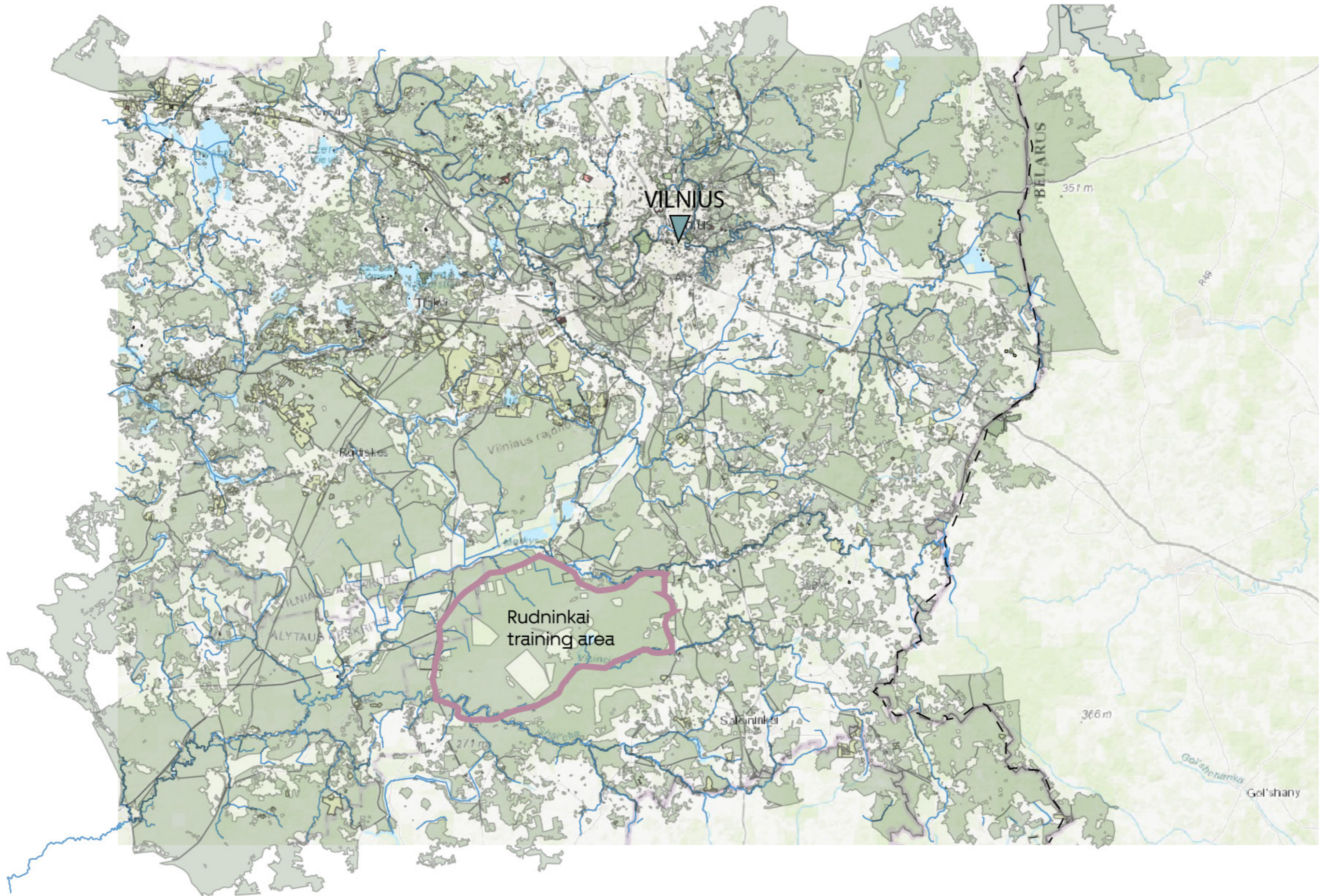


The Decompression Base

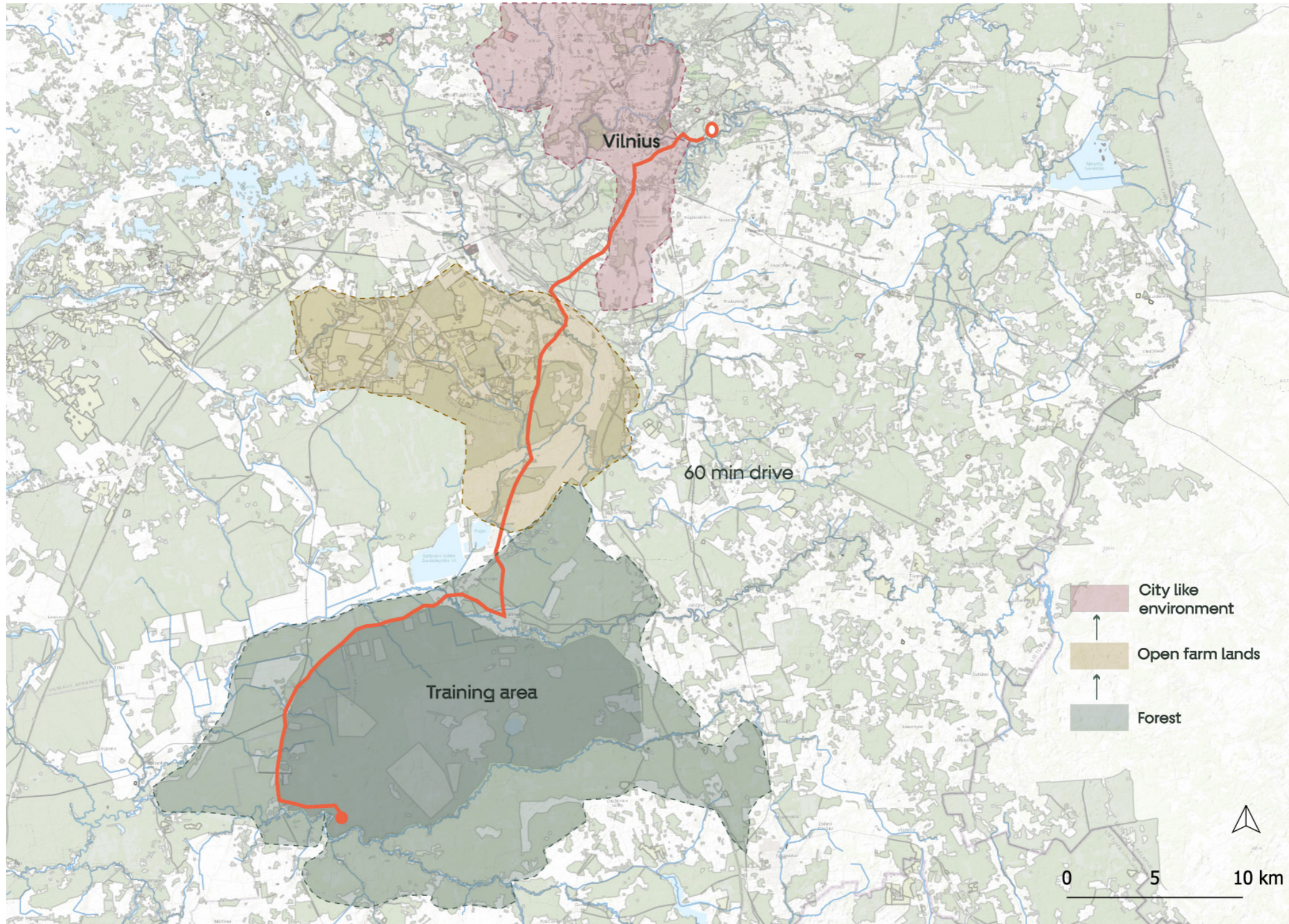
Long-term psychological resilience



“In all, an estimated **20–30%** of US military personnel returning from current combat operations report significant psychological symptoms”
(Warner & Castro, 2023, p. 184)

“Estimated societal costs per individual, including lost earnings and suicide-related expenses, amount to roughly **\$16,000 over a two-year period**”
(Kilmer et al., 2011, as cited in Khanade et al., 2018)

How can **architectural and spatial strategies** within a military context contribute to stress regulation and support the *long-term mental stability of military personnel*?



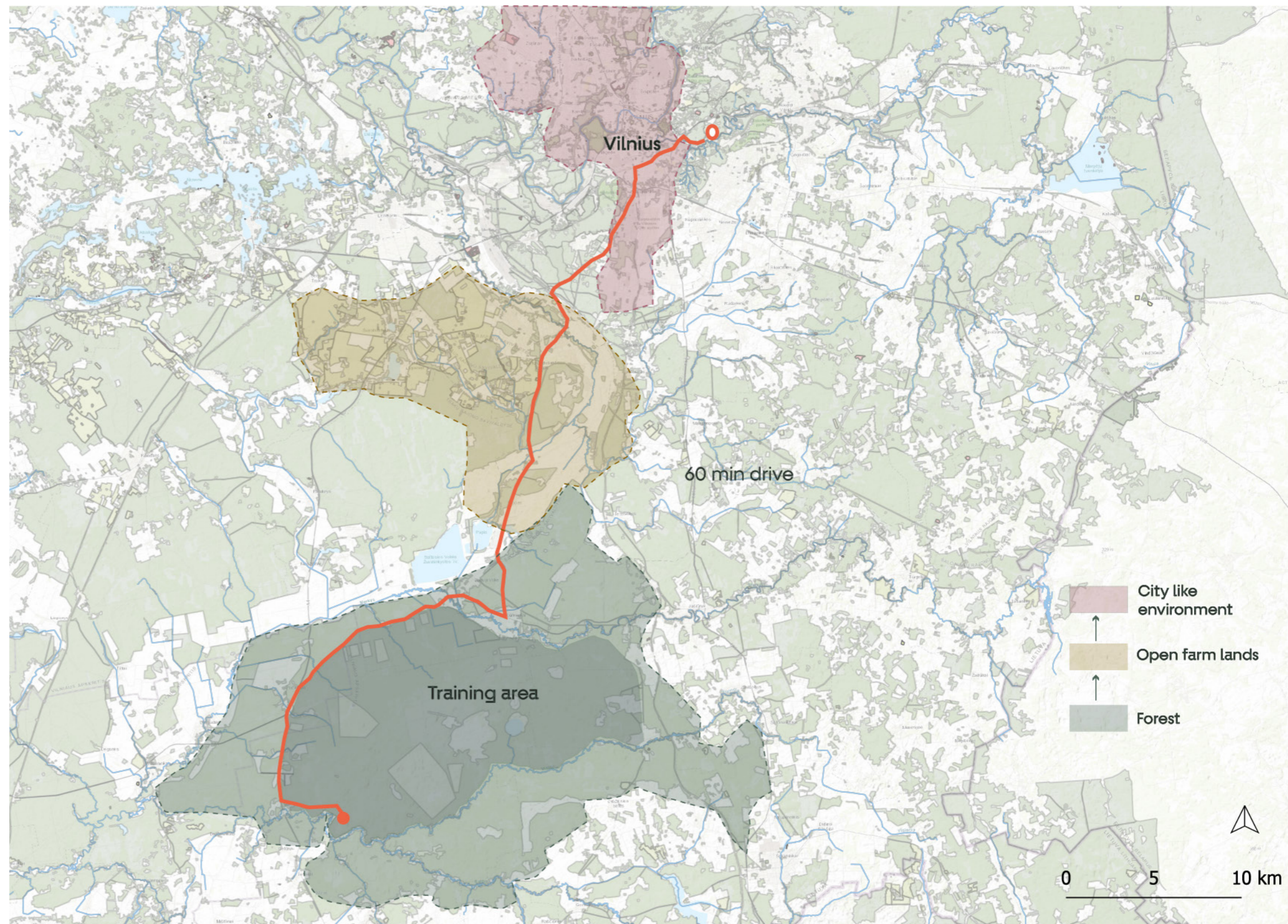
Meet Thomas!

Stress from:

- Uncertainty
- Constant alertness
- Lack of privacy
- Constant noise

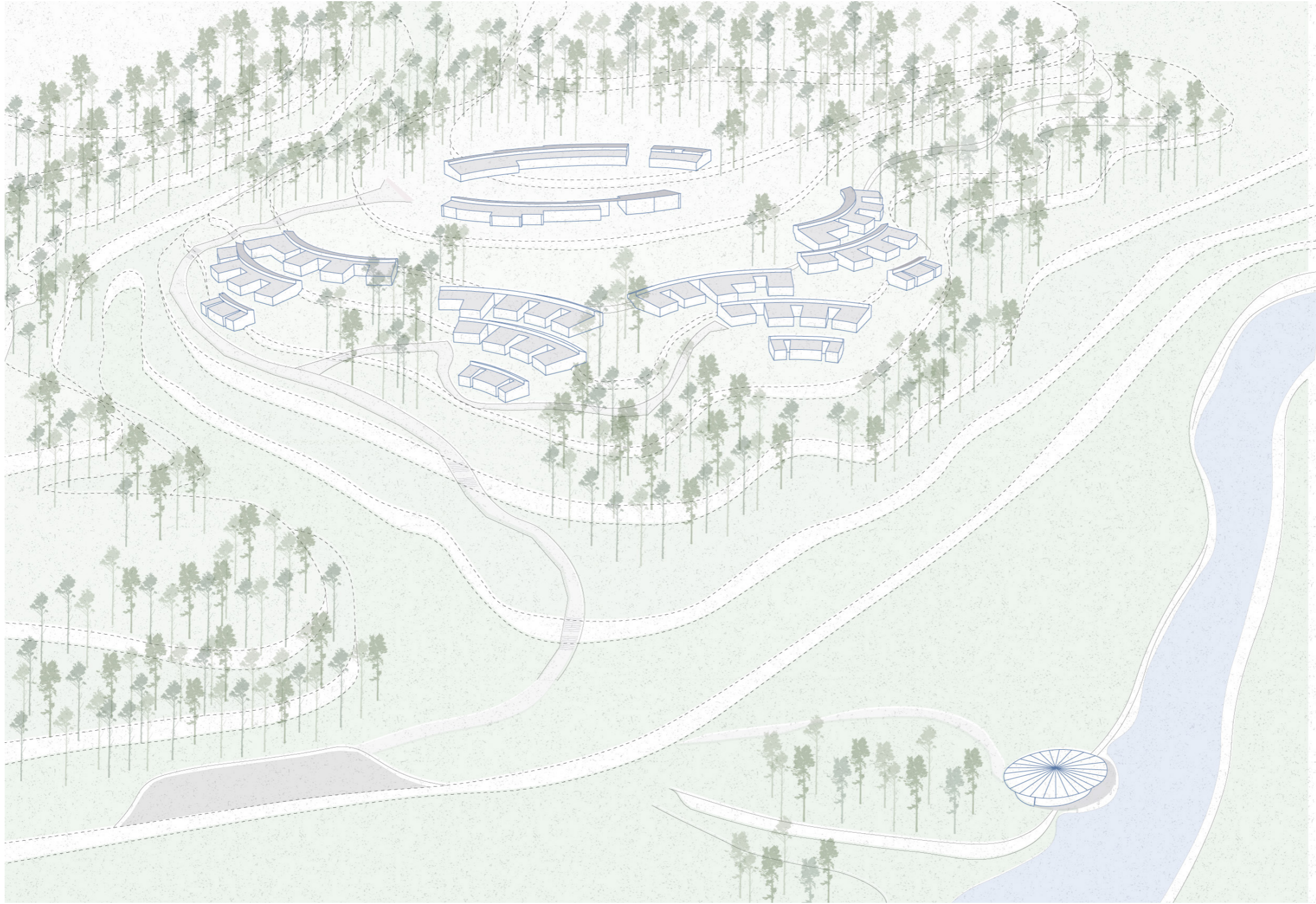
-> Losing connection with "normal- life"

