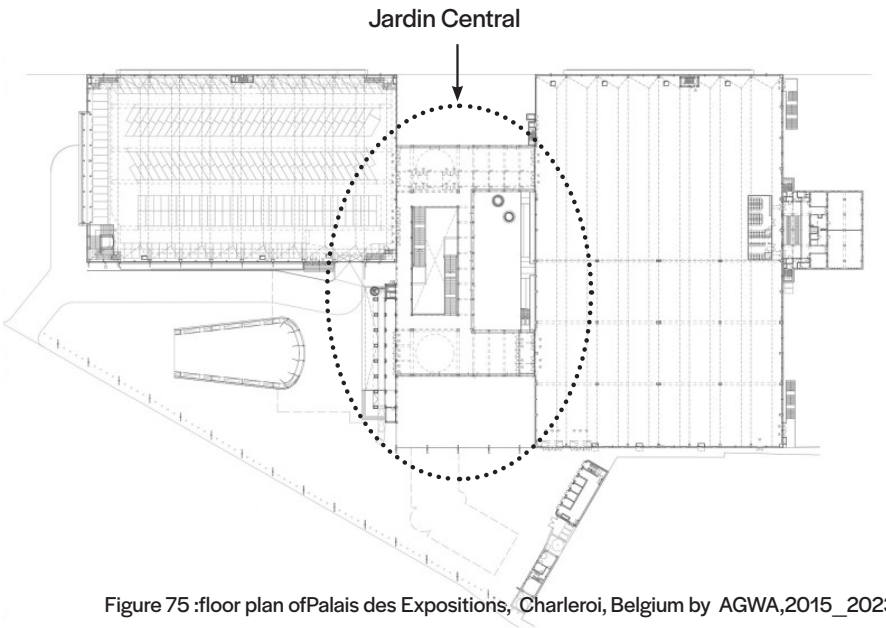


Figure 75 :floor plan ofPalais des Expositions, Charleroi, Belgium by AGWA,2015_2023l



Figure 76 : collage of Palais des Expositions, Charleroi, Belgium by AGWA,2015_2023l

REFERENCES_ learning from others

06_CITY LIBRARY, STOCKHOLM, SWEDEN, OFFICE KGDVS, 2007

The project for a new Stockholm city library is a contemporary inverse of the adjacent Gunnar Asplund building. Both are positioned at a slight angle to the city grid, and their geometry is correlated, as the new building takes the form of a circle circumscribed around the existing library, while the void at its centre squares the circle of Asplund's rotunda. A ramp descending to this sunken patio provides the main access to the whole library complex. Equivalent to Asplund's round hall, the open public square is the focal point of the new building, with reading rooms and book stacks exposed through its mirroring glass facade.. This pedestrian promenade ascends from street level to the top of the Observatory Hill park behind the building, offering glimpses of both the interior and the cityscape. The ramp maintains an ambiguous notion of the transparency of a public building, by contrasting its introversion with the utmost degree of exposure.[29]

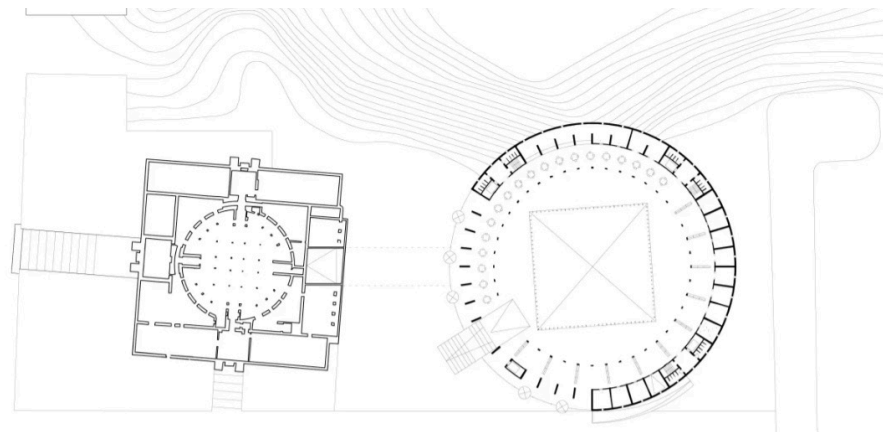


Figure 77 :floor plan ofCity Library Stockholm, SWEDEN, by office KGDVS, 2007

29 "CITY LIBRARY – Stockholm." Office KGDVS, officekgdvs.com/projects/28.

REFERENCES_ learning from others

06_CITY LIBRARY, STOCKHOLM, SWEDEN, OFFICE KGDVS, 2007

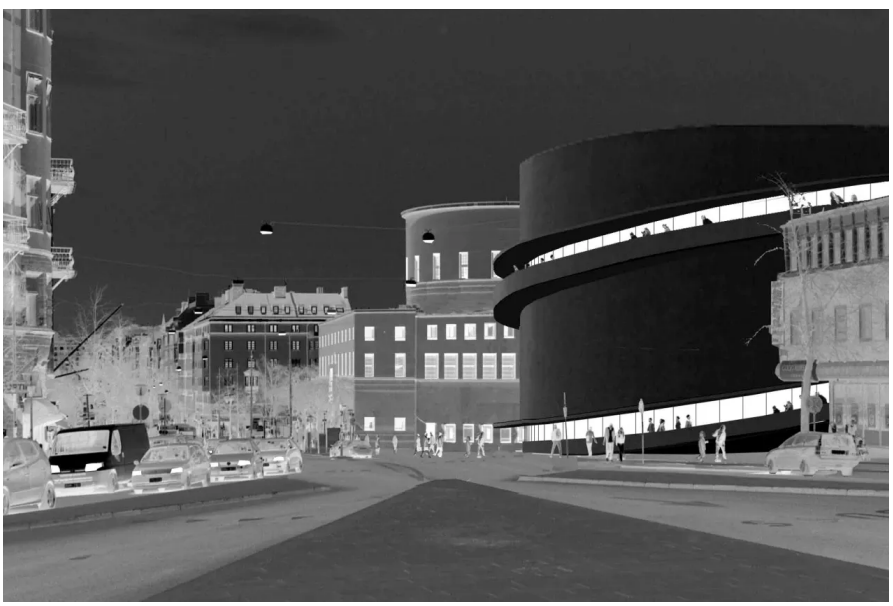


Figure 78 :visualisation of City Library Stockholm, SWEDEN, by office KGDVS, 2007

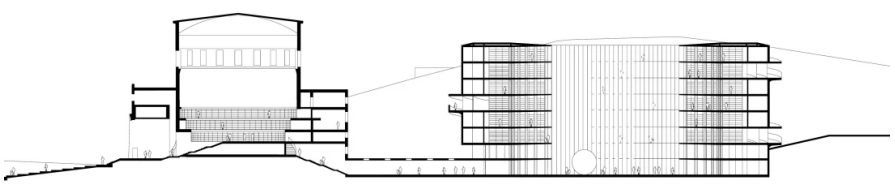


Figure 79 :section of City Library Stockholm, SWEDEN, by office KGDVS, 2007

REFERENCES_ learning from others

06_CITY LIBRARY, STOCKHOLM, SWEDEN, OFFICE KGDVS, 2007

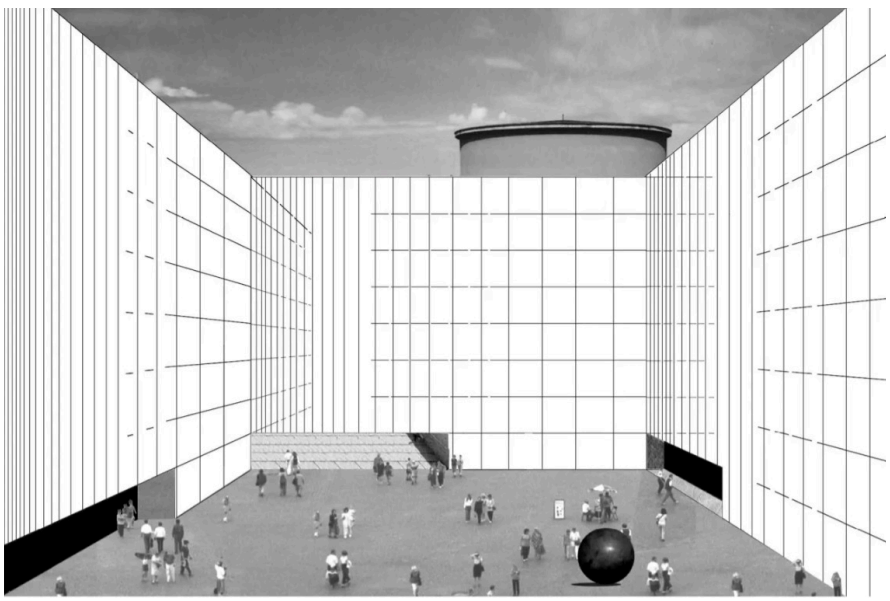


Figure 80 :visualisation of City Library Stockholm, SWEDEN, by office KGDVS, 2007

BRIEF__objective and subjective of the project

01_WHY?

My emphasis towards researching public well-being is deeply rooted in the personal narrative that intertwines moments of vulnerability, resilience, and observations. Having spent a significant amount of time within healthcare institutions passively as well as self struggling with mental health, led me to scrutinise the fabrics and elements of the healthcare architecture as well as the built environment. This experience has not only exposed me to the challenges individuals face in their pursuit of health but also questions about well-being, mental health, and the societal impact of our built environment. The last six months in Hong Kong has provided an ambiguous interplay between well-being and the built environment, which caused flashback and delivered new reflections.



Figure 81 :view from my window in Hong Kong, photo by Alicja Jurkowska

BRIEF__objective and subjective of the project

01_WHO?

GOVERNMENT

The question who is essential, who will financially support and does the maintenance? Governmental reports provide information about very poor state of mental health and how much money is spent on what, the film is an example. There is an "answer" of government on the situation, but the initiatives are like drop in the ocean and Hong Kong citizens are left out on the island. Ultimately, client of my project will be the government, which ideally would start to think about citizens and invest in more effective instruments and refilling the gaps in the healthcare system, if not forsake of human right than forsake of economics that does not exists without healthy labour.



figure 82: film_ 'Happy Hong Kong' Campaign Finally Kicks off | HKIBC News, 2023

RESEARCH__objective and subjective of the academic reseach

03_SITE

03.1_ SHOPPING MALL

Choosing the site for architectural intervention was a crucial step in answering the research questions '' *The interplay of rhythms—the rhythm of urban capitalism and the body's rhythmic propensities—sometimes synchronise.''*[30]

Hong Kong follows the paradigm of a shopping paradise, high GDP, high productivity, and a finance-focused metropolis. Shopping malls play a relevant role in the public realm. The mall interiors are fluid public spaces and are witnessing vital events, sometimes very historical such as protests, showing the social moods and having impact on society. This fact almost naturally led me to choose a shopping mall as my site. The Franki Centre is located in Kowloon, the middle part of New Territories in Hong Kong. It was one of the first malls opened in the 80s, and now remains almost completely forgotten and it is an ideal site for an intervention.

30 Sastrawati, Alexandra. Depressed Worlds, Article in Sick Architecture, 2022

BRIEF__objective and subjective of the project

02_FOR WHOM?

YOUNG ADULTS

My target group will be young adults, the transitional generation, as Ruby Yang names the people born in the 90s, raised by parents that self were growing up when HK was a British colony, however, self they need to face the new Chinese order. In the healthcare system there is a gap between services for children, adolescents and adults. Young adults are living with different degrees of stress. Without proper management of such, developing anxiety and depressive disorder, knowns as CMD - Common mental disorder.



figure 83: film_ Street Scenes and 90s Corporate Fashion, 35mm, Kinolibrary Archive Film Collection, 1990s Hong Kong, (2022)
film_ Hong Kong Cities On The Rise,Ed Cushman (1992)
music_ Kowloon Hong Kong Medley More Than You'll Bargain For
edited_ Alicja Jurkowska

BRIEF__objective and subjective of the project

03_FOR WHOM?

YOUNG ADULTS_HKBU STUDENTS

The location of Franki Centre between the Baptist hospital and university narrows the scope of the question. The students and mental health patients are potential users of my architectual intervention.



figure 84: film_HKBU, promoting video,2009
edited_Alicja Jurkowska

BRIEF__objective and subjective of the project

04_WHERE?

URBAN PLAN

Kowloon City, Beacon Hill is so-called because it was considered (even pre second world war) the best location for setting up a radio “beacon” that could offer good radio coverage of Hong Kong, Kowloon and New Territories.
Now Beacon Hill is a much-coveted residential area with a number of low-rise residential buildings that are generally very large for Hong Kong standards.



figure 85 : Hong Kong, New Territories , map by Alicja Jurkowska

BRIEF__objective and subjective of the project

05_WHERE?

THE SHOPPING MALL

The interplay of rhythms—the rhythm of urban capitalism and the body's rhythmic propensities—sometimes synchronise.

Hong Kong follows the paradigm of, shopping paradise, high GDP, high productivity, finance-focused metropolis. The shopping malls play a relevant role in public realm. The mall interiors are fluid public spaces and are witnessing vital events, sometimes very historical as protests, showing the social moods and having impact on society. This fact almost naturally lead me to choose shopping mall as my site.



figure 86: film_ Hong Kong Cities On The Rise, Ed Cushman (1992)
music_ Kowloon Hong Kong Medley More Than You'll Bargain For
edited_ Alicja Jurkowska

BRIEF__objective and subjective of the project

05_WHERE?

LOCATION

The Franki centre is located on busy, but not main street, however the Junction Road, where the building is located is also a junction with the main road. Along to the Waterloo road runs the line of overground metro. The station is reachable in around 8 minutes from Franki Centre. Neighbouring building are Hong Kong Baptist Hospital, Baptist University. Opposite the building the Army baracks and a park is located. On the back of the Franki the grounding of the terrain is changing, and on the hill we can find Radio and Television House and behind it residential sky scrappers.

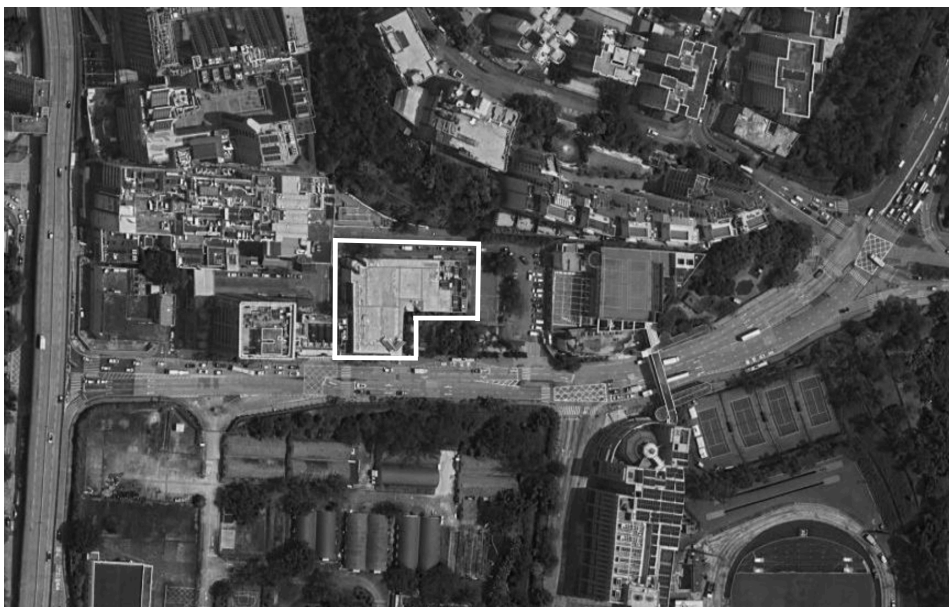


figure 87: google street view

BRIEF__objective and subjective of the project

05_WHERE?

CONDITONS

infrastructure_ main roads and metro railway
public buildings_hospital and univeristy
greenery_park and hill

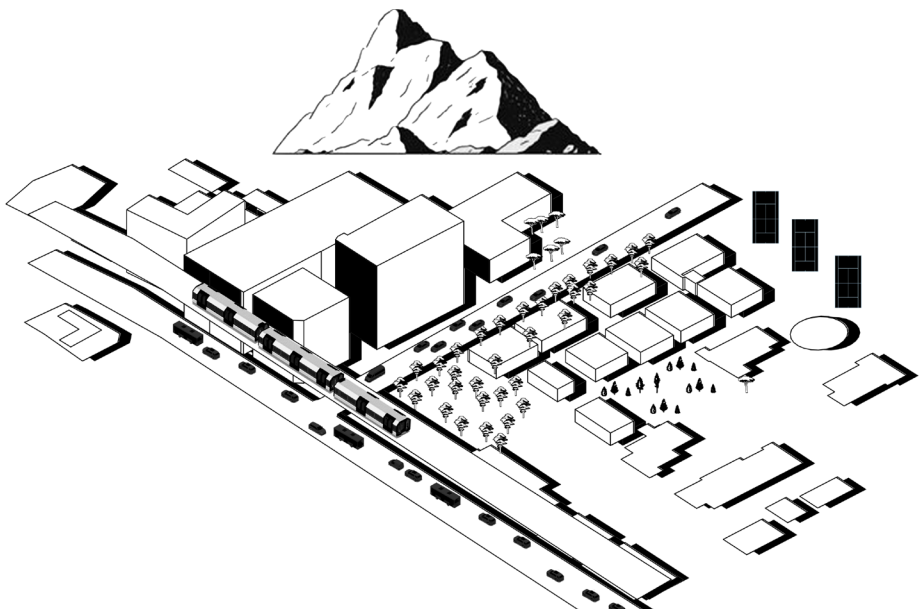


figure 88: axonometirc conditions of Franki Centre location by Alicja Jurkowska

BRIEF__objective and subjective of the project

05_WHERE?

FRANKIE CENTRE

Year of completion: 1981

Number of layers: 7 layers

Total area: approximately 14,870 square meters

Architecture firm: Rocco Design

Awards: Hong Kong Institute of Architects Annual Awards Merit Award (1981)

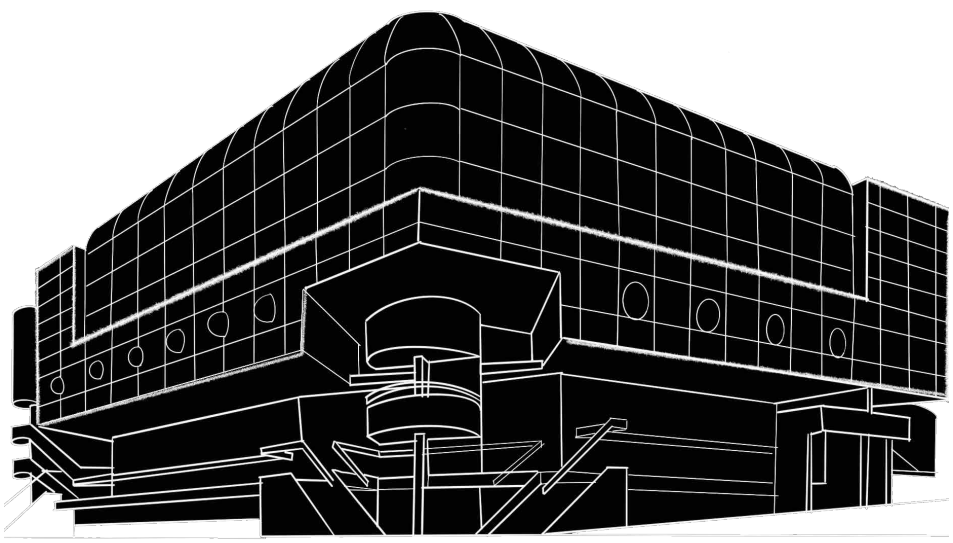


figure 89 : drawing Fr anki Centre, by Alicja Jurkowska

BRIEF__objective and subjective of the project

05_WHERE?

FRANKIE CENTRE

Year of completion: 1981

Number of layers: 7 layers

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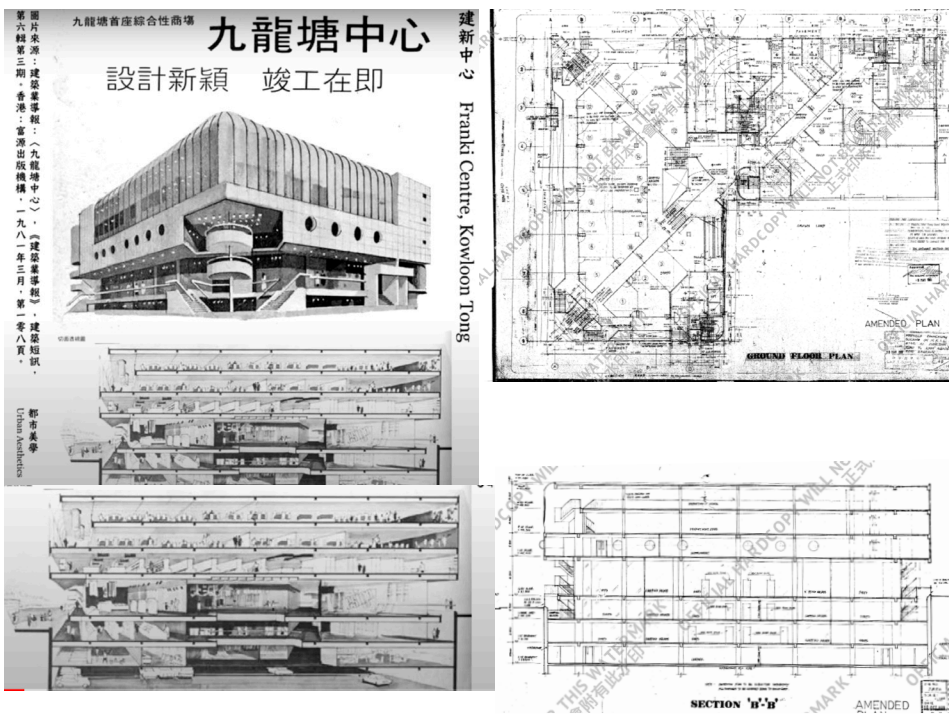


figure 90: floor plan, section ,source_Goverment of HK,Building Department
brief, source_ urban aesthetics magazine

BRIEF__objective and subjective of the project

06_WHERE?

THE COLLAGE

Hong Kong enhances three-dimensional connectivity to such a degree that it eliminates reference to the ground altogether. Hong Kong is a city without ground... Moreover, Hong Kong has a networked territory, it is a product of multiple intersecting networks of human and natural ecologies. To understand and decompose my site I used collage.

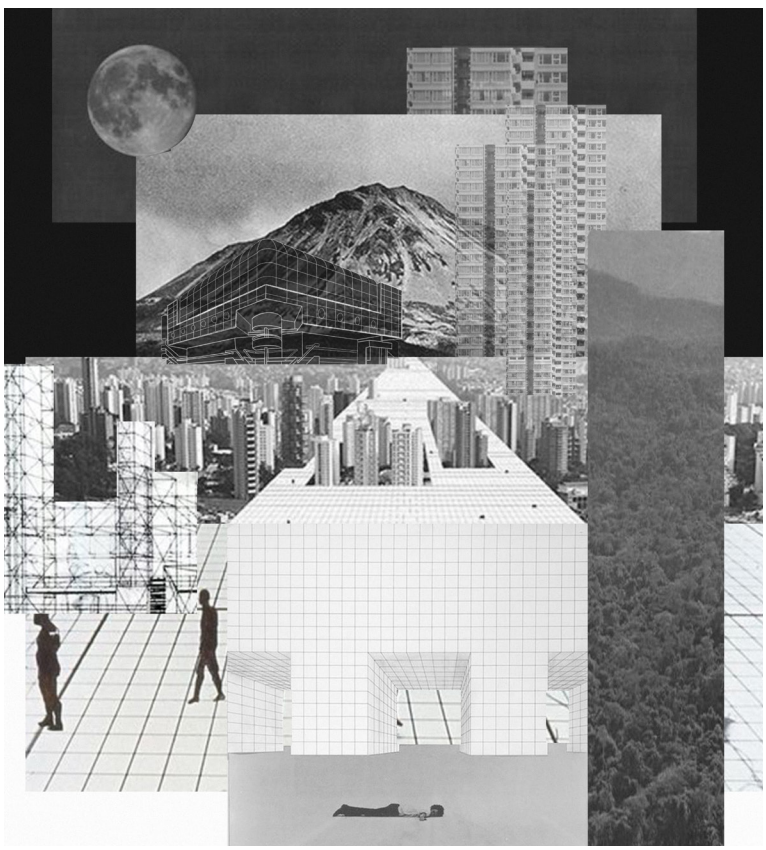


figure 91: collage, by Alicja Jurkowska

BRIEF__objective and subjective of the project

07_HOW?

DEFINITION OF THE ELEMENTS

There is a big discrepancy between mental healthcare architecture and healing. In Hong Kong the loop concerns also the offer and need. Environments for health are dominated by evidence-based design which has ignored architecture and the scale is overwhelming.My approach would be connection between healthcare and healing. Small scale, familiar and personal. Analysing references, finding of ''particular standard'' for ''state of the art'' for wellbeing environments, medical and non-medical.

REFERENCES FOR HEALING ARCHITECTURE:

I.



01_ ÖSTRA—ACUTE PSYCHIATRIC HOSPITAL, GOTHENBERG, SWEDEN, WHITE ARKITEKTER, 2009
02_THE PAIMIO SANATORIUM, FINLAND, PAIMIO, ALVAR AND AINO AALTO, 1929_1933
03_ MAGGIE'S CENTRE, GARTNAVEL, GLASGOW, UK, OMA, 2007_2011

Figure 92 :refenences , photos and floor plans

BRIEF__objective and subjective of the project

07_HOW?

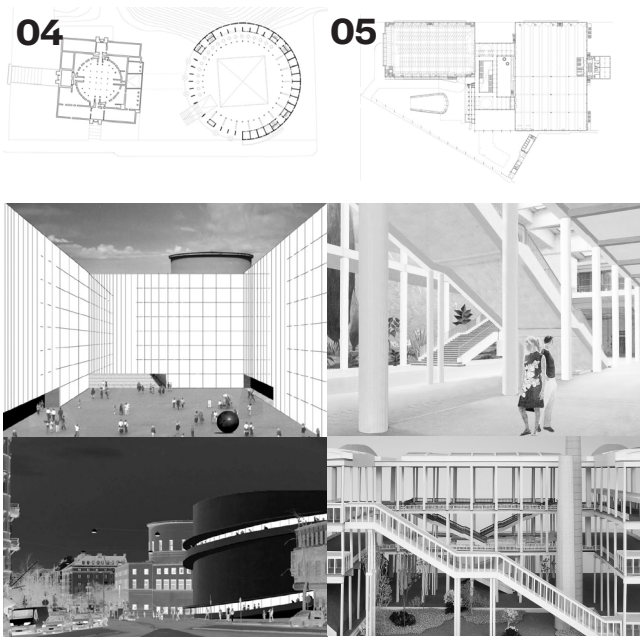
THE SCALE

FRANKI CENTRE is a special building, from one side quite small and not standarised for a shopping mall, from other quite big for any intervention. The question of scale is justified.

Selected references emody different ideas or answer about the proportion, scale and form
that can be implemented in refurbishment and new interpretation of Franki Centre

REFERENCES FOR THE SITE:

Figure 93:refenences , photos and floor plans
by AGWA



04_CITY LIBRARY, STOCKHOLM, SWEDEN
OFFICE KGDVS, 200
05_PALAIS DES EXPOSITIONS, CHARLEROI, BELGIUM
AGWA, 2015_202

BRIEF__objective and subjective of the project

07_HOW?

MAKING AN OASIS

I HAVE AN OASIS

I have an oasis, It's up in the clouds
Away from the rush And the roar of the crowds,
Away from the pushing And pulling and pain,
Away from the sadness And anger and strain,
Away from the envy And cheating and greed,
Away from the pressure
What more could I need?
poem by Colin McNaughton from 'There's an Awful Lot of Weirdos in Our Neighbourhood'. Walker Books, 1987



figure 94: film_making an oasis edited_Alicja Jurkowska

RECORDING PROCESS_

building the theoretic and thematic support of research and design

01_DESIGN PRINCIPLES[29]

01_DEFINE USER GROUP AND DESIGN SUPPORTING THIS TARGET

02_PROGRAMM FOR VARIETY OF ACTIVITIES
- reflect "everyday life"

03_DEGREE OF AUTONOMY
- certain amount of personal control and choice how to spend time

04_STRONG LINK BETWEEN INDOOR & OUTDOOR
- reduce disorientation and provide views into the nature from inside and reverse

05_GREEN AND OPEN SPACES
need to be balanced, the open space needs to still feels its intime and not overwhelming

06_DESIGN FOR PROSPECT & REGUGE THEORY
impotance for healing having nautral landscape settings_Jay Appleton

07_STIMULATE ALL SENSES

08_USE OF FAMILIAR PLANS FROM THE REGION

29 Battisto, Dina, Wilhelm, Jacob J, Architecture and health : guiding principles for practice, Routledge, 2019

RECORDING PROCESS_

building the theoretic and thematic support of research and design

02_DESIGN QUESTIONS

APPEARANCE → **DESIGN APPROACH**
MATERIALITY

what is it like?

MATERIALITY → **NATURE LIGHT**

DESIGN APPROACH → **REDUCTION** → **FASSADE AS A SHELL WORKING ON FLOOR PLANS**

FUNCTIONS → **PART OF THE TREATMENT PLACE DAY-TO-DAY**

what is it for?

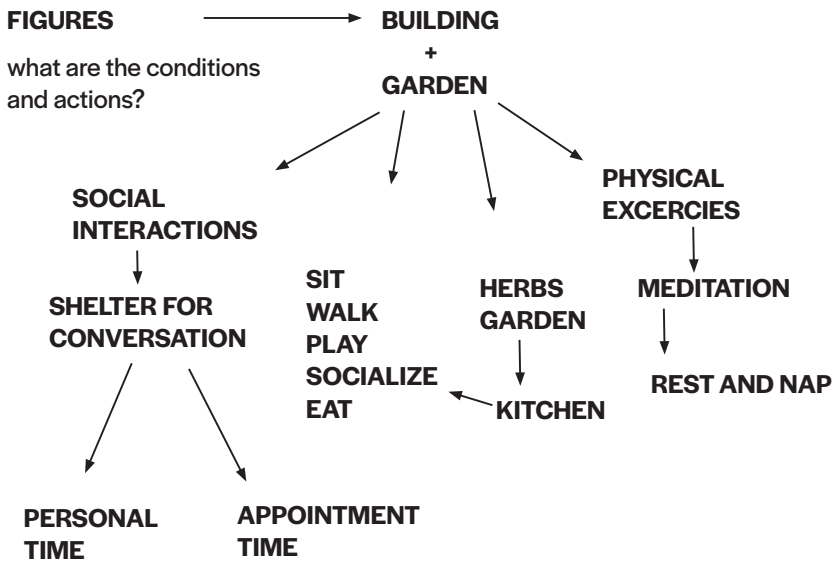
PROGRAMM → **SPACE FOR CONTEMPLATION**
SPACE FOR RELAXATION
SPACE FOR A SENSE OF BEING GROUNDED AND SAFE

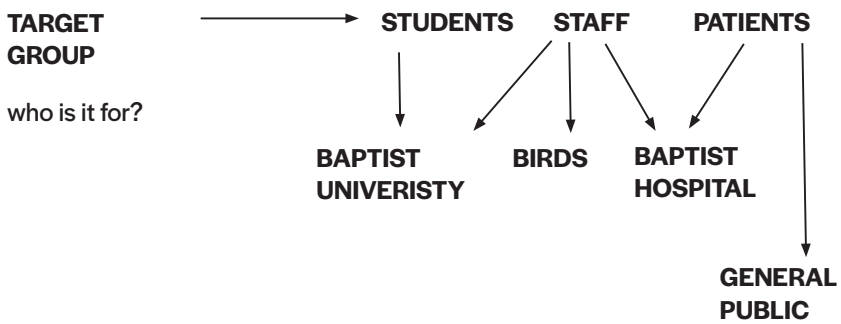
what has to offer?

RECORDING PROCESS_

building the theoretic and thematic support of research and design

02_DESIGN QUESTIONS

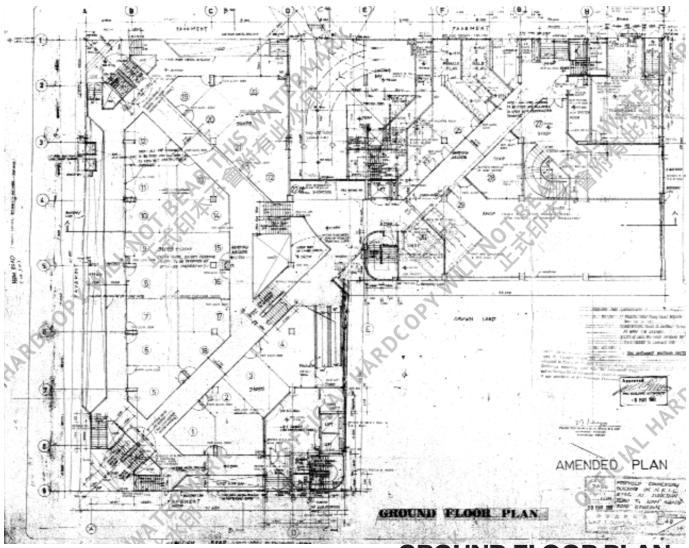




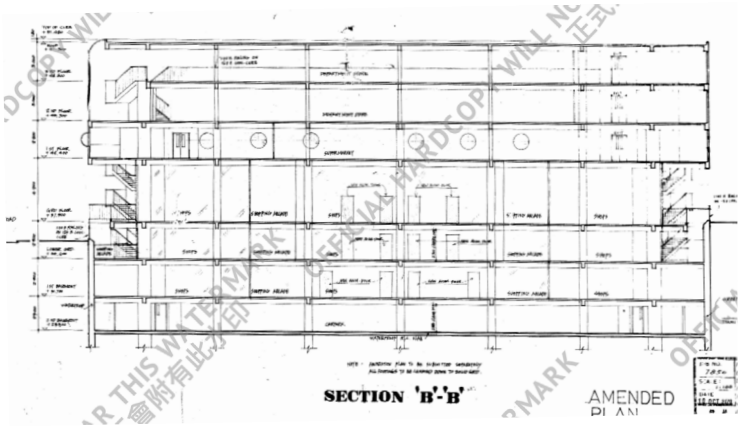
RECORDING PROCESS_

building the theoretic and thematic support of research and design

03_ UNDERSTANDING THE BUILDING



GROUND FLOOR PLAN



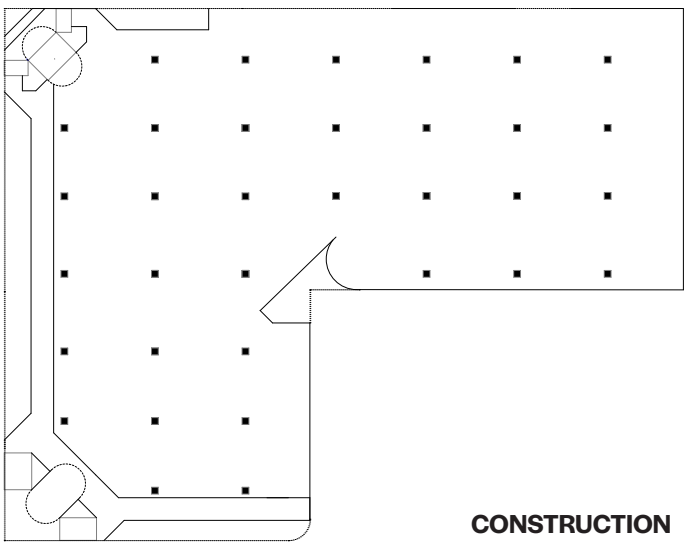
SECTION

figure 95 : franki centre floor plan and section published by archive of Hong Kong

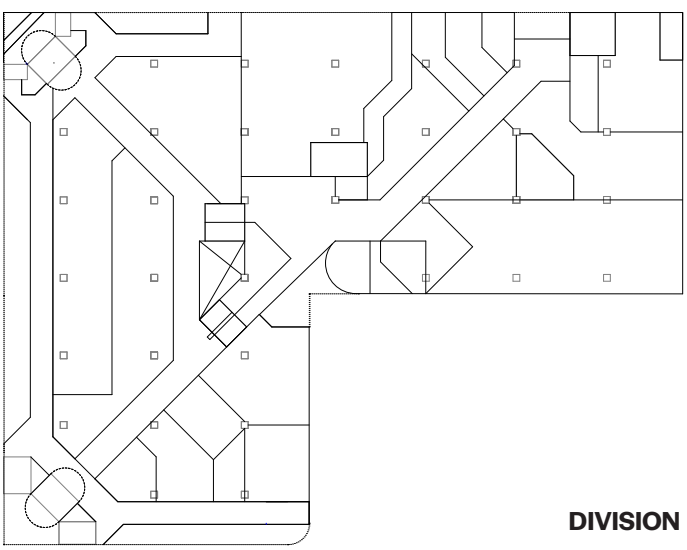
RECORDING PROCESS_

building the theoretic and thematic support of research and design

03_ UNDERSTANDING THE BUILDING



CONSTRUCTION



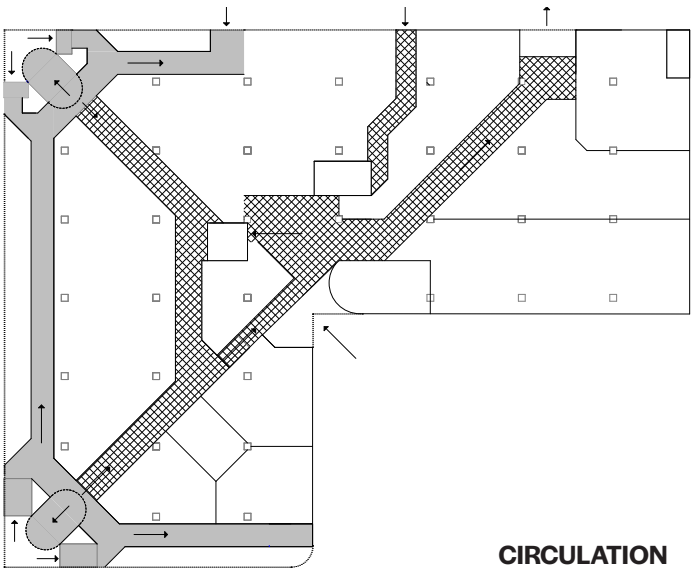
DIVISION

figure 96 : franki centre diagram by Alicja Jurkowska

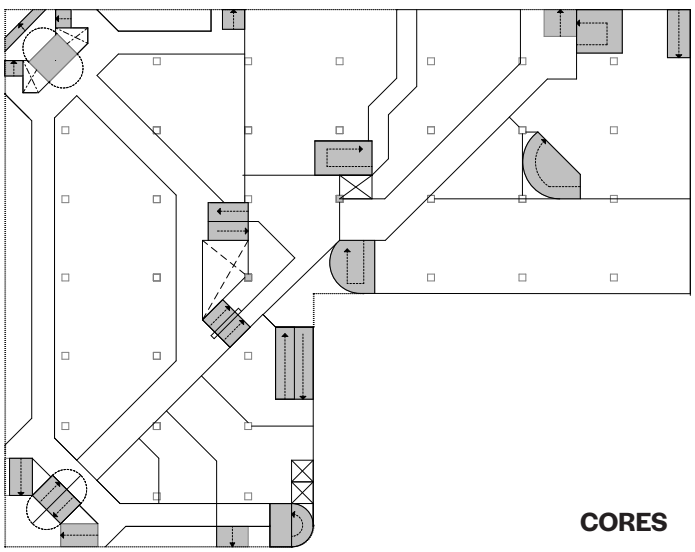
RECORDING PROCESS_

building the theoretic and thematic support of research and design

03_ UNDERSTANDING THE BUILDING



CIRCULATION



CORES

figure 97 : franki centre diagram by Alicja Jurkowska

RECORDING PROCESS_

building the theoretic and thematic support of research and design

04_ REFLECTIONS

Be more modest, realistically what can architecture do for health?
-Birgitte Hansen

Week 11 is about focusing on on design questions and operations on the building.

Franki Centre will be about reduction, with strong link between indoor and outdoor, moreover, the boarder between will almost vanish, you will be inside and outside simultanuesly.
The natural landscape settings will play vital role as not the same importance as architecture itself.

The building itself has a potential, due its regulated repeative structure can be transformed by small interventions.

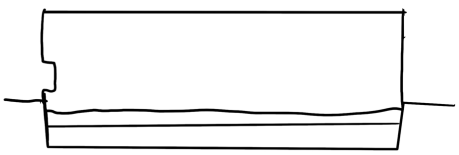
RECORDING PROCESS_

building the theoretic and thematic support of research and design

01_ OPPORTUNITIES OF FRANKI CENTRE

DOUBLE BASEMENT

rain water collection, circulation



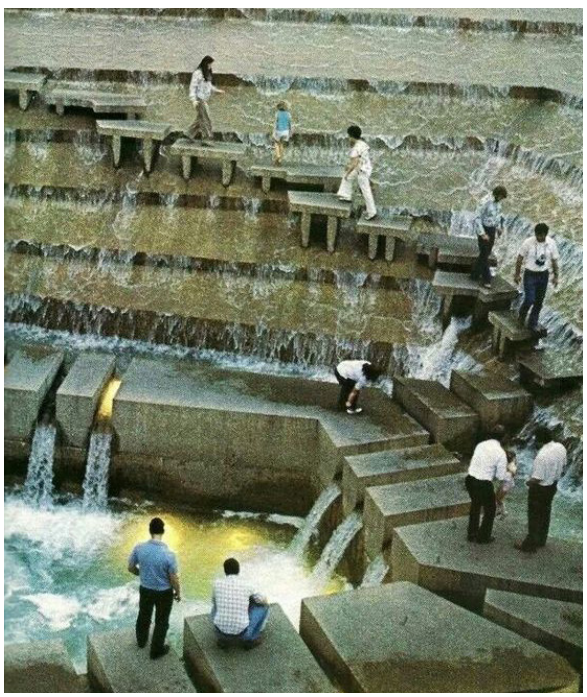


figure 98: *Water Gardens in Fort Worth, Texas by Philip Johnson 1974*

RECORDING PROCESS_

building the theoretic and thematic support of research and design

01_ OPPORTUNITIES OF FRANKI CENTRE

LOWER GROUND FLOOR
another user perspective





figure 99: *Decio Tozzi | Fazenda Veneza Residence 1970*

RECORDING PROCESS_

building the theoretic and thematic support of research and design

01_ OPPORTUNITIES OF FRANKI CENTRE

FACADE AS A SHELL
shopping mall experience

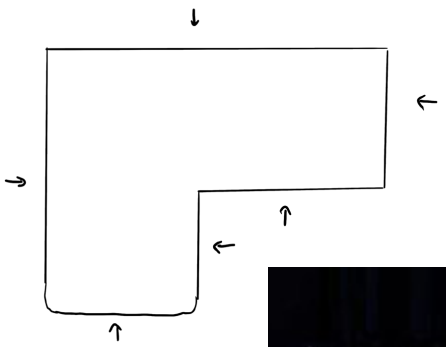




figure 100: *Moncler Gamme Rouge RTW Spring 2016*

RECORDING PROCESS_

building the theoretic and thematic support of research and design

01_ OPPORTUNITIES OF FRANKI CENTRE

REGULAR CONSTRUCTURE
design based on reducing

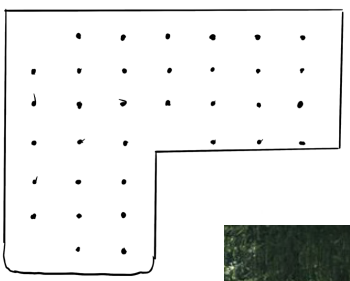




figure 101: *Friedhof-am-Hornli-vetschpartner-landschaft*

RECORDING PROCESS_

building the theoretic and thematic support of research and design

01_ OPPORTUNITIES OF FRANKI CENTRE

GLASS FASSADE BY WEST AND SOUTH
natural light coming into the building

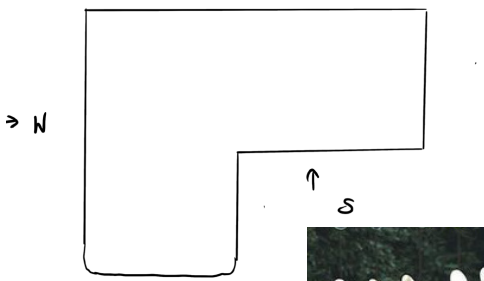




figure 102: *LA JETÉE, César GOURDON and Amélie BUSIN,*

RECORDING PROCESS_

building the theoretic and thematic support of research and design

01_ OPPORTUNITIES OF FRANKI CENTRE

FORM
play between sharp and round forms

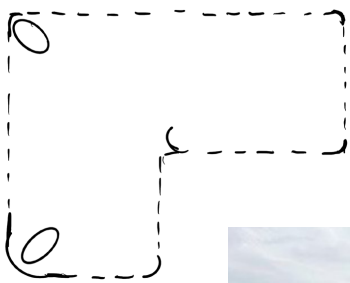




figure 103: *Olafur Eliasson- your glacial expectations for kvadrat*

P2__ synthesis of research findings and first desgin proposal

01_MY MENTAL OASIS

To set the stage for my research and outline the findings, I created a film based on my site visits and interviews in Hong Kong. This film captures the portrait of Hong Konger, the essence of the city's environment, and its impact on public well-being. The film made me reflect about myself. As the project is about mental health and it is going forward I started mapping also how is my mental health during the project

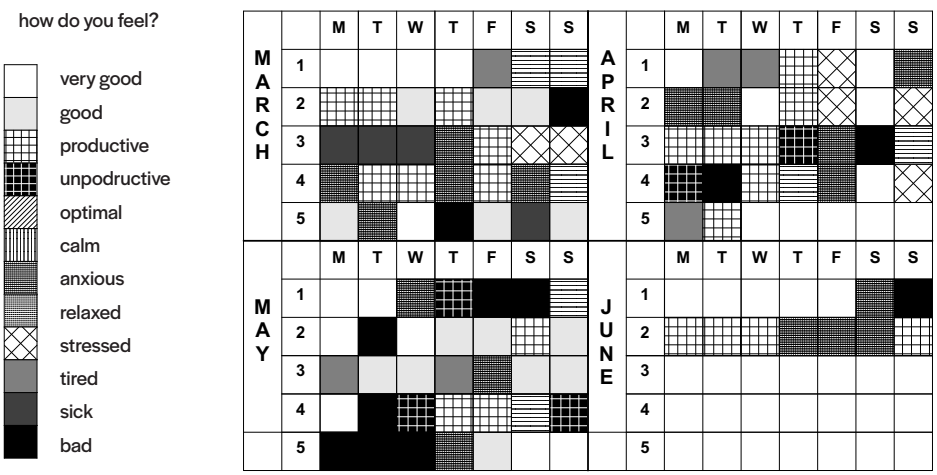


figure 104: mental map by Alicja Jurkowska

P2__ synthesis of research findings and first desgin proposal

01_MY MENTAL OASIS

I asked myself questions that I asked also people that I interviewed.

01_Is there any safe space, physical or in your mind ,you would go to?
02_Could you imagine such a place? How you oasis would look like?

This brought me to my physical safe space the gardens I visit in Rotterdam.

The experiment was about to see if I feel better in the days when I am there. And probably not surprising yes indeed.



figure 105: photo of *Schoonoord garden in Rotterdam*
by Alicja Jurkowska

P2__ synthesis of research findings and first desgin proposal

01_MY MENTAL OASIS

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01_Is there any safe space, physical or in your mind ,you would go to?
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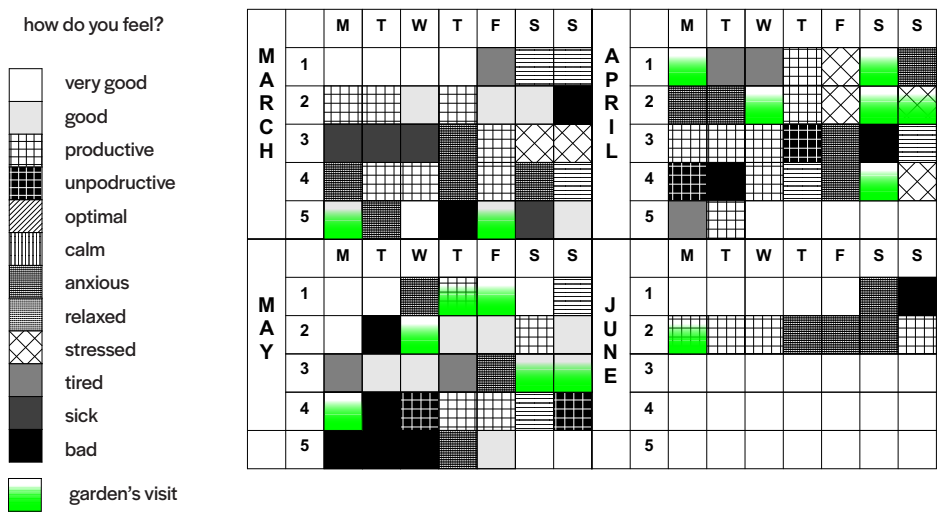


figure 106: mental map by Alicja Jurkowska

P2__ synthesis of research findings and first desgin proposal

02_WHERE?

