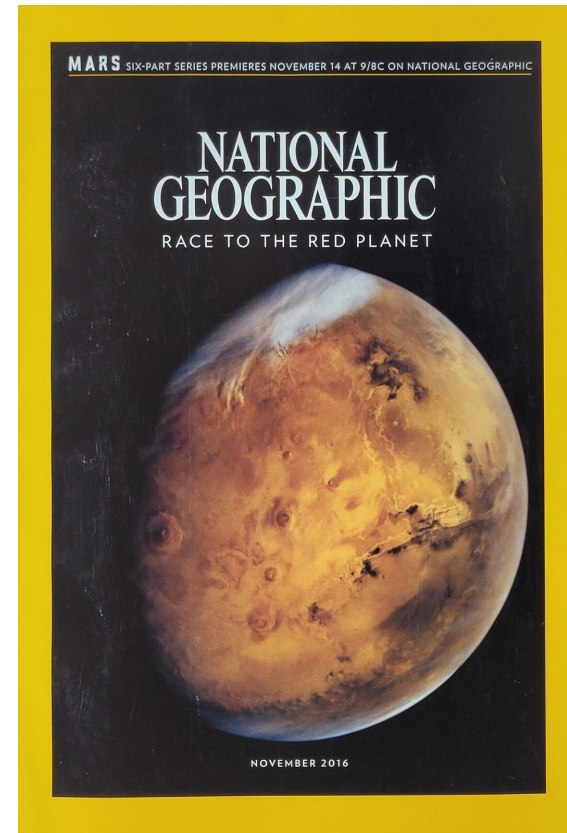


# Well-being in an **Analog Habitat**











**When you cannot leave,  
architecture becomes  
the whole world.**

## **ANALOG HABITAT**

Earth-based facility  
for isolation training



ANALOG  
HABITAT = **OPPORTUNITY  
TO TEST STRATEGIES  
FOR WELL-BEING**

ANALOG  
HABITAT

=

**ARCHITECTURAL  
LABORATORY  
+  
TRAINING  
FACILITY**

## SHARED CONDITIONS

4 crew members

1-month inhabitation

minimal programme

max. 60m<sup>2</sup>

non-site-specific prototype

proposed remote location

isolation as main condition

no windows



**LACK OF  
PRIVACY**

**SENSORY  
DEPRIVATION**

# PRIVACY

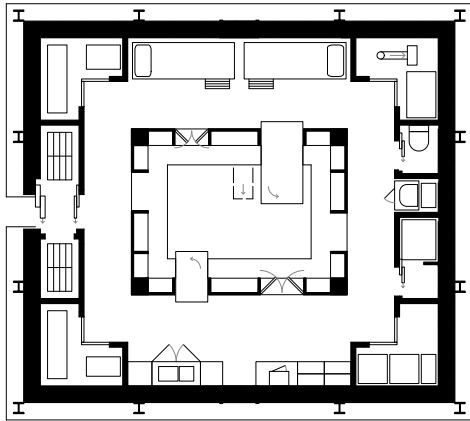
ability to regulate  
exposure to others

control when and how  
interaction occurs

# STIMULATION

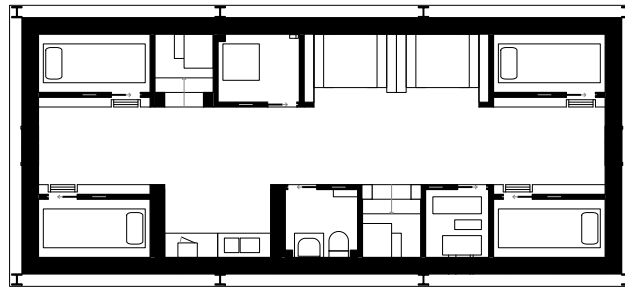
sensory and cognitive input  
from the environment

enough input to stay  
engaged without overload



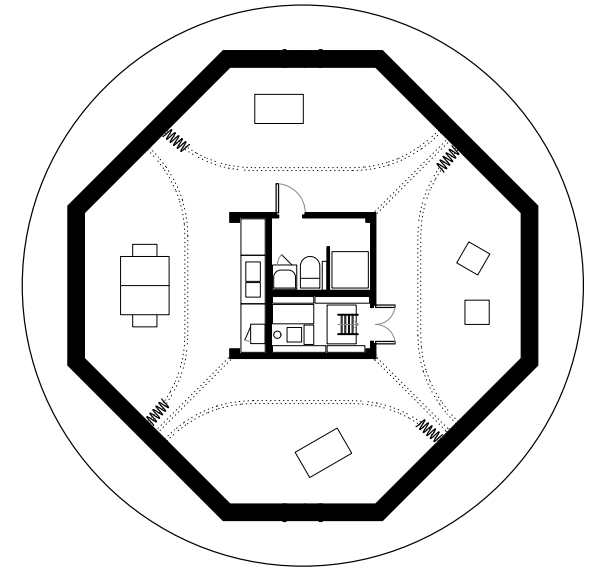
**COURTYARD LIVING**

test environment 1



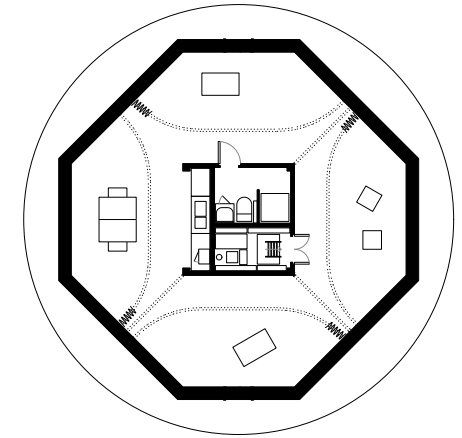
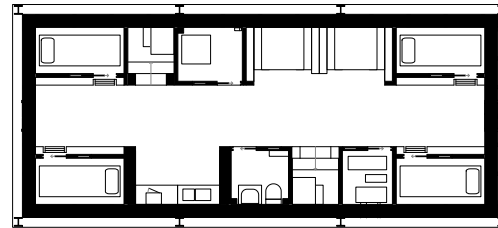
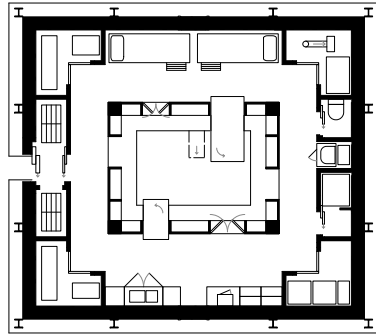
**INHABITED WALLS**

test environment 2



**SOFT BOUNDARIES**

test environment 3



PRIVACY



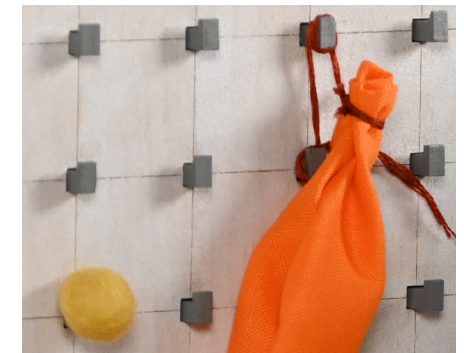
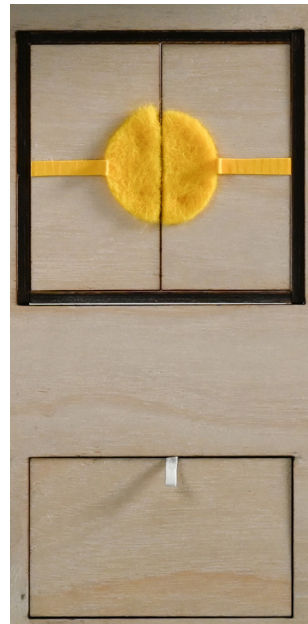
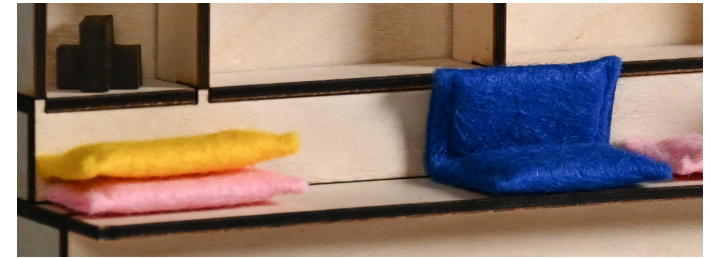
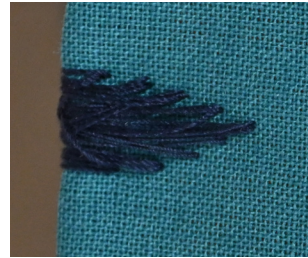
STIMULATION



# **RESTRICTED MATERIAL PALETTE**

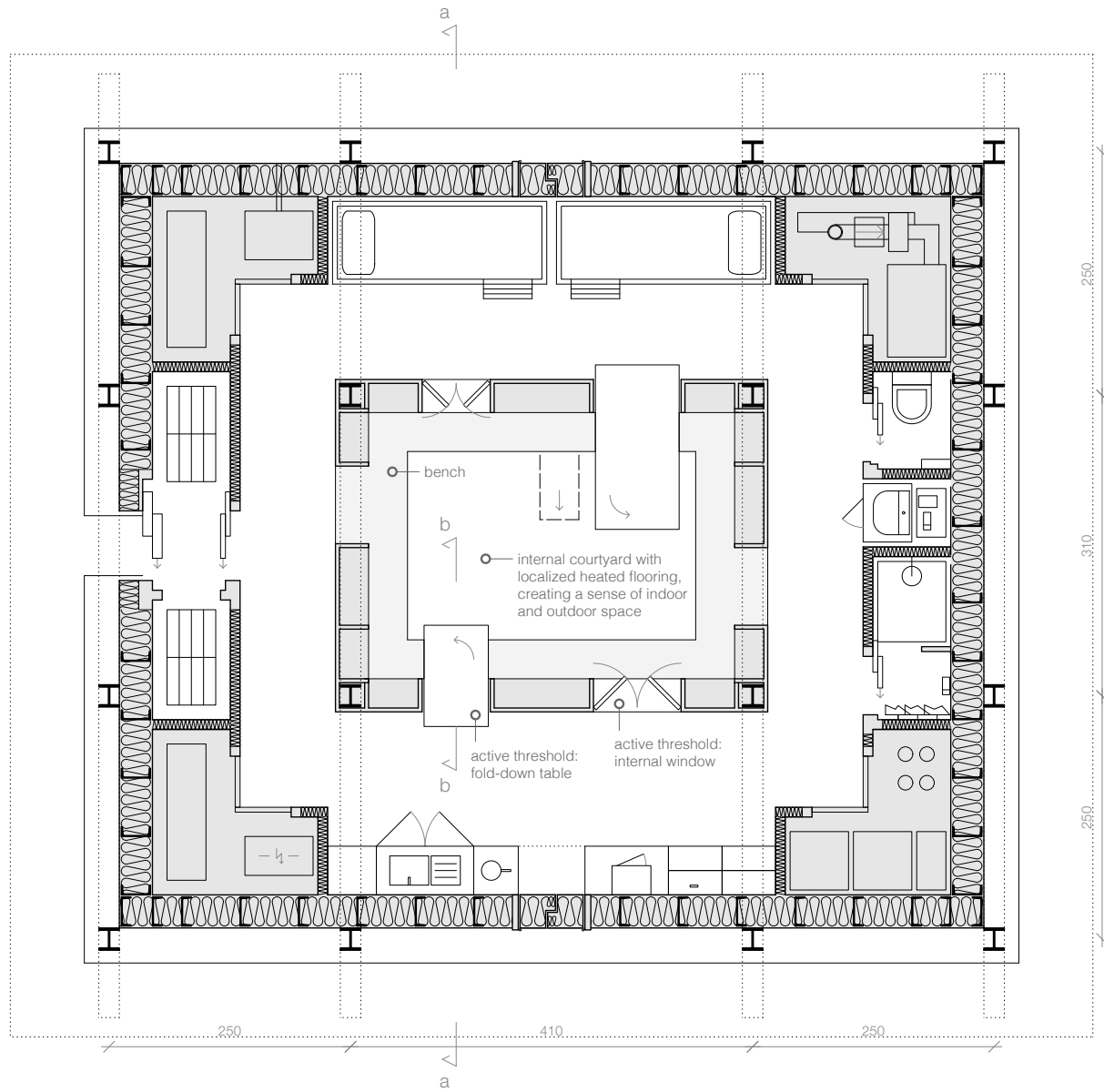
## HOW FAR CAN ARCHITECTURE REACH?

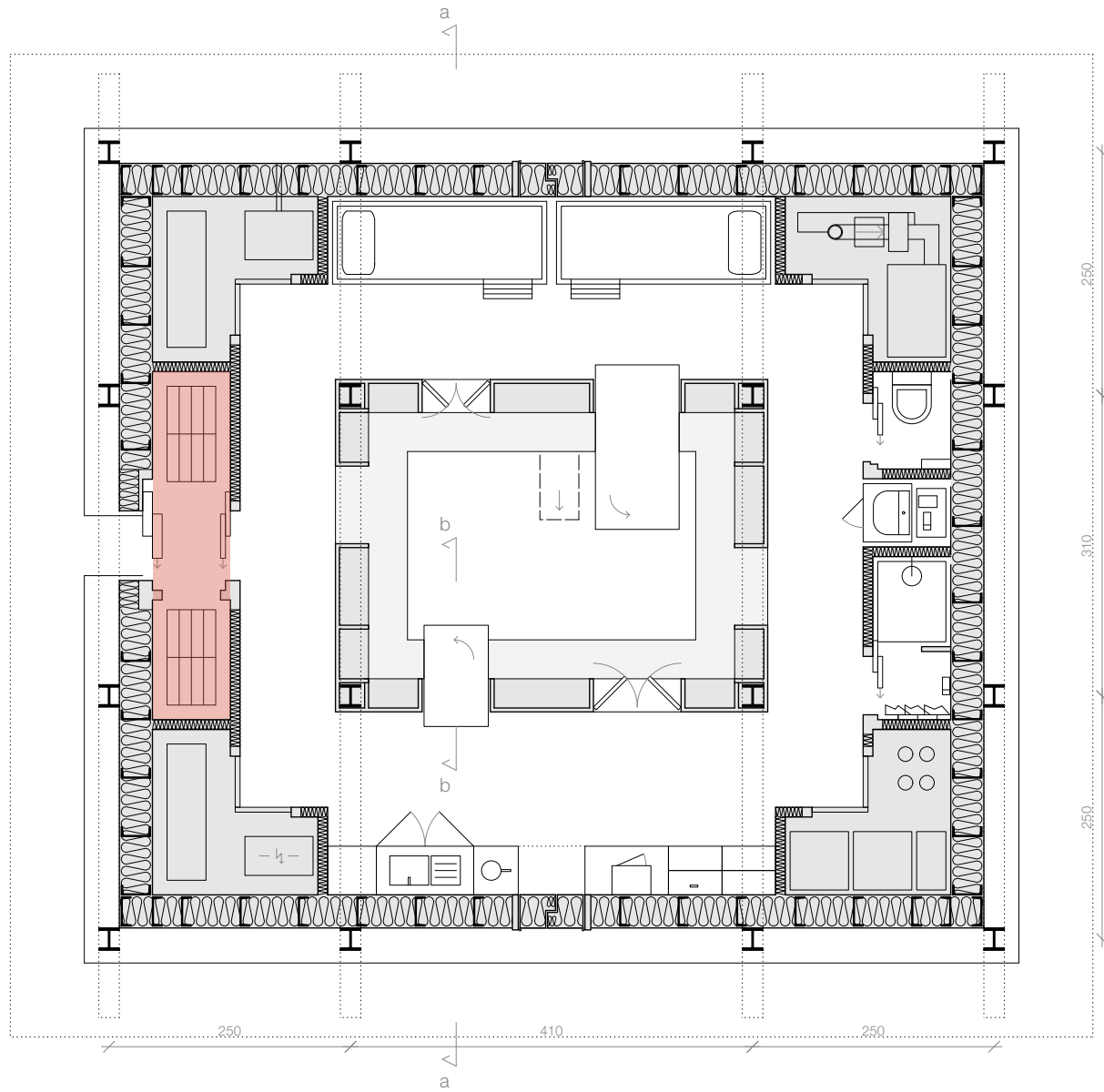
In isolated environments, architecture can extend into the small interfaces through which the body uses the space.