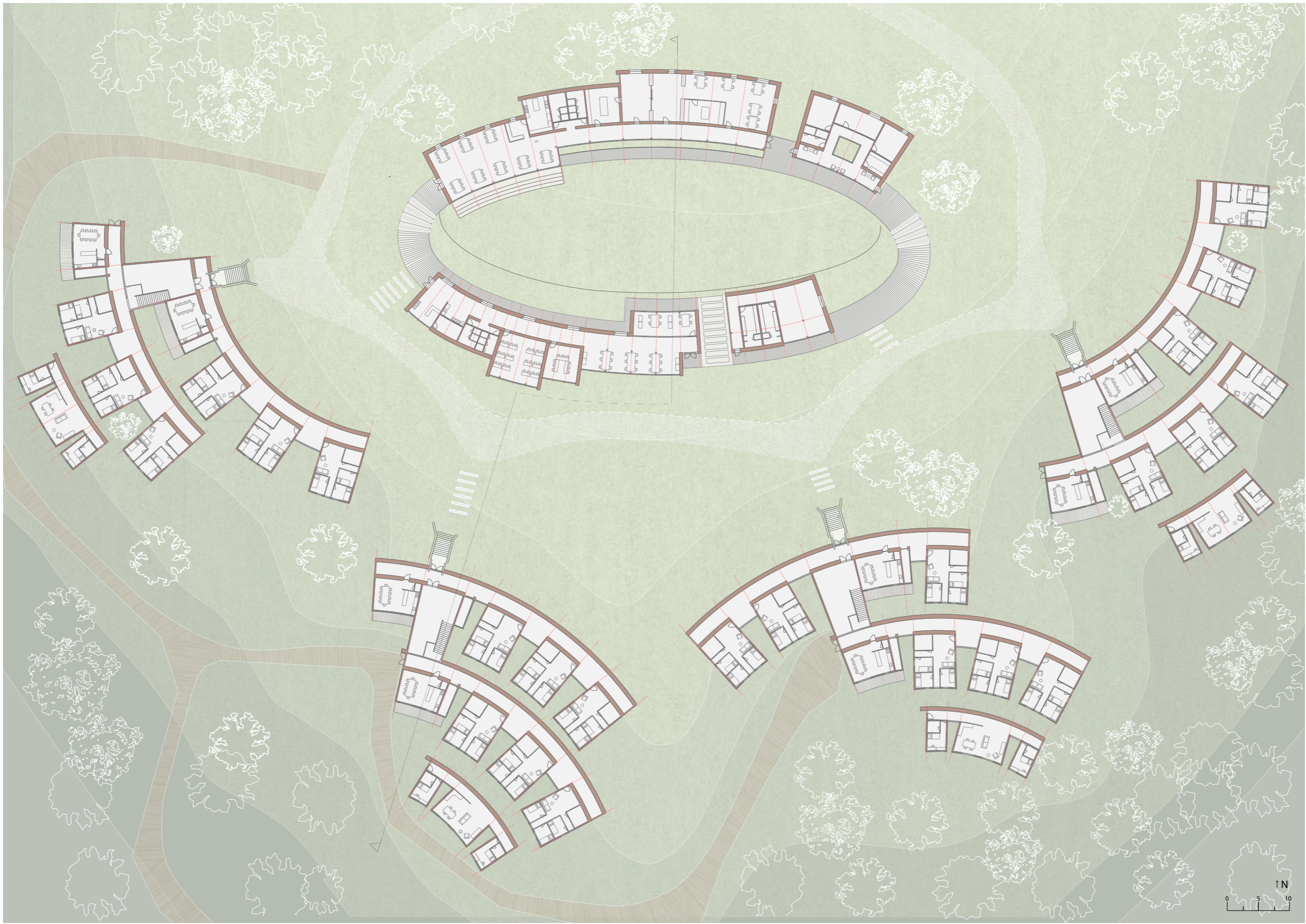




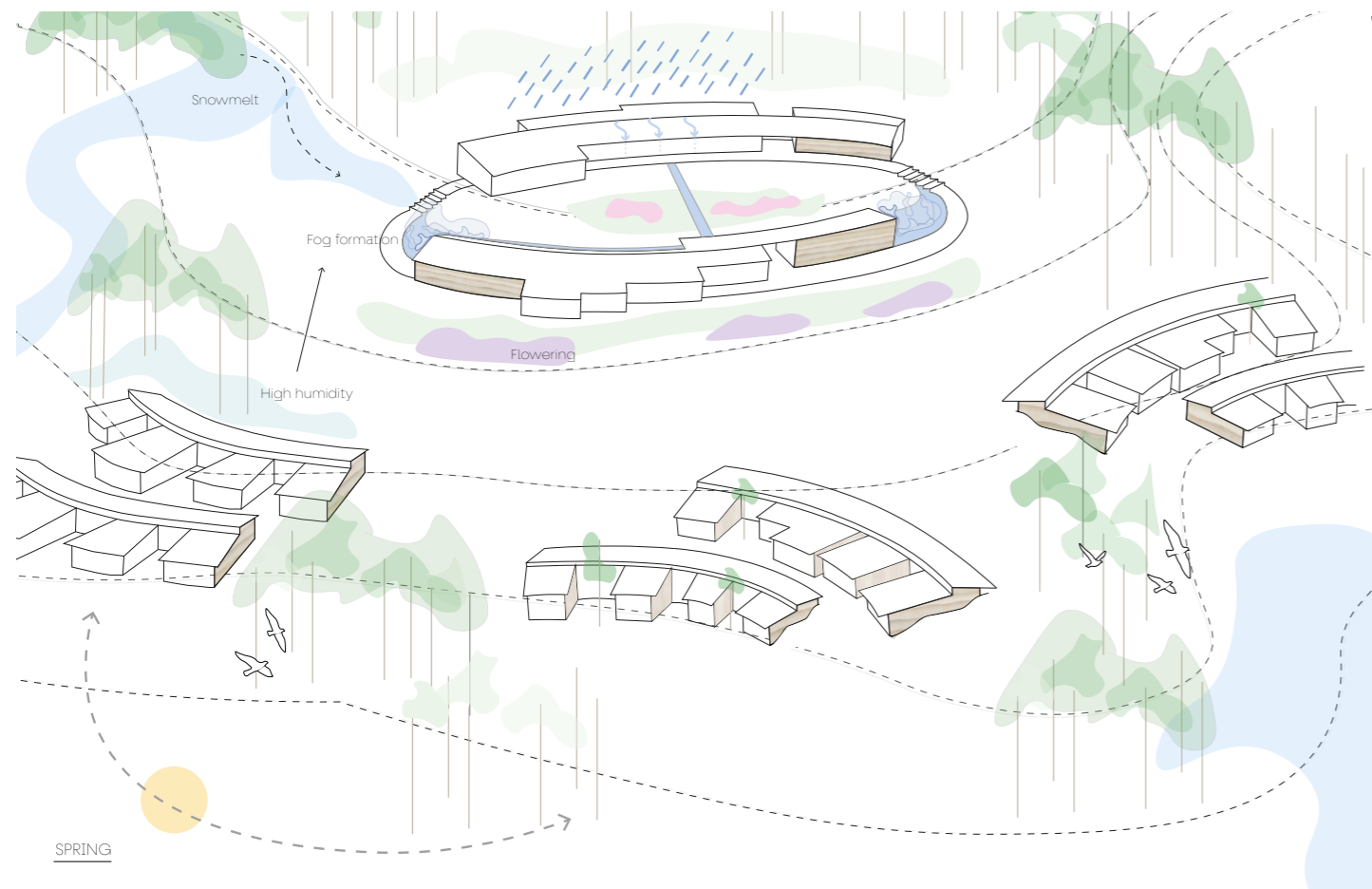


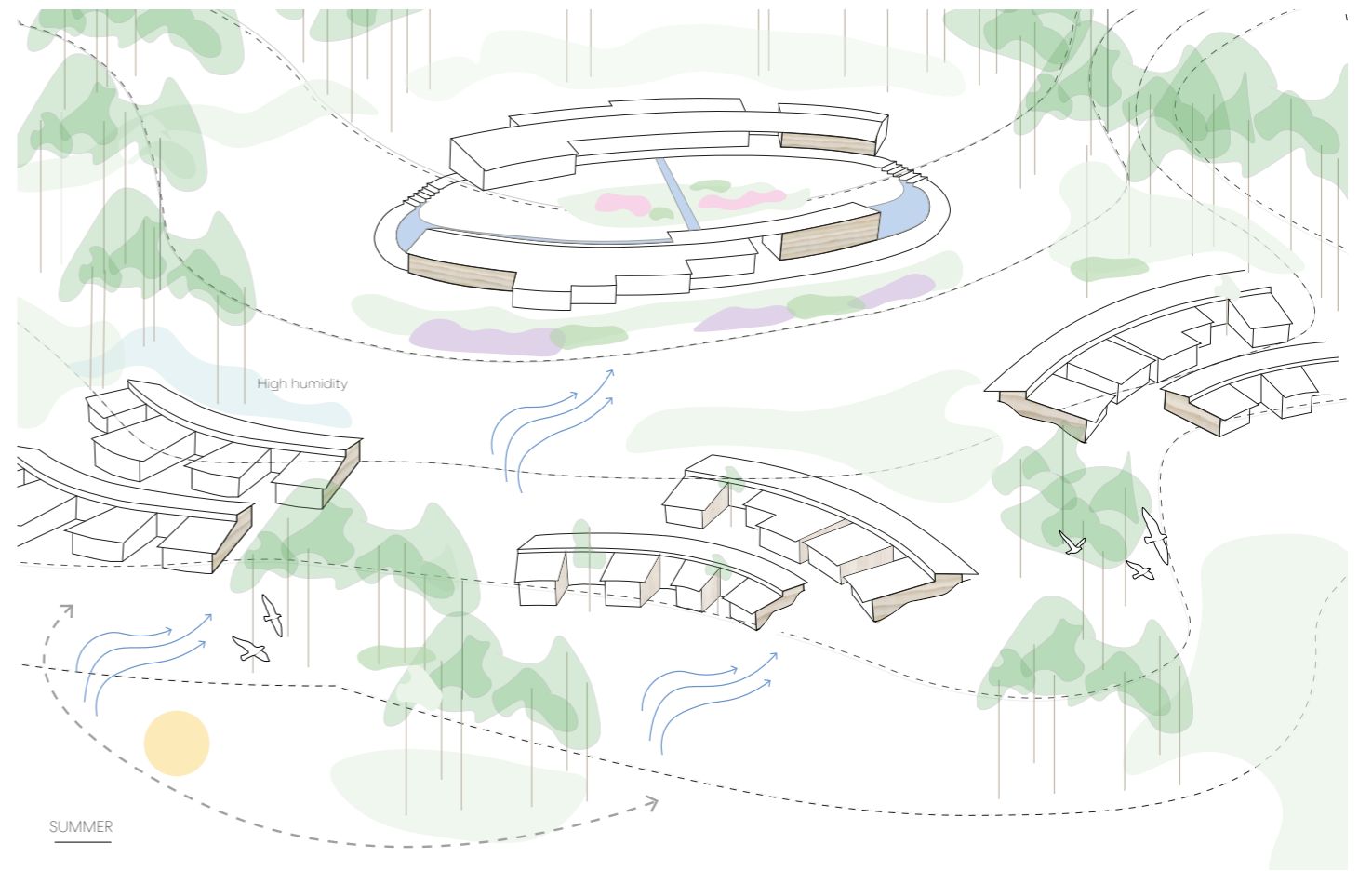
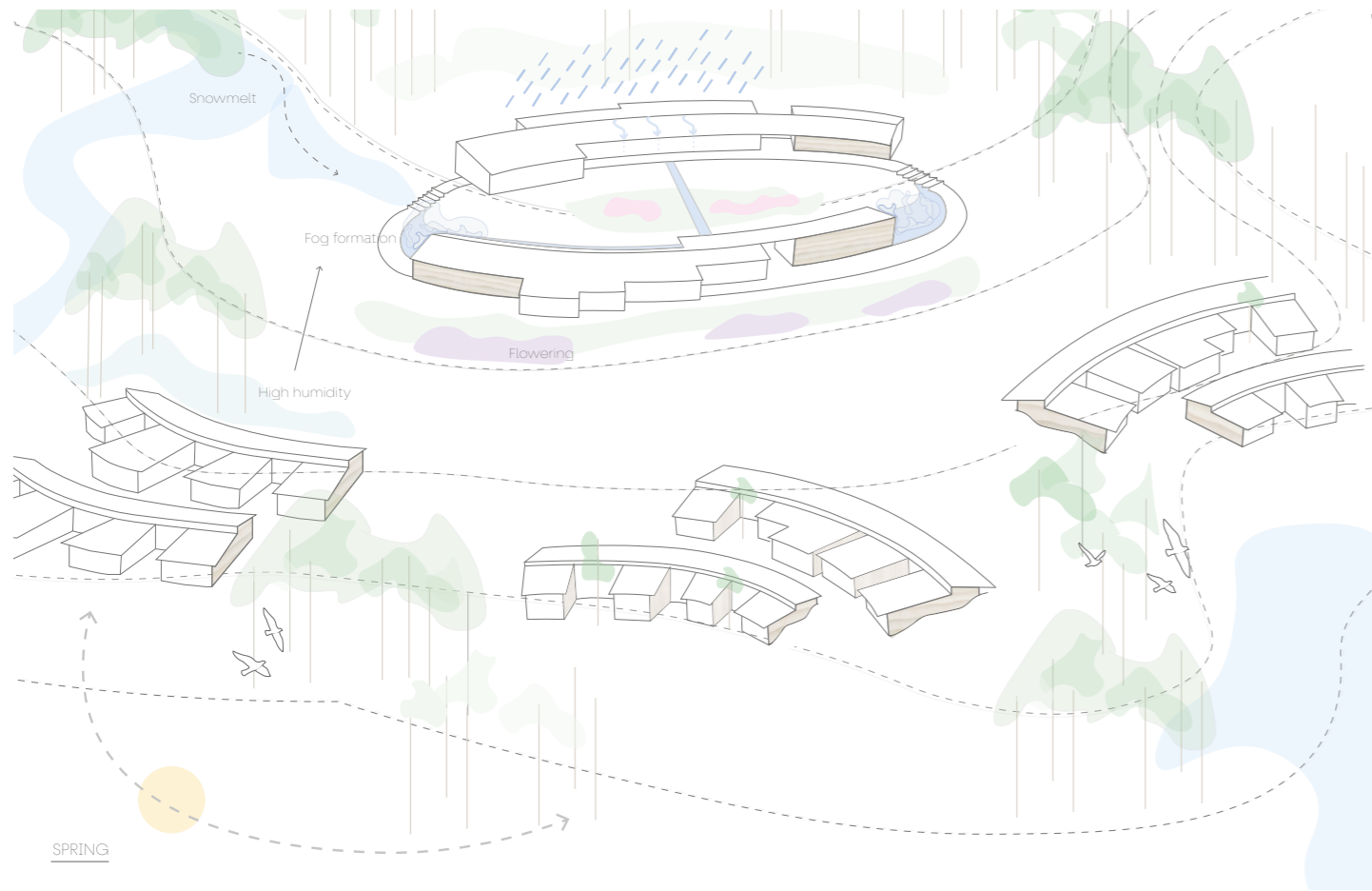


