

# Graduation Plan

Master of Science Architecture, Urbanism & Building Sciences



## Graduation Plan: All tracks

Submit your Graduation Plan to the Board of Examiners ([Examencommissie-BK@tudelft.nl](mailto:Examencommissie-BK@tudelft.nl)), Mentors and Delegate of the Board of Examiners one week before P2 at the latest.

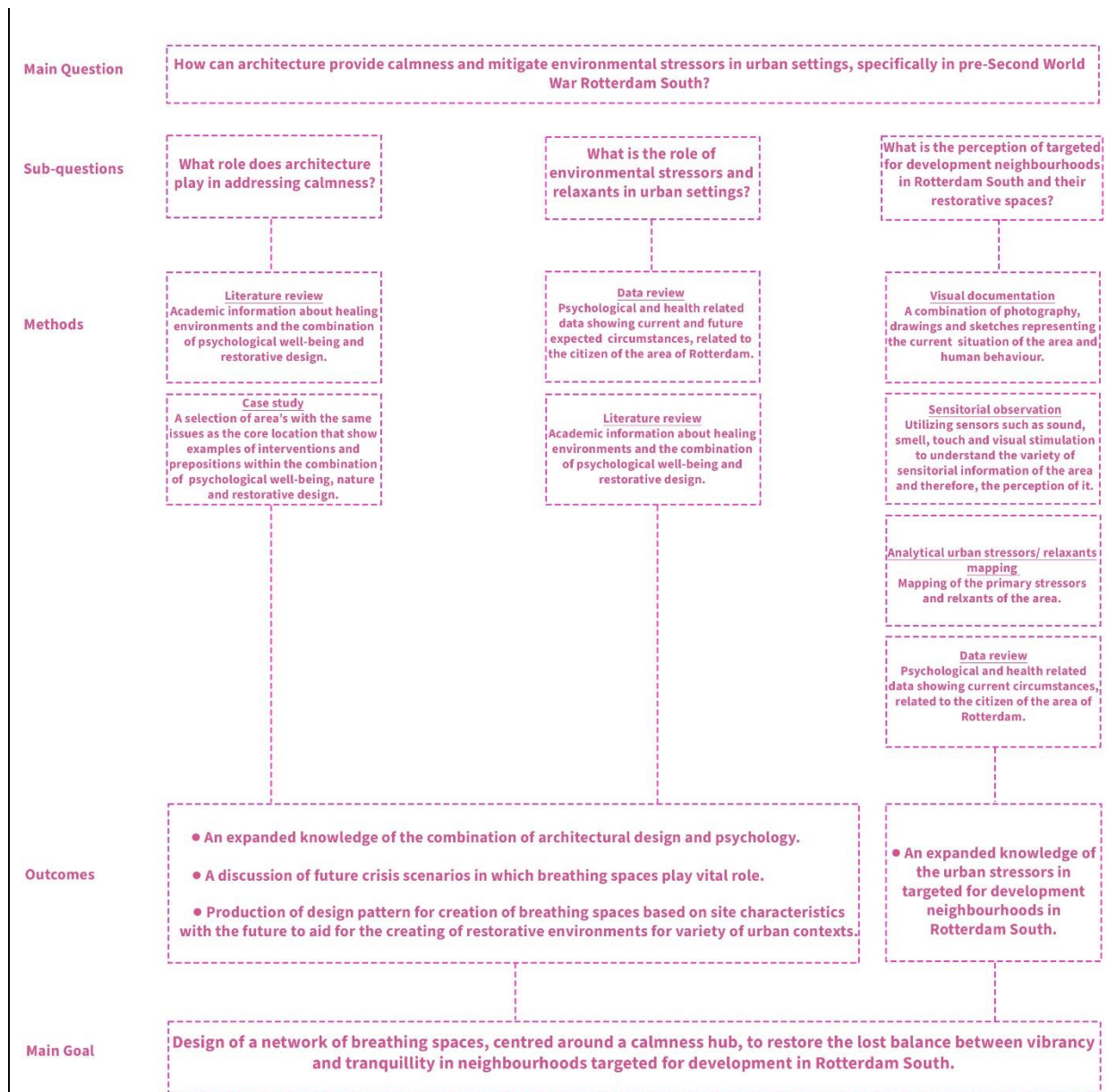
The graduation plan consists of at least the following data/segments:

Personal information	
Name	<b>Vanesa Vidinova Umurska</b>
Student number	5907292

Studio		
Name / Theme	Resilient Rotterdam Graduation Studio - Veldacademie	
Main mentor	Robbert Guis	Housing Design
Second mentor	Jacques Vink	Architecture and Landscape design
Argumentation of choice of the studio	I have chosen the studio as it is in line with my interest in designing a public building in Rotterdam South. The studio addresses a variety of issues in terms of quality of life in the area, one of which is health. That matches my interest in mental health and design for relaxation.	