The site is mostly covered in low-rise residential building. It is a busy, yet not overly crowded area, neighboring Hong Kong Baptist Hospital and University.

The ground is accesible. There is a natural inclination, on the back of the building. To the north, there is a national natural park, and beyond that a mountainous landscape, which can be observed from the higher floors of the surrounding buildings.



Franki Cente, Kowloon City ,New Territories
site plan

P2__synthesis of research findings and first desgin proposal

02_WHERE?

FRANKIE CENTRE

FACTS
year of completion: 1981
number of layers: 7 layers
total area: 14,870 m^2
architect: Rocco Design
awards: Hong Kong Institute of Architects Annual Awards Merit Award

CONDITIONS
mostly empty
highly inspiring modernist architecture
former shopping mall
open column beam structure
double basement
lower ground floor

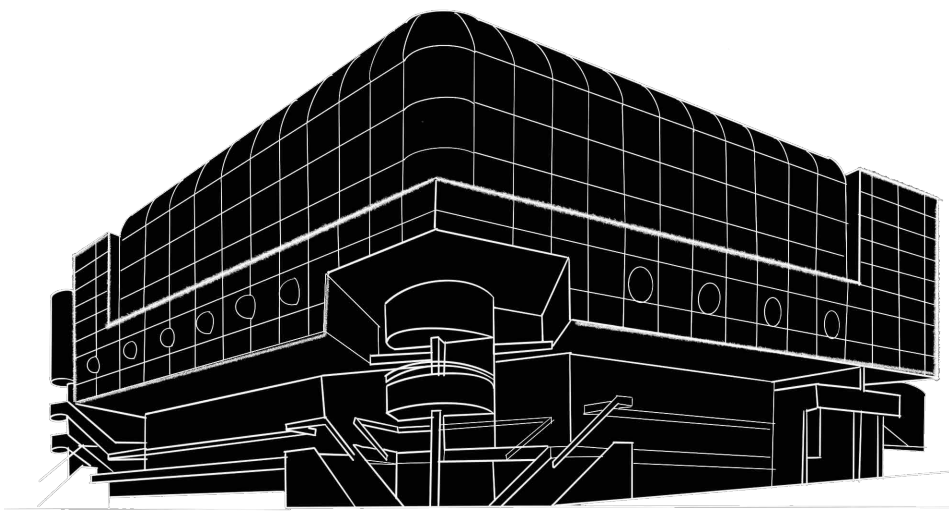
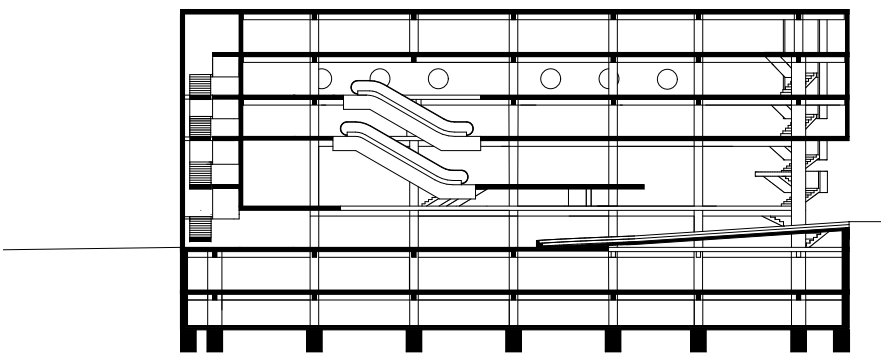


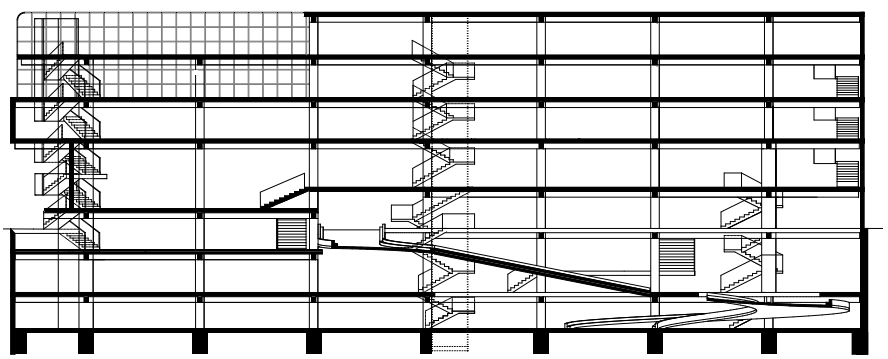
figure 107: Franki Centre, drawing by Alicja Jurkowska

P2__ synthesis of research findings and first desgin proposal

03_EXISITING SITUATION



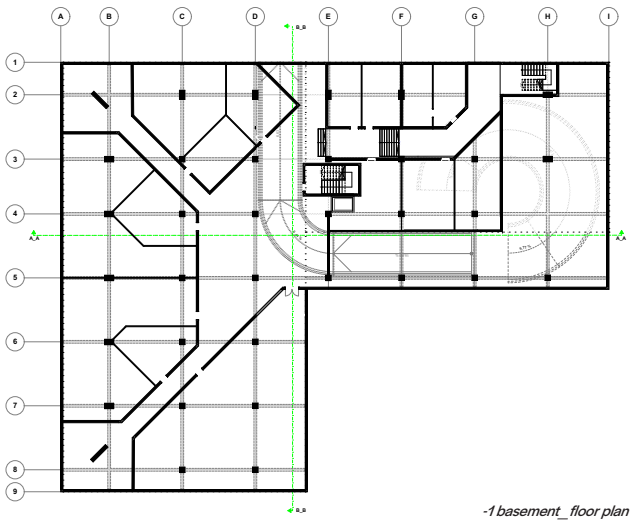
section B_B



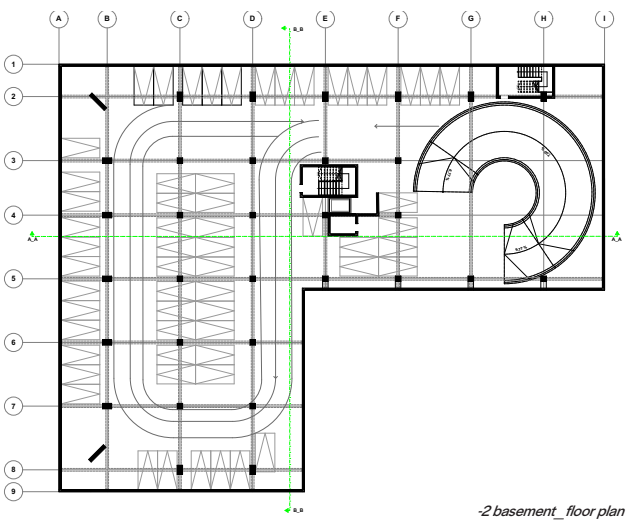
section A_A

P2__ synthesis of research findings and first desgin proposal

03_EXISITING SITUATION



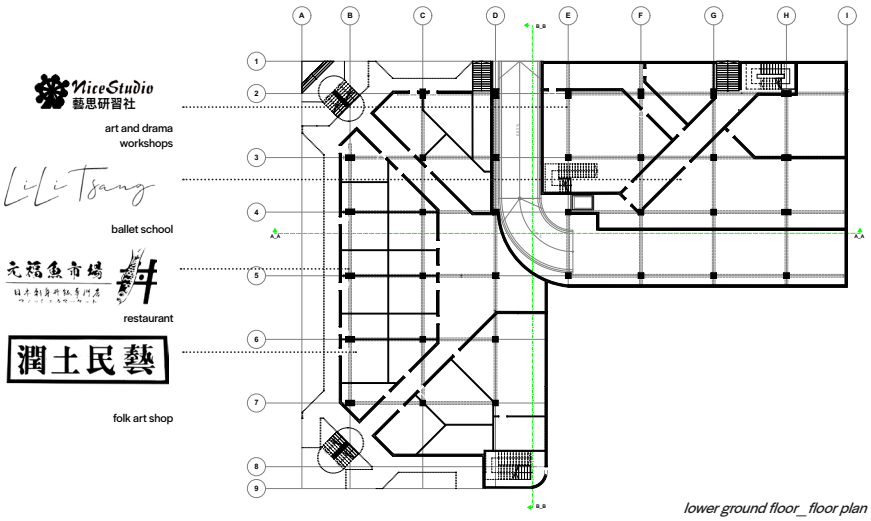
-1 basement_floor plan



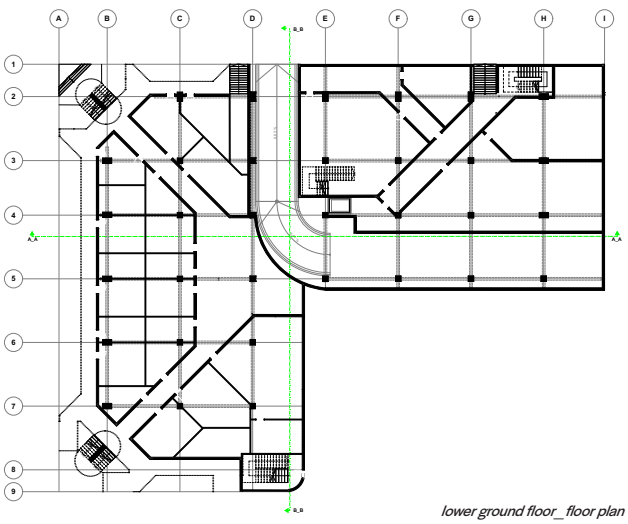
-2 basement_floor plan

P2__ synthesis of research findings and first desgin proposal

03_EXISITING SITUATION



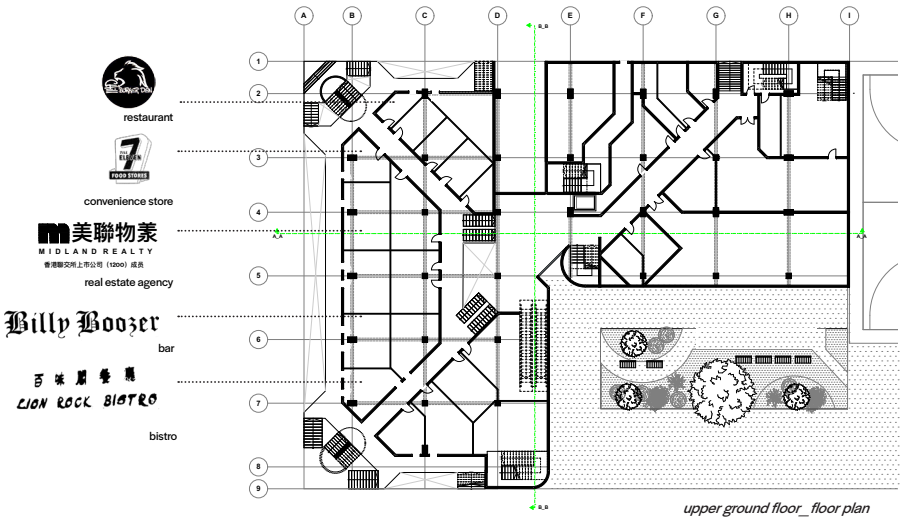
lower ground floor_ floor plan



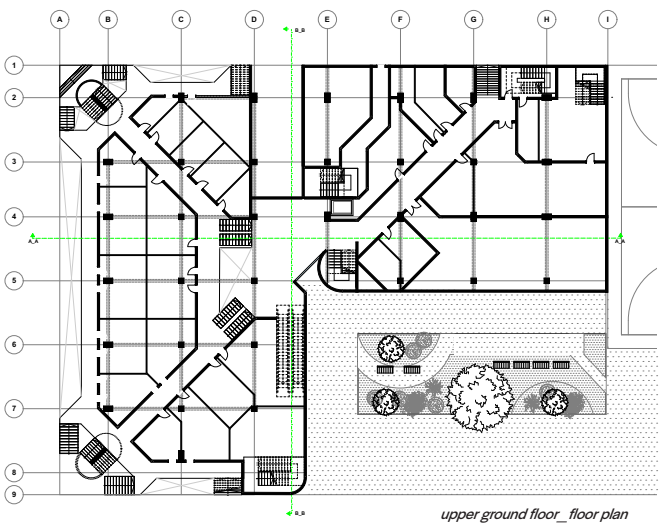
lower ground floor_ floor plan

P2__ synthesis of research findings and first desgin proposal

03_EXISITING SITUATION



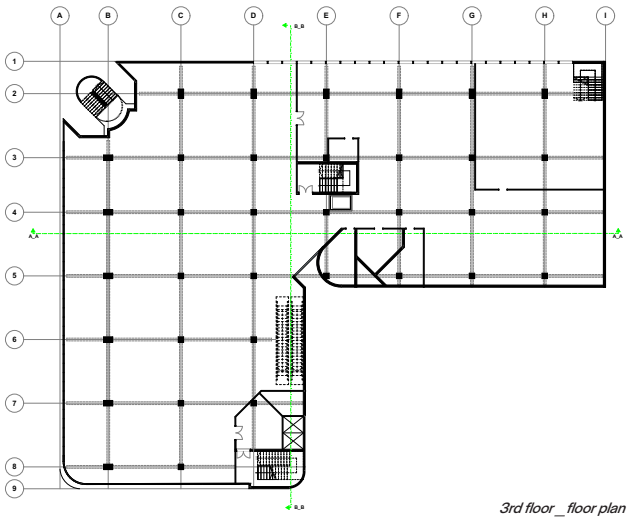
upper ground floor_ floor plan



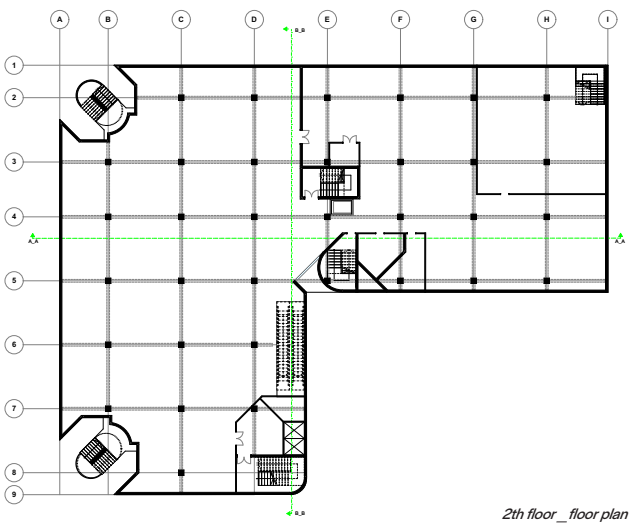
upper ground floor_ floor plan

P2__ synthesis of research findings and first desgin proposal

03_EXISITING SITUATION



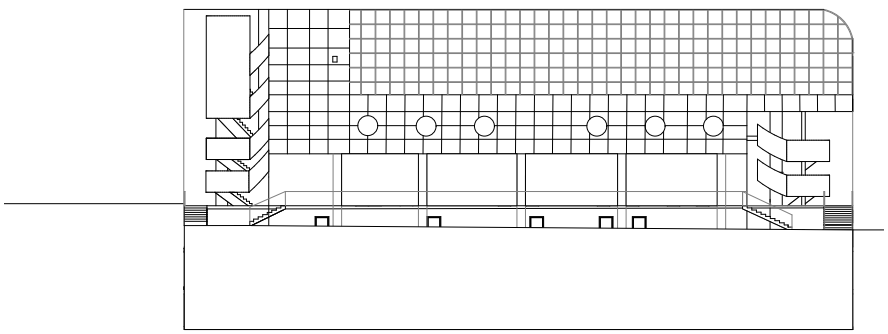
3rd floor_ floor plan



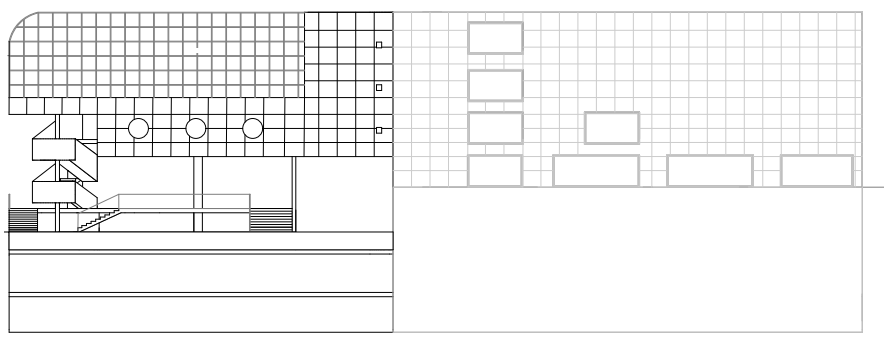
2th floor_ floor plan

P2__ synthesis of research findings and first desgin proposal

03_EXISITING SITUATION



view west



view south

ALICJA_JURKOWSKA

P2_ synthesis of research findings and first desgin proposal

04_MAKING AN OASIS

APPEARANCE

what is it like?

→ **DESIGN APPROACH** → **REDUCTION**
DUPLICATION
USING EXISTING

MATERIALITY

DAY LIGHT **NATURE** **WATER** **SOIL**

FUNCTIONS

what is it for?

→ **GARDEN(S)**
PART OF THE TREATMENT
PLACE DAY-TO-DAY

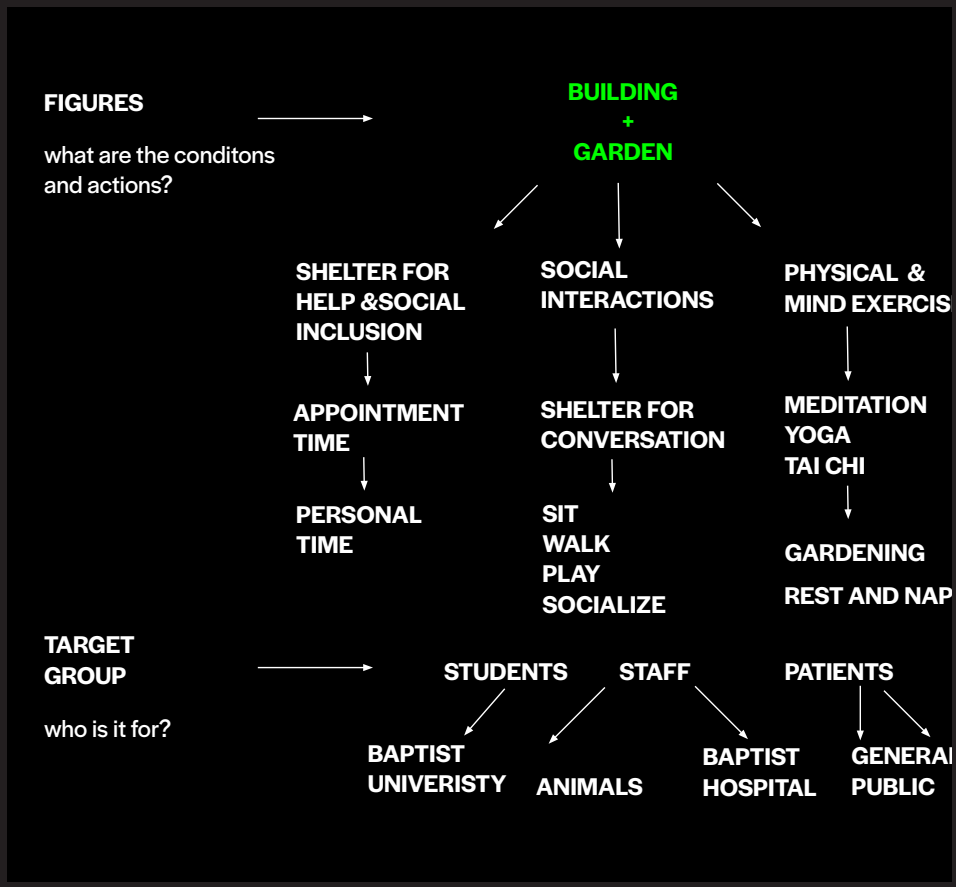
PROGRAMM

what has to offer?

→ **SPACE FOR CONTEMPLATION**
SPACE FOR RELAXATION
SPACE FOR A SENSE OF BEING GROUNDED AND SAFE

P2_ synthesis of research findings and first desgin proposal

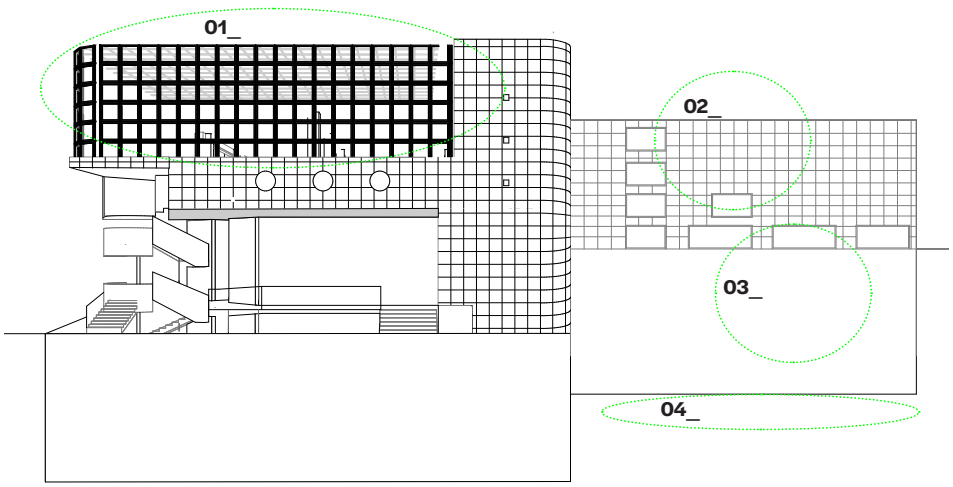
04_MAKING AN OASIS



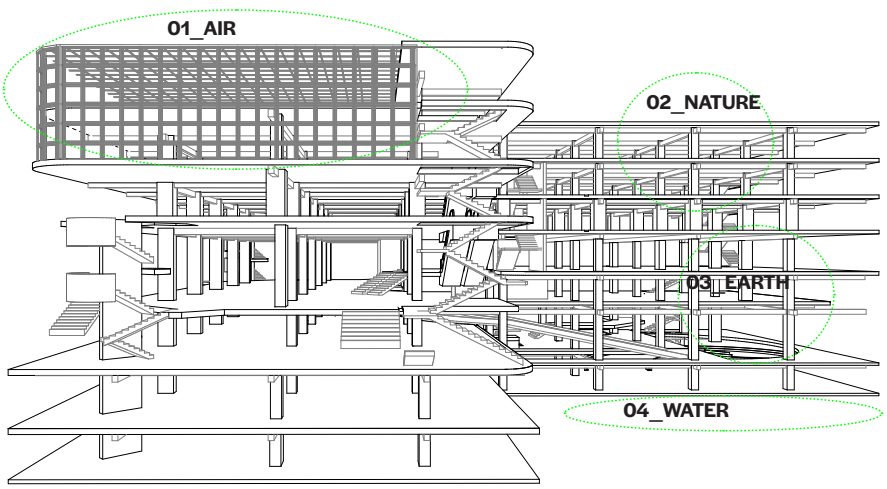
ALICJA_JURKOWSKA

P2__ synthesis of research findings and first desgin proposal

05_INTERVENTIONS



perspective_ existing sitution



perspective_ existing sitution

P2__ synthesis of research findings and first desgin proposal

06_ REIMAGINING THE FRANKI CENTRE



figure 108: collage, by Alicja Jurkowska

P2__ synthesis of research findings and first desgin proposal

06_ REIMAGINING THE FRANKI CENTRE



figure 109: collage, by Alicja Jurkowska

P2__ synthesis of research findings and first desgin proposal

01_ REIMAGINING THE FRANKI CENTRE



figure 110 : collage, by Alicja Jurkowska

RESEARCH__objective and subjective of the academic reseach

04_DESIGN PROPOSAL

04.1_ DESIGN APPROACH

The emphasis and findings from previous studies - architecture alone does not explicitly heal, but it can create conditions conducive to healing by promoting behavioural and emotional engagement that supports the healing process will be the philosophical core of my design research healthcare.
The studio Interiors Building Cities explores the interplay between interior spaces and exterior environments. It researches how extended interior spaces influence the city and vice versa. My project takes the studio exploration to a deeper level. The Franki Centre as a site represents how the city operates and my design is reversing the concept of Hong Kong as a city and bringing the exterior to the interior, the nature to the city.
Making an Oasis -is established as a body of design research that will lead to a coherent architectural proposal for the Franki Centre. My primary objective is a day-to-day mental health centre for people with CMD - Common mental disorders at the Franki Centre in Hong Kong. The main core of the design will be nature, namely the gardens, which embody the principles of healing architecture and landscape design. Numerous studies have highlighted the therapeutic benefits of nature. Gardens provide a sanctuary, a place of retreat and reflection, which is crucial for mental recovery.

The design approach focuses on reduction, duplication, and using existing elements of the building. The appearance relies on natural light, nature, and soil, aiming to create spaces for contemplation, relaxation, and a sense of being grounded and safe. There are four interventions inside and outside the Franki Centre and four different themes, respectively, air, nature, earth, and water. These themes will guide the design of selected interventions. The interventions include a botanic garden, an open garden, a water hill, and a lakeside area
Hong Kong is immersed in nature. Paradoxically nature surrounds the city and is not to be seen or experienced within. Playing with the exteriority and interiority is here on a higher level.

RESEARCH__objective and subjective of the academic reseach

04_DESIGN PROPOSAL

04.3_BOTANIC GARDEN

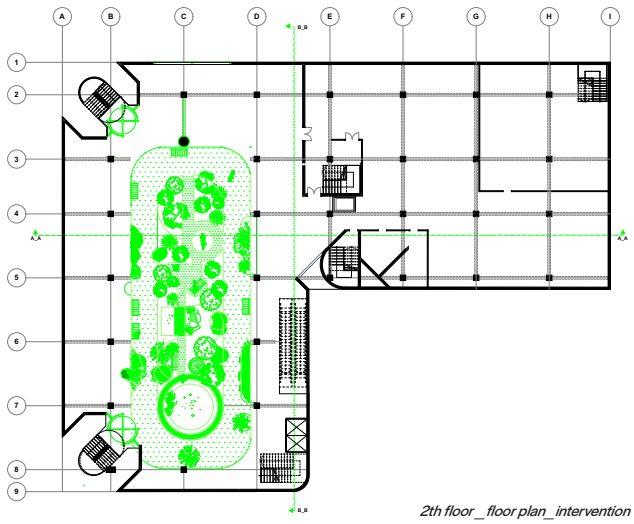
In a city where the tropical climate is both a blessing and a challenge, the concept of a botanic garden at such a height embodies a striking paradox. Bringing a botanic garden to the heart of this urban environment not only challenges the conventional use of the former shopping mall but also plays on the colonial history of Hong Kong. During colonial times, botanical gardens were not only places of leisure and scientific study but also symbols of imperial power and control over exotic nature. In this context, the design undermines and reclaims this legacy, transforming a colonial artifact into a part of the urban oasis. The choice of a botanical garden on the rooftop serves multiple purposes, first, it uses using existing structure half-rounded glass facade and roof.

From the concept perception, it acts as a sanctuary for biodiversity conservation. In an urban environment where green spaces are scarce, this garden becomes a vital refuge for plant species and a potential bird aviary. Moreover, botanical gardens are the most effective green space for cooling streets in heatwaves, which in Hong Kong should be essential.

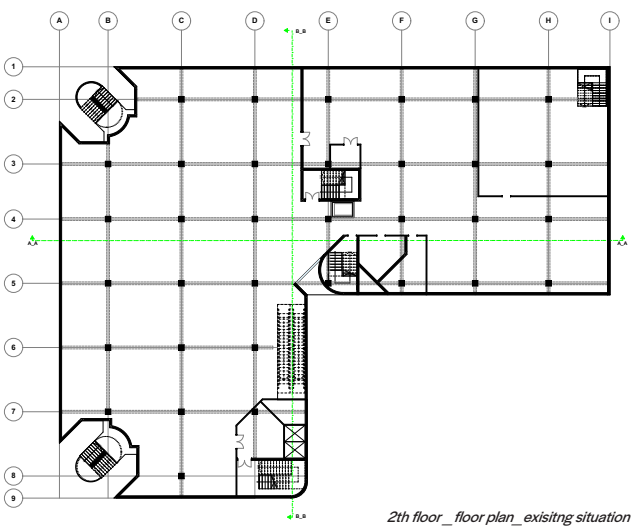
P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.1_BOTANIC GARDEN



2th floor_floor plan_intervention

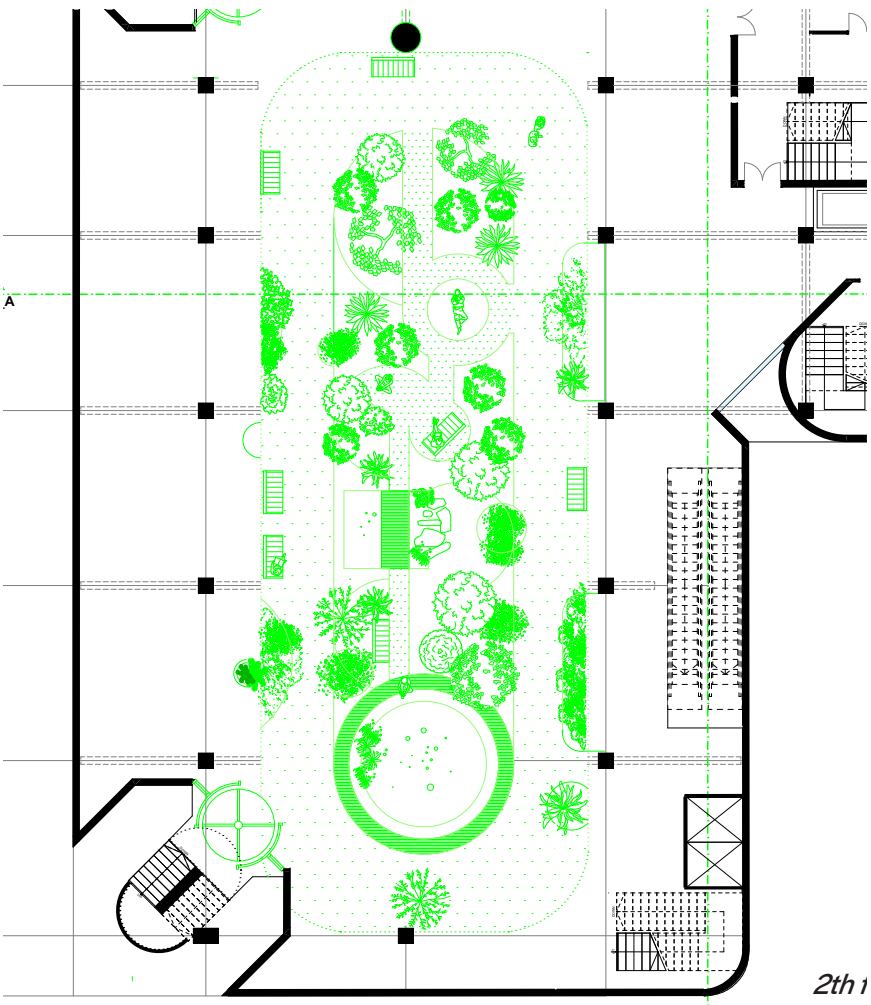


2th floor_floor plan_exisitng situation

P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

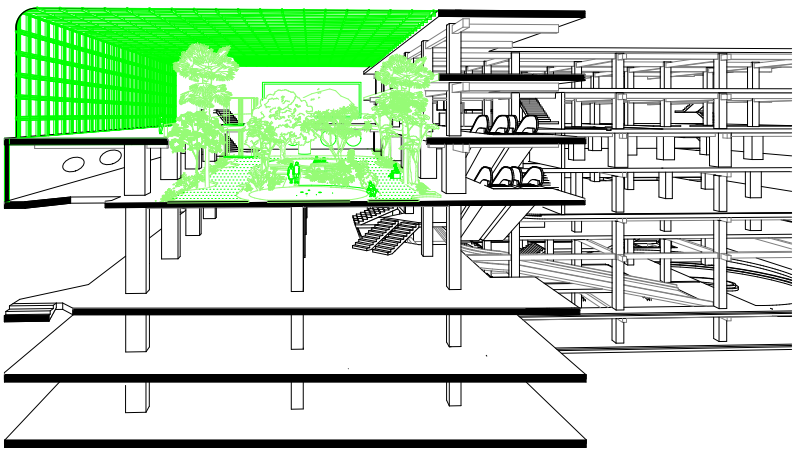
07.1_BOTANIC GARDEN



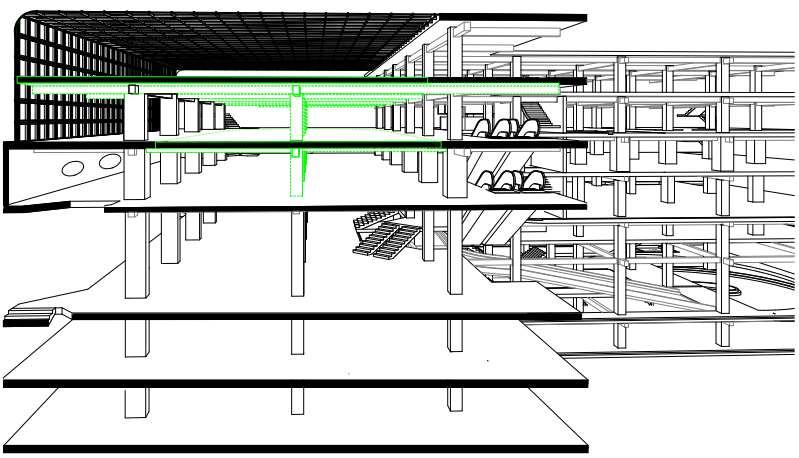
P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.1_BOTANIC GARDEN



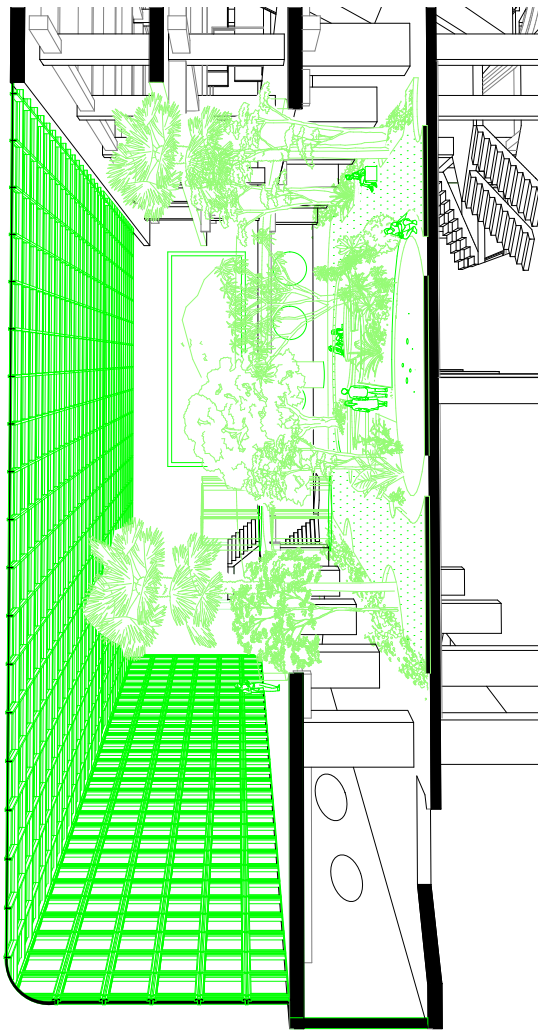
perspective_intervention



perspective_change

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.1_BOTANIC GARDEN

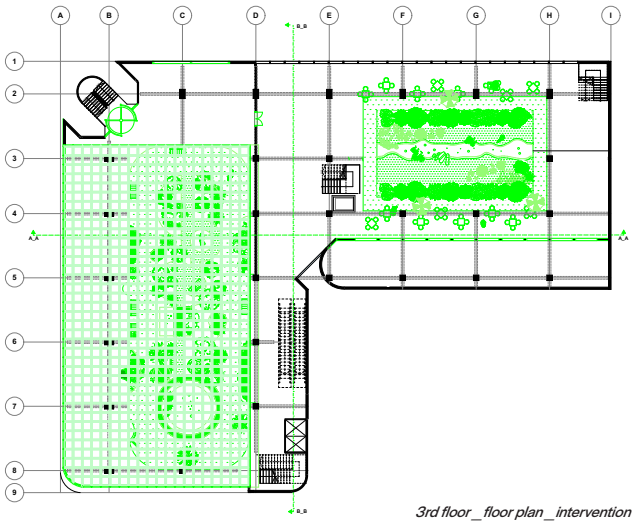


perspective_ intervention

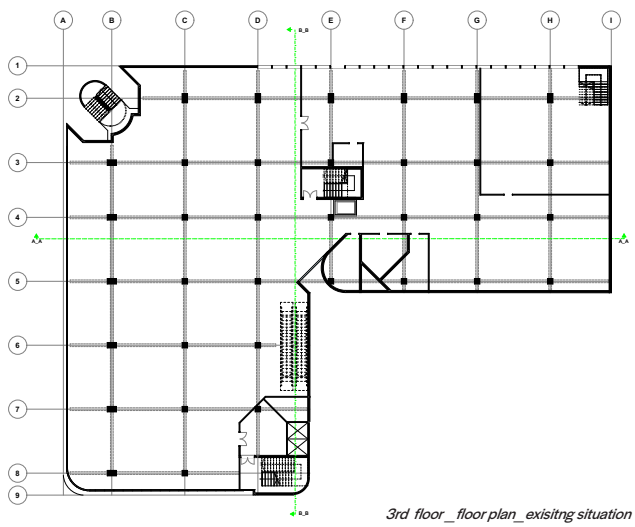
P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.1_BOTANIC GARDEN



3rd floor_floor plan_intervention



3rd floor_floor plan_exisitng situation

04_DESIGN PROPOSAL

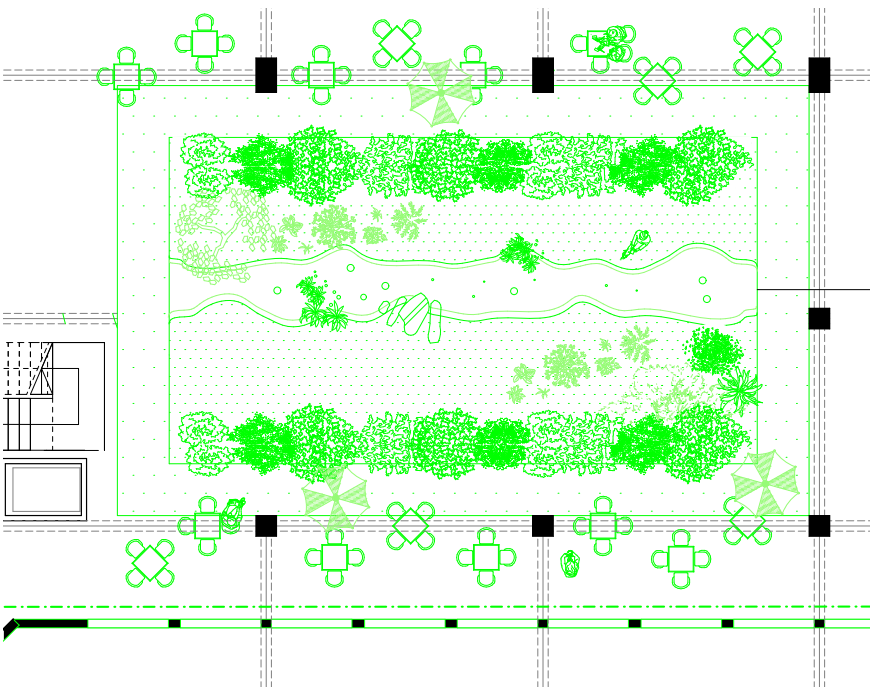
04.4_OPEN GARDEN

The open garden is a smaller intervention, it opens the building's top floors to nature and daylight, offering stunning views of the mountains. Despite its small size, the garden is cozy, with a tiny water body in the center, that flows to the bottom of the building.

P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

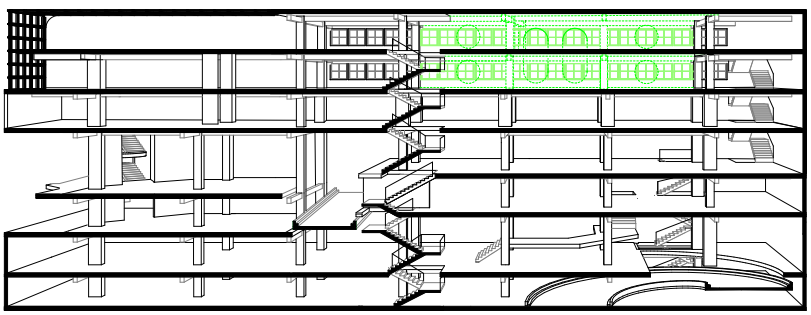
07.1_BOTANIC GARDEN



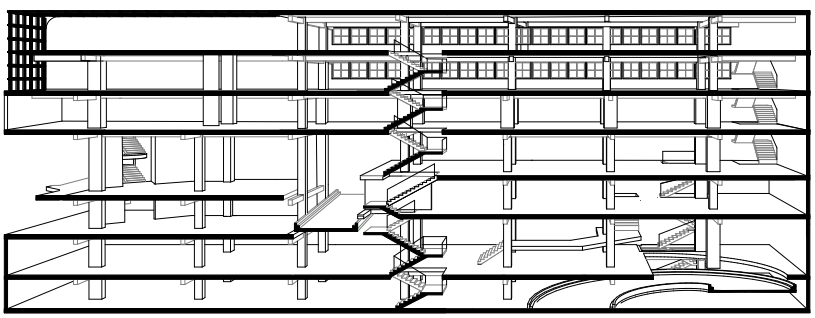
3rd floor _ floor plan

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.2_OPEN GARDEN



perspective_ change

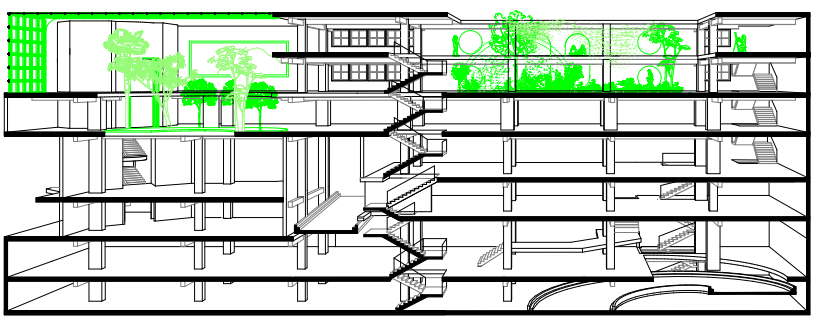


perspective_ existing sitution

P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.2_OPEN GARDEN



perspective_intervention

RESEARCH__objective and subjective of the academic reseach

04_DESIGN PROPOSAL

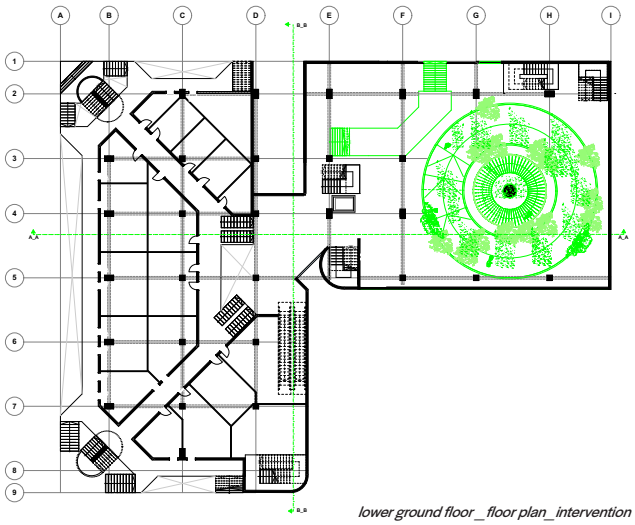
04.5_WATER HILL

The water hill starts from the basement and features a spiral ramp originally for cars, now repurposed for walking up to the second floor. Adjacent is a spiral staircase. The Waterfall flows from the open garden down to a water body in the -2 basement level, making the building a living ecology.