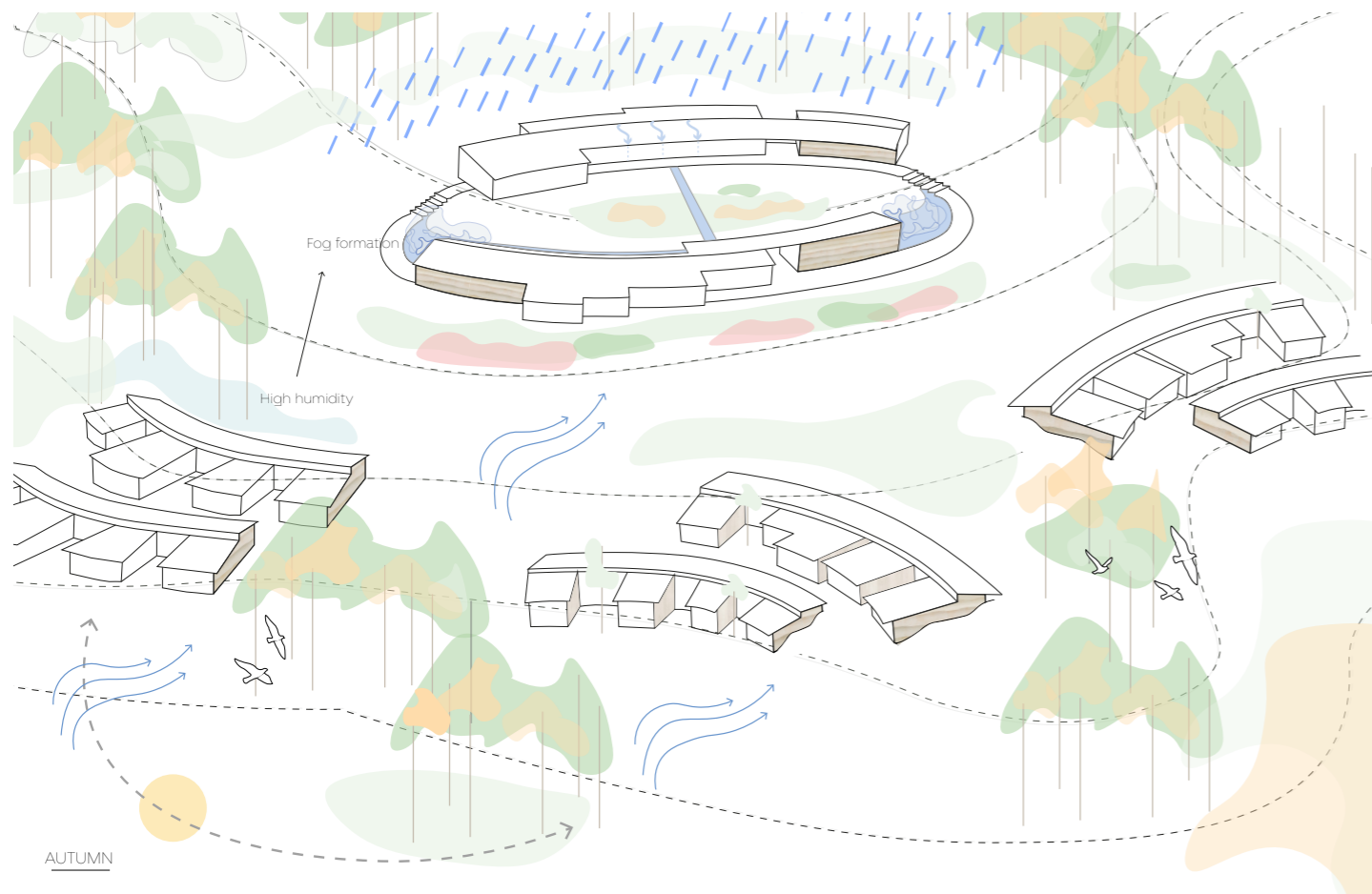
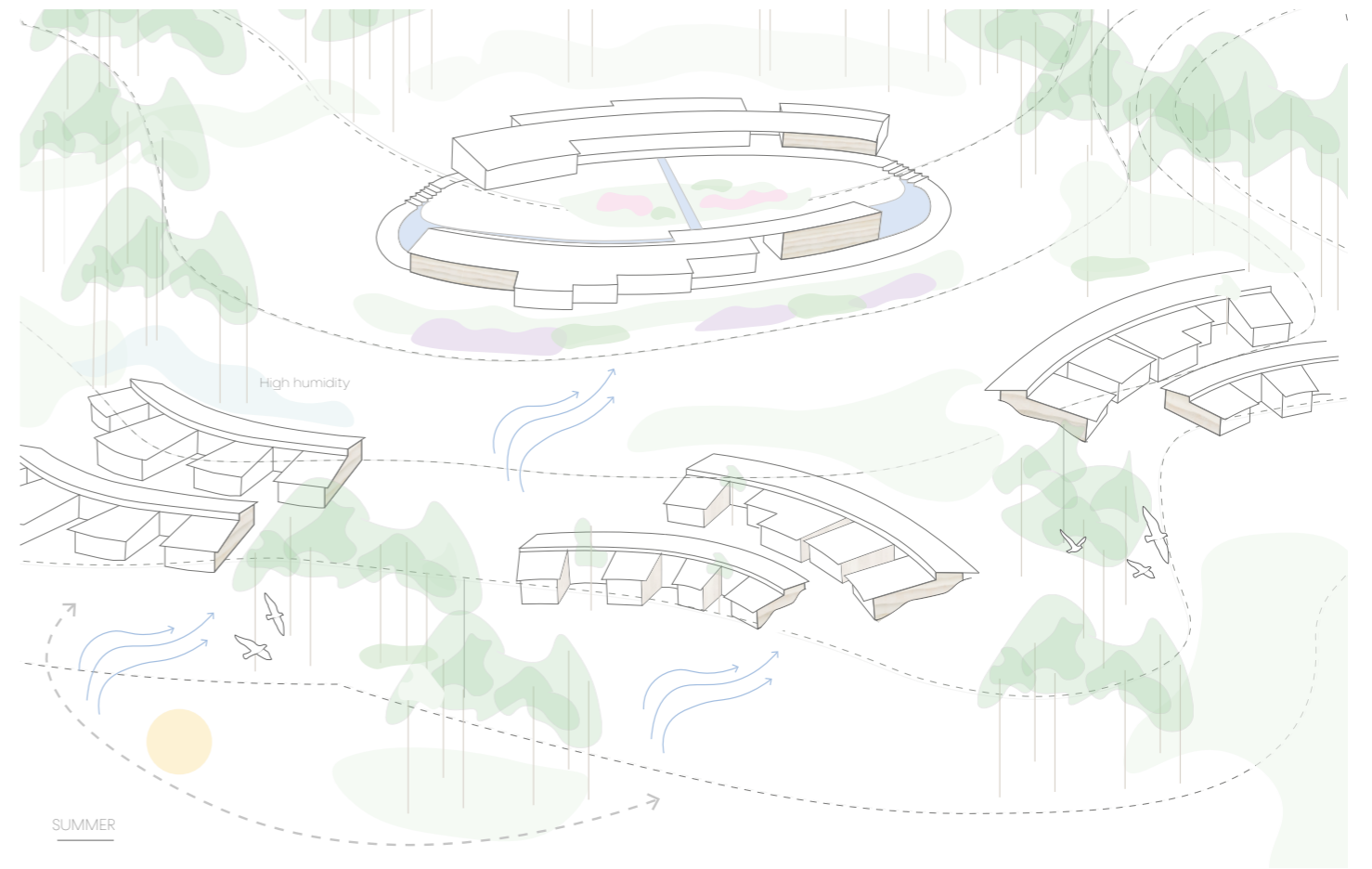
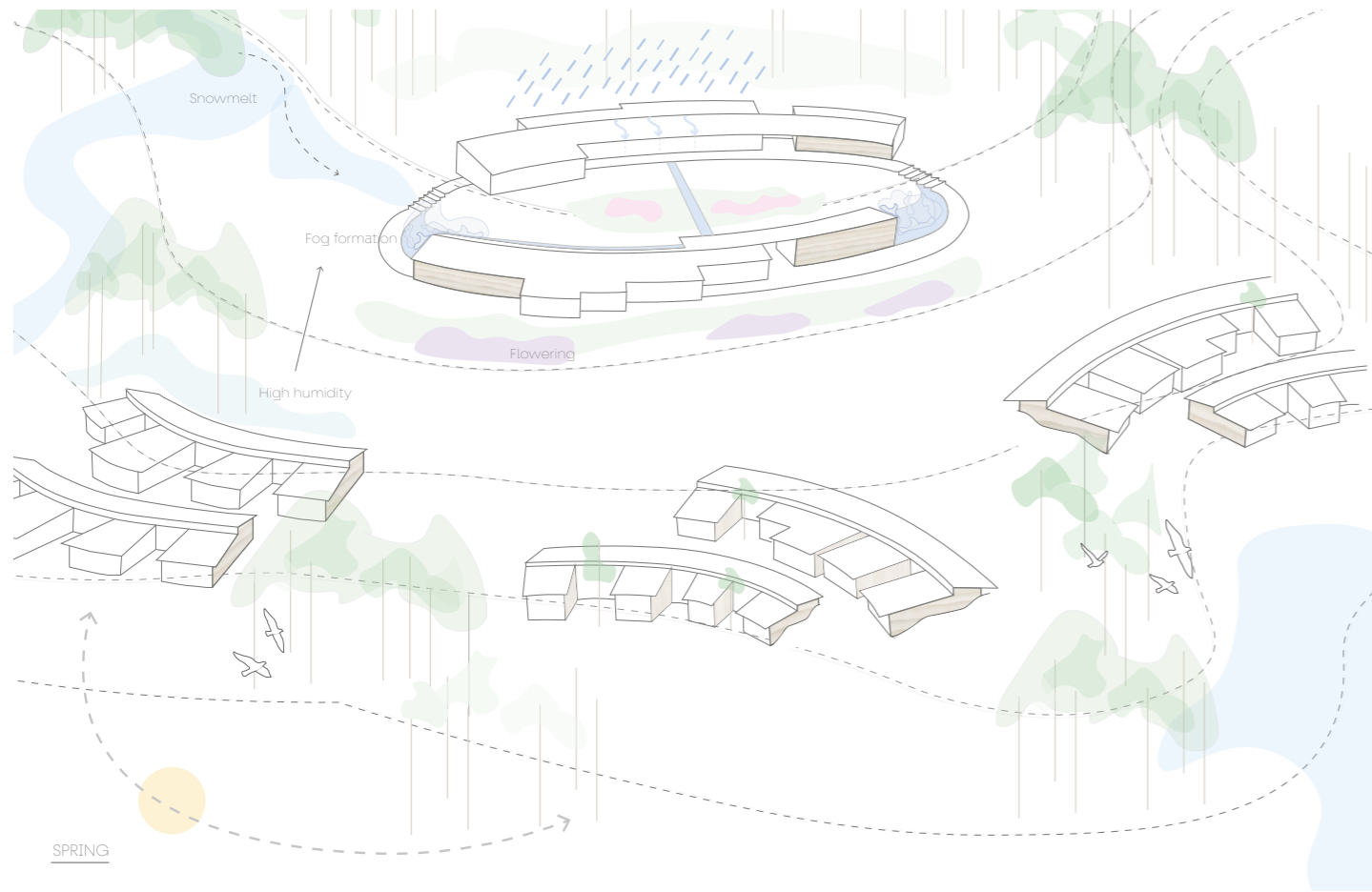