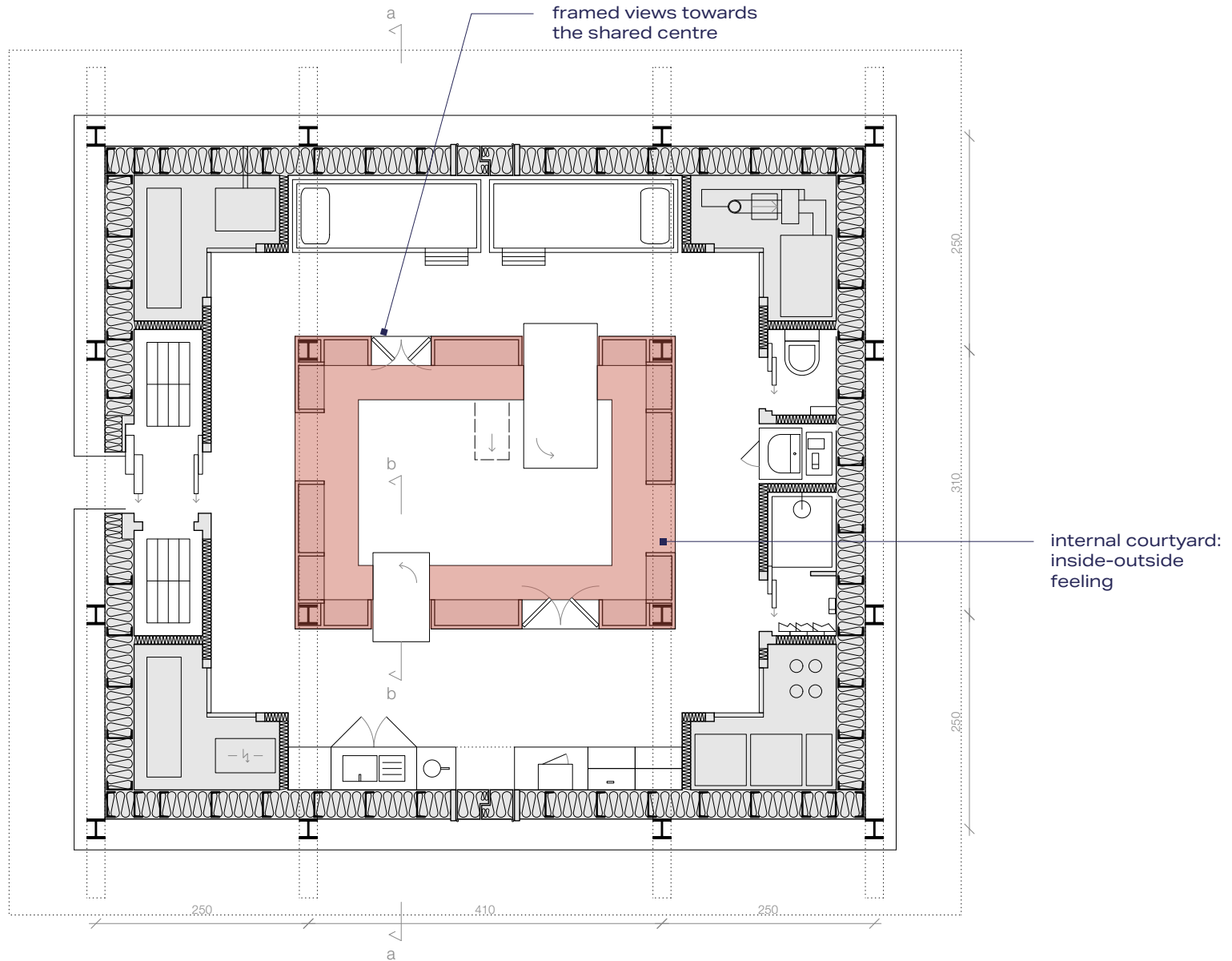
Design Experiment 1

**COURTYARD LIVING**







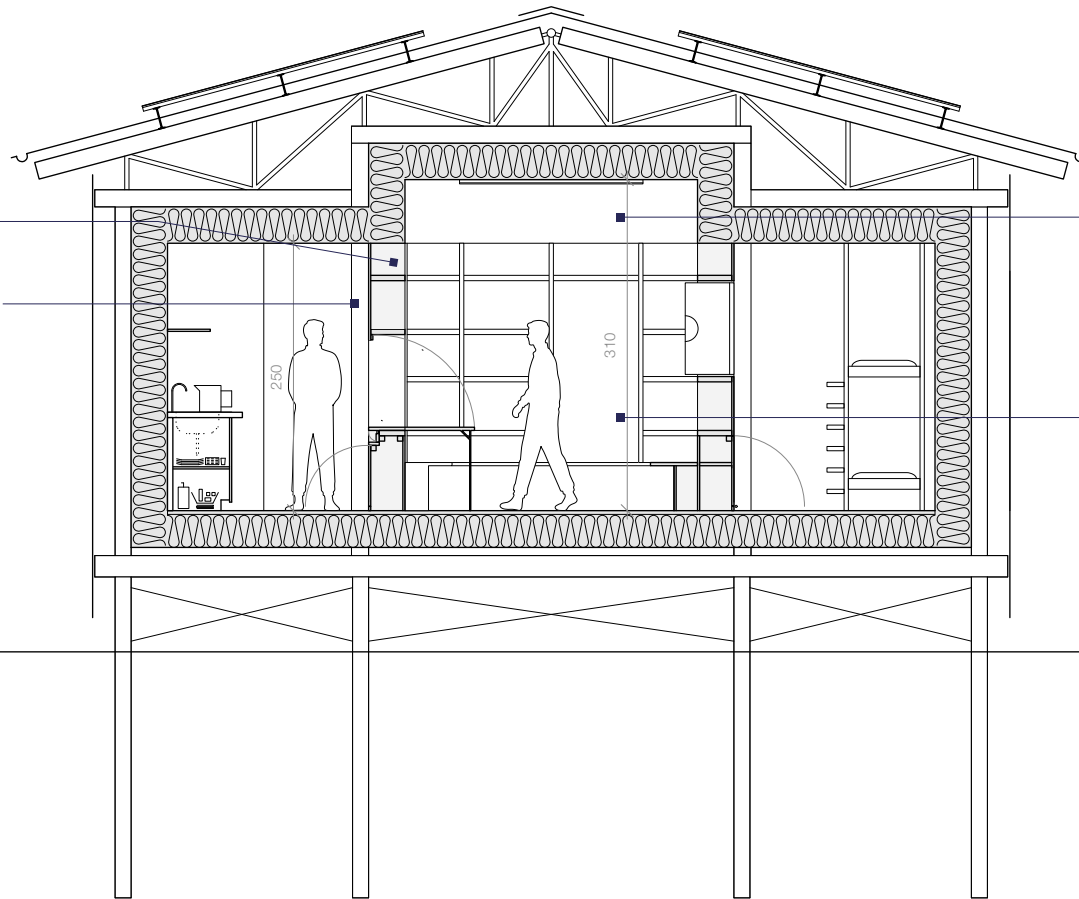


visual stimulation  
through shelf objects

calmer surrounding  
for reduced sensory  
load

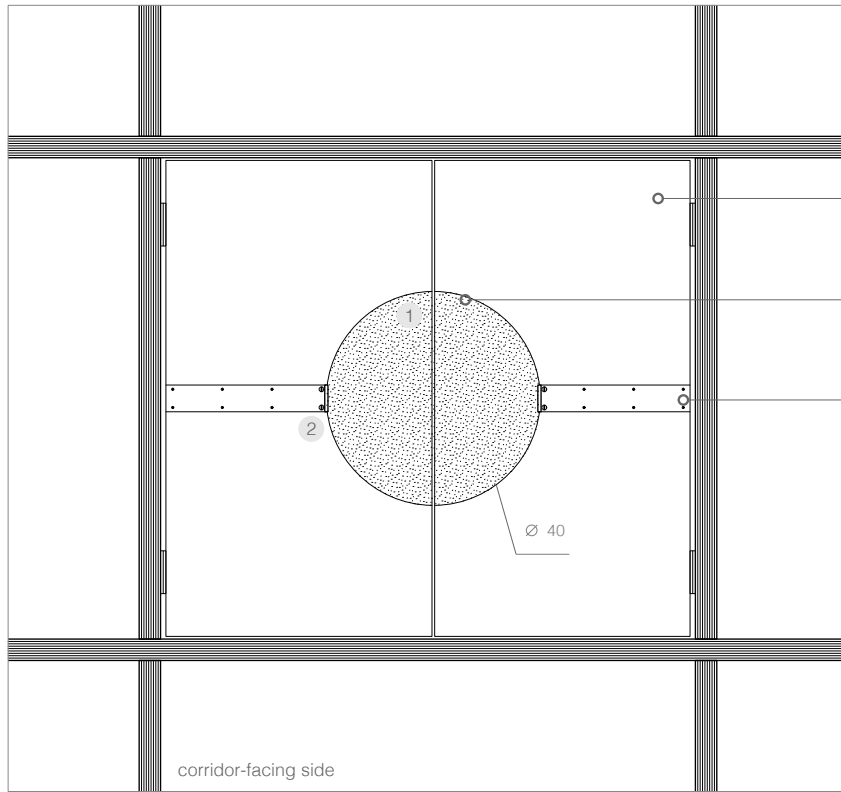
perceived  
spaciousness  
through height  
contrast

courtyard openings  
for social stimulation







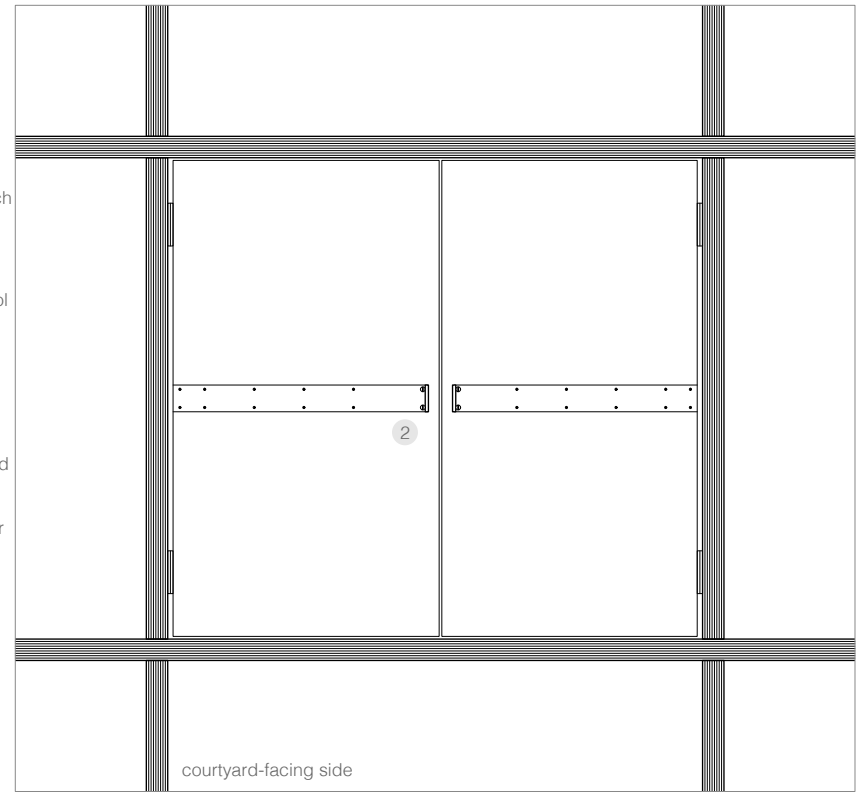


fire-retardant birch plywood panel 90 x 50 x 4 cm

fire-retardant wool felt pad, marking the hand-contact area

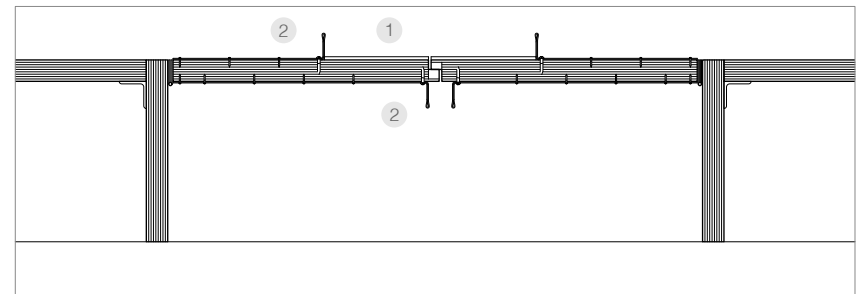
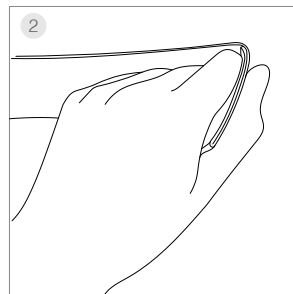
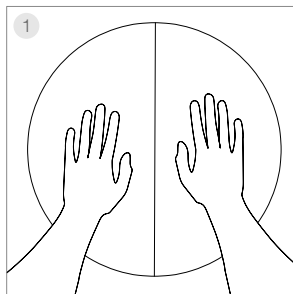
fire-retardant reinforced cotton canvas webbing strap 5 cm, folded at the end and extending 5 cm from the panel for gripping