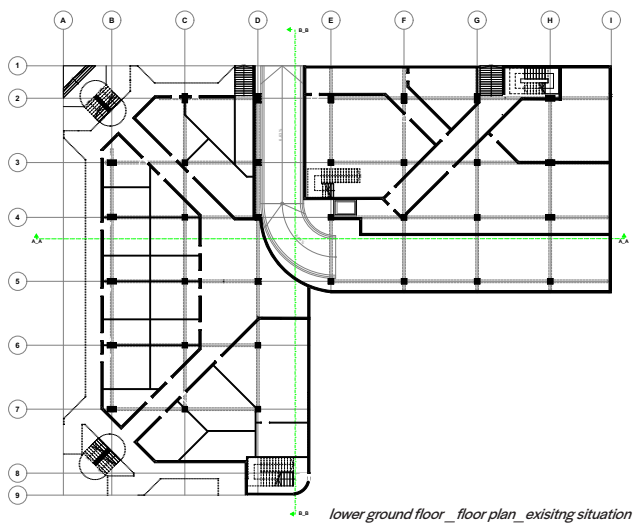
P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.3_WATER HILL



lower ground floor _ floor plan_ intervention

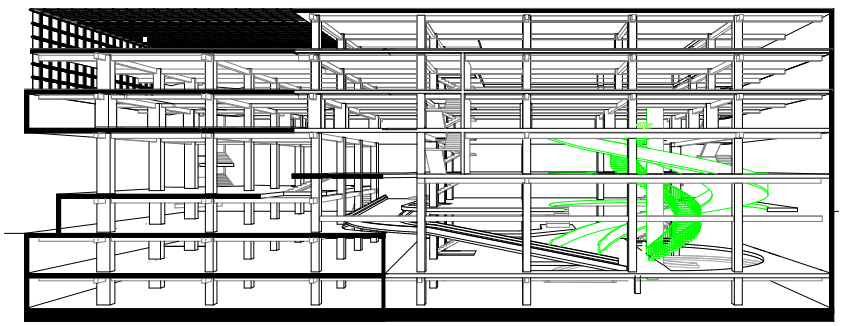


lower ground floor _ floor plan_ exisitng situation

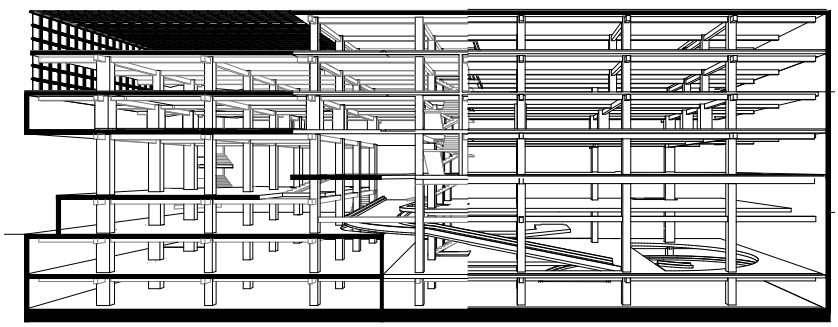
P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.3_WATER HILL



perspective_change

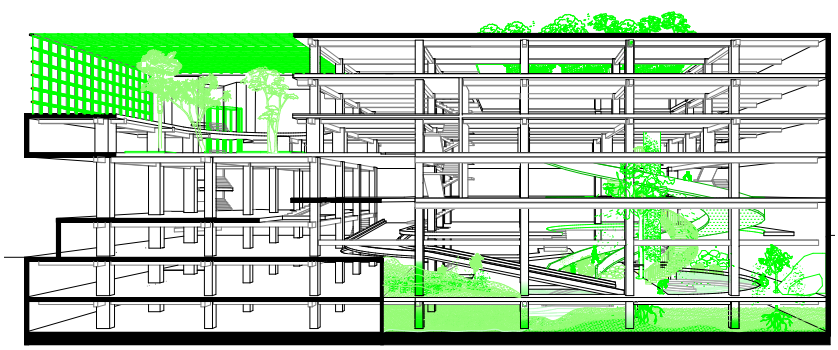


perspective_existing sitution

P2__synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.3_WATER HILL

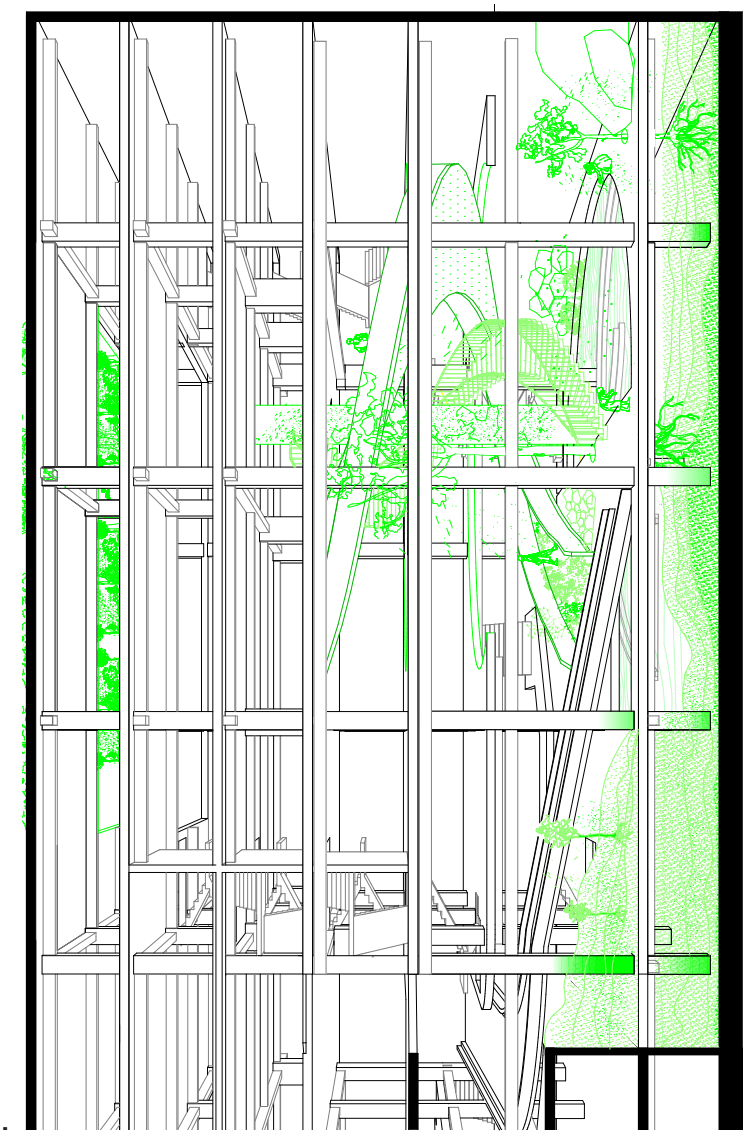


perspective_intervention

P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.3_WATER HILL



P2__synthesis of research findings and first desgin proposal

04_DESIGN PROPOSAL

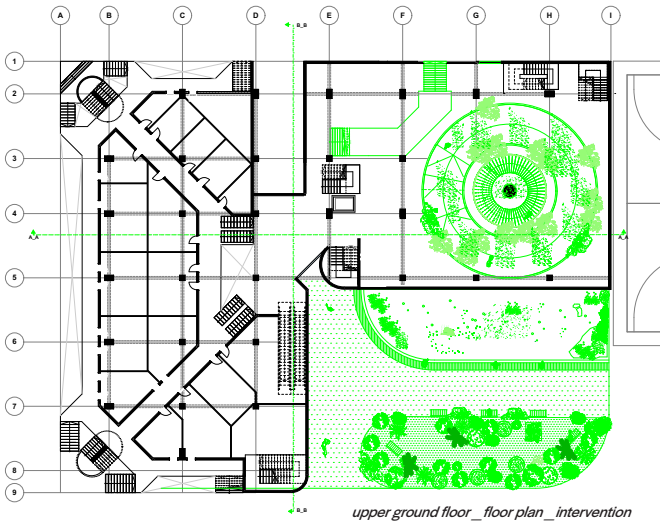
04.6_LAKESIDE

The lakeside design in front of the building interacts with the architectural shape of the building, mirroring the spacious circular entrance of the Franki Centre. This area, once under the ownership of the British Crown during Hong Kong's colonial era, has been reclaimed and transformed into a water garden, which offers a space for reflection relaxation, and feeling grounded.

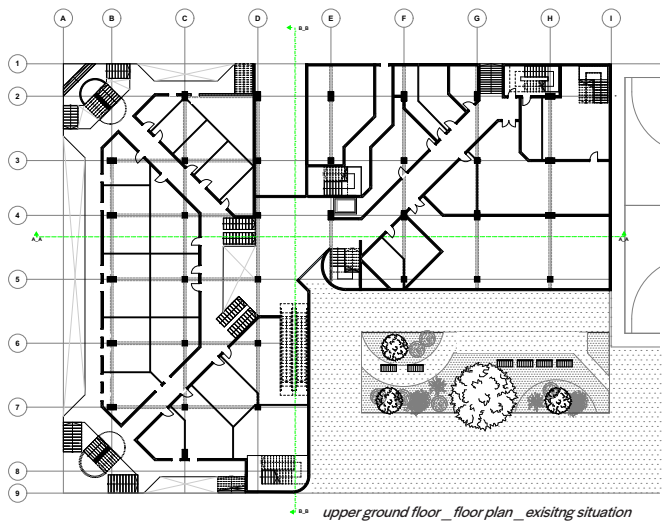
P2__ synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.4_LAKESIDE



upper ground floor _ floor plan _ intervention

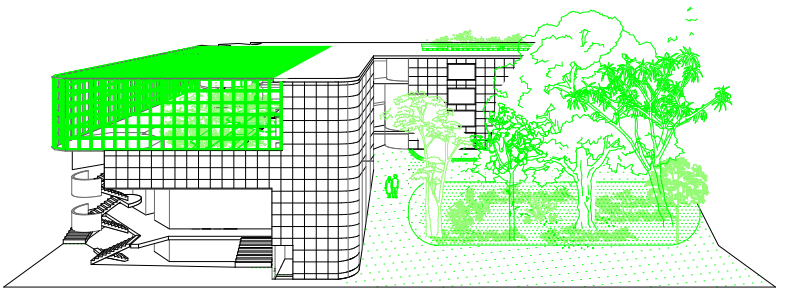


upper ground floor _ floor plan _ exisitng situation

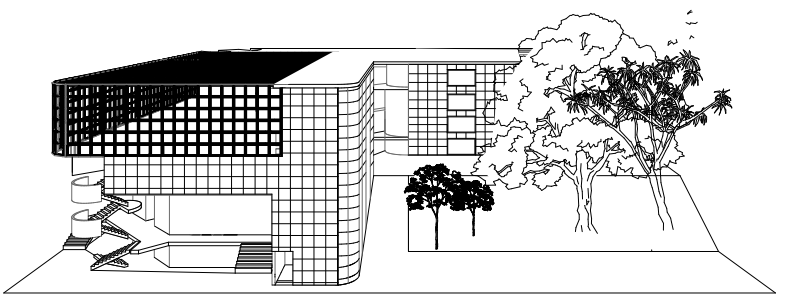
P2__synthesis of research findings and first desgin proposal

07_PROPOSAL INTERVENTIONS AND NEW INTERPRETATION

07.4_LAKESIDE



perspective_internvention



perspective_existing sitution

05_CONCLUSION

05.1_AMBITIONS

My goal is to design a space that not only supports but also enhances the mental health and well-being of its users through thoughtful architectural elements. My ambition for this project goes beyond conventional healthcare design, it is not about designing another healthcare facility. I aim to evoke more awareness of how we perceive and design healing environments.

Making an Oasis is my first proposal—a utopian vision that serves as the foundation for the next phases of the project. This concept is a creative exploration rather than an exact set of plans. It can be perceived as exaggerated and surreal. It intends to push the boundaries and explore the potential of the integration between existing former shopping malls and healing gardens.

By incorporating elements like natural light, green spaces, and soothing aesthetics, we can create environments that not only facilitate physical healing but also promote psychological resilience and comfort.

My goal is to design a space that not only supports but also enhances the mental health and well-being of its users through thoughtful architectural elements. My ambition for this project goes beyond conventional healthcare design, it is not about designing another healthcare facility. I aim to evoke more awareness of how we perceive and design healing environments.

PUBLIC WELL-BEING VS THE CITY HONG KONG

P2__ synthesis of research findings and first desgin proposal

WEEK _4.10

Making an Oasis is my first proposal—a utopian vision that serves as the foundation for the next phases of the project. This concept is a creative exploration rather than an exact set of plans. It can be perceived as exaggerated and surreal. It intends to push the boundaries and explore the potential of the integration between existing former shopping malls and healing gardens.

27_06_2024

ALICJA_JURKOWSKA

INTERIORS BUILDINGS CITIES 2023_24 Q3
INDEPENDENT GROUP

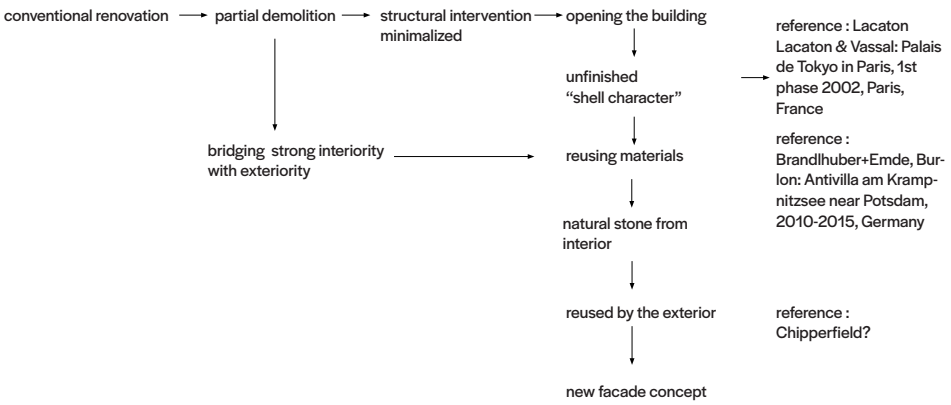
02_SEMESTER

RECORDING PROCESS_

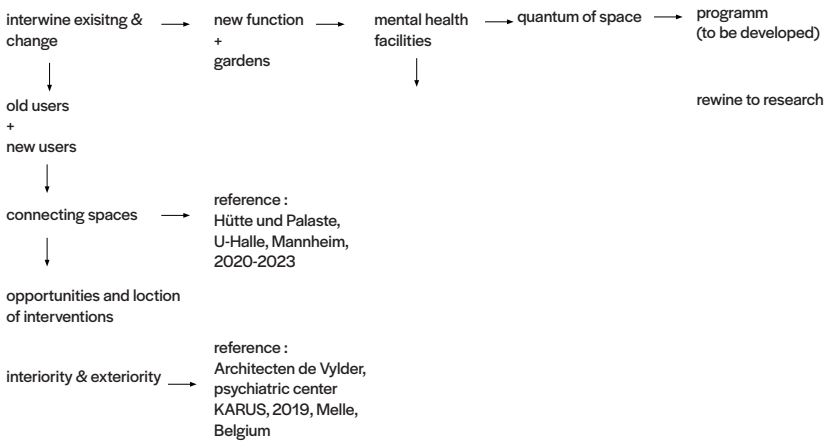
the design approach and architectual trajectory

01_UPGRADING STRATEGY

02.1_MODIFICATION OF EXISITNG STRUCTURAL LEVEL



03.1_MODIFICATION OF EXISITNG OLD AND NEW

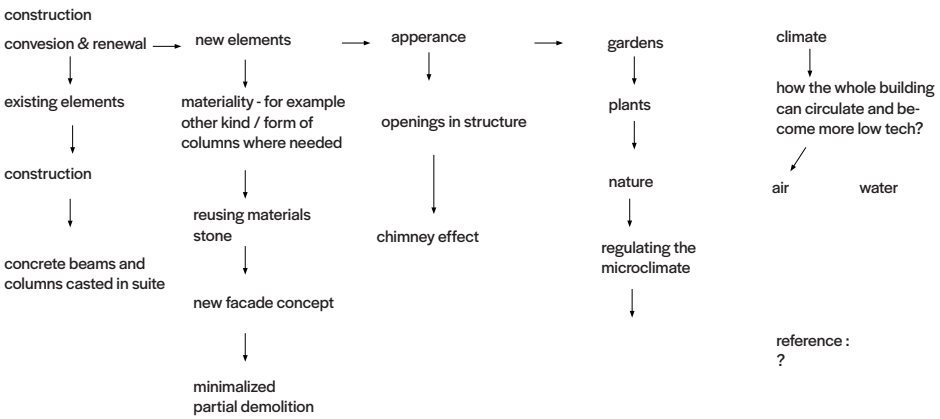


RECORDING PROCESS_

the design approach and architectual trajectory

01_UPGRADING STRATEGY

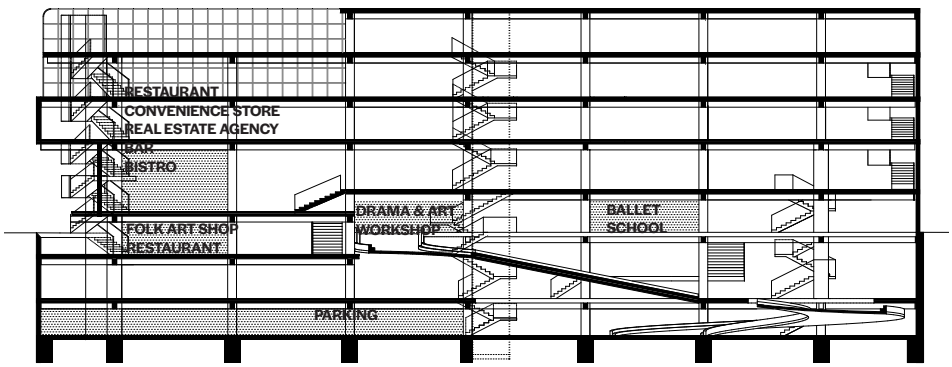
03.1_MODIFICATION OF EXISITNG ARCHITECTURAL UMBAU LANGUAGE



RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE USE OF FRANKI CENTRE



existing situation and use in section

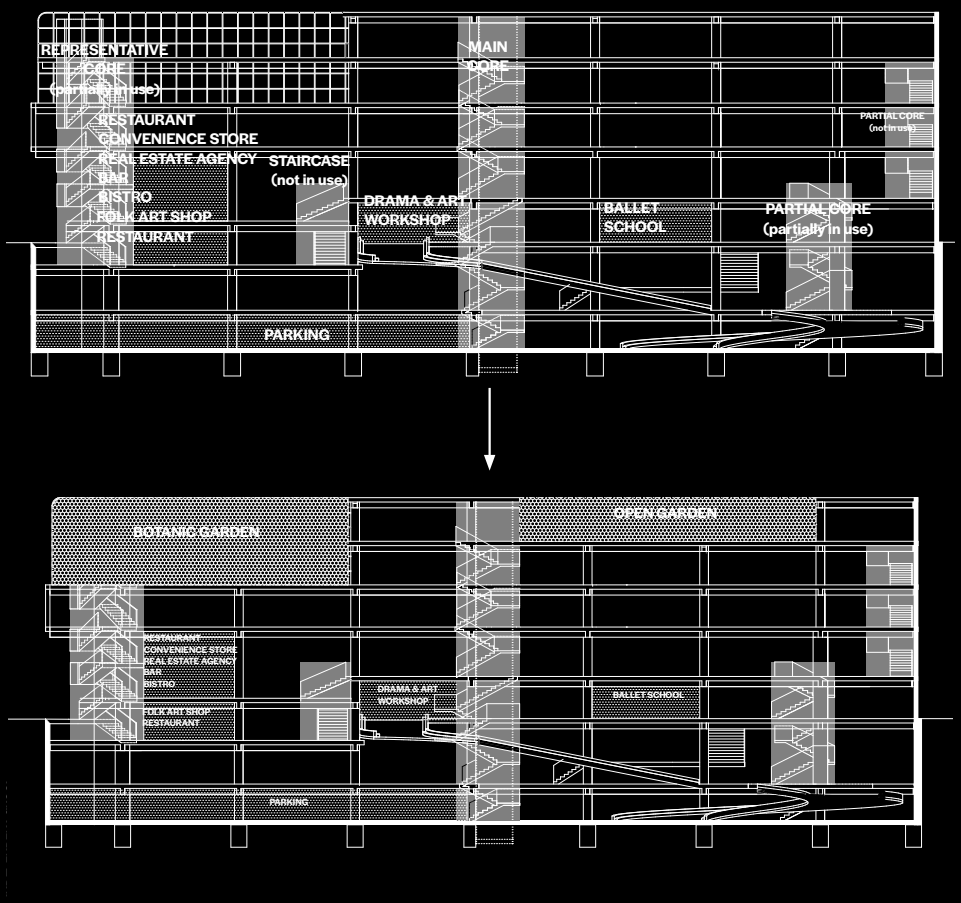
RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE USE OF FRANKI CENTRE

01.1 FRAGMENTATION OF THE BUILDING

ISSUE : cores not in use
STRATEGY : reactivating building,
highlighting the qualities of the exisitng:
structure, staircases,glass facade



process of chage and relocation

ALICJA_JURKOWSKA

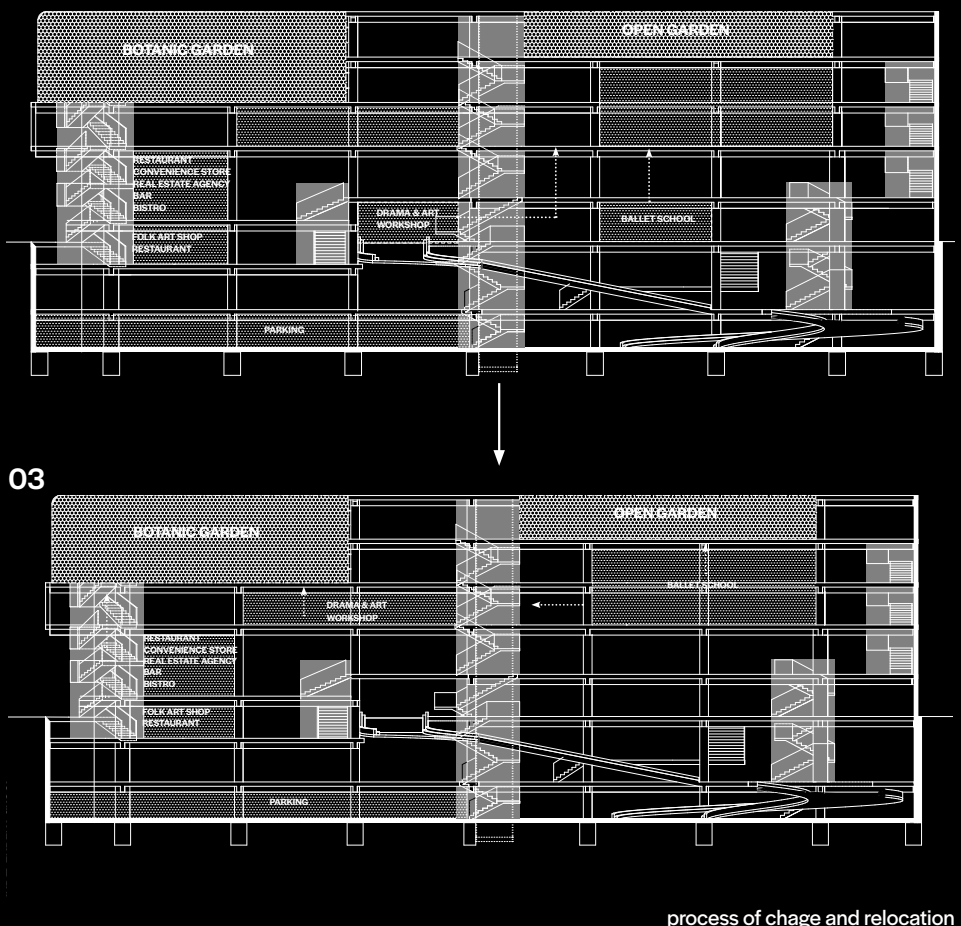
RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE USE OF FRANKI CENTRE

02.2 DEFRAGMENTATION, IMPROVING QUALITY OF EXISITNG

STRATEGY :partial demolition with minimalizing the structural intervention moving exisitng , creating fluid connectors between spaces and time layers,



process of chage and relocation

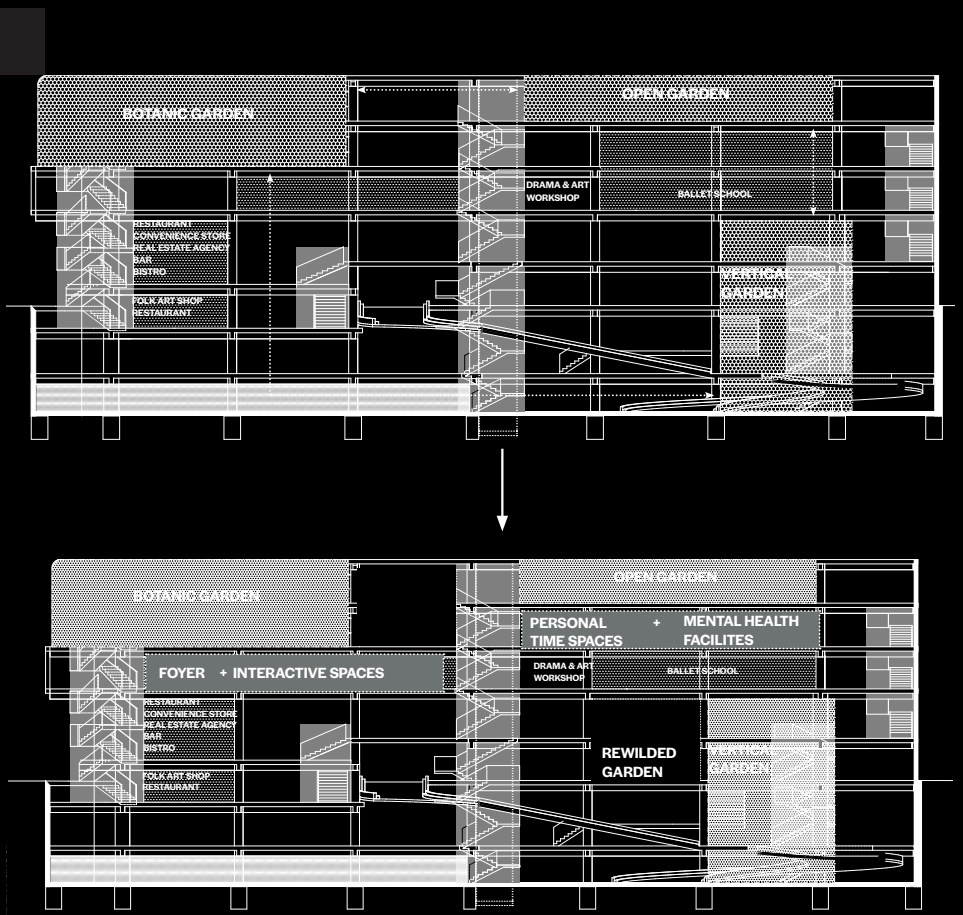
RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE USE OF FRANKI CENTRE

03.1 LIVING ECOLOGY AND CREATING SPACE BEYOND THE GARDENS

STRATEGY :immersing interior and exterior, opening the building, taking off the shell , creating the mental health spaces



process of chage and relocation

ALICJA_JURKOWSKA

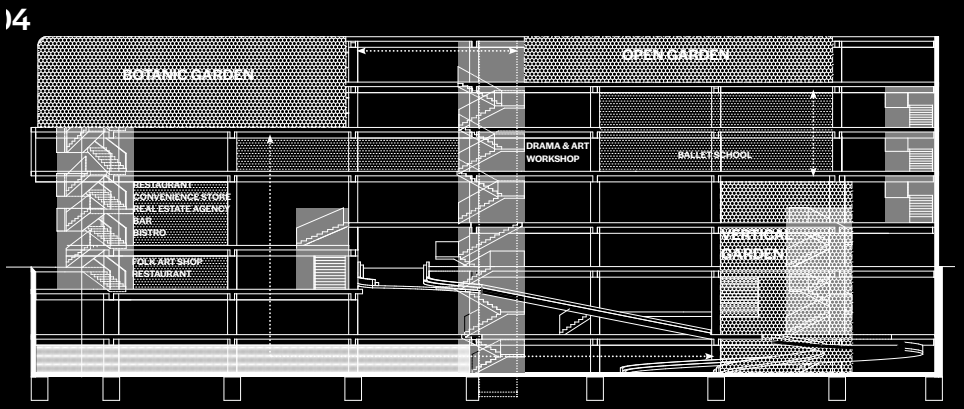
RECORDING PROCESS_

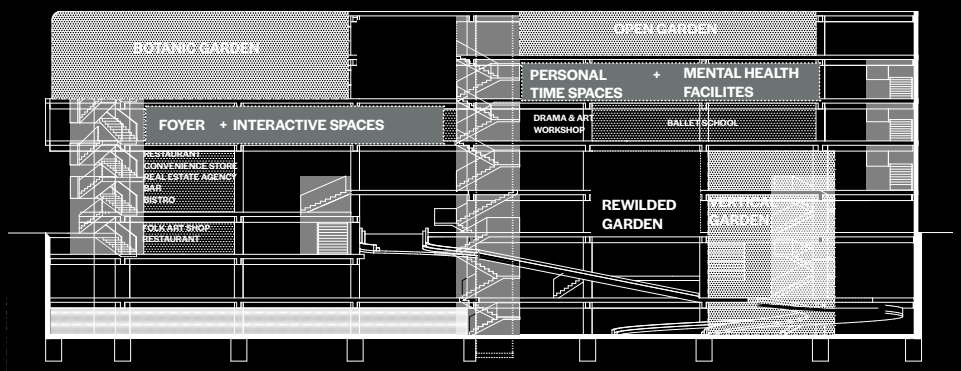
the design approach and architectual trajectory

01_REVIEWING THE USE OF FRANKI CENTRE

03.1 LIVING ECOLOGY AND CREATING SPACE BEYOND THE GARDENS

STRATEGY :immersing interior and exterior, opening the building, taking off the shell , by crown land, bringing





process of chage and relocation

MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

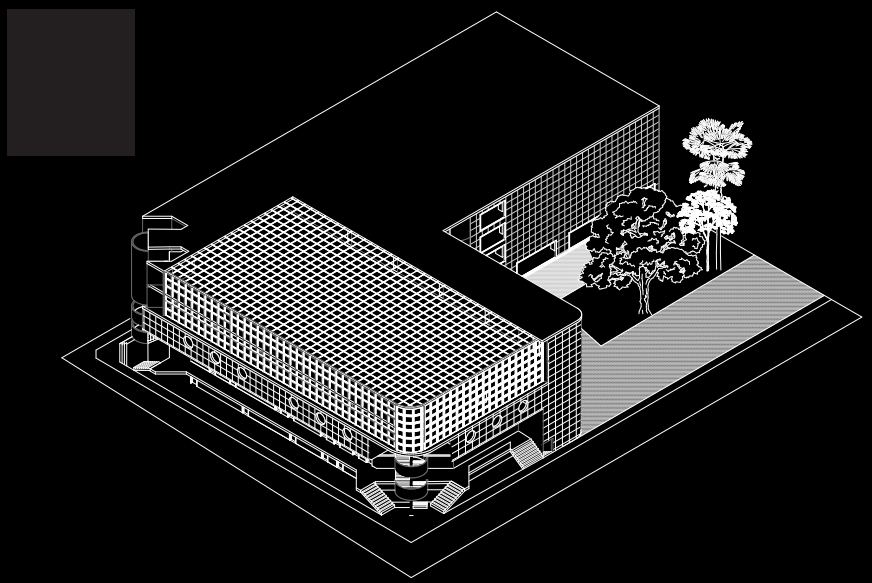
RECORDING PROCESS_

the design approach and architectual trajectory

WEEK _1.2-2.6

02_CONVERSION AND RENEWAL

01.1 STRATEGY :CIRCURAL ´´UMBAU´´



process of chage and relocation

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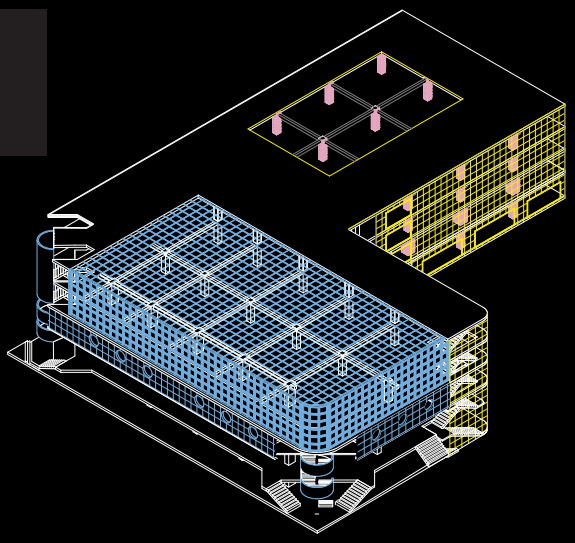
RECORDING PROCESS_

the design approach and architectual trajectory

02_CONVERSION AND RENEWAL

01.1 STRATEGY :CIRCURAL ´´UMBAU´´



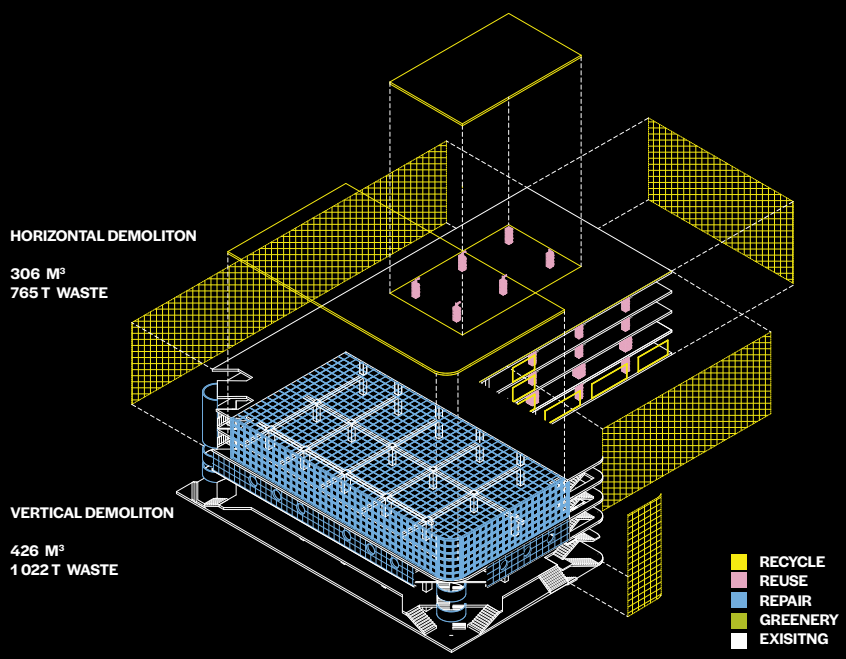
isometric view on franki centre

RECORDING PROCESS_

the design approach and architectual trajectory

02_CONVERSION AND RENEWAL

01.1 STRATEGY :CIRCURAL ´´UMBAU´´



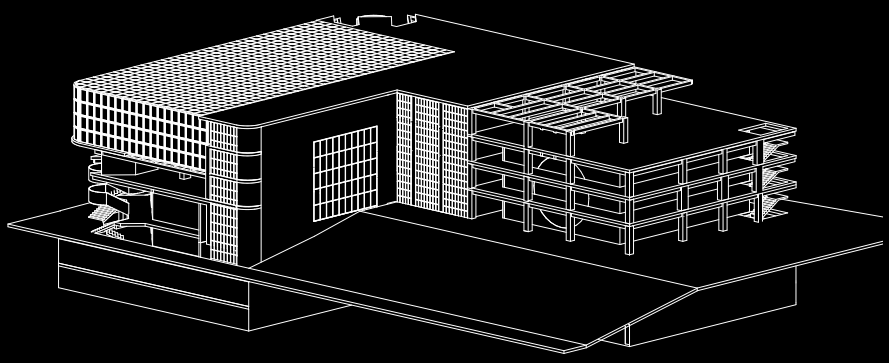
isometric view on franki centre

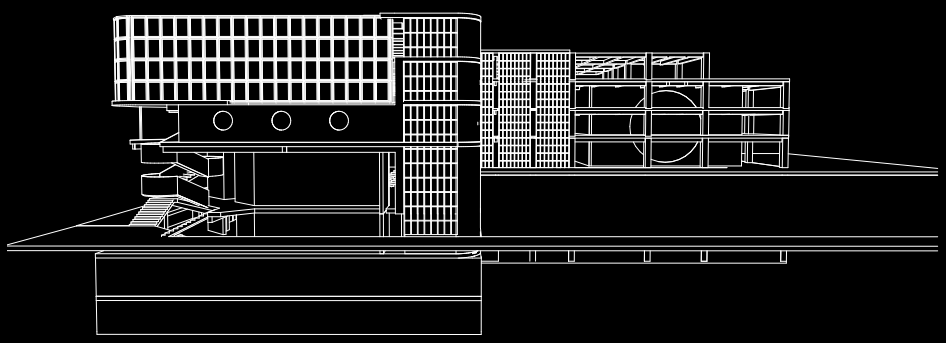
ALICJA_JURKOWSKA

RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE USE OF FRANKI CENTRE



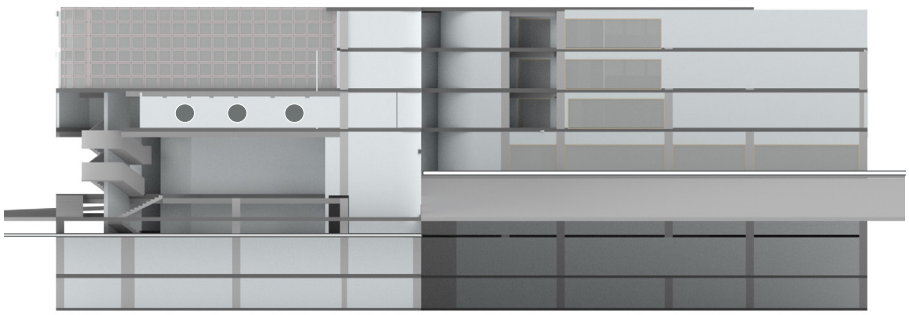


first proposal in changes

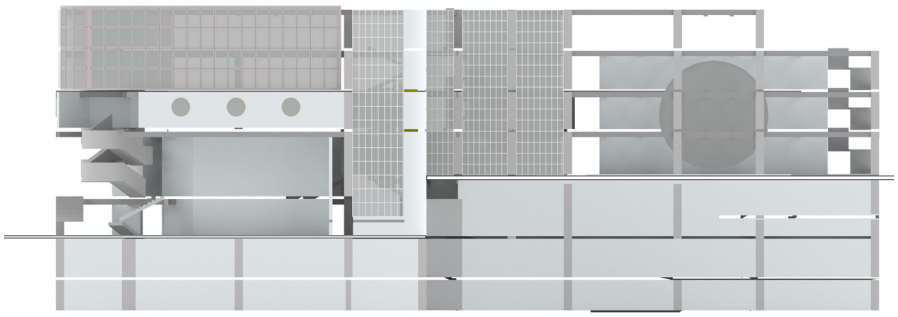
RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE IMAGE OF FRANKI CENTRE



exisiting view



view proposal

RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE IMAGE OF FRANKI CENTRE



view north

RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE IMAGE OF FRANKI CENTRE

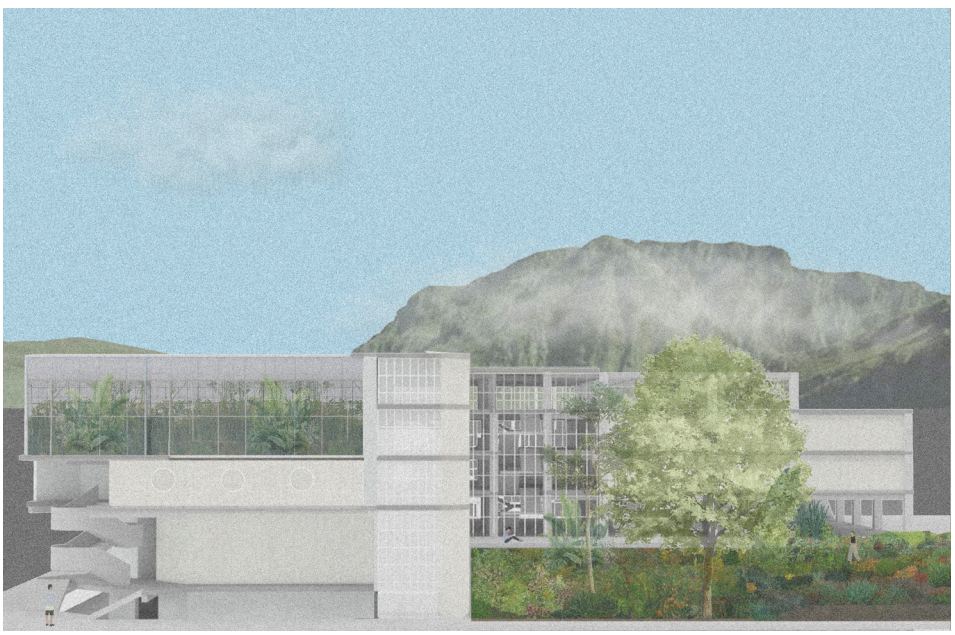


void view

RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE IMAGE OF FRANKI CENTRE

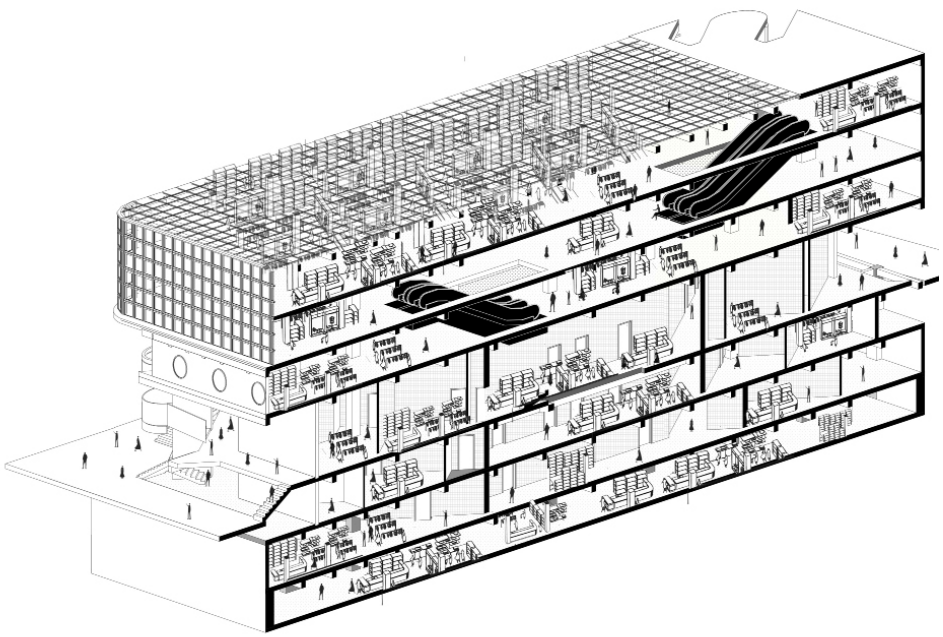


view south

RECORDING PROCESS_

the design approach and architectual trajectory

01_ ARCHITECTURAL CONDITIONS



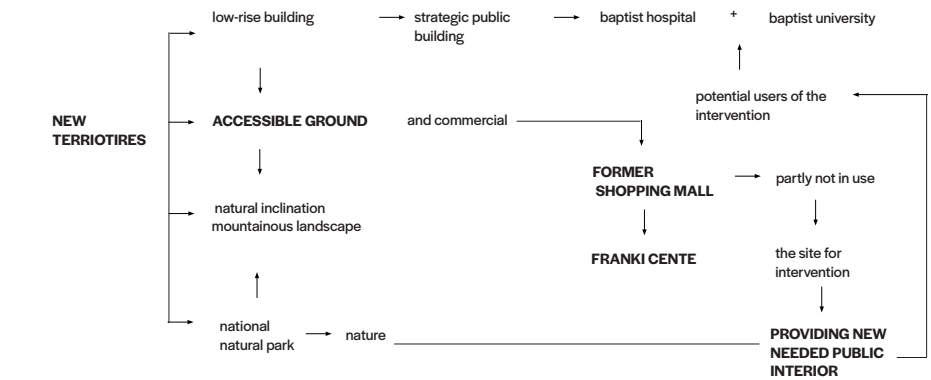
Franki Cente, Kowloon City ,New Territories
axometrical imagination drawing of past, by Alicja Jurkowska

RECORDING PROCESS_

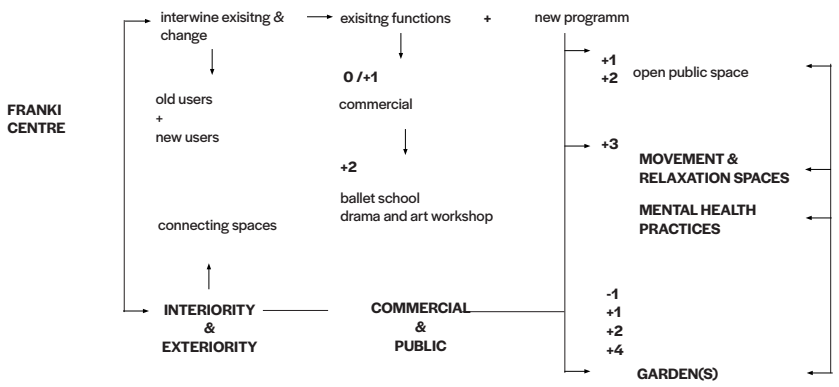
the design approach and architectual trajectory