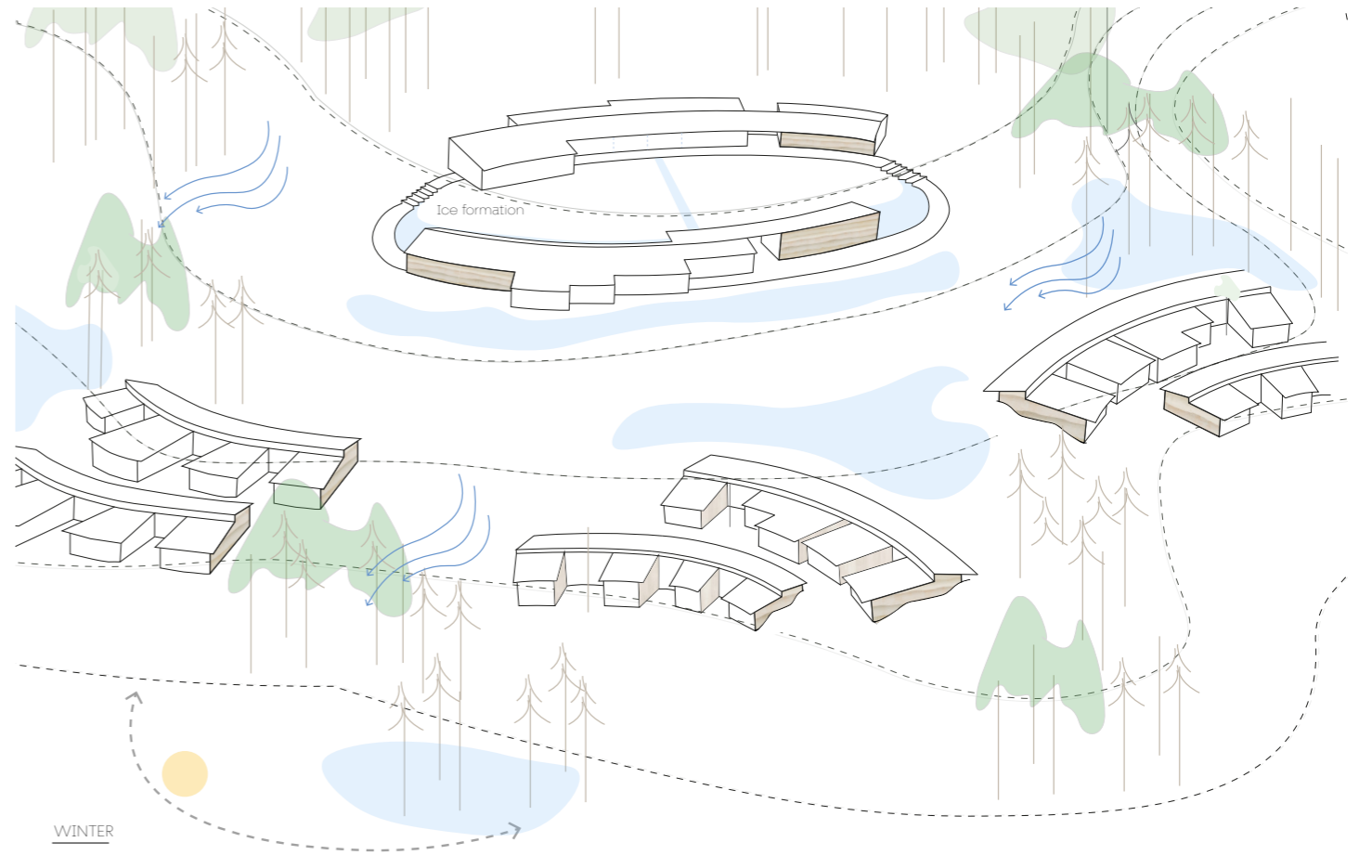
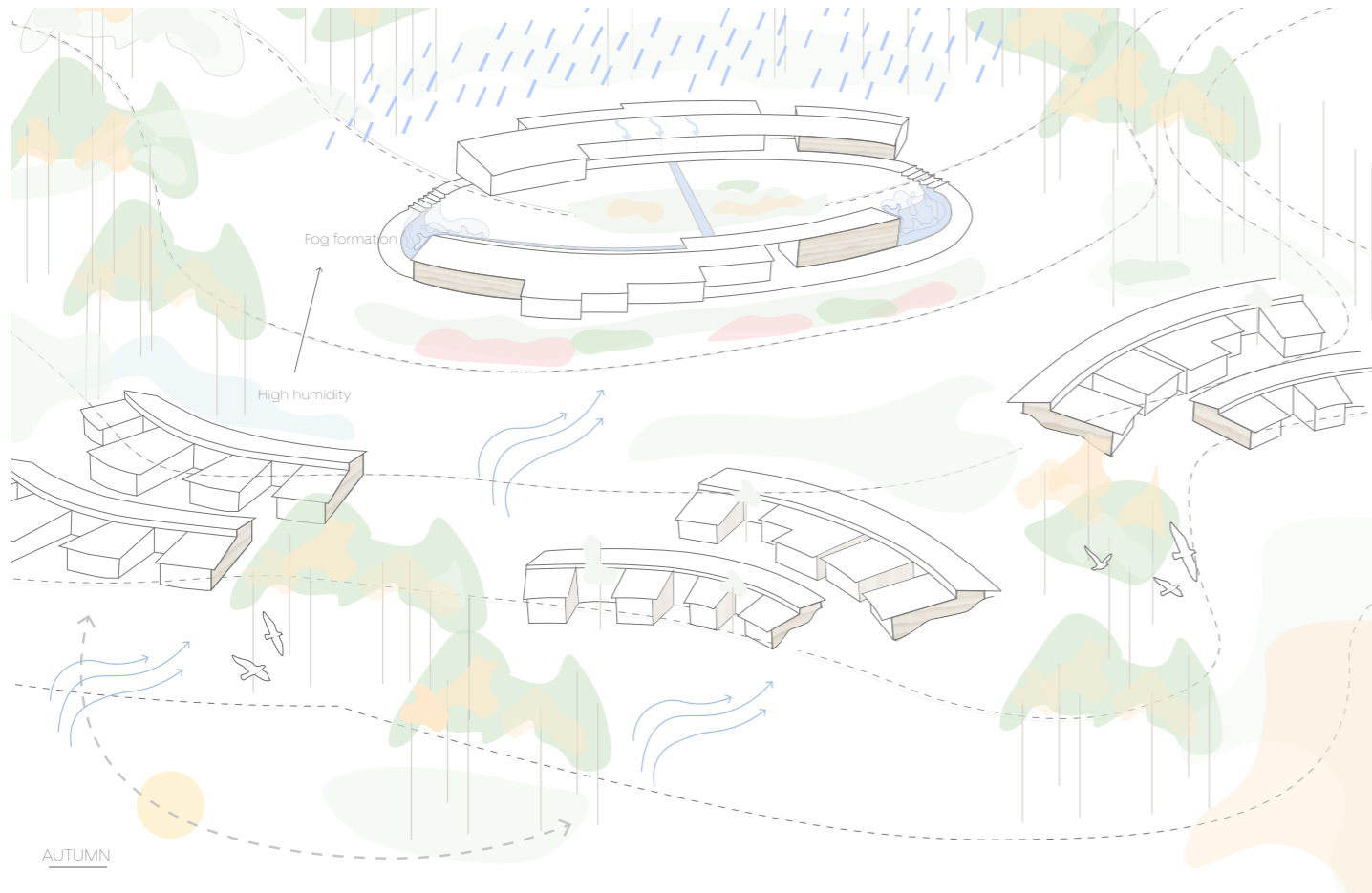
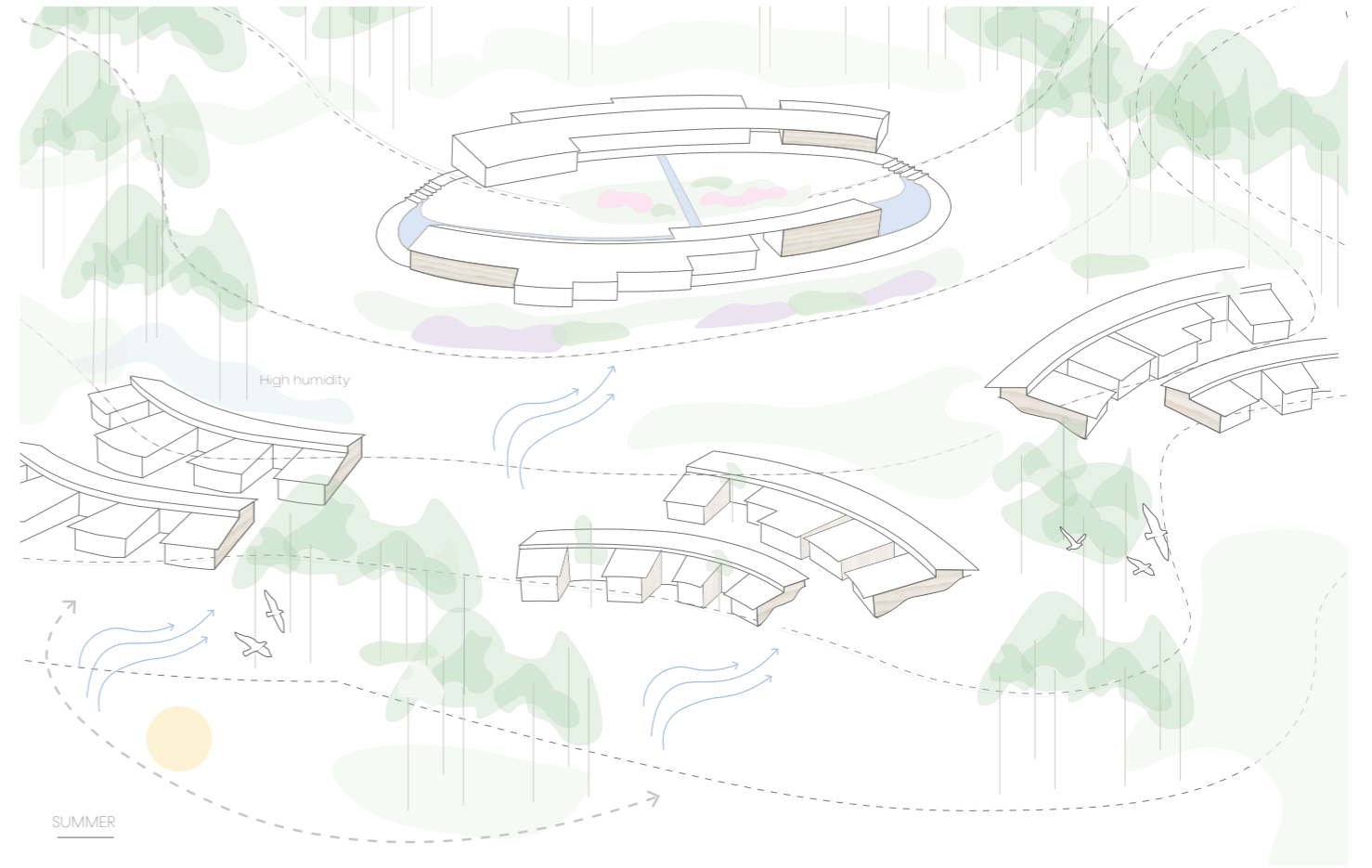
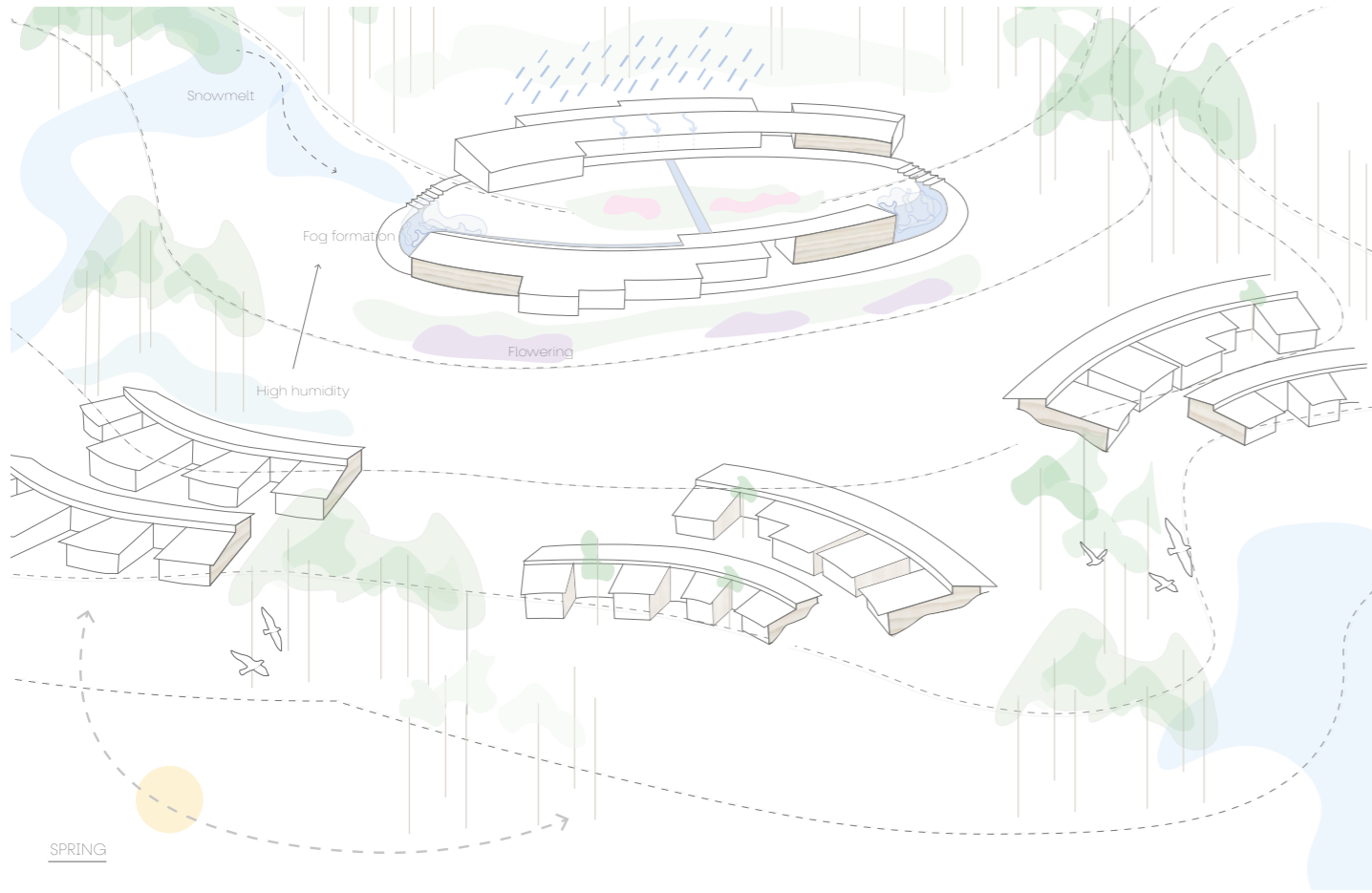


