

Offline Together

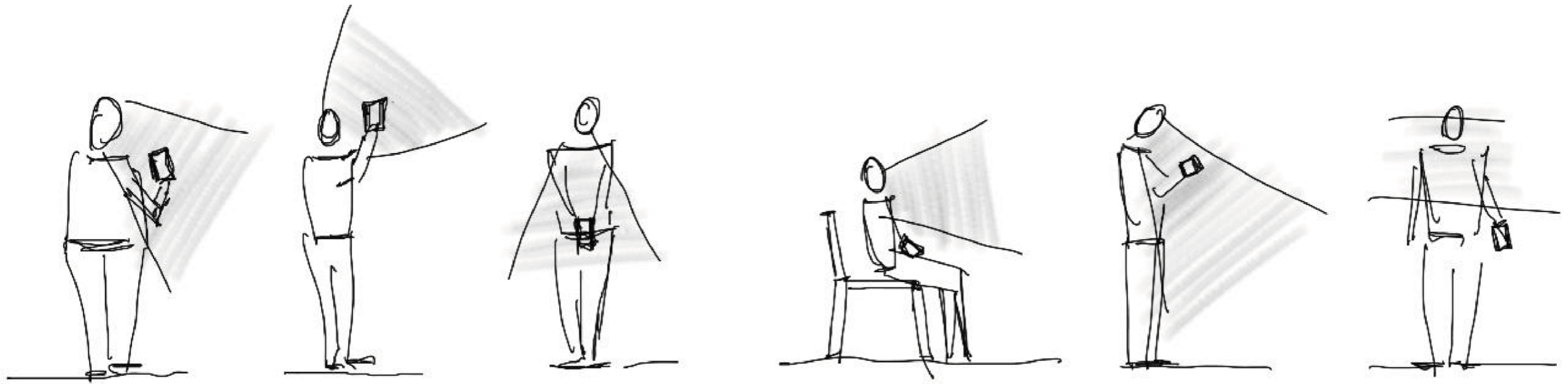
A Post Digital Detox Retreat for the Post Digital Generation

