

VELOCITY


towards a healthy living environment

Nieuws

Sport

Uitzendingen

TELETEXT


AEX
62 km
20°

Amsterdam wil benzine- en dieselauto's verbieden in 2030

🕒 DO 2 MEI, 17:11 AANGEPAST DO 2 MEI, 18:27 [BINNENLAND](#), [ECONOMIE](#)




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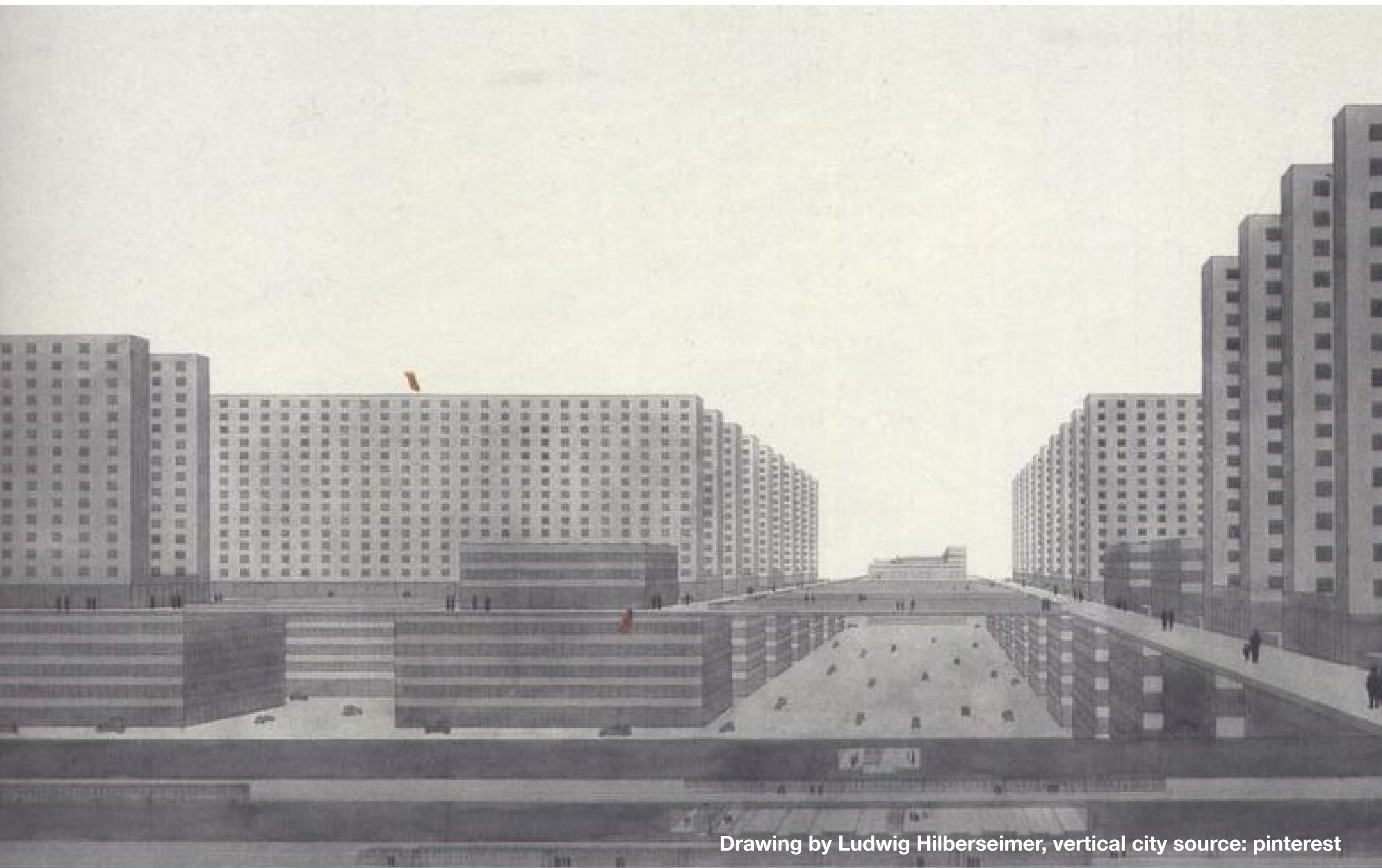
en zet vol in op de fiets

🕒 DO 2 MEI, 17:11 AANGEPAST DO 2 MEI, 18:27 [BINNENLAND](#), [ECONOMIE](#)





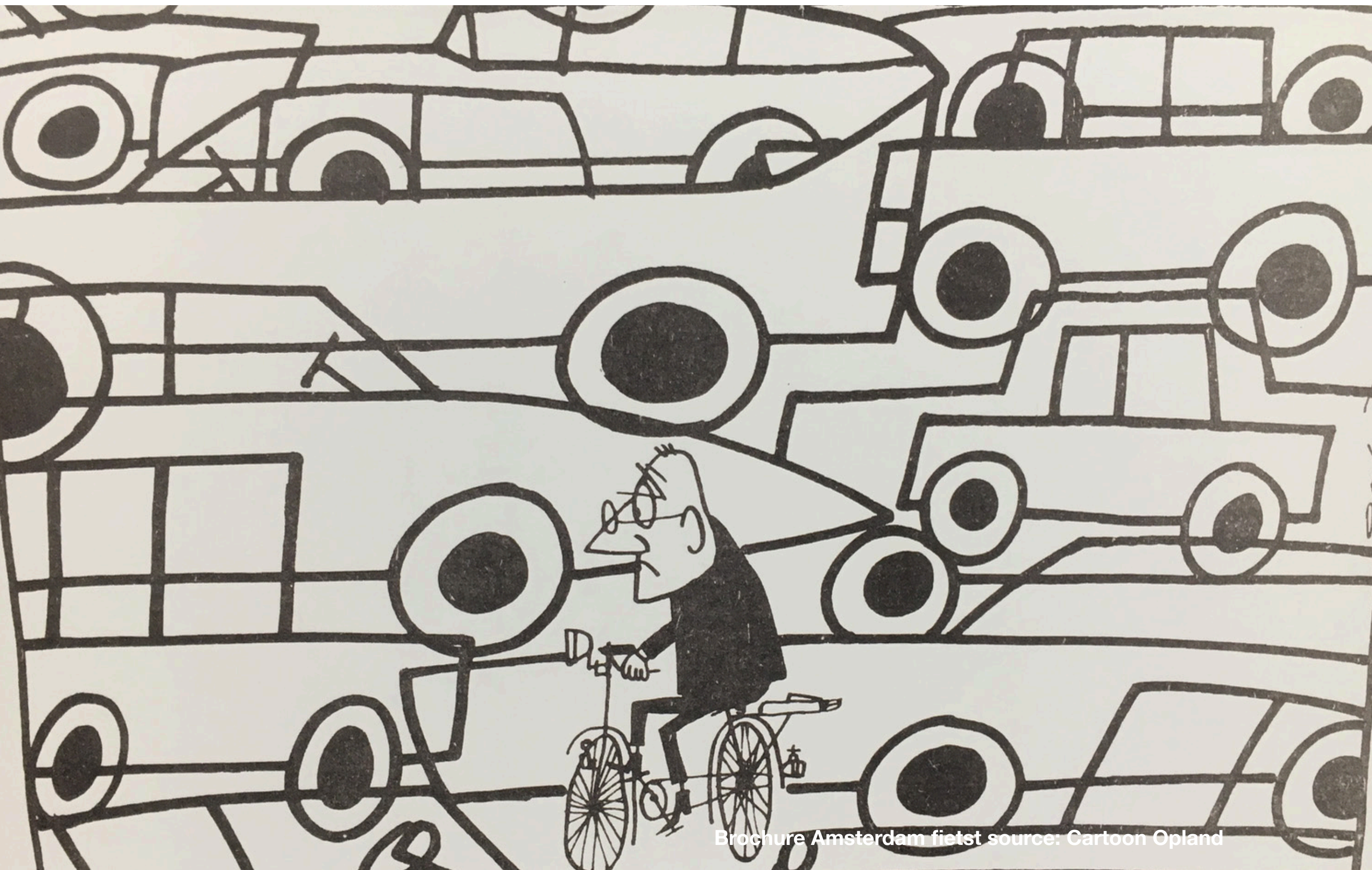
Vijzelgracht, 1920 source: gvnI



Drawing by Ludwig Hilberseimer, vertical city source: pinterest



Amsterdam plan Jokinen source: pinterest



RESEARCH | HISTORICAL DEVELOPMENT

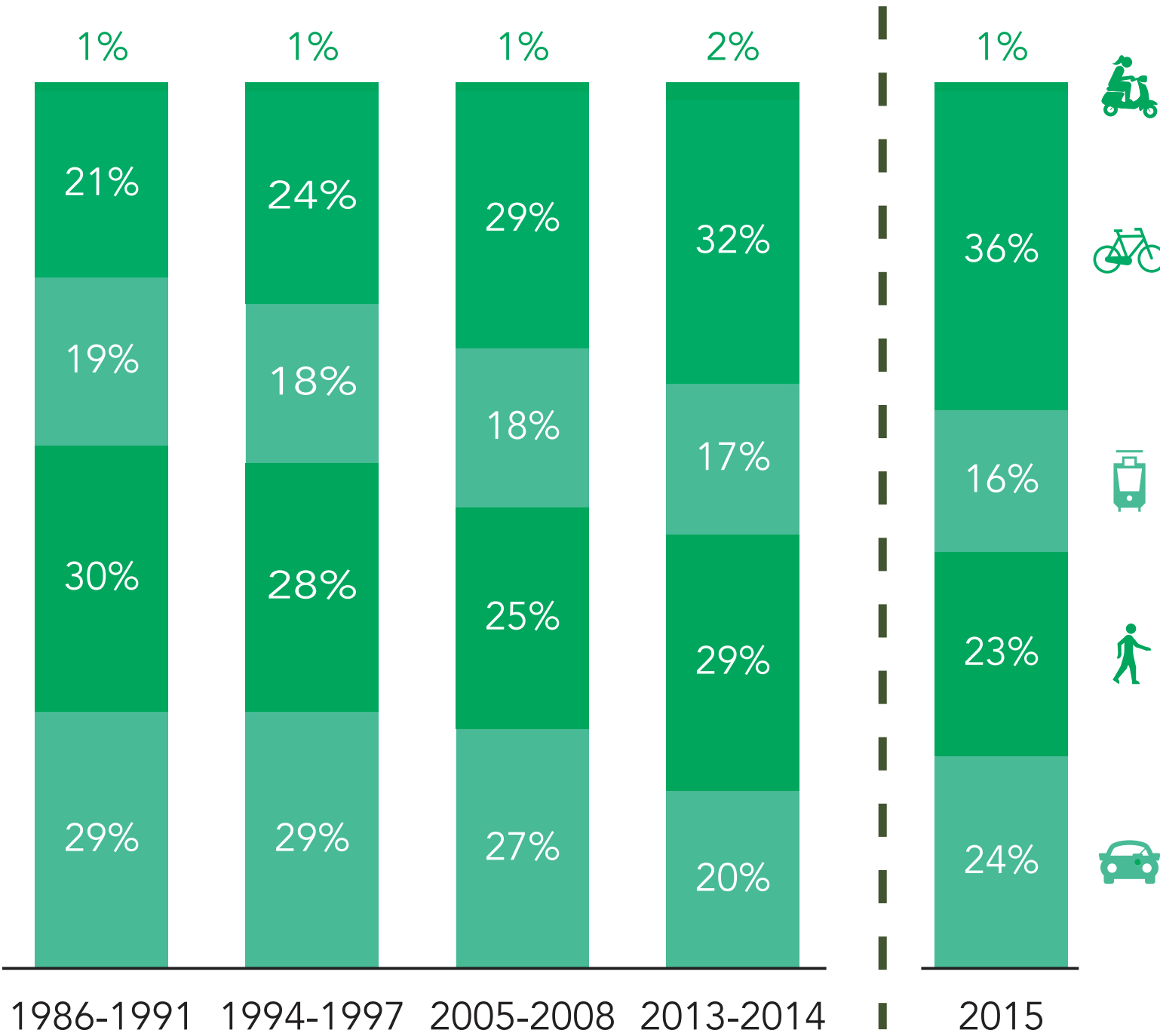


fiets vs auto source: exhibition fietsen in Amsterdam



Protest in Amsterdam source: fietsverbond

RESEARCH | BICYCLE CITY



FIGUUR 1 VERVOERMIDDELKEUZE VERPLAATSINGEN VAN/ NAAR/BINNEN AMSTERDAM DOOR BEWONERS PER WERKDAG

50 by 30 Plan

In the year 2030 50% of all city trips should be by bicycle

RESEARCH | BICYCLE CITY

WHY CYCLING?

WHY CYCLING?

1. CAR USE CAUSES
CONGESTION IN CITIES

2. IMPROVES HEALTH

3. 0 EMMISION

FASTER

HEALTHIER

SUSTAINABLE

RESEARCH | DEFINING THE PROBLEM

Healthy lifeyears

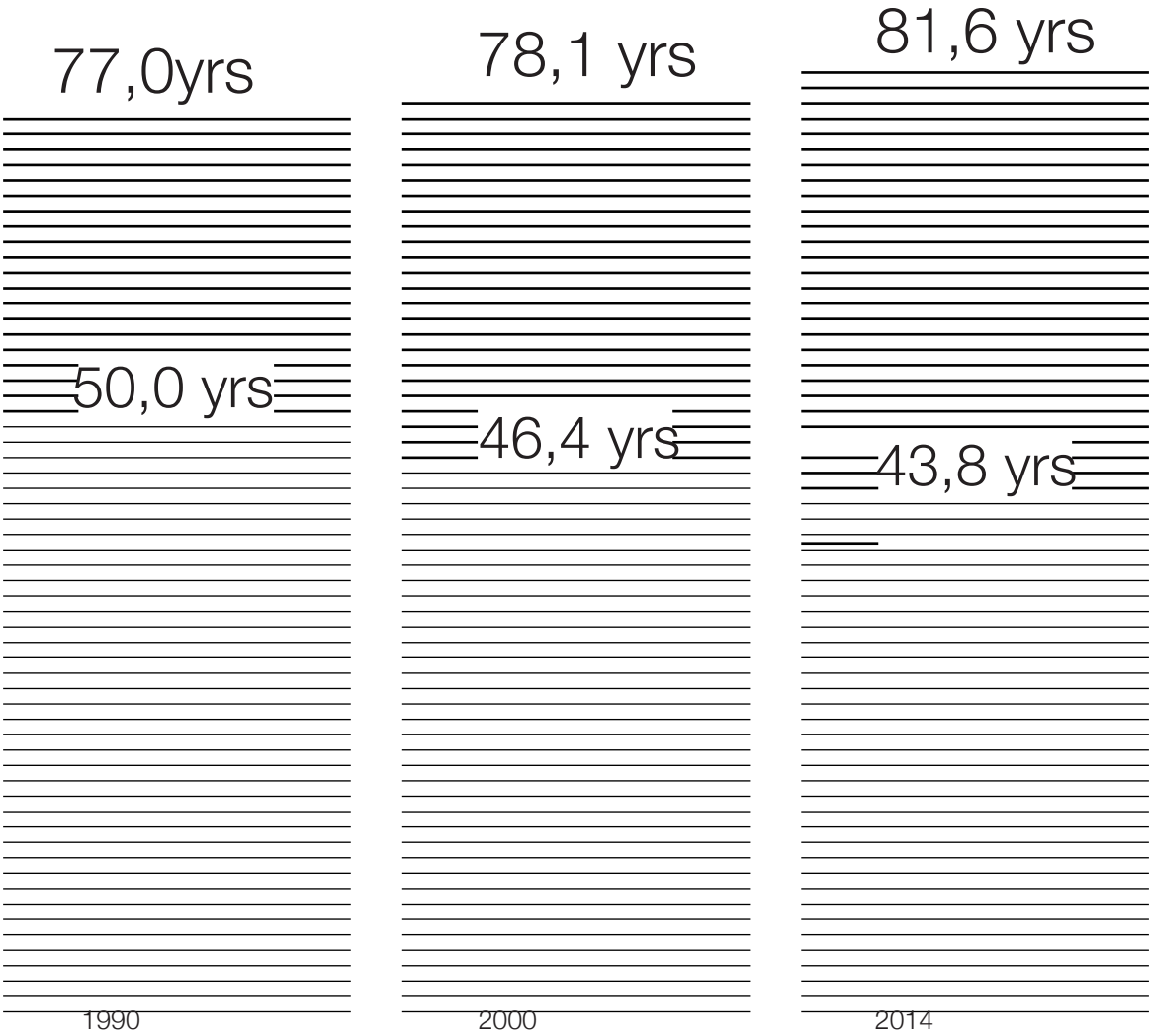


Fig 2.Healthy life expectancy in the Netherlands

—— healthy life expectancy
—— life with a chronic disease

Source: Statistics Netherlands, Statline & active design for buildings

RESEARCH | DEFINING HEALTH

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

WHO, 1948

CAN WE USE THE BICYCLE TO STIMULATE MOVEMENT IN AND AROUND THE BUILDING?

RESEARCH | ACTIVE DESIGN

HOW TO STIMULATE PHYSICAL ACTIVITY IN AND AROUND THE BUILDING?

RESEARCH | ACTIVE DESIGN

HOW TO STIMULATE PHYSICAL ACTIVITY IN AND AROUND THE BUILDING?

FOUR DOMAINS OF ACTIVE DESIGN

1. CIRCULATION SYSTEM



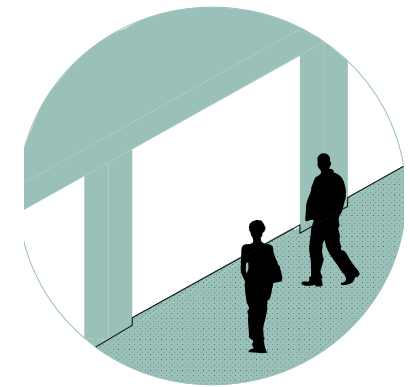
2. DESTINATIONS



3. ACTIVITY PROGRAM



4. BUILDING
SURROUNDINGS

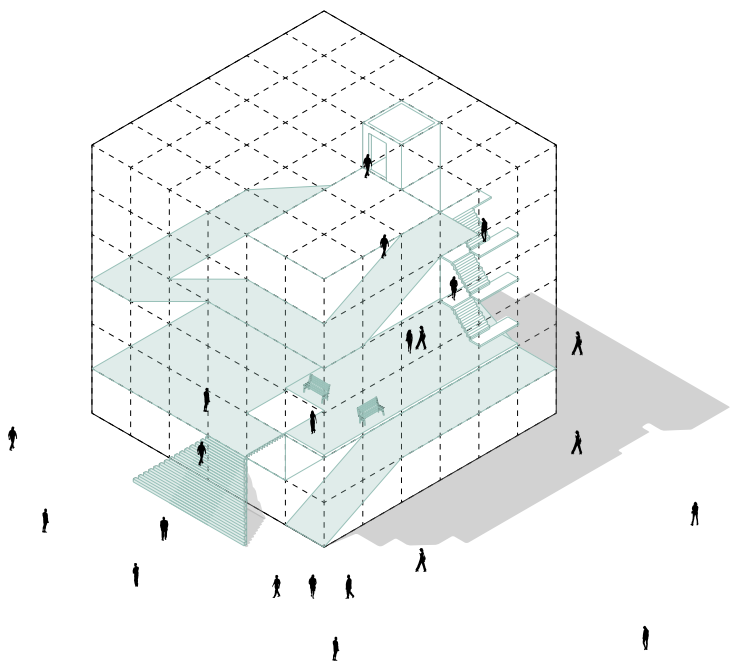


RESEARCH | ACTIVE DESIGN

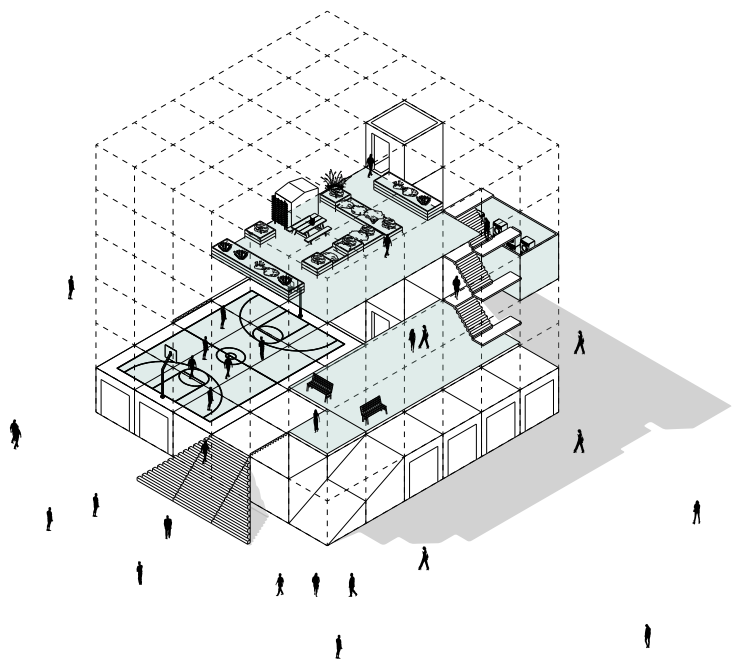
HOW TO STIMULATE PHYSICAL ACTIVITY IN AND AROUND THE BUILDING?