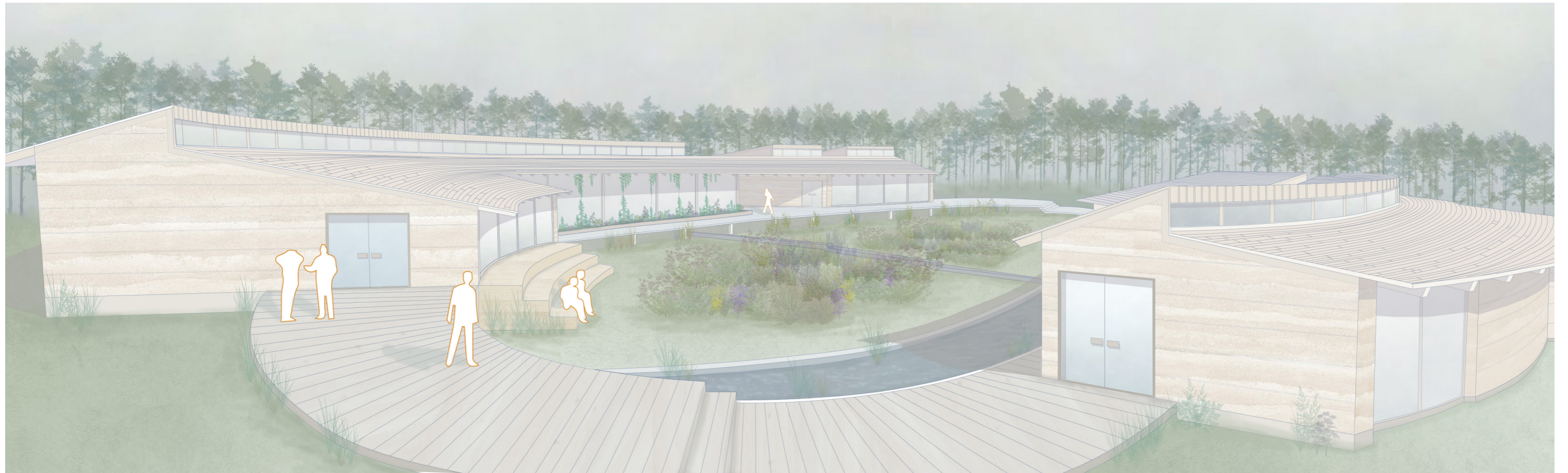


















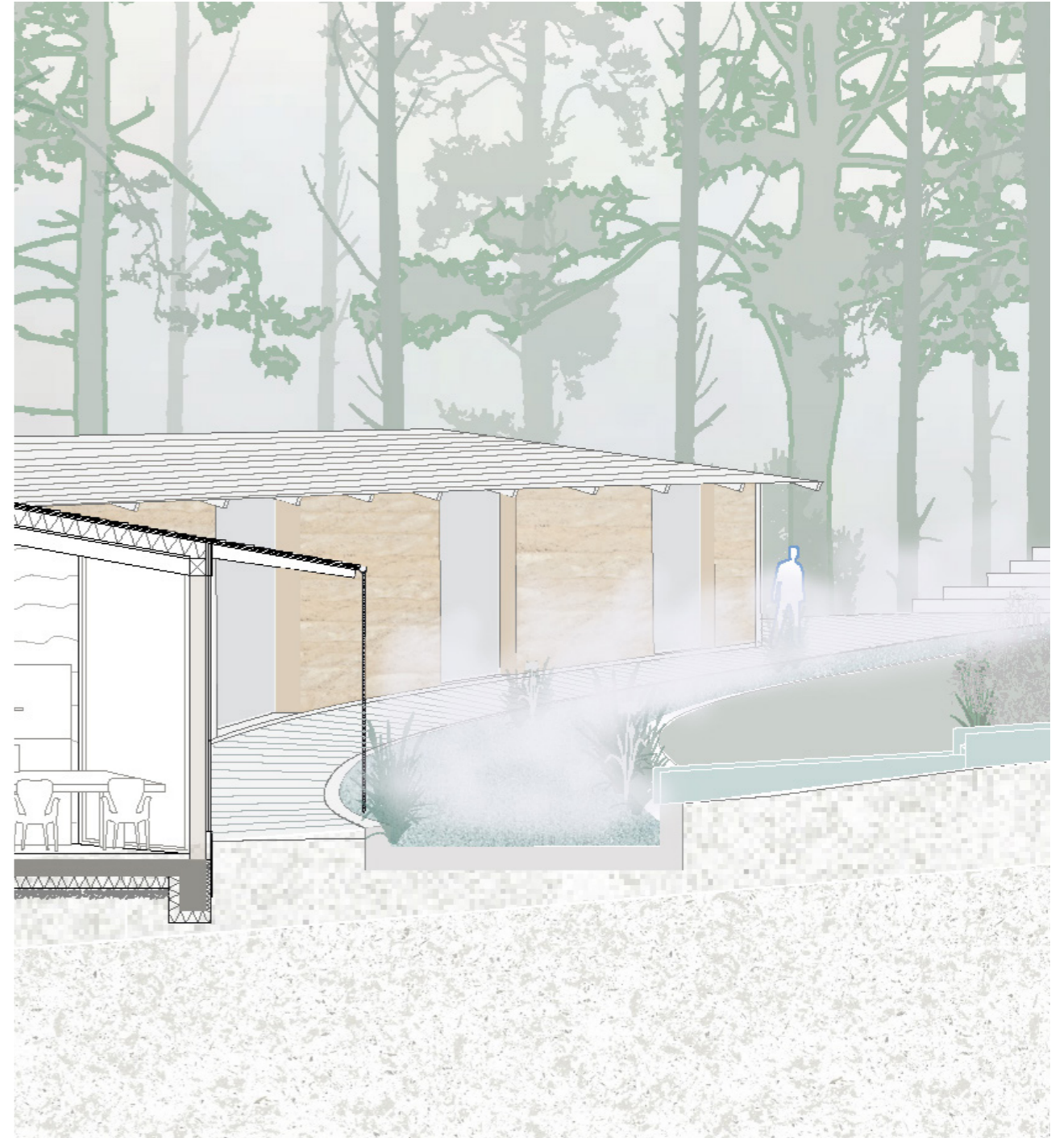


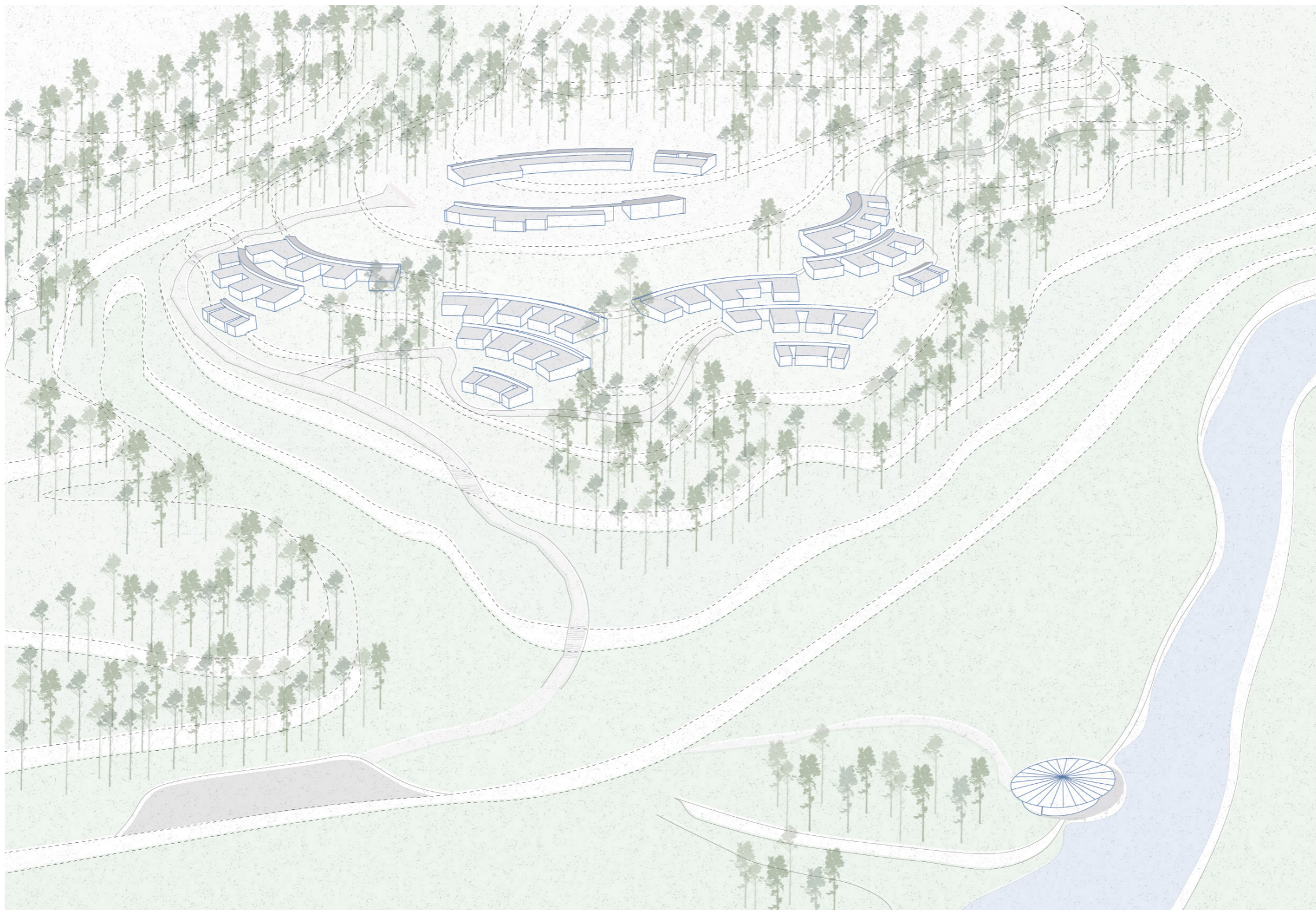
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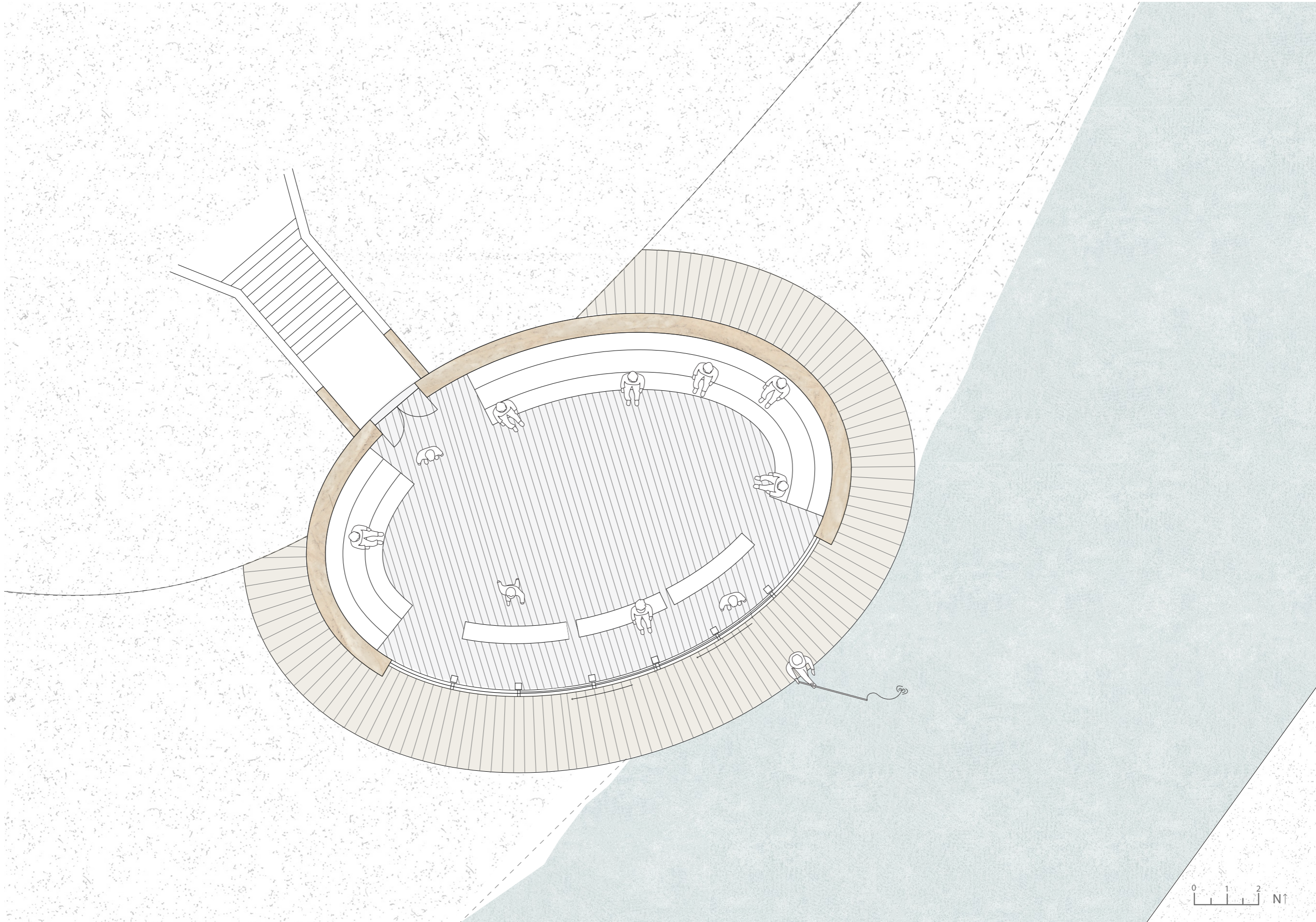
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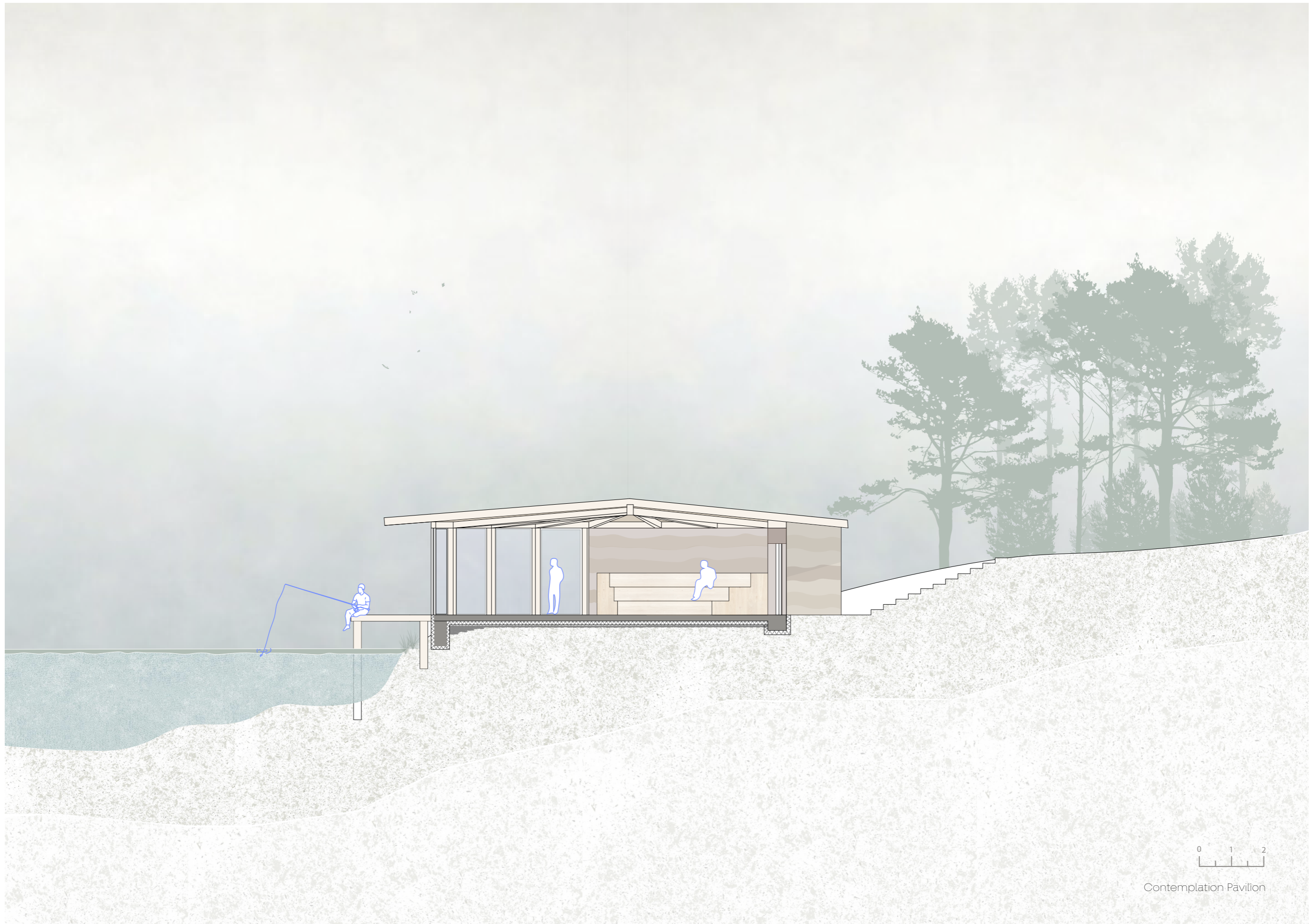
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Central building Section