01_ ARCHITECTURAL INTENTIONS

territory



the building

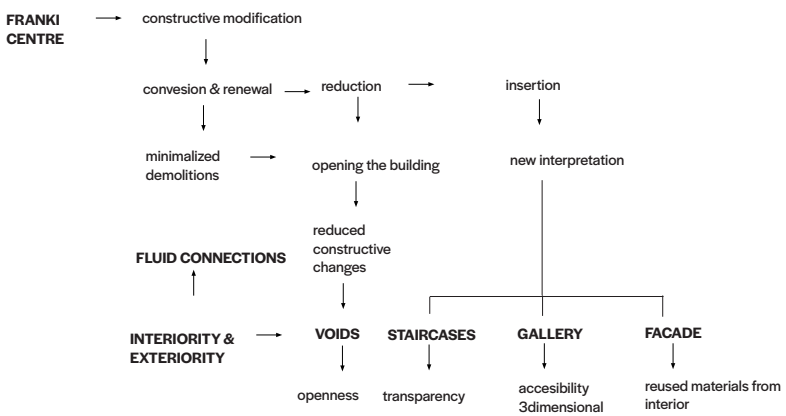


RECORDING PROCESS_

the design approach and architectural trajectory

01_ ARCHITECTURAL INTENTIONS

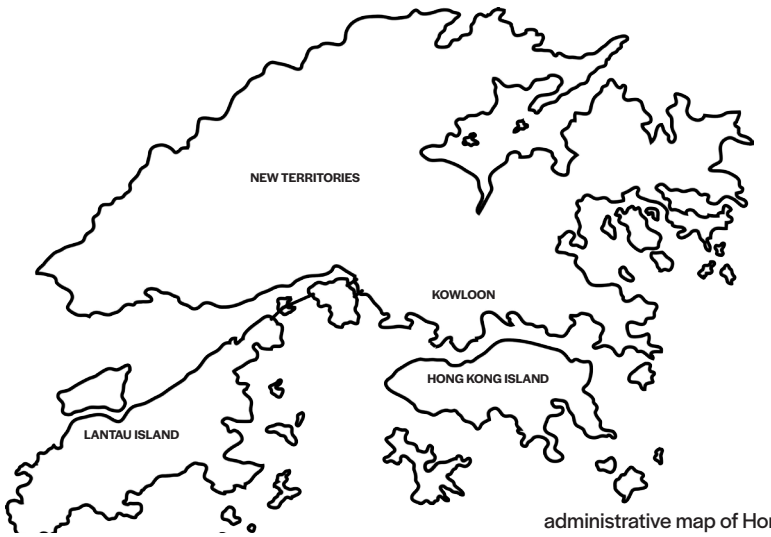
the building and interior



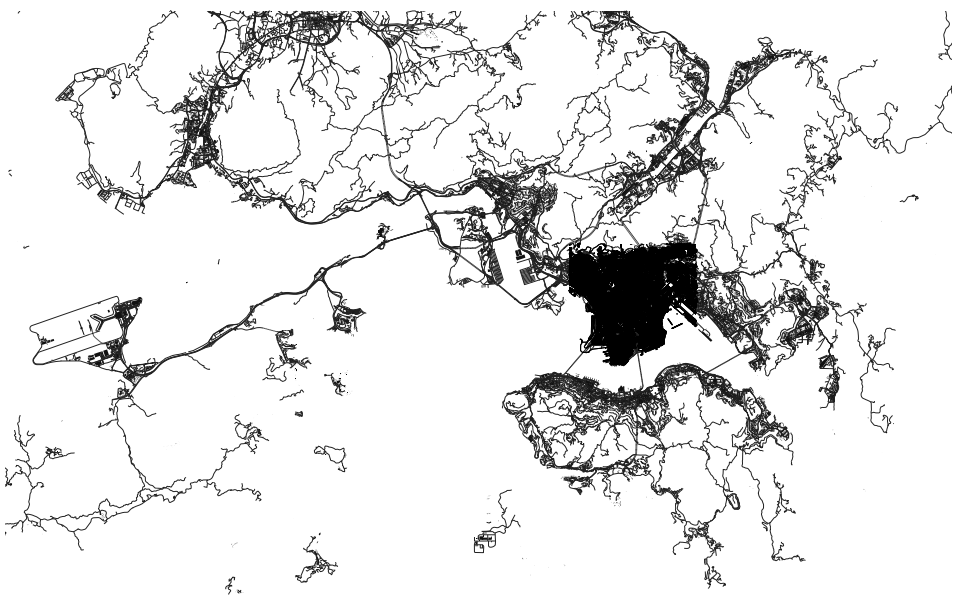
RECORDING PROCESS_

the design approach and architectual trajectory

01_ MAPPING HONG KONG



administrative map of Hong Kong

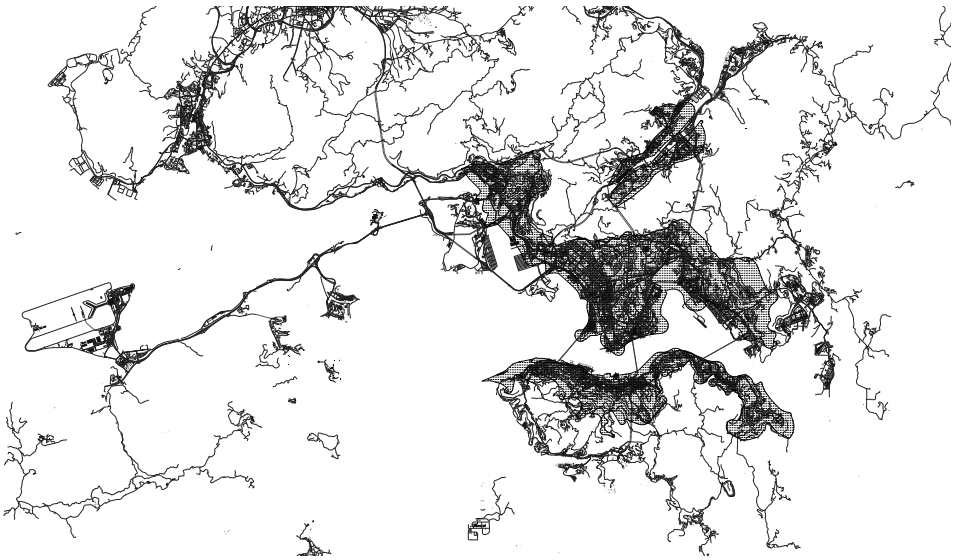


urban map of Hong Kong

RECORDING PROCESS_

the design approach and architectual trajectory

01_ MAPPING HONG KONG



density map of Hong Kong



urban map of Kowloon

RECORDING PROCESS_

the design approach and architectual trajectory

01_ MAPPING HONG KONG



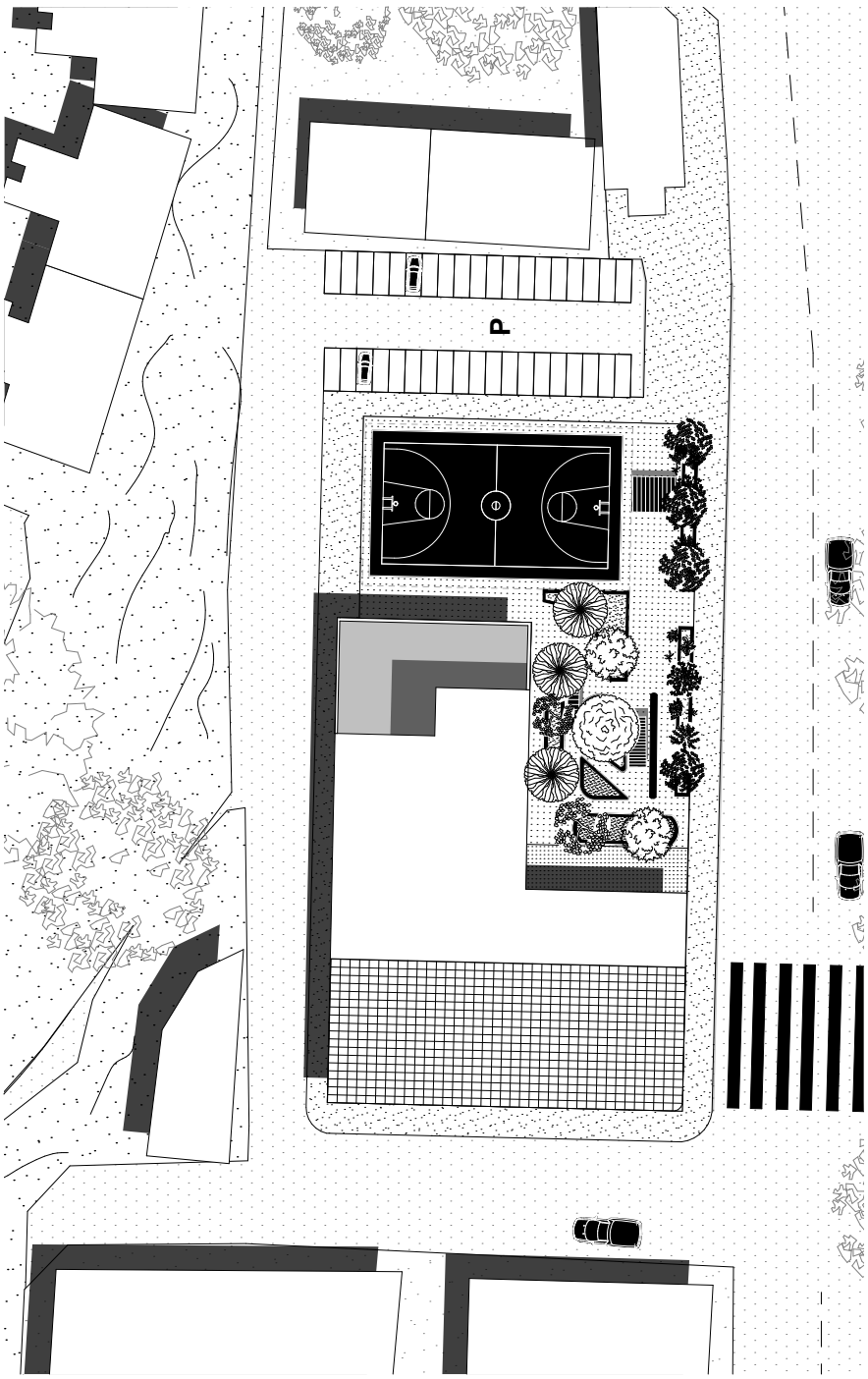
greenery map of Hong Kong



topografic map of Hong Kong

RECORDING PROCESS_

the design approach and architectual trajectory

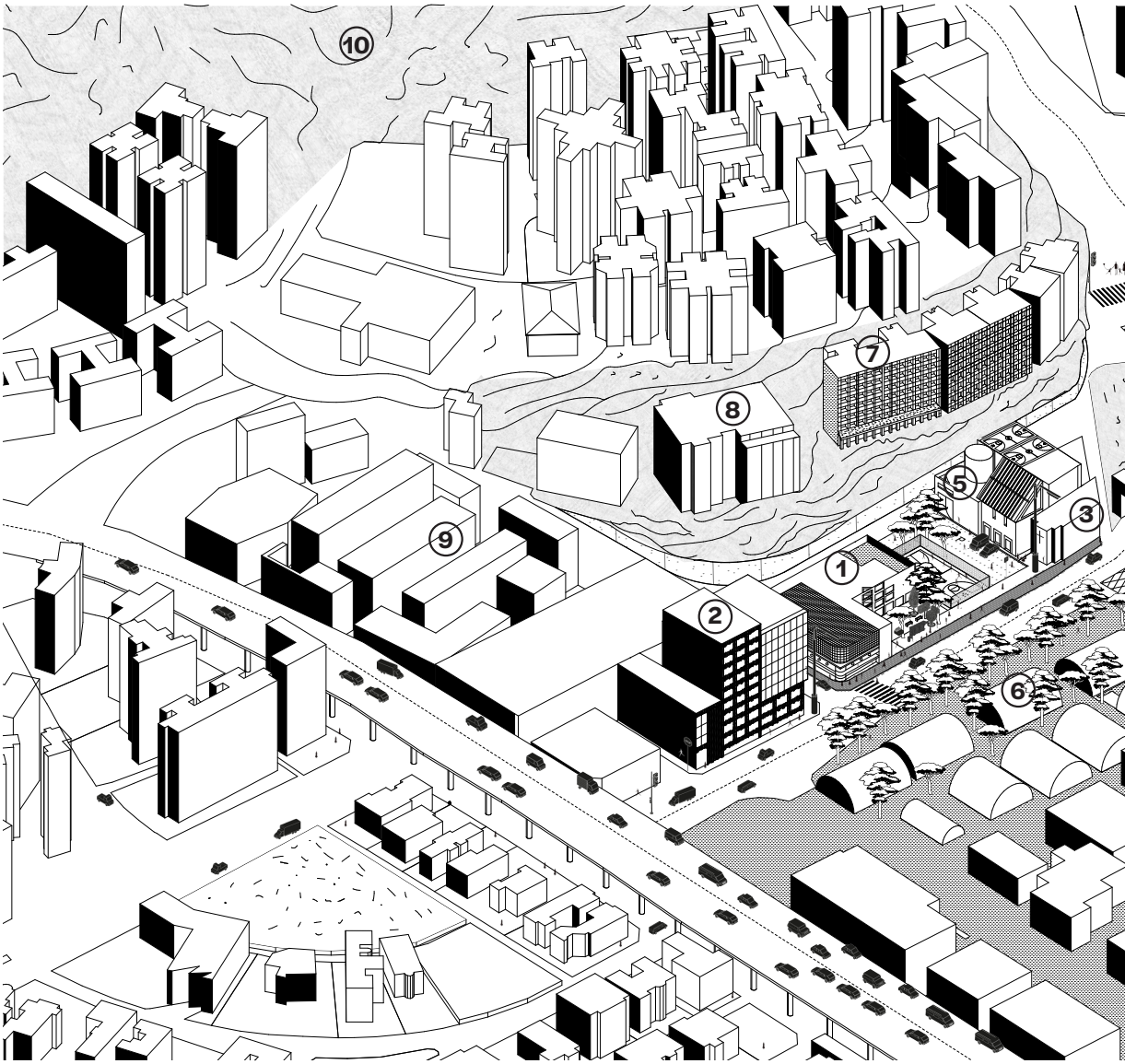


site plan existing situation

MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

RECORDING PROCESS_

the design approach and architectual trajectory



1 FRANKI CENTRE
2 BAPTIST HOSPITAL
3 BAPTIST CHURCH
4 BAPTIST UNIVERSITY
5 JOINT SPORT CENTRE
6 CPL ARMY GARRISON

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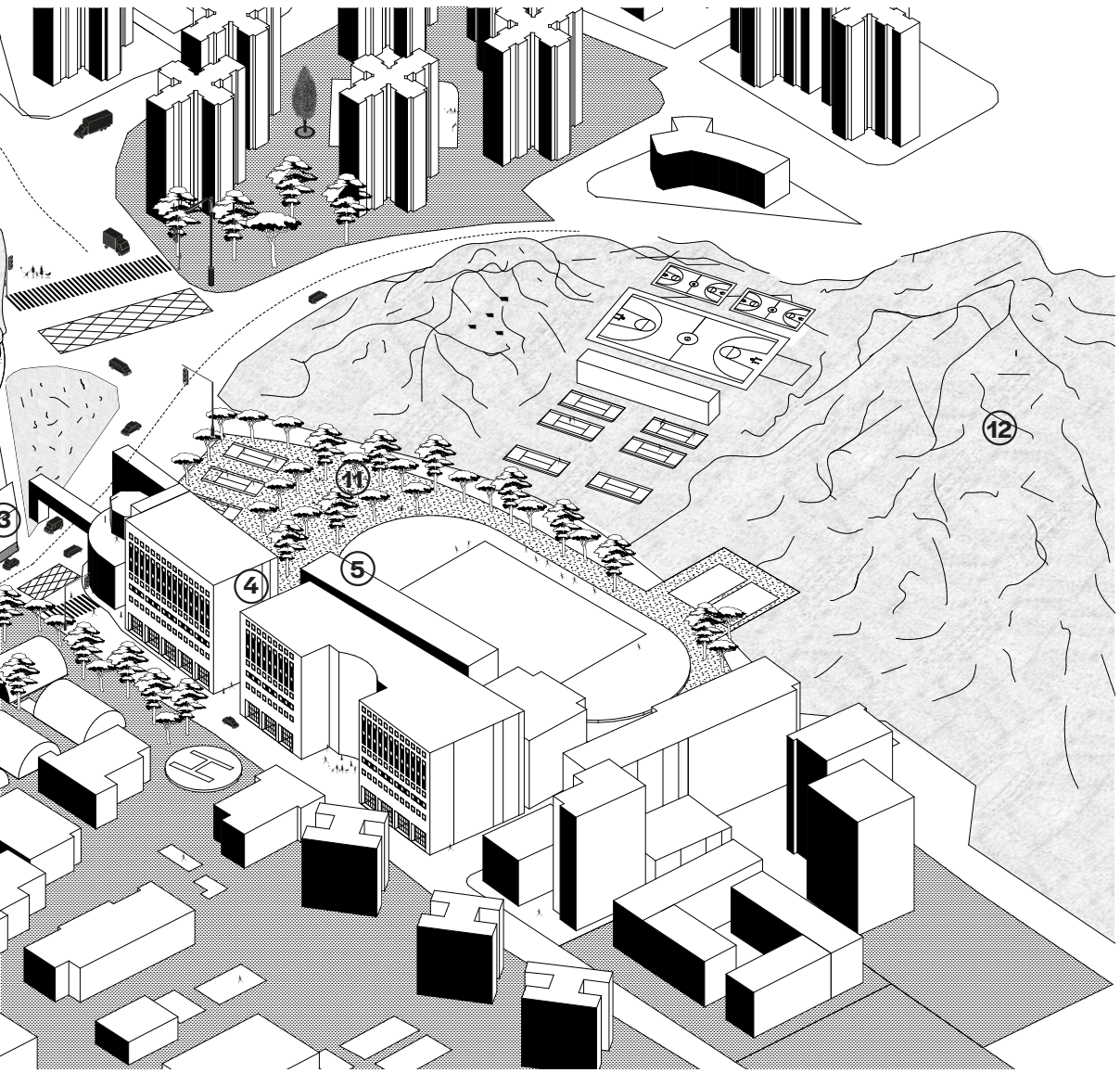
INTERIORS BUILDINGS CITIES 2023_24
INDEPENDENT GROUP

MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

RECORDING PROCESS_

the design approach and architectual trajectory

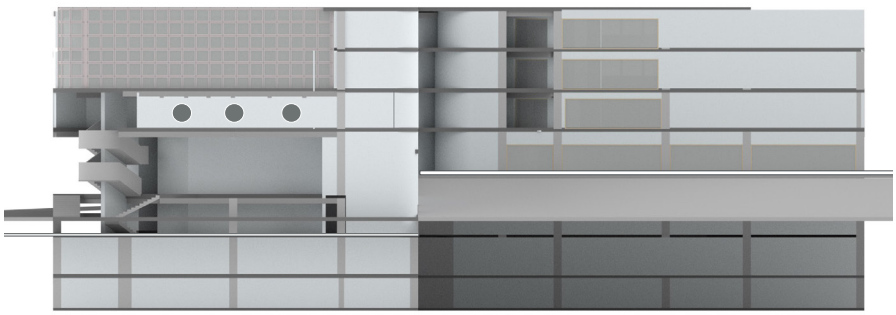


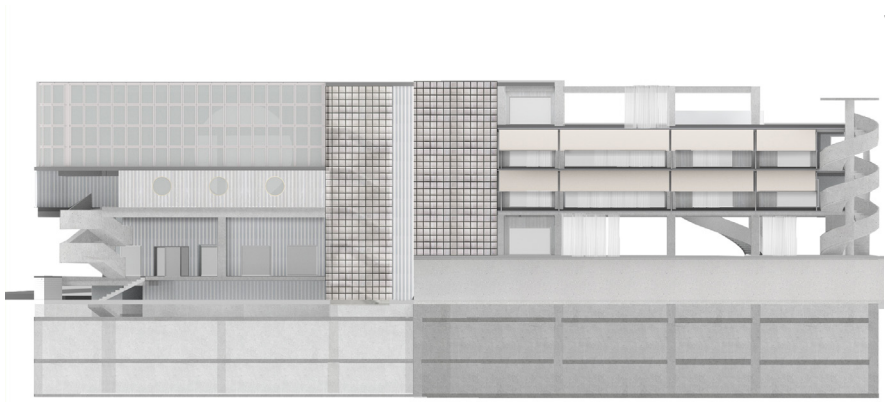
7 HK RADIO TELEVISON STATION
8 PUBLIC HOUSING
9 BAPTIST UNIVERISTY CAMPUS
10 LION ROCK
11 JUNCTION PARK
12 LOK FU

RECORDING PROCESS_

the design approach and architectual trajectory

01_REVIEWING THE IMAGE OF FRANKI CENTRE



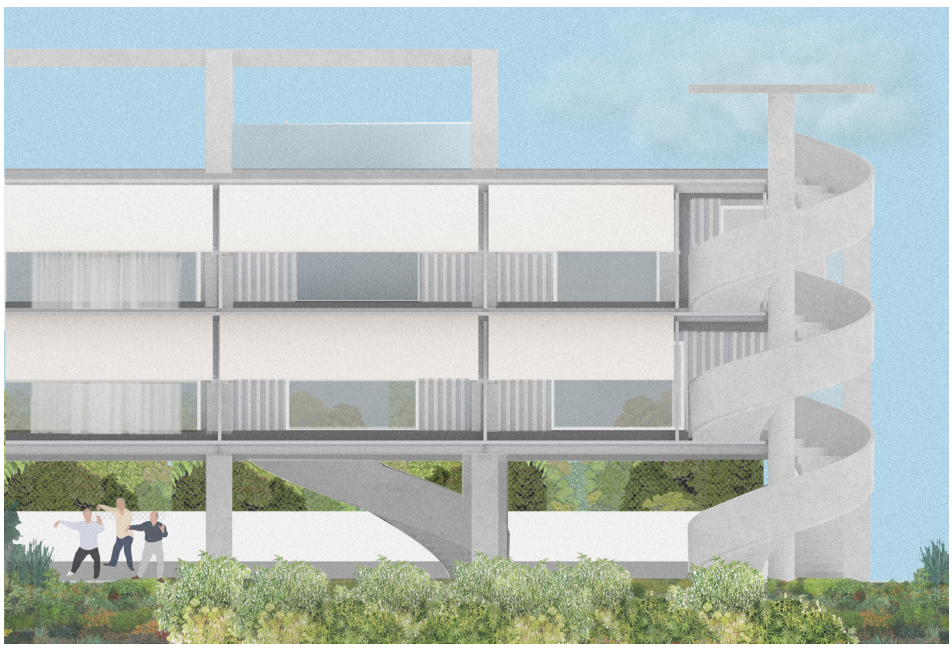


view proposal

MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

RECORDING PROCESS_

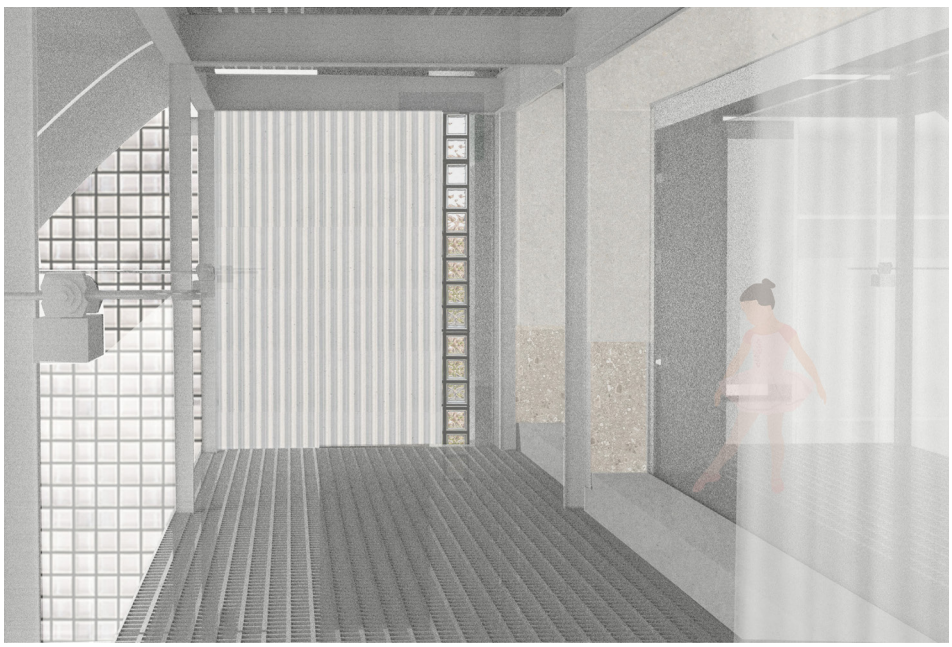
the design approach and architectual trajectory



ALICJA_JURKOWSKA
0195

RECORDING PROCESS_

the design approach and architectual trajectory



RECORDING PROCESS_

the design approach and architectual trajectory



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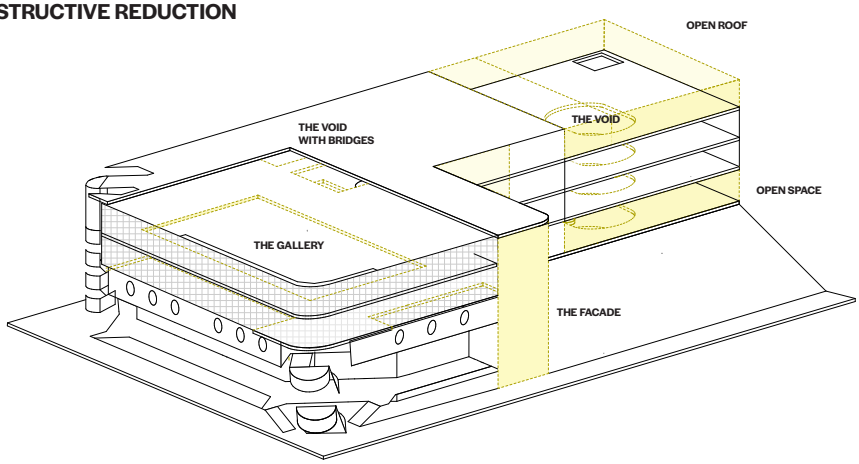
0197

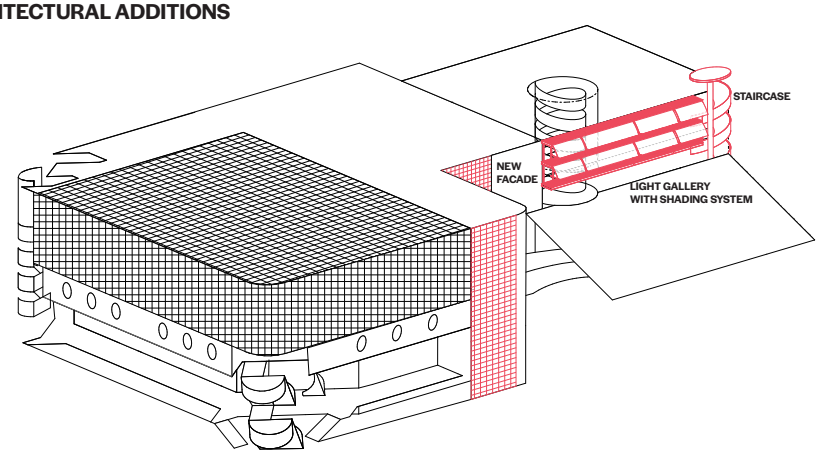
RECORDING PROCESS_

the design approach and architectual trajectory

CONSTRUCTIVE REDUCTION



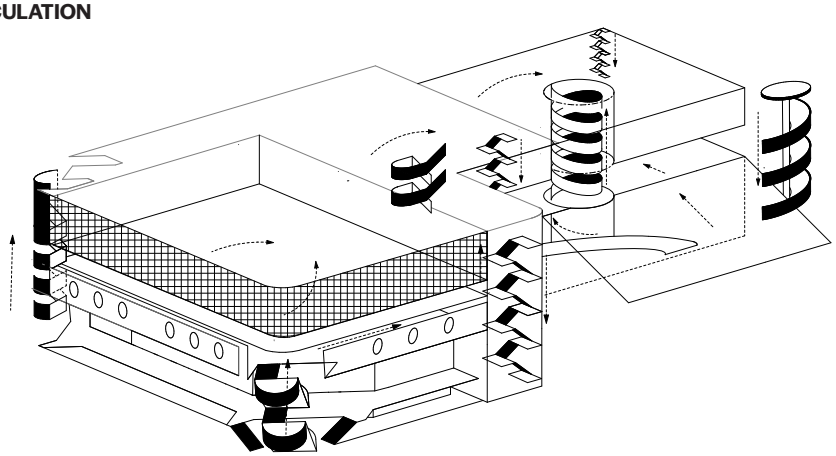
ARCHITECTURAL ADDITIONS



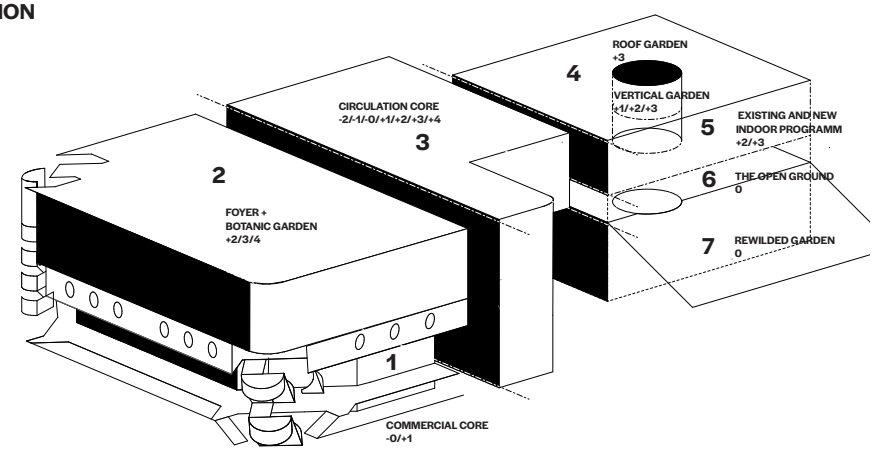
RECORDING PROCESS_

the design approach and architectual trajectory

CIRCULATION



DIVISION



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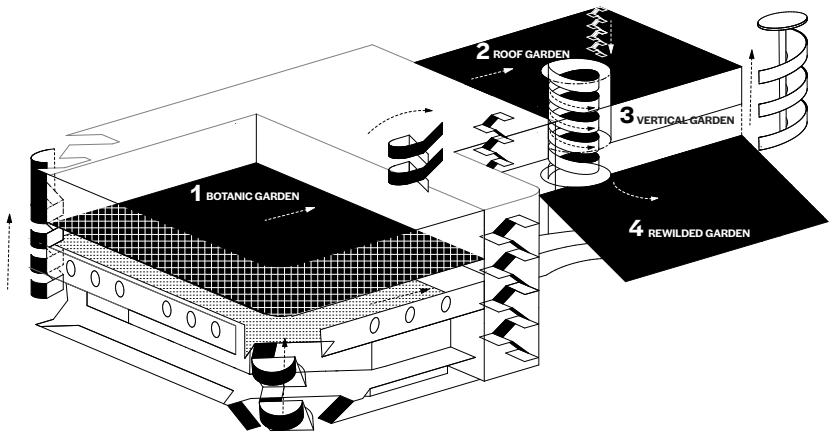
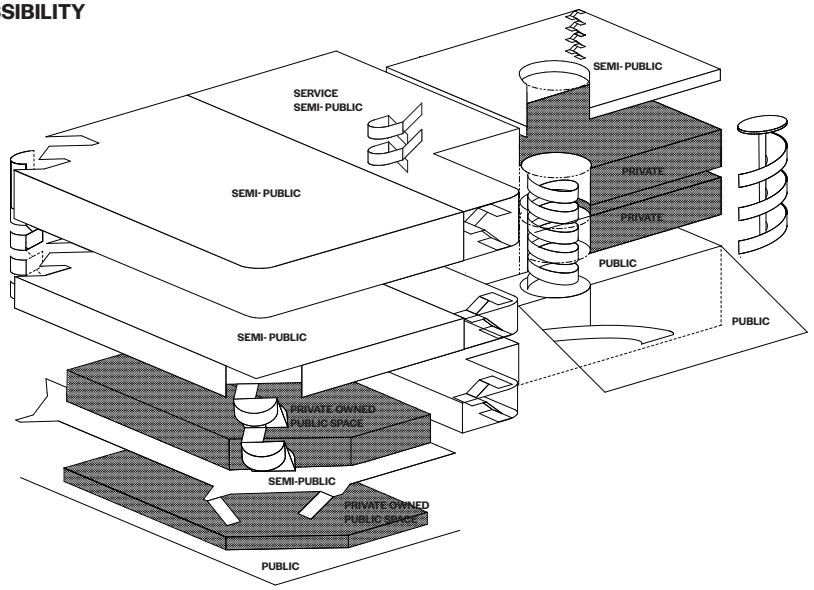
RECORDING PROCESS_

the design approach and architectual trajectory

GARDEN(S) OF FRANKI CENTRE

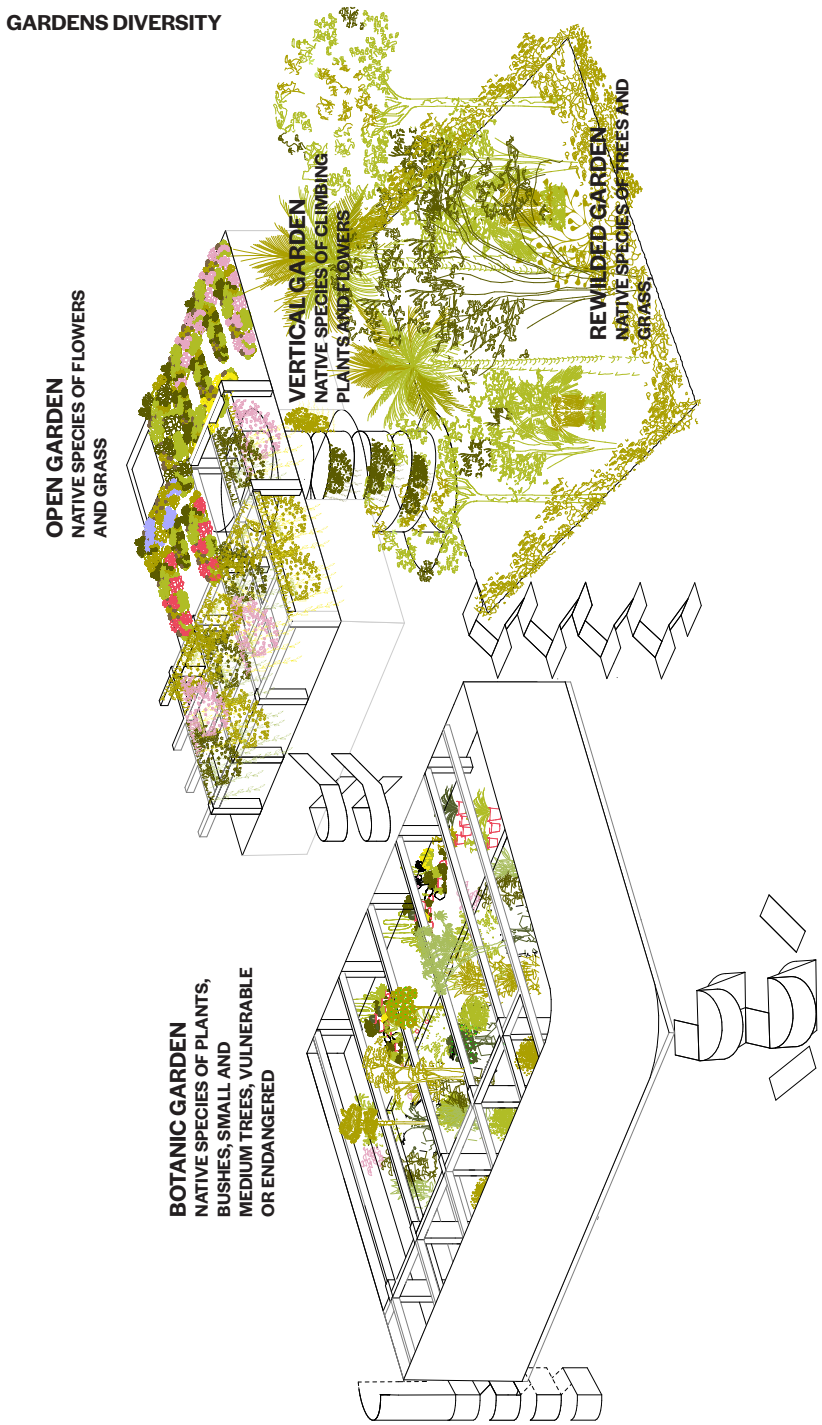


ACCESSIBILITY



RECORDING PROCESS_

the design approach and architectual trajectory



RECORDING PROCESS_

the design approach and architectual trajectory

01_FLORA OF HONG KONG GARDEN

INSIDE GARDEN



ROOF GARDEN



BOTANIC GARDEN CONSERVATORY

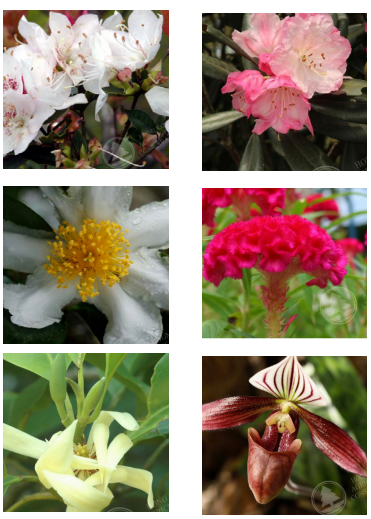
NATIVE SPECIES OF PLANTS, BUSHES,FERN, SMALL AND MEDIUM TREES, VULNERABLE OR ENDANGERED



Spiny Tree-fern - 桫欏科 Cyatheaceae, Love Apple -百合科 Liliaceae, Cycad-fern - 鳥毛蕨科 Blechnaceae, Crab Cactus - 仙人掌科 Cactaceae, Shiuying Bamboo - 禾本科 Poaceae

SCENT FLORAL GARDEN

NATIVE SPECIES OF FLOWERS AND GRASS



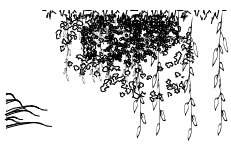
Hong Kong Azalea Rhododendron- 杜鵑花科 Ericaceae, South China Rhododendron -杜鵑花科 Ericaceae, Hong Kong Camellia hongkongensis - 山茶科 Theaceae, Celosia argentea - 莧科 Amaranthaceae,White Jade Orchid Tree, White Champak Michelia - 木蘭科 Magnoliaceae, Hong Kong Ladys Slipper Orchid - 蘭科 Orchidaceae

RECORDING PROCESS_

the design approach and architectual trajectory

01_FLORA OF HONG KONG GARDEN

VERTICAL GARDEN



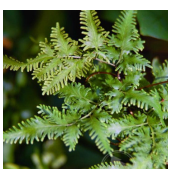


GROUND GARDEN



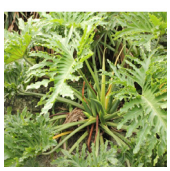
CLIMBING GARDEN

NATIVE SPECIES OF CLIMBERS PLANS AND FERNS











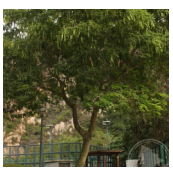


Scansorial Climbing Fern - 海金沙科 Lygodiaceae, Climbing Fern -海金沙科 Lygodiaceae
Monstera deliciosa -天南星科 Araceae, Dissected-leaf Philodendron -天南星科 Araceae, Broad Sword-fern -腎蕨科 Nephrolepidaceae, Bird-nest Fern -鐵角蕨科 Aspleniaceae

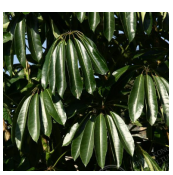
REWILDED GARDEN

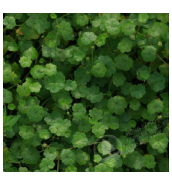
NATIVE SPECIES OF TREES, PALMS, BAMBOOS, FERNS AND GRASS

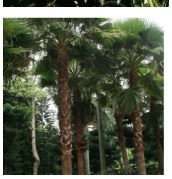










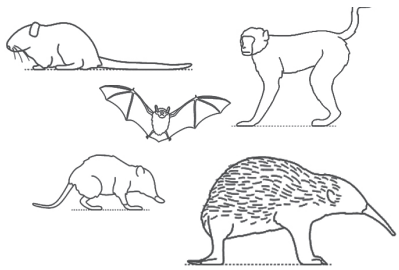


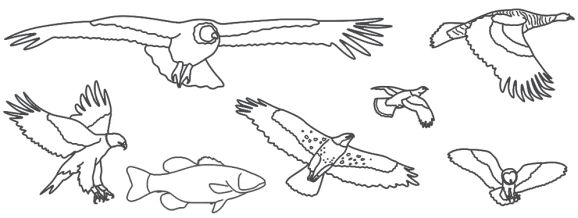
Camphor Tree -樟科 Lauraceae, Lebbeck Tree- 含羞草科 Mimosacea, Mock Peepul Tree -桑科 Moraceae, Umbrella Tree -五加科 Araliaceae, Asiatic Pennywort - 傘形科 Apiaceae, Queen Palm -棕櫚科 Arecaceae

RECORDING PROCESS_

the design approach and architectual trajectory

01_FAUNA OF HONG KONG GARDEN





MAMMALS








Grey Shrew, Fruit bat, Pallas Squirrel, Rhesus Macaque, East Asian Porcupine, Chestnut Spiny Rat

BIRDS AND FISH





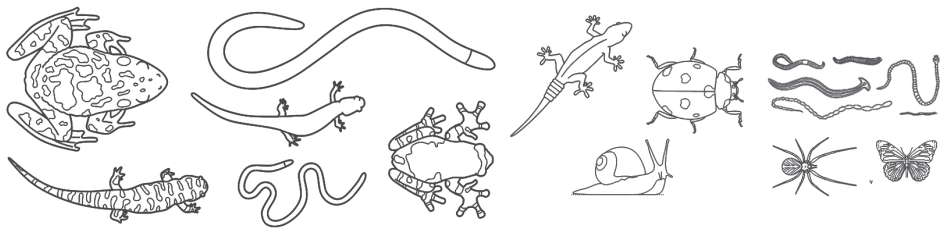



Fire-breasted flowerpecker, Stiphodon atropurpureus, Grey treepie, Silver-eared mesia, Golden Cardinalfish (Apogon fleurieu), Black bulbul

RECORDING PROCESS_

the design approach and architectual trajectory

01_FAUNA OF HONG KONG GARDEN

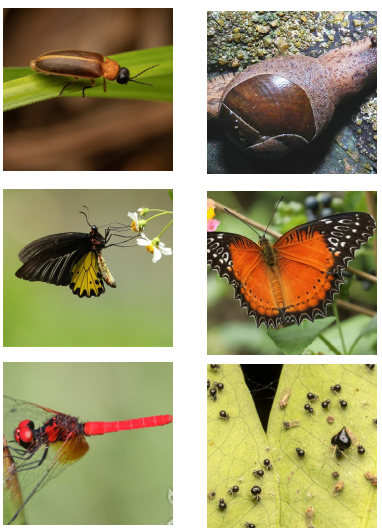


AMPHIBIANS AND REPTILE



Brown tree frog, Changeable Lizard, Chinese Gecko, Grass Lizard, Rainbow turtle, Indian Forest Skink

GASTROPODS, INSECTS AND ARACHNIDS



Aquatica leii, Catharsius molossus, Troides-Helena Red Lacewing (Cethosia biblis,
Scarlet Dwarf (Nannophya pygmaea), Black Pearl Spider (Chikunia nigra)

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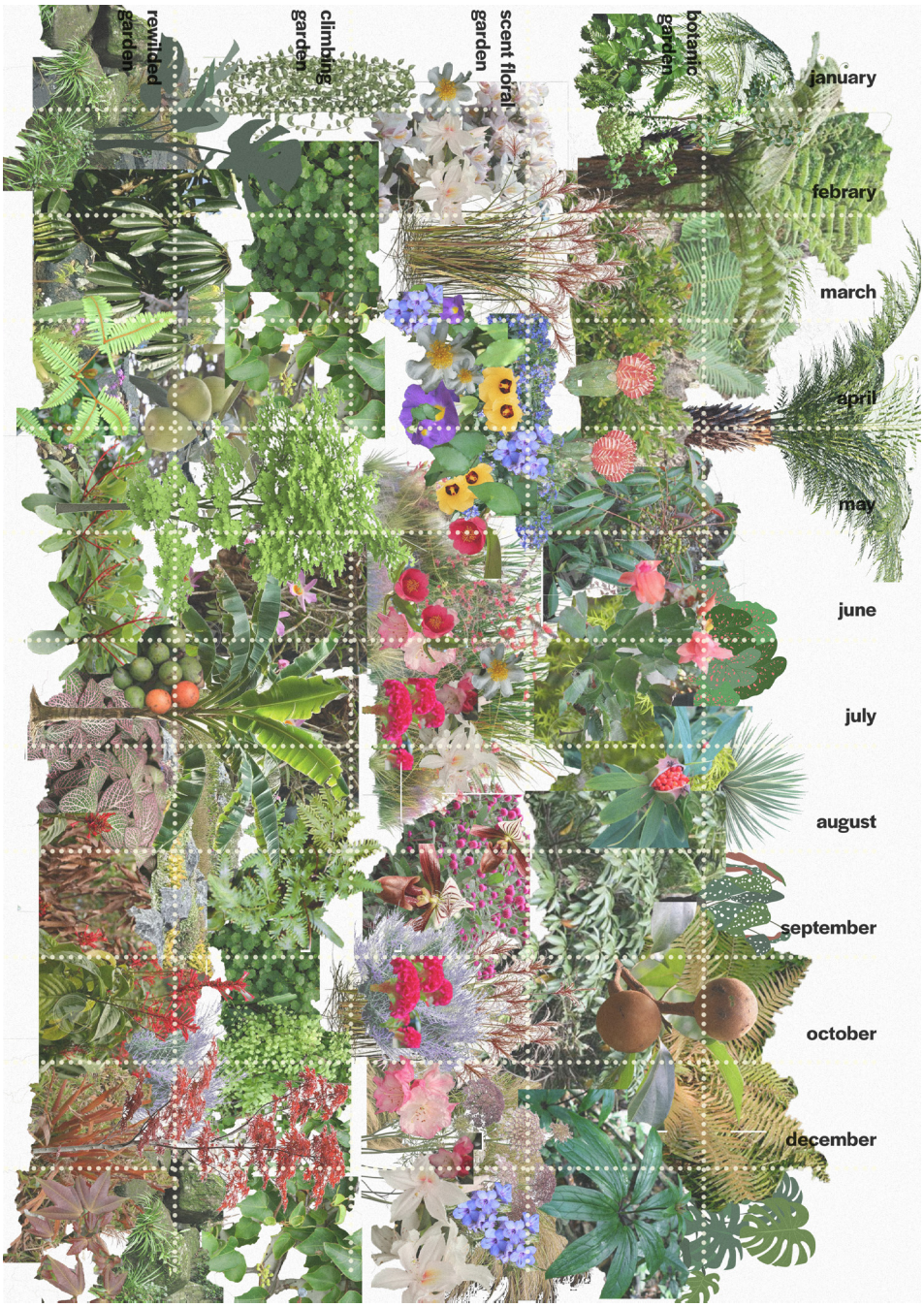
RECORDING PROCESS_

the design approach and architectual trajectory

01_SEASONS OF HONG KONG GARDEN



RECORDING PROCESS_

the design approach and architectual trajectory

01_BOTANIC GARDEN CALCULATION

1.1_HOW MUCH GARDEN IS IN THE GARDEN?

SOIL DEPTH BY LOAD CAPACITY

MAXIMUM LIVE LOAD CAPACITY PER FLOOR: **4 KN/M² - 400 KG/ M²**

SOIL WEIGHT: 200 KG/M² (50% OF THE LOAD CAPACITY)
PLANT WEIGHT: 100 KG/M² (25% OF THE LOAD CAPACITY)
WATER WEIGHT: 100 KG/M² (25% OF THE LOAD CAPACITY)

THE WEIGHT OF TYPICAL GARDEN SOIL **1,500 KG/M³**

$$\text{SOIL DEPTH} = \frac{\text{MAXIMUM WEIGHT PER SQUARE METER}}{\text{SOIL DENSITY}} = \frac{200\text{KG/M}^2}{1{,}500\ \text{KG/M}^3} = 13.3\text{CM}$$

NEEDED APPROX. DEPTH FOR ROOTS IN PLANTAR : 40 - 80 CM

13.3 CM OF SOIL DEPTH ON AVERAGE ACROSS THE GARDEN AREA

WATER WEIGHT FOR IRRIGATION :

$$\text{WATER WEIGHT} = \text{AREA} \times \text{WATER DEPTH} \times \text{WATER DENSITY} = 1\text{M}^2 \times 0.02\ \text{M} \times 1000\text{KG/M}^3 = 20\text{KG/M}^2$$

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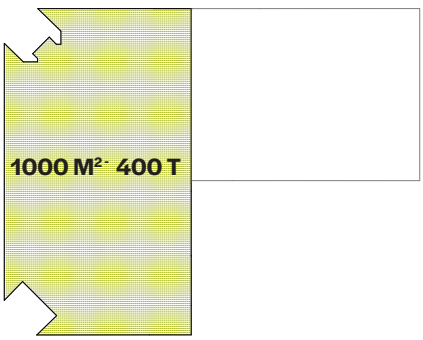
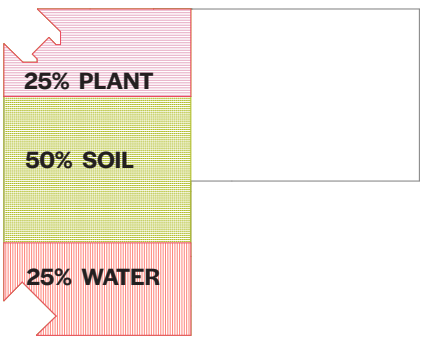
RECORDING PROCESS_

the design approach and architectual trajectory

01_SEASONS OF HONG KONG GARDEN



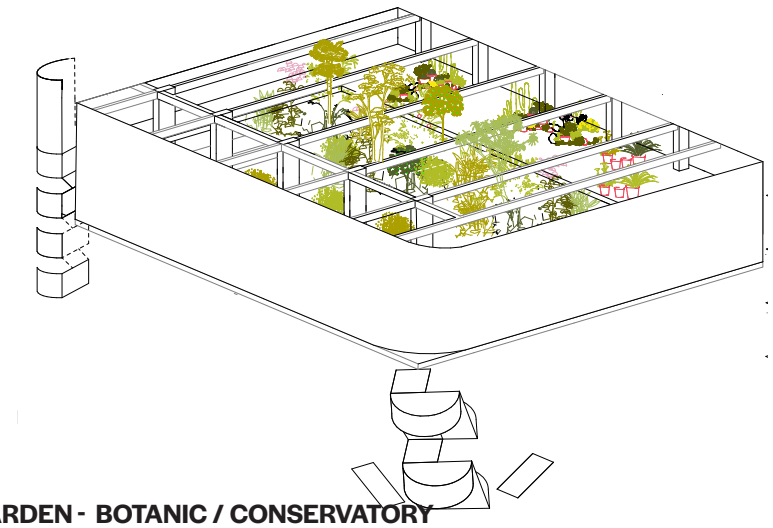




RECORDING PROCESS_

the design approach and architectual trajectory

01_BOTANIC GARDEN SPECIFICATION



INSIDE GARDEN - BOTANIC / CONSERVATORY

GREENERY :

NATIVE SPECIES OF PLANTS, BUSHES,FERN, SMALL AND
MEDIUM TREES, VULNERABLE OR ENDANGERED

DISTRIBUTION OF GREENERY :

DIVIDED INTO ZONES
ACCORDING TO SIMILARITIES, TOLERATION AND CONDITIONS
GOOD SYMBIOSIS

SPACE:

MAIN WALK AREA
SIT AREA
NURSERY

LIGHTWEIGHT, CONTROLLED IRRIGATION SYSTEM

DRIP IRRIGATION
MICRO-DRIP EMITTERS TO ROOTS
MOISTURE SENSORS
RAINWATER HARVESTING

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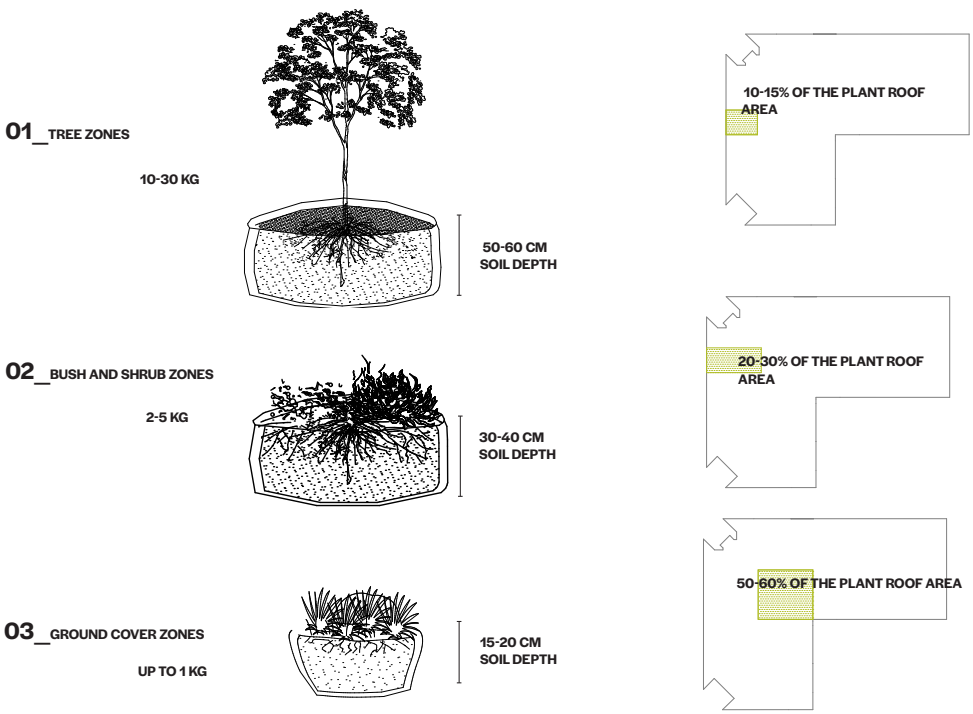
RECORDING PROCESS_

the design approach and architectual trajectory

01_BOTANIC GARDEN SPECIFICATION

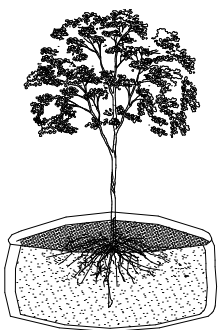


RECORDING PROCESS_

the design approach and architectual trajectory

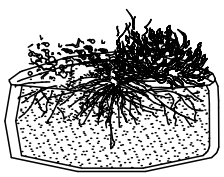
01_BOTANIC GARDEN SPECIFICATION

01_TREE ZONES



12

02_BUSH AND SHRUB ZONES



14

03_GROUND COVER ZONES



30

POSSIBLE PLANT LAYOUT AND QUANTITIES:

**10-15% FOR MEDIUM/ SMALL TREES OR MEDIUM BUSI
SOIL):**

TREES:

2-4 MIDDLE SIZE TREES
2-3 SMALL PALMS
3-5 BIGGER BUSHES/SHRUBS

F.E
Spiny Tree-fern - 桫欏科 Cyatheaceae
Cycad-fern - 烏毛蕨科 Blechnaceae,
Dwarf Fan Palm
Love Apple -百合科 Liliaceae,

20-30% FOR BUSHES AND MEDIUM PLANTS (30-40 CI

5-7 BAMBOO
5-7 MEDIUM SHRUBS

F.E.
Shiuying Bamboo - 禾本科 Poaceae
Tender Shoot Bamboo -禾本科 Poaceae
Fortune's Cape Jasmine - 茜草科 Rubiaceae
Gardenia jasminoides - 茜草科 Rubiaceae

50-60% GROUND COVER PLANTS AND FERNS (15-20 (

20-30 SMALLER PLANTS OR FERNS AND GROUND-COVERING

ARCHICAD EDUCATION

F.E.
Cycad-fern 烏毛蕨科 Blechnaceae
Foothed Black Tree-fern - 桫欏科 Cyatheaceae
Chinese Lawn Grass- 禾本科 Poaceae
Grass-leaved Sweet Flag -菖蒲科 Acoraceae
Sawgrass - 莎草科 Cyperaceae
Woolly Philydrum - 田蔥科 Philydraceae

RECORDING PROCESS_

the design approach and architectual trajectory

01_ BUILDING'S ENVIRONMENTAL DESIGN

1.1_COOLING AND VENTILATION SYSTEM

01_NATURAL VENTILATION AND CHIMNEY EFFECT ENHANCED

Cross ventilation and big openings support the air circulation, the voids cause the chimney effect

02_RADIANT FLOOR COOLING SYSTEM

This system circulates cool water through pipes embedded in the floor, creating a cooling effect without direct air movement. It's quieter, provides even cooling, and is less drying than air conditioning.