corridor-facing side



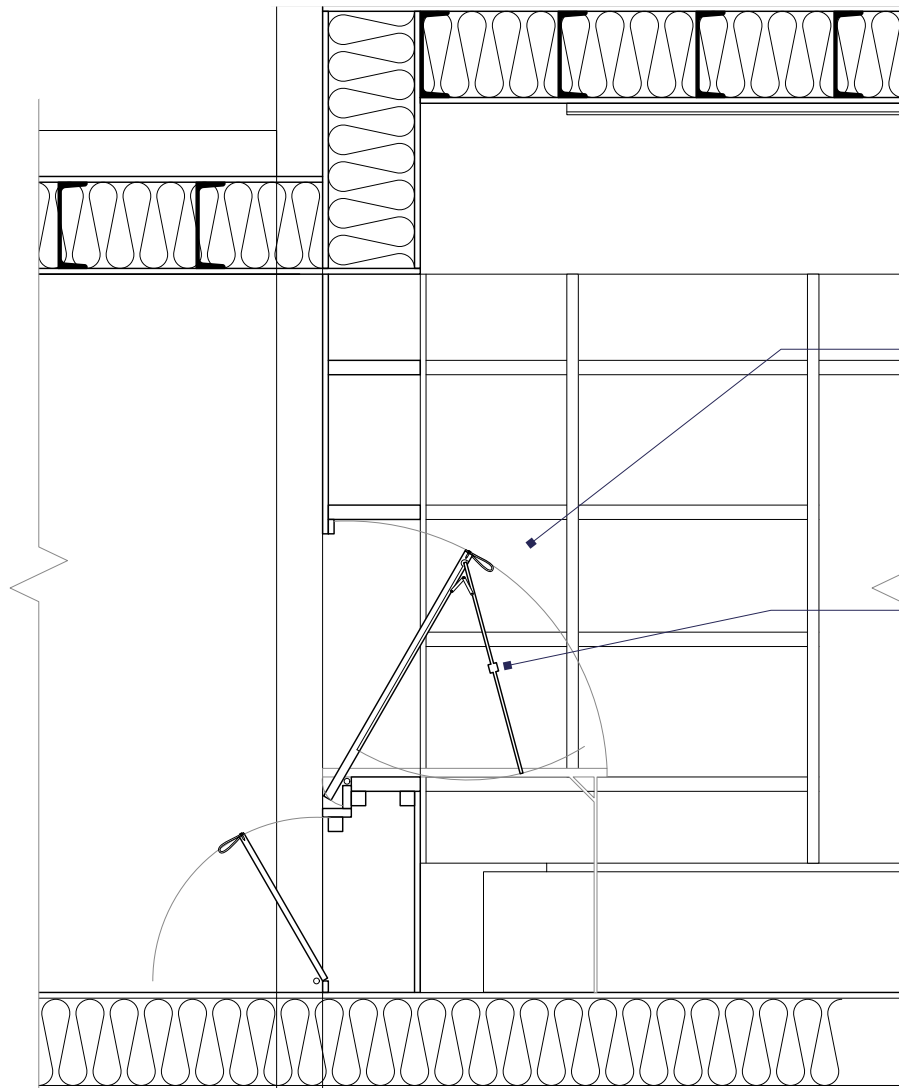
courtyard-facing side

90



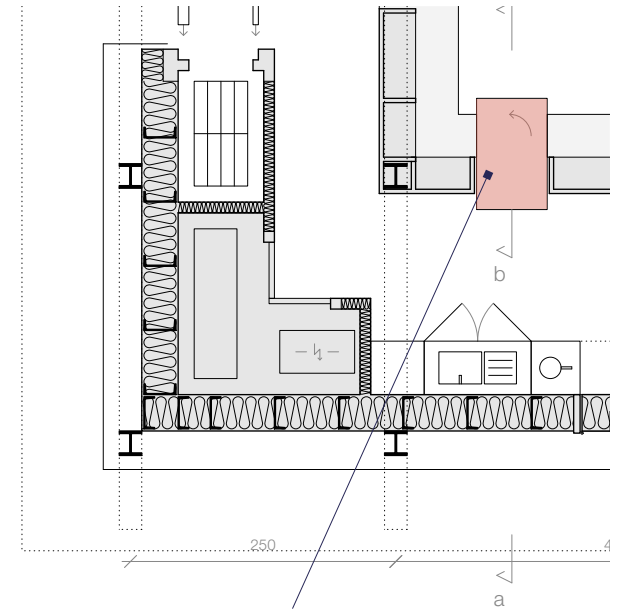
100



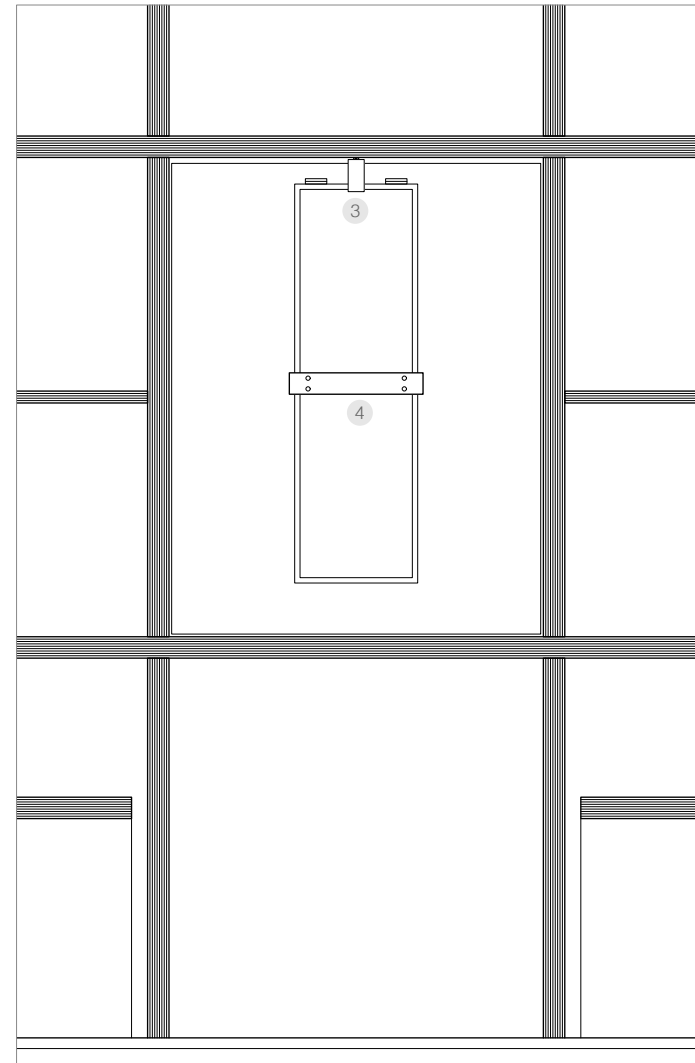
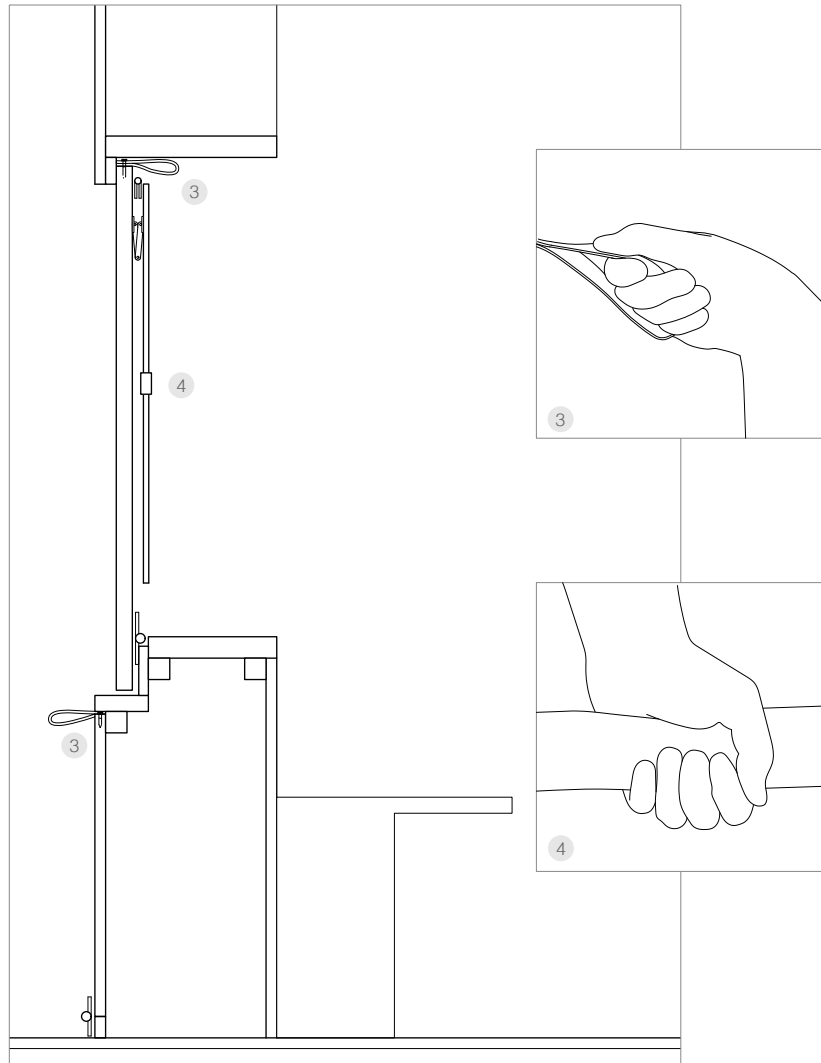


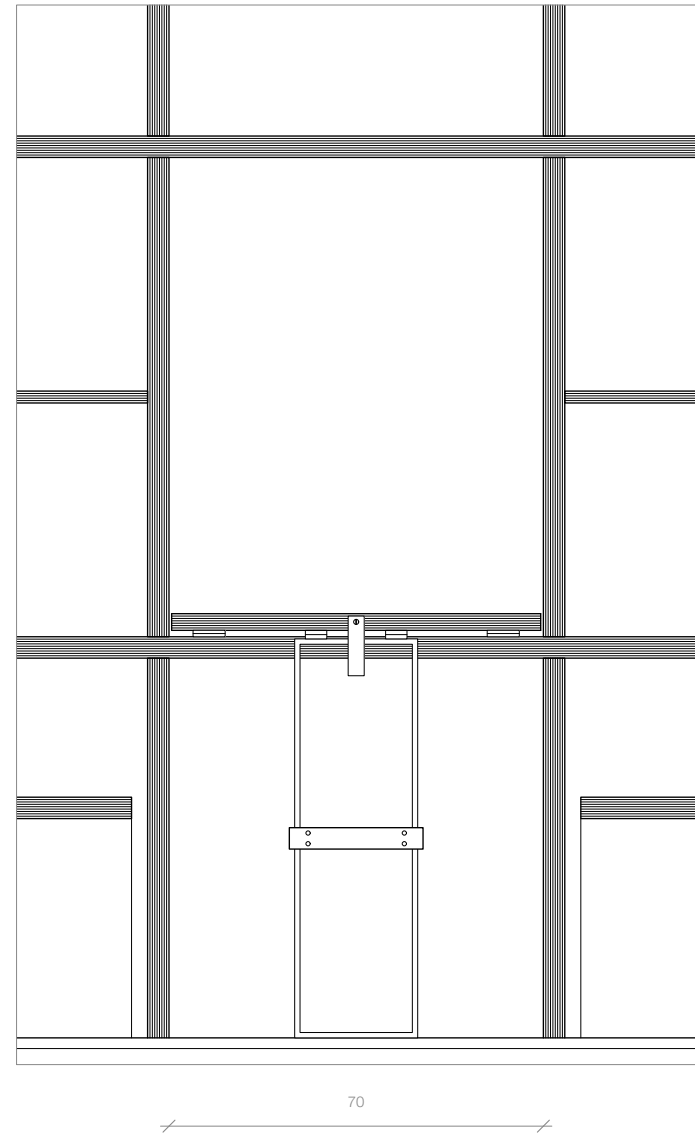
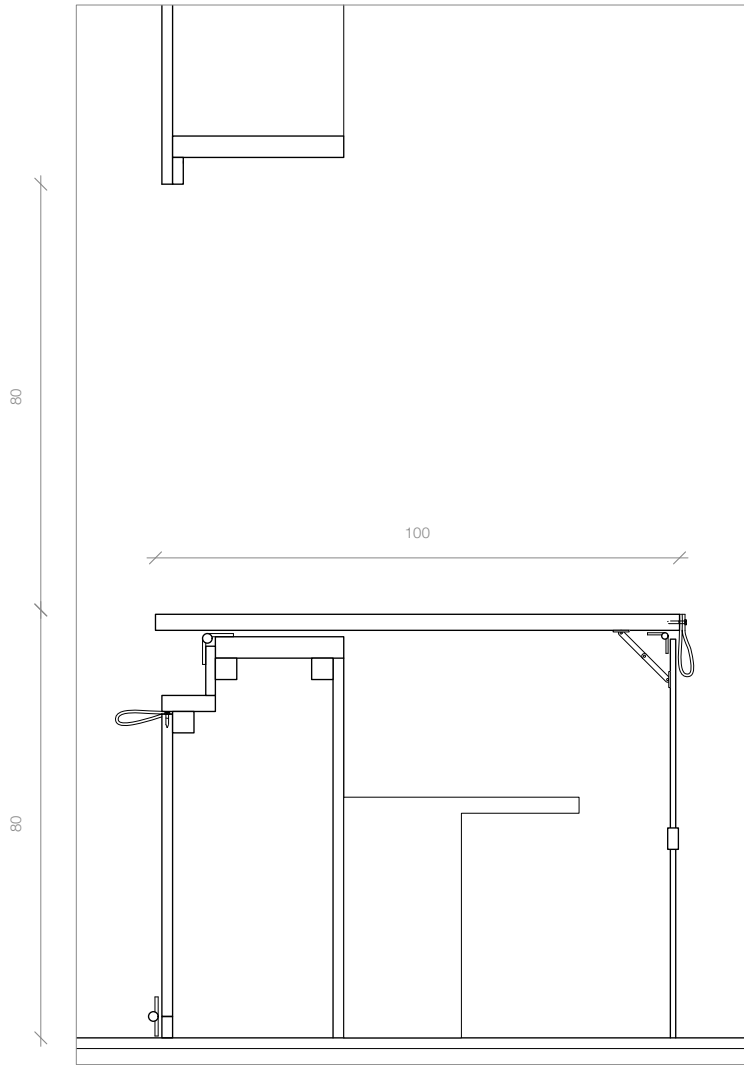
adjustable views  
through active thresholds