Graduation project	
Title of the graduation project	Breathing with nature. A network for calmness in Rotterdam South.
Goal	
Location:	Rotterdam South
The posed problem,	Mental health has become one of the 4 biggest burdens of the Dutch healthcare system. Rotterdam South is an area with significant urban stressors affecting residents' mental state and quality of life. Although the area appears to have a good natural balance, a lot of its green and blue spaces fail to provide for the need of tranquility and relaxation.
research questions and	<p>Main question: "How can architecture provide calmness and mitigate environmental stressors in urban settings, specifically in targeted for development neighbourhoods in Rotterdam South?"</p> <p>Sub-questions:</p> <ul style="list-style-type: none"><li>- What role do environmental stressors and relaxants play in urban settings?</li></ul>

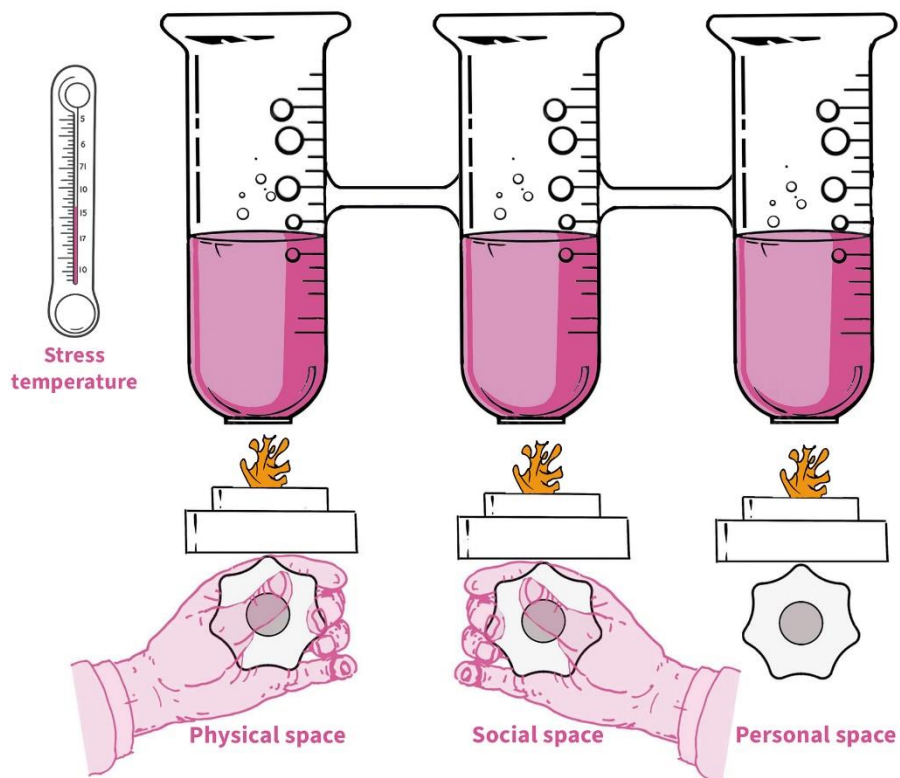
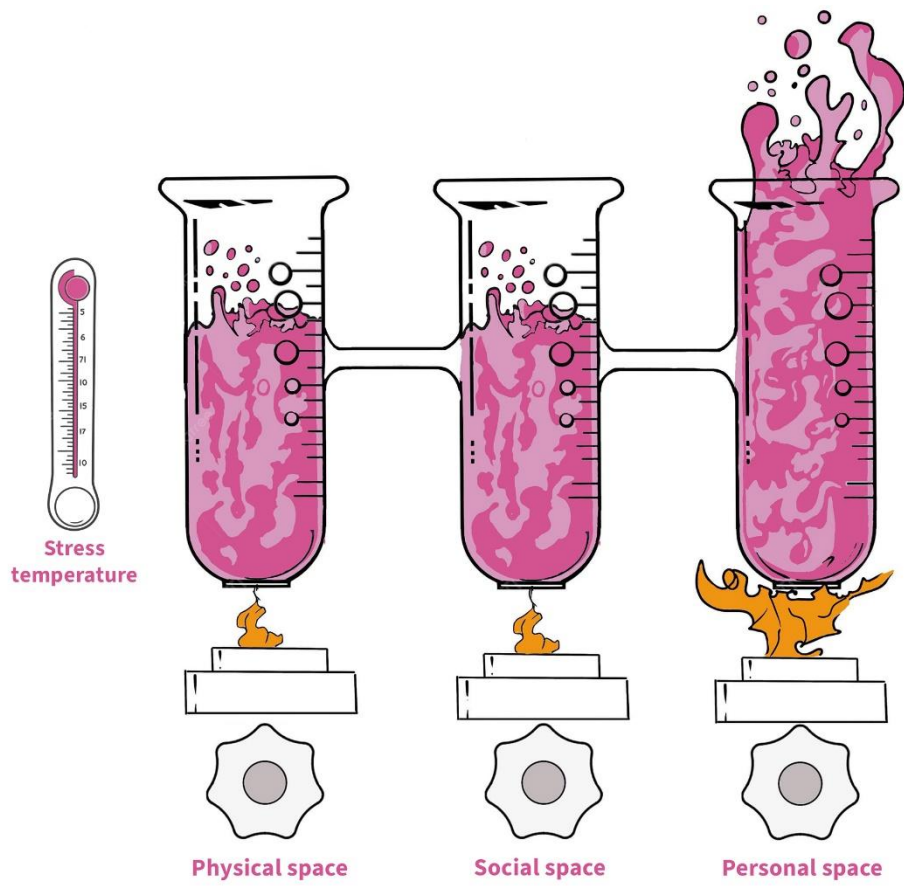
	<ul style="list-style-type: none"> <li>- What is the perception of targeted for development neighbourhoods in Rotterdam South and their restorative spaces?</li> <li>- What role does architecture play in addressing calmness?</li> </ul>
design assignment in which these result.	<p>The main aim of the thesis is to design a network of breathing spaces, centred around a calmness hub, to restore the lost balance between vibrancy and tranquillity in neighbourhoods targeted for development in Rotterdam South.</p> <p>To achieve that goal two design scale are going to be utilised:</p> <ul style="list-style-type: none"> <li>- Urban vision – a preposition for a breathing network in Rotterdam South which is focused on utilising and activating natural spots by creating design patterns for calmness pavilions for future interventions.</li> <li>- Architectural design – Design of a calmness center, the heart of the breathing network, concentrating on experiences evoking relaxation and peace as well as reconnecting with the nature around the site.</li> </ul>
<b>Process</b>	
<b>Method description</b>	