03_GEOTHERMAL COOLING WITH UNDERGROUND WATER

In tropical region of Hong Kong, underground areas- (few meters below) maintain a cooler temperature than the surface, circulating water in pipes in the basement absorbs the natural coolness of the ground.

04_CONNECTION WITH RAINWATER HARVESTING:

Rainwater collected from the rooftop storaged in the -2 basement tank and filtered to support the radiant cooling system

05_GARDENS FOR PASSIVE COOLING

Thermal mass and evapotranspiration. Both the roof scent garden and the botanical conservatory will help regulate building temperature.
The plants' evapotranspiration process, combined with the soil's thermal mass, provides a natural cooling effect.

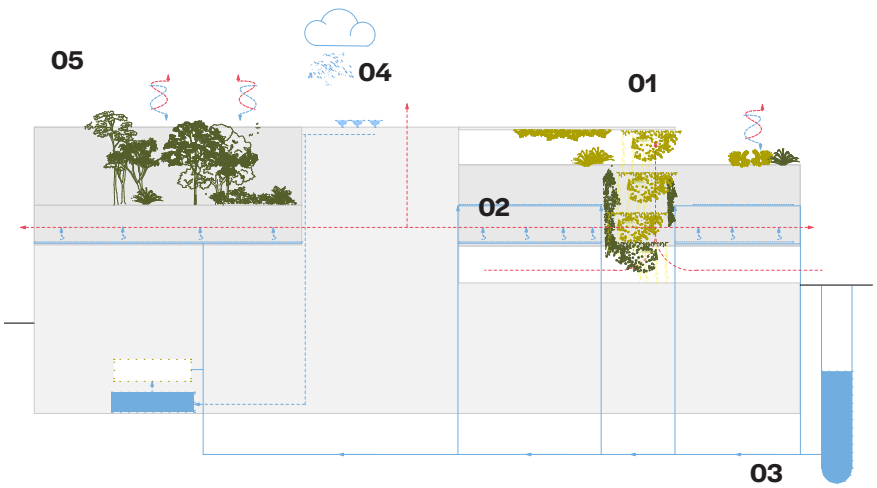
Vertical Garden shading clumbing garden acts as a natural shade screen, minimizing solar heat gain in that area and reducing cooling demands.

RECORDING PROCESS_

the design approach and architectual trajectory

01_ BUILDING'S ENVIRONMENTAL DESIGN

1.1_COOLING AND VENTILATION SYSTEM



RECORDING PROCESS_

the design approach and architectual trajectory

01_ BUILDING'S ENVIRONMENTAL DESIGN

1.1_IRRIGATION SYSTEM

01_RAINWATER HARVESTING AND STORAGE

Rainwater collection by rain gutters on the building's rooftop, channeling it into isolated storage tanks in the -2 basement. From the basement storage, rainwater is pumped to irrigate the rooftop floral garden and the conservatory garden.

02_RAINWATER PUMPED BY HEAT PUMP MECHANISM

03_DRIP IRRIGATION AND MOISTURE SENSORS

Drip irrigation system at plant's base minimize water waste. The drip system is zoned for different areas according to the specific needs of each plant group. Moisture Sensors track the soil moisture levels, optimizing irrigation and re ducing over-watering and building structure overload .

04_GREYWATER RECYCLING

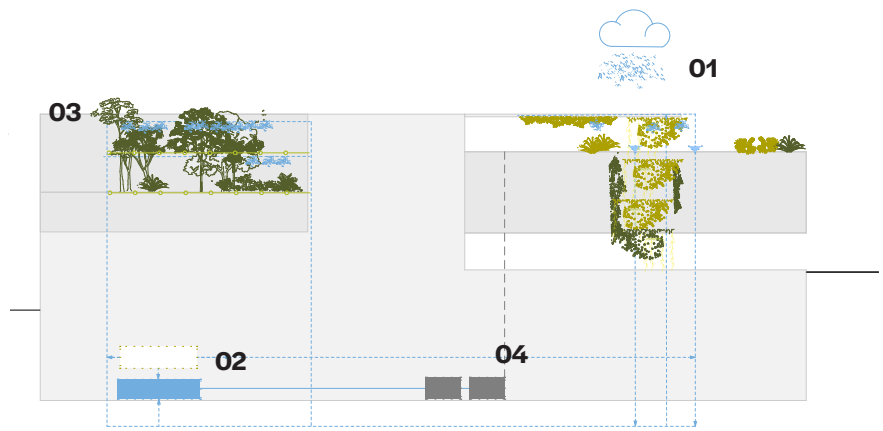
Greywater is filtered, could and used to irrigate in times of low rainfall.

RECORDING PROCESS_

the design approach and architectual trajectory

01_ BUILDING'S ENVIRONMENTAL DESIGN

1.1_IRRIGATION SYSTEM



RECORDING PROCESS_

the design approach and architectual trajectory

01_ BUILDING'S ENVIRONMENTAL DESIGN

1.1_ENERGY AND WASTE SYSTEM

01_SOLAR PANELS INTEGRATION

Energy from lightweighted solar power the pumps for the rainwater irrigation system.

02_WASTE-TO-COMPOST SYSTEM

From the garden waste the compost stored in the -1 basement can be used to enrich the garden soil and is for staying the gardens living enviroment ecological.

03_AIR PURIFICATION THROUGH PLANT SELECTION

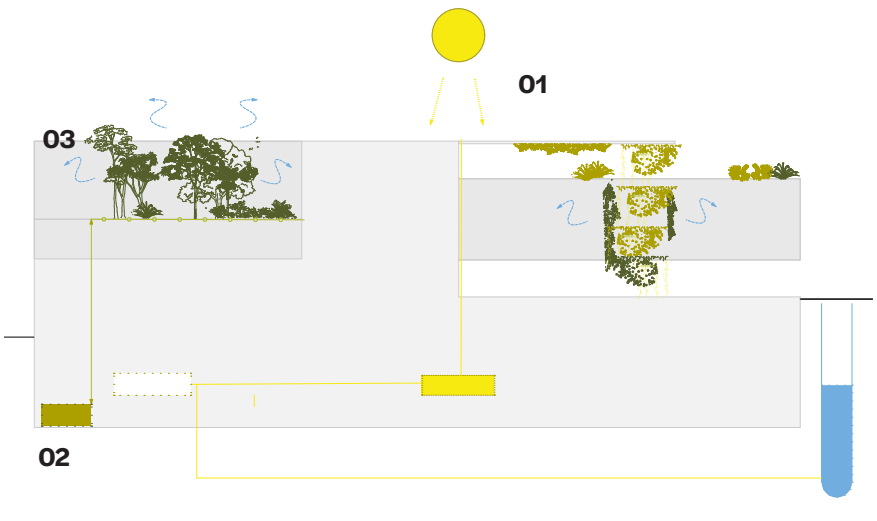
High Oxygen-Producing Plants in Conservatory like ferns and palms are effec tive at filtering air pollutants.

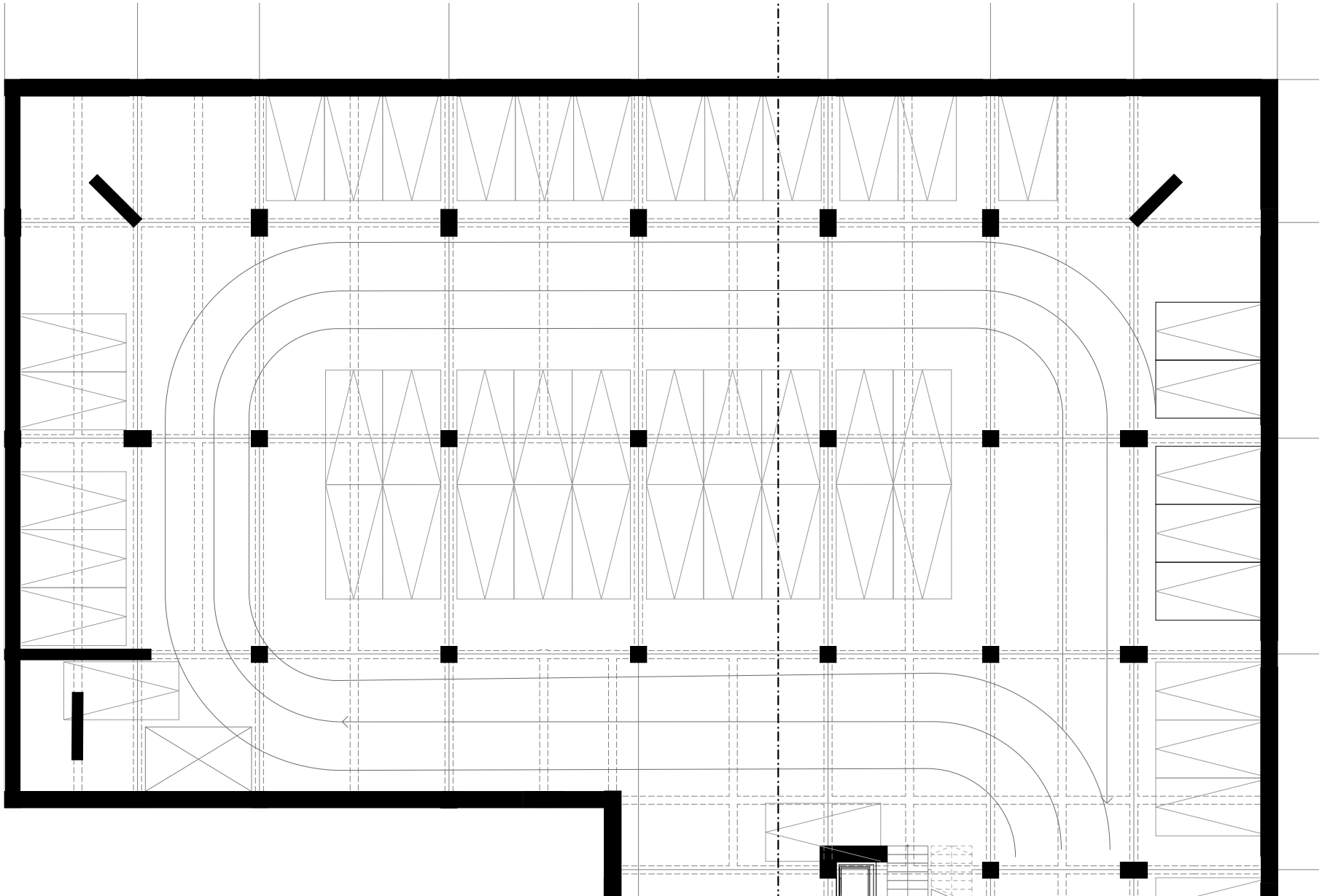
RECORDING PROCESS_

the design approach and architectual trajectory

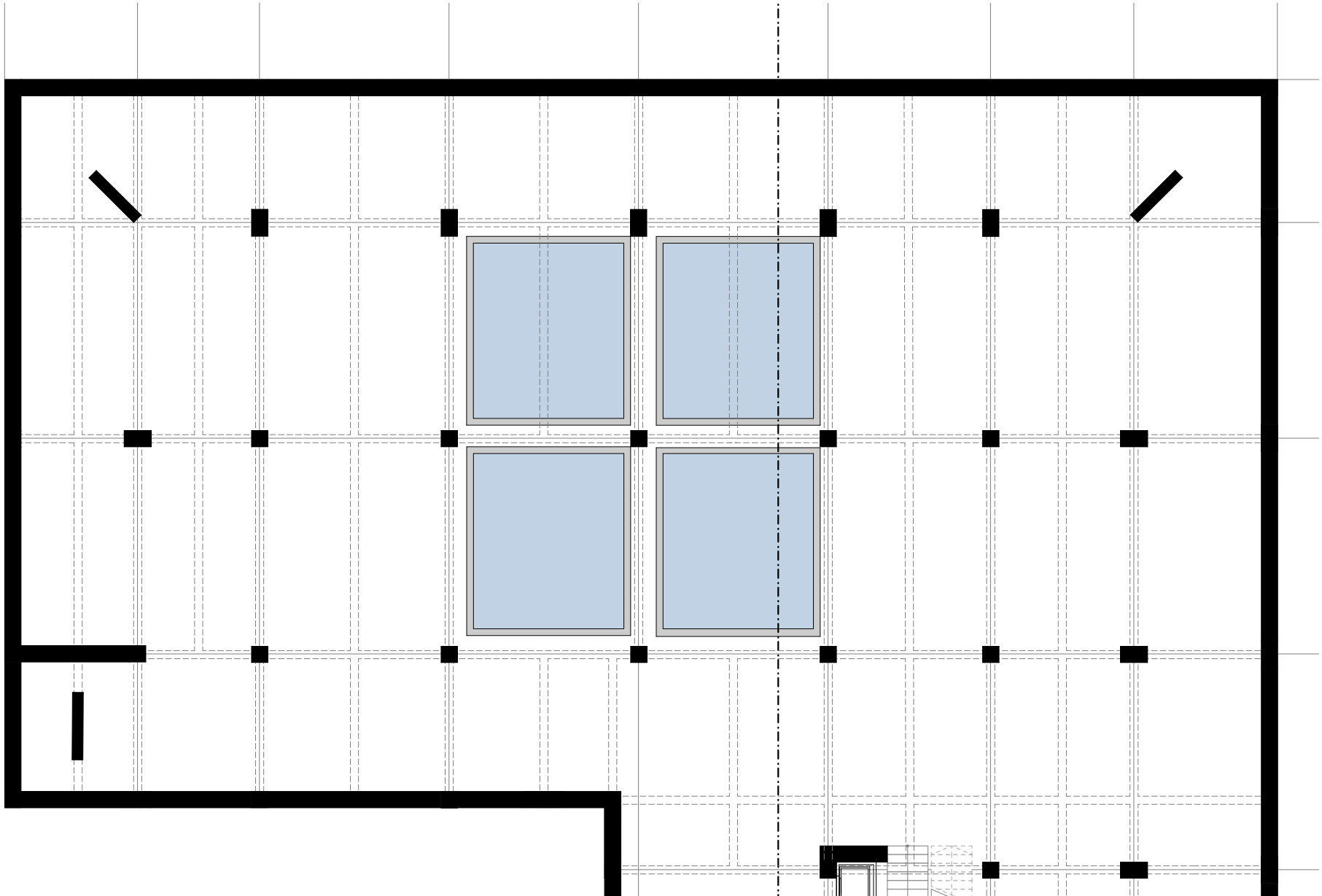
01_ BUILDING'S ENVIRONMENTAL DESIGN

1.1_ENERGY AND WASTE SYSTEM





FLOOR PLAN -2, EXISTING CONDITION, 1:200



FLOOR PLAN -2, FINAL, 1:200

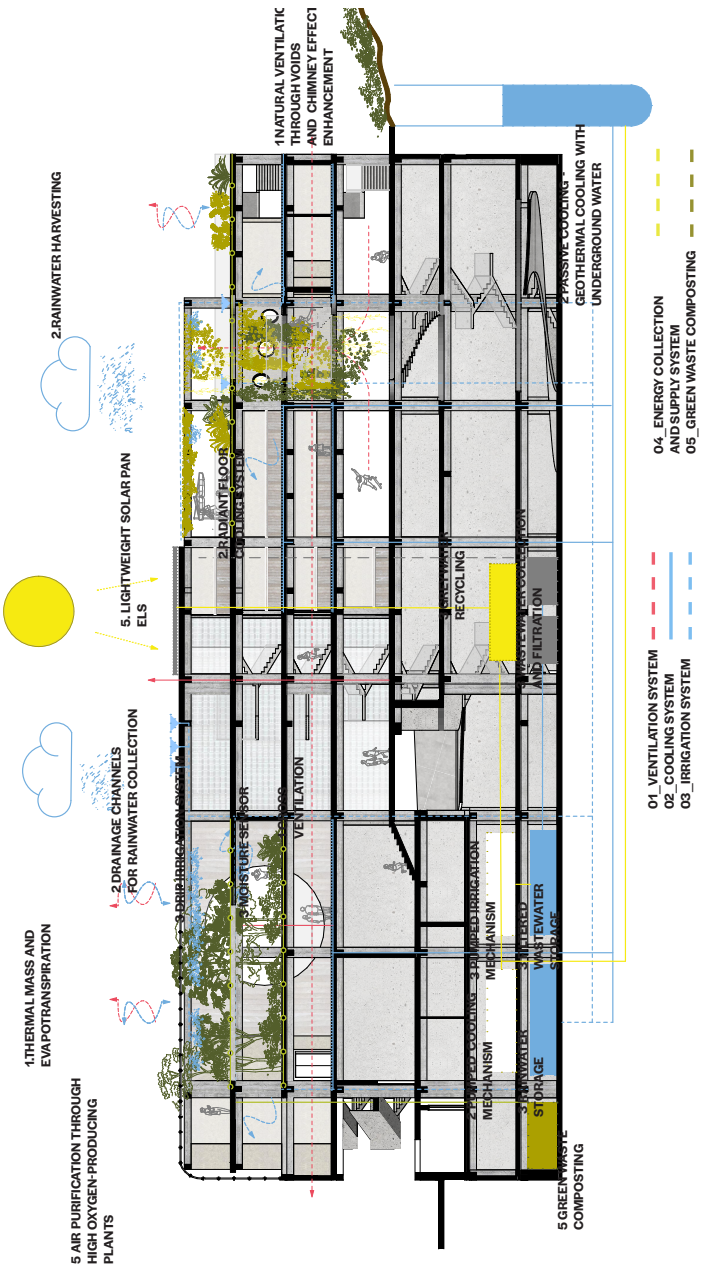
0221 ALICJA_JURKOWSKA

RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

RECORDING PROCESS_

the design approach and architectual trajectory

01_ BUILDING'S ENVIRONMENTAL DESIGN

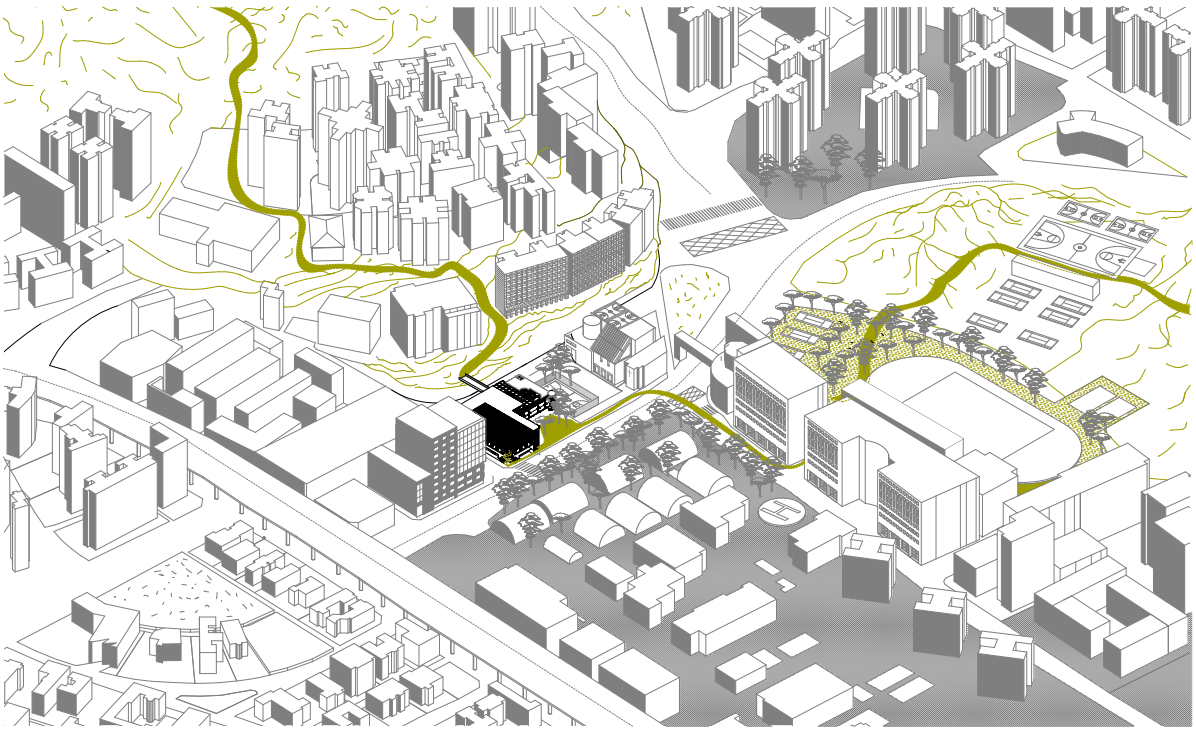


MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

RECORDING PROCESS_

the design approach and architectual trajectory

01_ NATURE CONNECTOR



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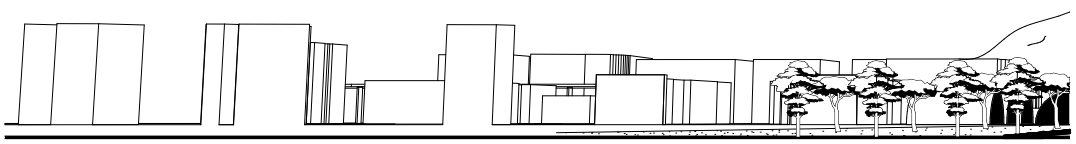
RECORDING PROCESS_

the design approach and architectual trajectory

01_ NATURE CONNECTOR



MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

RECORDING PROCESS_

the design approach and architectual trajectory

01_ NATURE CONNECTOR



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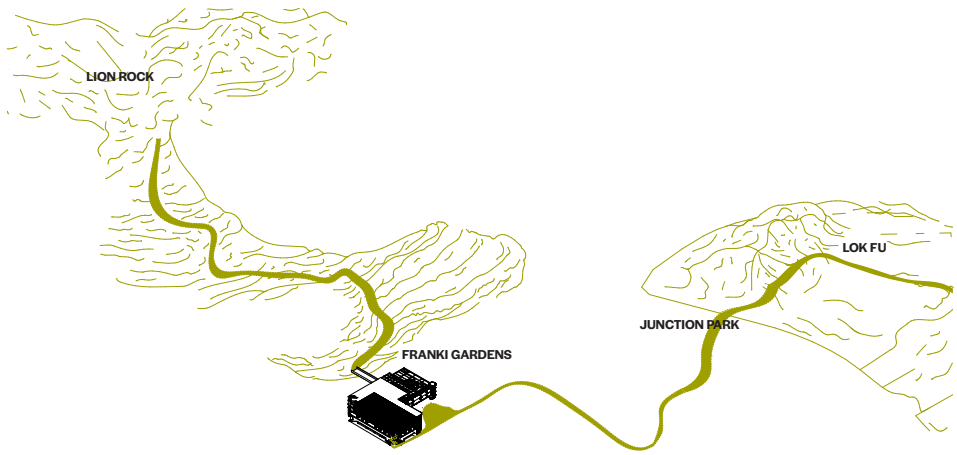
0225

RECORDING PROCESS_

the design approach and architectual trajectory

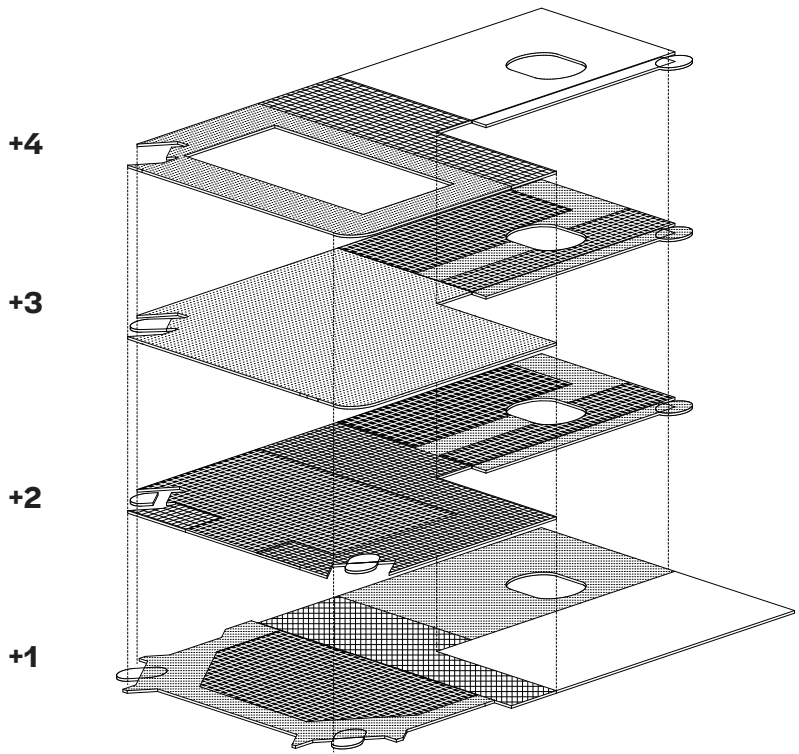
01_ NATURE CONNECTOR



RECORDING PROCESS_

the design approach and architectual trajectory

01_EINVIRONMENTAL SPACIAL DIVISION



FULLY OUTDOOR (UNPROTECTED) / EXPOSED (NO ROOF, NO COOLING

SEMI-OUTDOOR (SHADED) / SHELTERED (ROOF, NO COOLING)

INDOOR (PARTIALLY EXPOSED) ➳ TRANSITION (PARTIALLY ROOFED, NO COOLING)

INDOOR (CONTROLLED) ➳ CONDITIONED (ROOFED, COOLED)

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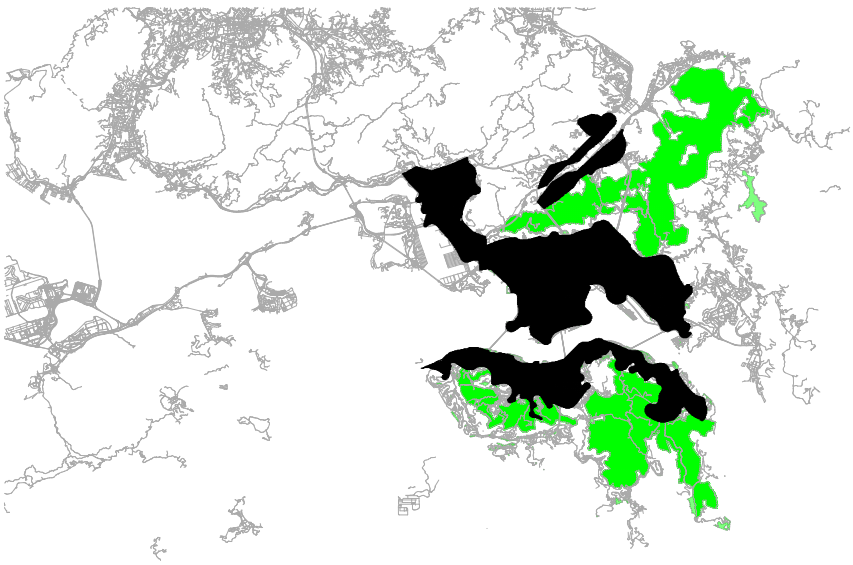
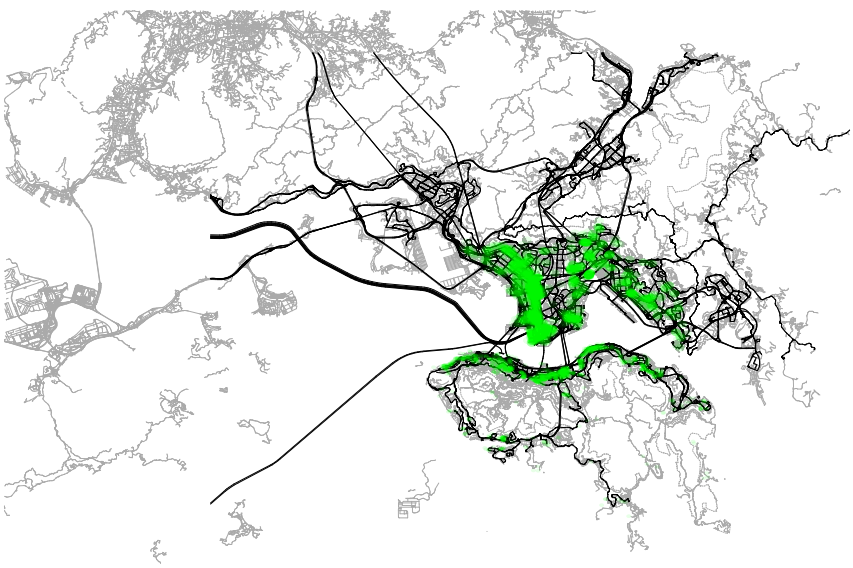
RECORDING PROCESS_

the design approach and architectual trajectory

01_ MAPPING HONG KONG



greenery map vs urban fabric in Hong Kong



greenery map vs urban fabric in Hong Kong

RECORDING PROCESS_

the design approach and architectual trajectory

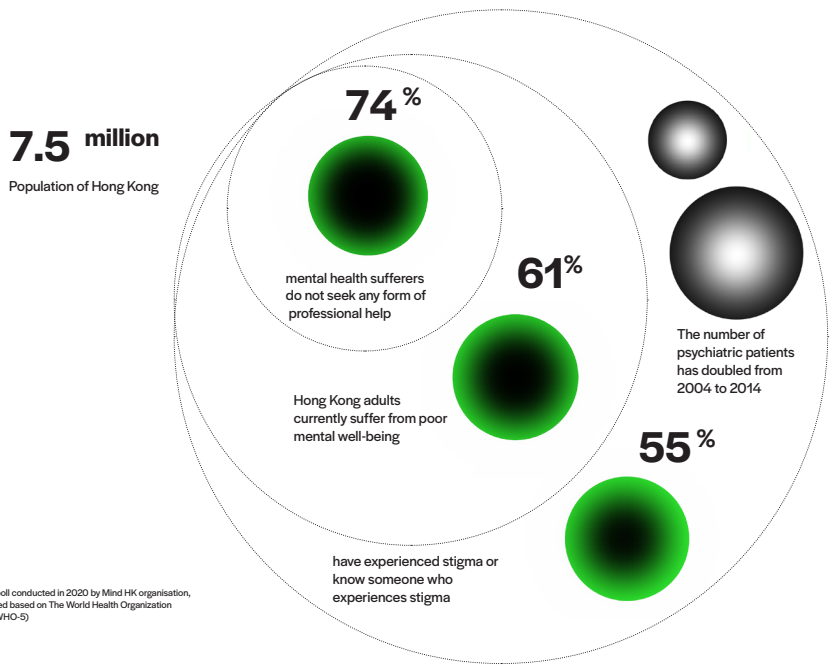
01_ HONG KONG'S CONDITIONS DATA



RECORDING PROCESS_

the design approach and architectual trajectory

01_ HONG KONG'S CONDITIONS DATA



* data from public poll conducted in 2020 by Mind HK organisation, key findings analysed based on The World Health Organization Well-being Index (WHO-5)

DESIGN RESEARCH_

approach and evaluation of the project

01_GARDENS THROUGH TIME



figure 111: *Im Paradies, Hans Thoma, 1891*

The garden has a long history, and comes in many forms and functions. The one-dimensional idea of the garden as paradise is fraught with its natural limitations. Once we move away from the ancient Western ideal of the garden of Eden, we see a wide variety of gardening across cultures. [31]

DESIGN RESEARCH_

approach and evaluation of the project

01_GARDENS THROUGH TIME



figure 112: ***Pierre Patel, Vue du chateau de Versailles en 1669***

Gardens have never been completely detached but are always influenced by outside interests. Our garden ideals - which we always believed to be personal - have long been shaped by influences both political and commercial. Exactly whose interests are reflected in gardens becomes clear on a closer look at garden history.[31]

DESIGN RESEARCH_

approach and evaluation of the project

01_GARDENS THROUGH TIME



figure 113: ***Derek Jarman, Prospect Cottage Garden at Dungeness, Kent, UK, from 1986 part of exhibition Garden Futures: Designing with Nature by Vitra Design Museum and Het Nieuwe Instituut***

The garden has always been a paradise and a place of refuge. A reflection of identities, dreams and visions, a world in miniature. .[31]

DESIGN RESEARCH_

approach and evaluation of the project

01_GARDENS THROUGH TIME



figure 114: ***Choucha-Camp-Tunisia, by Henk Wildschut***
part of exhibition Garden Futures: Designing with Nature
by Vitra Design Museum and Het Nieuwe Instituutby Vitra Design Museum and Het Nieuwe Instituut

> It doesn't matter if it's a private small-scale utopia or a patch of land painstakingly wrested from nature, a strictly arranged work of art or an enduring naturalistic paradise. The form that people give to their gardens always reveals their own relationship to nature - and sometimes that of entire cultures and eras.[31]

DESIGN RESEARCH_

approach and evaluation of the project

02_COLONIAL LAWNS AND CONCRETE GREENS



figure 115: ***Public Gardens ,Hong Kong ca. 1840***

01_BOTANIC GARDEN

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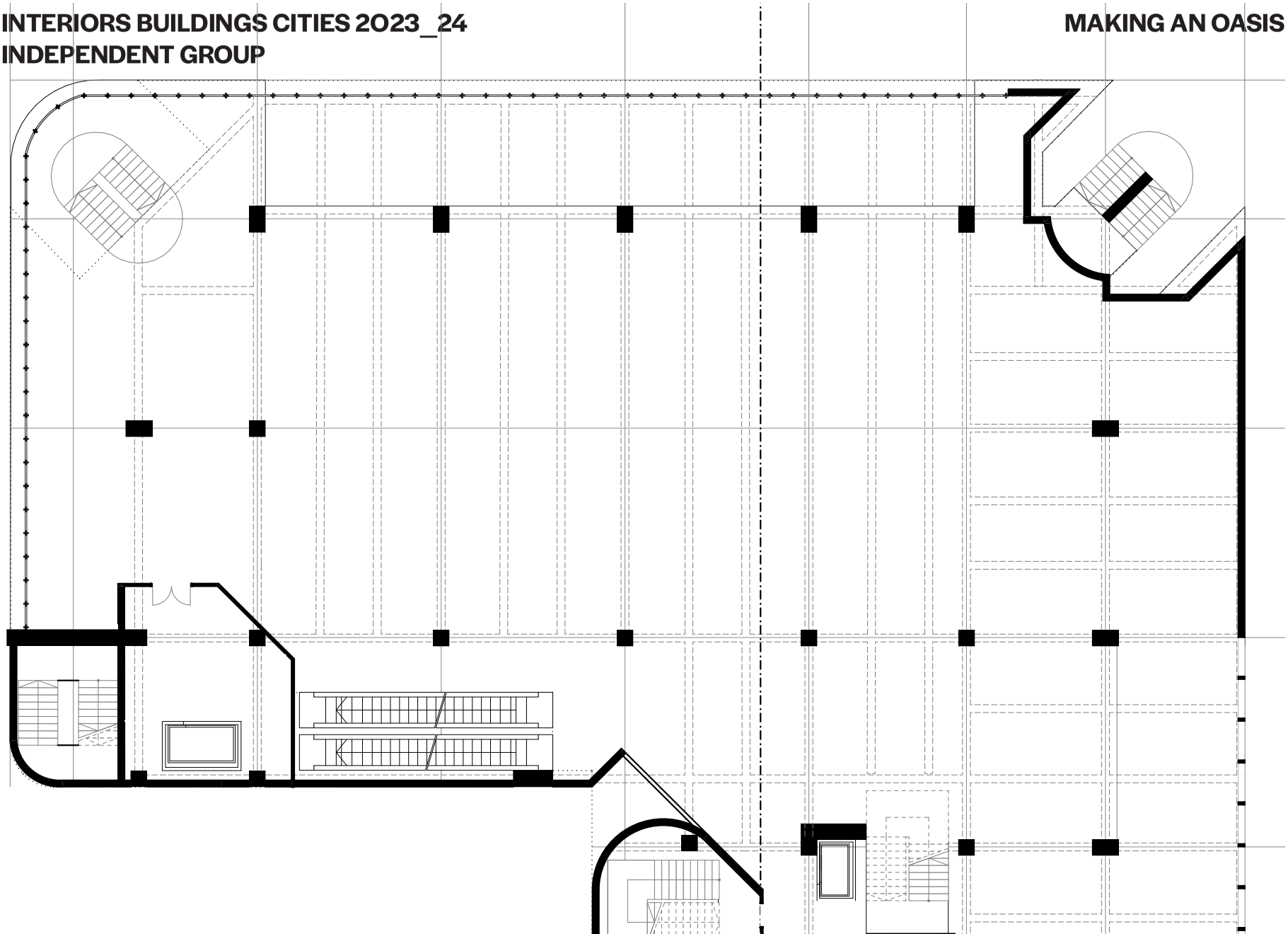

FLOOR PLAN +3, EXISTING CONDITION, 1:200

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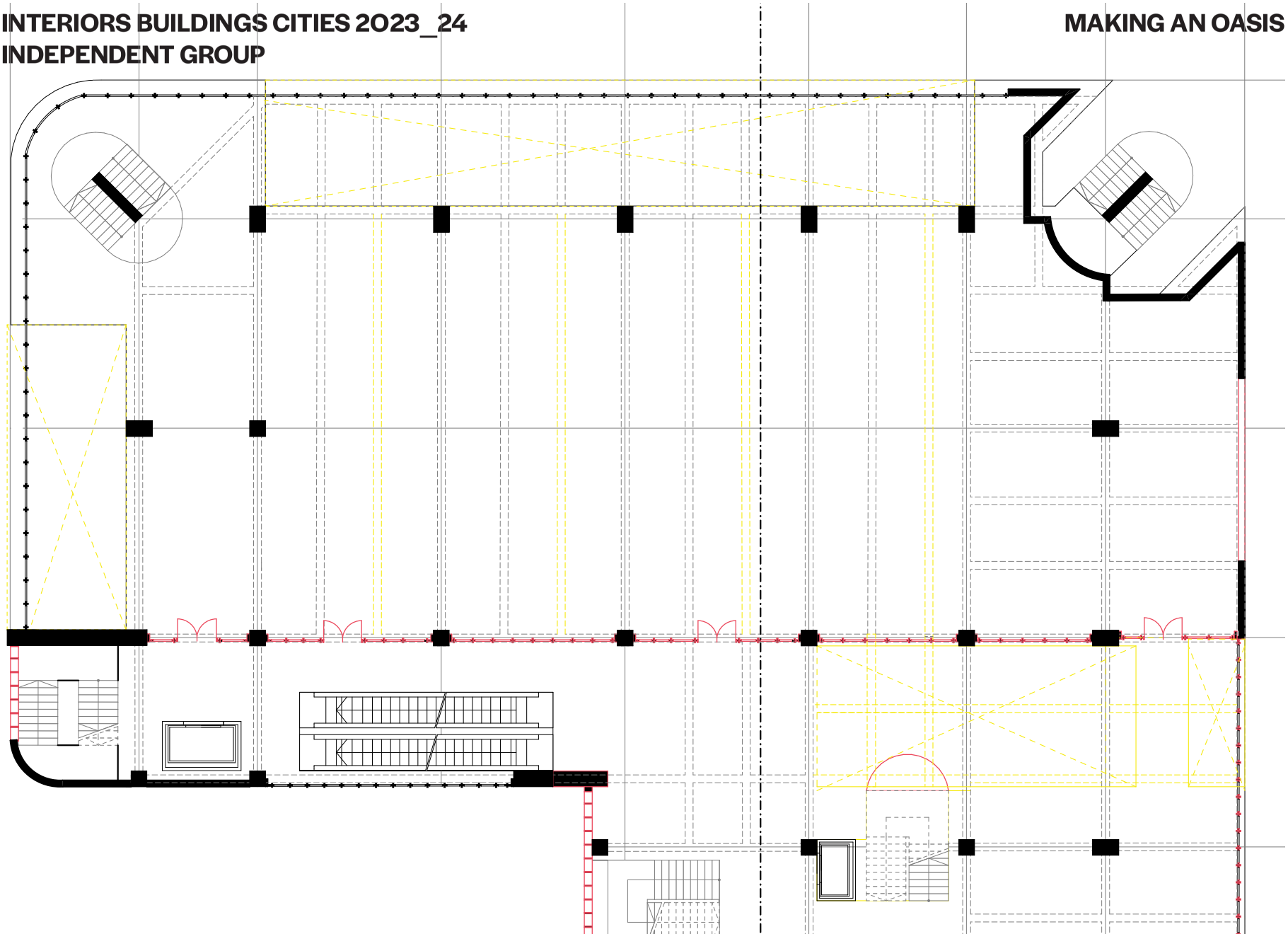

FLOOR PLAN +3, INTERVENTION / CONSTRUCTION PHASE PLAN,1:200

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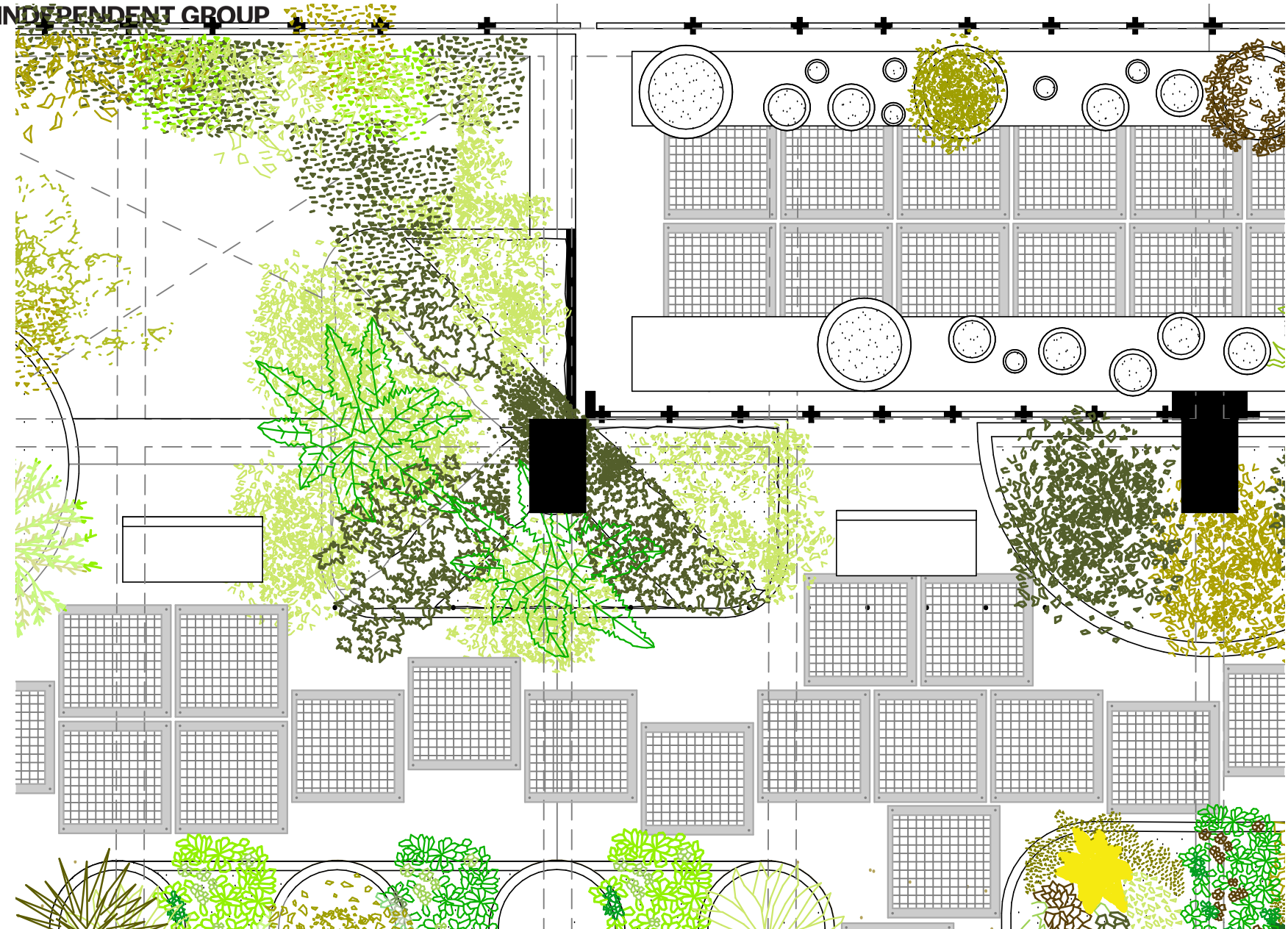
MAKING AN OASIS



