

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), 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	Zoï Heslen	
Student number	5893720	

Studio		
Name / Theme	Dwelling Graduation Studio: Designing for health and care in an inclusive environment	
Main mentor	Birgit Jürgehake	Architecture
Second mentor	Annemarie Eijkelenboom	Building Technologie
Third mentor	Birgitte Hansen	Research
Argumentation of choice of the studio	Since our living environment greatly impacts well-being, I find it essential for architects to contribute to healthier spaces. Designing for both people and nature makes this studio ideal for my graduation research, aligning with my interest in health, nature-inclusive building, and biodiversity.	

Graduation project	
Title of the graduation project	Enhancing well-being by design: The role of co-housing and nature

Goal	
Location:	Tarwewijk Rotterdam
The posed problem,	The home environment significantly impacts well-being by influencing health behaviors and lifestyle choices. In Tarwewijk, Rotterdam, residents face health challenges, highlighting the need for design interventions that promote social, mental, and physical health. Co-housing may enhance community support, but there is a lack of understanding regarding residents' experiences. Access to outdoor spaces and greenery is essential for well-being, emphasizing the importance of effective design in improving health outcomes.

research questions and	How can the design of a healthy living environment on different scales enhance overall well-being of residents in the Tarwewijk, and in how far could nature and co-housing play a role in this?
design assignment in which these result.	In the Tarwewijk neighborhood, residential buildings will be developed around Polslandstraat, incorporating co-housing and nature across various scales: urban, building (block), and interior (including individual dwellings).

Process

Method description

Desk Research

At the urban scale, desk research will examine the benefits of blue and green infrastructures on well-being, Rotterdam's biodiversity and nature inclusivity guidelines and their impact on residents and local biodiversity. At the building block and interior scales, the research will explore the benefits of co-housing and shared spaces on well-being, as well as the benefits of incorporating nature within buildings and providing views of greenery from homes.

Project Analysis

At the building block and interior scales, co-housing projects will be analyzed in preparation for fieldwork. The projects that will be analyzed correspond to the projects from the fieldwork research.

Fieldwork

At the urban scale, fieldwork will be conducted in Tarwewijk, including interviews with 8 residents about their need for neighborhood greenery and mapping existing greenery. At the building block and interior scales, co-housing projects which are analysed will be visited, with interviews and surveys conducted on residents' experiences with co-housing, shared spaces, and nature. The projects visited include Ecodorp Zuiderveld (Nijmegen), Groene Mient (The Hague), Kas & Co (Utrecht), De Warren (Amsterdam), and CW Delft. At each project, one or more residents were interviewed, and surveys were distributed across all locations. A total of 52 responses were collected.

The fieldwork research questions are theory-based, derived from the literature, and findings will be compared with the theoretical framework. Responses will be collected anonymously, ensuring no personal data is used.

Literature and general practical references

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- Centraal Bureau voor de Statistiek, “Obesitas Afgelopen 40 Jaar Verdrievoudigd”. Cbs.nl, 3 maart 2024. <https://www.cbs.nl/nl-nl/nieuws/2024/10/obesitas-afgelopen-40-jaar-verdrievoudigd>.
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- Milieu Centraal. “Stappenplan Nestkast Voor Gierzwaluwen en Huismussen”, z.d. <https://www.milieucentraal.nl/huis-en-tuin/klussen/stappenplan-nestkast-voor-gierzwaluwen-en-huismussen/>.
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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 (Enhancing Well-Being by Design: The Role of Co-Housing and Nature), closely aligns with the studio topic (Dwelling Graduation Studio: Designing for Health and Care in an Inclusive Environment). Both focus on creating environments that promote well-being, emphasizing co-housing and nature.

As a student in the Architecture master's program, I am in the process of gaining the knowledge and skills to explore how design can enhance quality of life. My project investigates the relationship between co-housing, natural elements, and well-being, which aligns with the studio's objectives of designing inclusive environments that support health and care.

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

Given that more people are currently struggling with their well-being (mental, physical, or social), it is essential for us as (future) architects to explore how we can contribute to improving these aspects of life. While some research has already been conducted on the roles of nature and co-housing in enhancing well-being, I find it crucial to build upon this knowledge to gain deeper insights into residents' experiences in related projects. By examining what works and what doesn't, we can develop design principles that not only inform my own work but also benefit others in the field. We must also recognize that our designs should cater not only to human needs but also to the natural environment. Integrating these elements will be pivotal in creating sustainable spaces that promote overall well-being for both individuals and the ecosystem. This dual focus is central to my graduation work and its relevance in the larger social, professional, and scientific framework.