different tools  
for opening-closing



active threshold:  
fold-down table



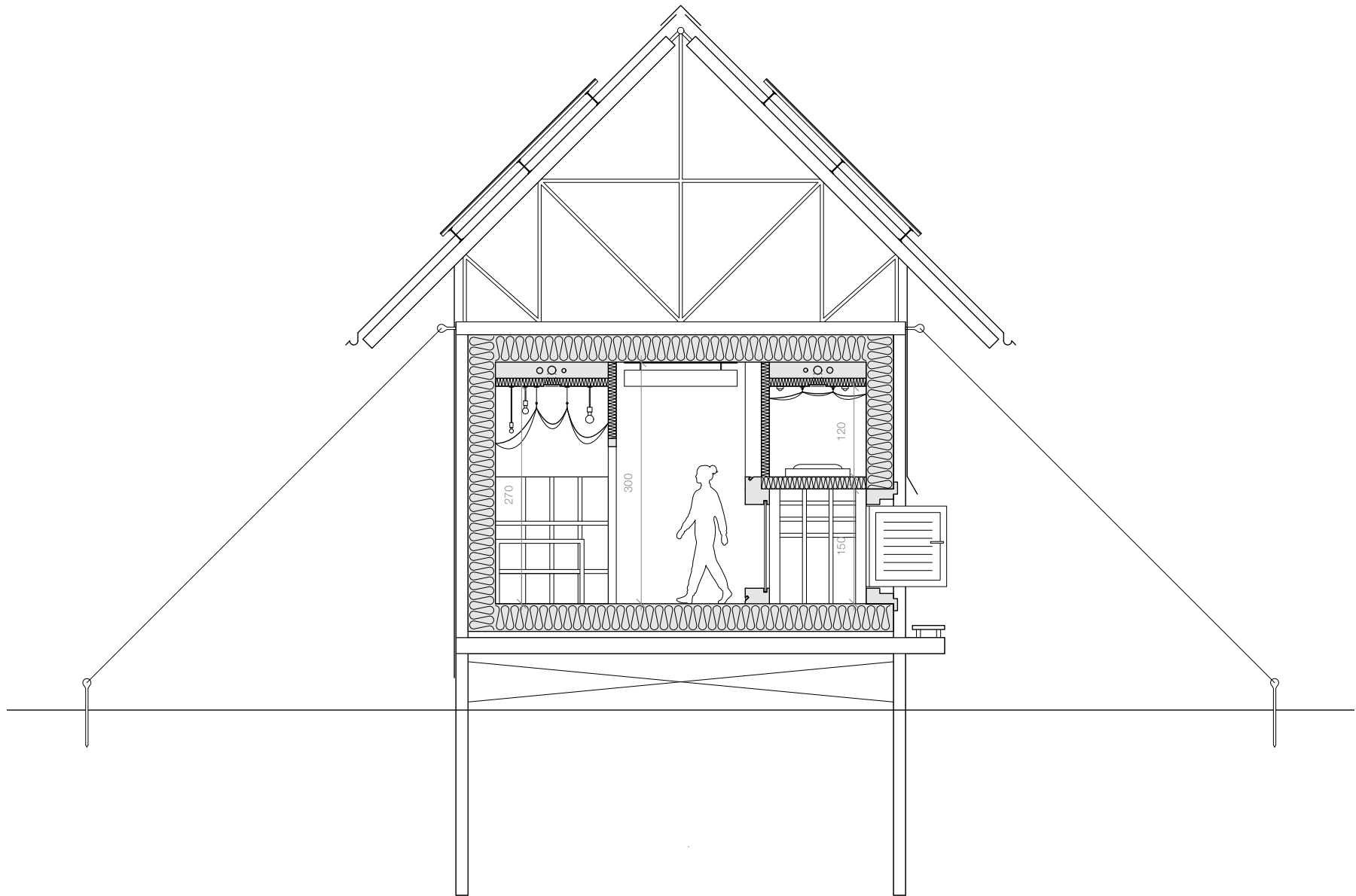


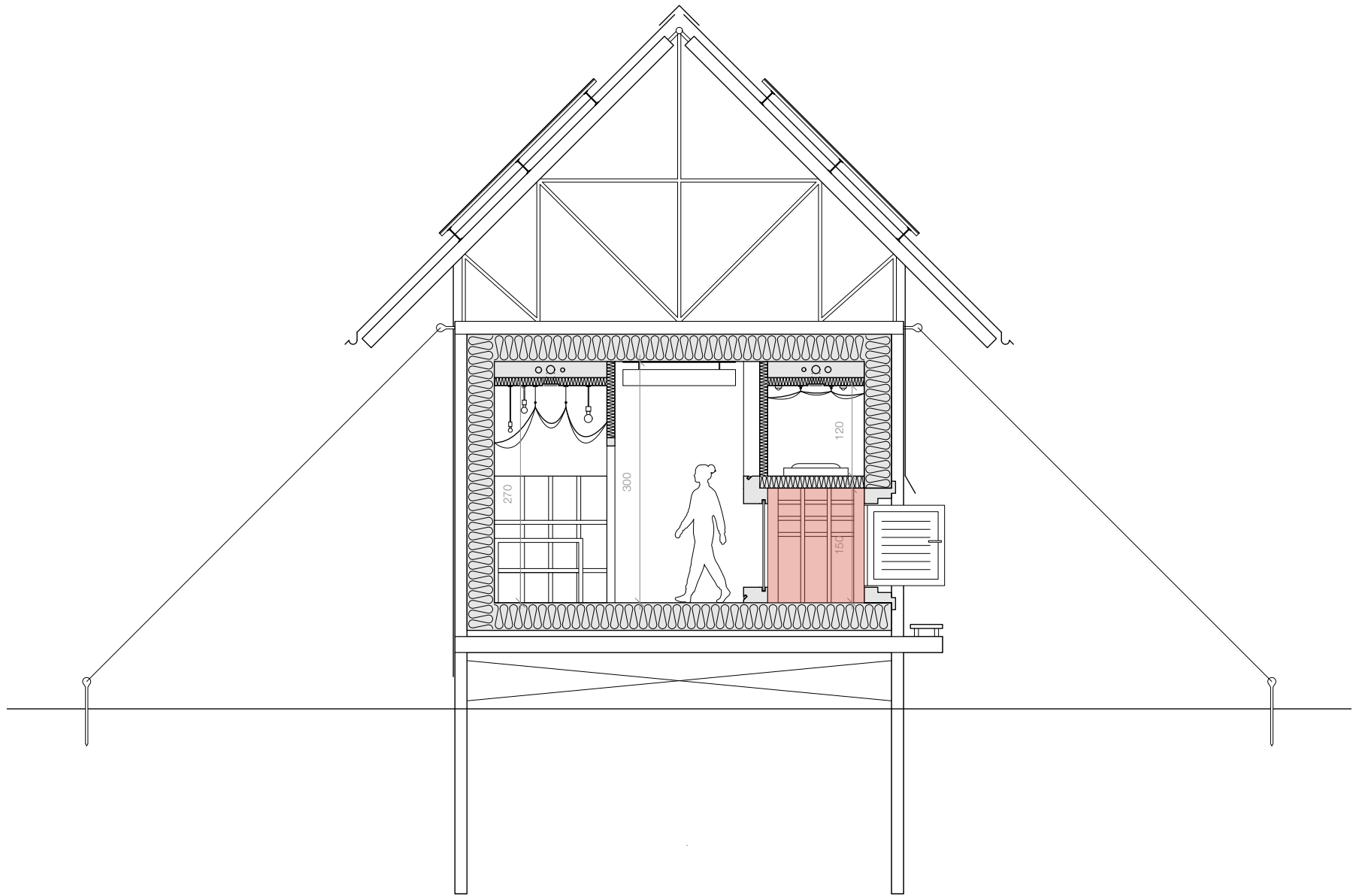


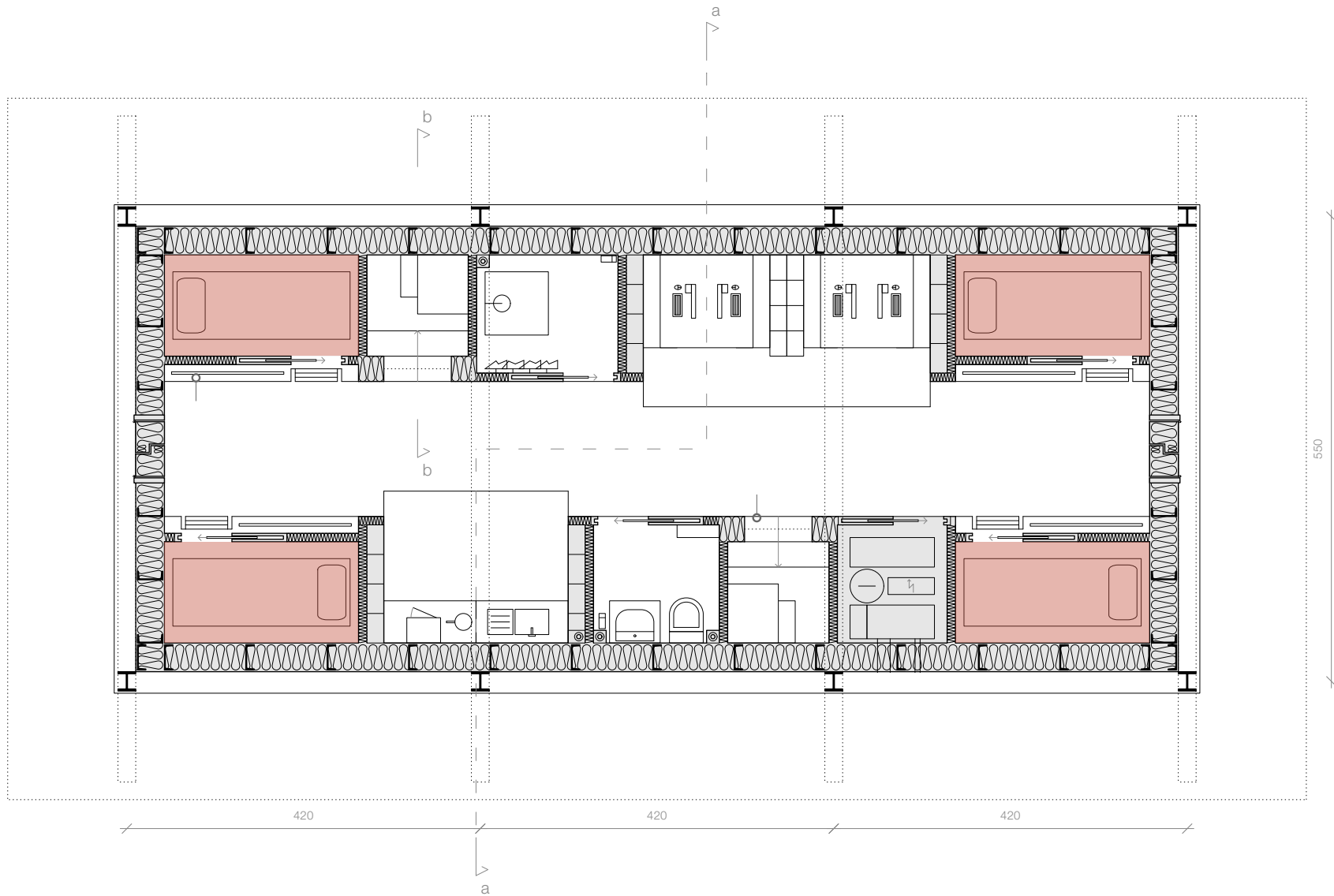


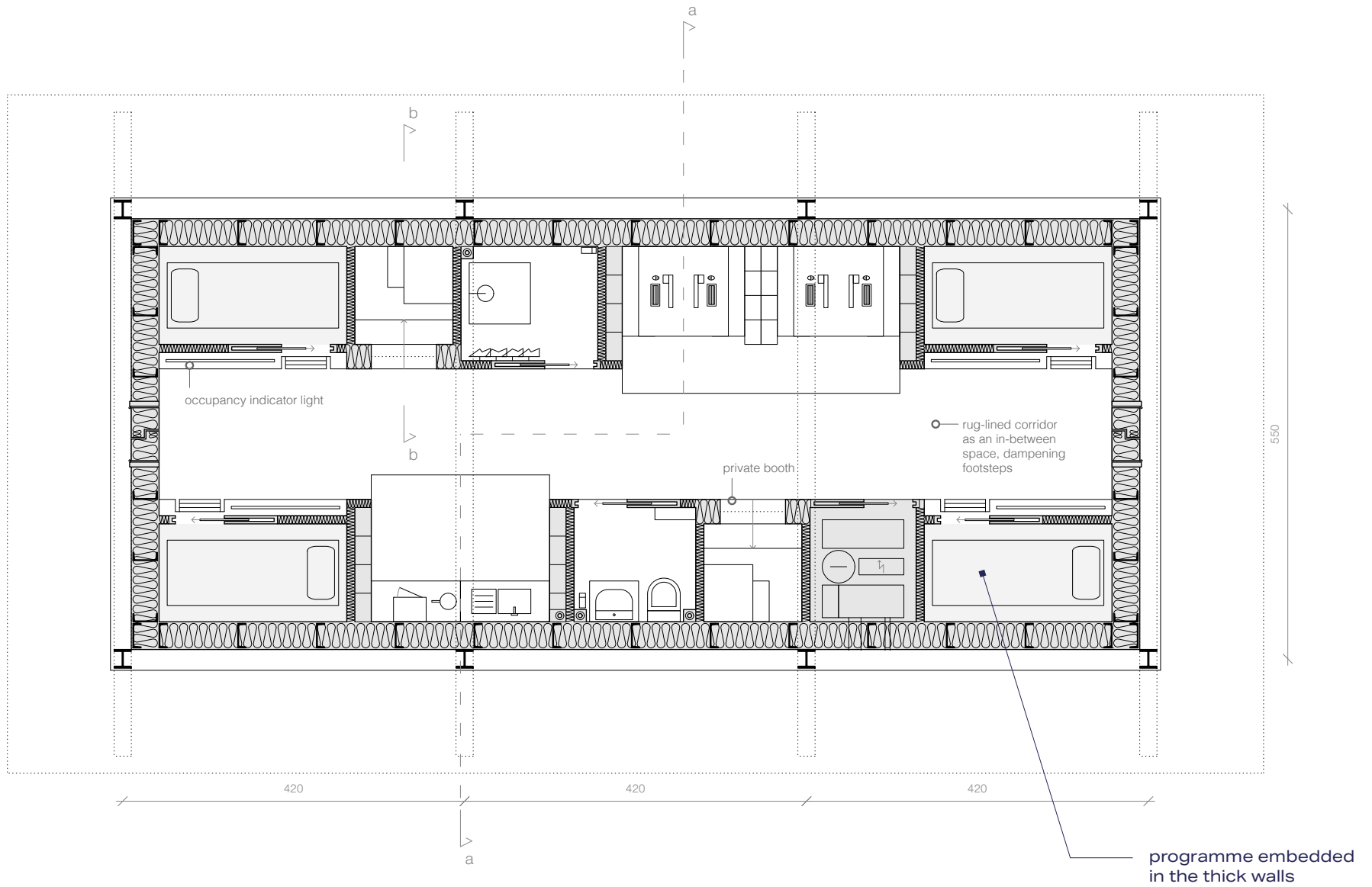
Design Experiment 2

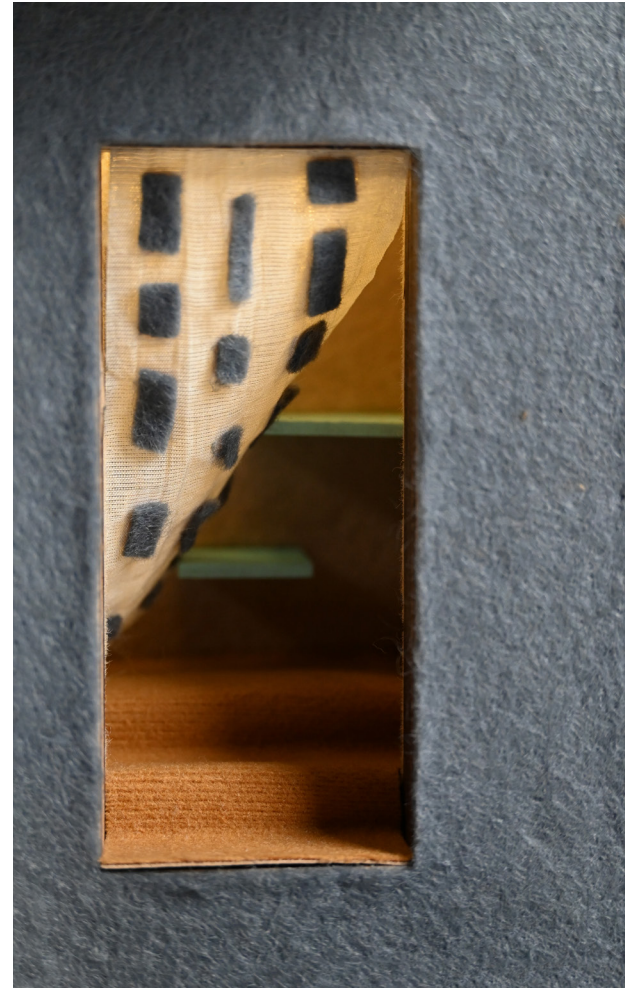
# **INHABITED WALLS**

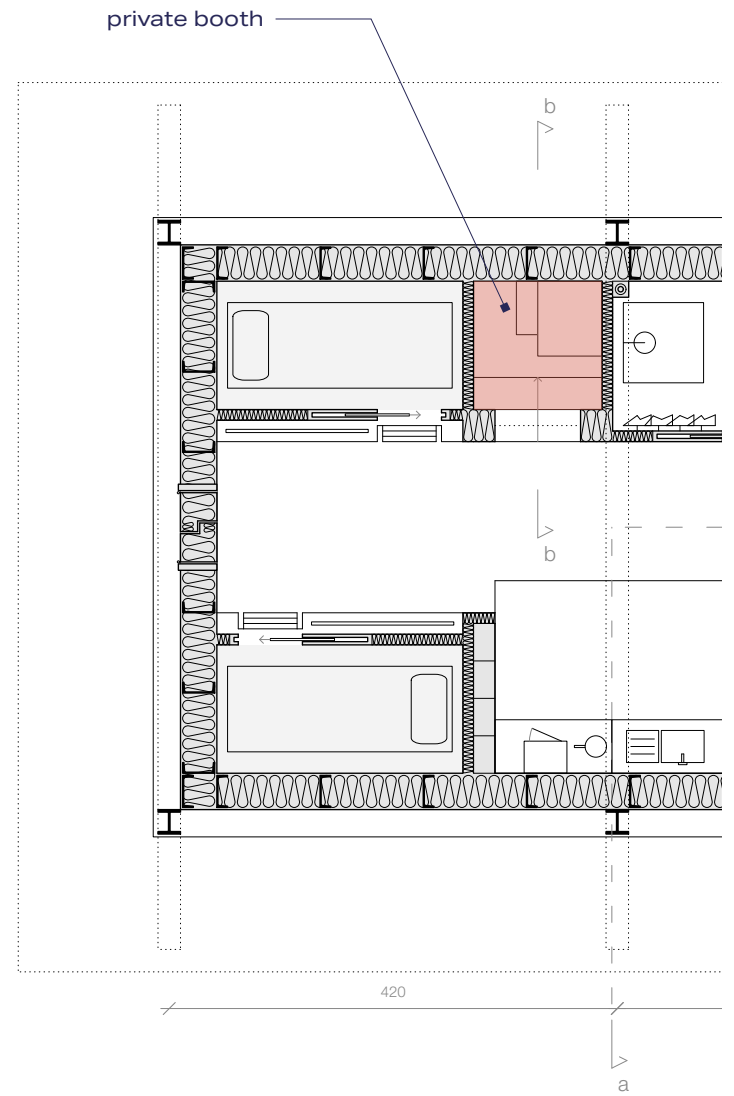