FLOOR PLAN +3 FINAL, 1:200




FINAL 1:50

MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

DESIGN RESEARCH_

approach and evaluation of the project

03_DETAILS



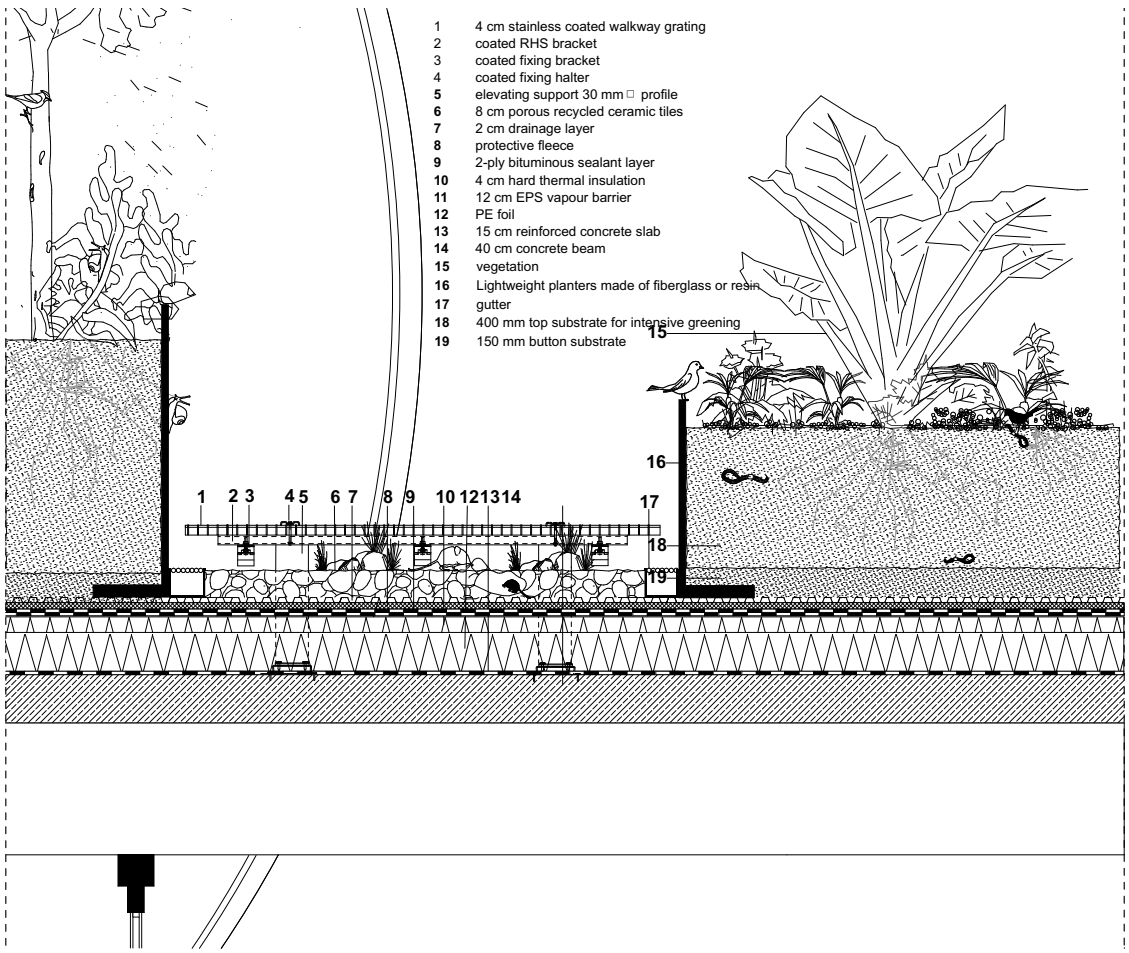
INTERIORS BUILDINGS CITIES 2023_24
INDEPENDENT GROUP

DESIGN RESEARCH_

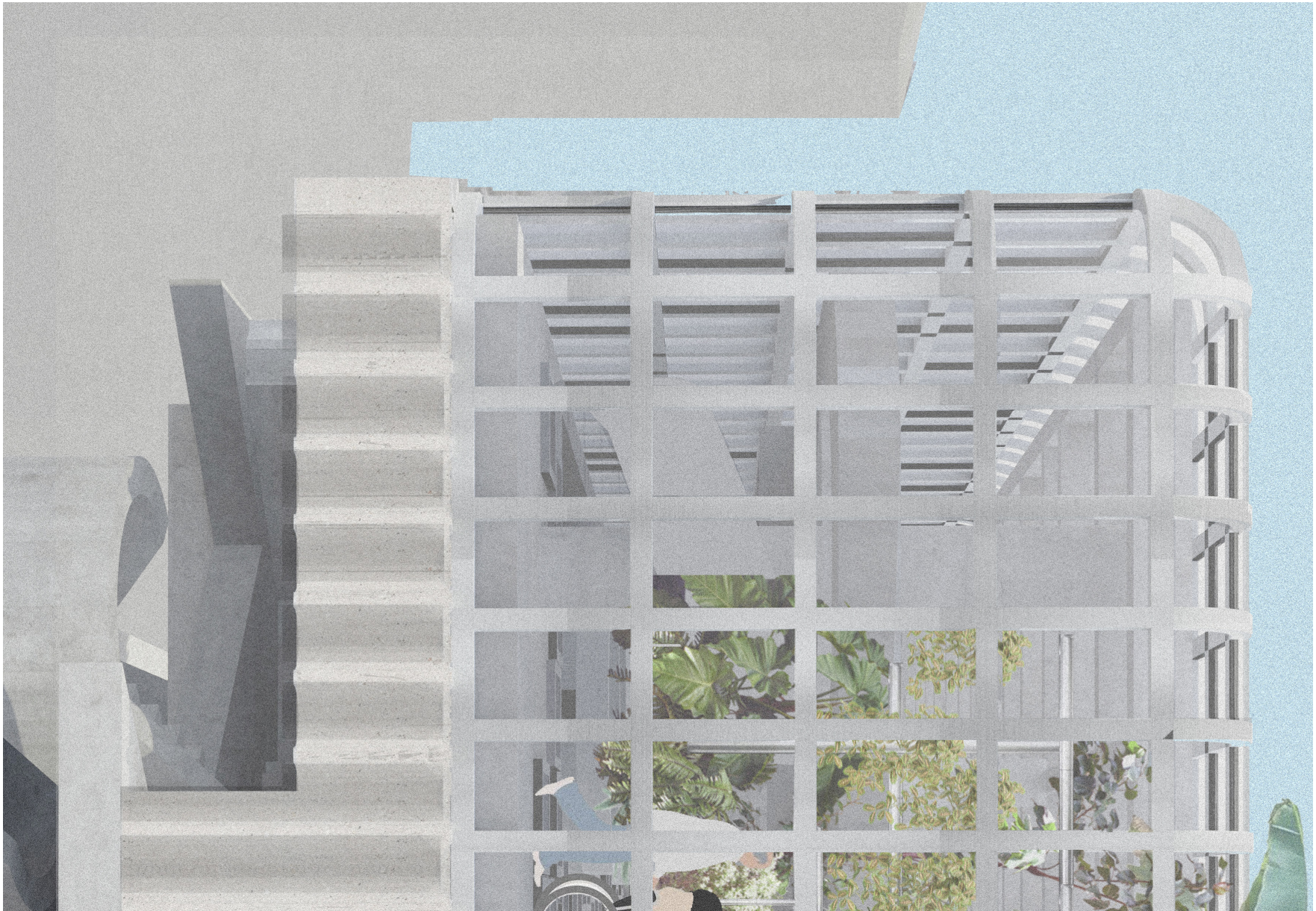
approach and evaluation of the project

03_DETAILS

3.1_BOTANIC GARDEN



MAKING AN OASIS



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RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

DESIGN RESEARCH_

approach and evaluation of the project

04_CHINESE DREAMS, BORROWED SKIES



figure 116: ***ting yuan on painting***

Chinese gardens did not emerge from a connection to everyday life, but was rather distinct from the functional. One of the earliest forms, the ting yuan, was designed purely as a pleasure garden, with no practical functions, enclosed and intentionally hidden from residential areas.[32]

32 Virgilio, "The Garden as Architecture : Form and Spirit in the Gardens of Japan, China, and Korea")

DESIGN RESEARCH_

approach and evaluation of the project

04_CHINESE DREAMS, BORROWED SKIES



figure 117: ***Liu Fang Yuan , the Garden of Flowing Fragrance in the Huntington's Chinese garden***

Similarly, the hua yuan, what literally means "flower garden," was conceived as an ornamental space rather than a practical one.Those gardens were set apart as an object for admiration and contemplation, offering tangible form of utopia.[32]

32 Virgilio, "The Garden as Architecture : Form and Spirit in the Gardens of Japan, China, and Korea")

DESIGN RESEARCH_

approach and evaluation of the project

04_CHINESE DREAMS, BORROWED SKIES

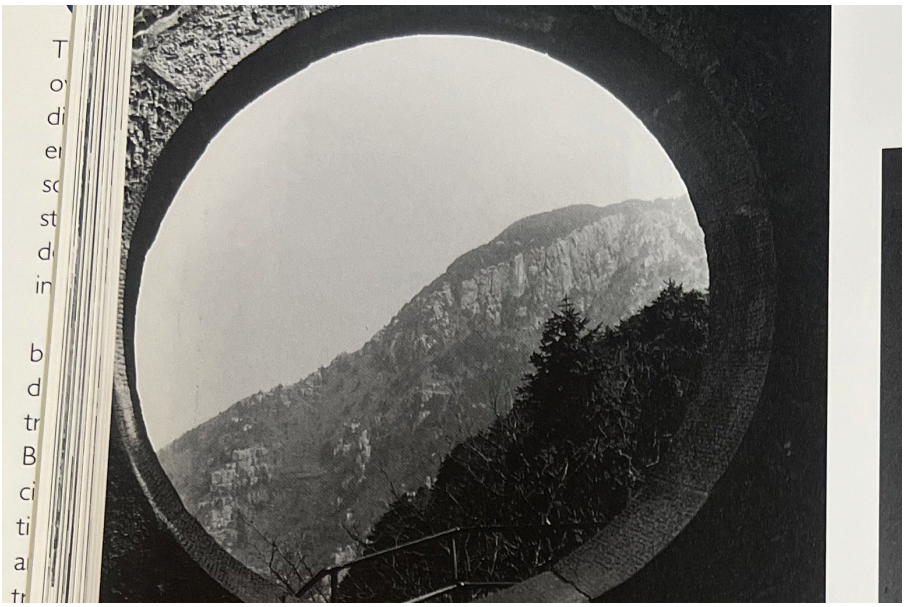


figure 118: ***borrowed scenery to mountain Lushan, book, The Garden as Architecture, by Virgilio***

Another defining feature of Chinese gardens is yangjing—the concept of borrowed scenery. This technique integrates distant landscapes, such as mountains, rivers, and fields, into the garden's composition, extending its visual and atmospheric depth.[32]

32 Virgilio, "The Garden as Architecture : Form and Spirit in the Gardens of Japan, China, and Korea")

DESIGN RESEARCH_

approach and evaluation of the project

04_CHINESE DREAMS, BORROWED SKIES

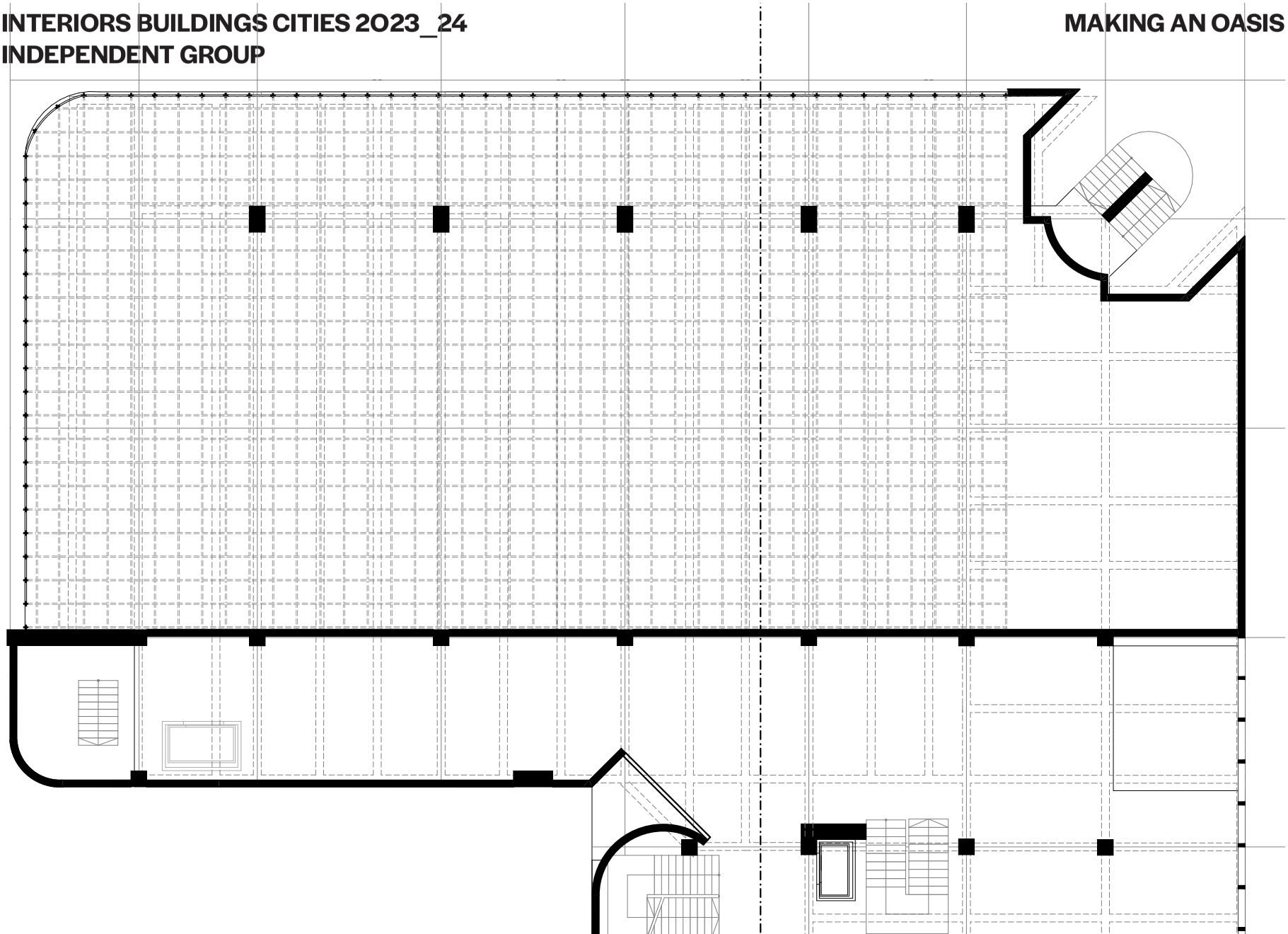


figure 119: ***photo of Nan Lian Garden, Hong Kong***

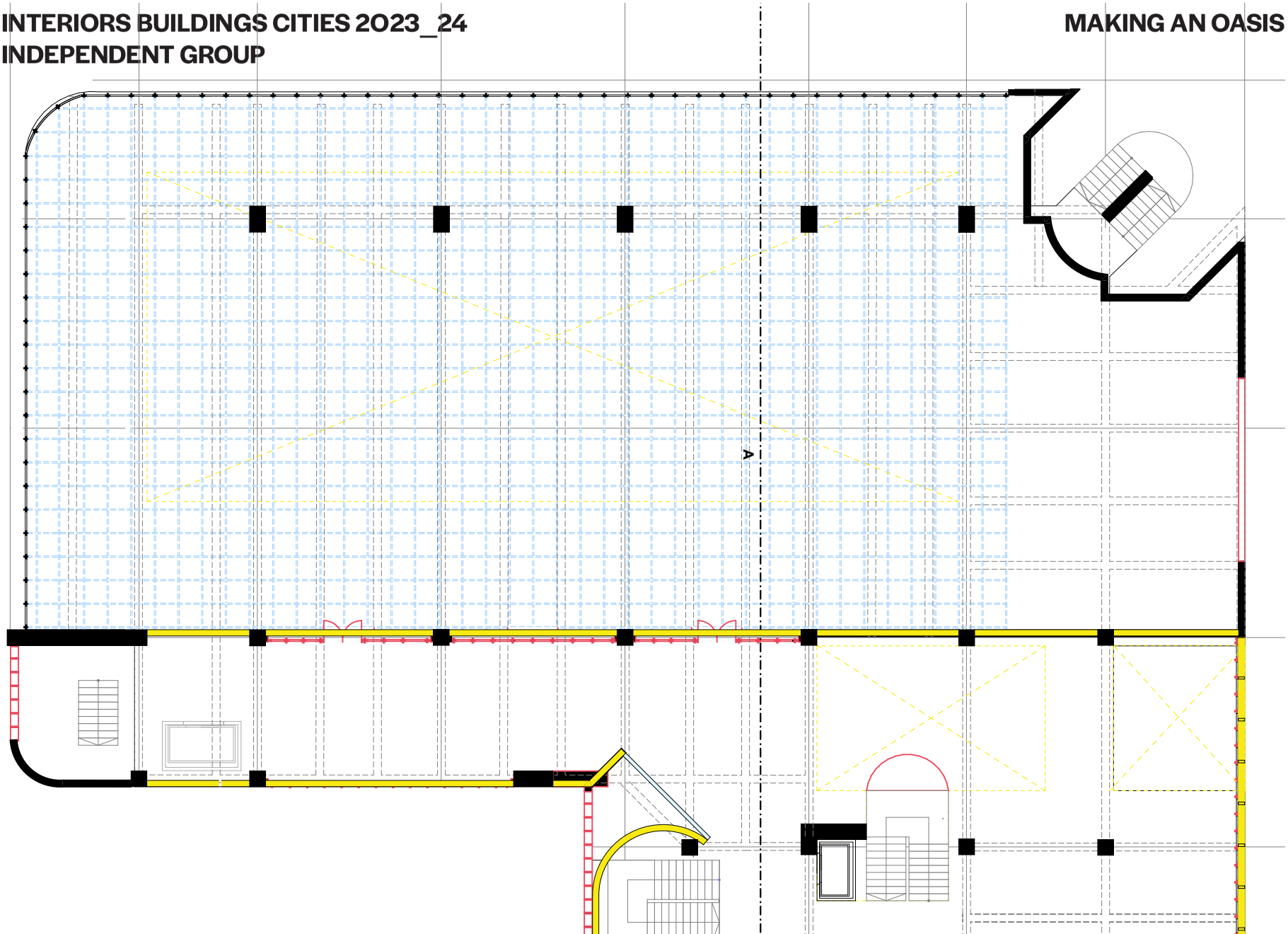
A related idea, yangjing above, frames elements like clouds, light, the moon, or treetops, reinforcing the garden's connection to nature beyond its physical boundaries. Together, these principles shape a garden not just as a contained space but as an illusion of an expansive, idealised world.[32]

32 Virgilio, "The Garden as Architecture : Form and Spirit in the Gardens of Japan, China, and Korea")

02_FLORAL GARDEN



FLOOR PLAN +4, EXISTING CONDITION, 1:200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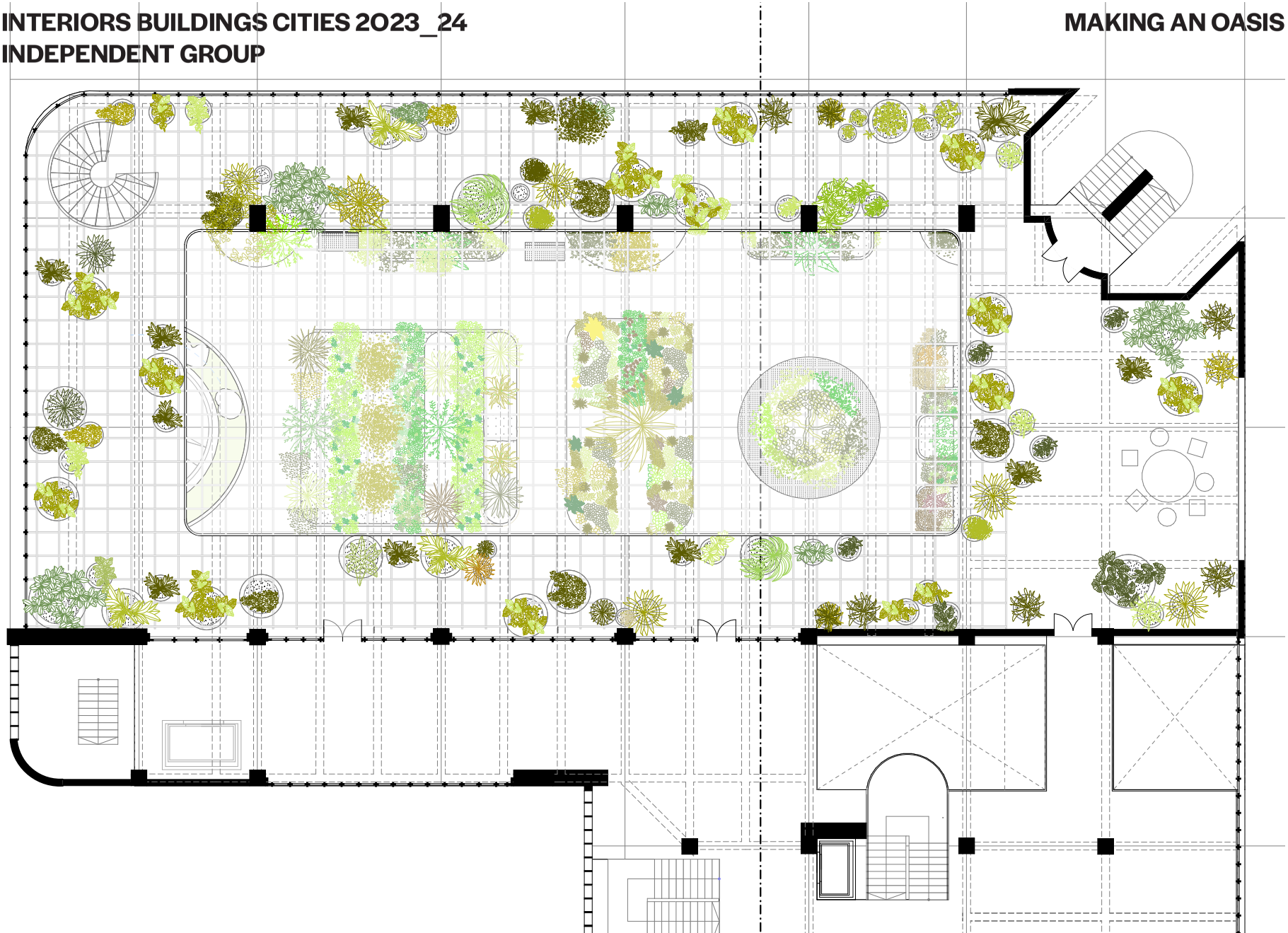
FLOOR PLAN +4, INTERVENTION / CONSTRUCTION PHASE PLAN,1:200

ALICJA_JURKOWSKA

MAKING AN OASIS

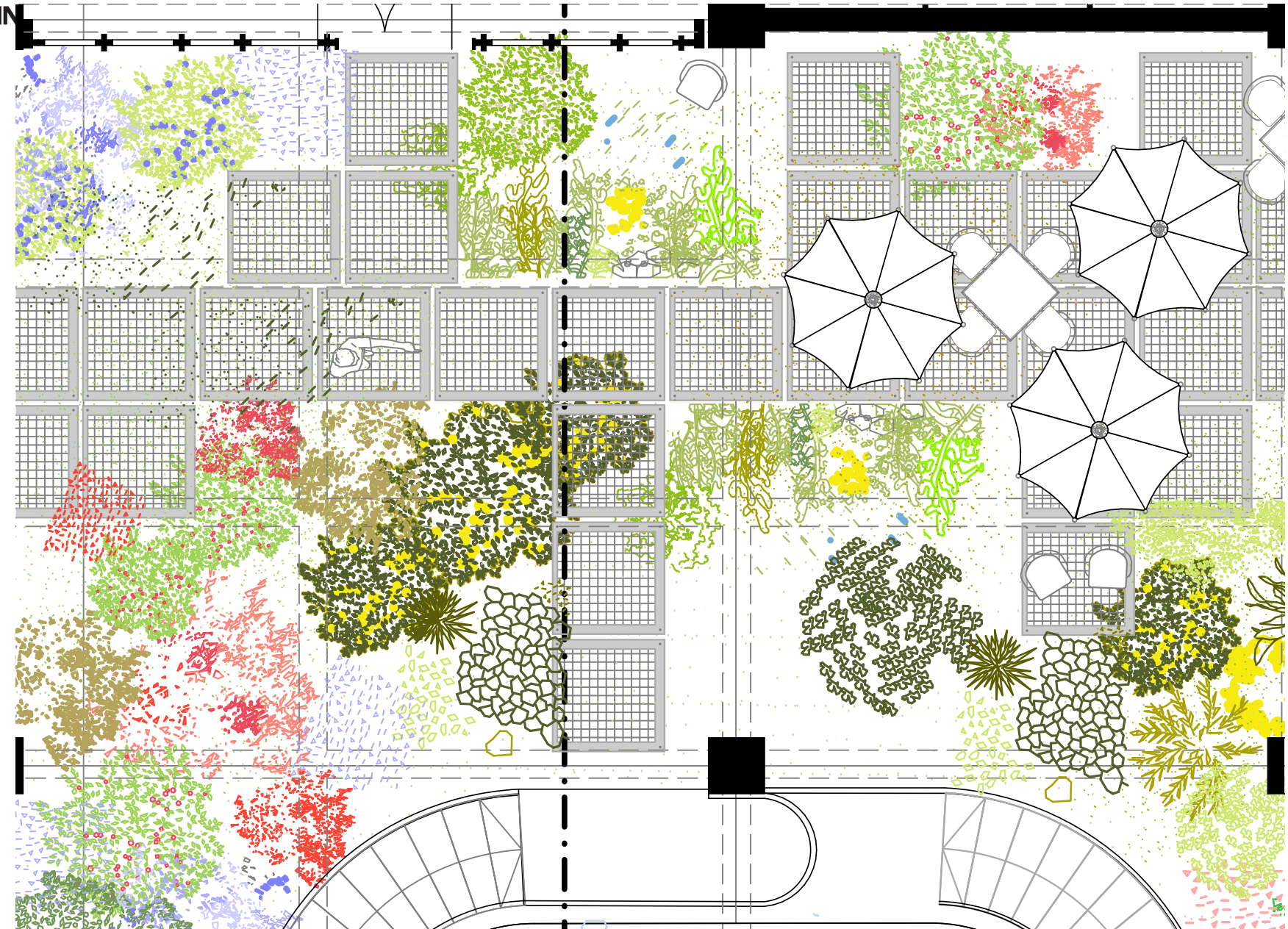


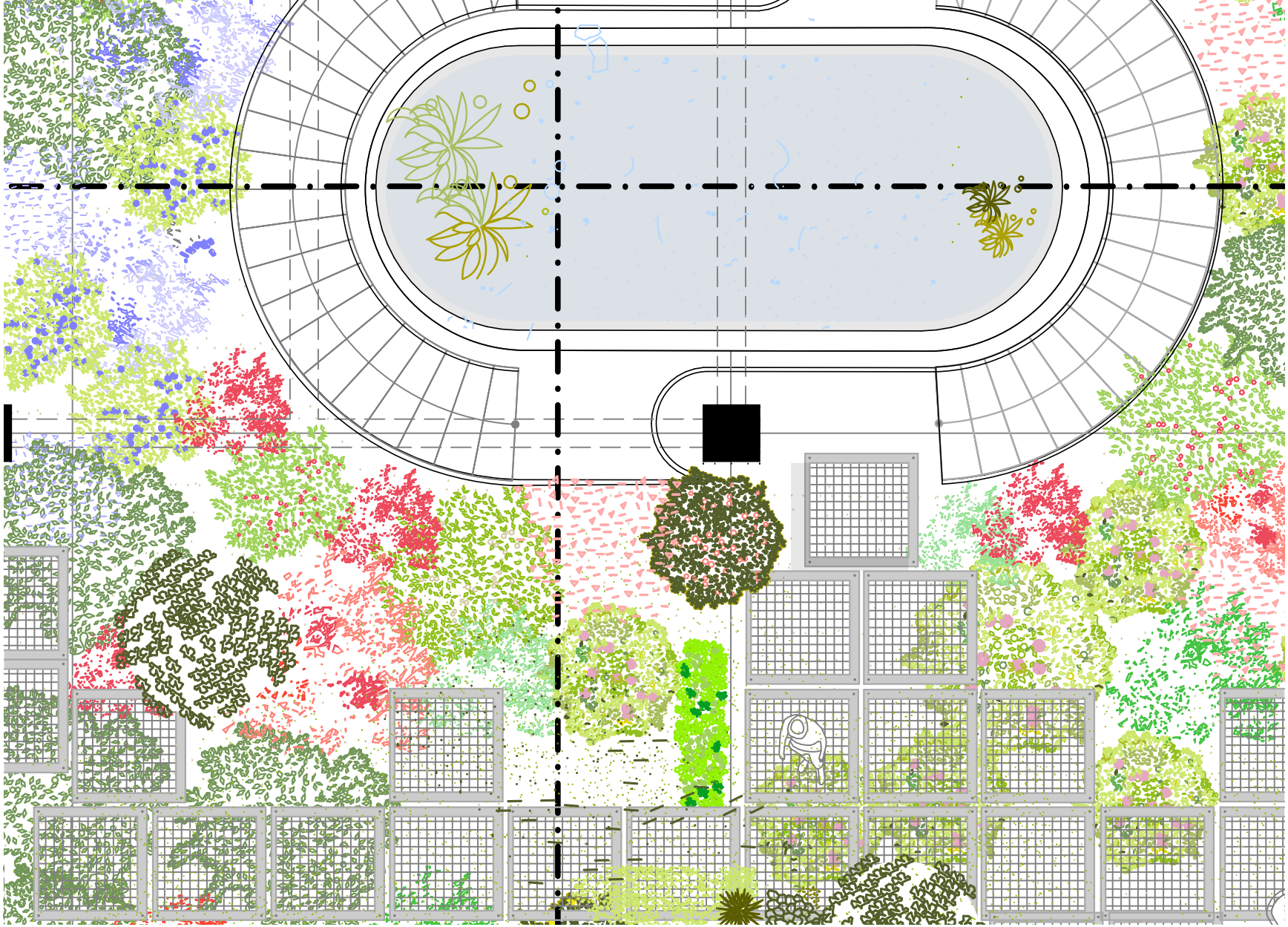
FLOOR PLAN +4 FINAL, 1:200

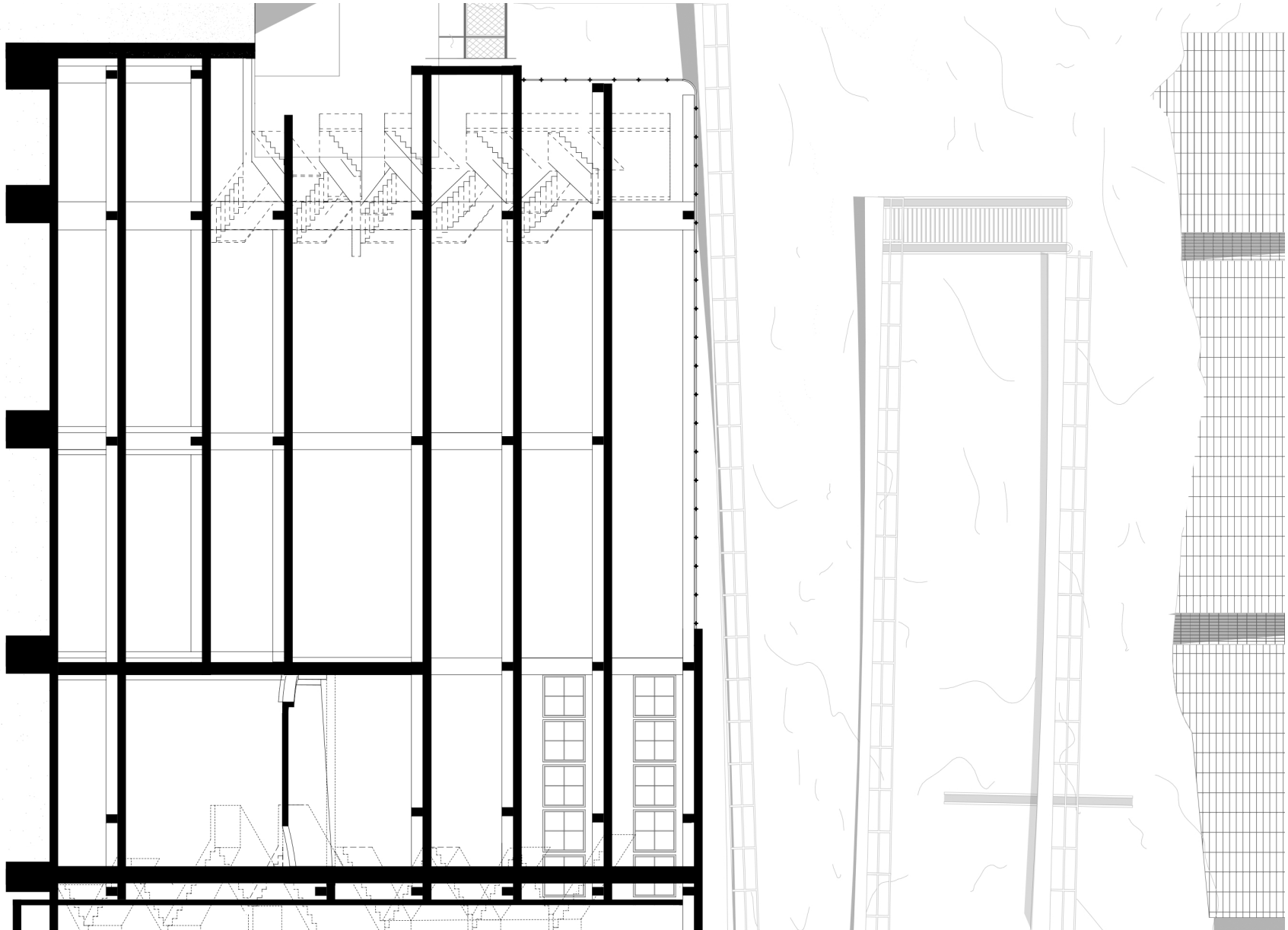
0261

ALICJA_JURKOWSKA

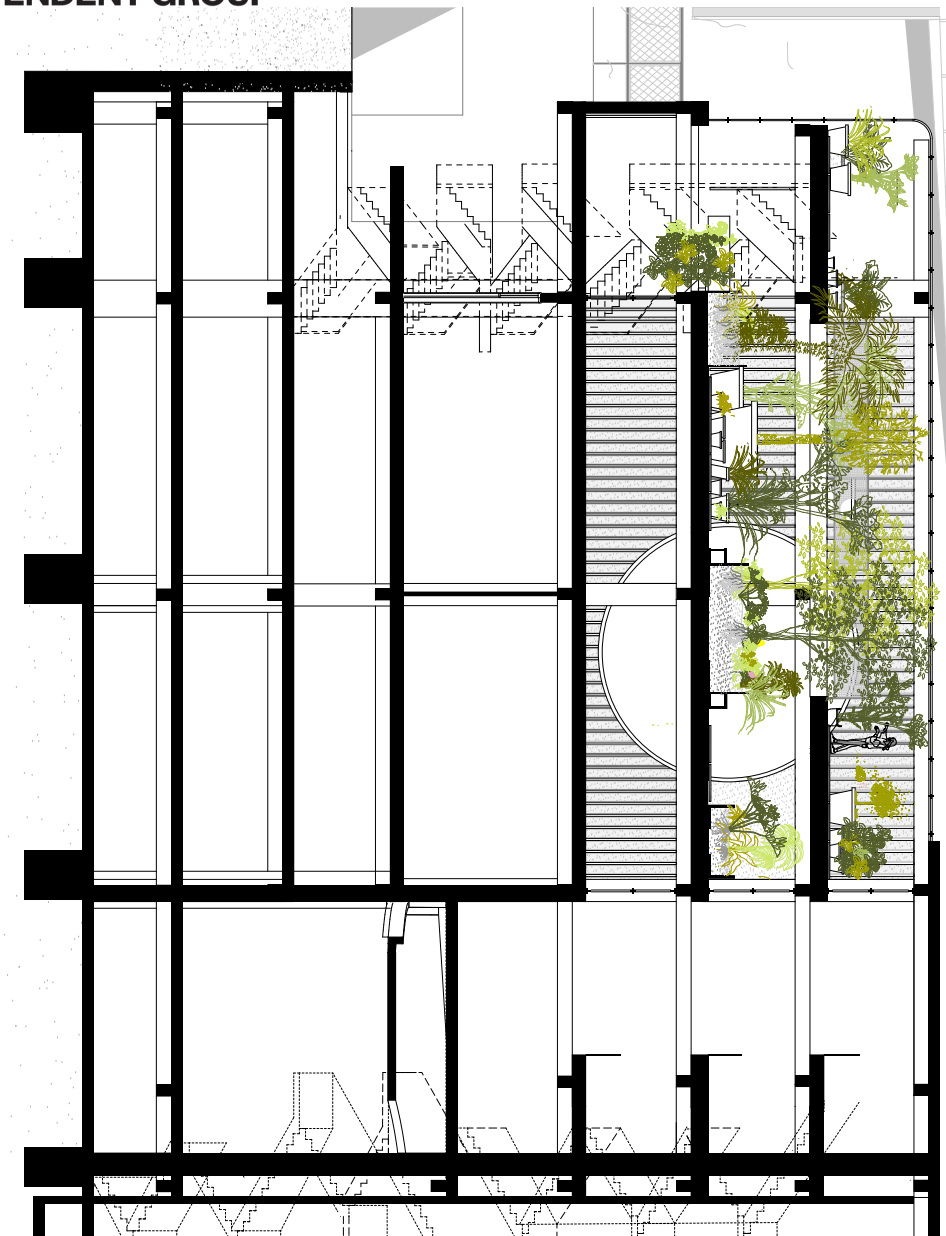
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG







SECTION A-A, EXISTING SITUATION, 1:200



SECTION A-A, FINAL, 1:200

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MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

DESIGN RESEARCH_

approach and evaluation of the project

05_DETAILS



INTERIORS BUILDINGS CITIES 2023_24
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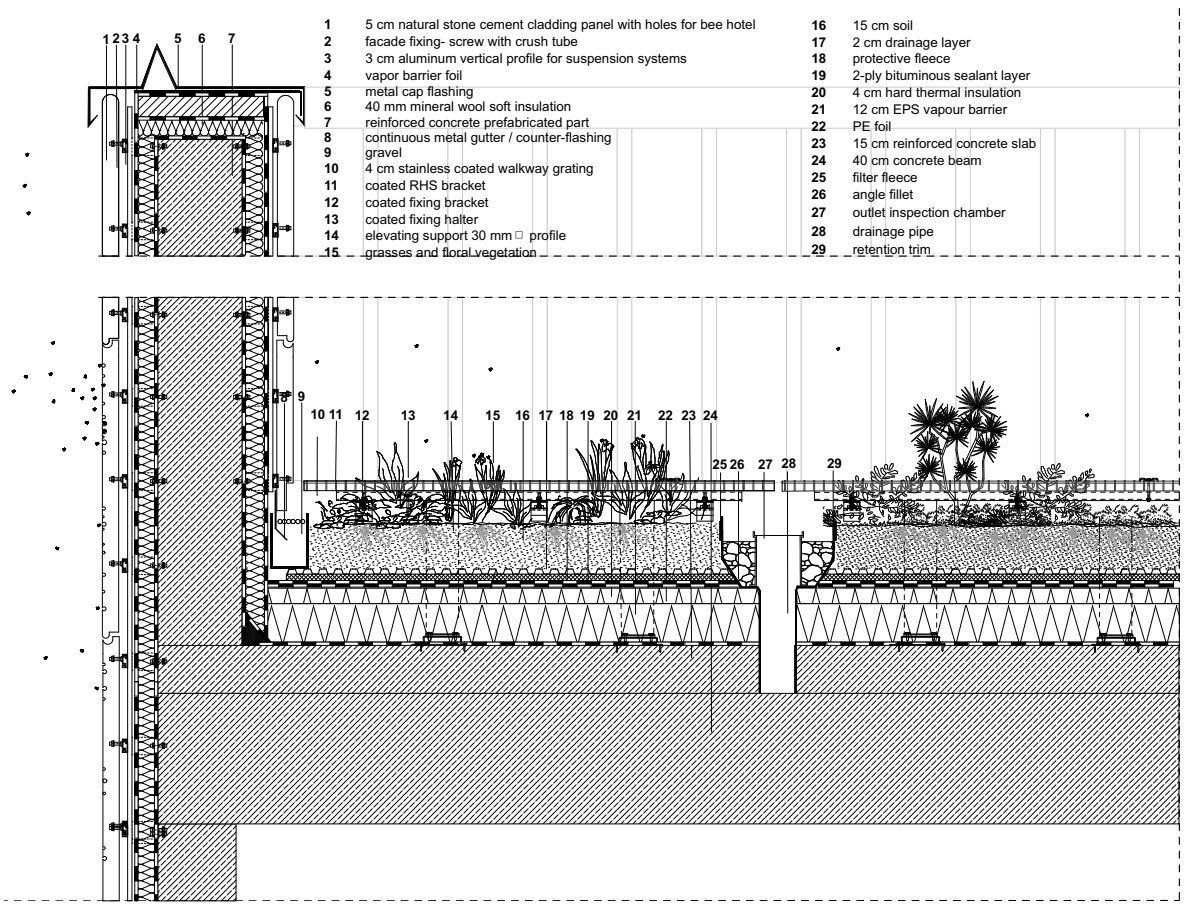
approach and evaluation of the project



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MAKING AN OASIS

0271

ALICJA_JURKOWSKA

RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

DESIGN RESEARCH_

approach and evaluation of the project

06_CLIMBING



figure 120: ***hostile takeover, photo by Alicja Jurkowska***

Climbing gardens may not have a long tradition, but as early as the 19th century, Darwin observed that specific plants move and adapt when it benefits their survival.

DESIGN RESEARCH_

approach and evaluation of the project

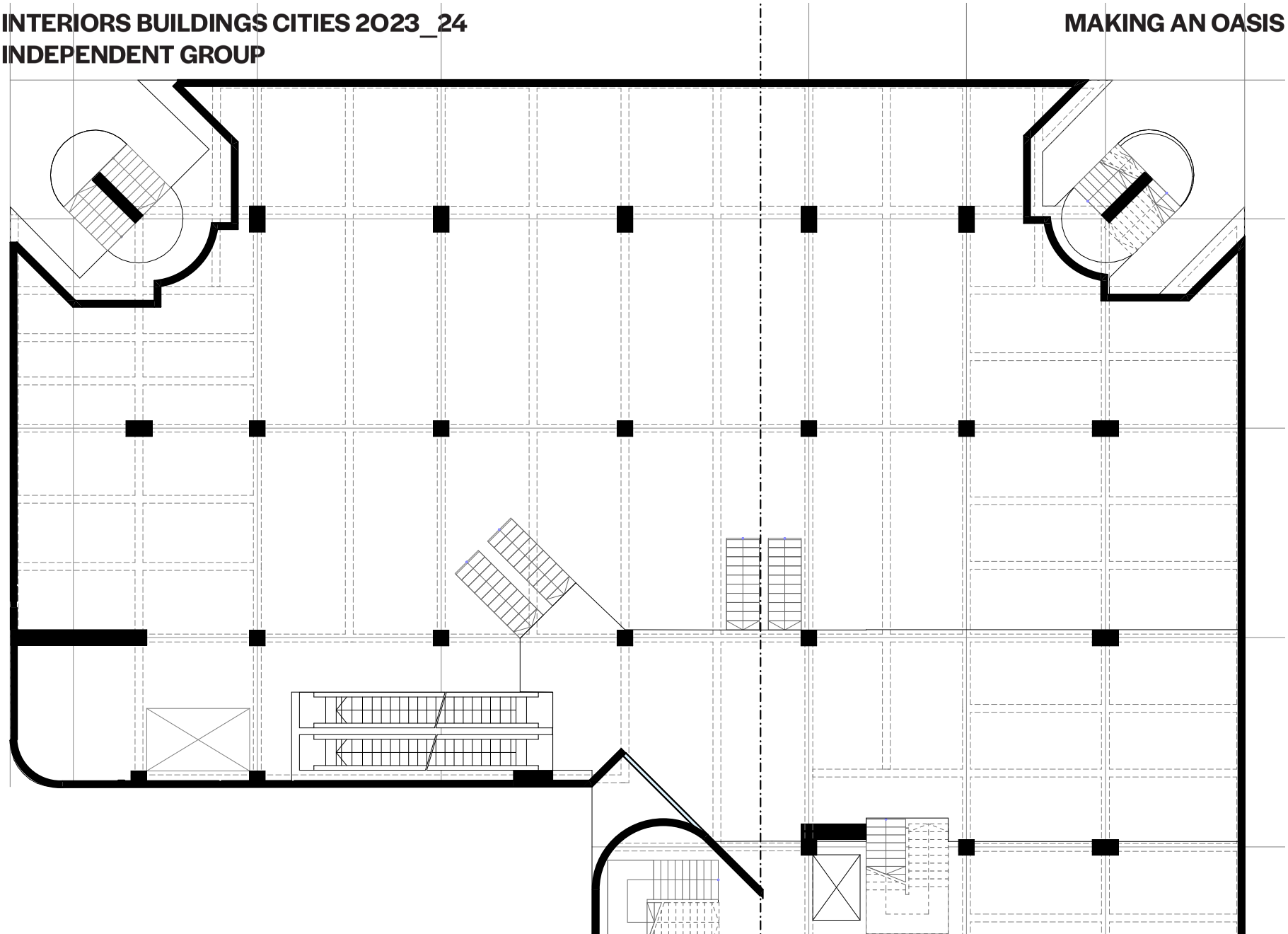
06_CLIMBING



figure 121: ***between the cracks, photo by Alicja Jurkowska***

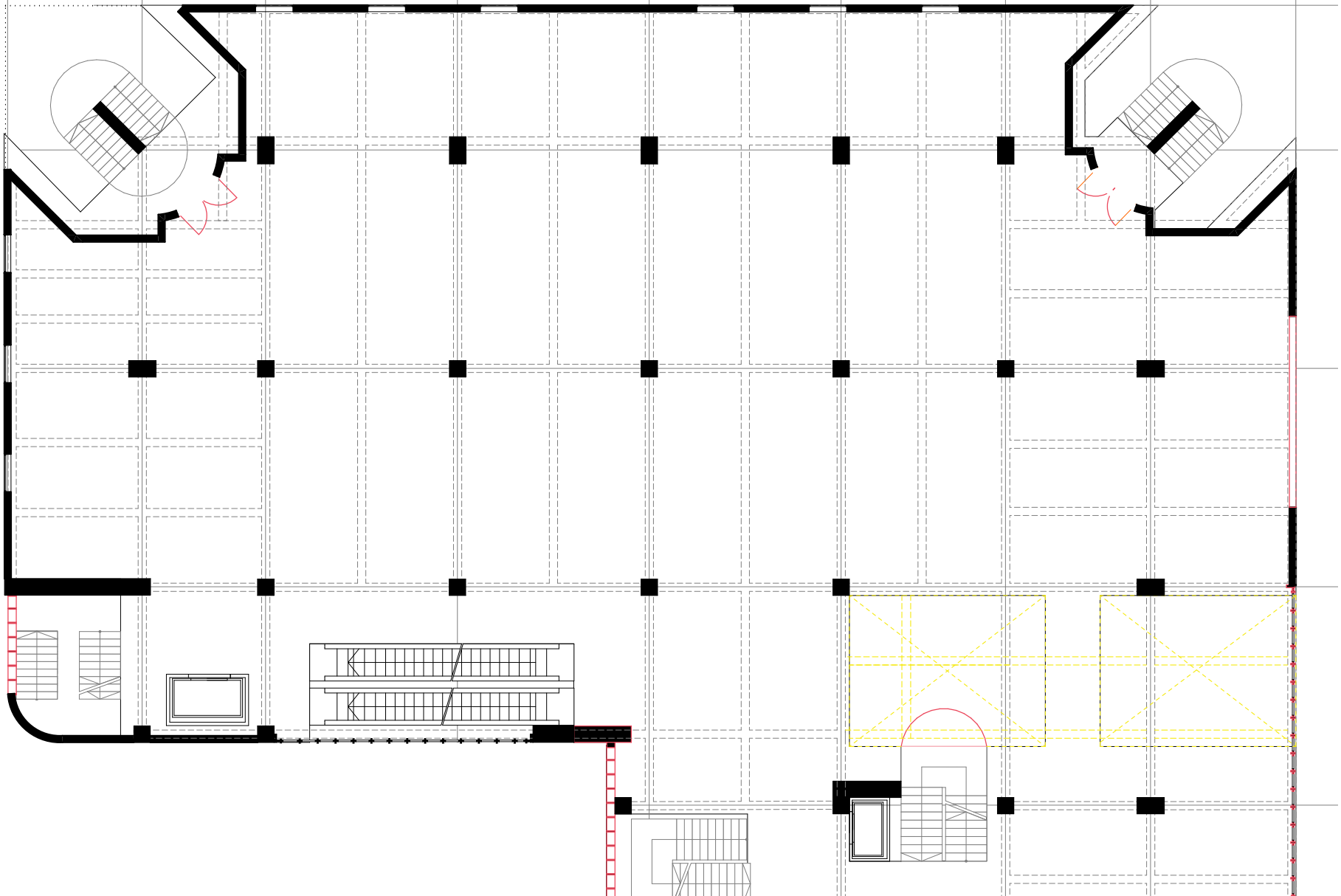
Hong Kong's humid, tropical climate has naturally fostered climbing plants that thrive on walls, structures, and within the urban landscape. Their ability to adapt and integrate seamlessly into the city reflects the intersection of nature and the built environment.