FOUR DOMAINS OF ACTIVE DESIGN

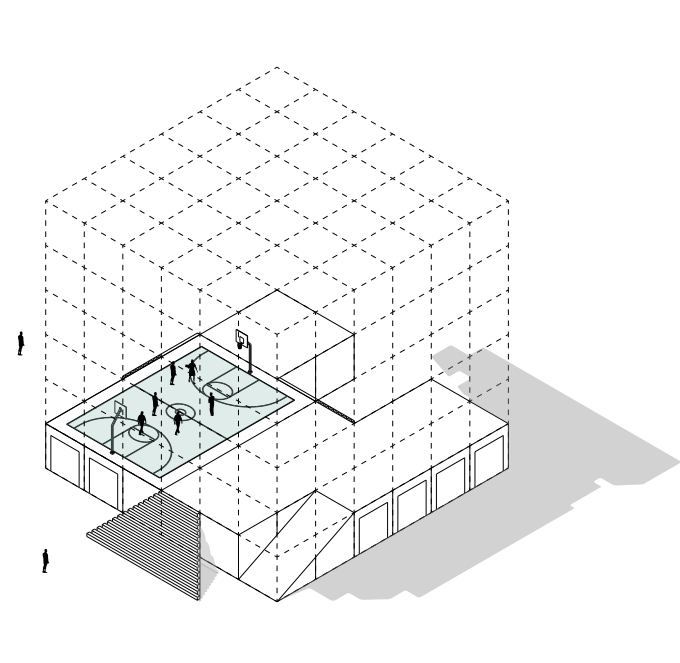
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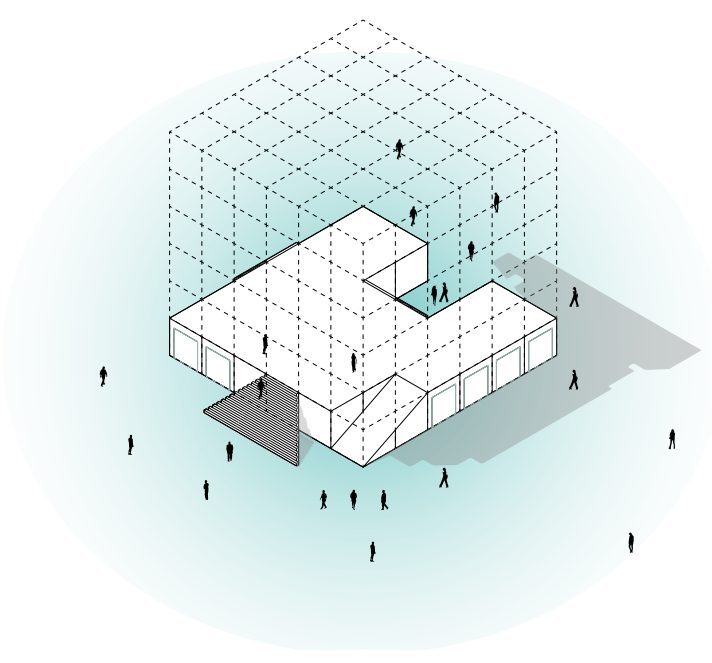
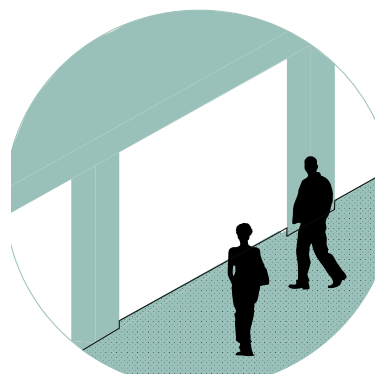
2. DESTINATIONS



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4. BUILDING SURROUNDINGS



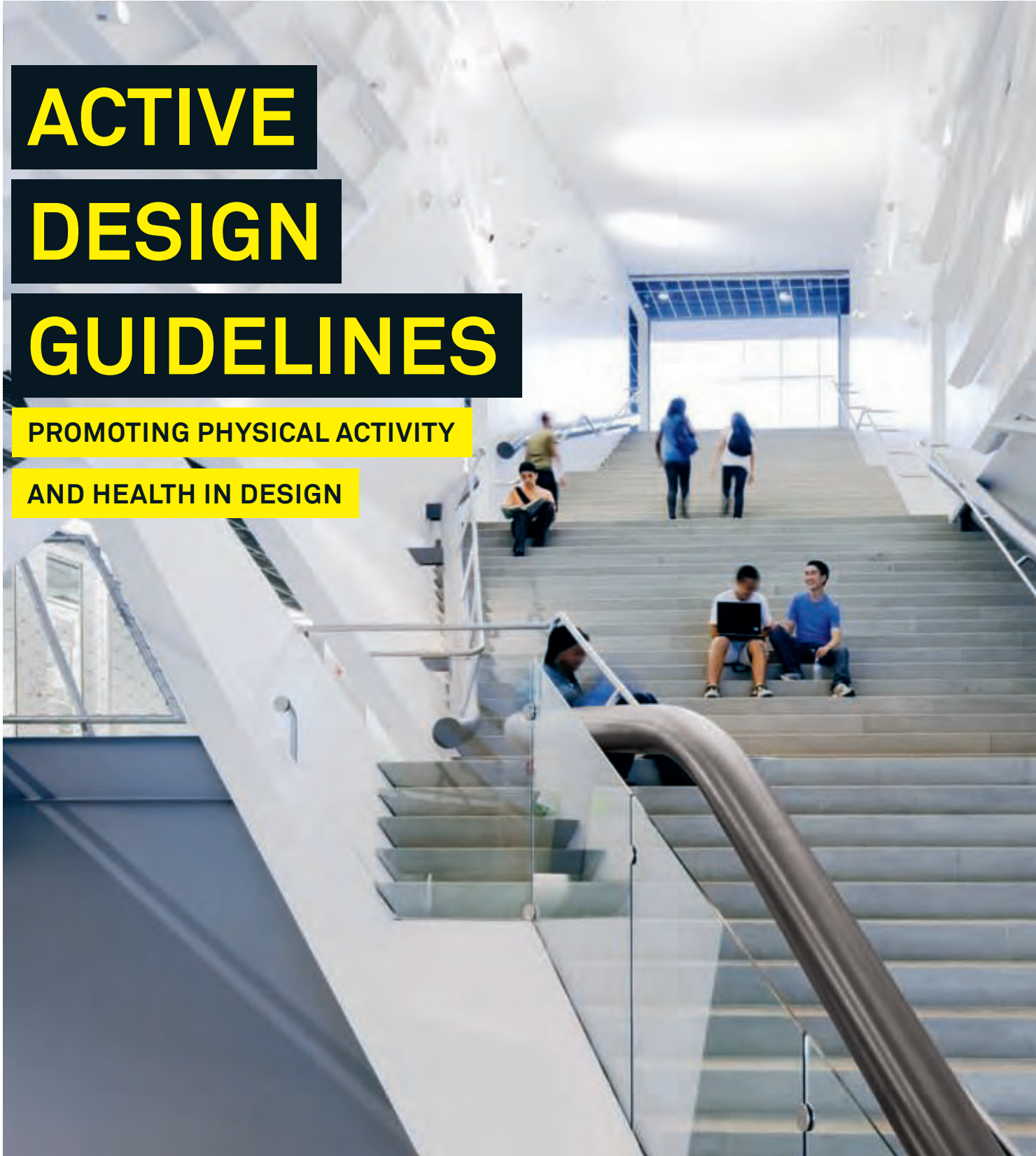
RESEARCH | ACTIVE DESIGN

HOW TO STIMULATE PHYSICAL ACTIVITY IN AND AROUND THE BUILDING?

FOUR DOMAINS OF ACTIVE DESIGN

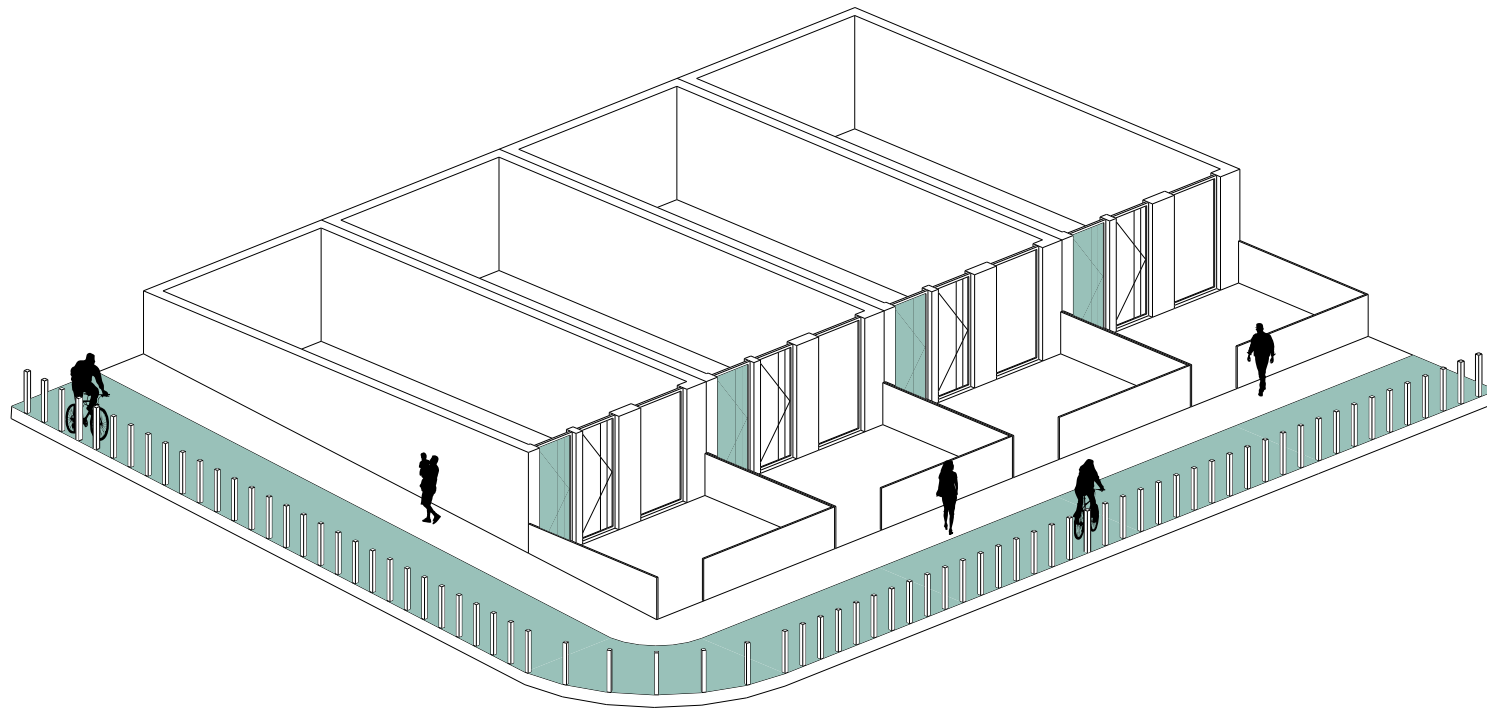
Beweeglogica
in Gebouwen

ACTIVE
DESIGN
GUIDELINES
PROMOTING PHYSICAL ACTIVITY
AND HEALTH IN DESIGN



RESEARCH | ACTIVE DESIGN

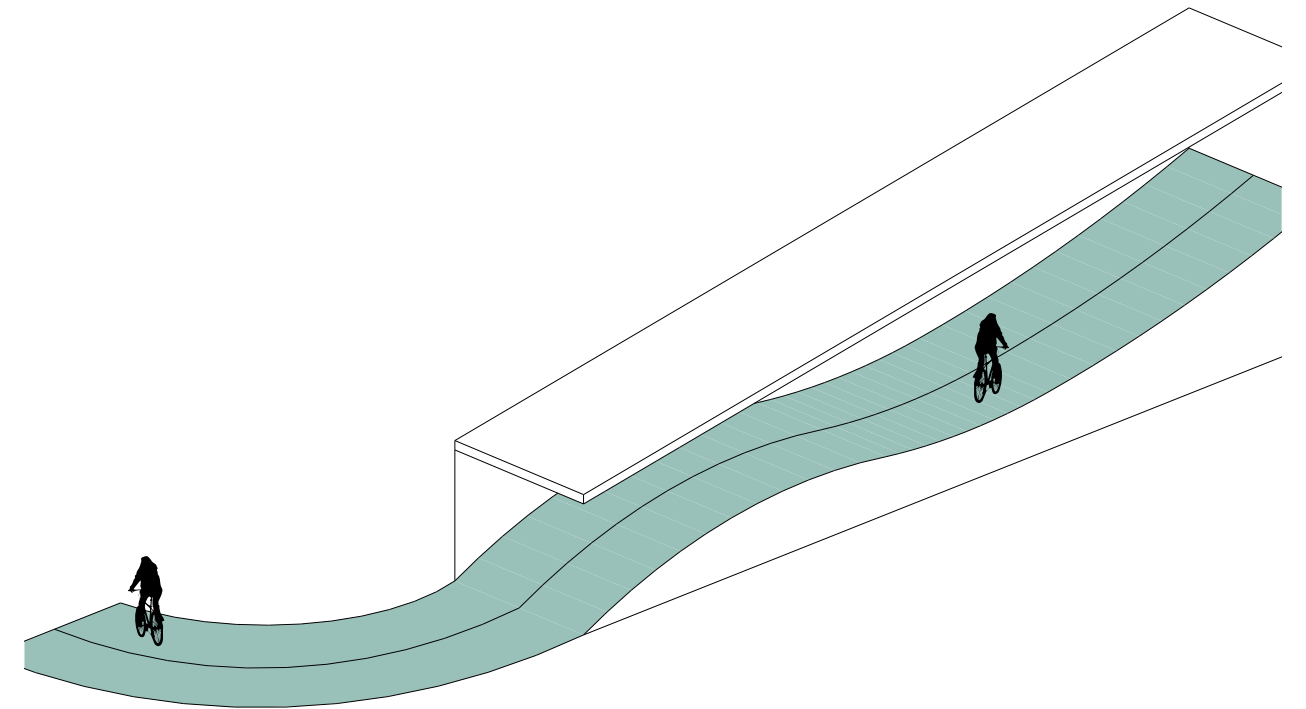
ADDING A FIFTH DOMAIN



Make bicycles handy things to use within buildings

Let the bike be the quickest way to leave home

Make peace between bikes and pedestrians



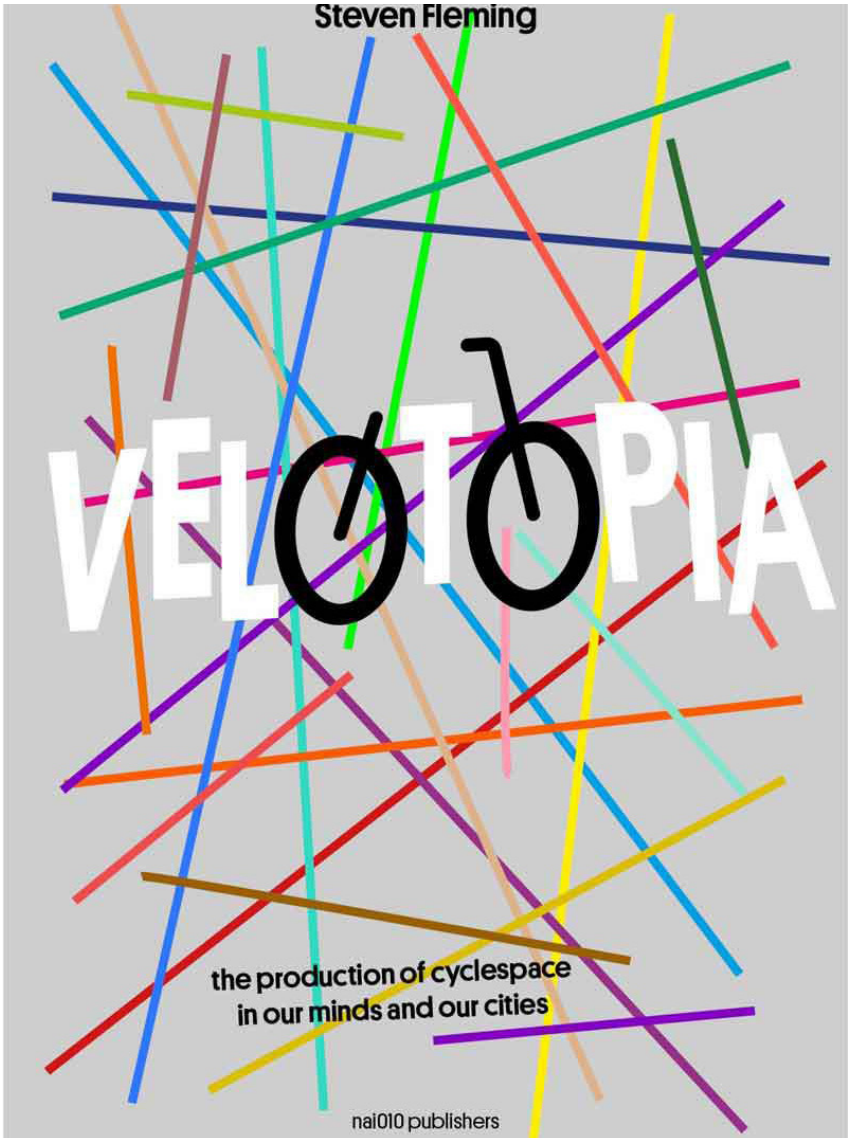
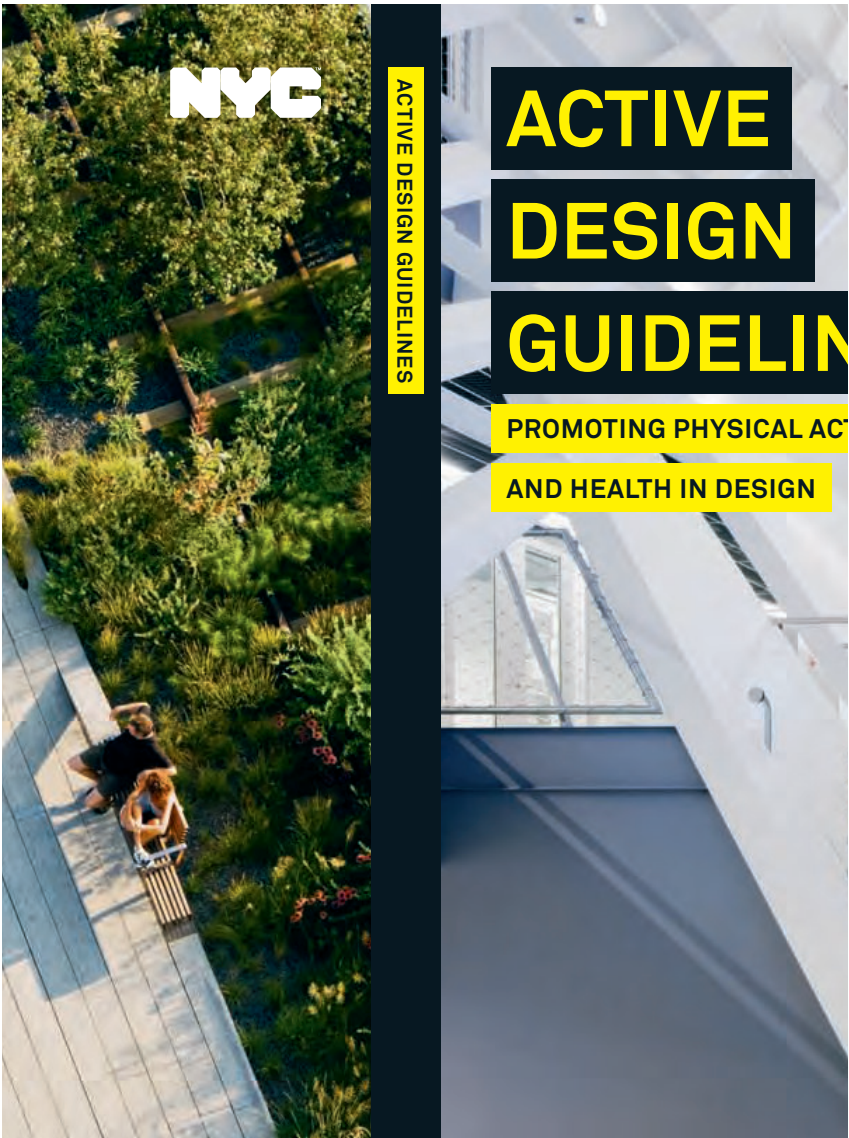
Sculpt the terrain to control cyclists' speed

RESEARCH | ACTIVE DESIGN

ADDING A FIFTH DOMAIN

Beweeglogica
in Gebouwen

BETA office for architecture and the city



RESEARCH | ACTIVE DESIGN

RULES BY FIETSBERAAD

Basic parameters bicycle

Length: 1.94 m

Width (legal max. bicycle with two wheels: 0.75 m)avg. 0.64 m

Seat height 0.90 m

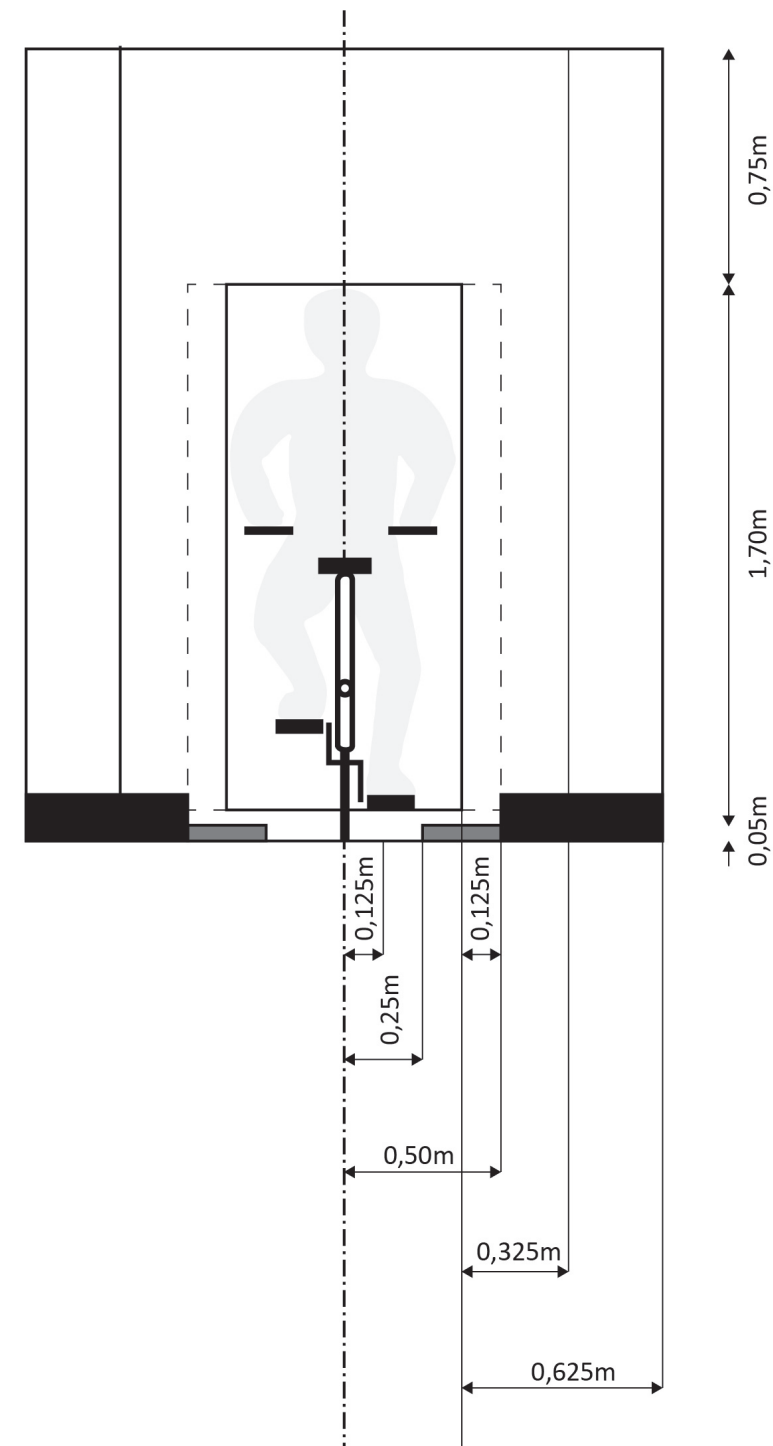
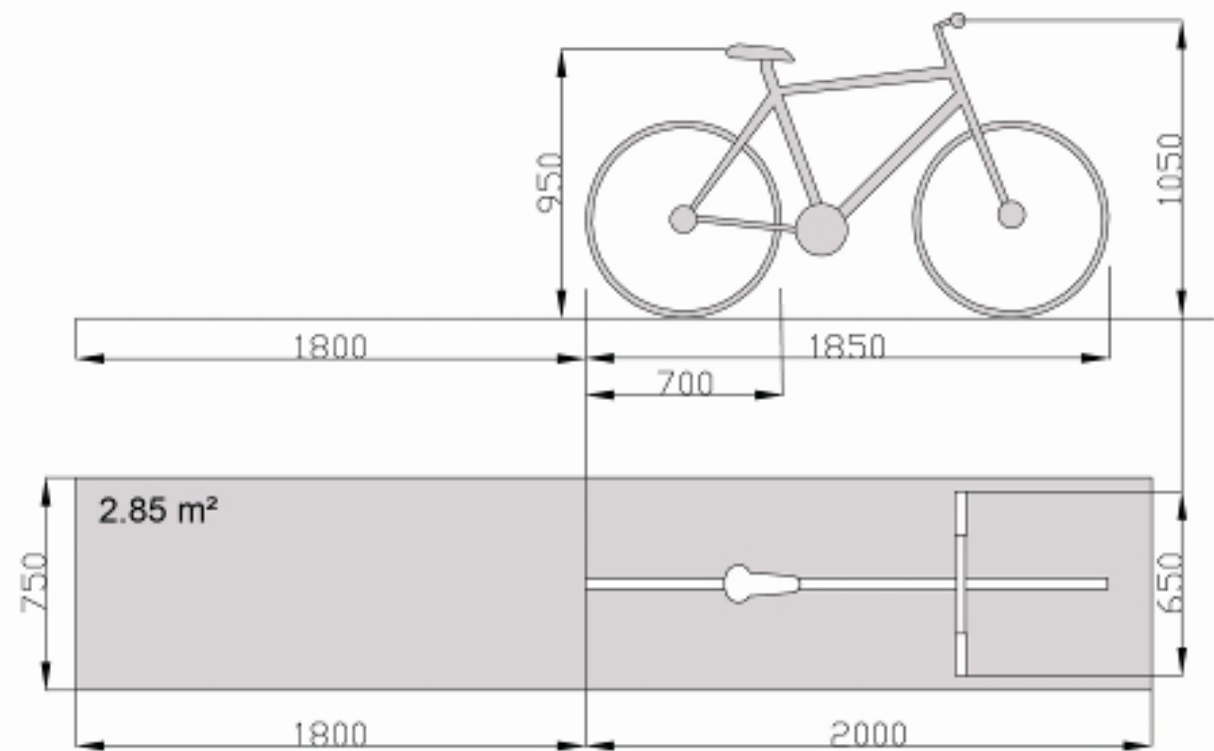
Average bicycle speed 18 km / h

Basic parameters cycling path²³

Minimal width: 1,5 m

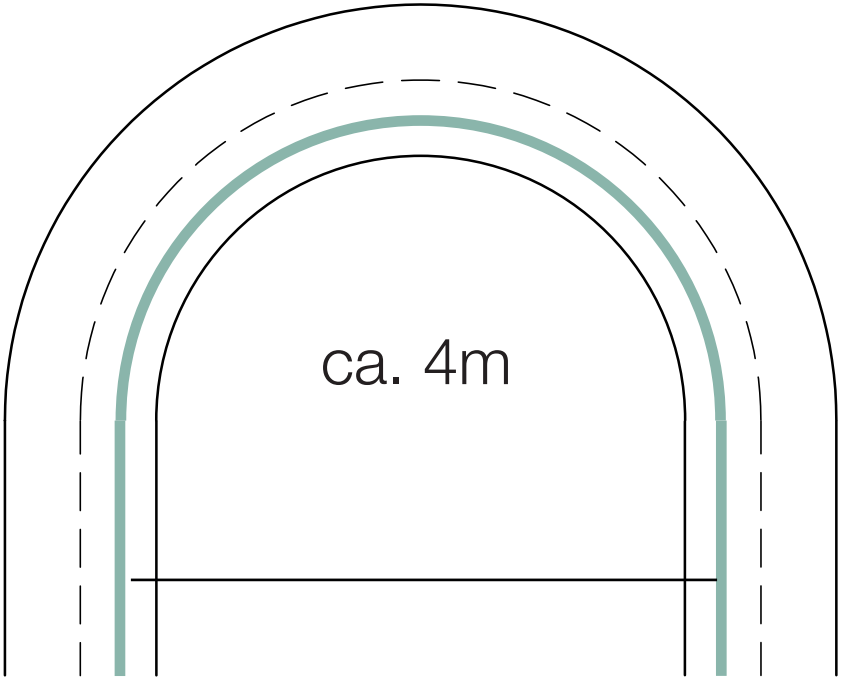
Adviced Width: 2 m

Height: 2,3 m



source : fietsberaad

RESEARCH | ACTIVE DESIGN



RESEARCH | TARGET GROUPS

TARGET GROUP

people with an affinity with a healthy lifestyle and cycling.