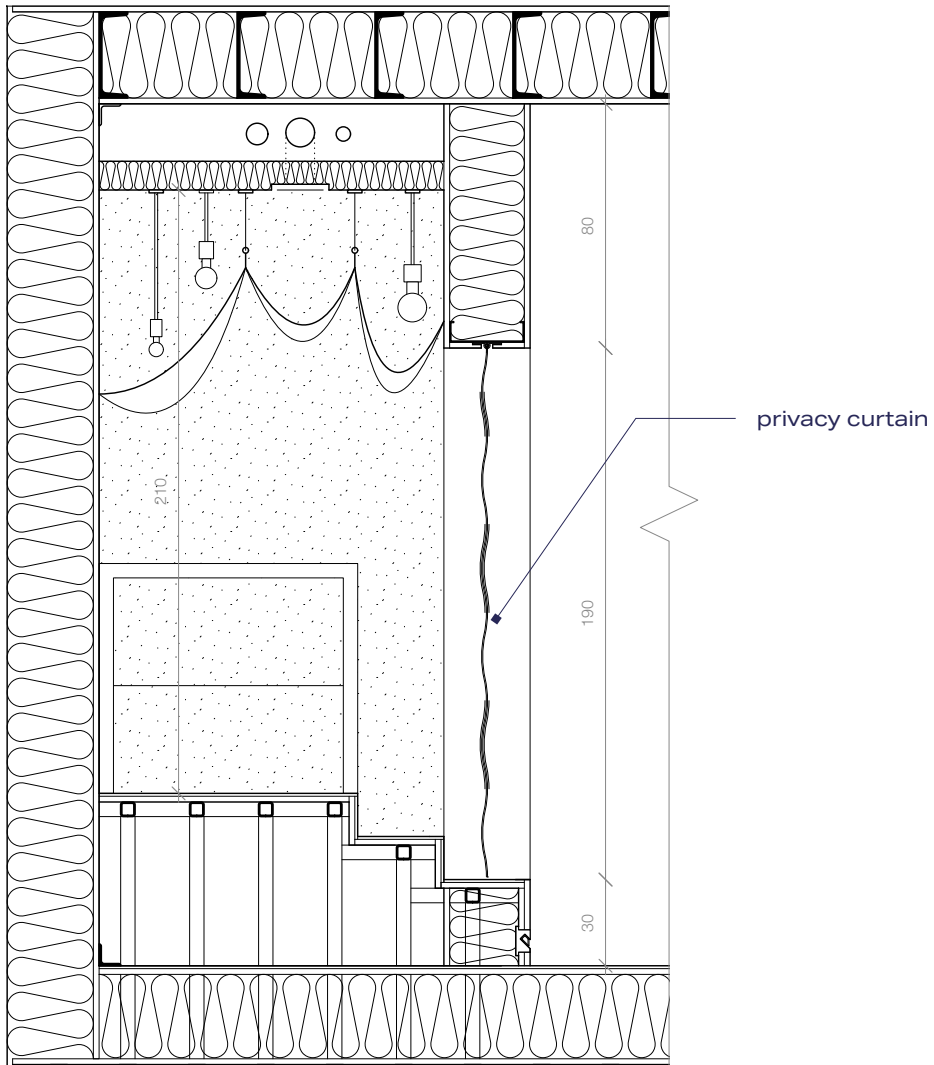


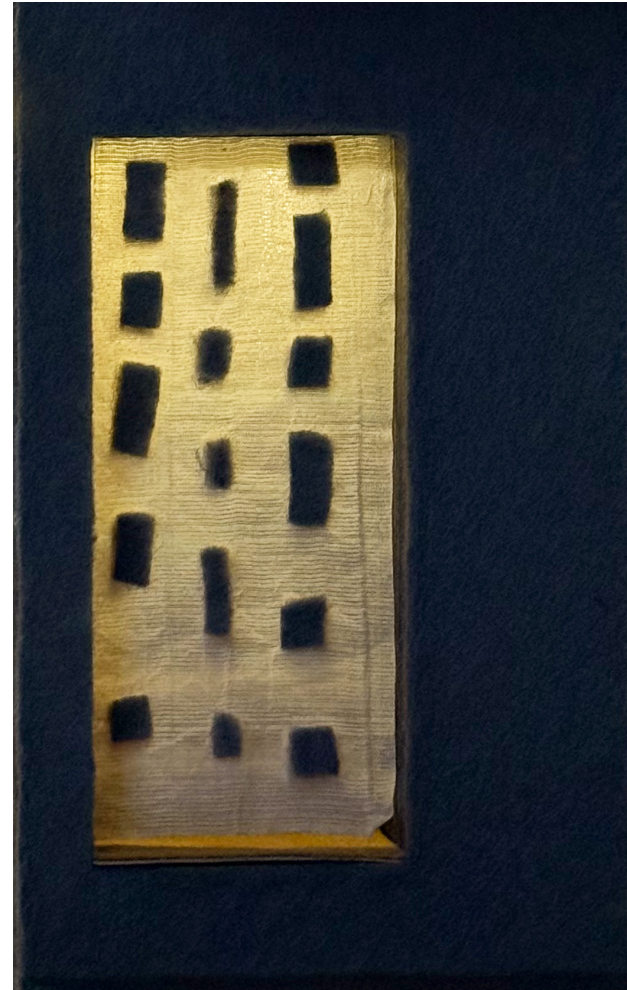












higher-contrast:  
reducing visibility  
of people inside  
the booth



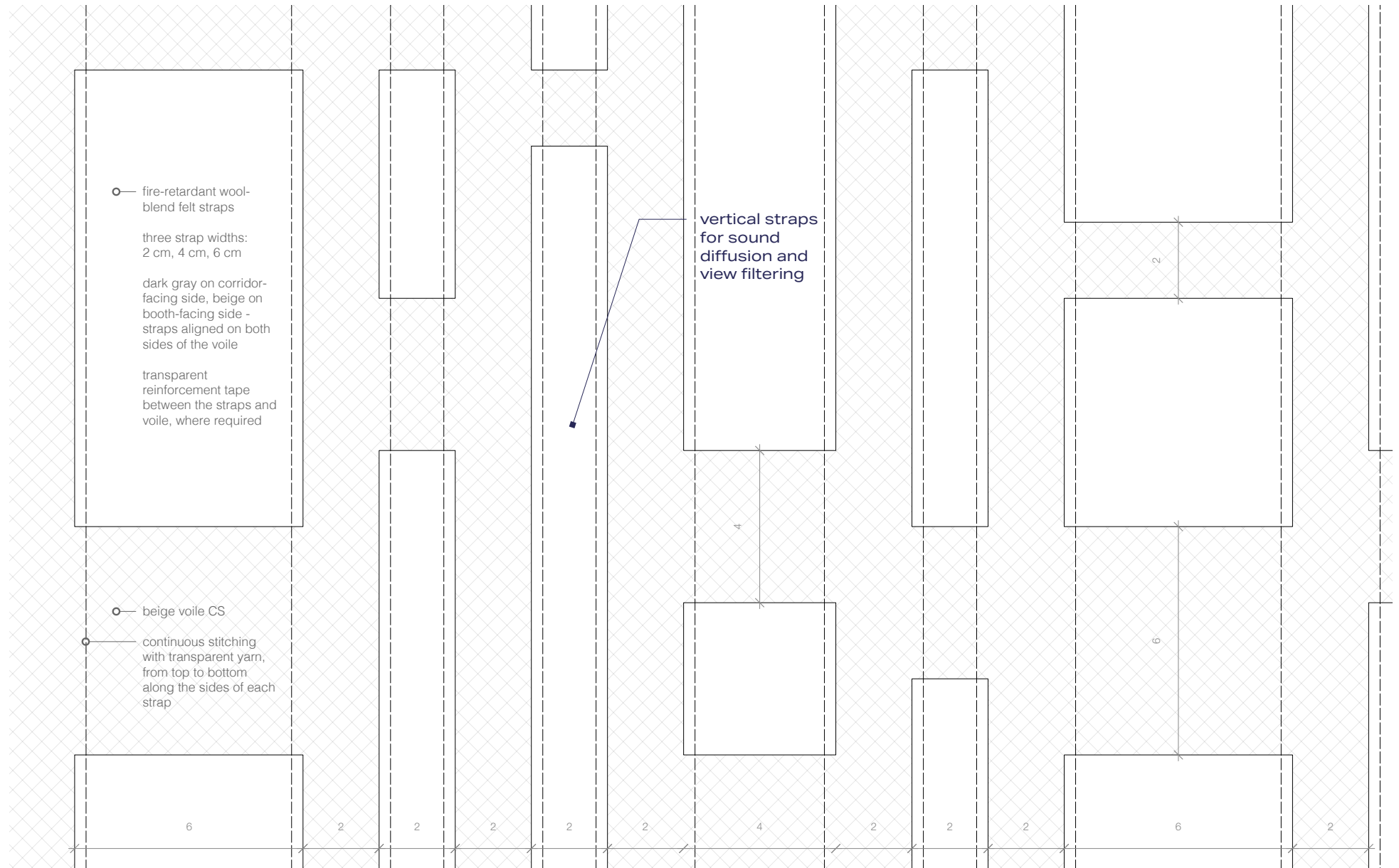
CORRIDOR-FACING SIDE

gradually  
opening  
pattern

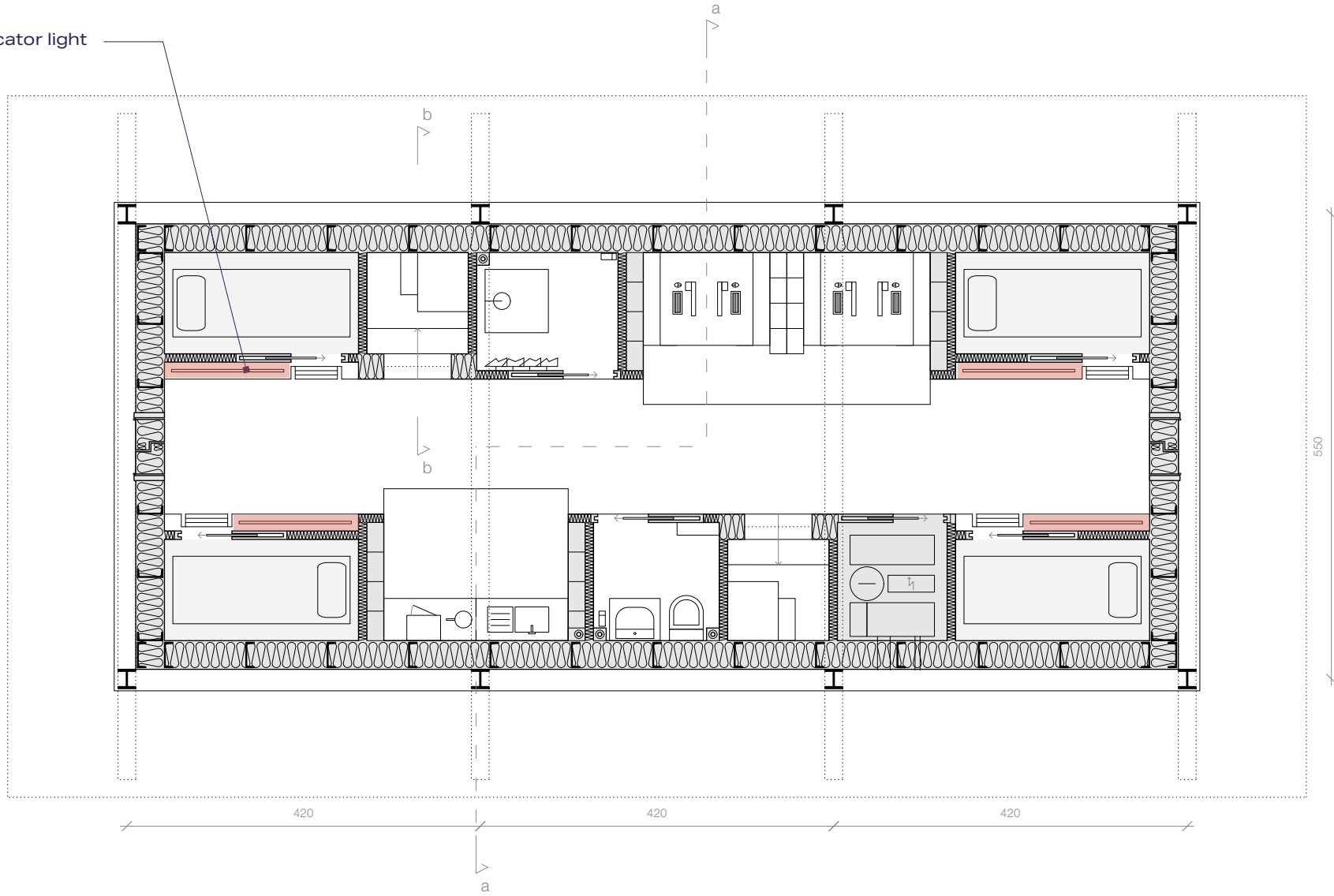


lower-contrast:  
allowing people  
inside the booth  
to see the outside  
more clearly