Thanh Tran Thien

Design, Data & Society
Graduation Studio

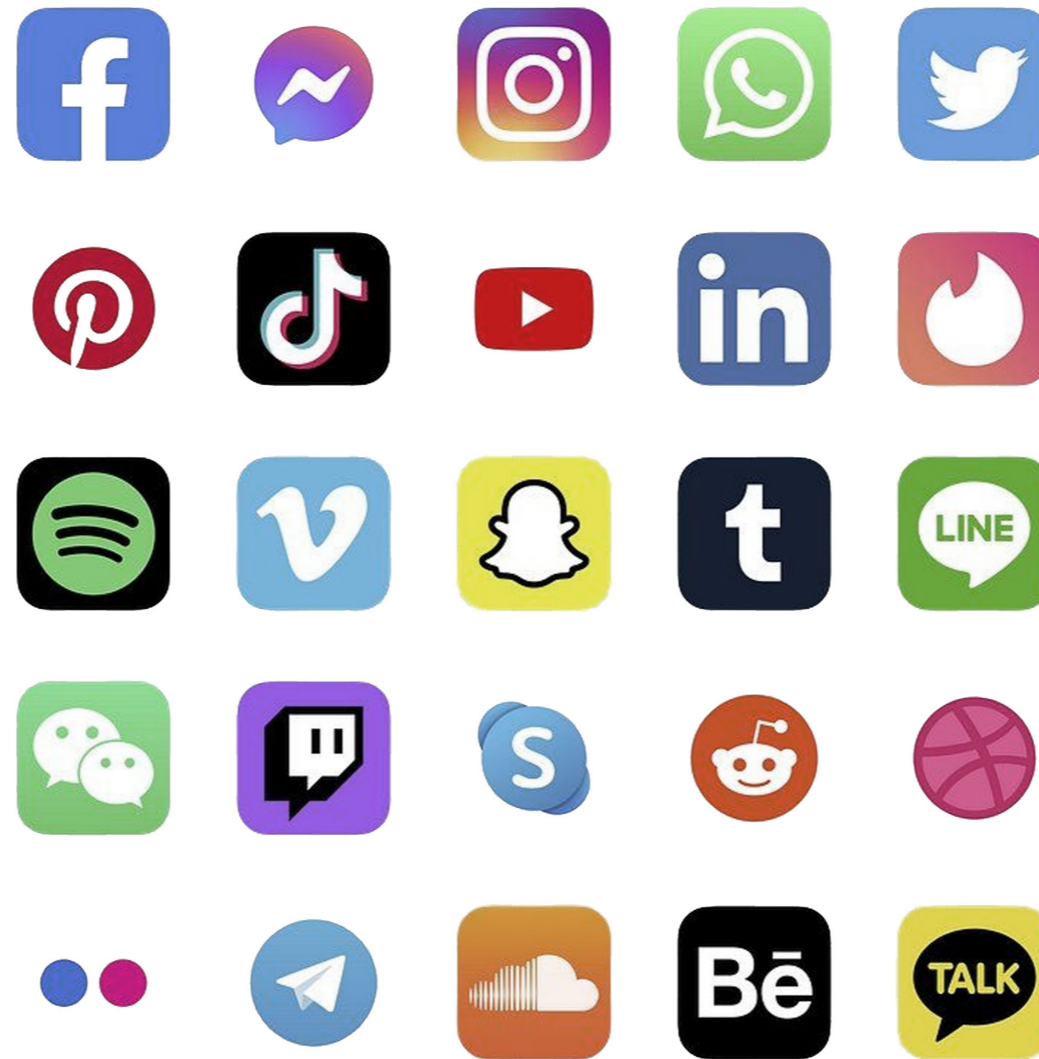
2026

When was the last time you were truly bored?



The bigger picture

Social media use



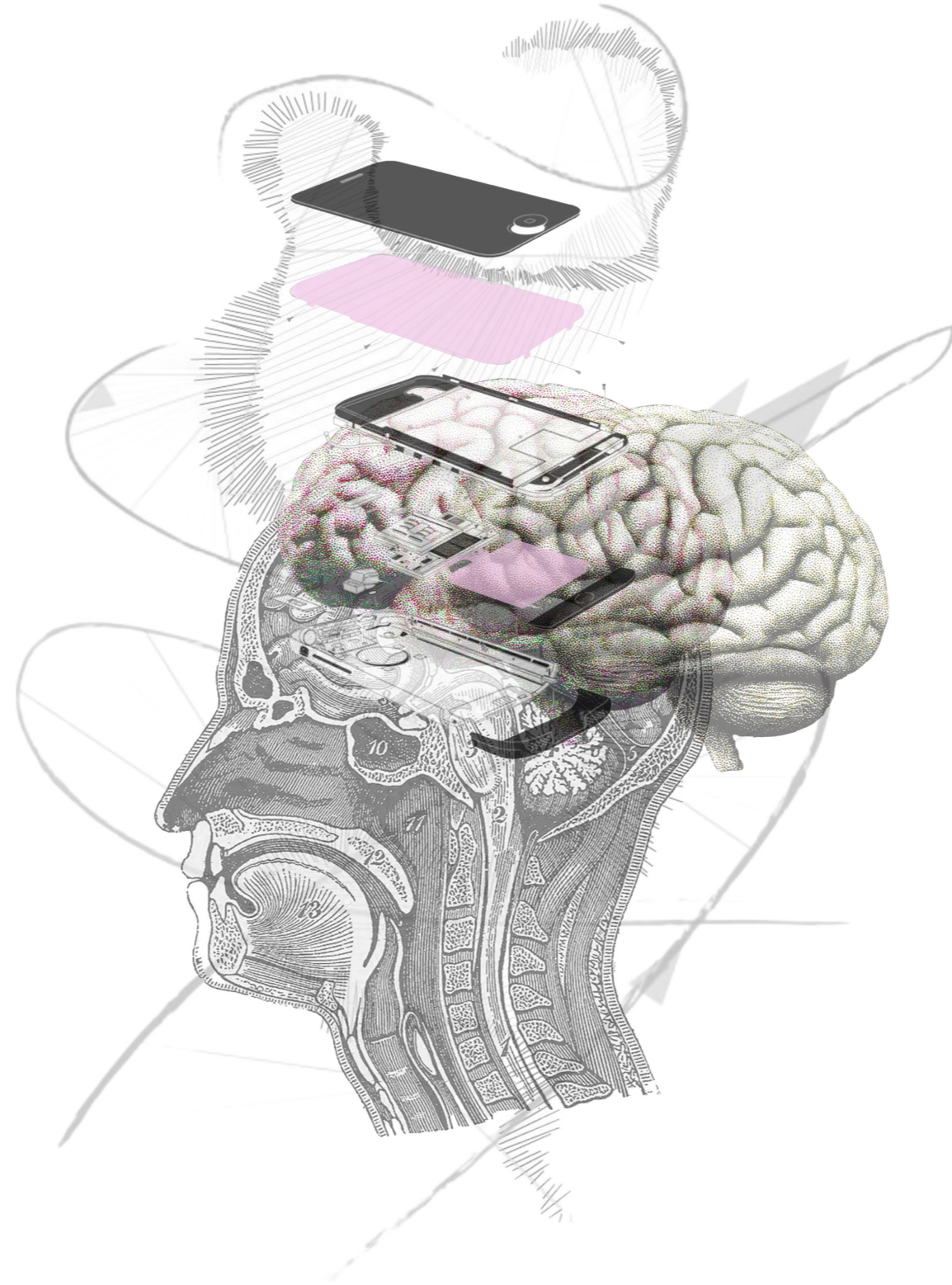
Source: Social media apps. (n.d.)