Because health can be a problem within any age category, there is a suitable home for every type of family composition



one person studios



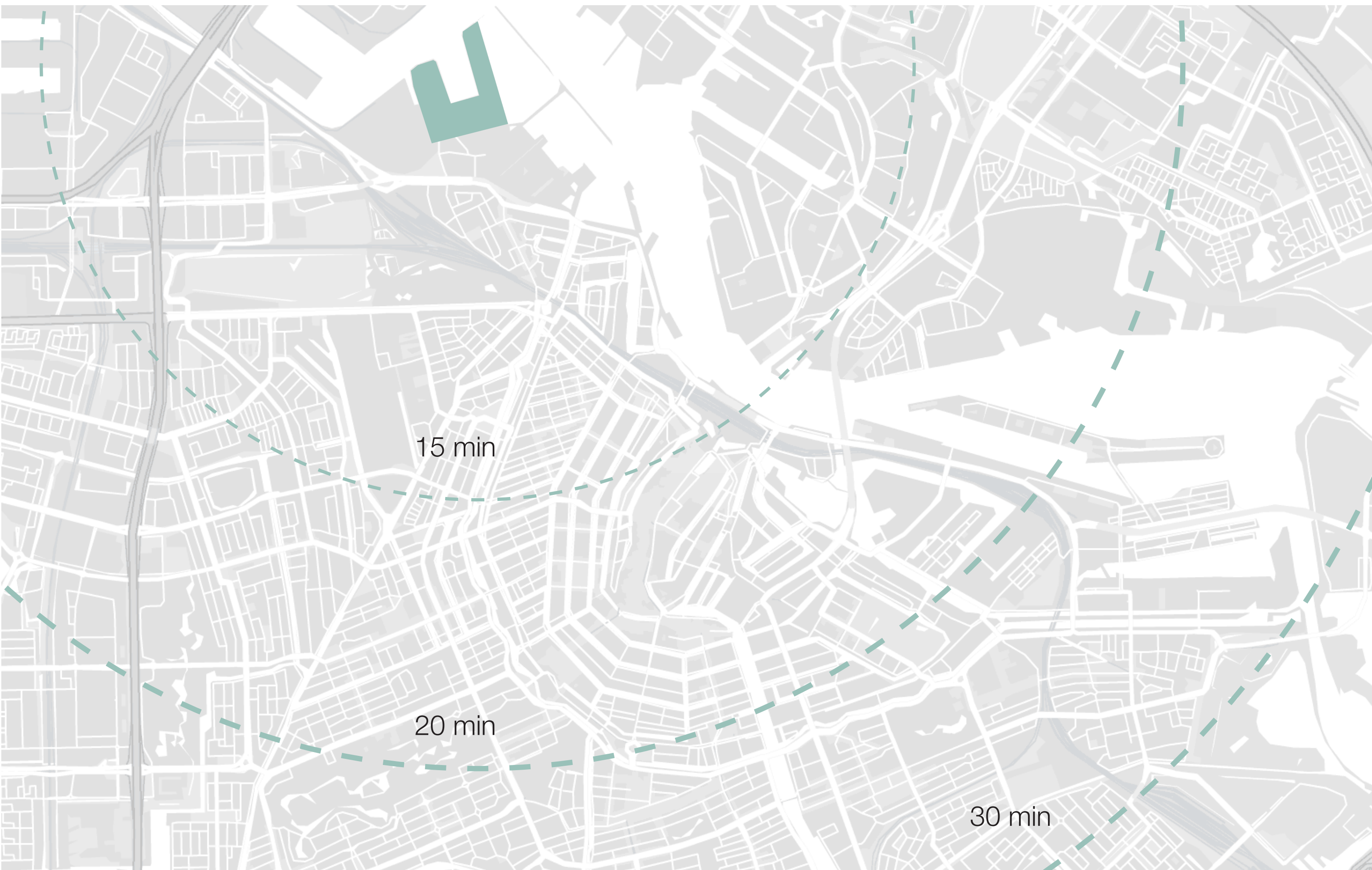
2 - 3 rooms aparments



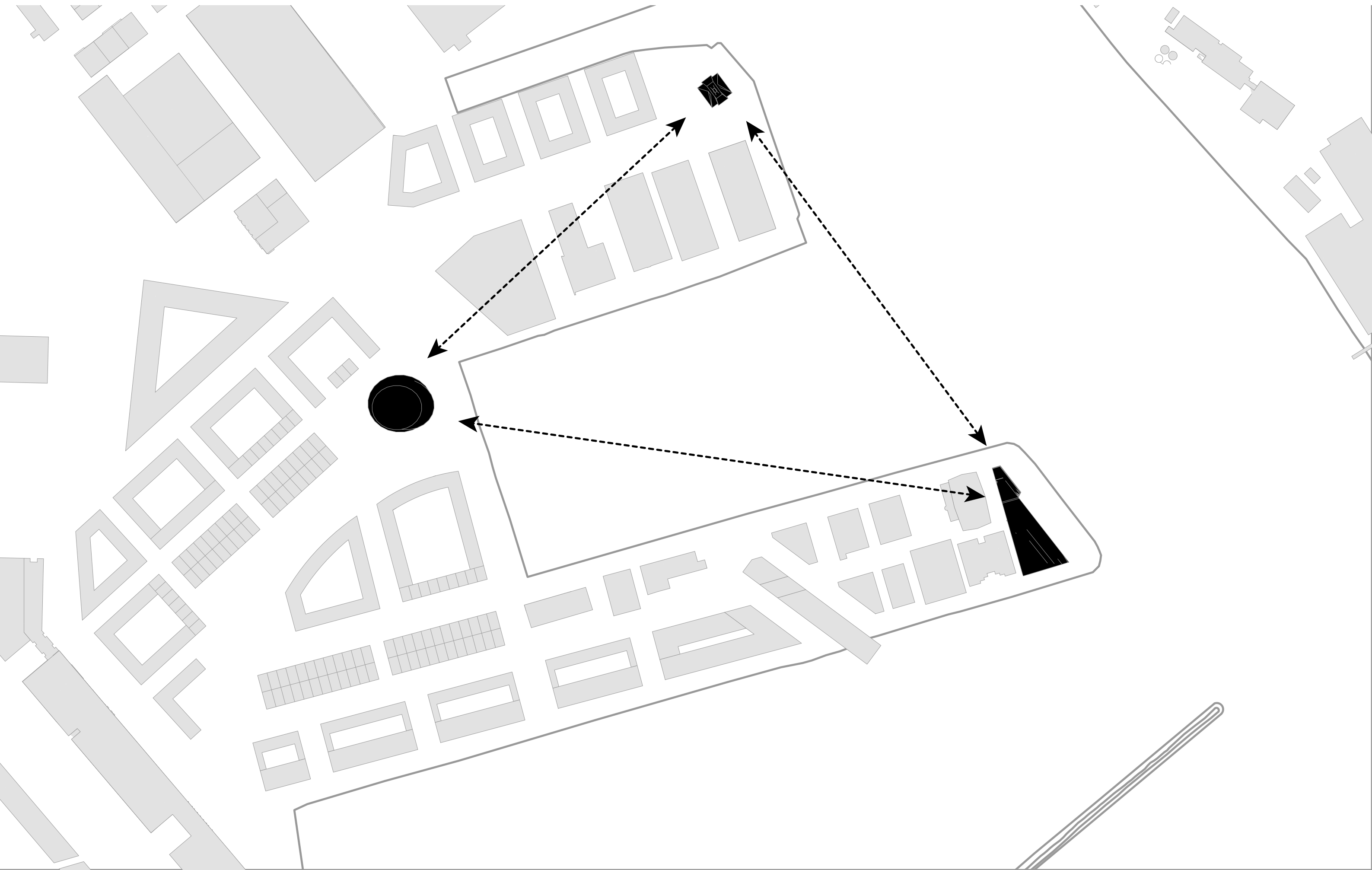
family house / maisonette

DESIGN | VELOCITY

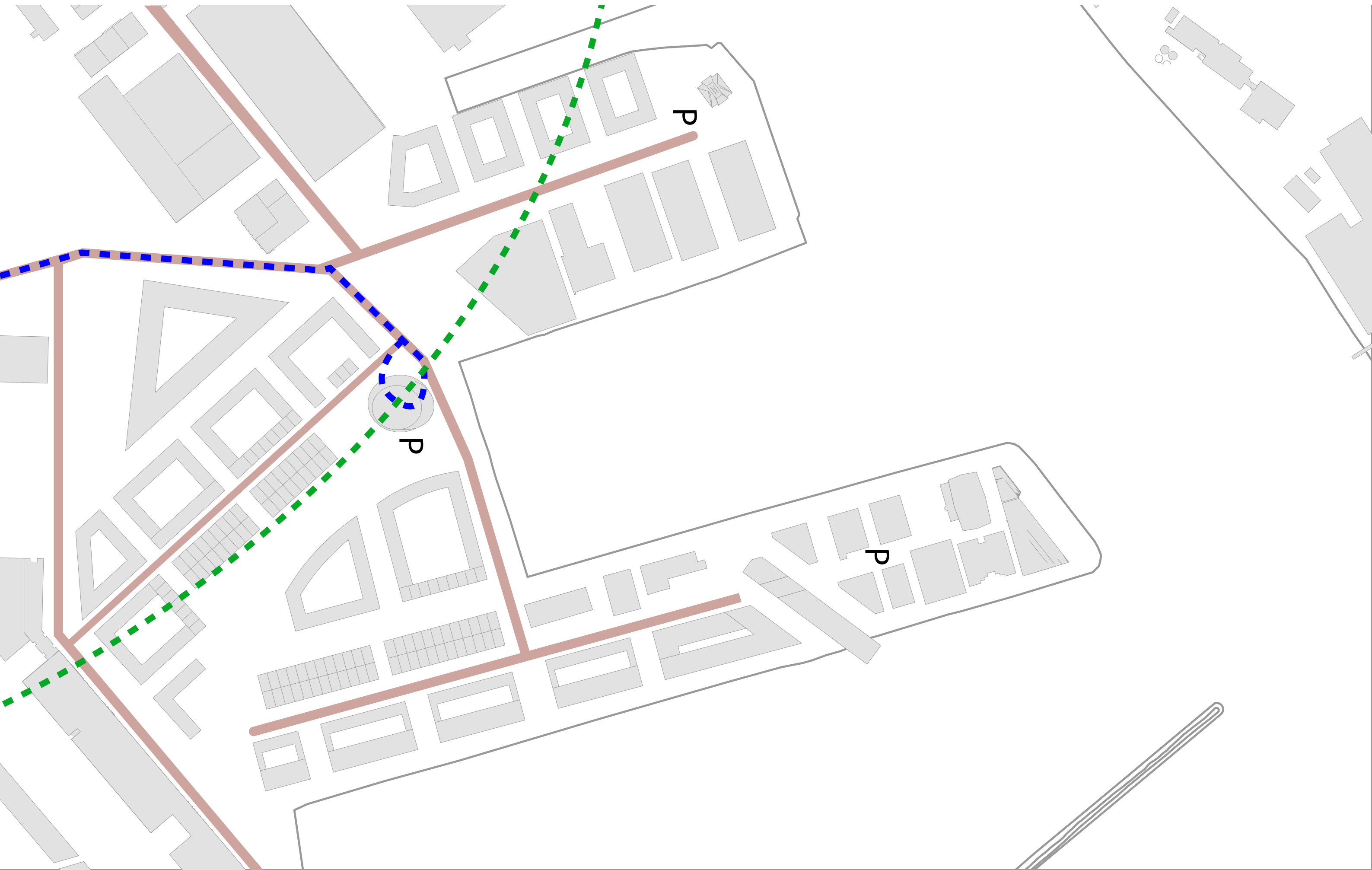
DESIGN | LOCATION



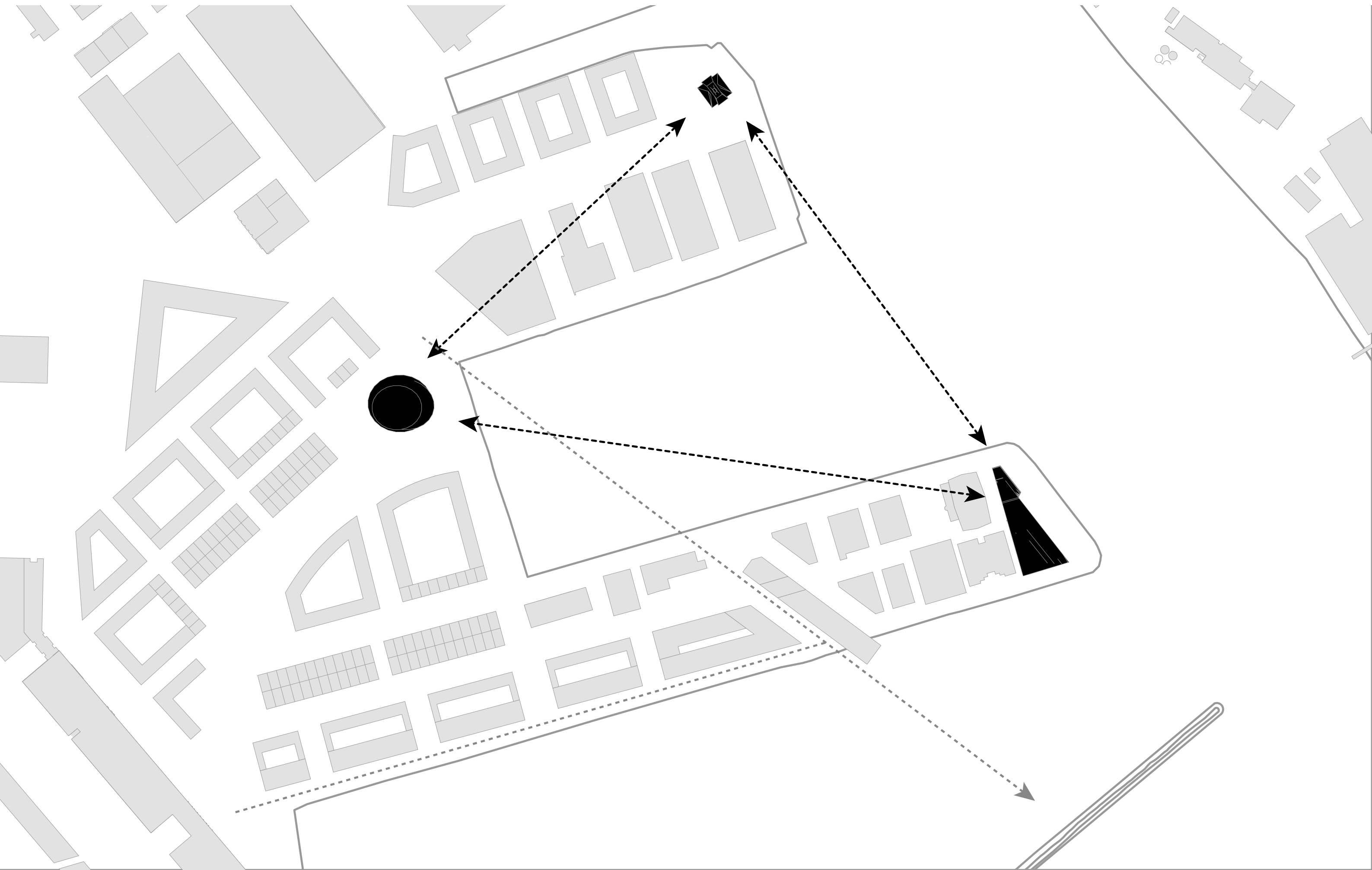
DESIGN | LOCATION



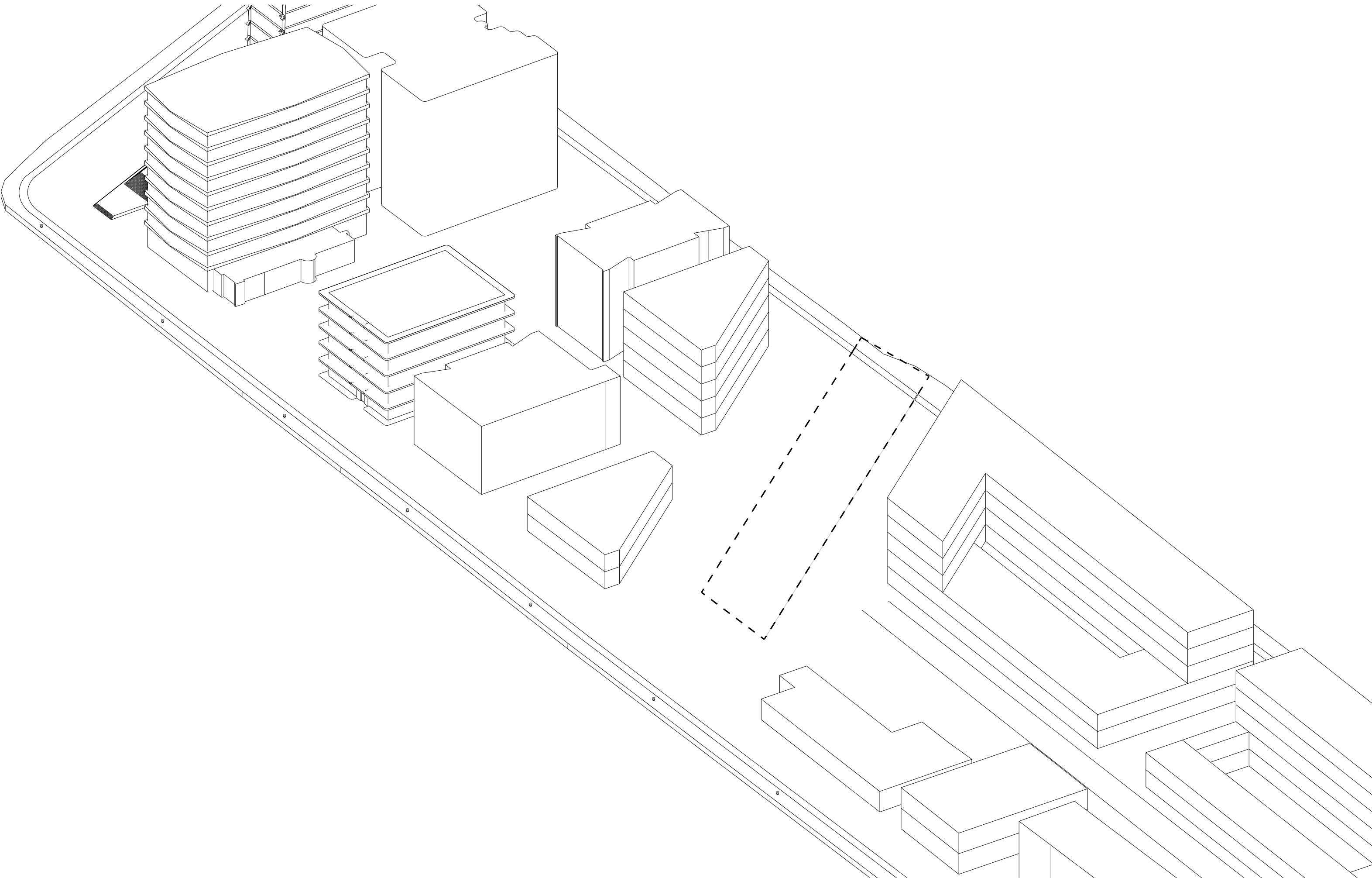
DESIGN | LOCATION



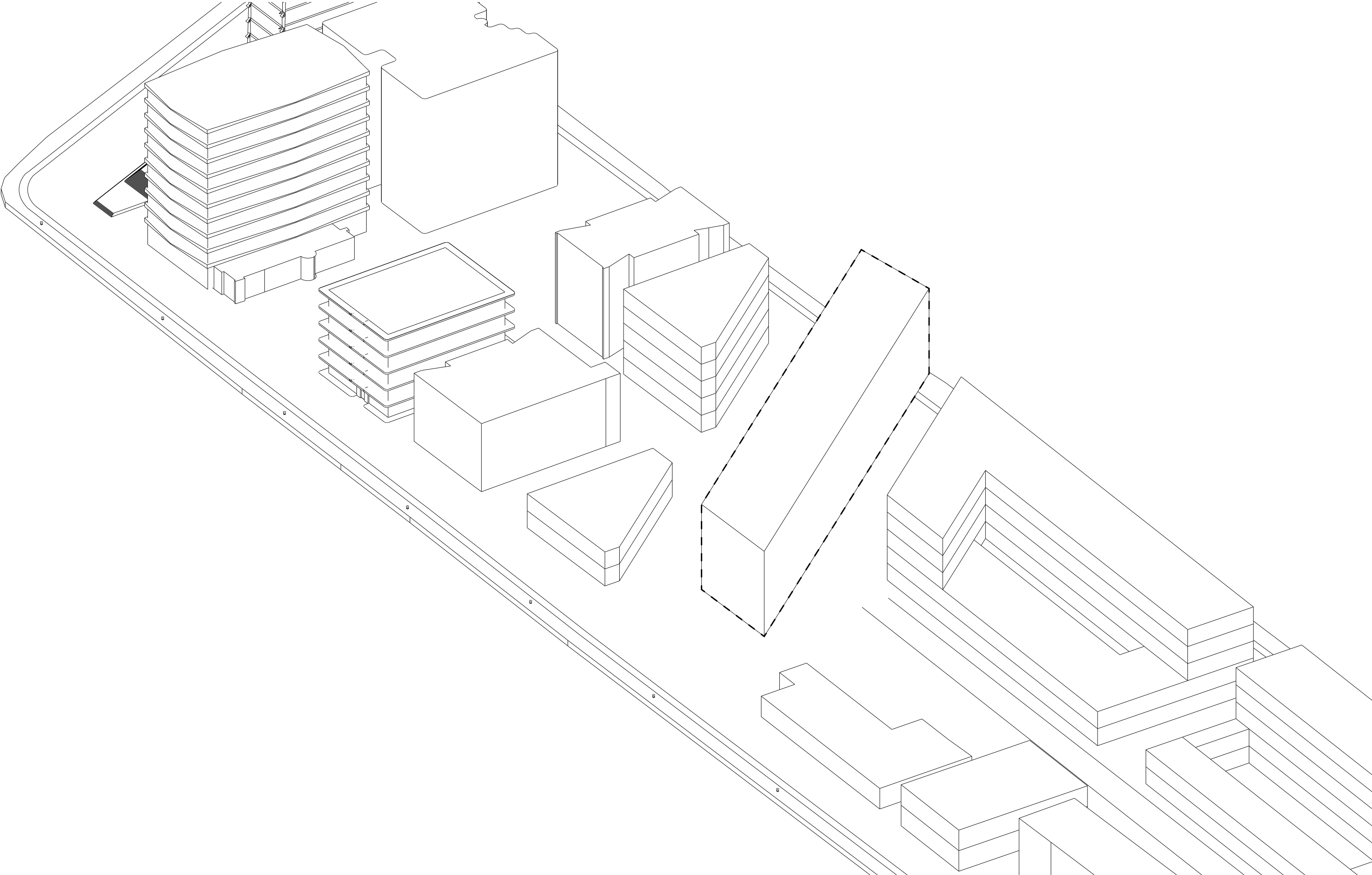
DESIGN | LOCATION