BOOTH-FACING SIDE



occupancy indicator light

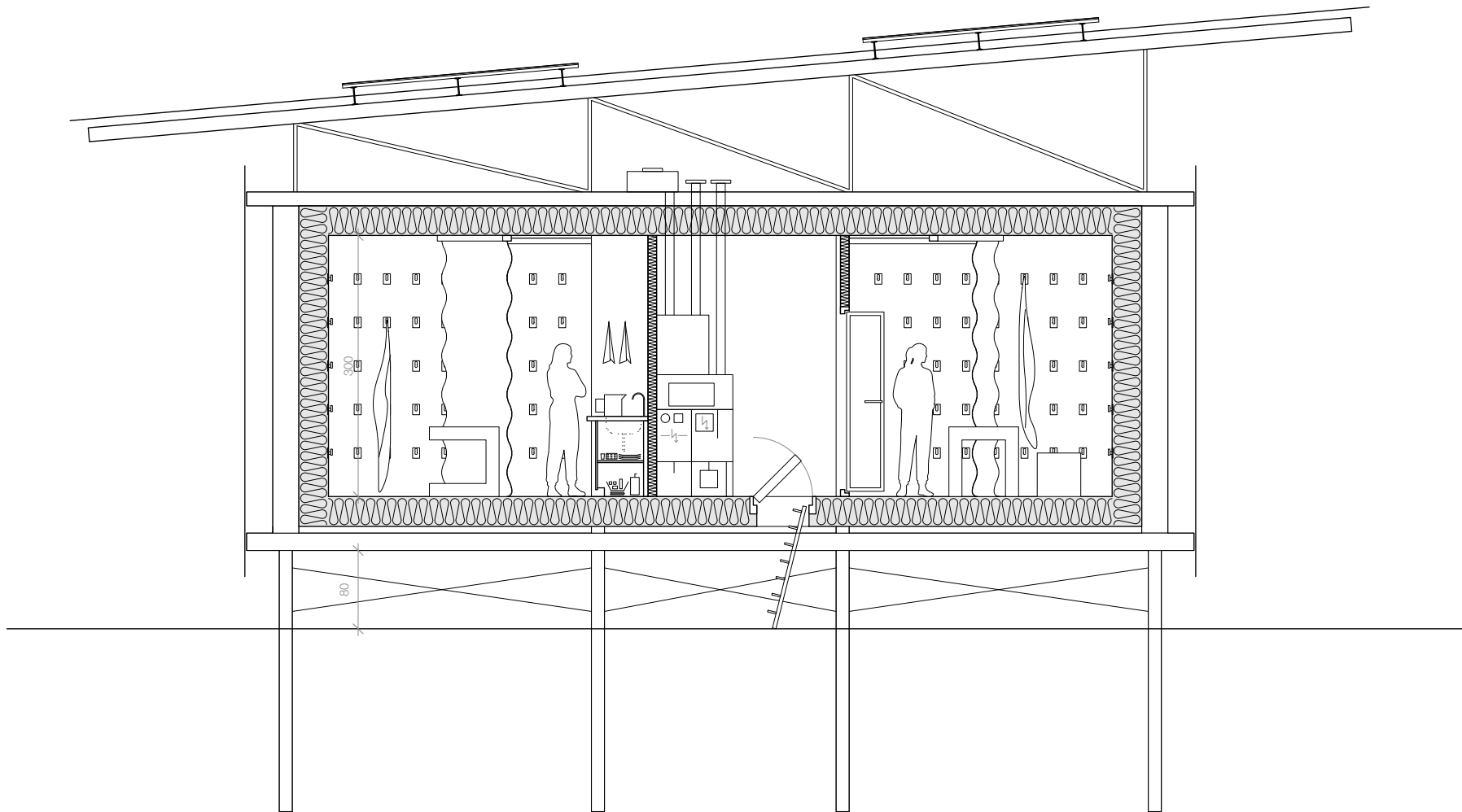


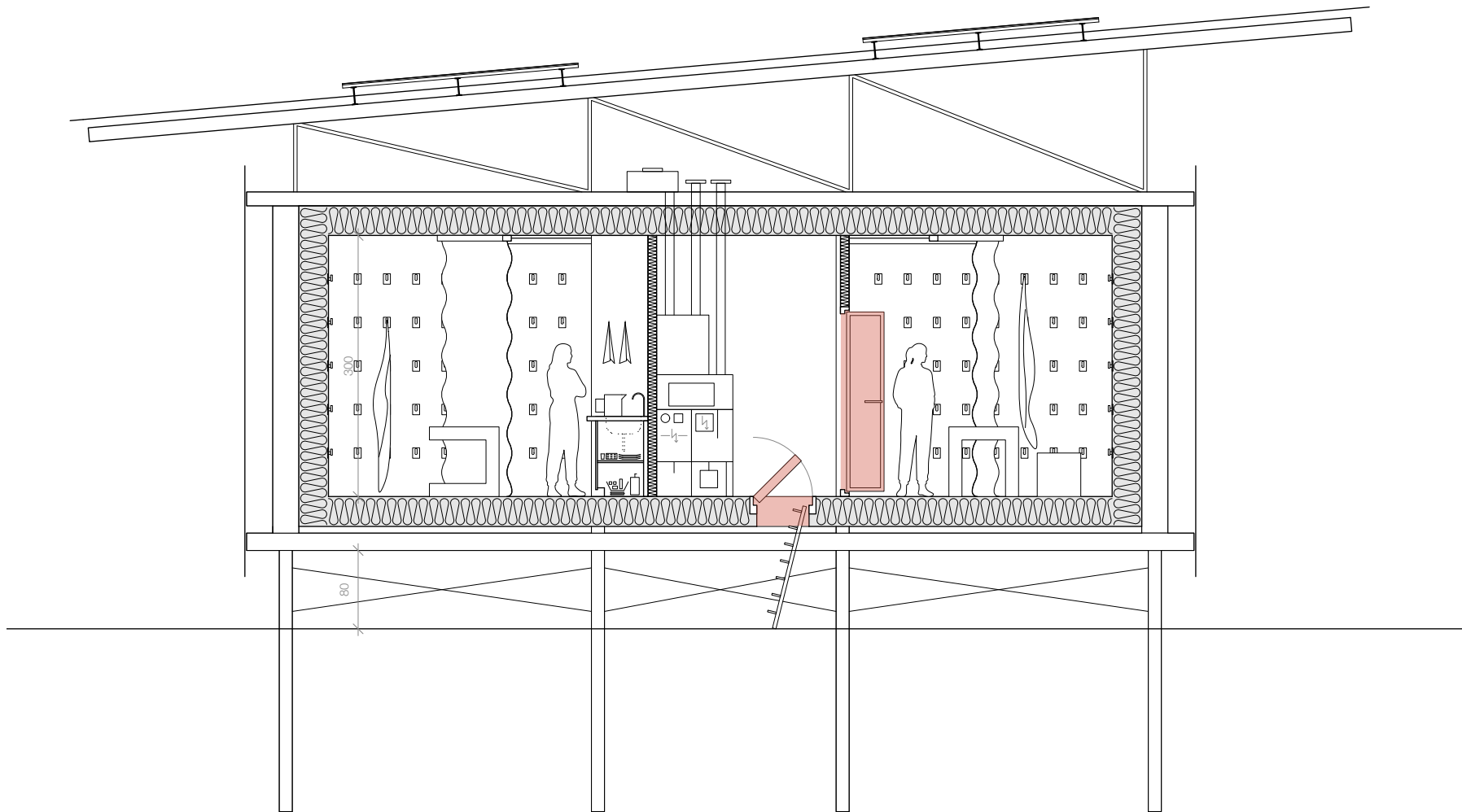




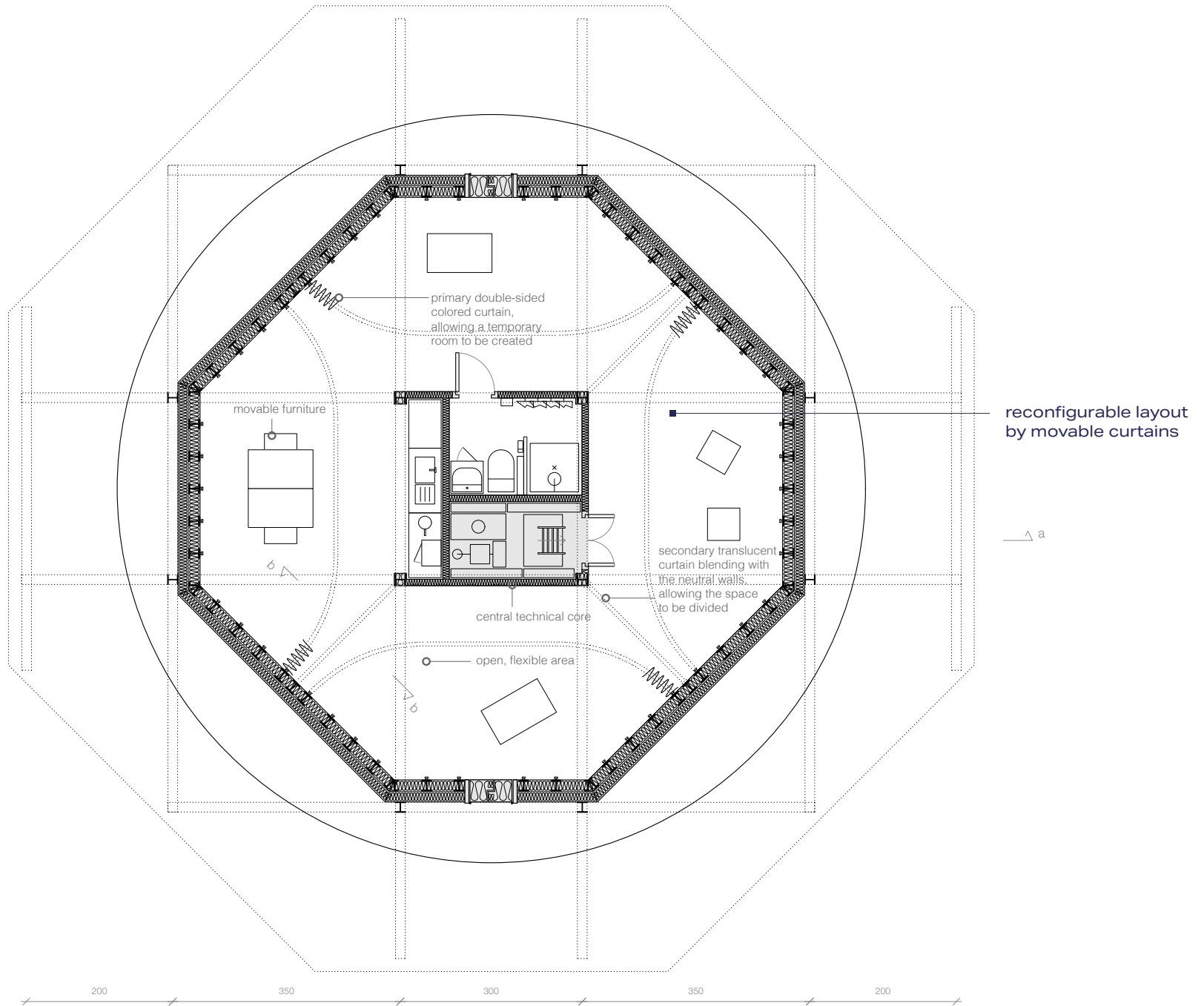
# Design Experiment 3

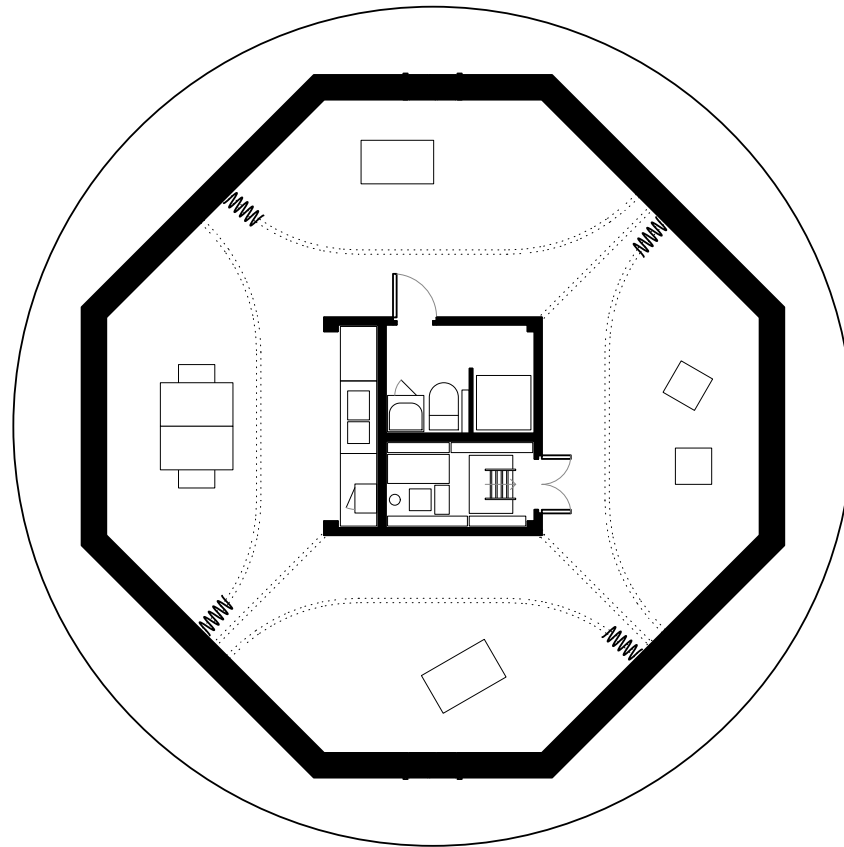
## **SOFT BOUNDARIES**



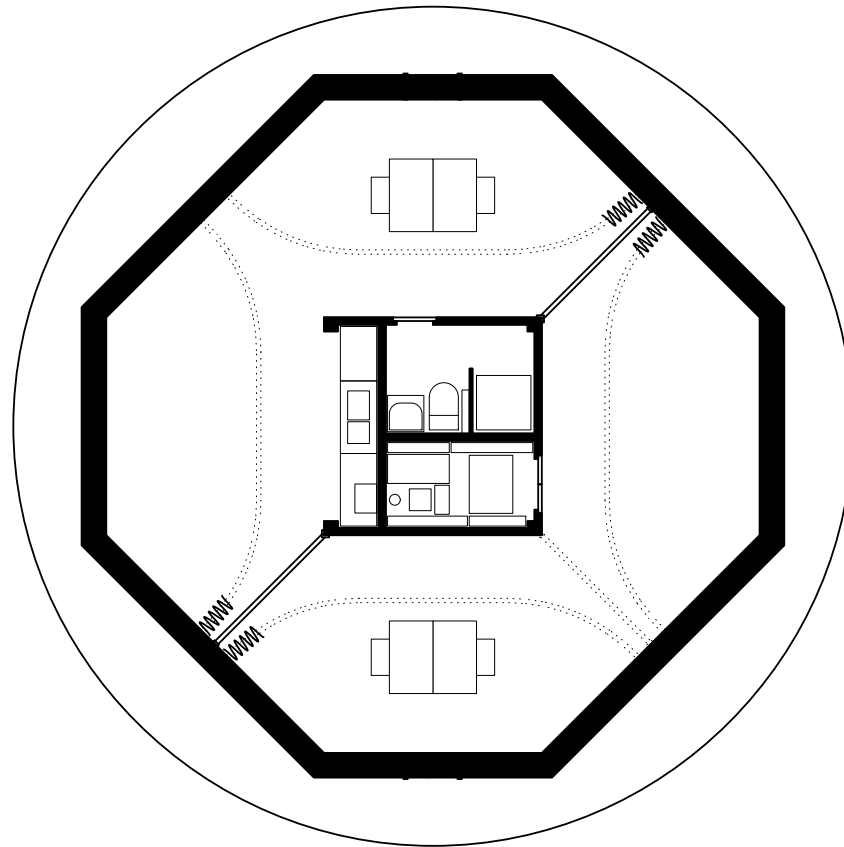




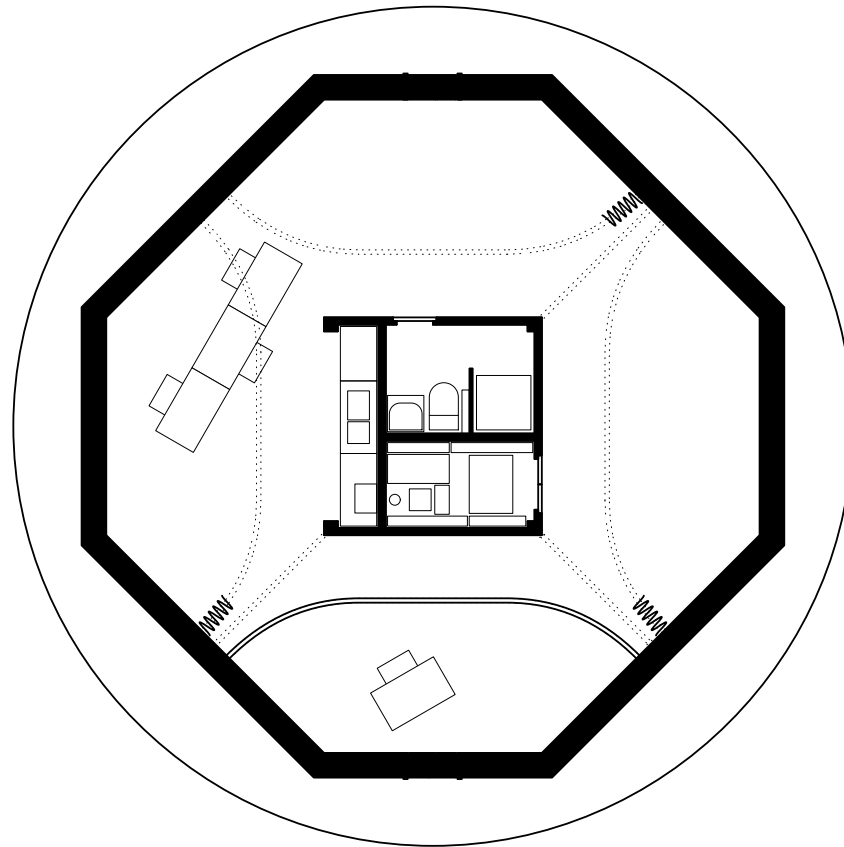




configuration 1:  
fully open space



configuration 2:  
space divided for  
parallel activities

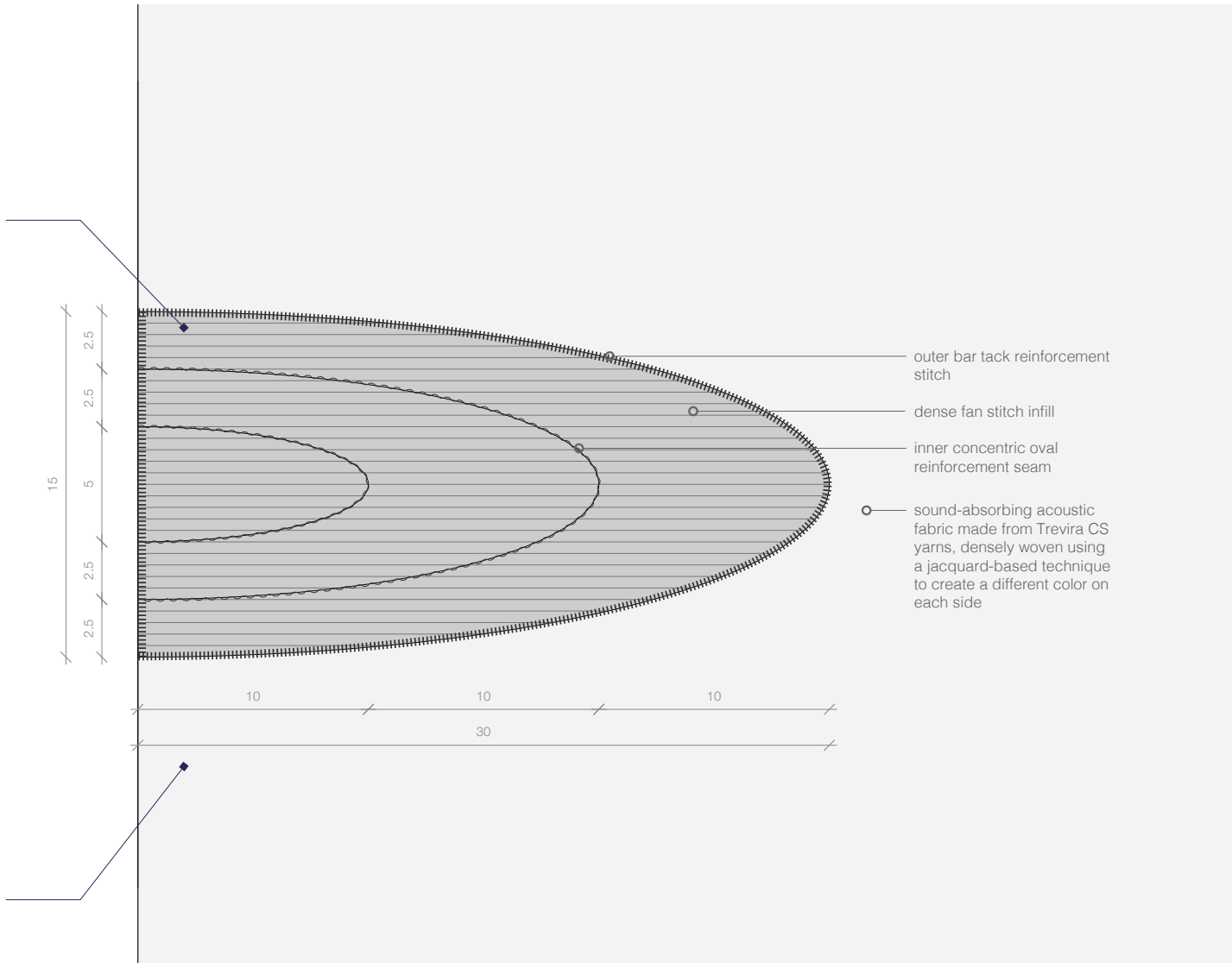


configuration 3:  
individual privacy zone