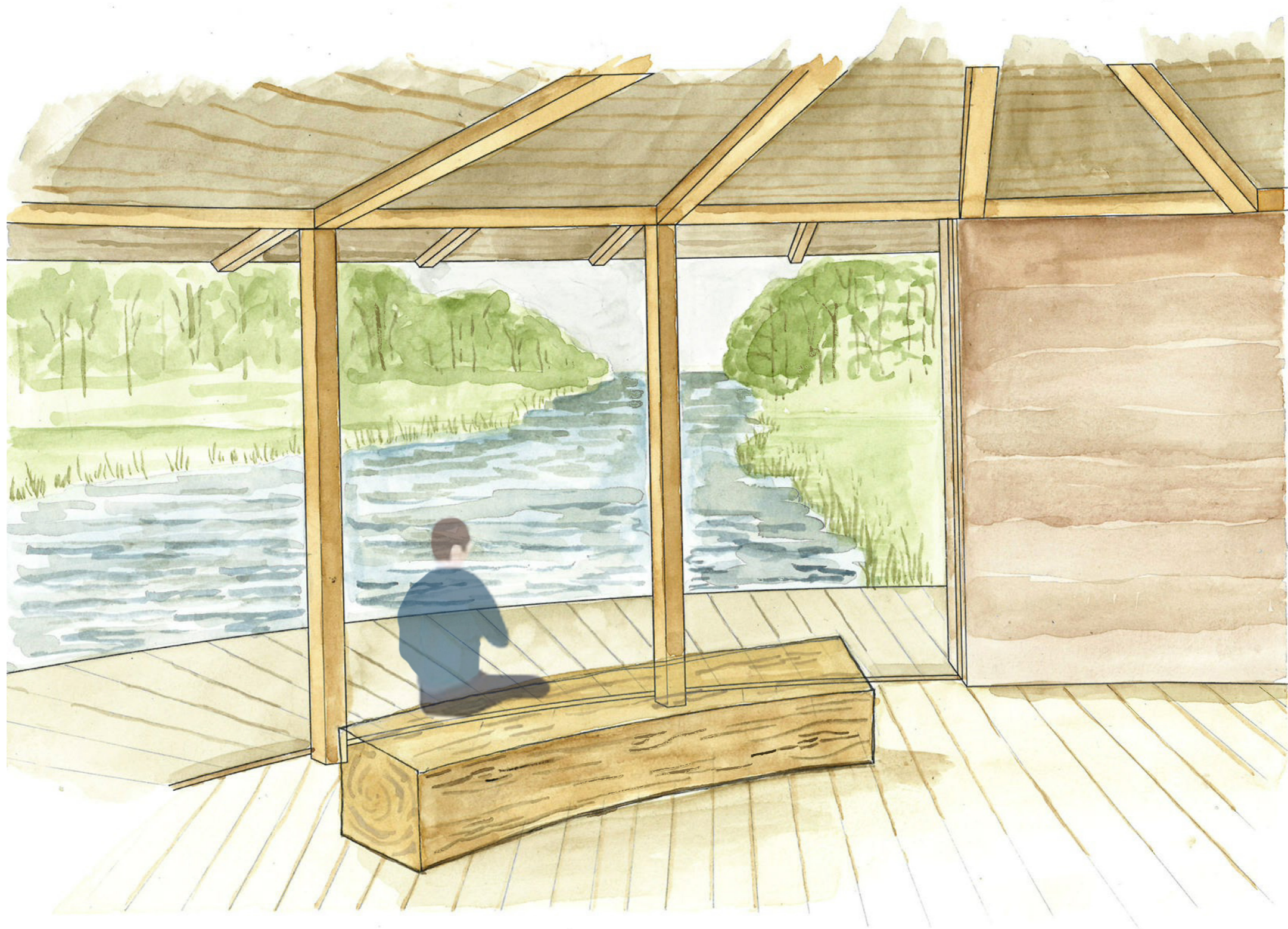


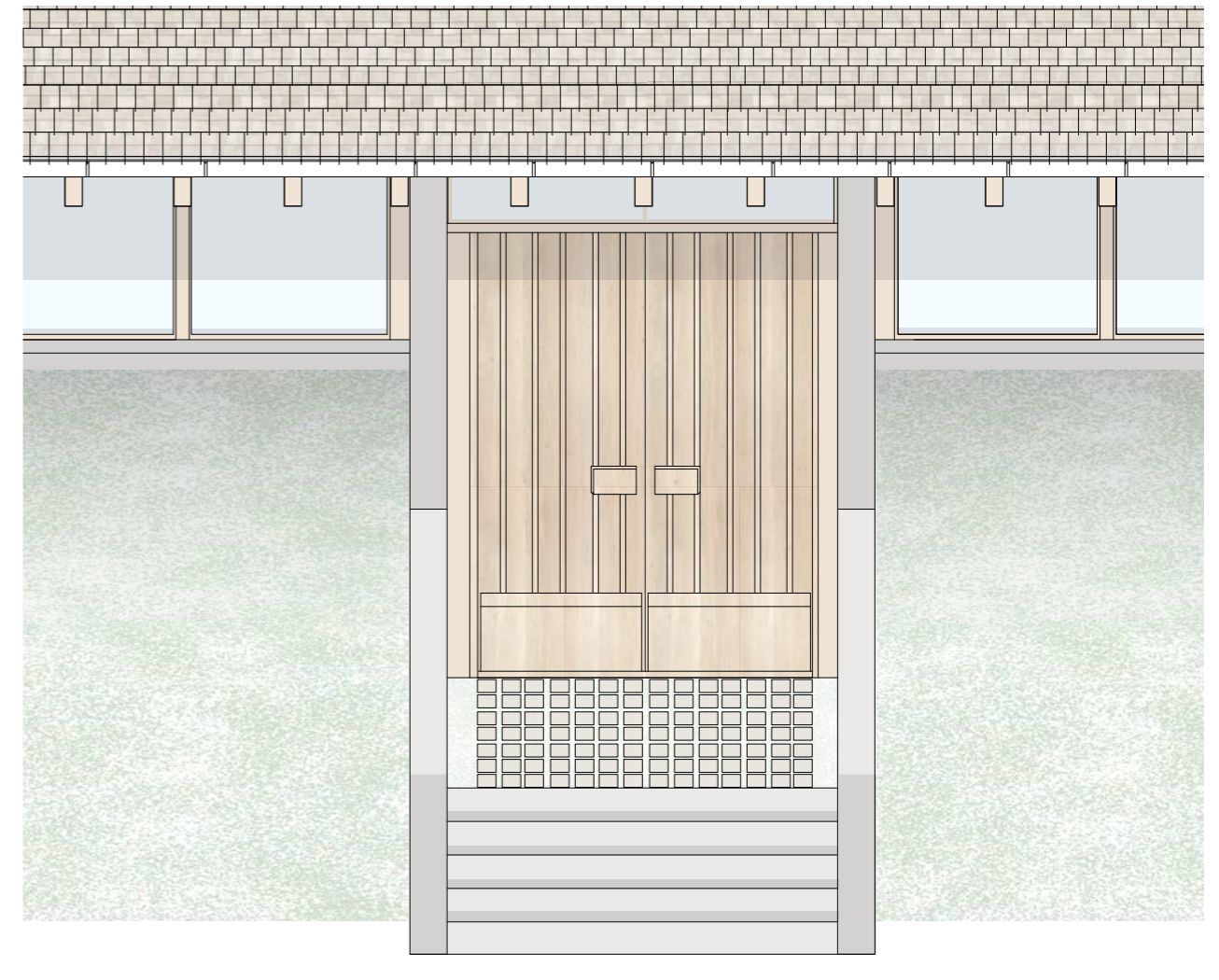
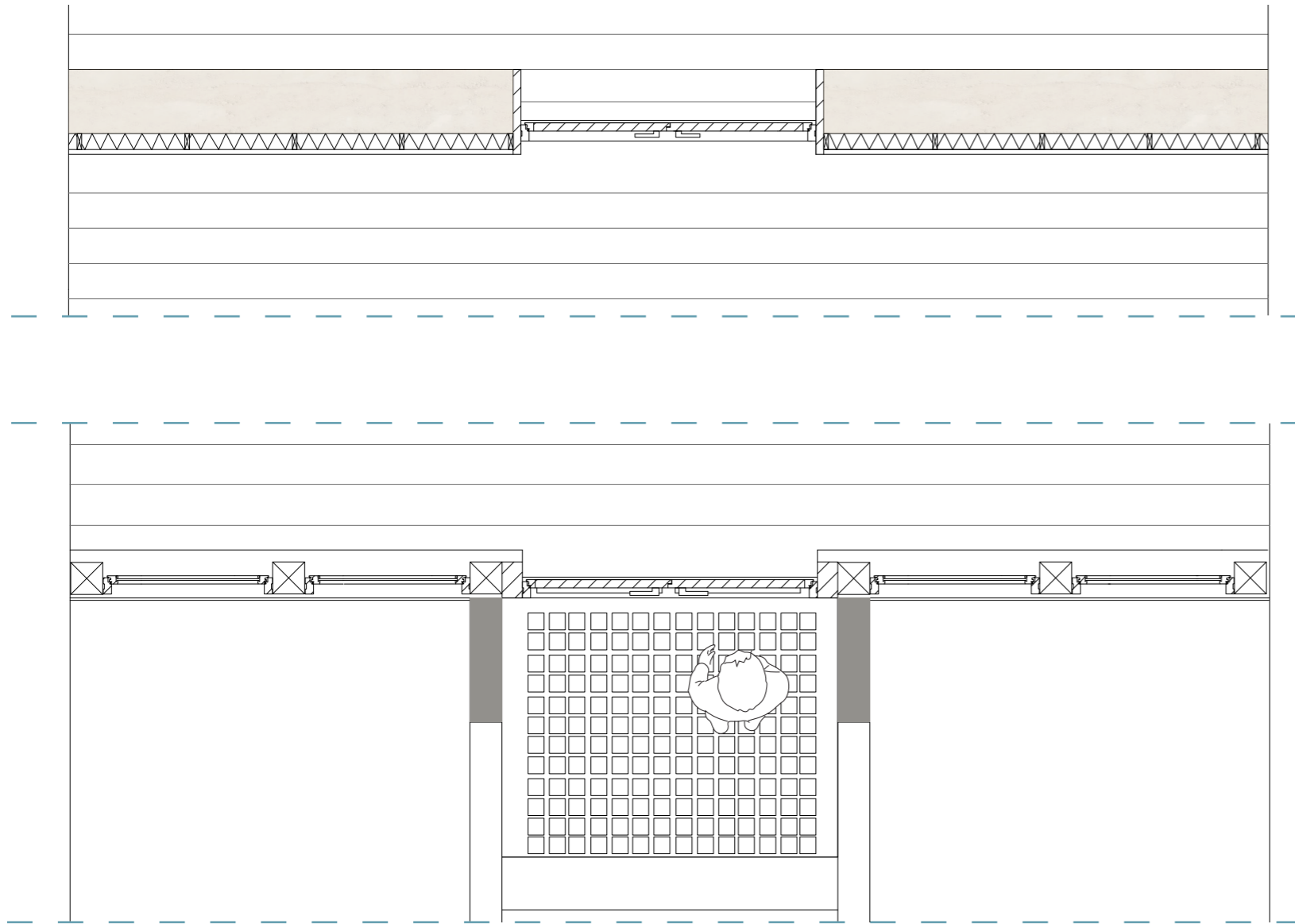




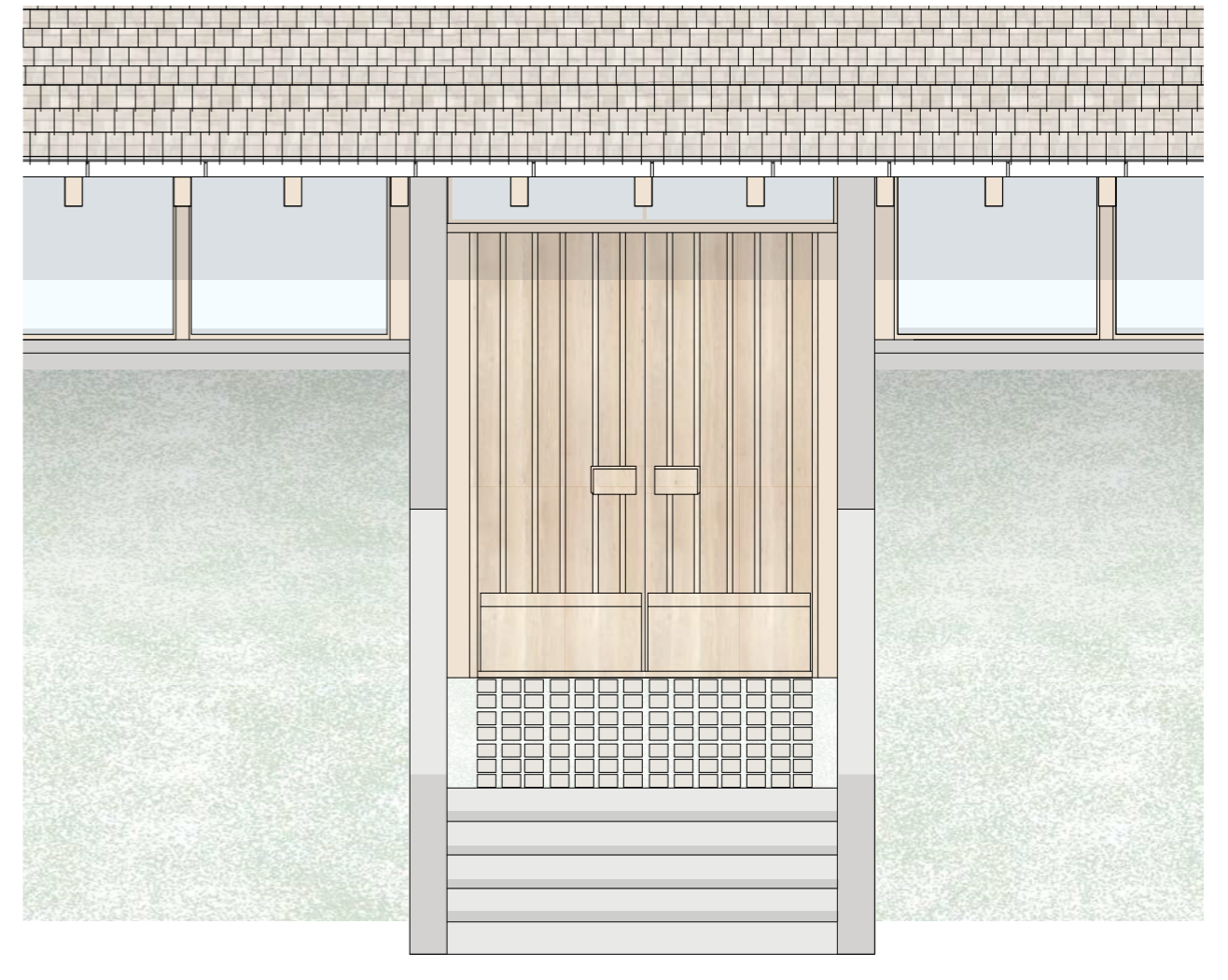
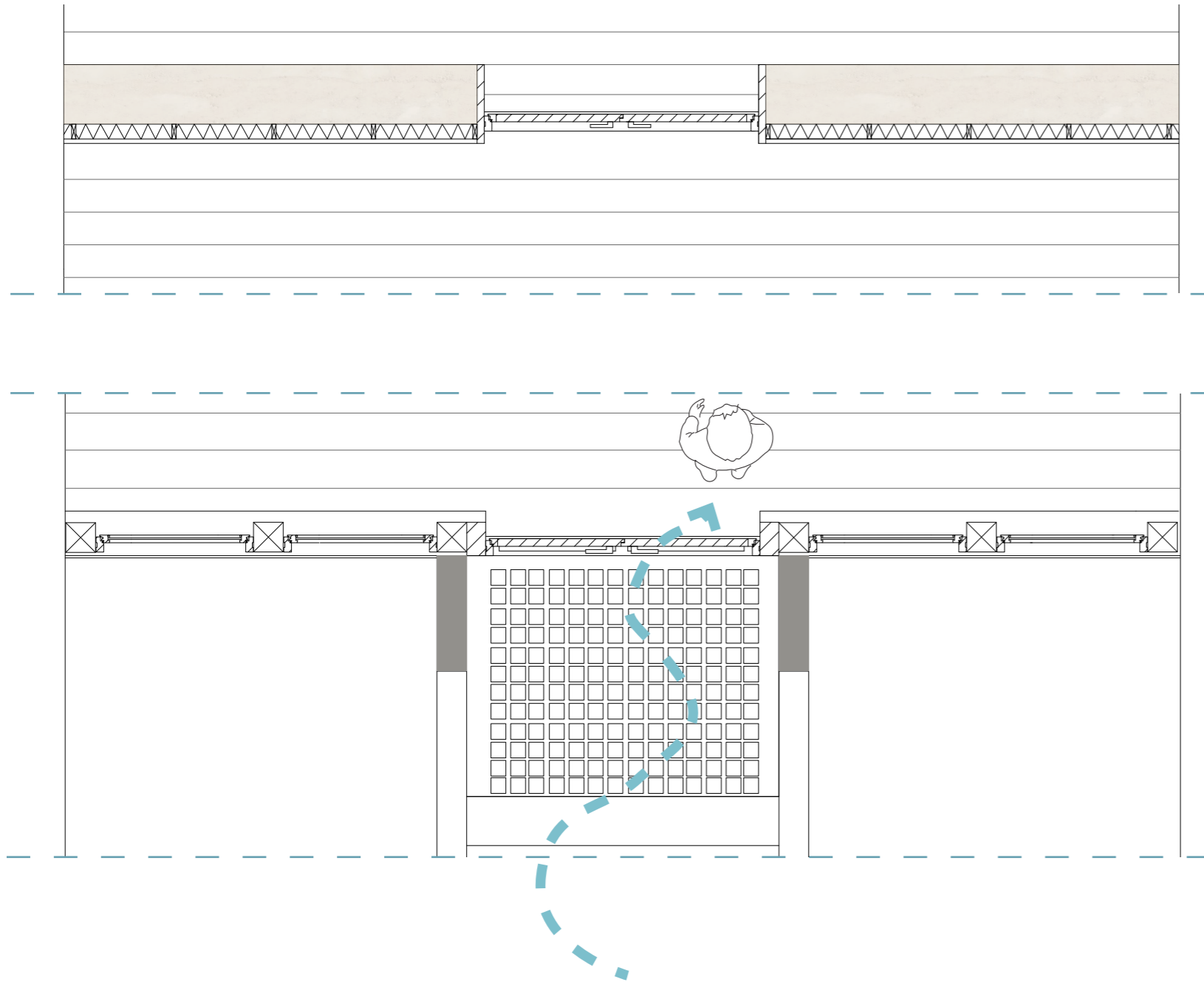