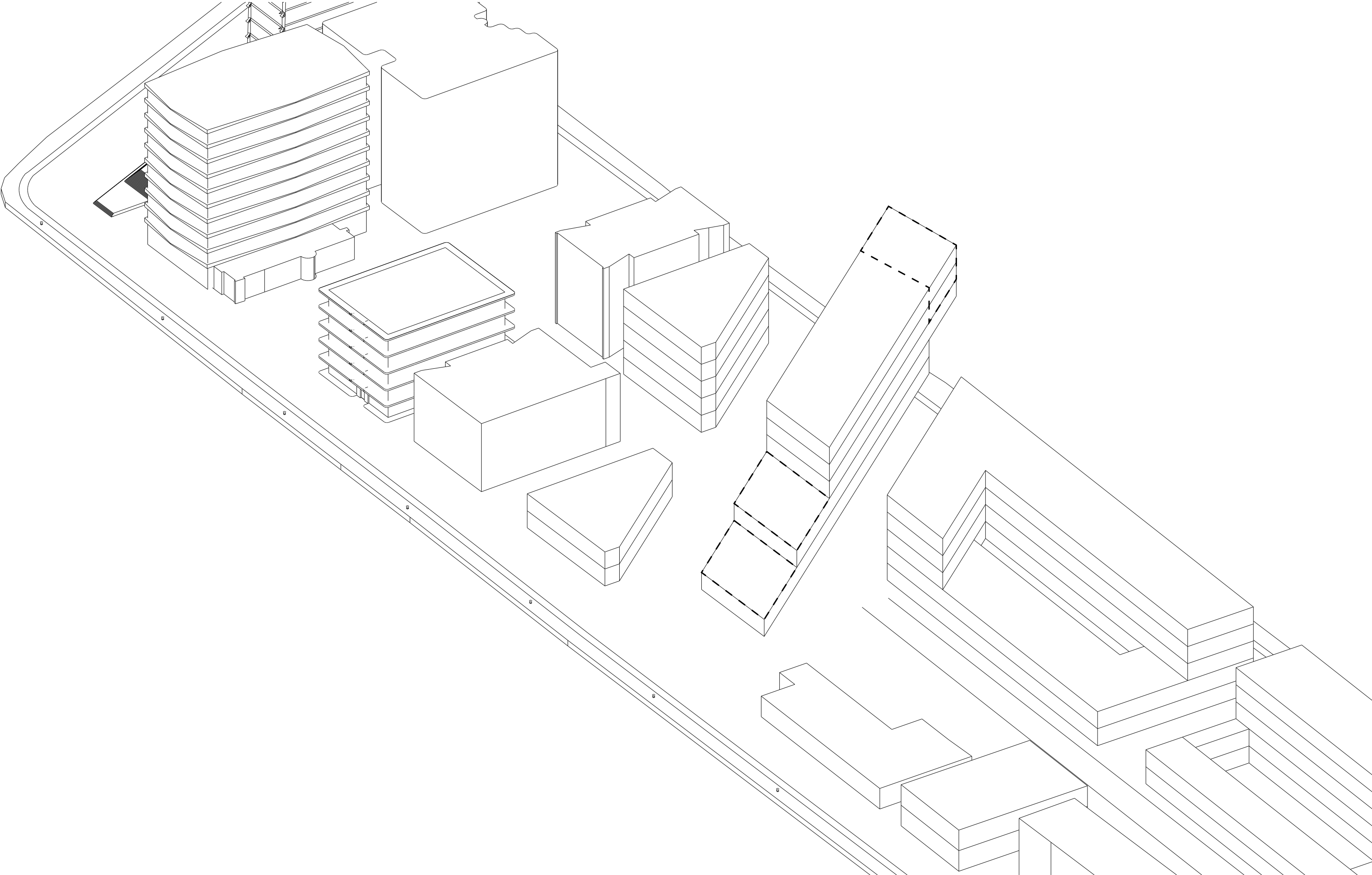
DESIGN | LOCATION



DESIGN | LOCATION



DESIGN | LOCATION



DESIGN | ACCESS SYSTEM



MAISONNETTE

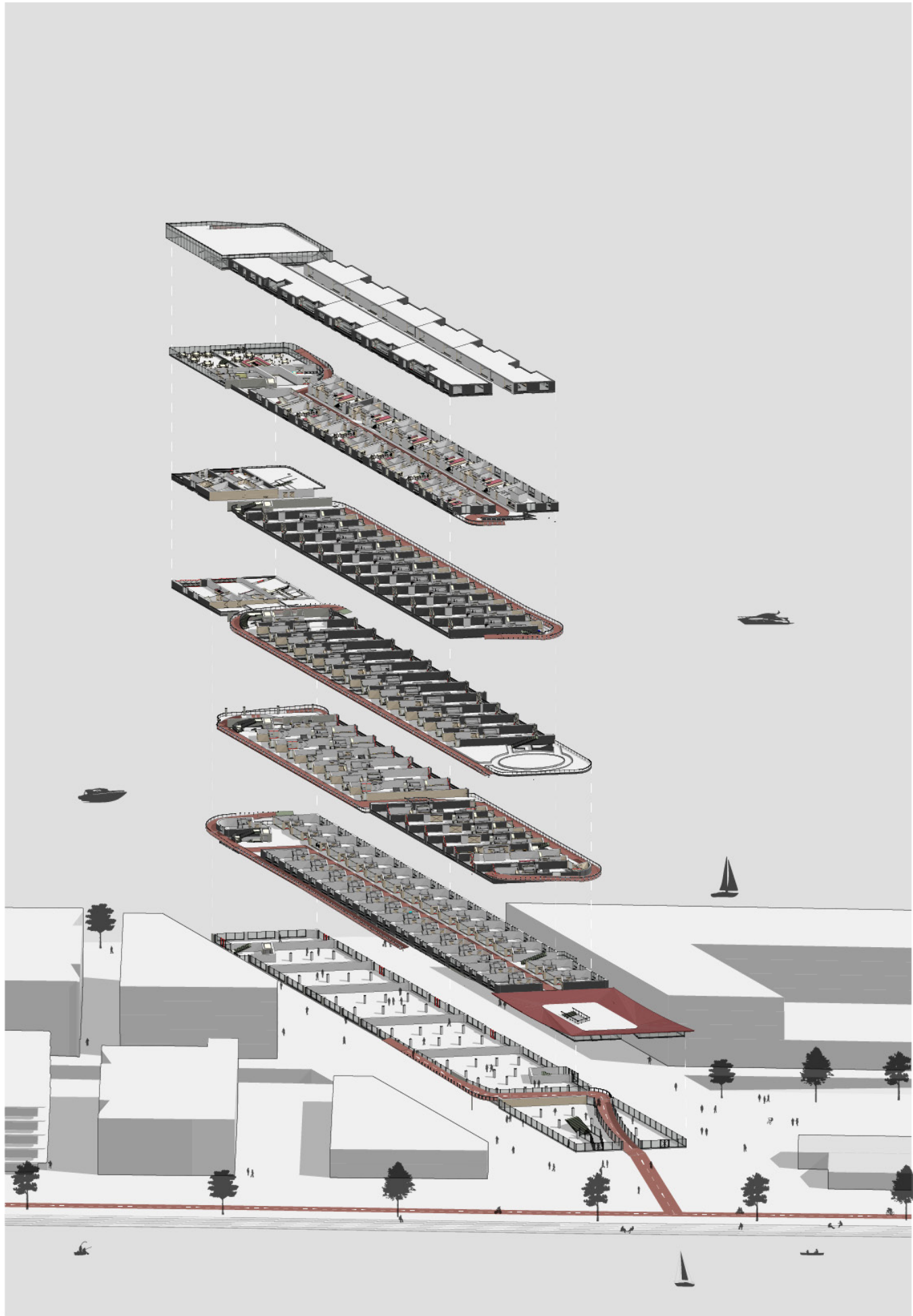
APARTMENTS

STUDIOS

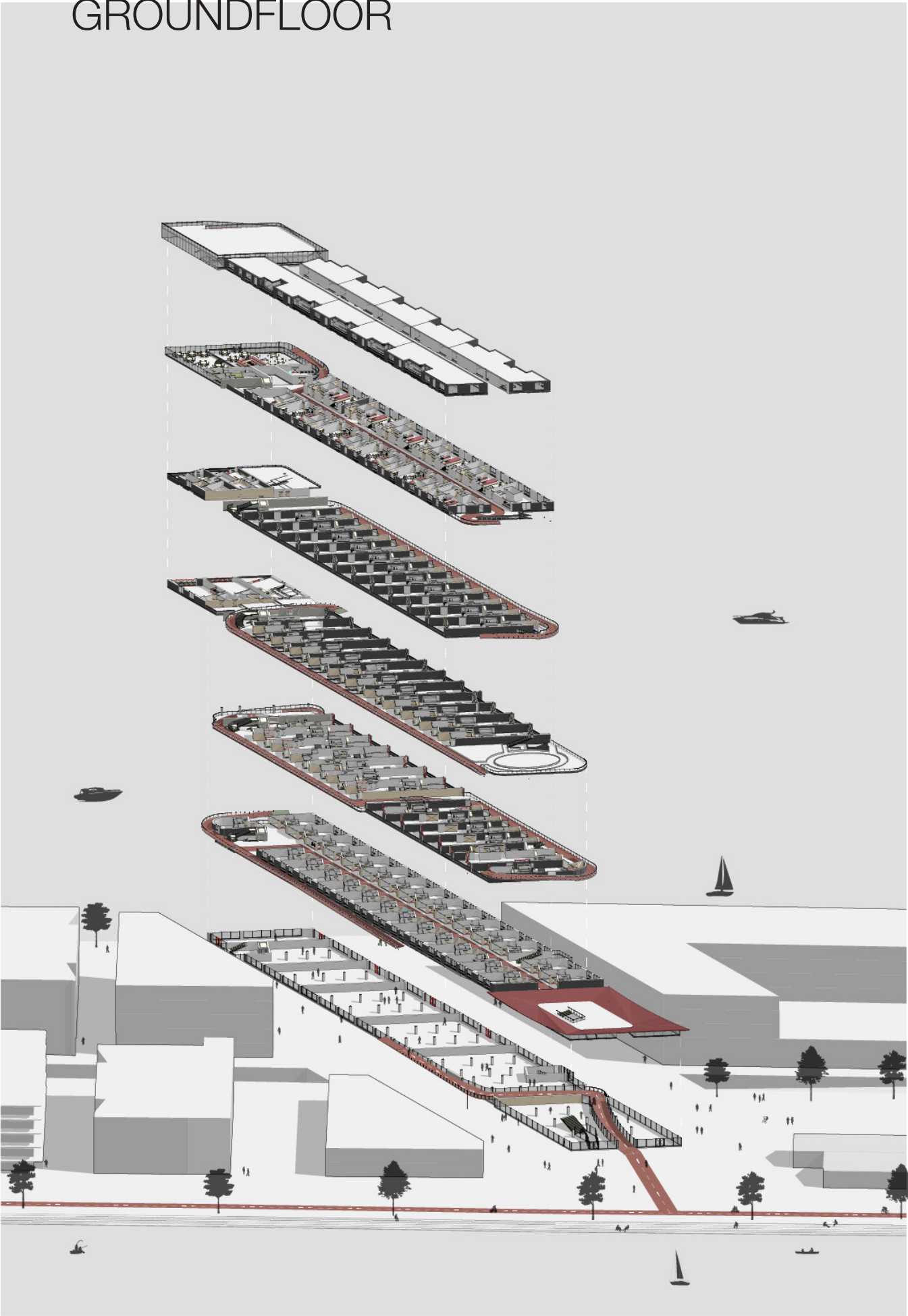
PUBLIC FUNCTIONS

DESIGN | ACCESS SYSTEM



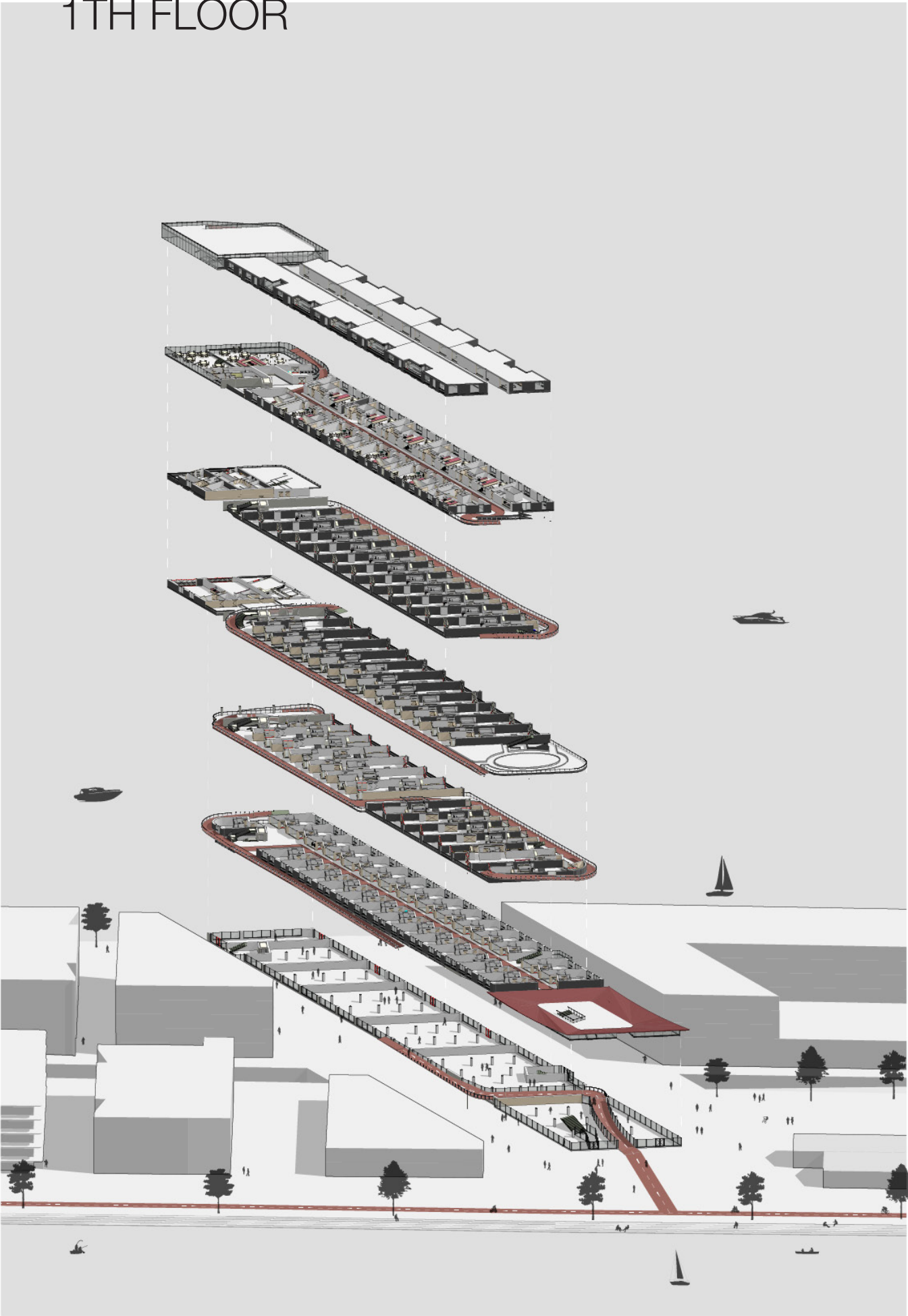


GROUND FLOOR



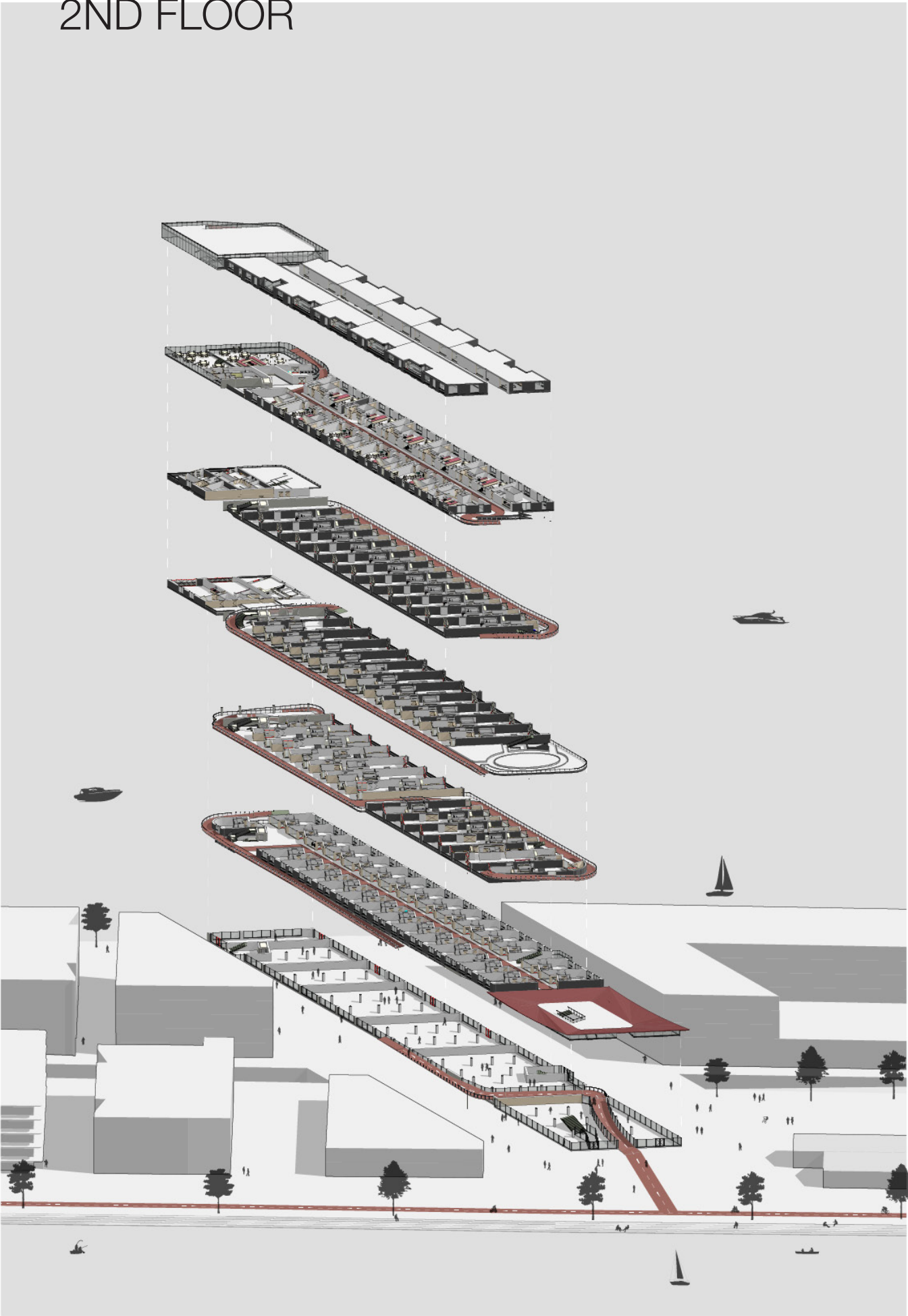
DESIGN | ROUTING

1TH FLOOR

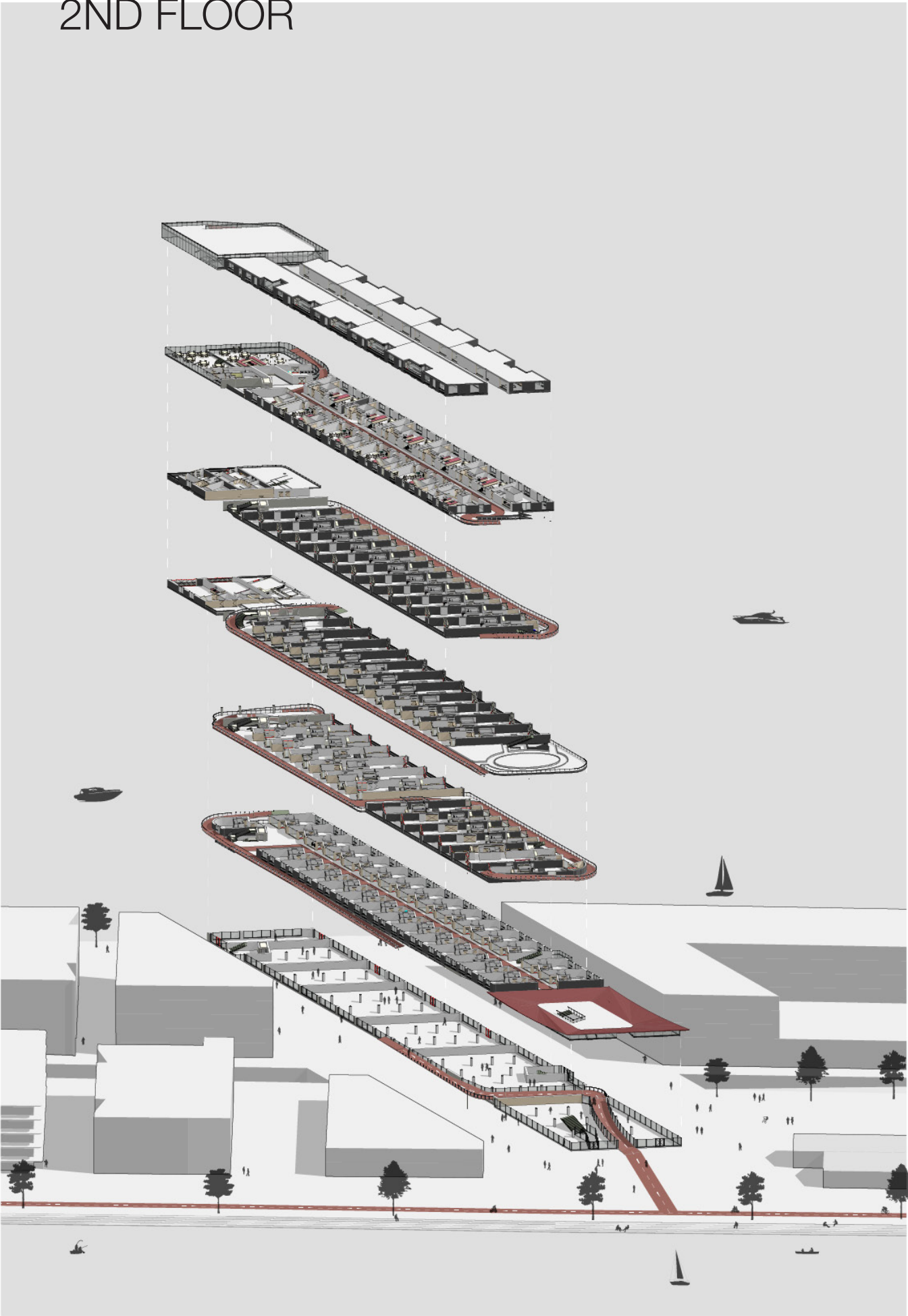


DESIGN | ROUTING

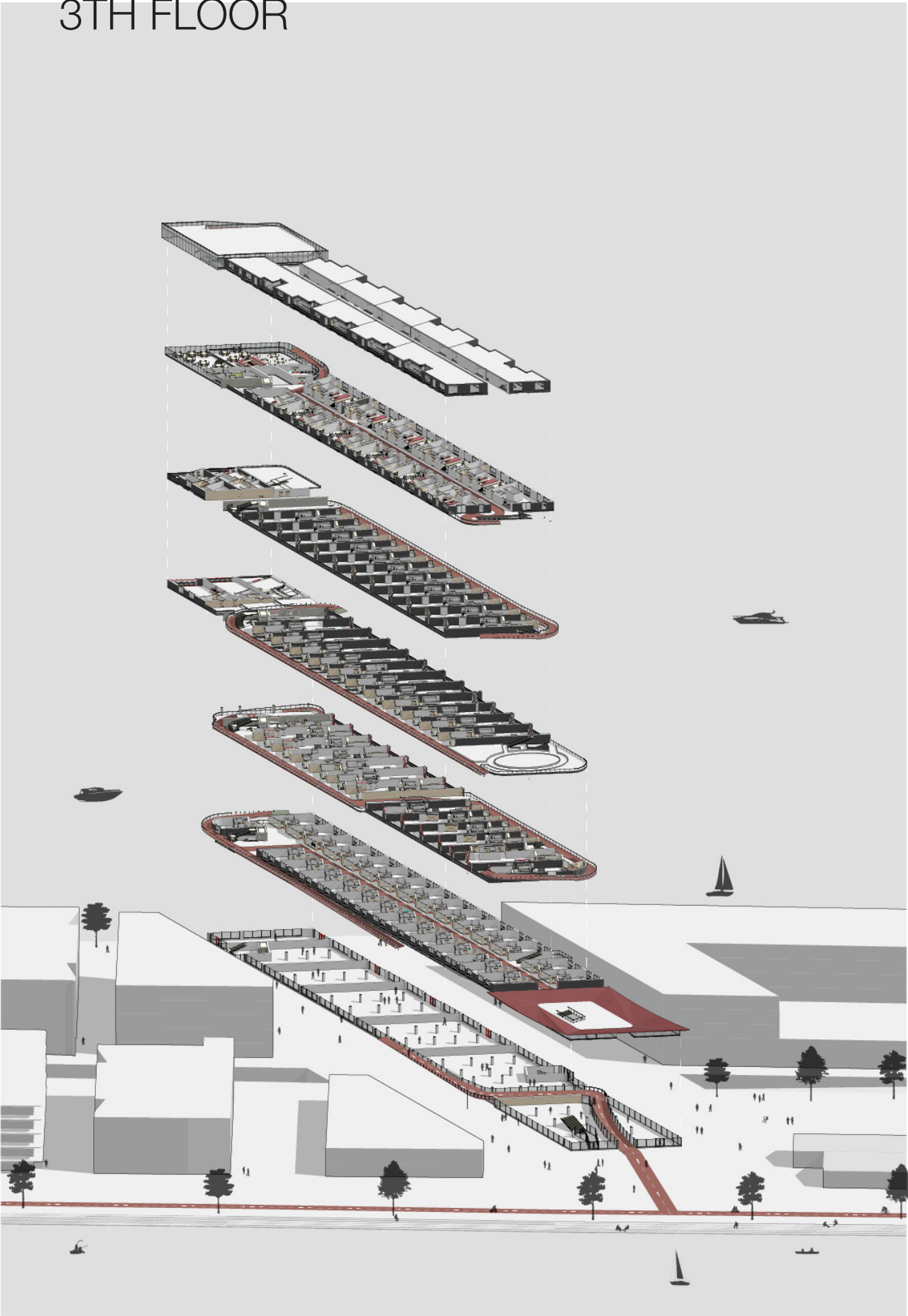
2ND FLOOR



2ND FLOOR