The schematic methodology approach diagram above explains the process undertaken to answer the main question of the thesis.

### Conceptual framework

The conceptual framework of this thesis would consist of three main domains – public space, social space and personal space. As the illustration bellow shows, when the physical space is sustaining highly dinamic daily life and when the social space is consistently producing stressors such as mechanical noises, inducing feelings of crowding and imposing social injustice, the personal space or the individual mind space is under pressure. However, through design, we can tweak the physical and social spaces to reduce the pressure put on the personal space.



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## Reflection

1. What is the relation between your graduation (project) topic, the studio topic (if applicable), your master track (A,U,BT,LA,MBE), and your master programme (MSc AUBS)?

My graduation topic aligns closely with the broader themes of architecture in Rotterdam South and resilient cities by addressing the critical need for calmness and mental well-being in urban settings.

- Graduation Topic: To re-establish the harmony between vibrancy and tranquillity in Rotterdam South, my proposal focusses on creating a network of breathing spaces based around a calming hub. Themes of environmental design and architectural solutions that put human well-being first are at the heart of this subject.
- Study Topic: By examining how natural and architectural places can promote calmness and lessen stress, this project supports my studio's themes of urban resilience and human-centric design.
- Master Track (A, U, BT, LA, MBE): This project, which is a component of the Architecture track (A), addresses more general societal challenges like environmental stress and mental health by utilising architectural design and urban vision. There is a clear integration of architectural concepts in the design of the architectural calming centre and the urban breathing network.
- Master Program (MSc AUBS): This project aligns with the MSc Architecture, Urbanism, and Building Sciences program's goal of investigating novel approaches to urban problems by fusing nature with imaginative design to enhance quality of life.

2. What is the relevance of your graduation work in the larger social, professional and scientific framework.

- Social Relevance: Rotterdam South's residents' mental health and quality of life are impacted by major urban stressors, and mental health is one of the four largest demands on the Dutch healthcare system. To solve this problem, my proposal uses urban planning and architecture to create areas that are intended to lessen these stressors. Urban dwellers' well-being and mental health are improved by this project's promotion of rest and serenity.
- Professional Relevance: By demonstrating how design can actively solve societal concerns, the project has relevance to the fields of architecture and urban planning. It draws attention to the function of architecture in establishing healing spaces, a topic that is gaining popularity among experts.
- Scientific Relevance: This work advances current studies in architectural design, urban planning, and environmental psychology. It provides empirical insights and design techniques that can guide future scholarly research and urban policies by examining the interaction between environmental stressors, relaxants, and restorative places. The initiative also advances the conversation on the role that architecture can play in improving mental health, which is becoming a more important consideration in urban planning.