Contemplation Pavilion

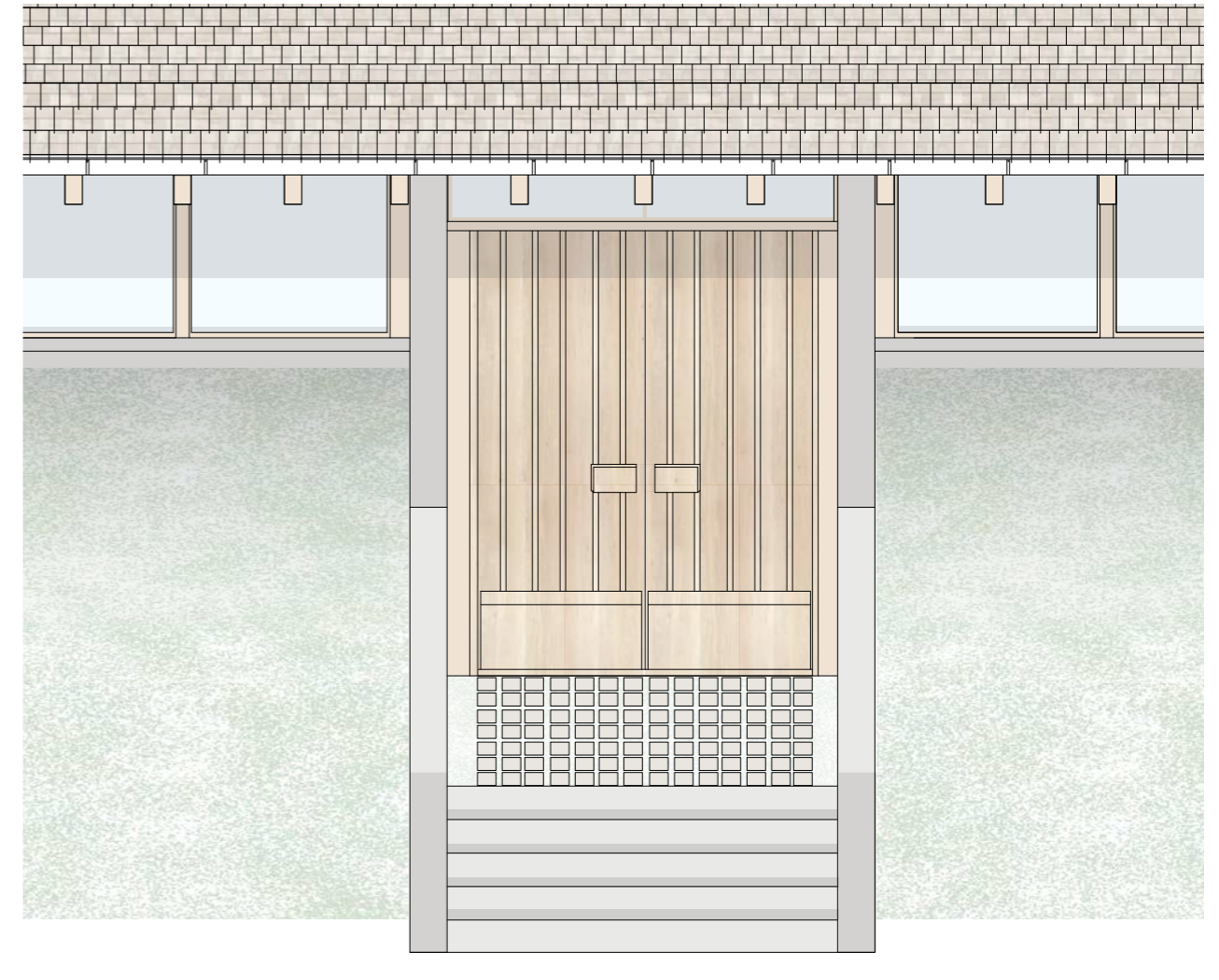
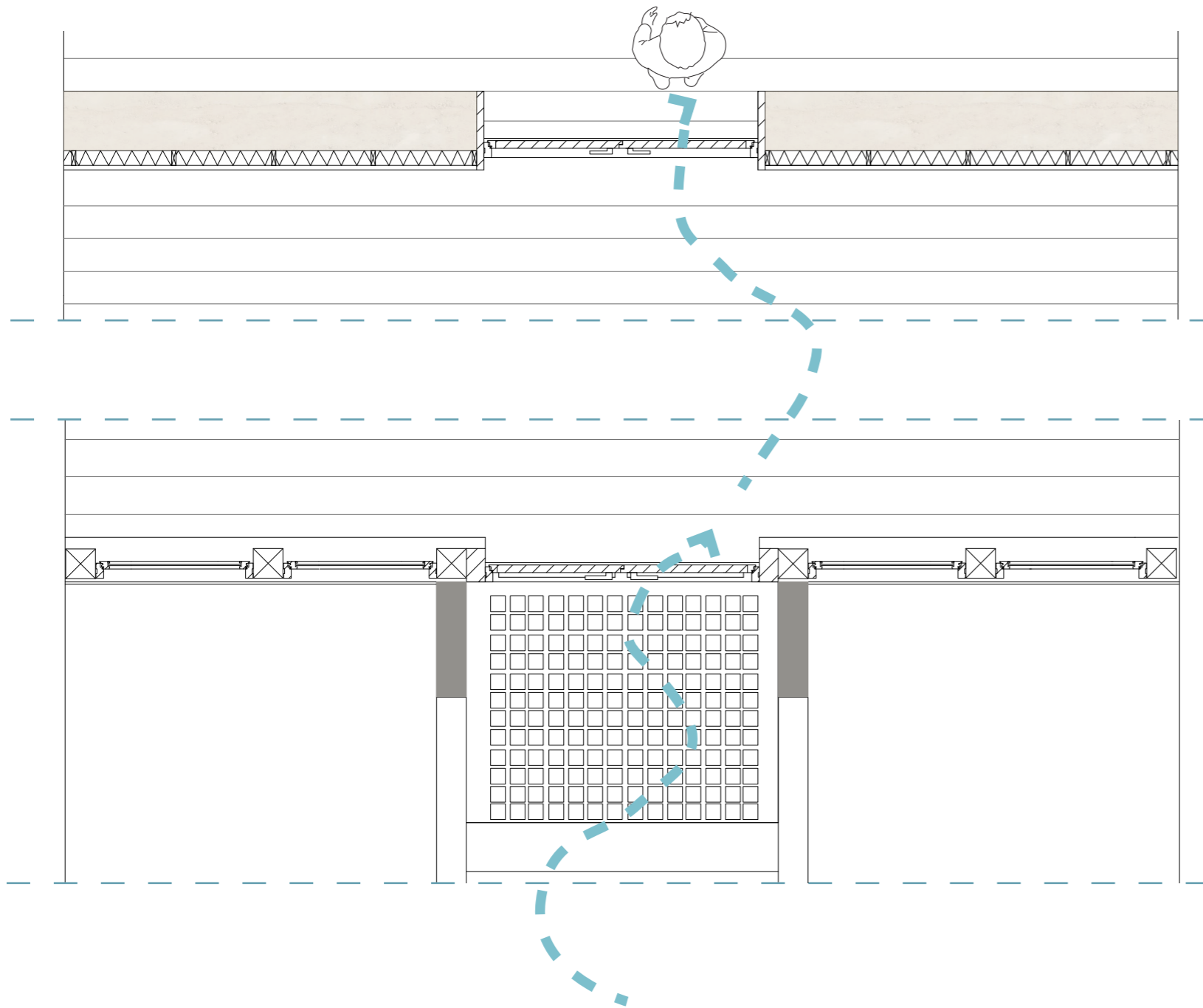