curtain hand-grip reinforcement stitch



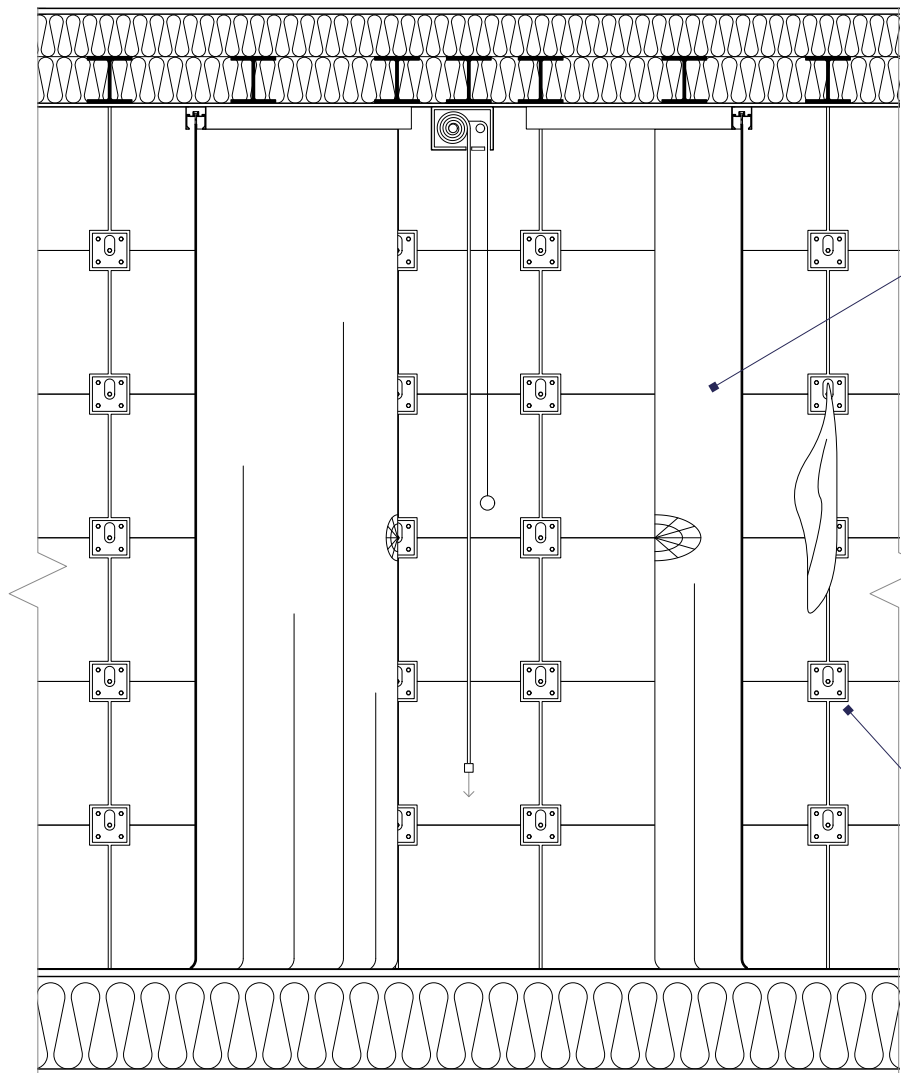
outer bar tack reinforcement stitch

dense fan stitch infill

inner concentric oval reinforcement seam

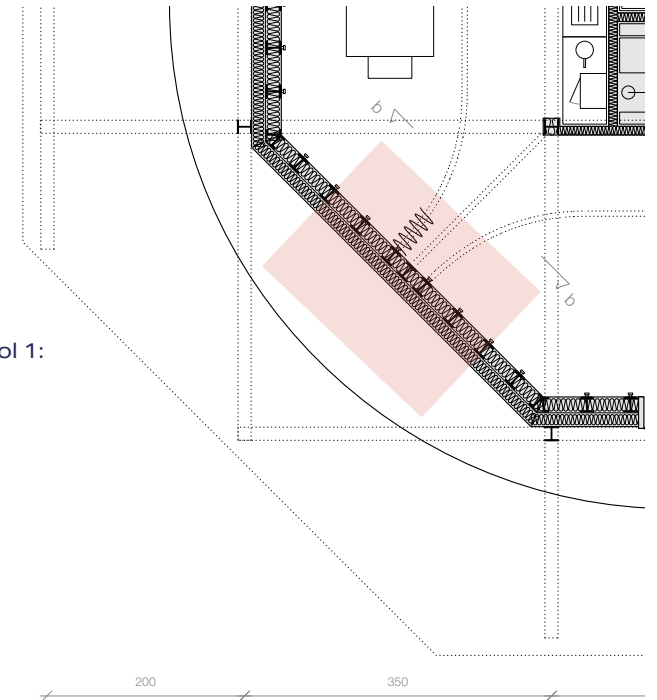
○ sound-absorbing acoustic fabric made from Trevira CS yarns, densely woven using a jacquard-based technique to create a different color on each side

different color on each side, allowing the same curtain to define different atmospheres within the space

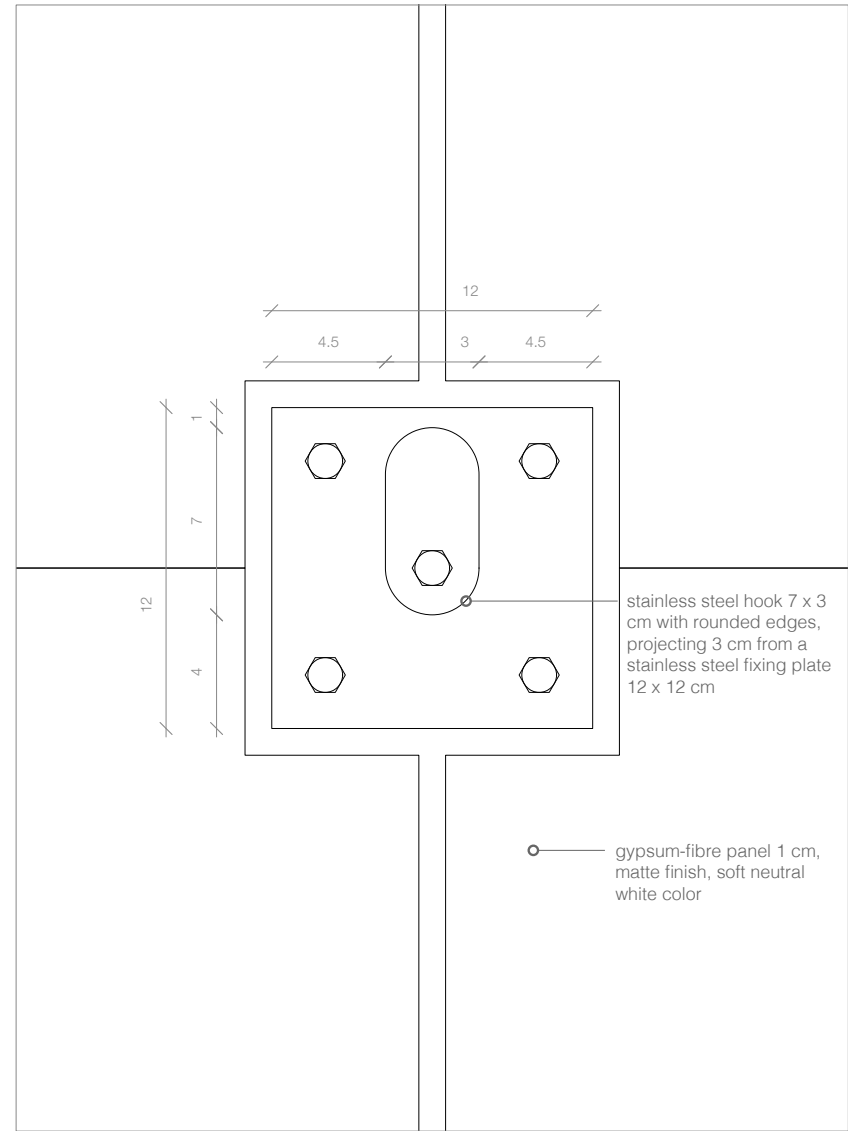
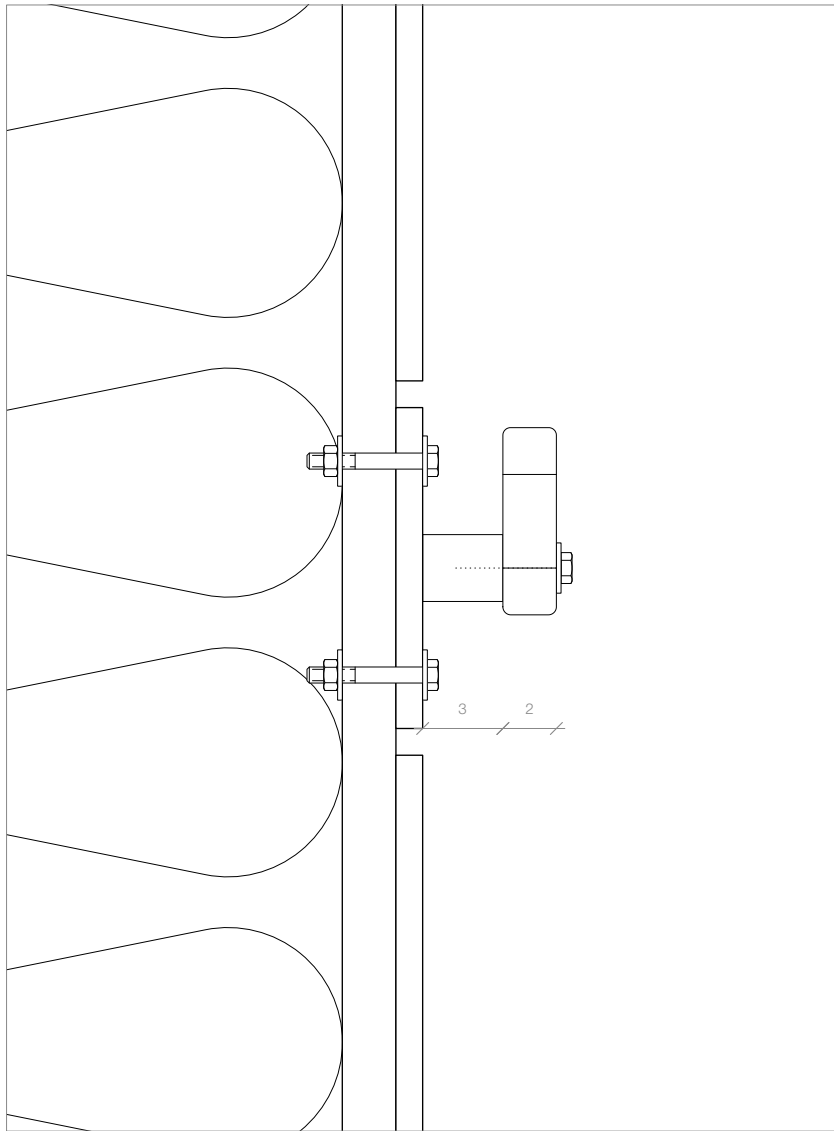