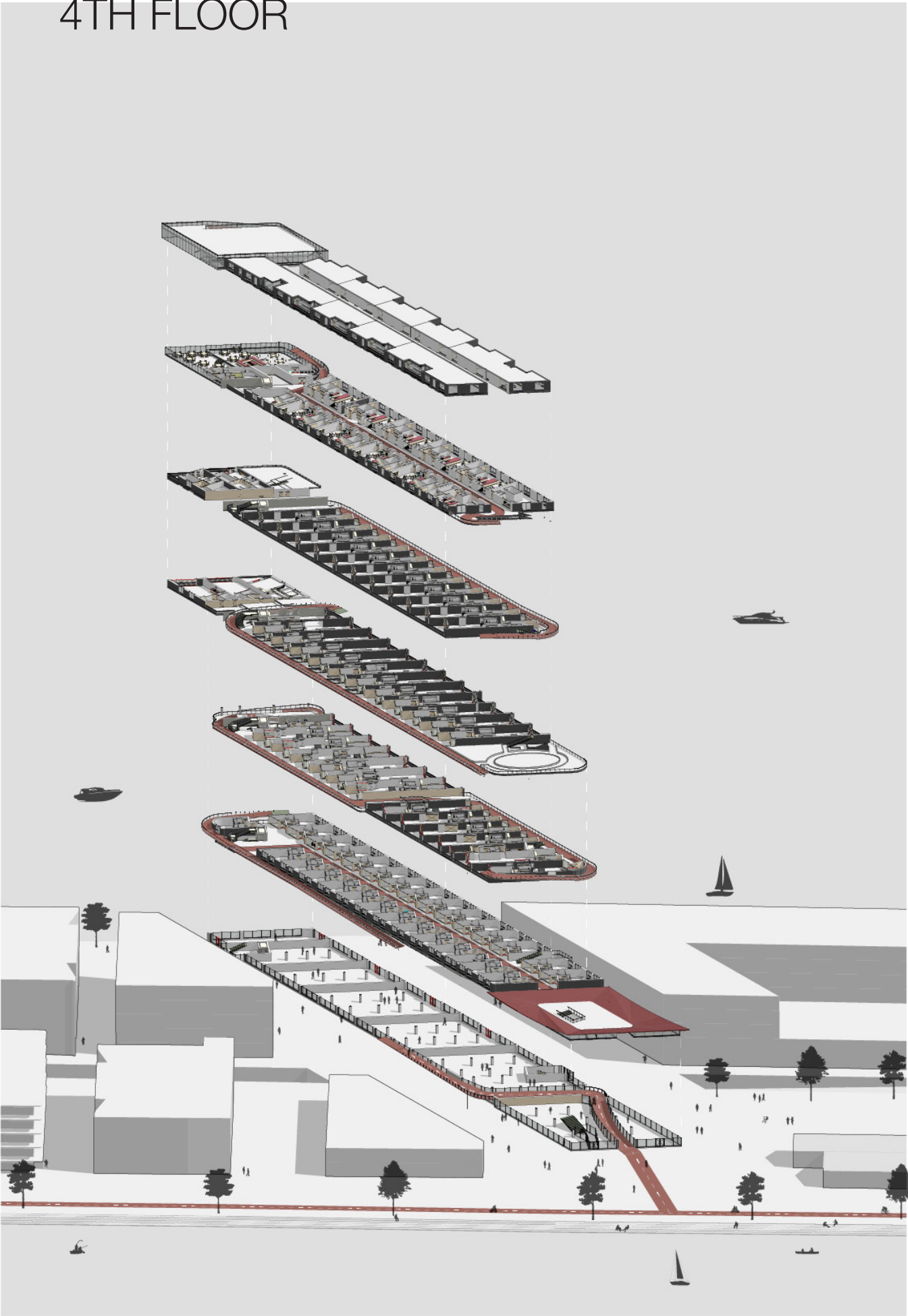


3TH FLOOR



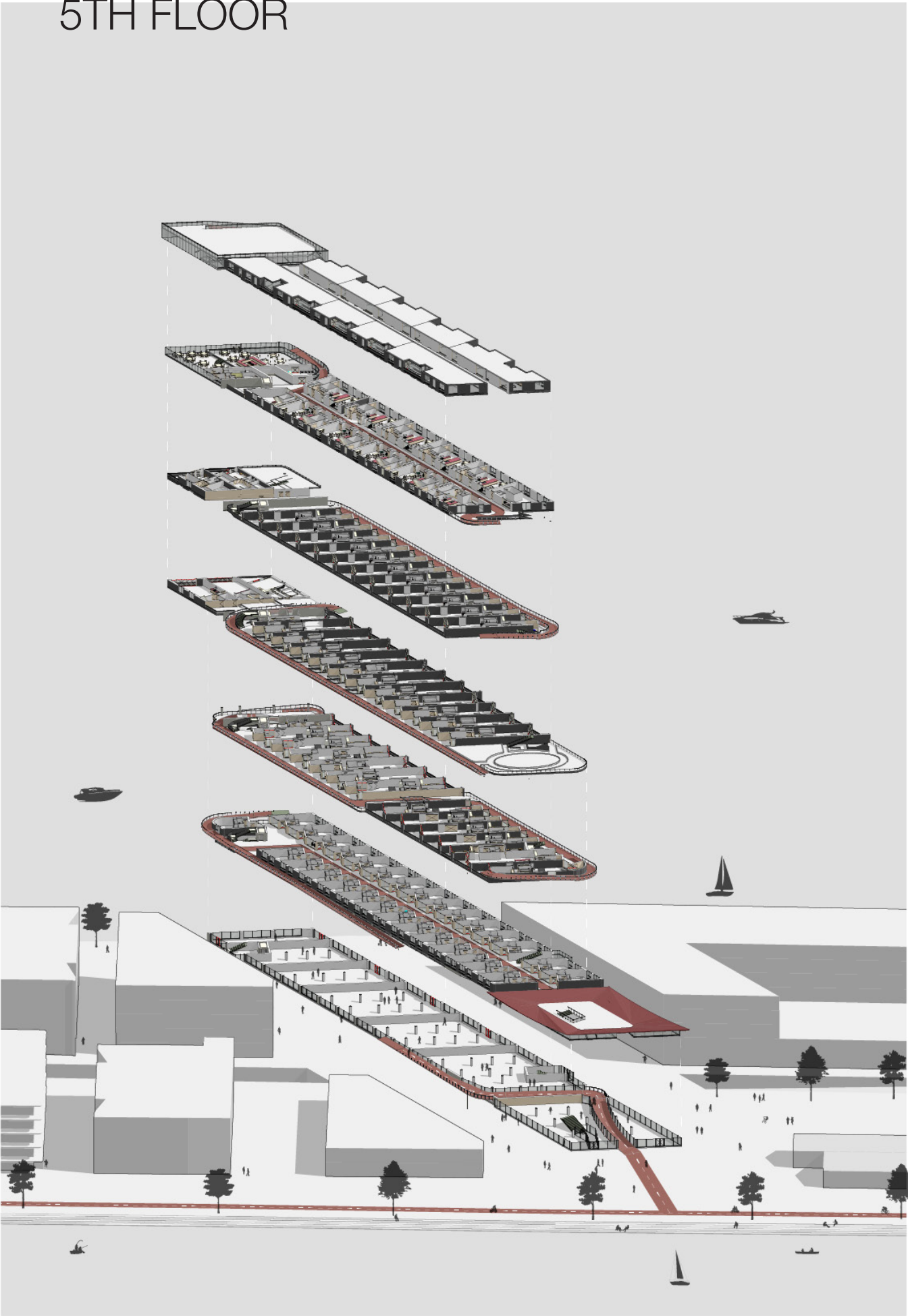
DESIGN | ROUTING

4TH FLOOR



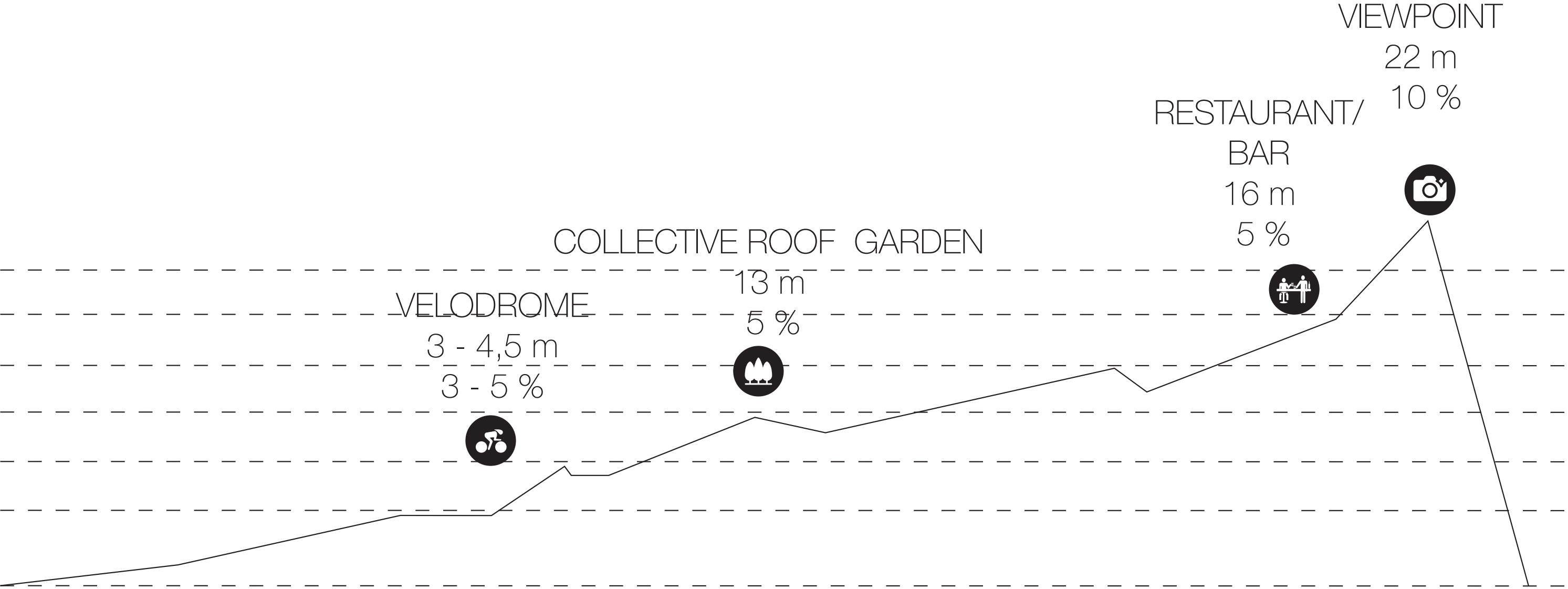
DESIGN | ROUTING

5TH FLOOR



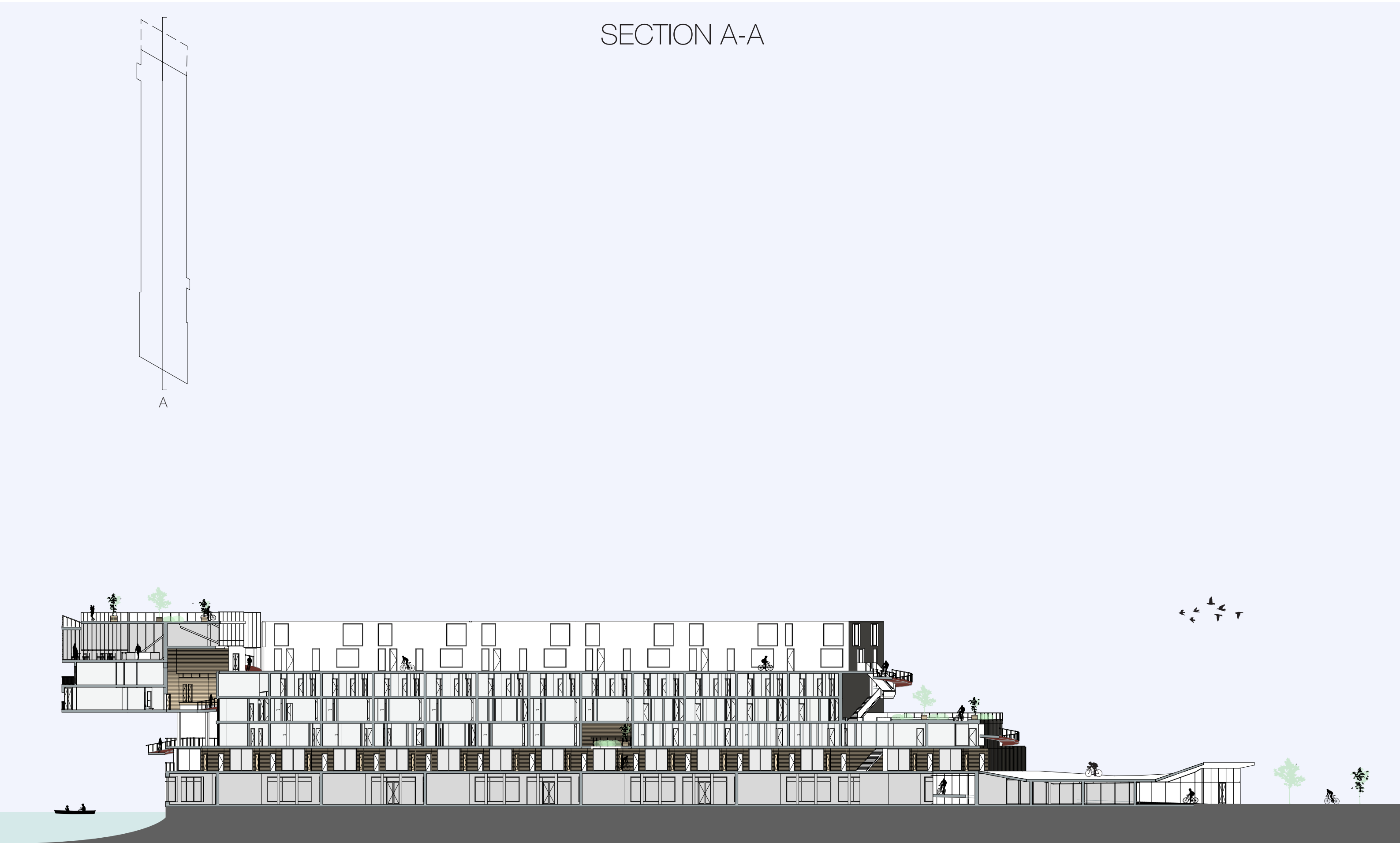
DESIGN | CONCEPT

bonjour et bienvenue au départ du tour de france au col du velo



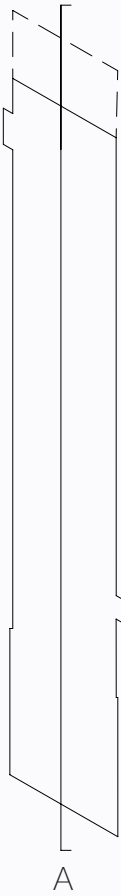
DESIGN | SECTION

SECTION A-A



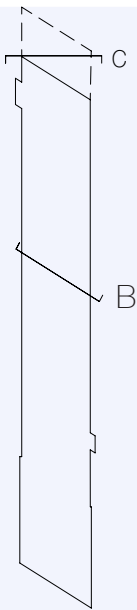
DESIGN | SECTION

SECTION A-A



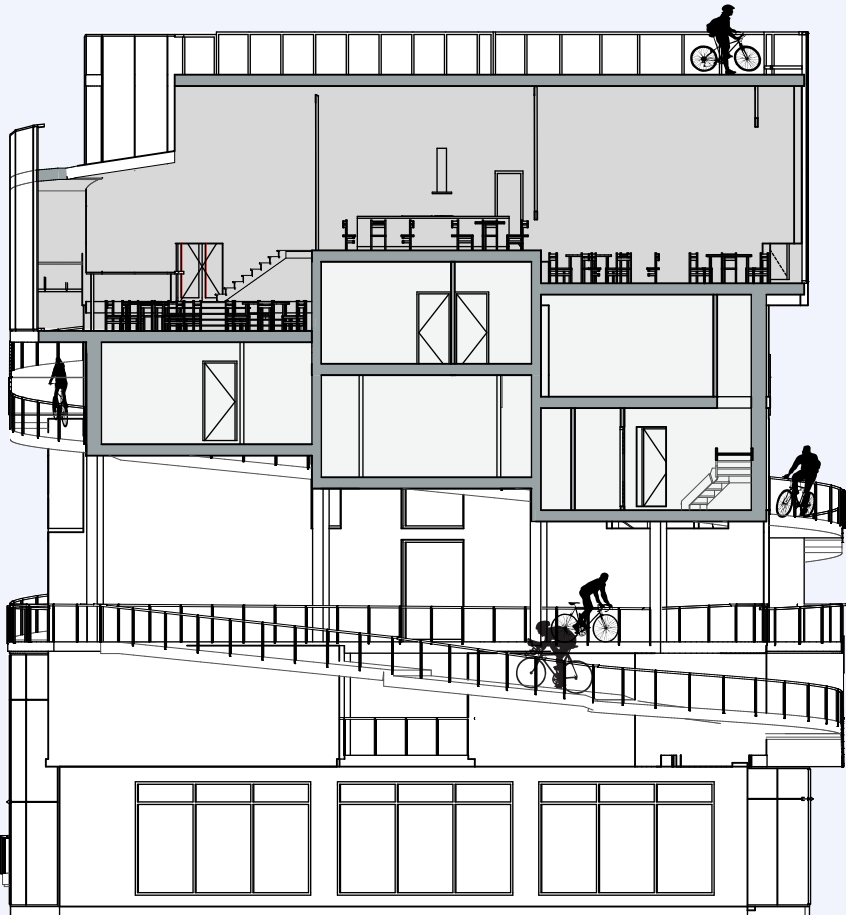
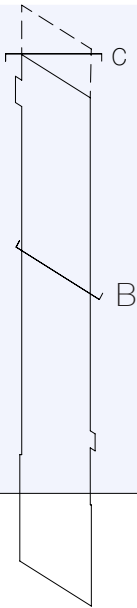
DESIGN | SECTION