03_CLIMBING GARDEN

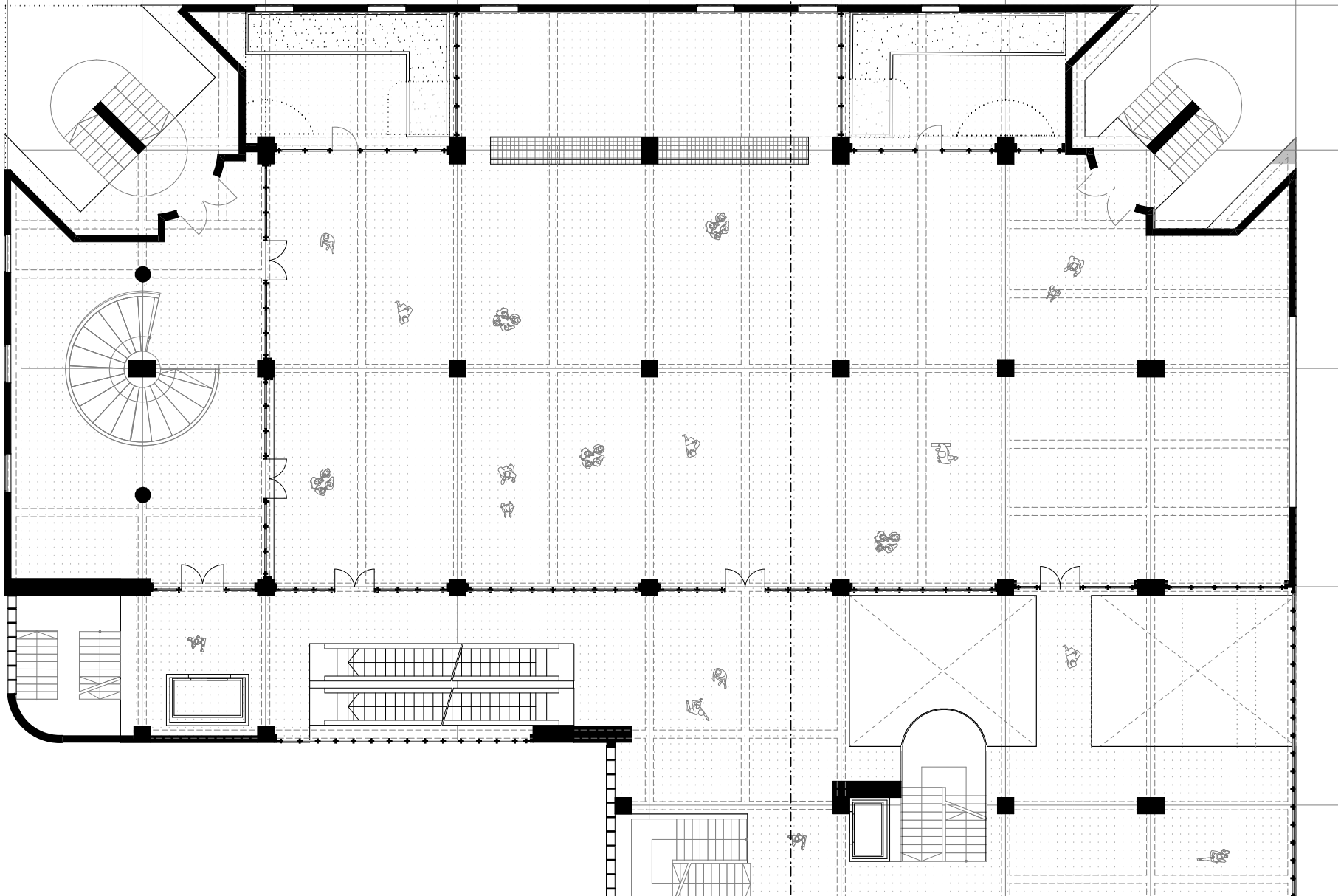


FLOOR PLAN +2, EXISTING CONDITION, 1:200

ALICJA_JURKOWSKA



FLOOR PLAN +2, INTERVENTION / CONSTRUCTION PHASE PLAN,1:200



FLOOR PLAN +2 FINAL, 1:200

0281

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RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

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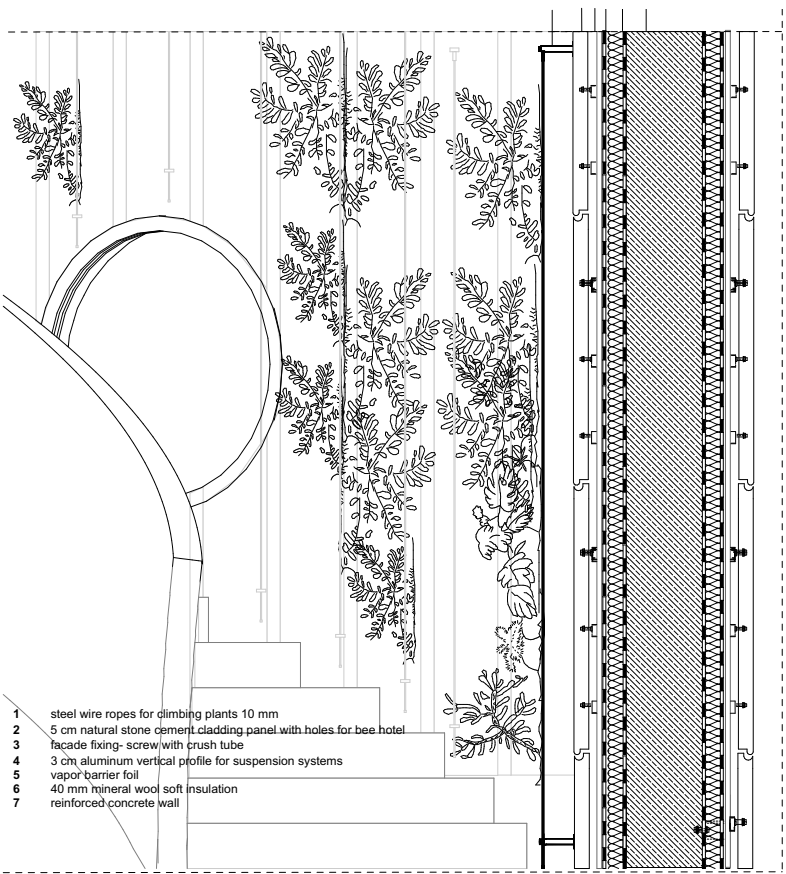
07_DETAILS

5.1_CLIMBING GARDEN





0285

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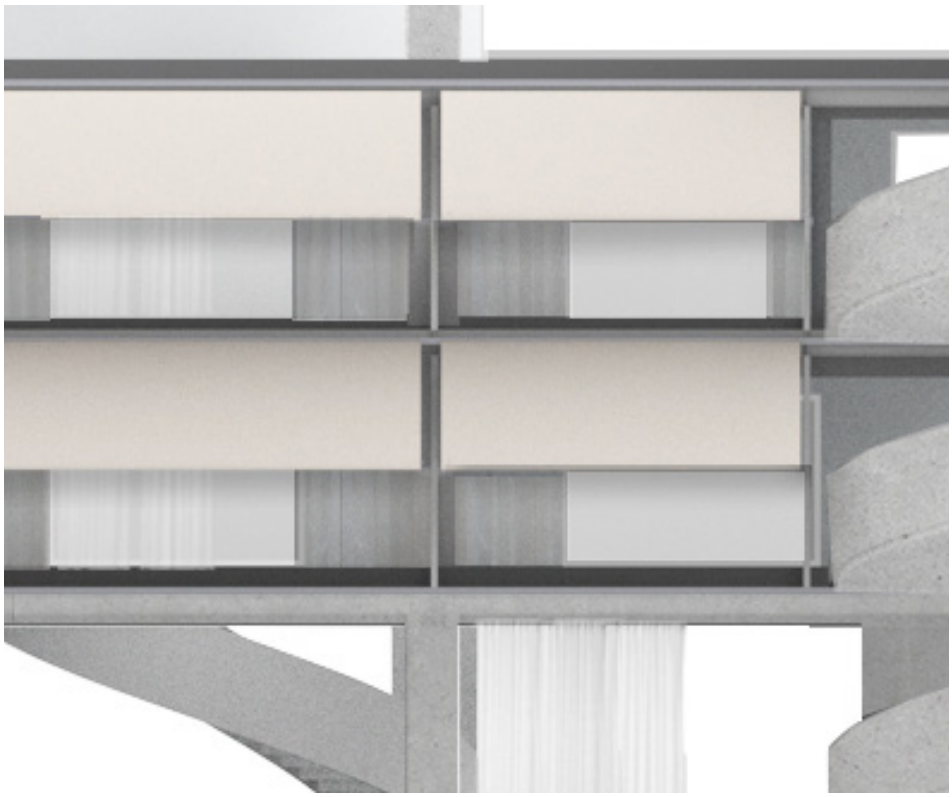
MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

DESIGN RESEARCH_

approach and evaluation of the project

07_DETAILS

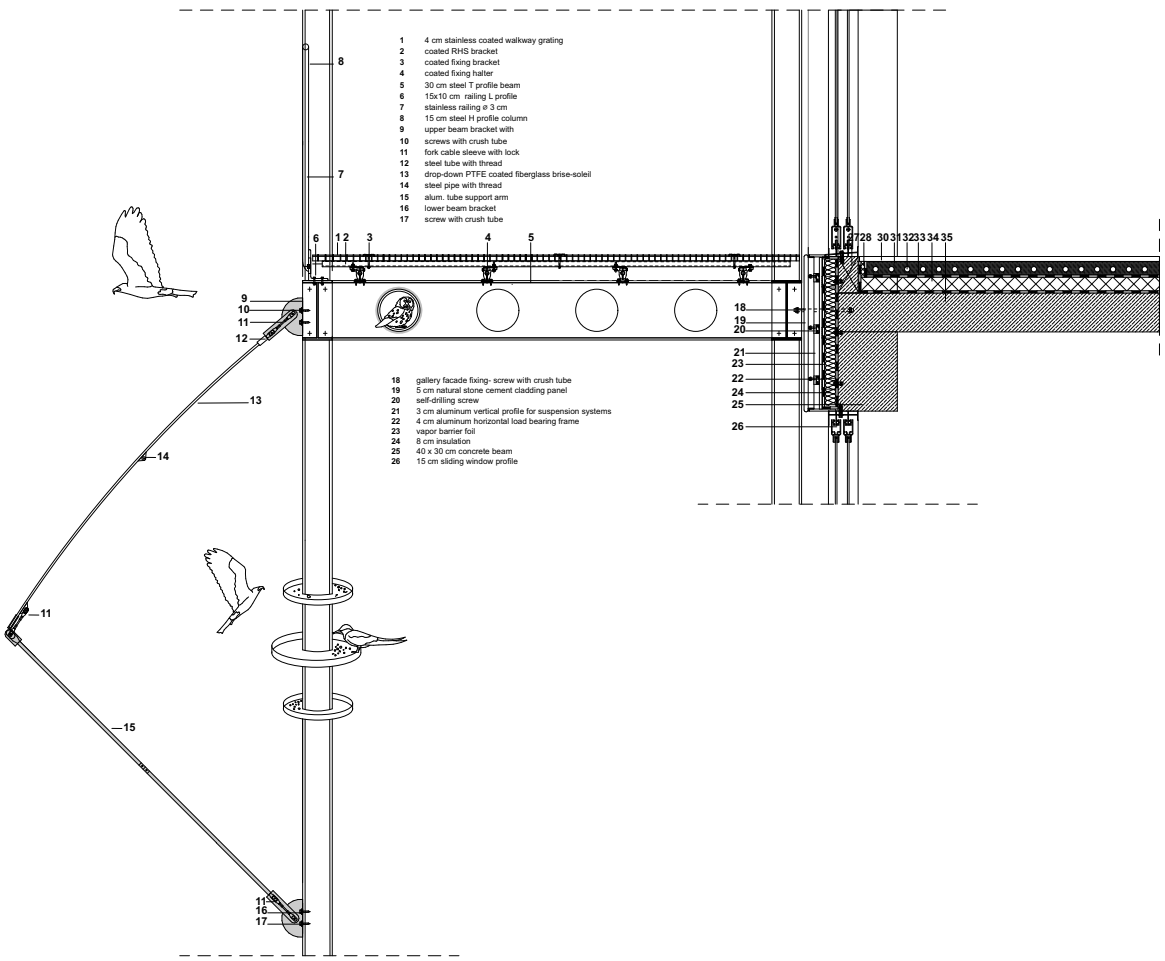


INTERIORS BUILDINGS CITIES 2023_24
INDEPENDENT GROUP

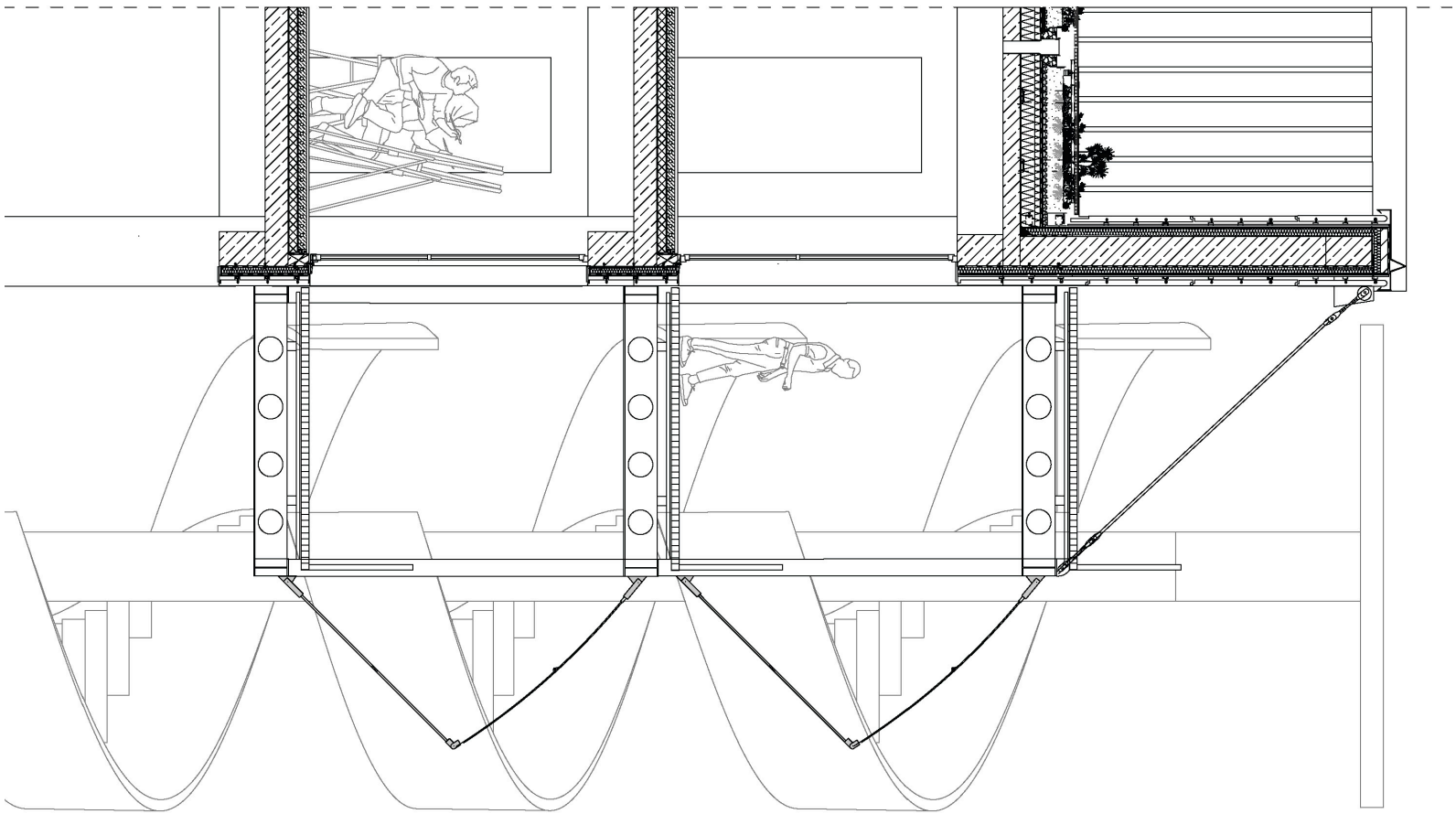
MAKING AN OASIS
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

DESIGN RESEARCH_

approach and evaluation of the project



ALICJA_JURKOWSKA

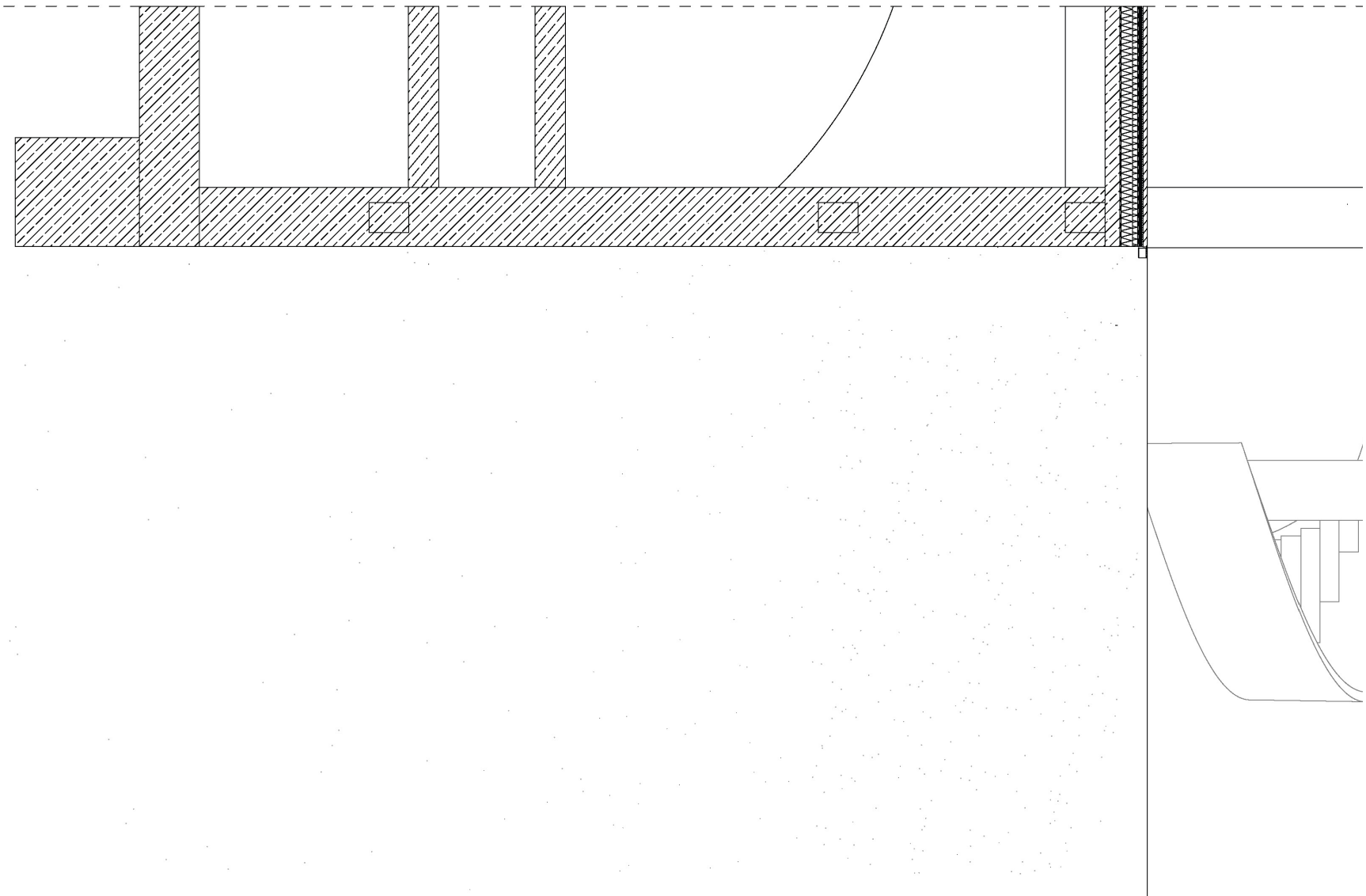


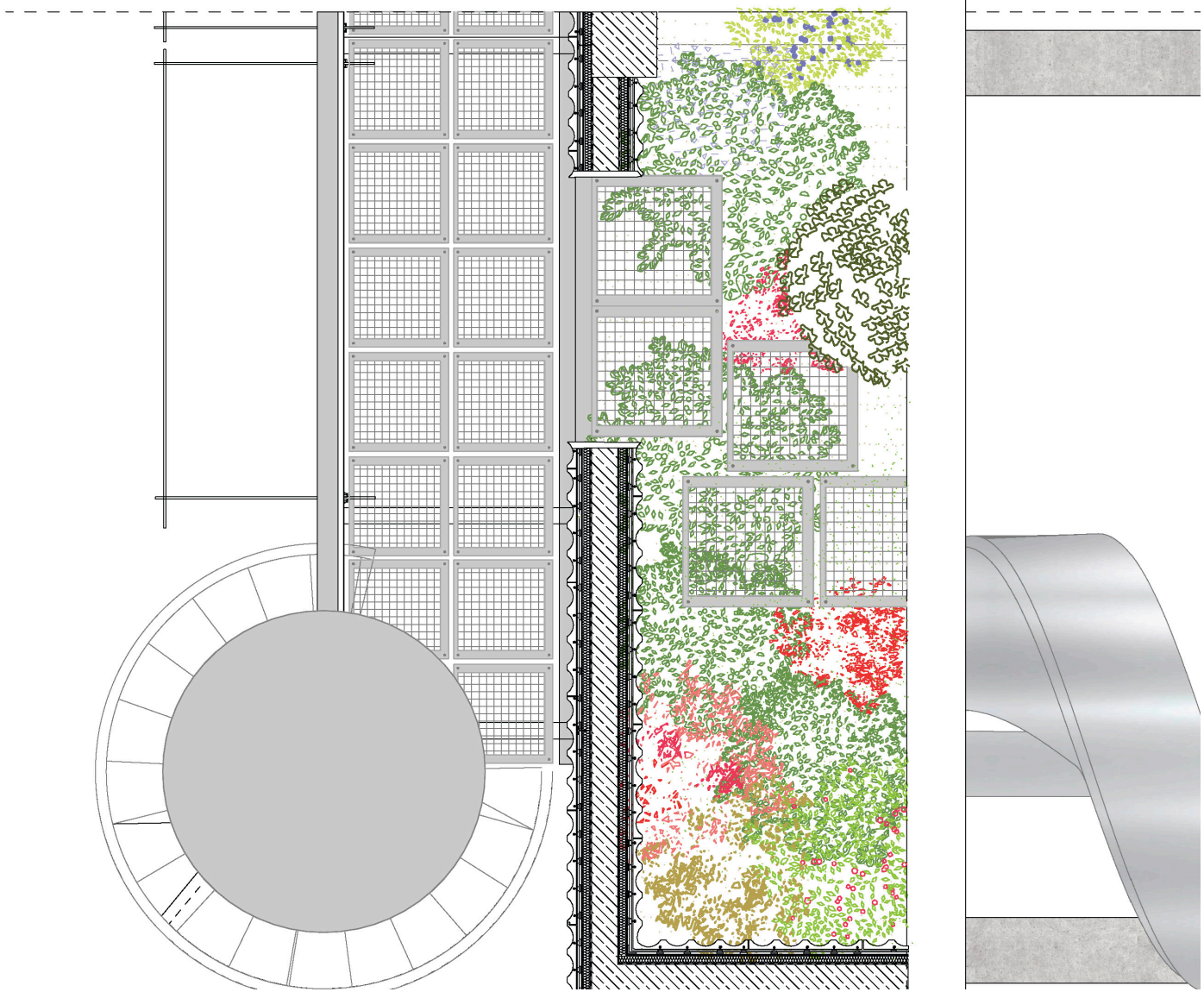


0289

ALICJA_JURKOWSKA

RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG





DESIGN RESEARCH_

approach and evaluation of the project

08_CONCRETE GREENS



figure 122: *pedestrian plaza in Wan Chai ,Hong Kong*

Paradoxically however majority of those spaces are highly restricted and provide artificial experience. The controlled approach results in a disconnection to nature. Instead of peaceful, quiet retreats, inhabitants find themselves in spaces where nature is ornamental, secondary to structure. The city's public green spaces are frequently dominated by rigid planning, excessive concrete, and an overbearing presence of man-made over dimensioned structures.

DESIGN RESEARCH_

approach and evaluation of the project

08_CONCRETE GREENS



figure 123: photo of *Chung Wo Lane, pocket park*

As Hong Kong's population exploded in the post-war era, the real ground be-come sacred, so the green spaces become smaller and smaller so developed pocket parks and playgrounds, often blending Chinese and Western elements.

DESIGN RESEARCH_

approach and evaluation of the project

08_CONCRETE GREENS

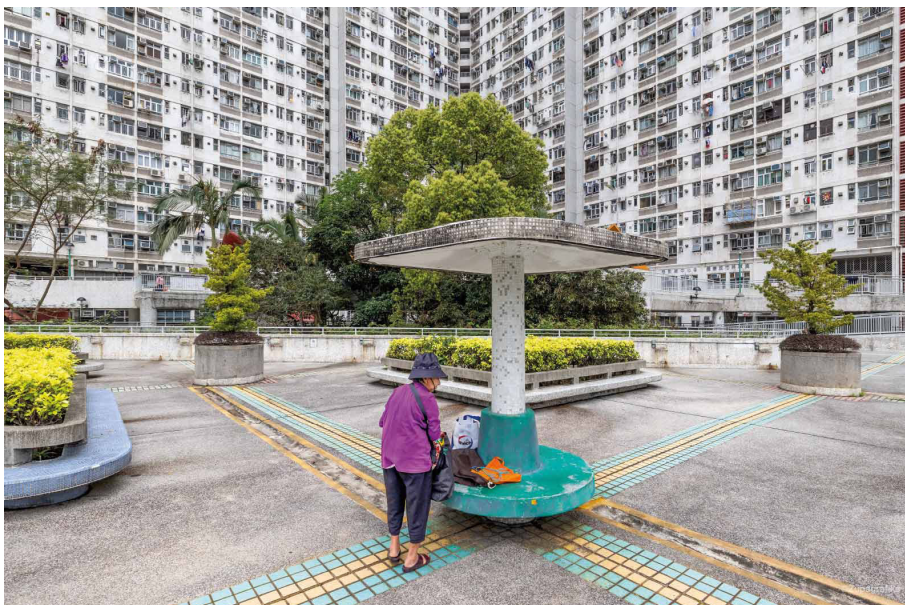


figure 124: photo of ***Tsui Lam Estate green squere, built in 1988 Hong Kong from Concrete Hong Kong by Zupagrafika***

04_REWILDED GARDEN

ALICJA_JURKOWSKA

DESIGN RESEARCH_

approach and evaluation of the project

08_CONCRETE GREENS

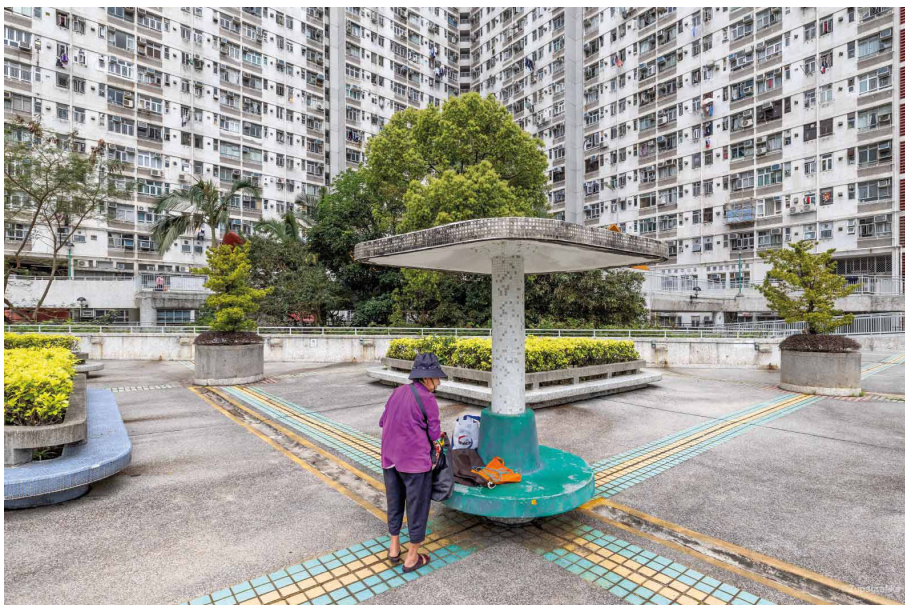
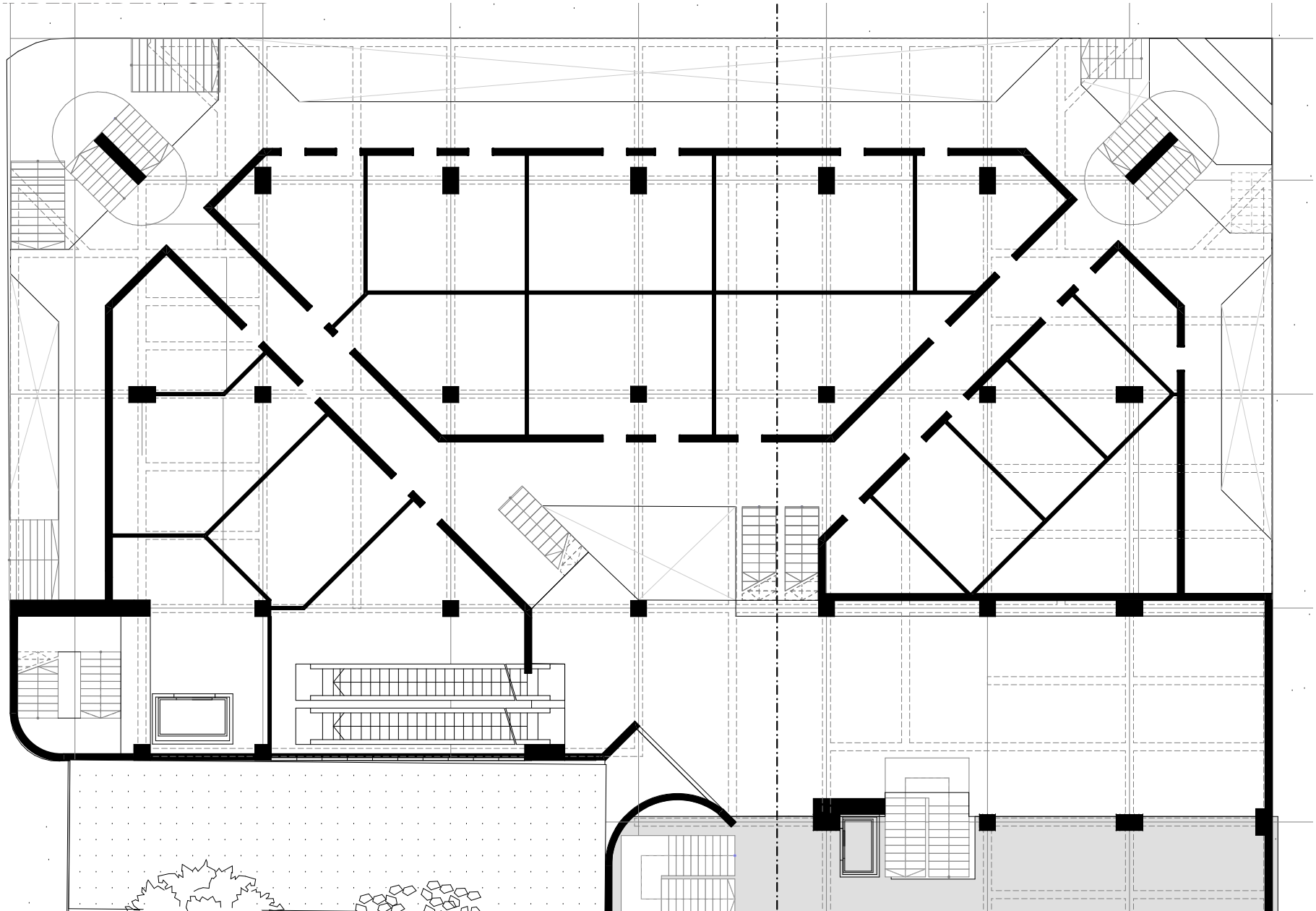
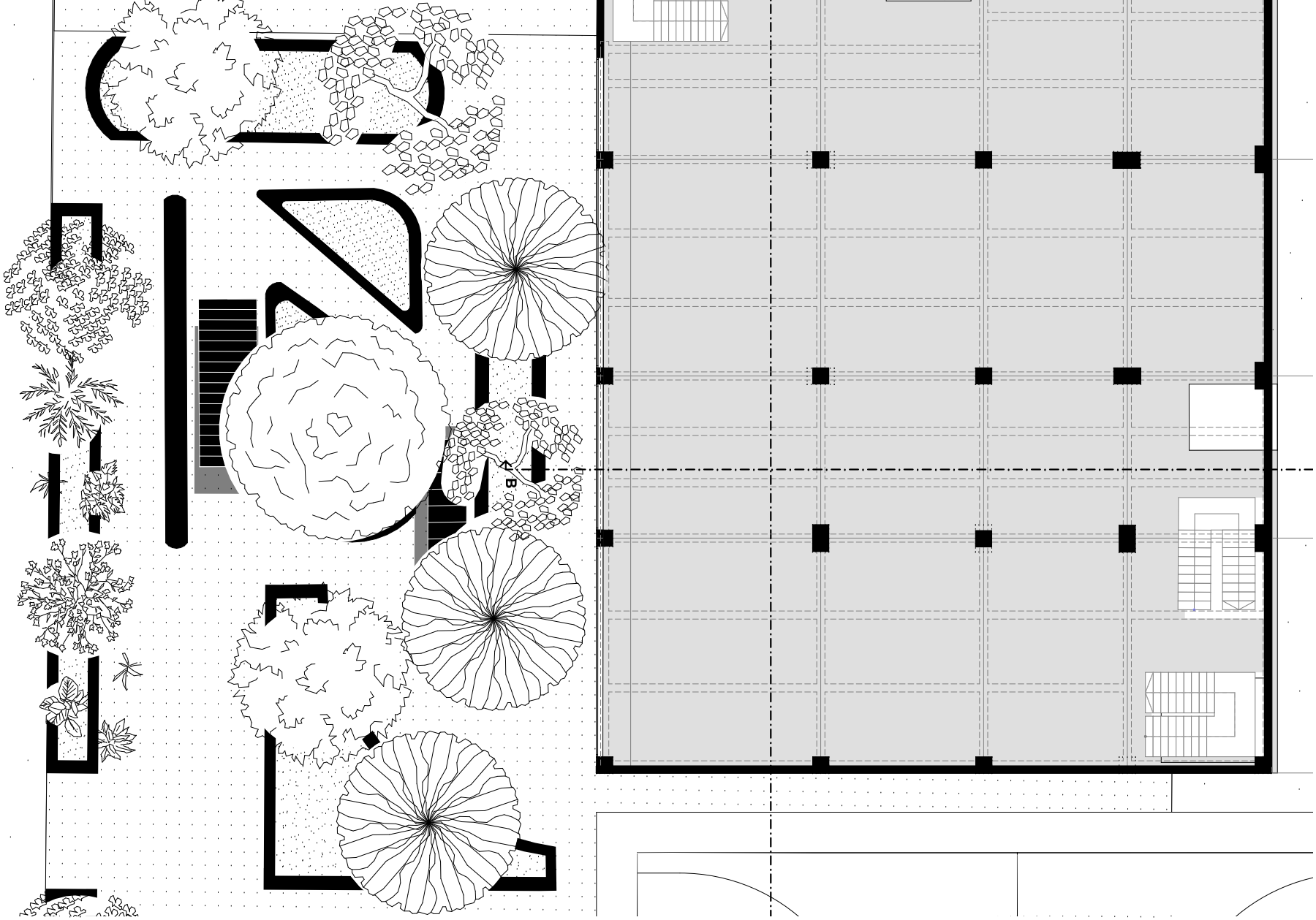


figure 124: photo of ***Tsui Lam Estate green squere, built in 1988 Hong Kong from Concrete Hong Kong by Zupagrafika***

04_REWILDED GARDEN

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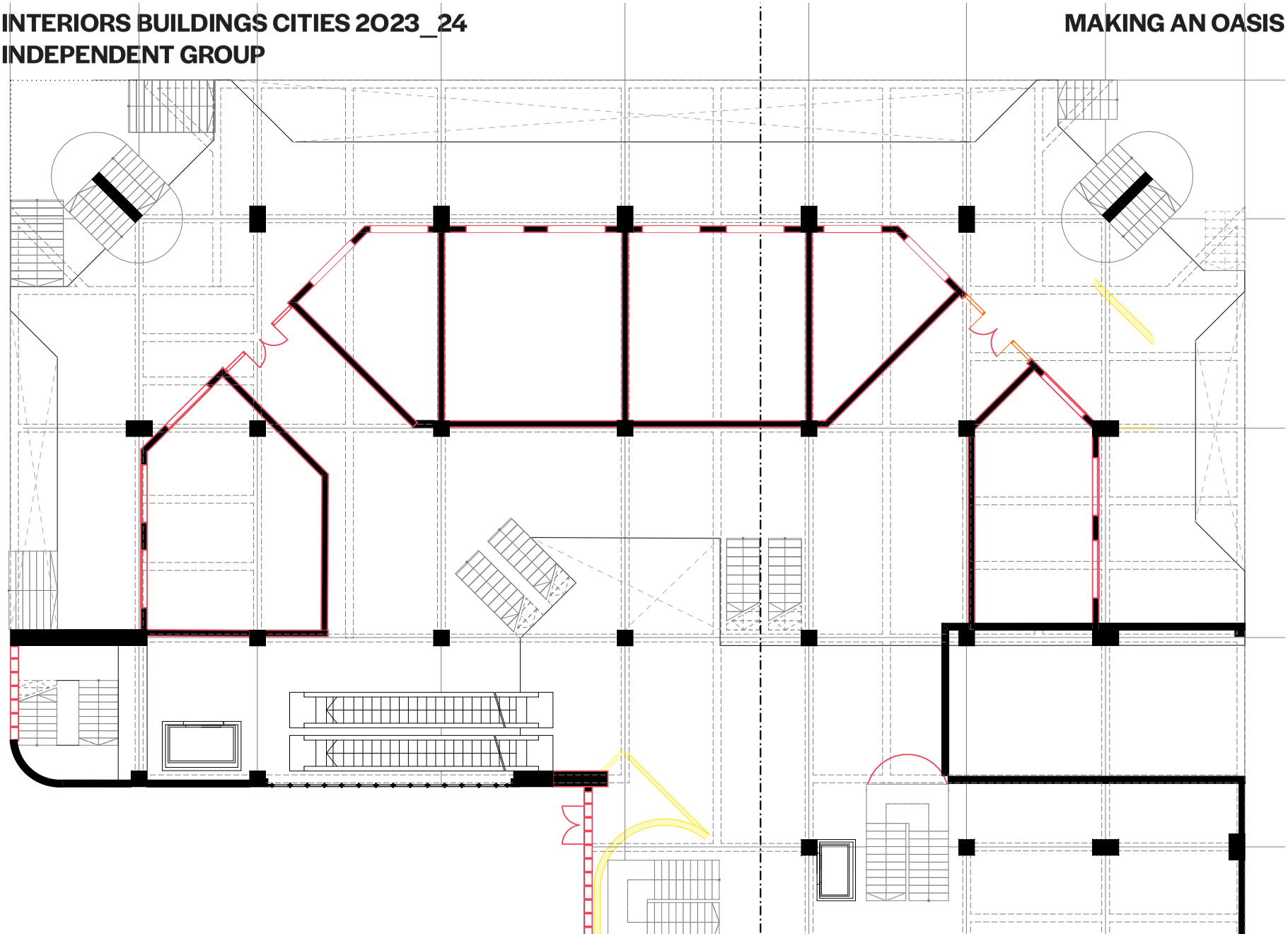

FLOOR PLAN +1, INTERVENTION / CONSTRUCTION PHASE PLAN,1:200

0301

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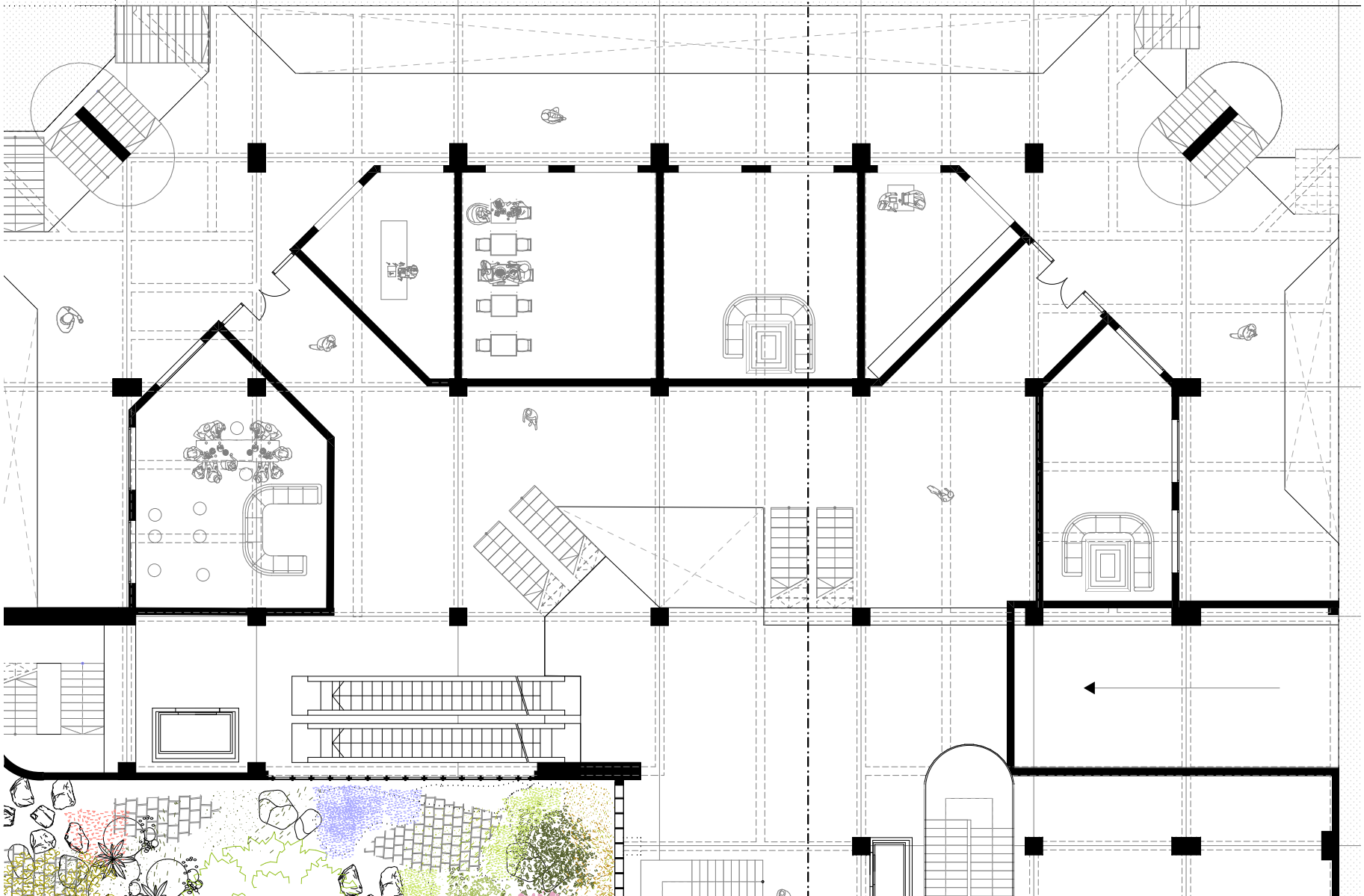
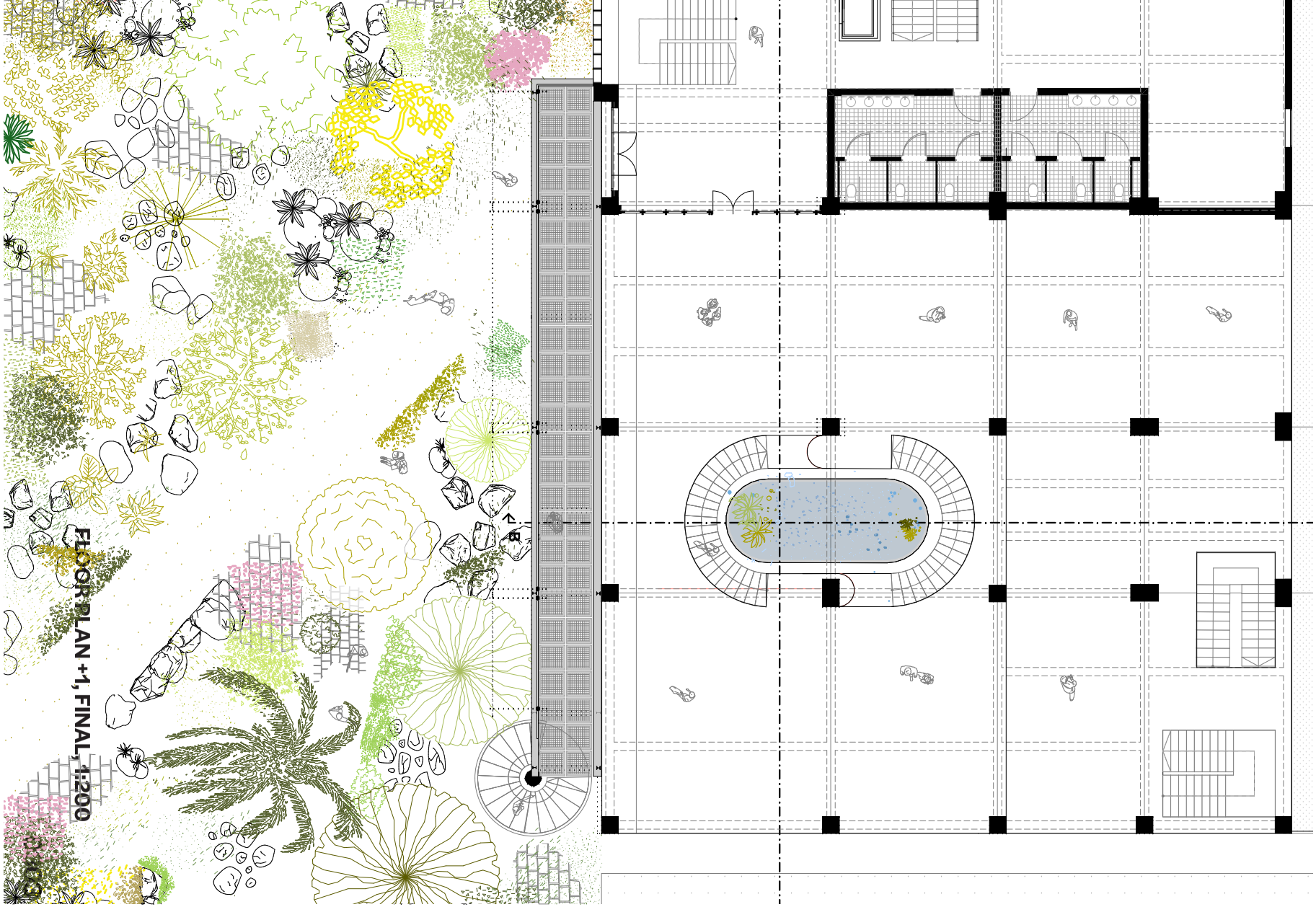
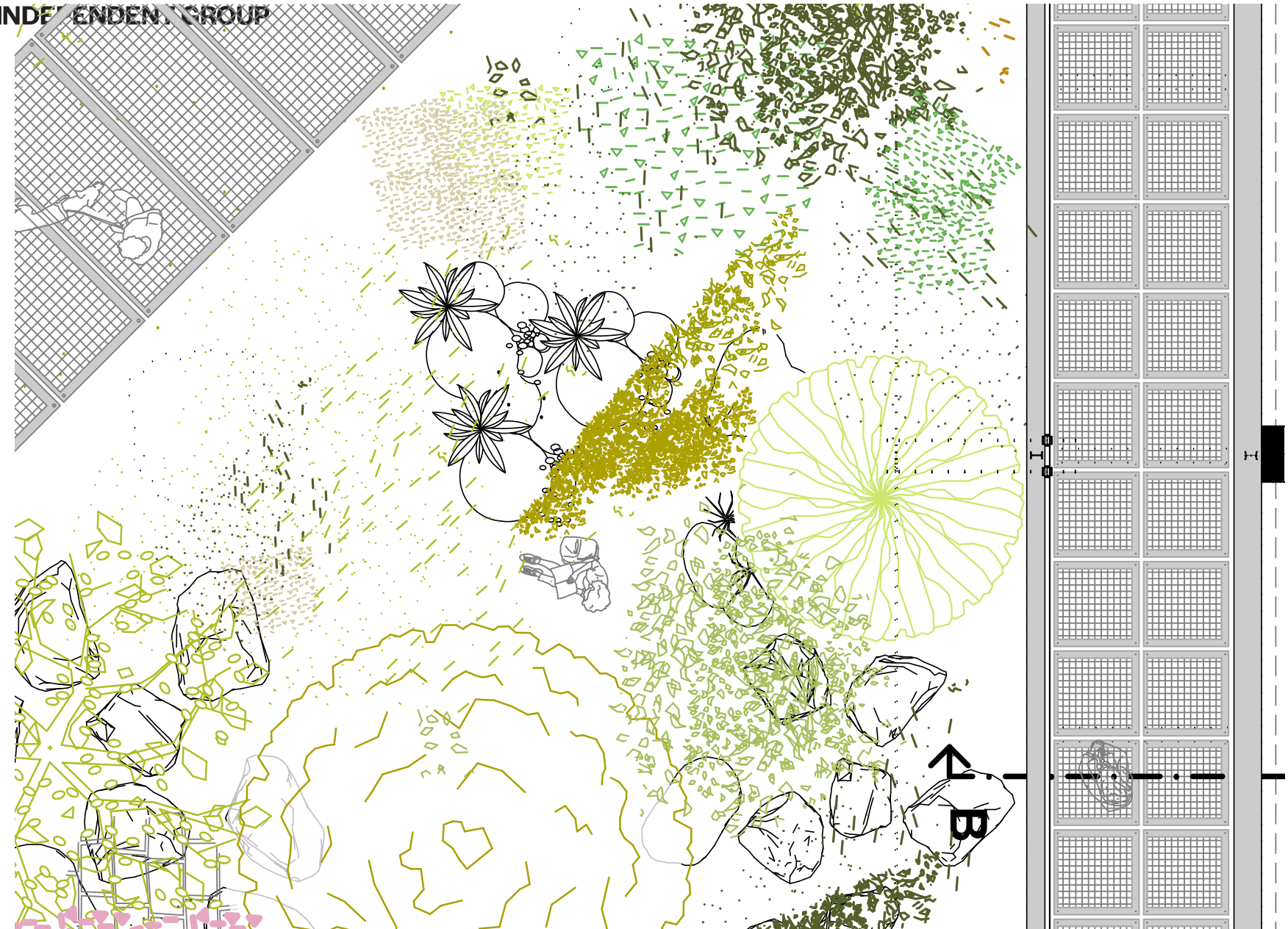
MAKING AN OASIS