1:20 Facade

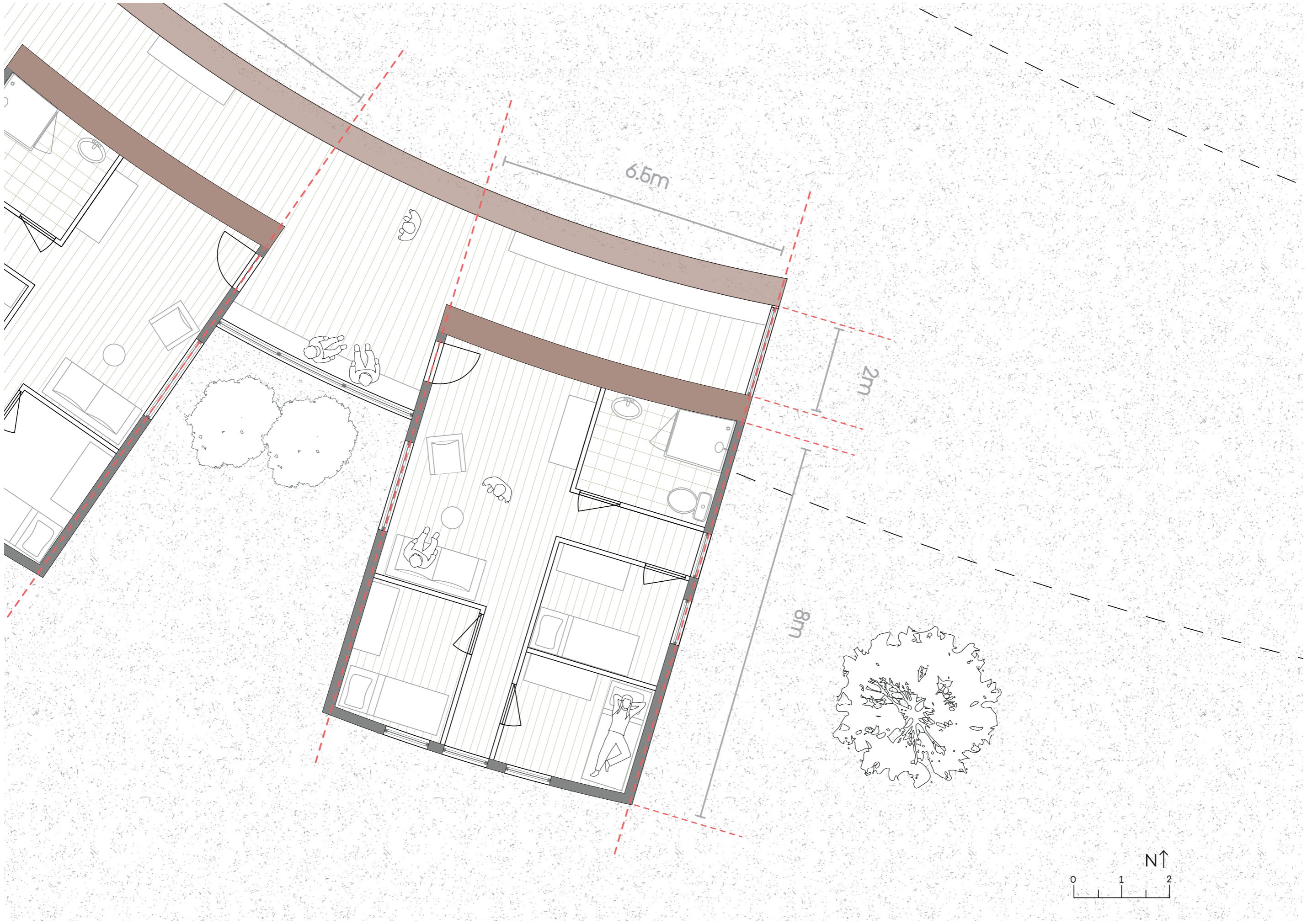


1:20 Facade



1:20 Facade

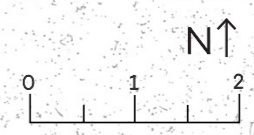




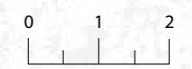
6.5m

2m

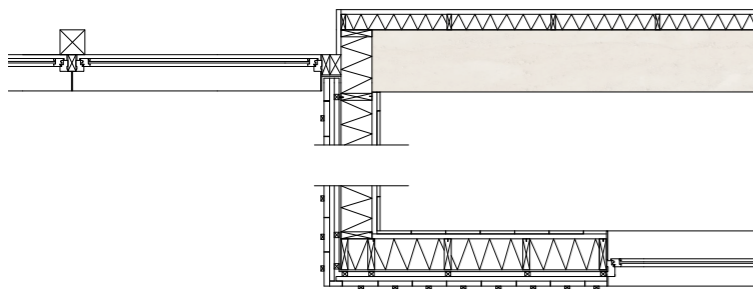
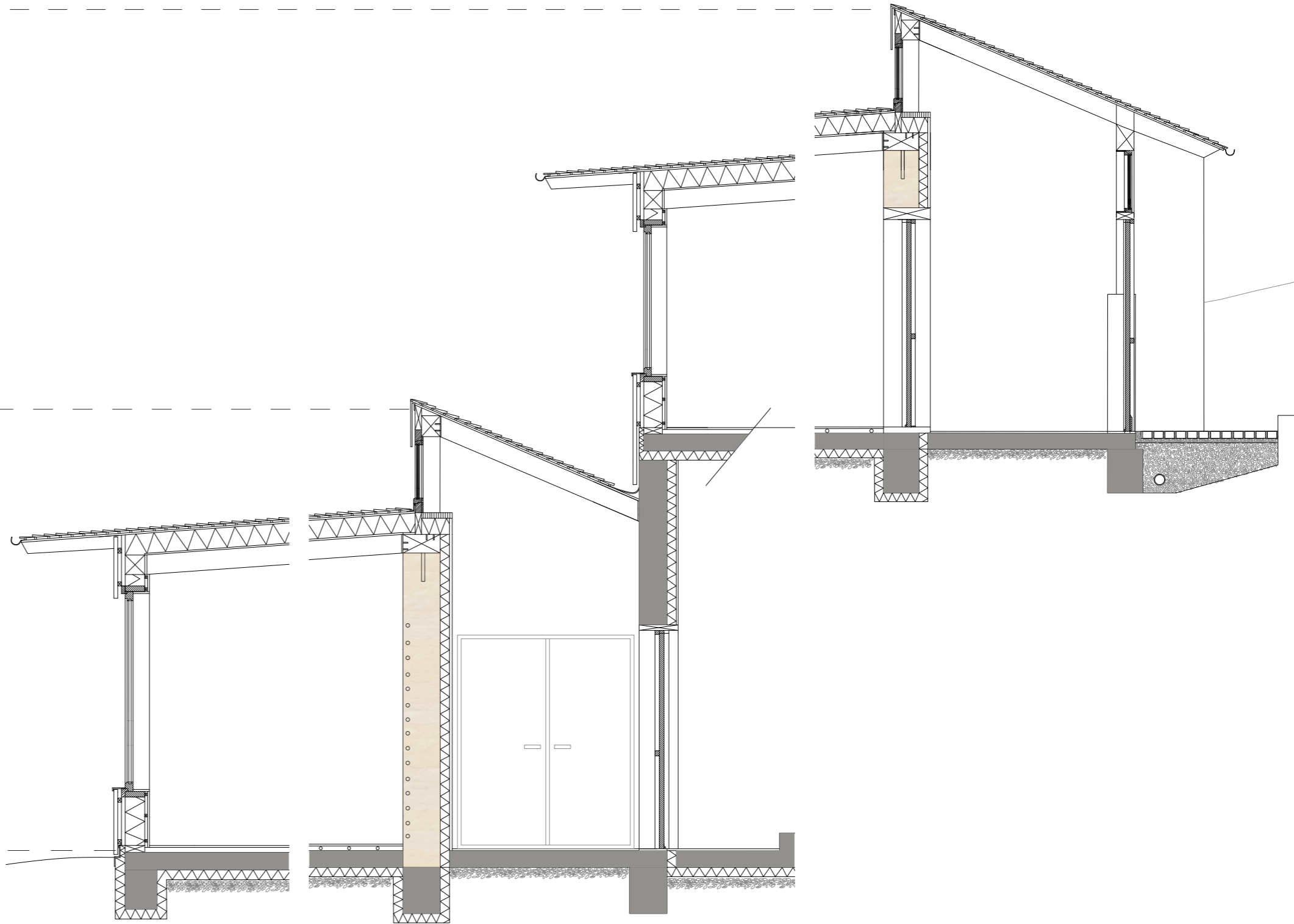
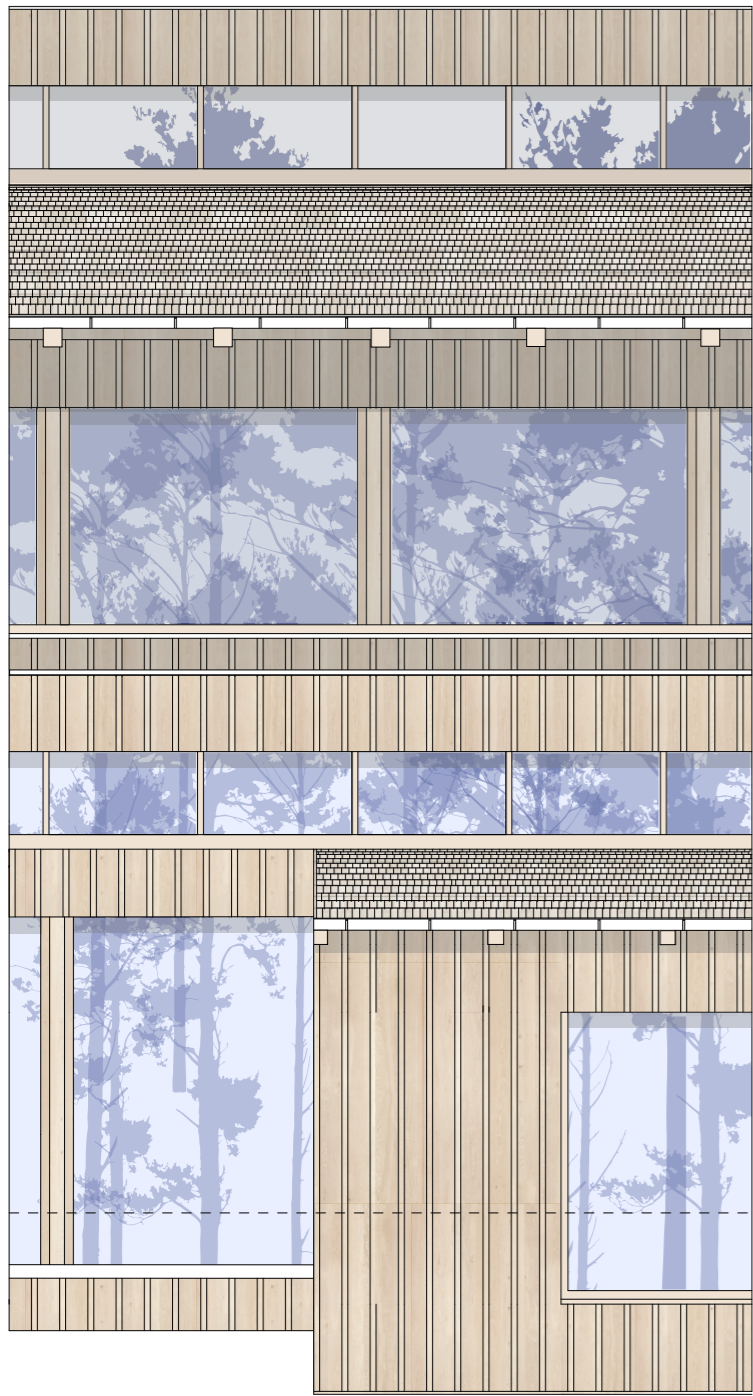
8m







Accomodation Section



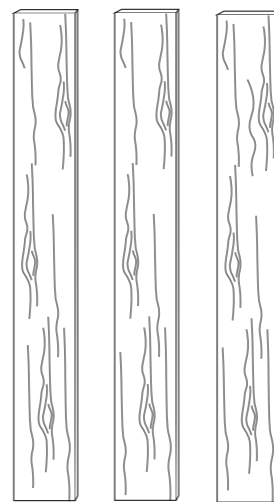
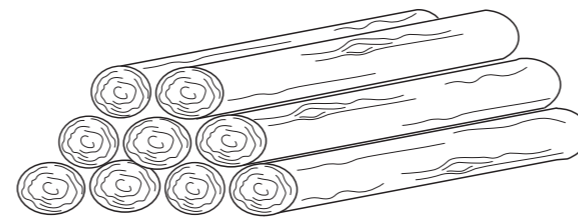
1:20 Facade



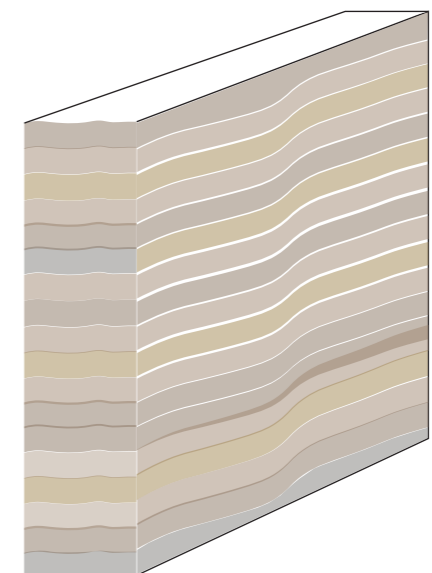
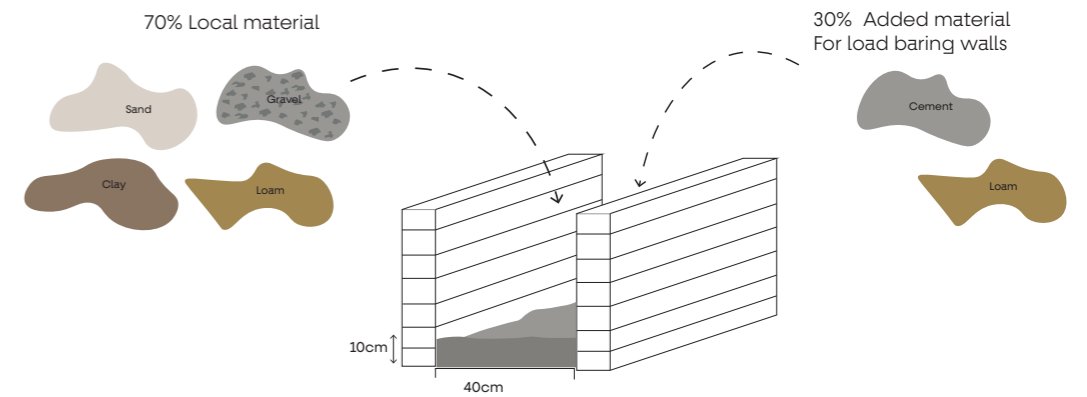
CO2 Reduction (compared to average brick and concrete building in Vilnius)

Wood and earth material -> Building materials: 10%
Using material of the location -> Transport of materials: 50%
Thermal mass -> Operational energy demand of building: 30%

total of 20% CO2 reduction

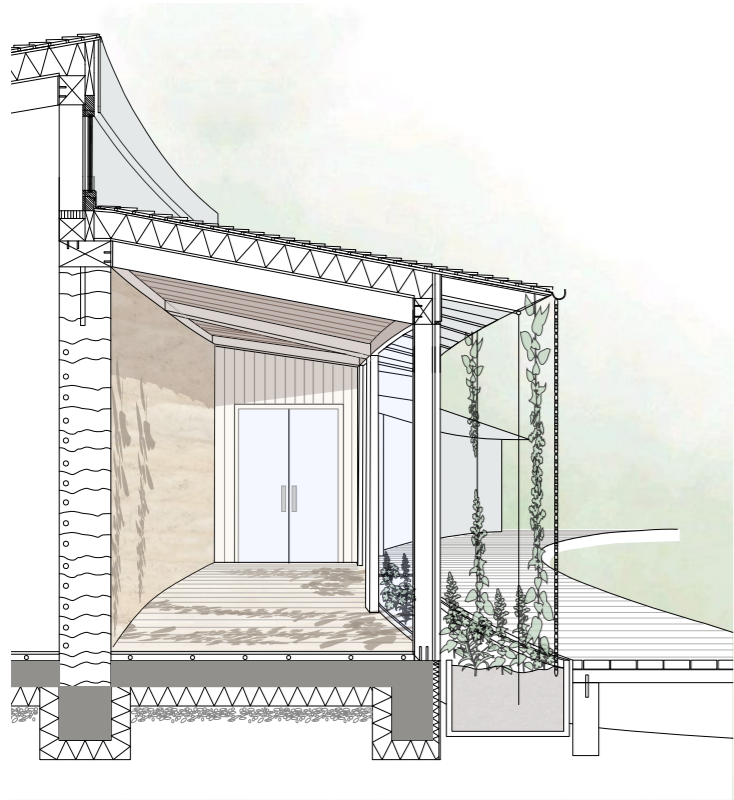


Pine wood cladding
(Locally processed)



Load bearing Rammed Earth wall

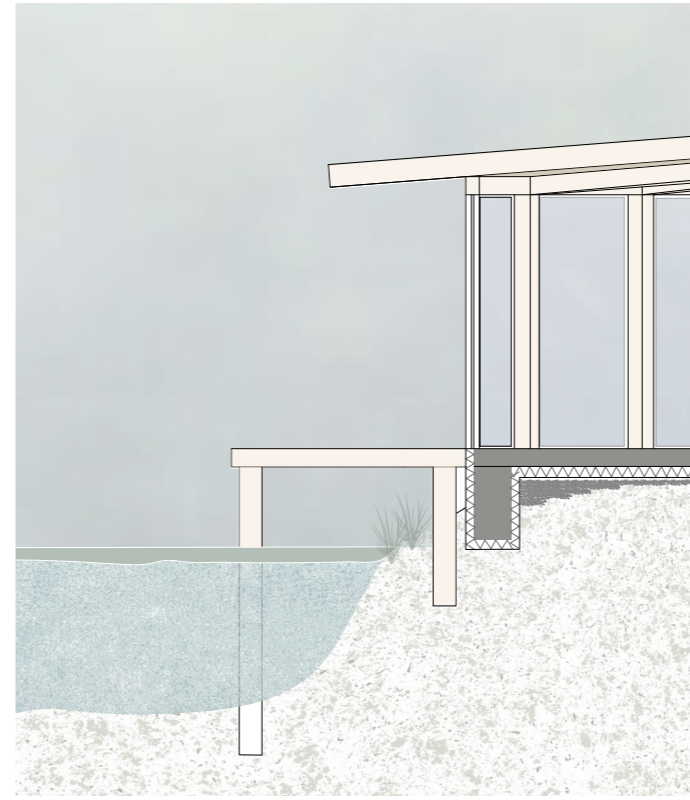




Sight



Scent



Sound



Touch

1. Military Base

Stressful environment

- Uncertainty
- Lack of privacy
- Noise + fumes
- Constant alertness

Losing connection

"normal life"



2. Transition

Gradually entering
urban context

Understanding that
they are returning
to "normal life"



3. The decompression base

- Calm environment
- Making personal
choices again
- Feeling-> sensory
experiences
- Social interactions



4. Human state

- Reconnecting with personal
identity
- Able to switch roles
(soldier<-> civilian)
- Improved sensory
awareness without overload

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4. Human state

- Reconnecting with personal
identity
- Able to switch roles
(soldier<-> civilian)
- Improved sensory
awareness without overload



Simply reacting -> Consciously making choices

Simply functioning -> Starting to perceive and feel again

When their identity extends beyond their role as a soldier



Thank you!