SECTION B-B



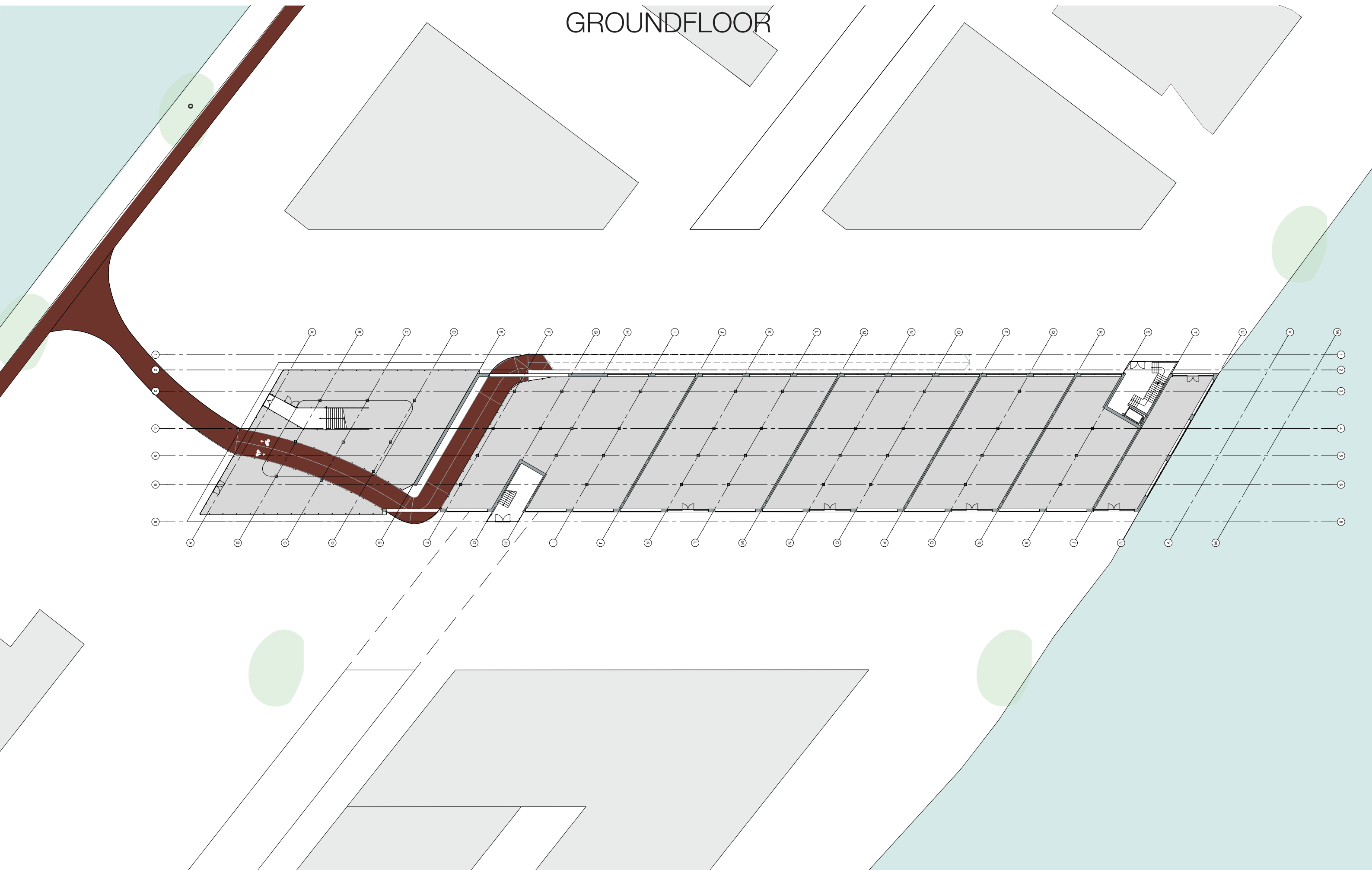
DESIGN | SECTION

SECTION C-C



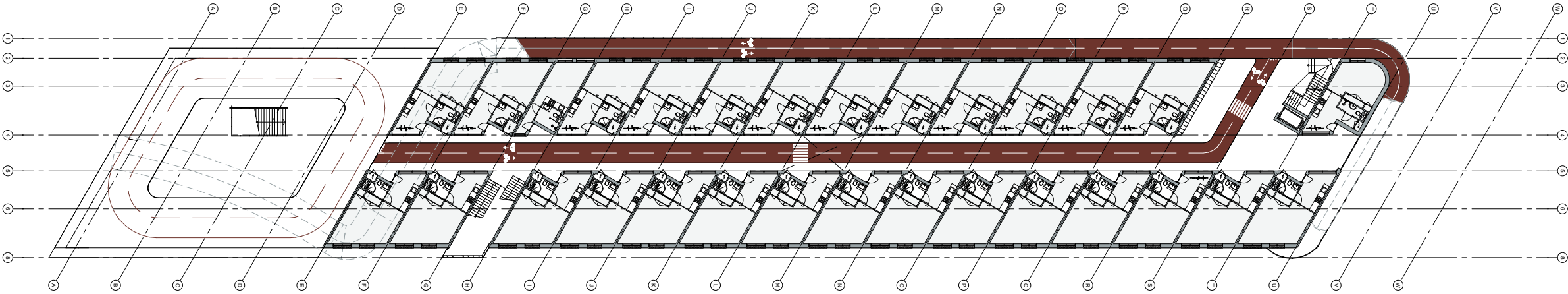
DESIGN | FLOORPLANS

GROUND FLOOR



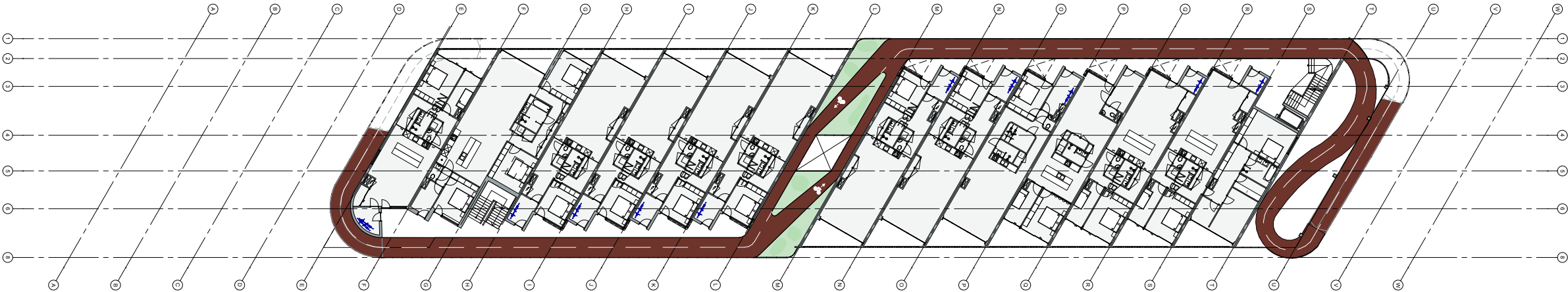
DESIGN | FLOORPLANS

+1 STUDIO



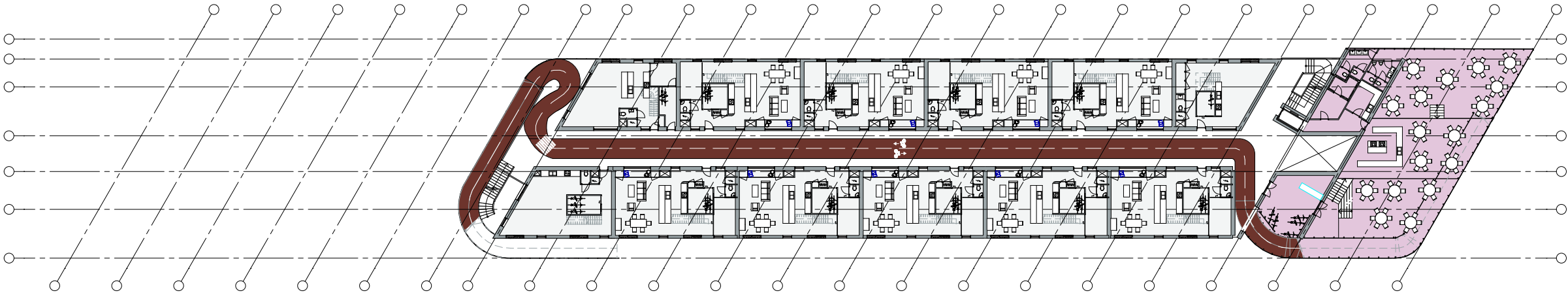
DESIGN | FLOORPLANS

+2,3,4 APARTMENTS



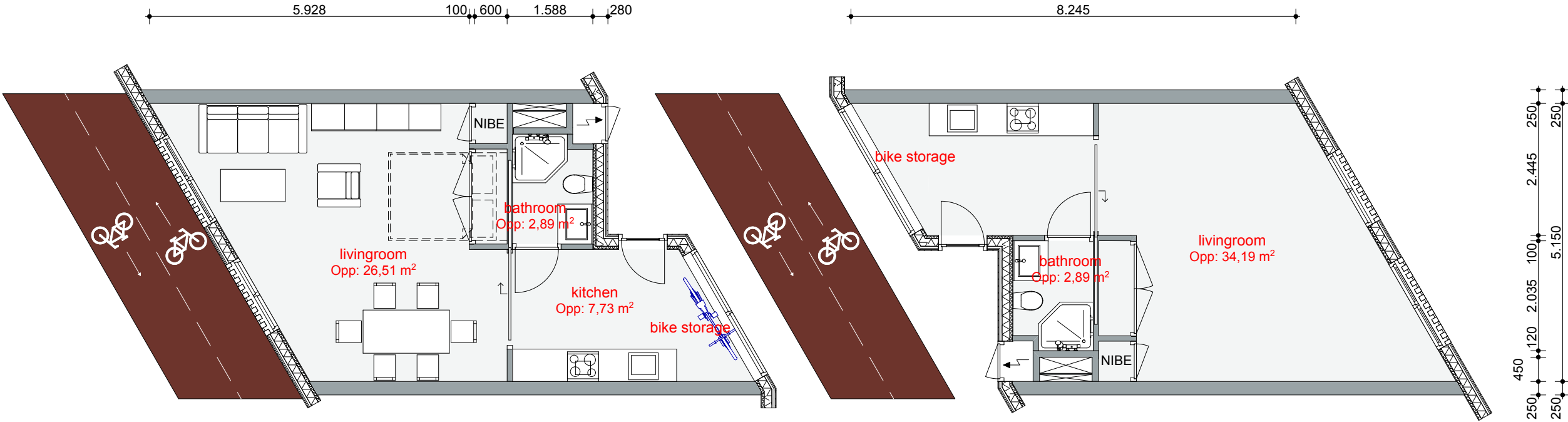
DESIGN | FLOORPLANS

+5,6 MAISONNETTE



DESIGN | FLOORPLANS

STUDIO



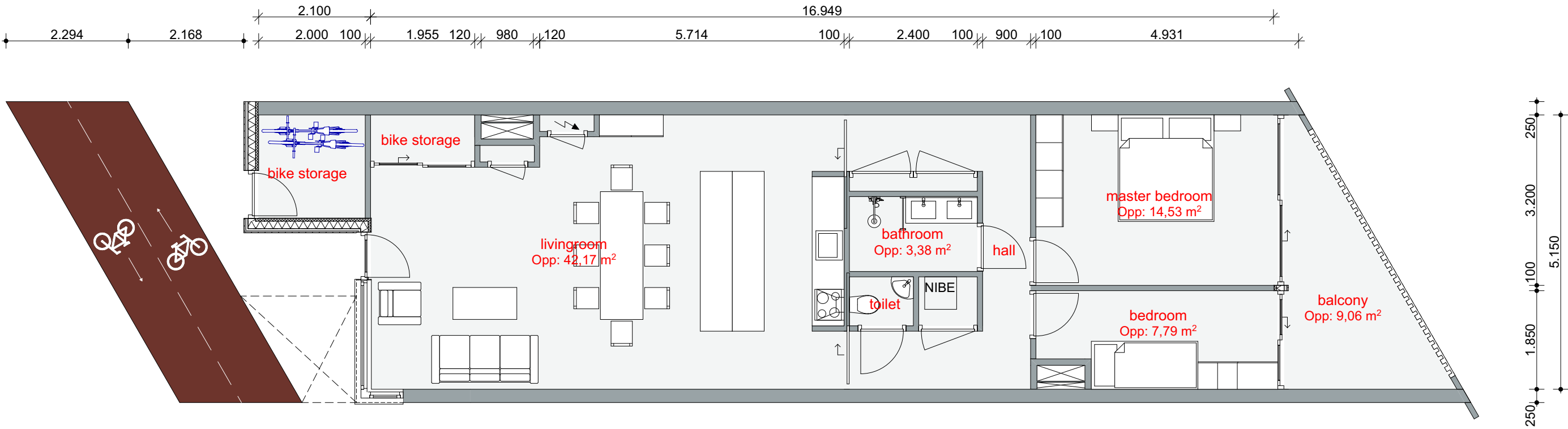
DESIGN | FLOORPLANS

STUDIO



DESIGN | FLOORPLANS

APARTMENTS



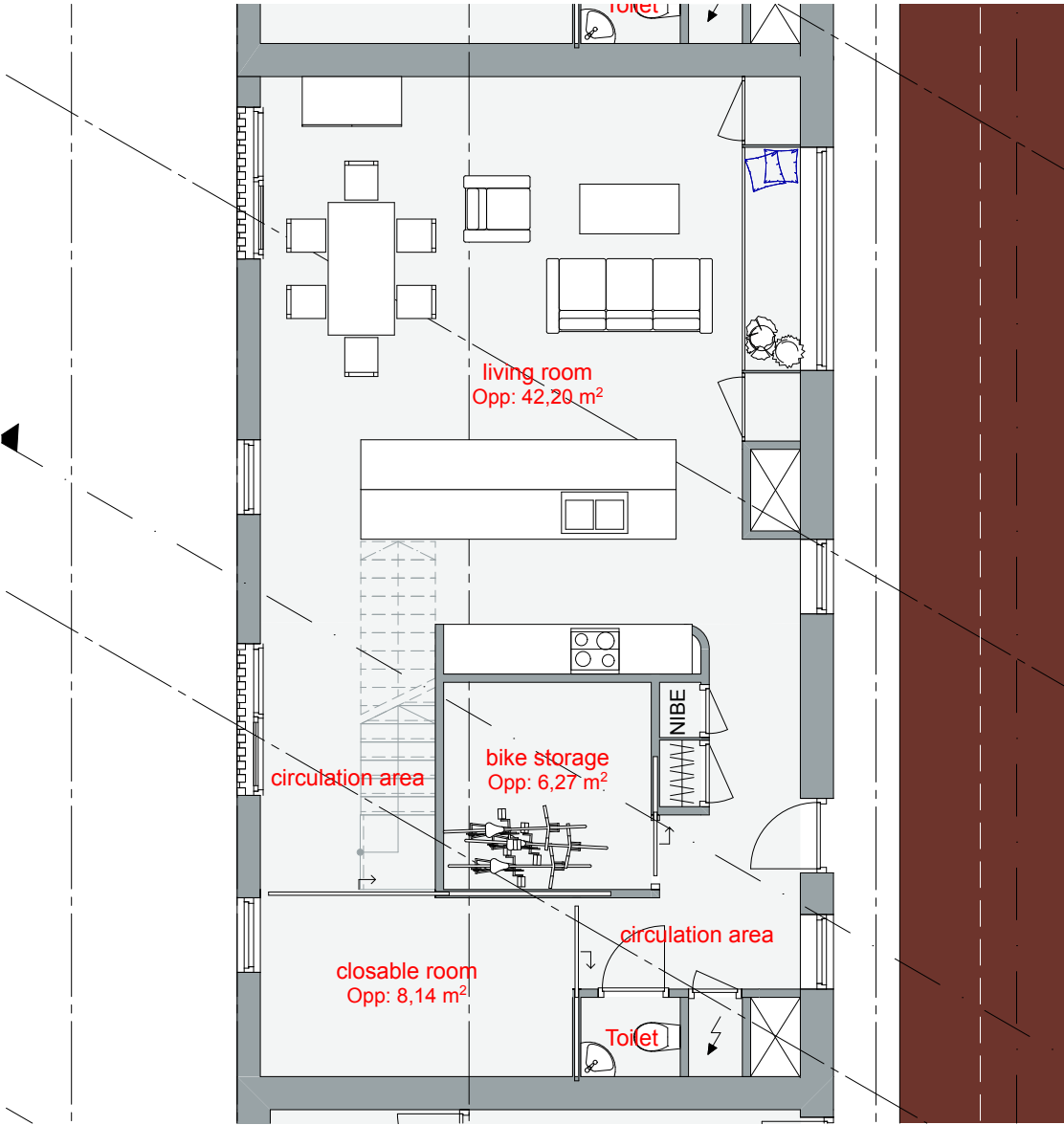
DESIGN | FLOORPLANS

APARTMENTS

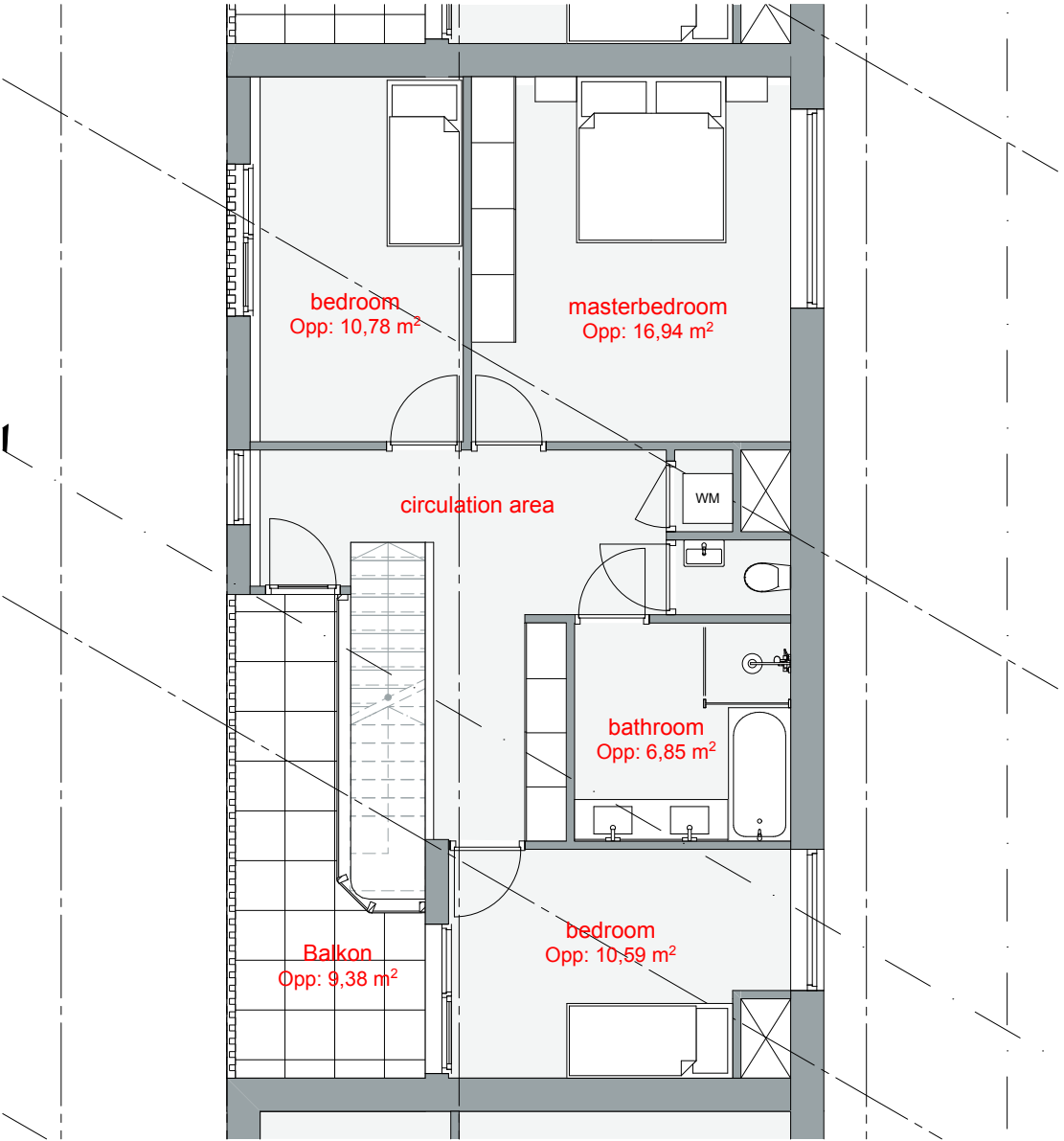


DESIGN | FLOORPLANS

MAISONNETTE



5th floor



6th floor

DESIGN | FLOORPLANS

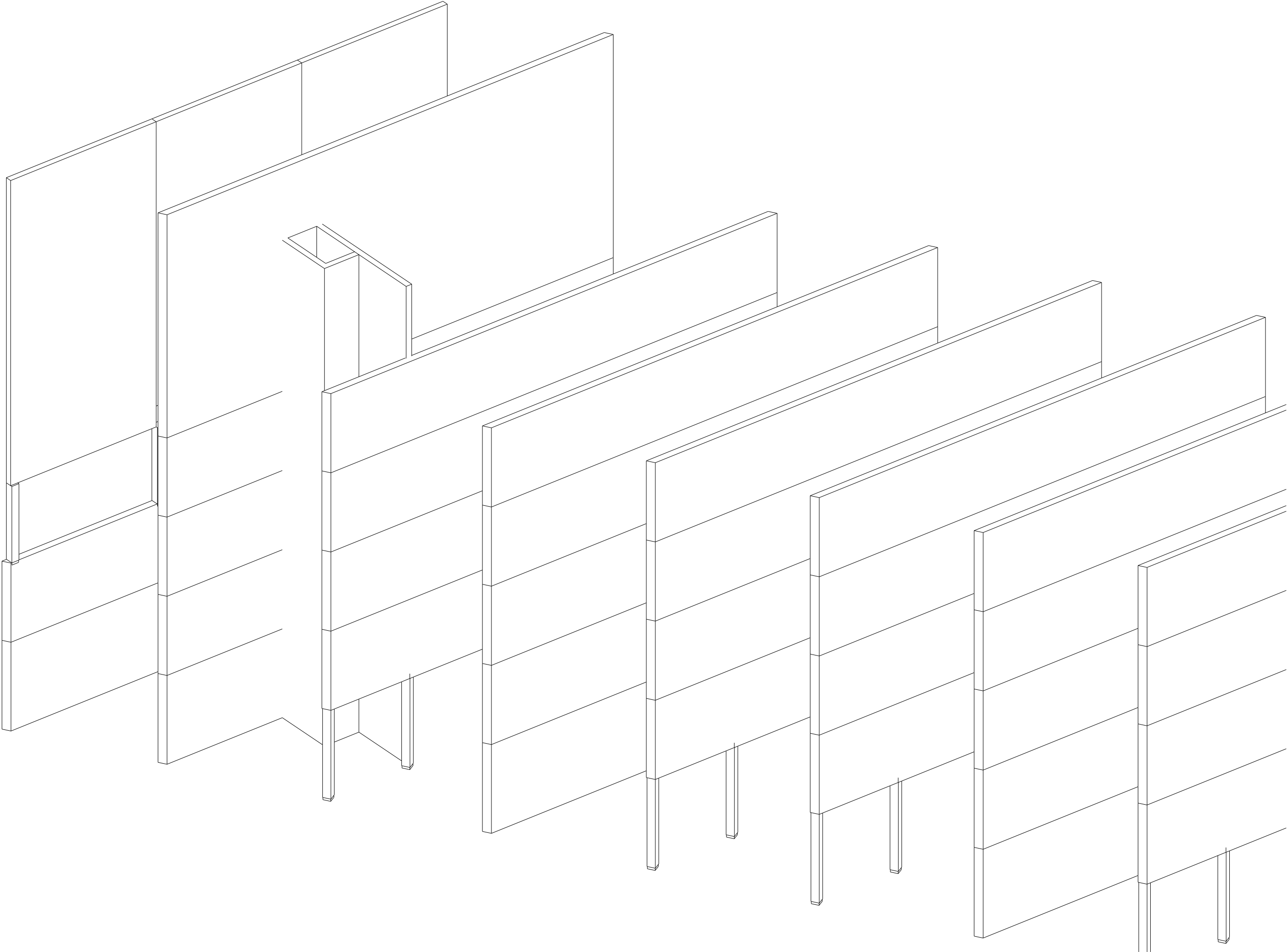
MAISONNETTE



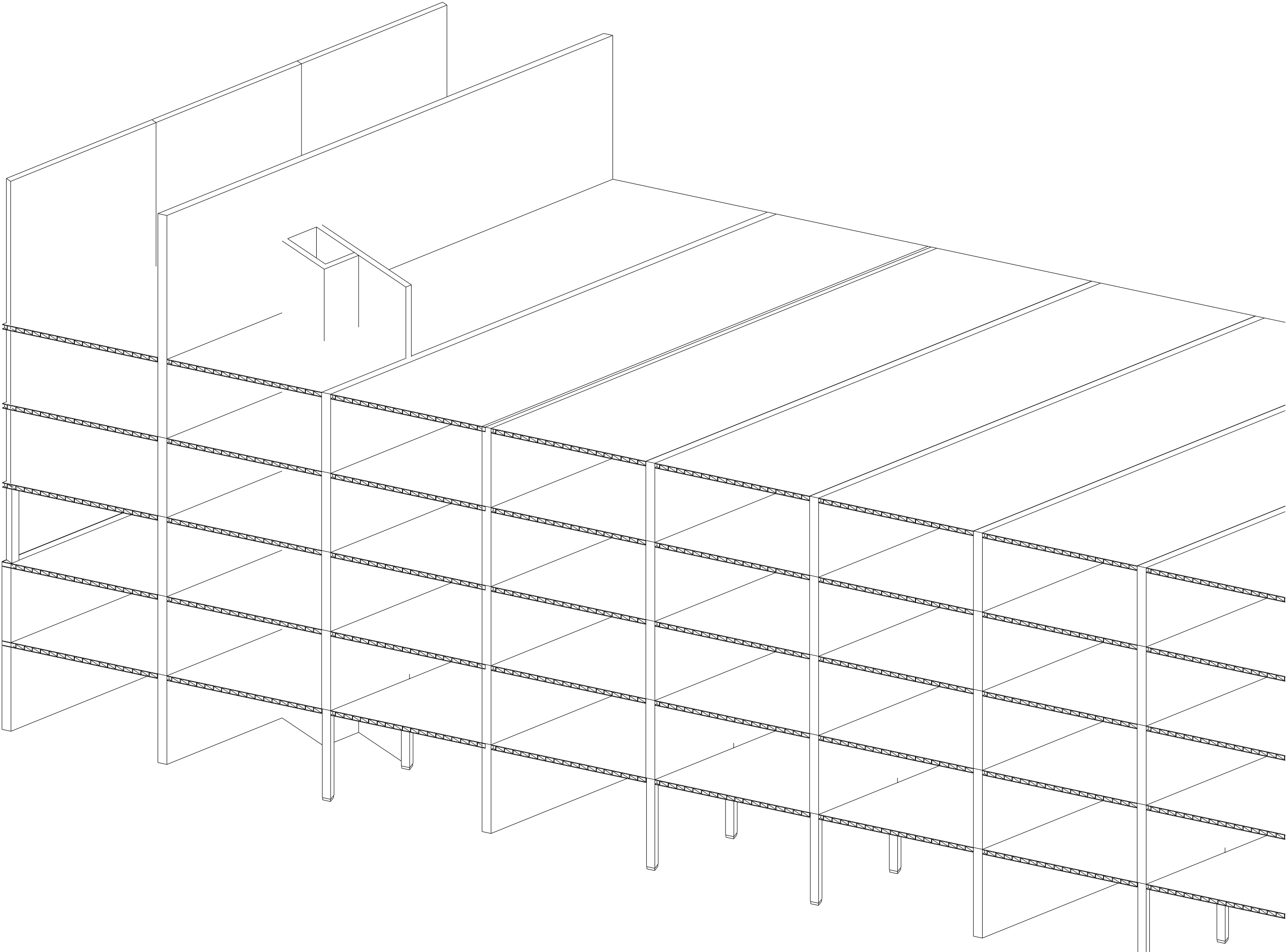