FLOOR PLAN +1, FINAL, 1:200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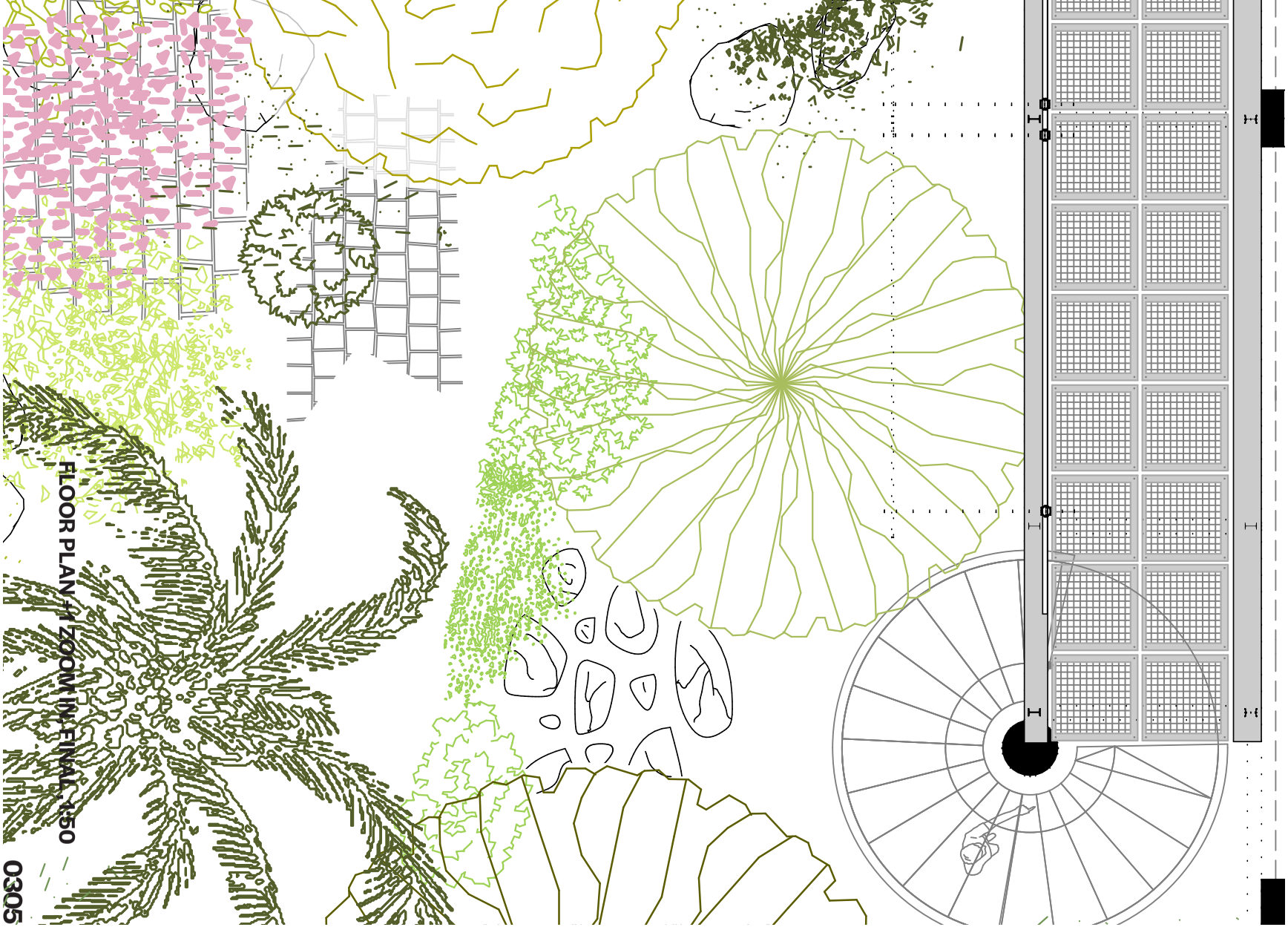

FLOOR PLAN // ZOOM IN FINAL 1:50

0305

DESIGN RESEARCH_

approach and evaluation of the project

07_DETAILS



INTERIORS BUILDINGS CITIES 2023_24
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MAKING AN OASIS

0309

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SITE PLAN EXISTING, 1: 1500

0311

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RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG



SITE PLAN , FINAL, 1: 1500

0313

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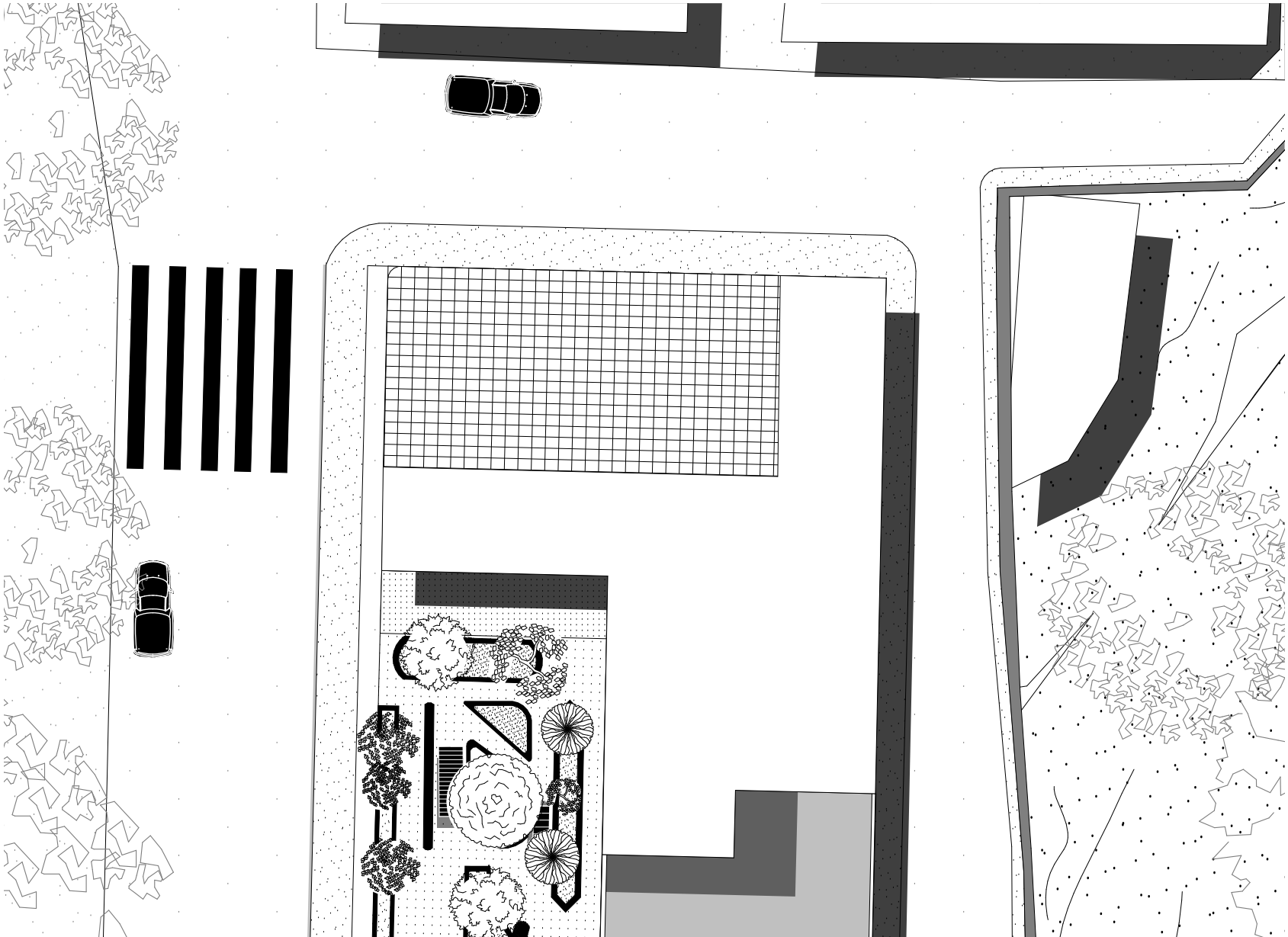
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG



SITE PLAN EXISTING, 1: 500

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SITE PLAN , FINAL, 1: 500

0317

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RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

MAKING AN OASIS
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DESIGN RESEARCH_

approach and evaluation of the project

09_DETAILS



INTERIORS BUILDINGS CITIES 2023_24
INDEPENDENT GROUP

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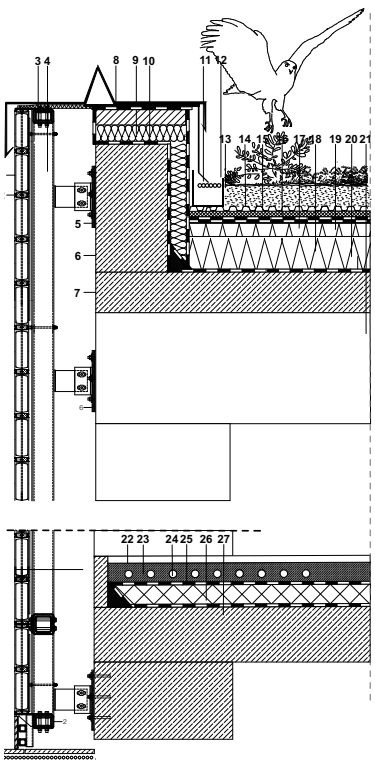
approach and evaluation of the project

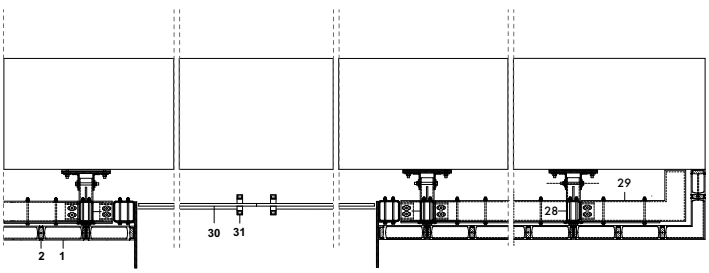
09_DETAILS

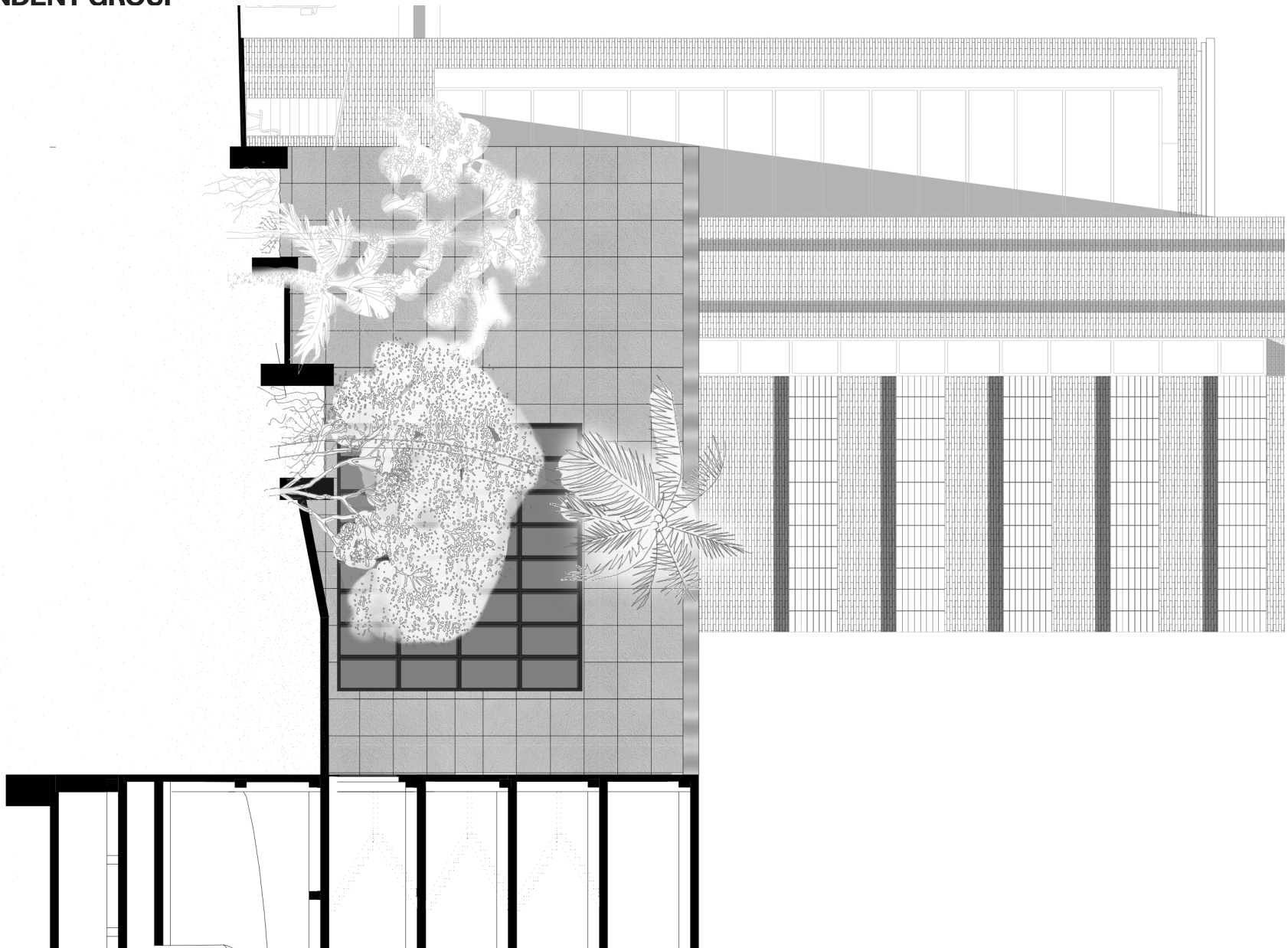
9.1_GLASS BRICK WALL AND ENTRANCE



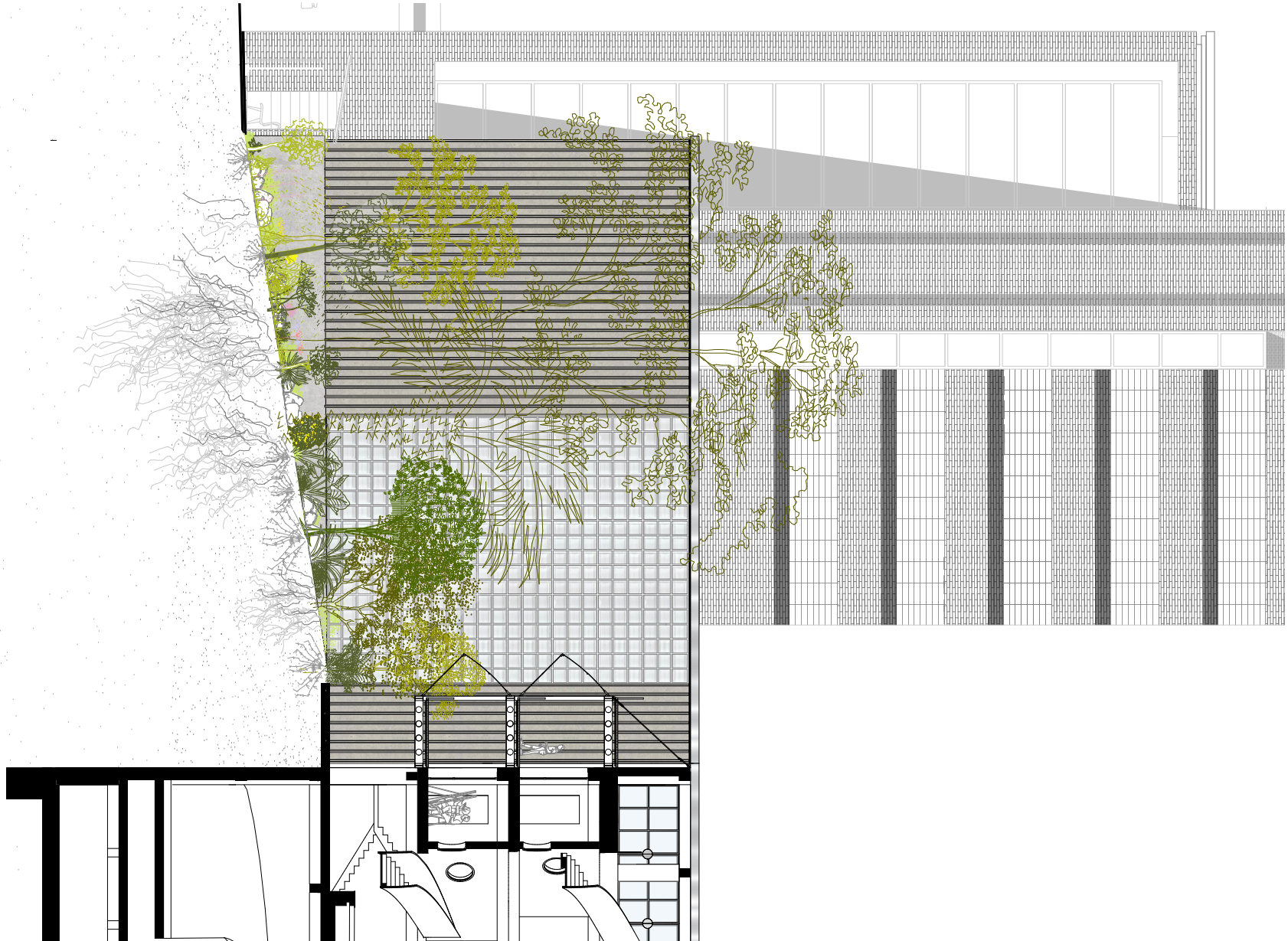
1 Glass brick 300/300/100 mm
2 Glass block joint: Silicone seal, filling mortar with 6 mm reinforcing steel, silicone seal
3 150/100/8 mm steel RHS
4 Steel tube | 100/100/8 mm
5 Head plate flat steel
6 reinforced concrete prefabricated part
7 15 cm reinforced concrete slab
8 metal cap flashing
9 40 mm mineral wool soft insulation
10 PE foil
11 gravel
12 continuous metal gutter / counter-flashing

13 15 cm soil
14 2 cm drainage layer
15 protective fleece
16 2-ply bituminous sealant layer
17 4 cm hard thermal insulation
18 12 cm EPS vapour barrier
19 PE foil
20 15 cm reinforced concrete slab
21 40 cm concrete beam





SECTION B-B, EXISTING SITUATION, 1:200



SECTION A-A, FINAL, 1:200

0323

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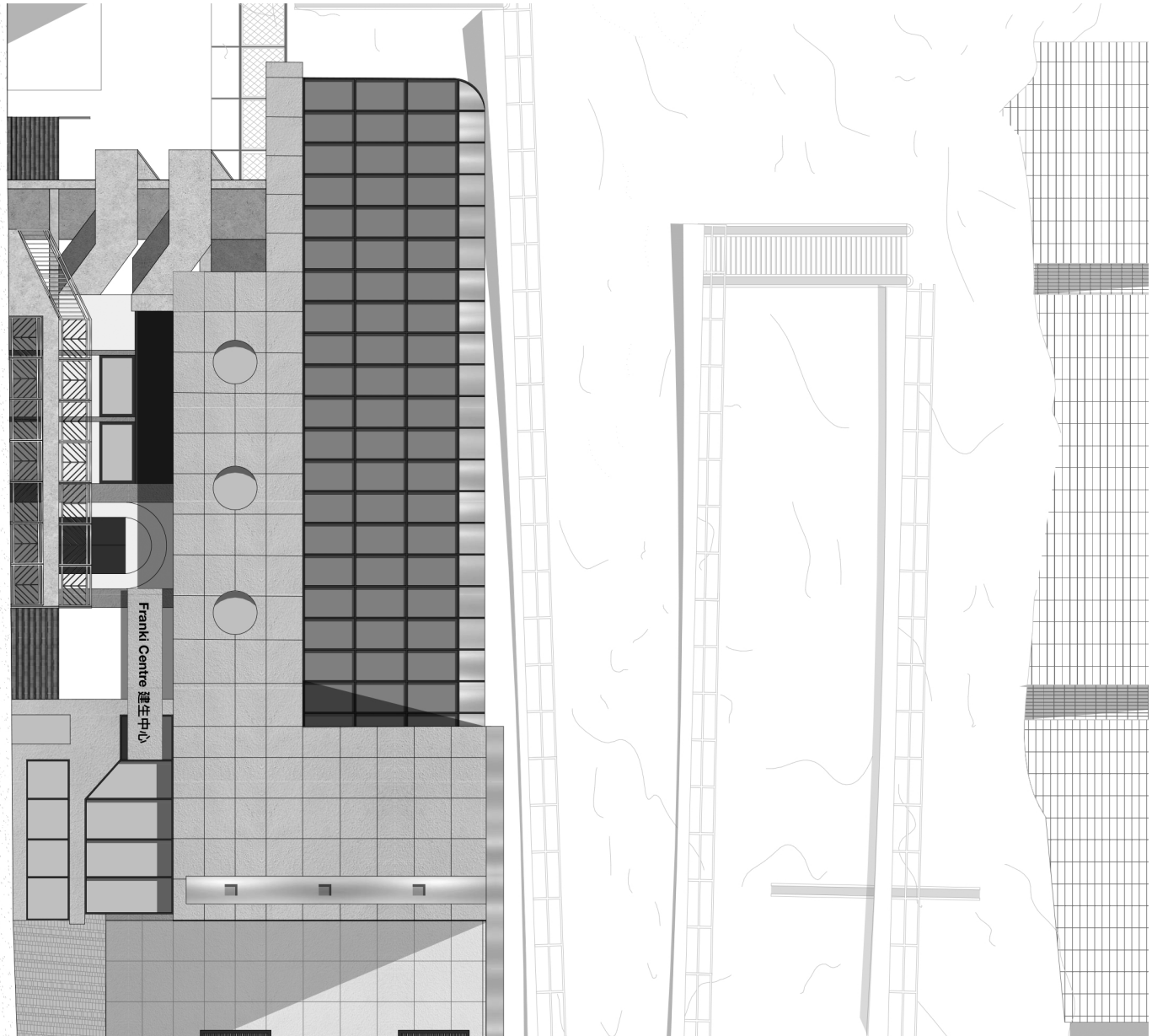
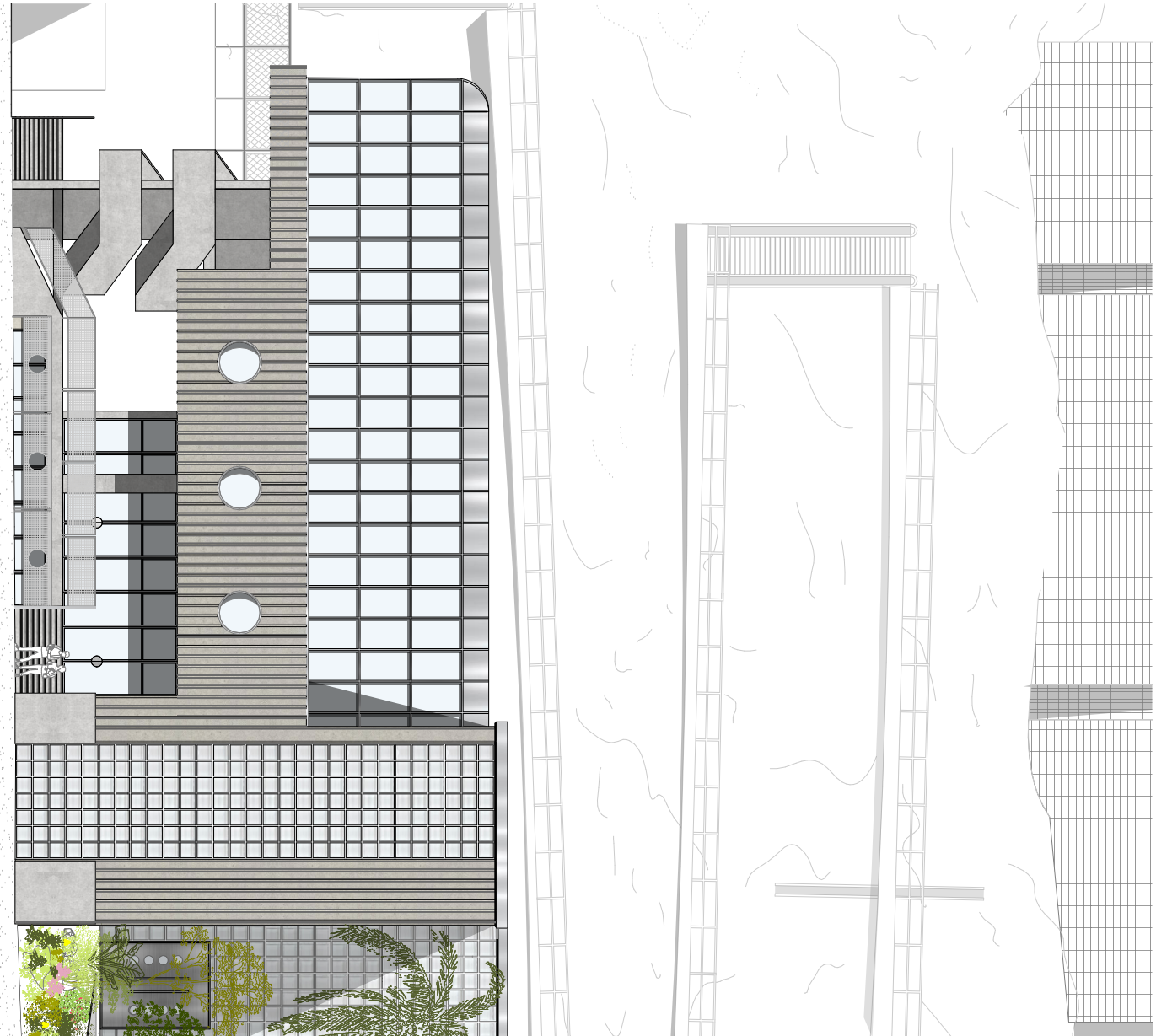
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

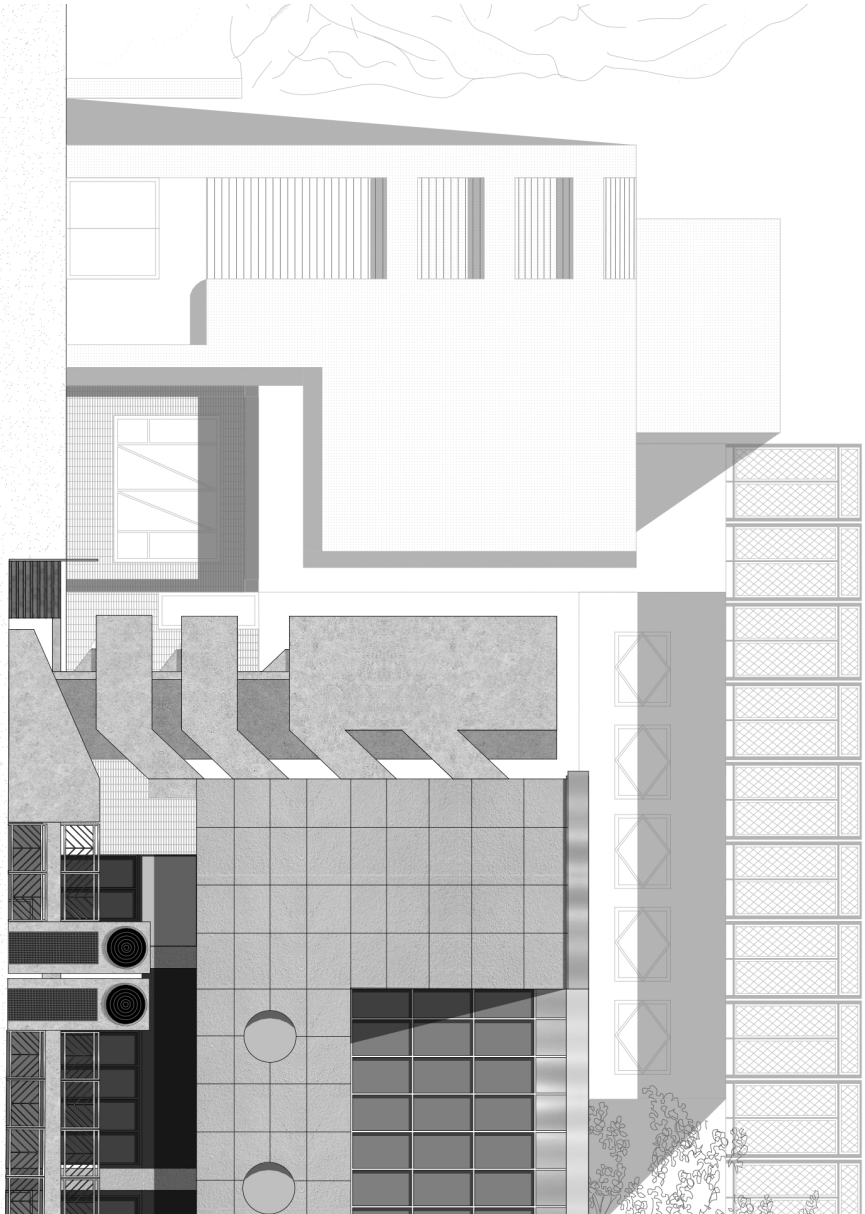

Franki Centre 建生中心





VIEW SOUTH, EXISTING SITUATION, 1:200

ALICJA_JURKOWSKA



VIEW EAST, EXISTING SITUATION, 1:200

0329

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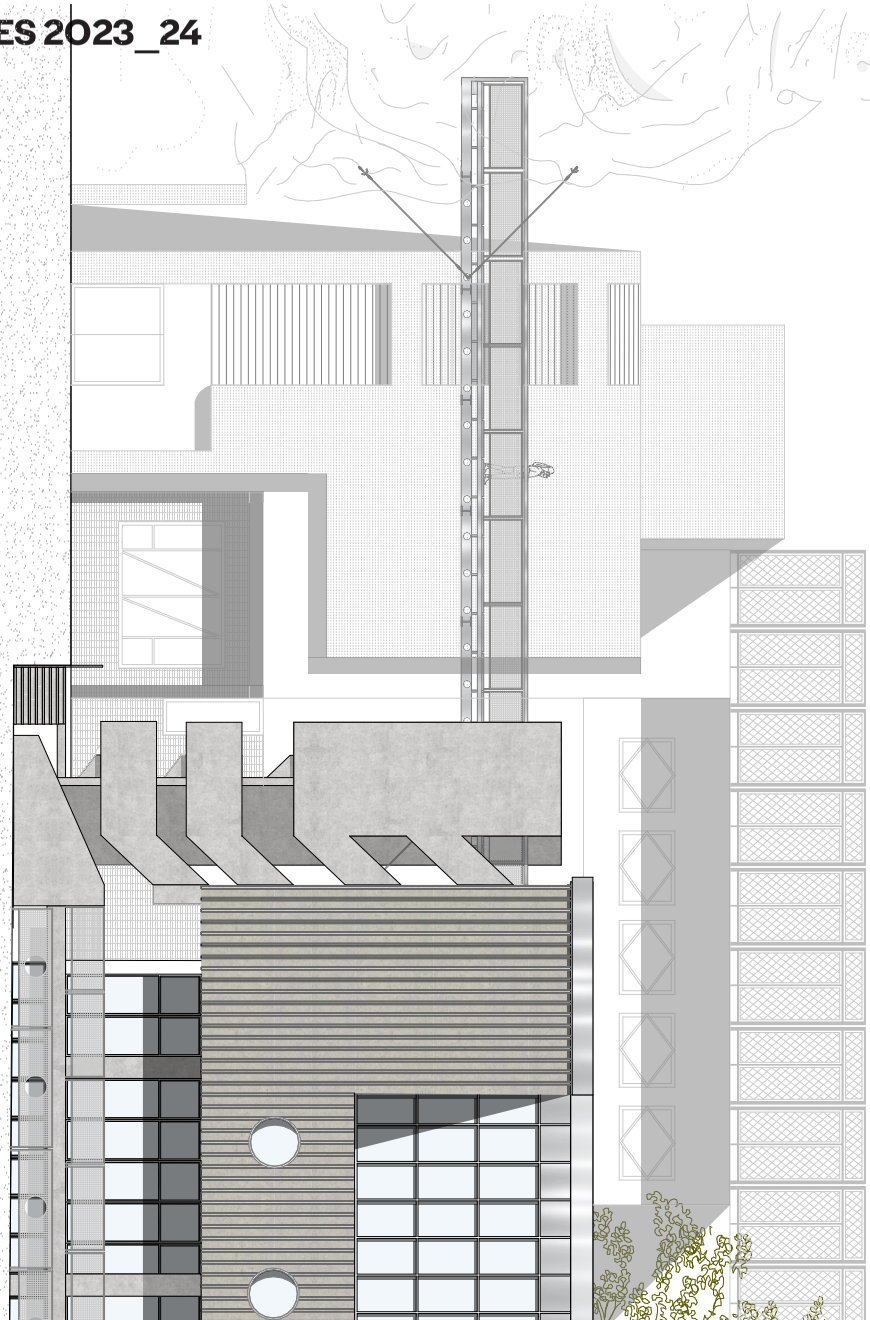
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG



VIEW EAST, FINAL 1:200

0331

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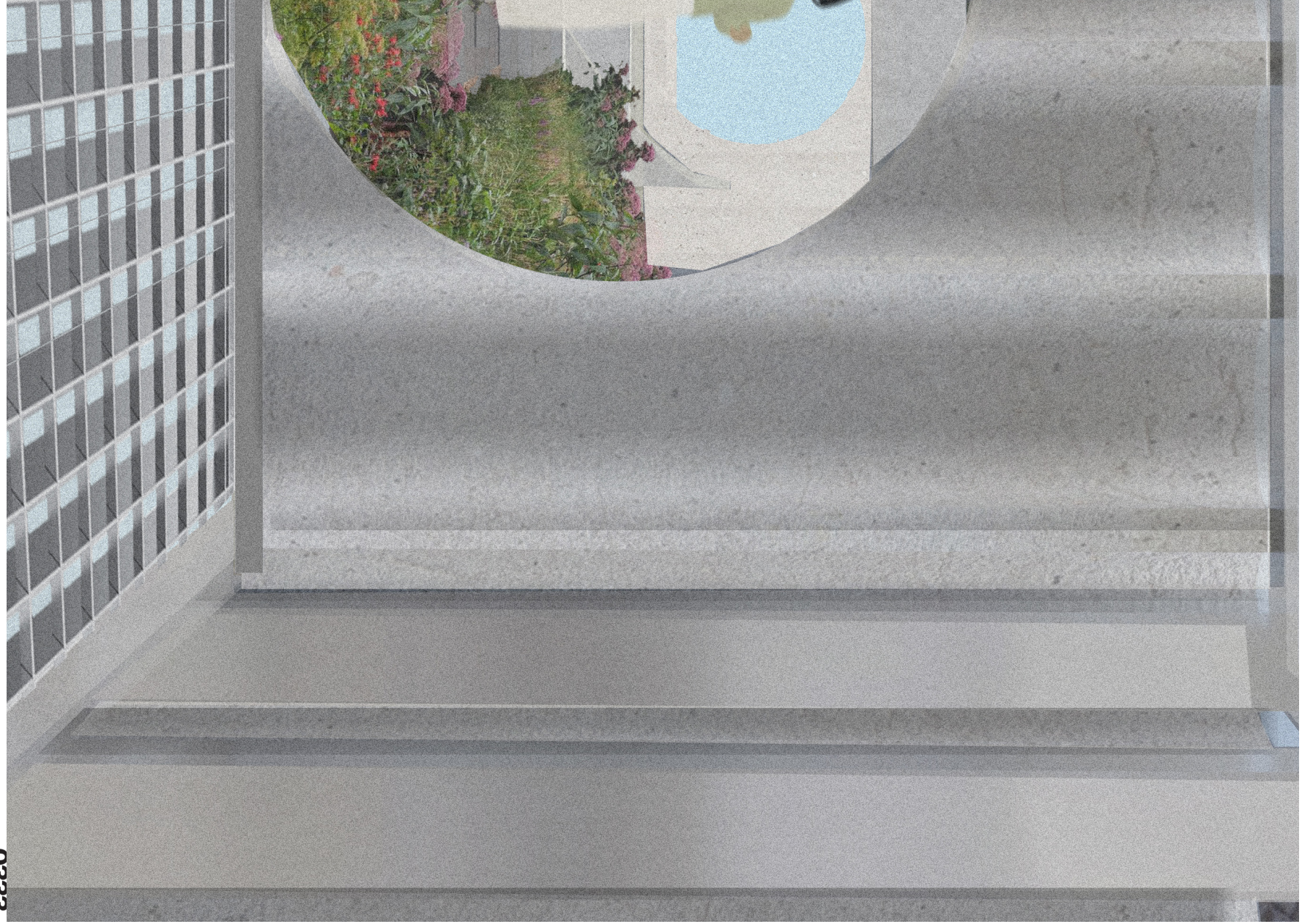
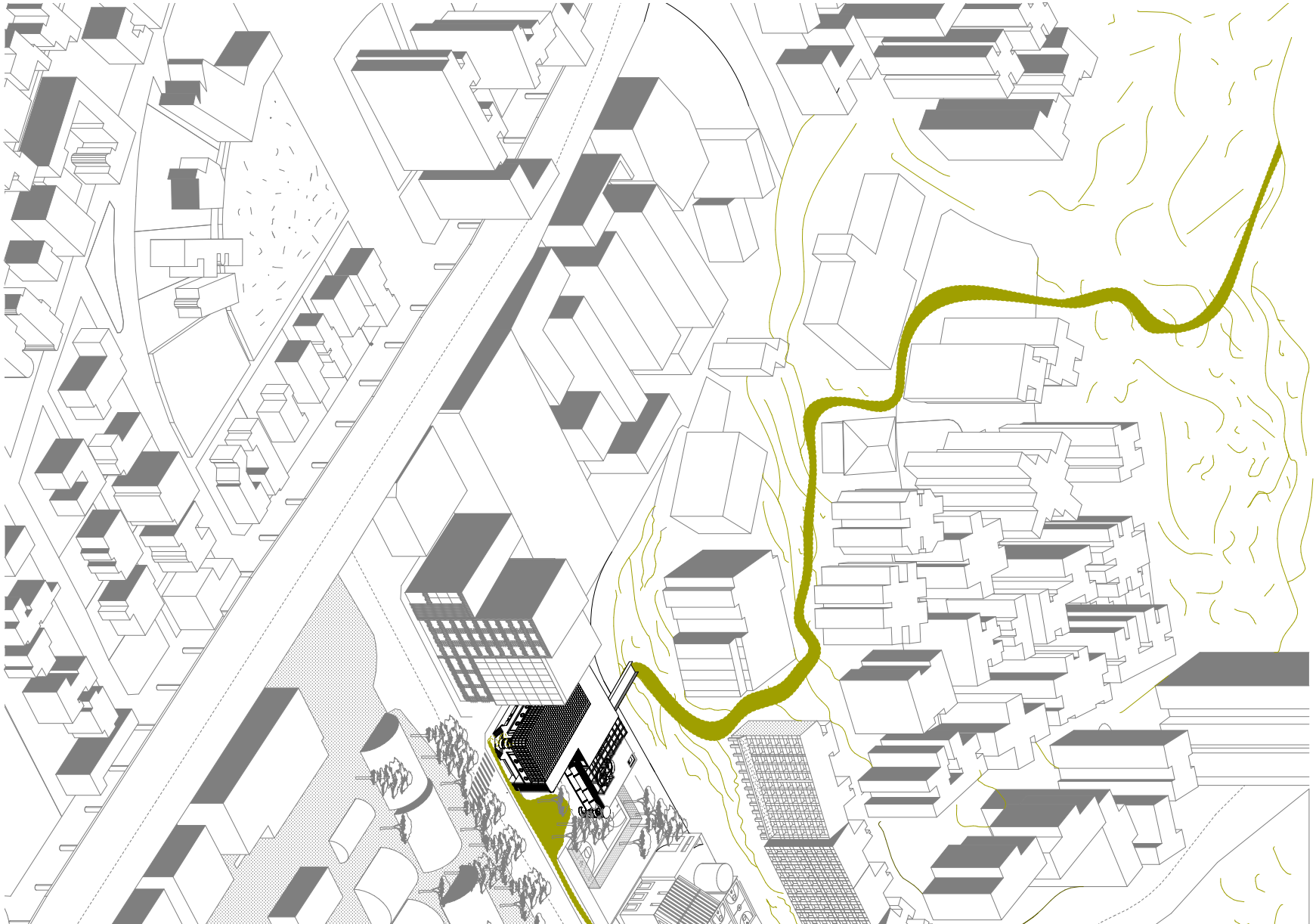
RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

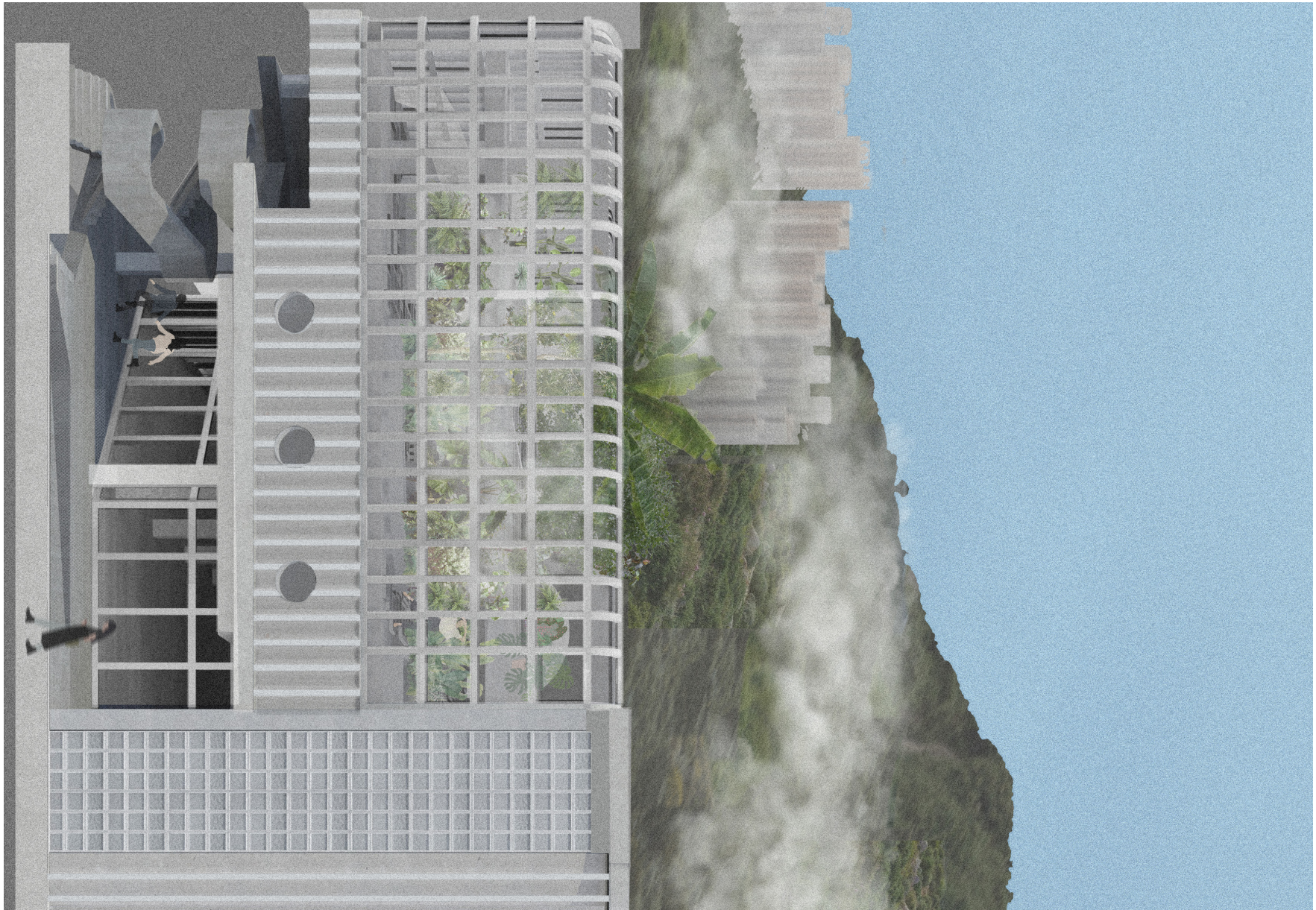








MAKING AN OASIS



RECONNECTING MENTAL WELL-BEING AND NATURE IN HONG KONG

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