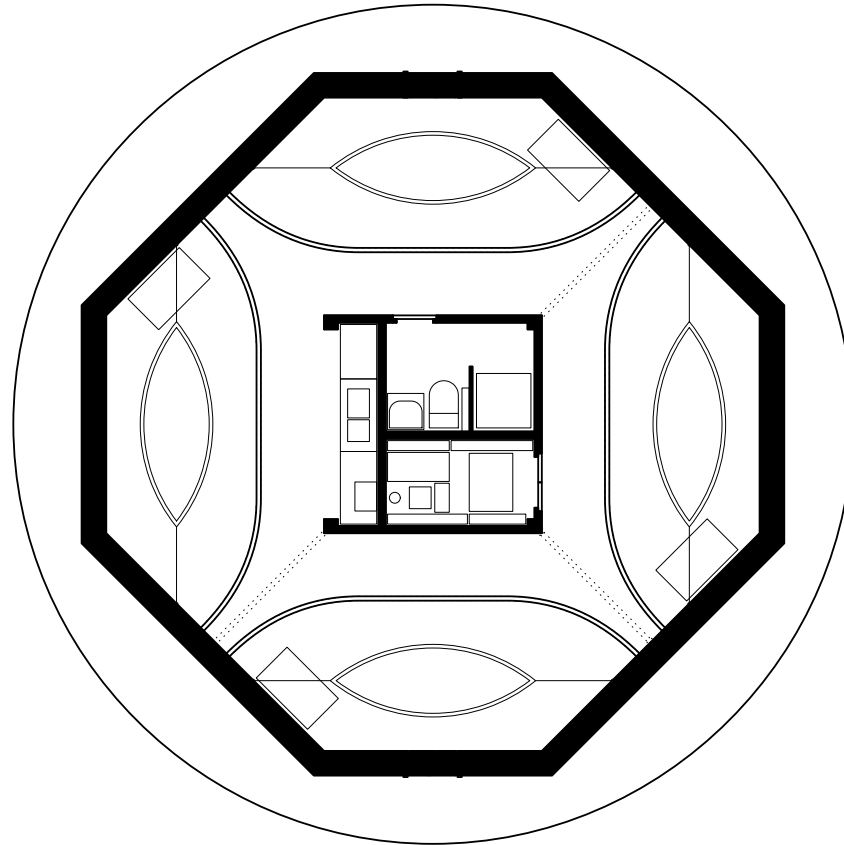
reconfiguration tool 1:  
curtains

reconfiguration tool 2:  
hooks





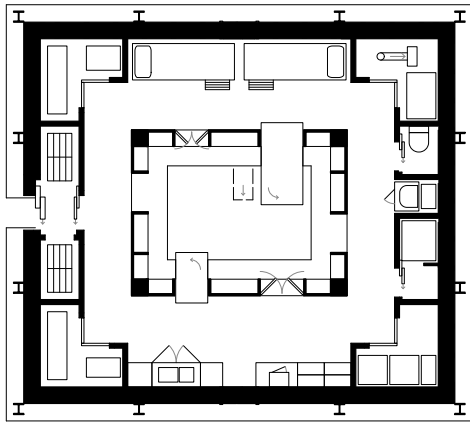




configuration 4:  
sleeping

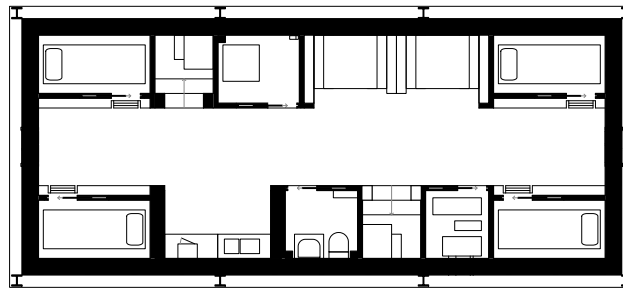


# NEXT STEPS



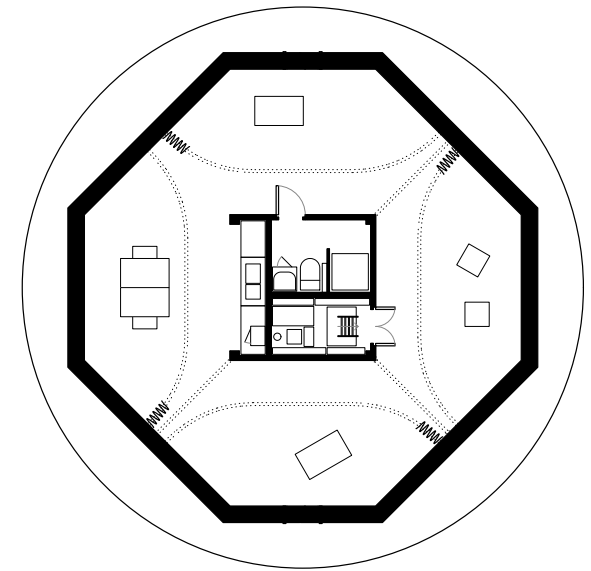
### **COURTYARD LIVING**

full-scale prototype 1



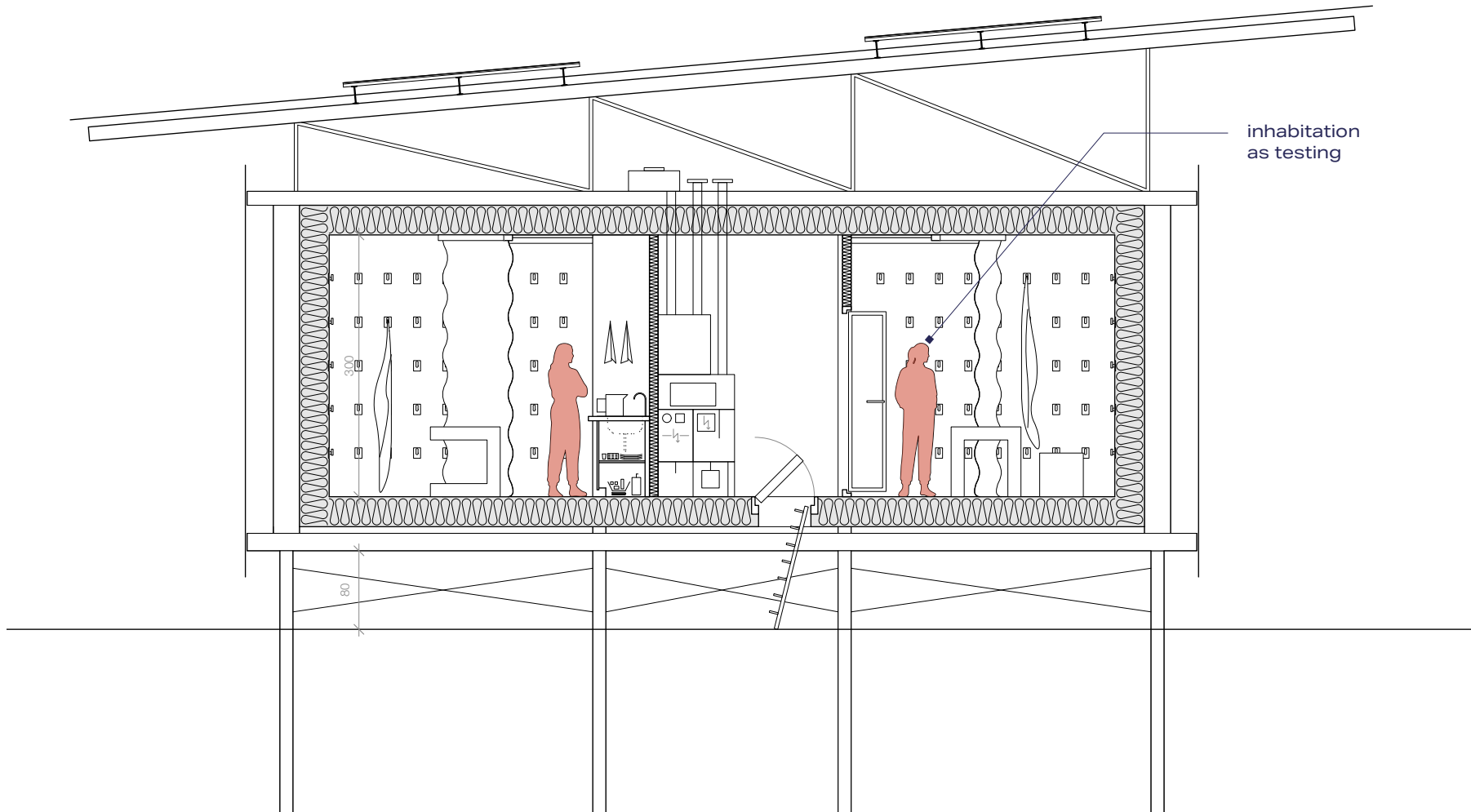
### **INHABITED WALLS**

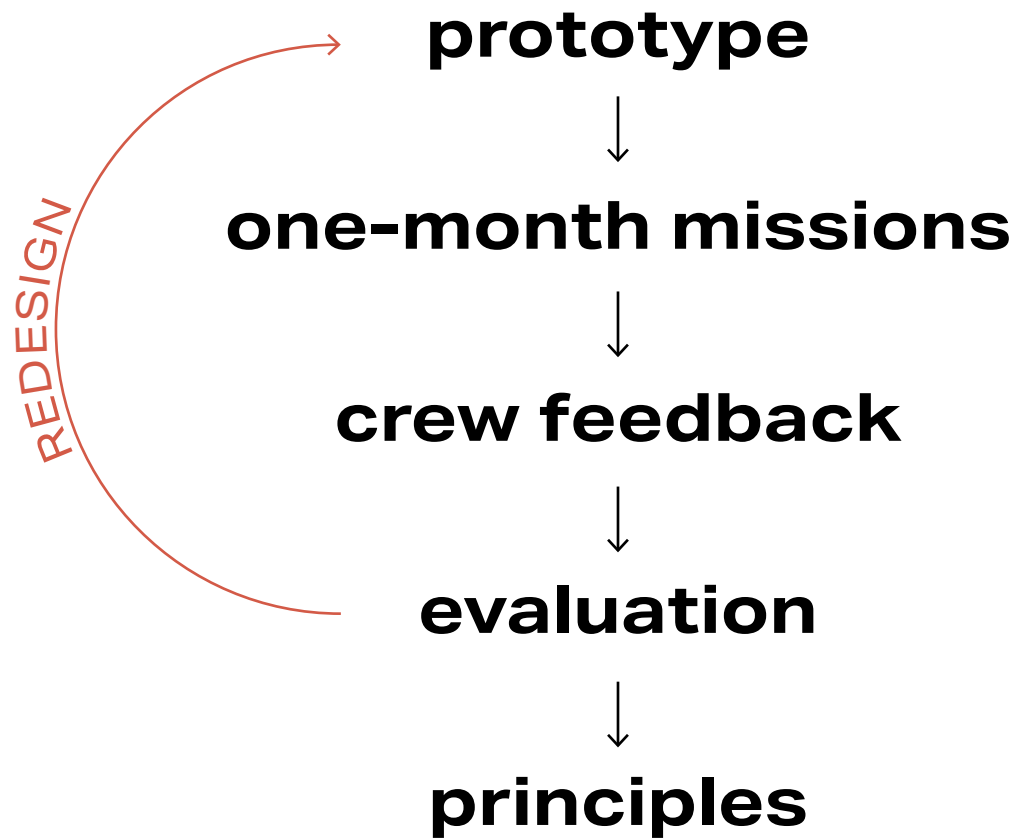
full-scale prototype 2



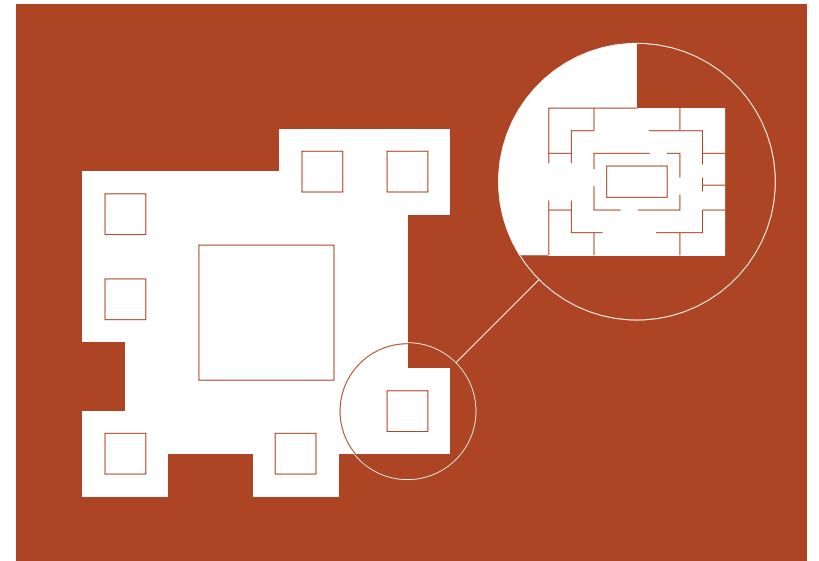
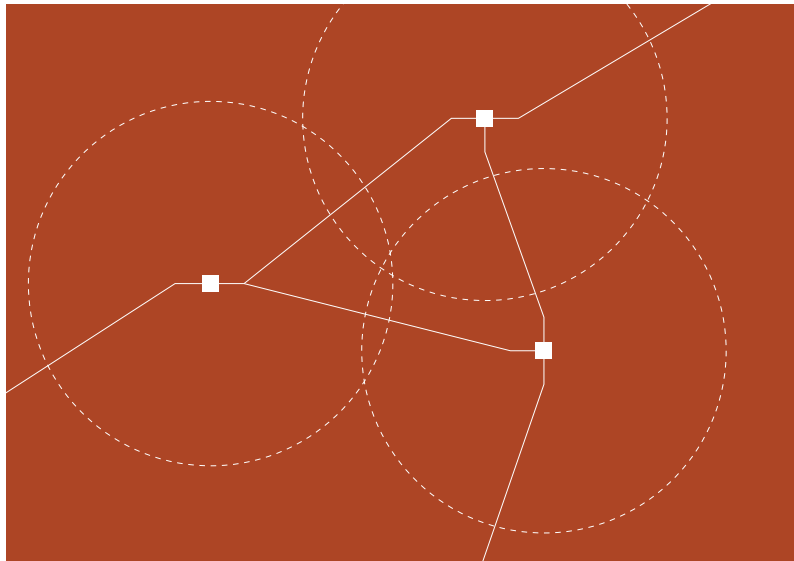
### **SOFT BOUNDARIES**

full-scale prototype 3





FUTURE  
SPACE HABITATS = **TRANSLATION  
OF TESTED  
QUALITIES**













# **ARCHITECTURE**

## **as psychological support**