DESIGN | FLOORPLANS

MAISONNETTE

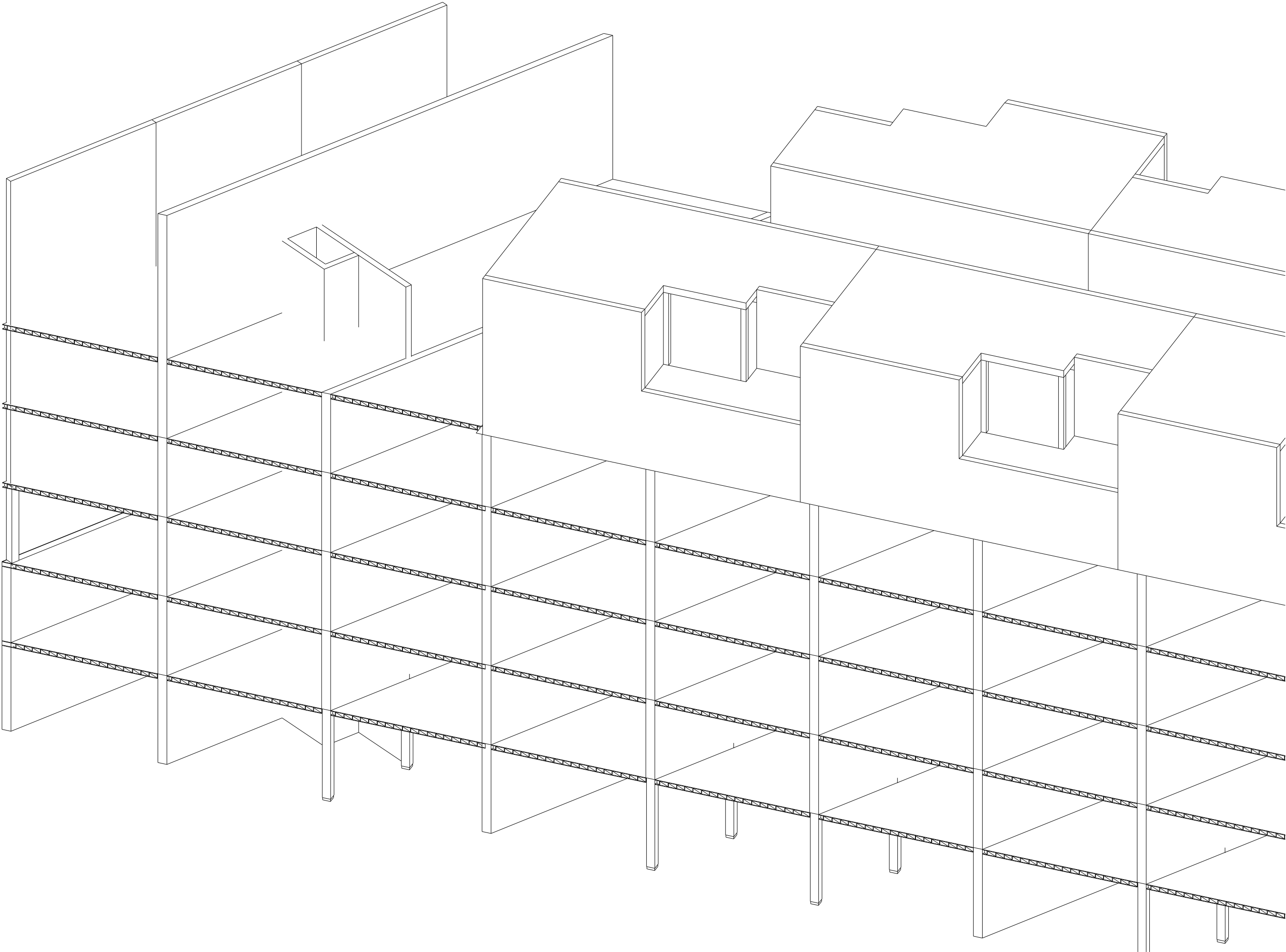




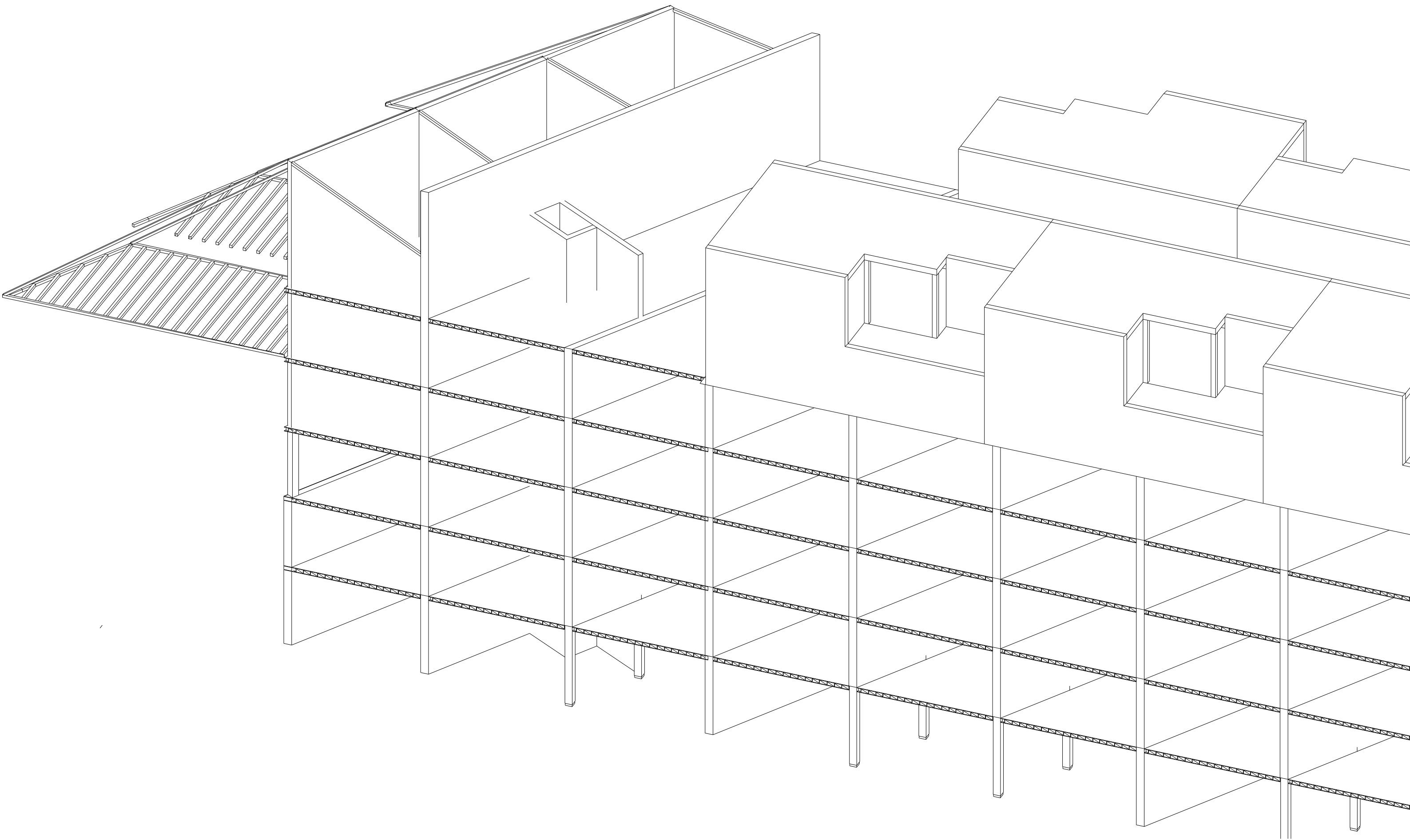
DESIGN | STRUCTURE



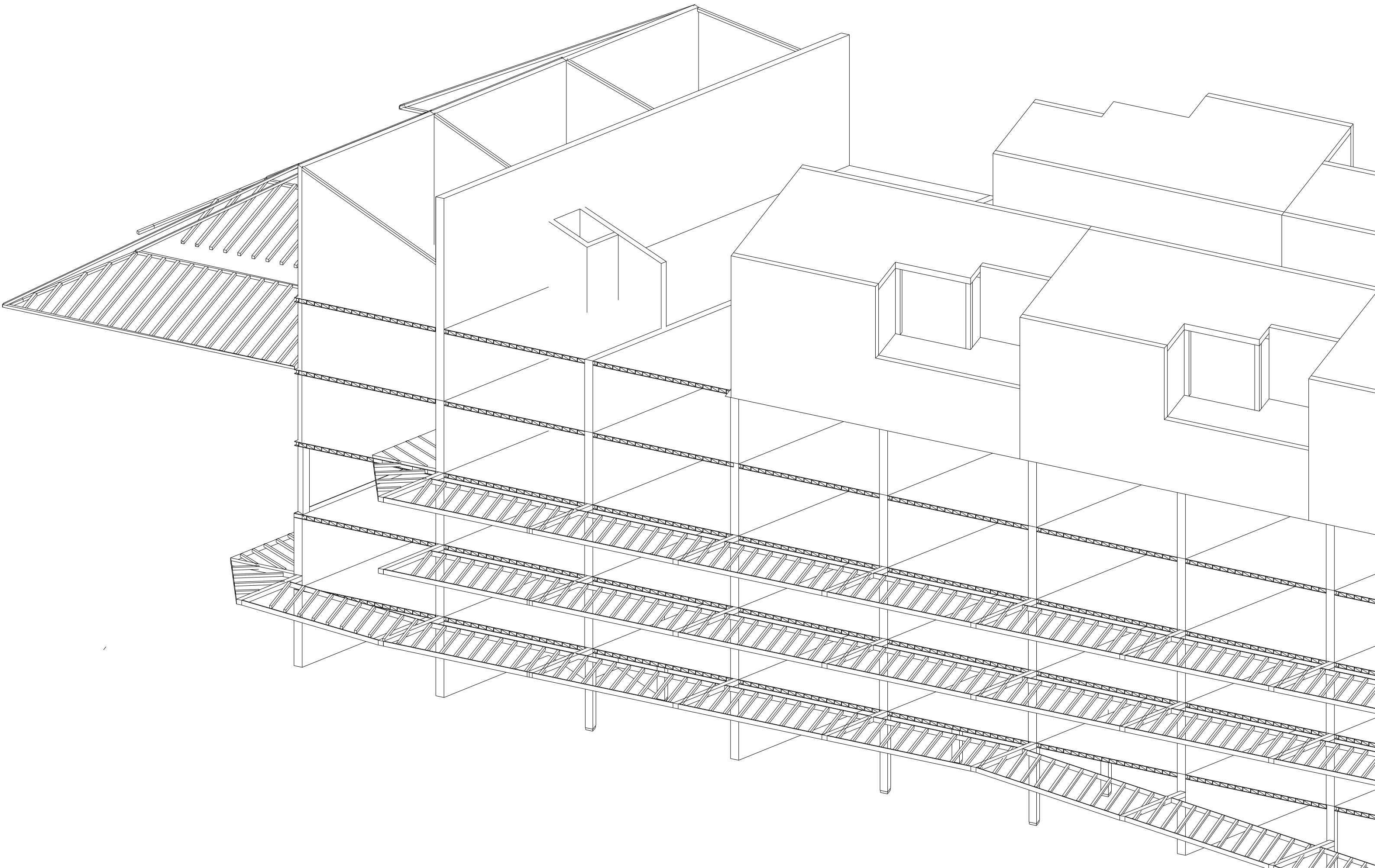
DESIGN | STRUCTURE



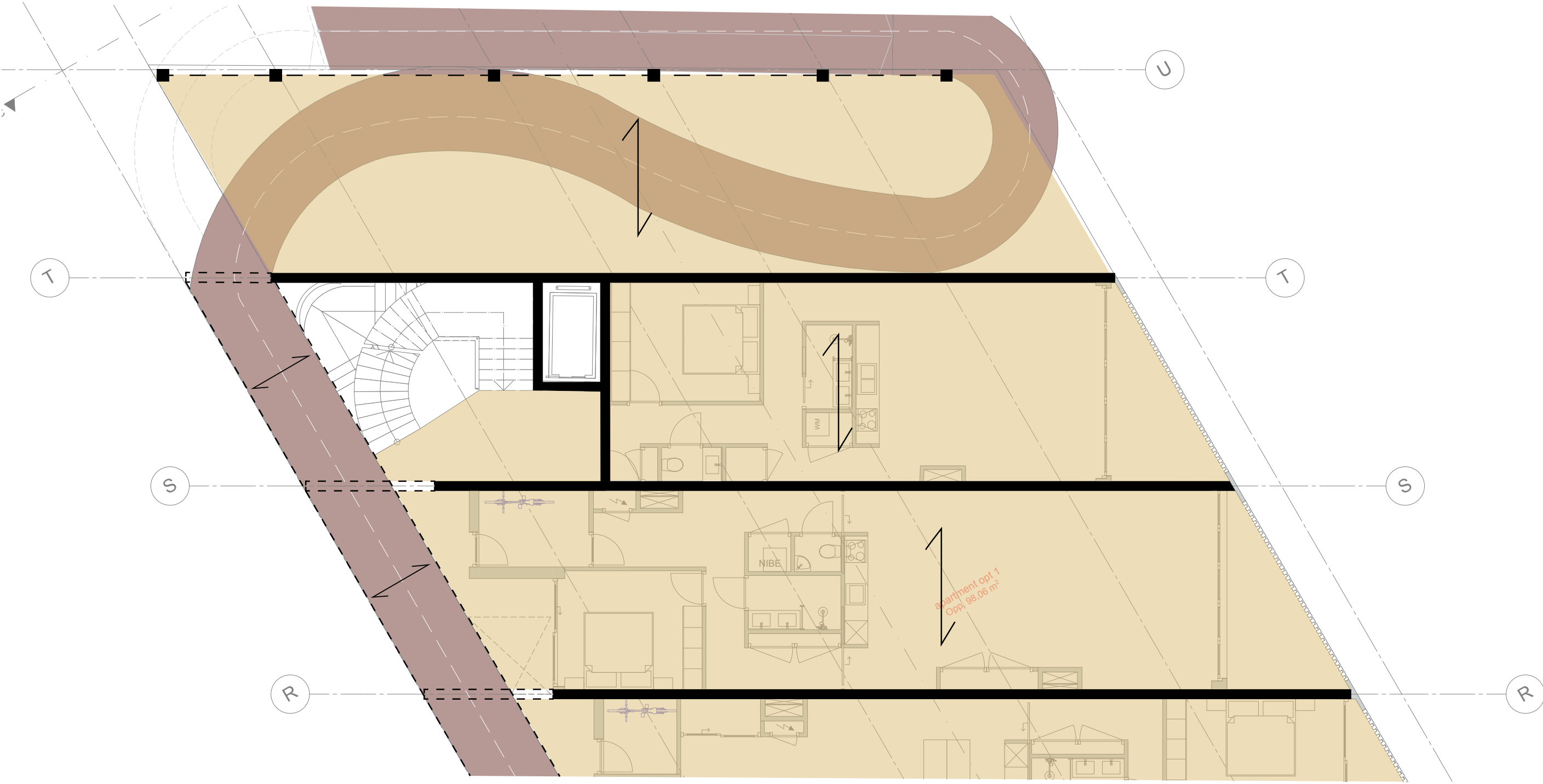
DESIGN | STRUCTURE



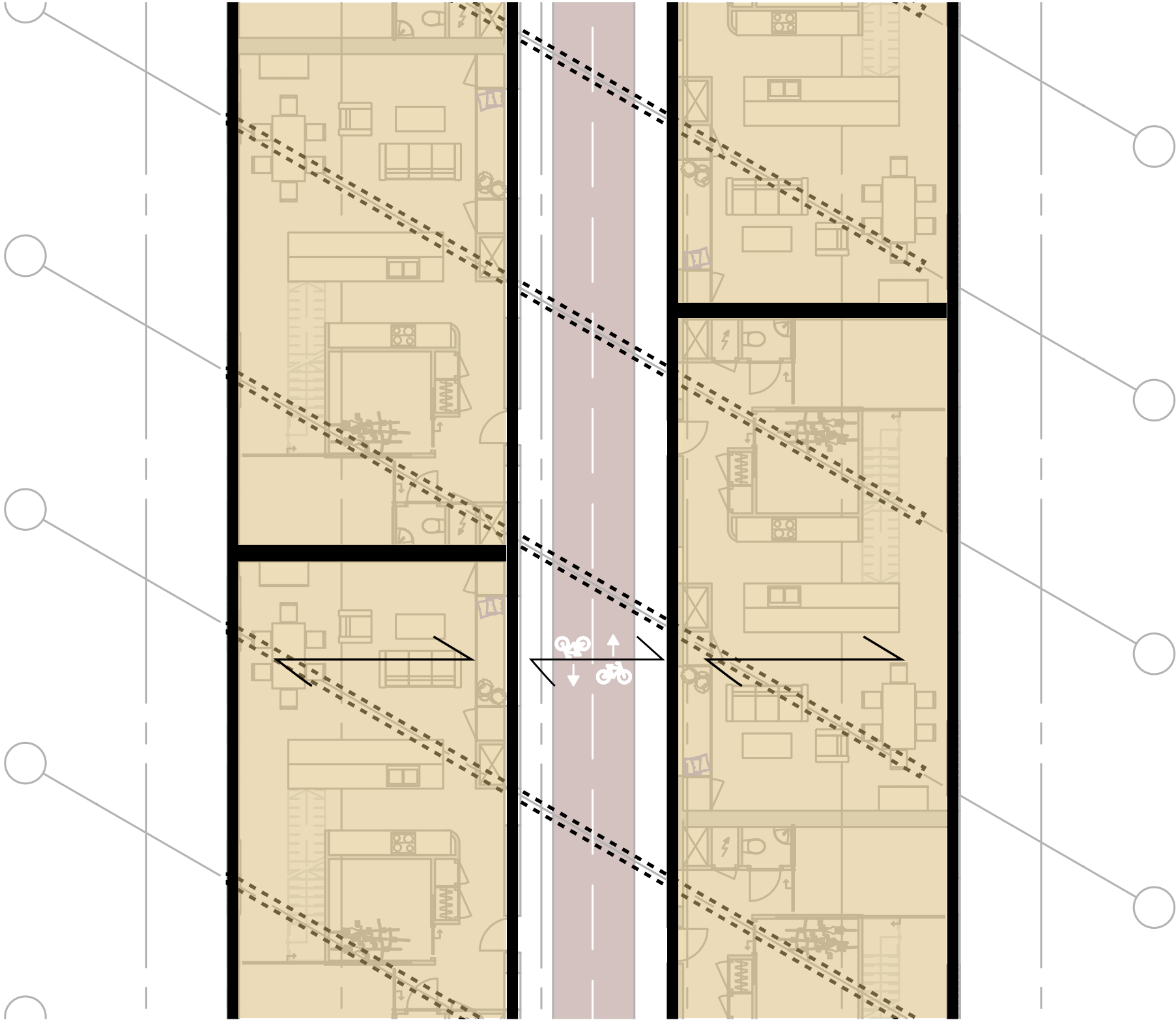
DESIGN | STRUCTURE



DESIGN | STRUCTURE

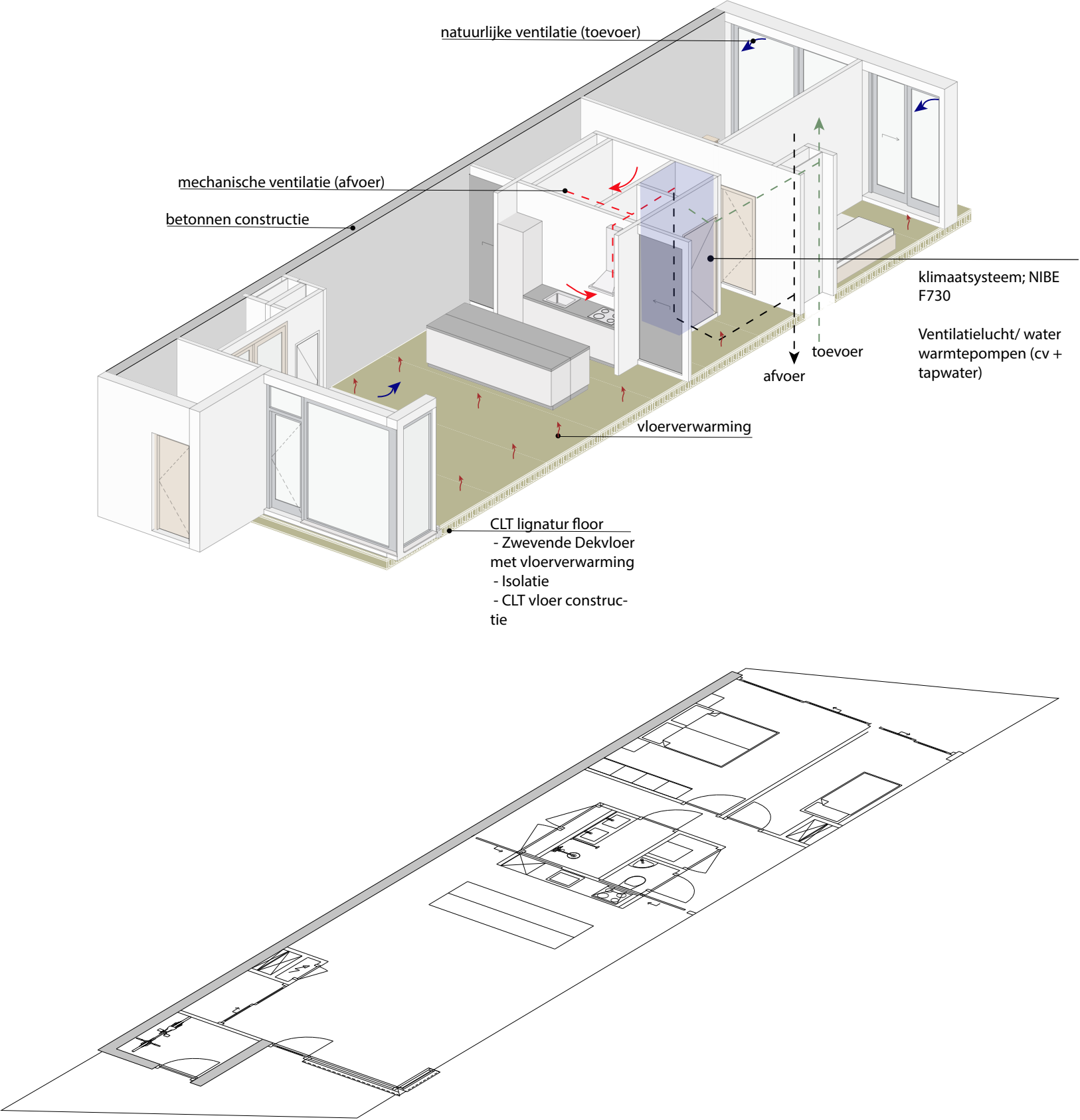


DESIGN | STRUCTURE





DESIGN | CLIMATE



DESIGN | FACADE

EAST FACADE



DESIGN | FACADE

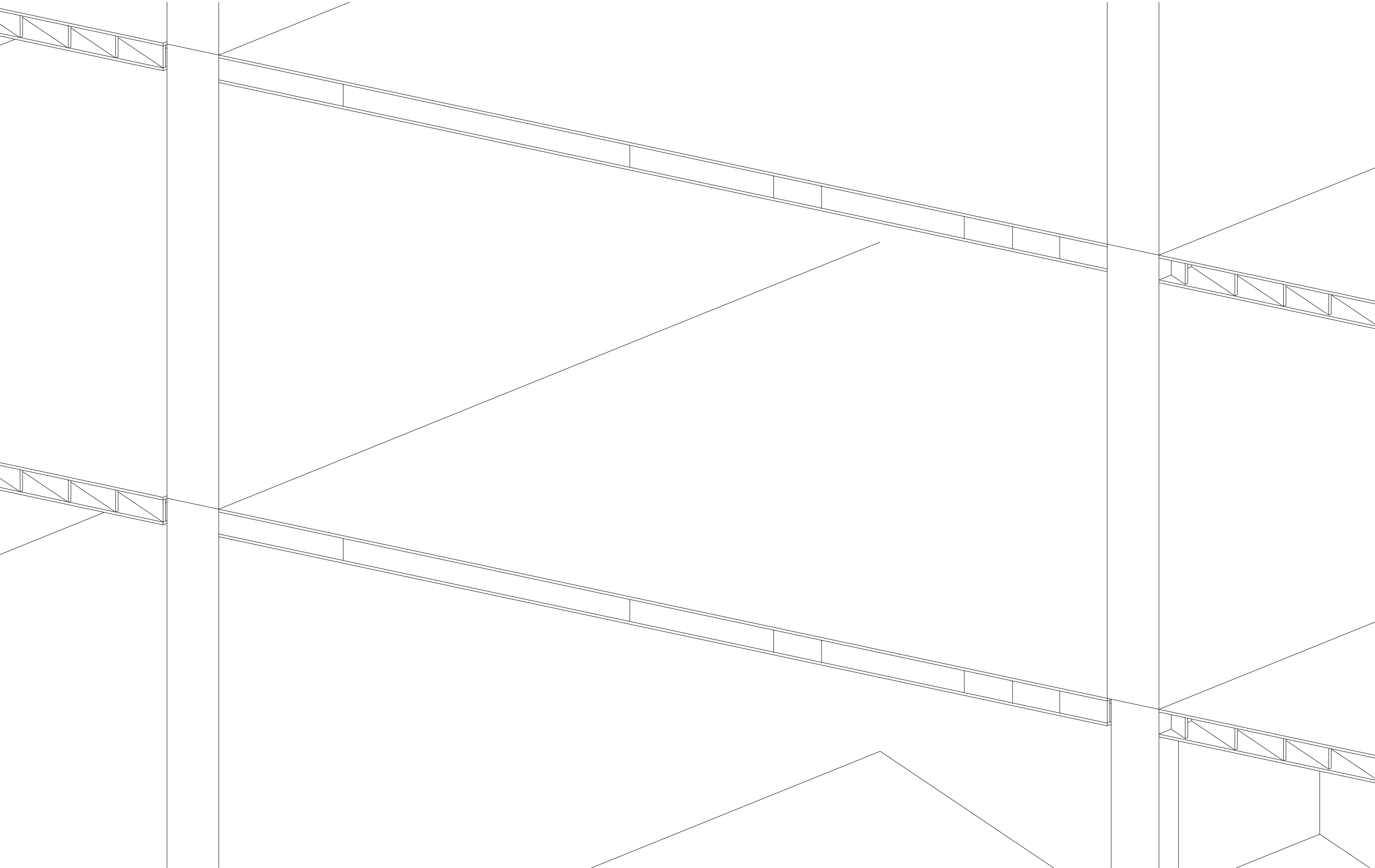
WEST FACADE



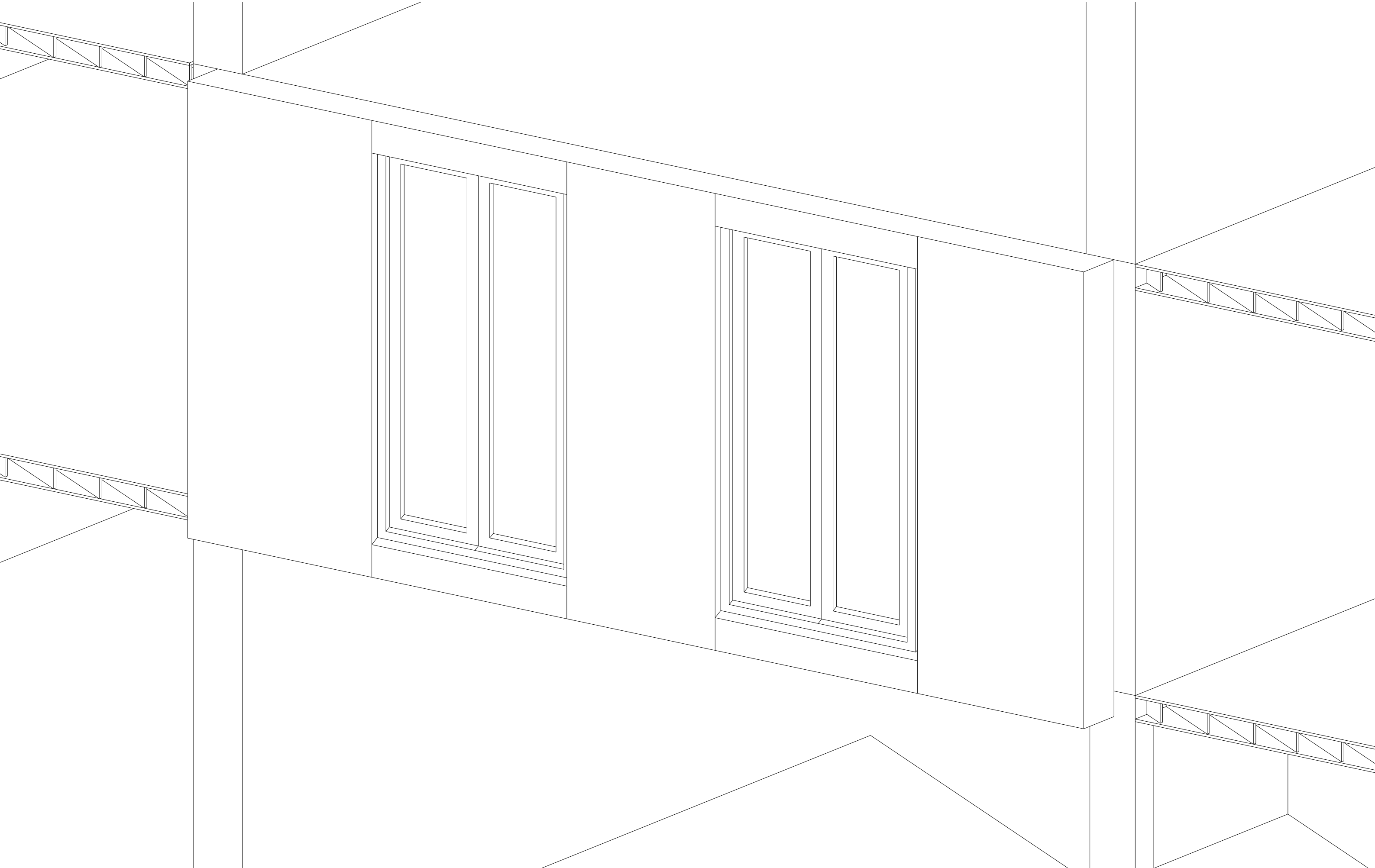
DESIGN | FRAGMENT



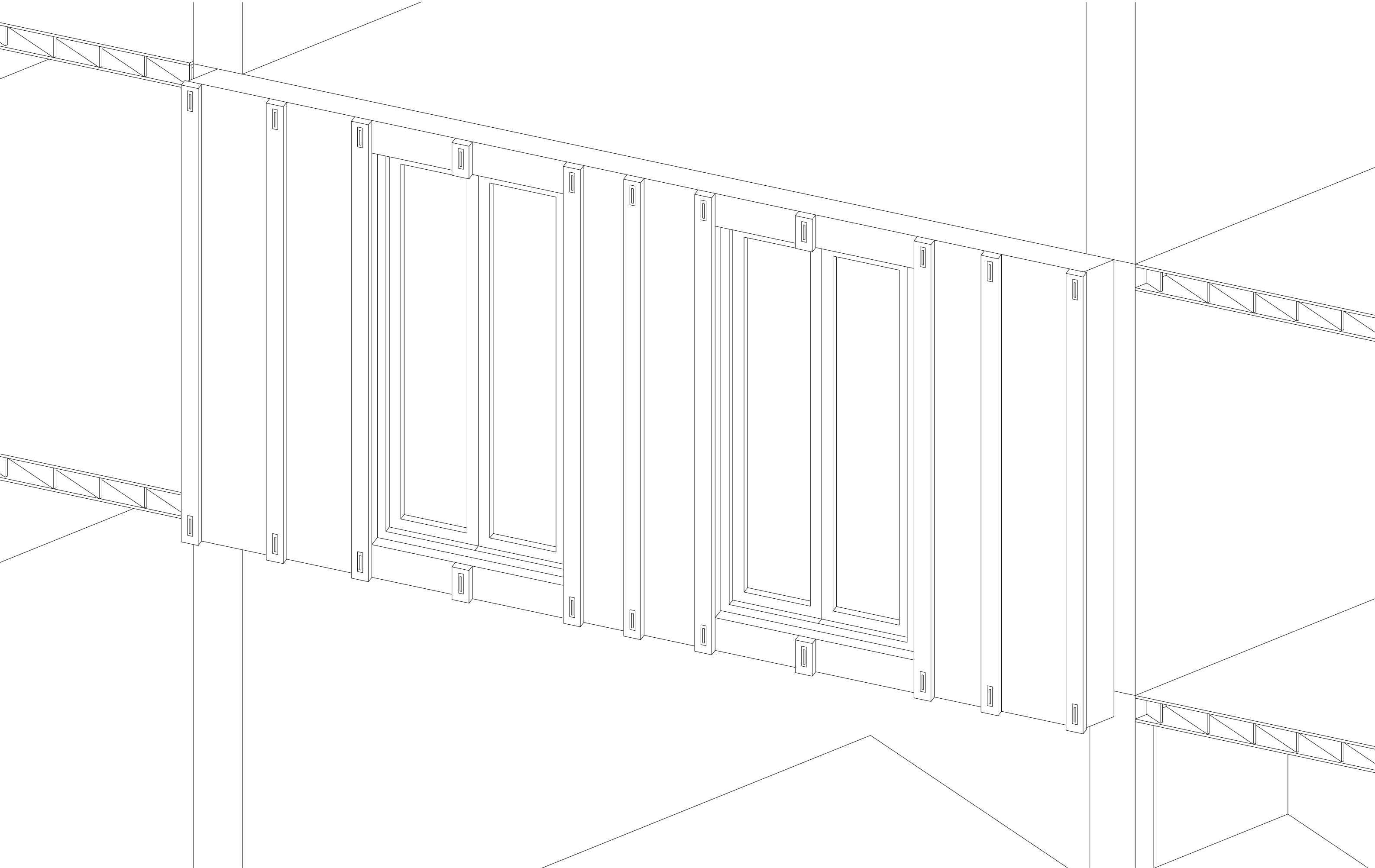
DESIGN | FACADE SYSTEM



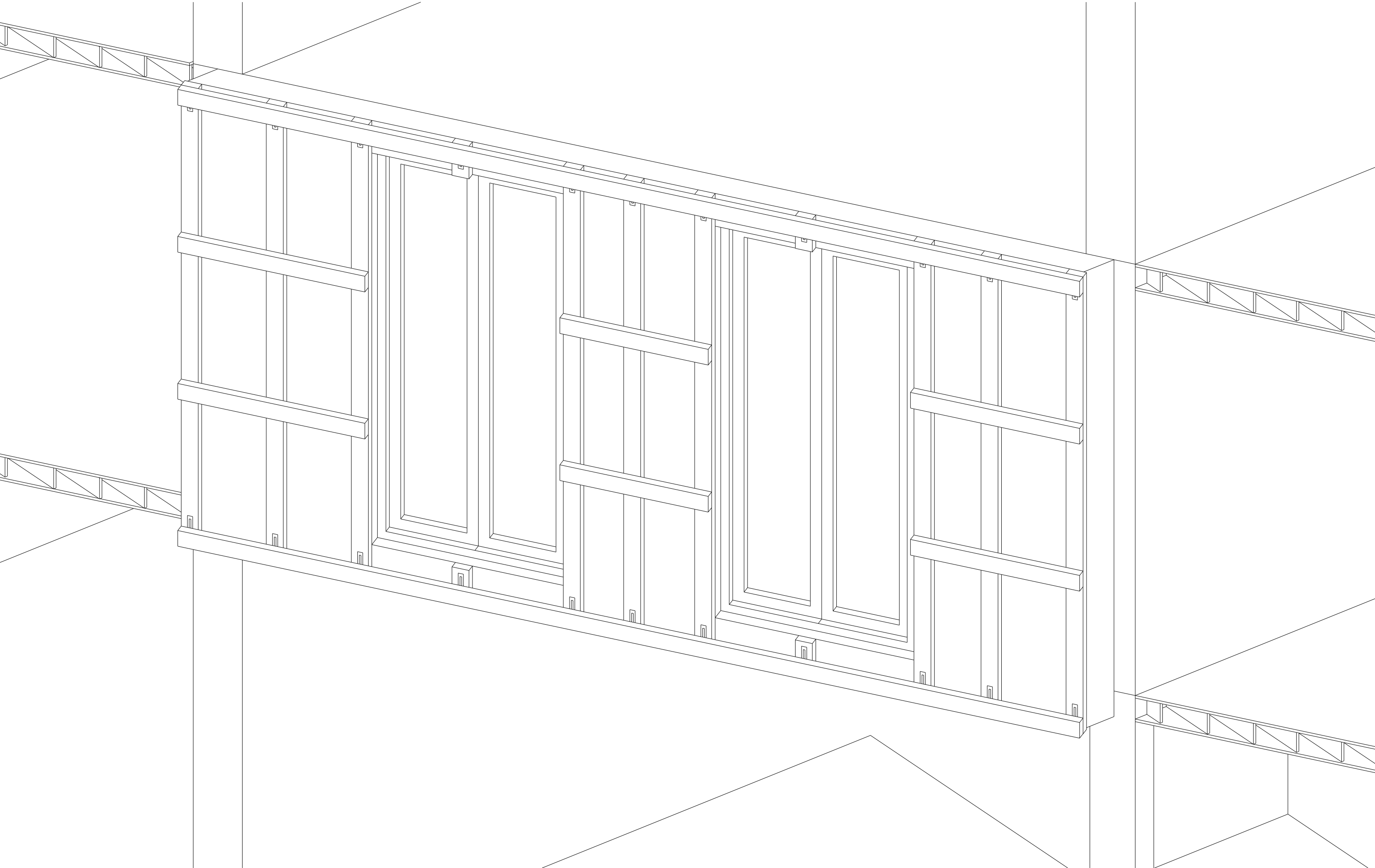
DESIGN | FACADE SYSTEM



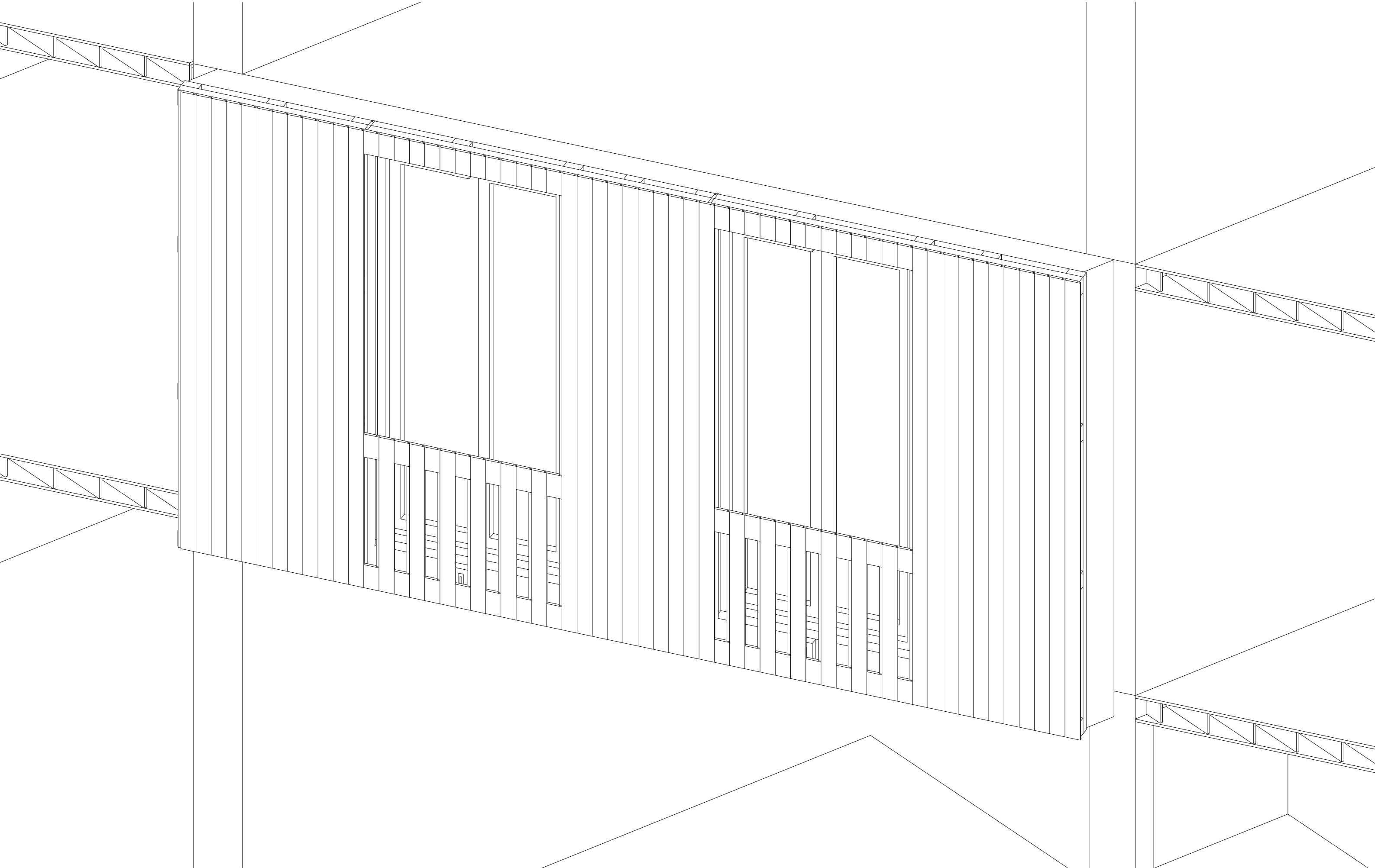
DESIGN | FACADE SYSTEM



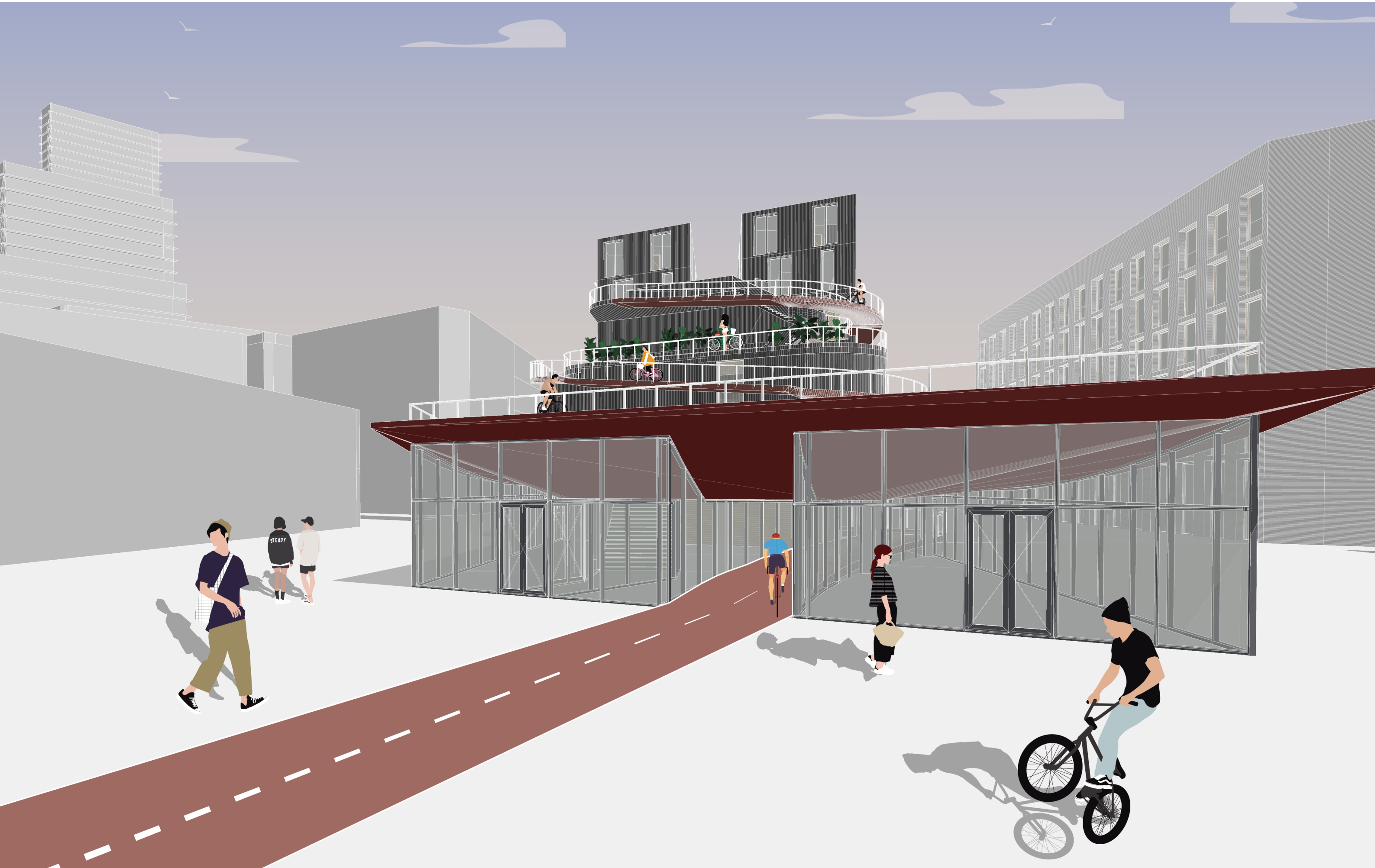
DESIGN | FACADE SYSTEM



DESIGN | FACADE SYSTEM



DESIGN | IMPRESSION



DESIGN | IMPRESSION



DESIGN | IMPRESSION



DESIGN | FUTURE IN URBAN AREAS**BUILDING**

COMBINE ROUTES AND DESTINATIONS

MAKE BIKES USEFULL IN THE BUILDING

LET THE BIKE BE THE QUICKEST WAY TO LEAVE

CREATE PEACE BETWEEN CYCLIST AND PEDES-
TRIANS

DESIGN | FUTURE IN URBAN AREAS**BUILDING**

COMBINE ROUTES AND DESTINATIONS

MAKE BIKES USEFULL IN THE BUILDING

LET THE BIKE BE THE QUICKEST WAY TO LEAVE

CREATE PEACE BETWEEN CYCLIST AND PEDES-
TRIANS

URBAN AREAS

FAST & BEAUTIFUL: CREATE HIERARCHY AND DIF-
FERENTATION

QUALITY OF LIFE TOPS ACCESSIBILITY

CREATE ATTRACTIVE AND COMFORTABLE REGIO-
NAL CYCLING ROUTES

PUT CYCLIST AND PEDESTRIANS AT THE HEART
OF URBAN (RE) DEVELOPMENT

CREATE ENOUGH SPACE TO PARK BIKES IN AND
AROUND THE BUILDING

THANK YOU