The bigger picture

Addiction



Source: Teens, social media and Technology by Pew Research Center, 2023. <https://www.pewresearch.org/internet/2023/12/11/teens-social-media-and-technology-2023/>



Source: Own work, 2026.

The bigger picture

Going analogue

NOS Nieuws • Vrijdag 23 januari, 06:02

Steun voor socialemediaverbod voor jongeren groeit, vooral onder gen Z

Sections

Los Angeles Times



BREAKING NEWS Nithya Raman beats Spencer Pratt to take on Mayor Bass in November



HOLLYWOOD INC.

DVDs are the new vinyl records: Why Gen Z is embracing physical media

BBC

'Quitting social media was really refreshing'

21 May 2026

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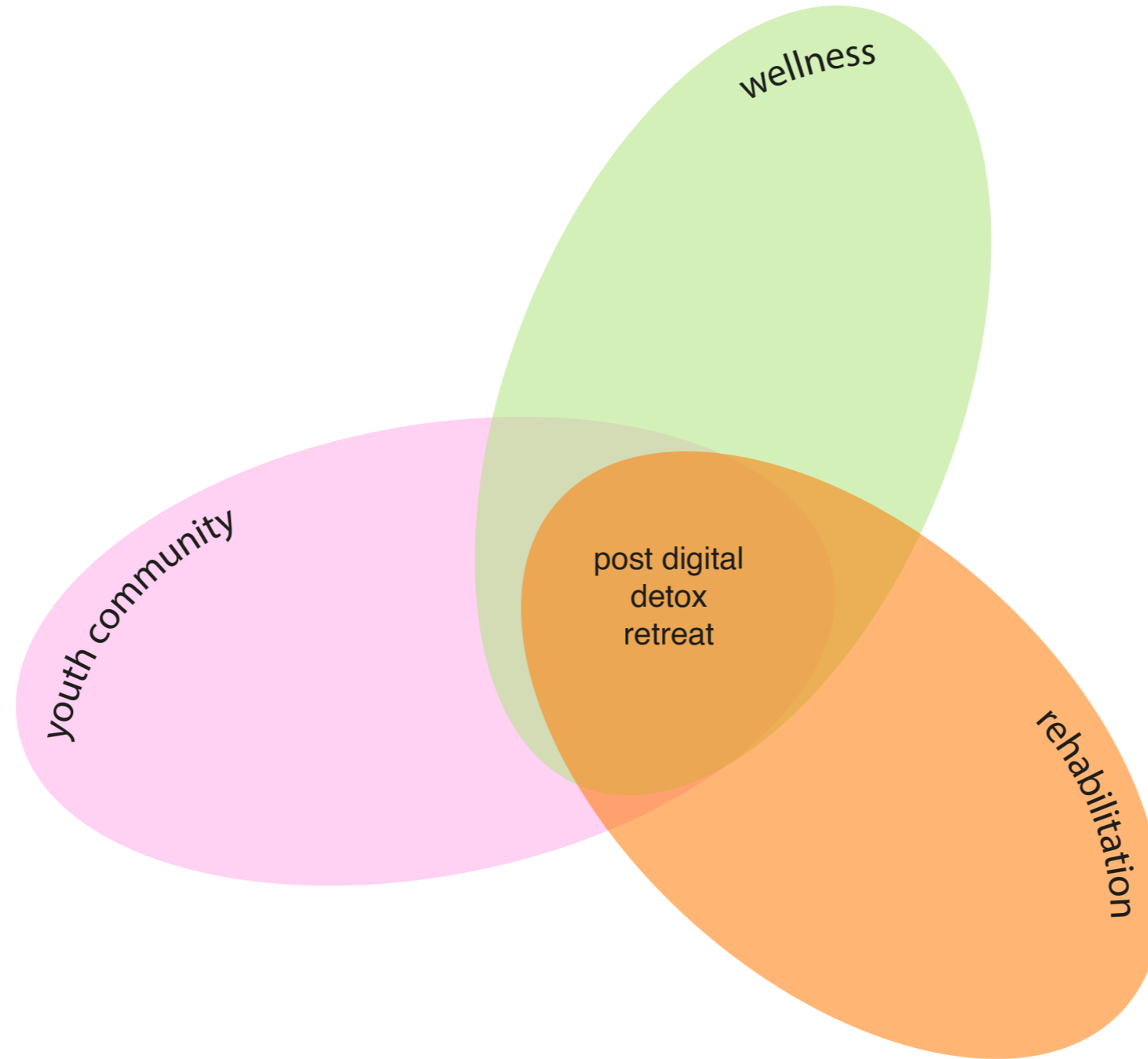
Amy Garcia and Chloe Aslett, Yorkshire

Source: NOS. Steun voor socialemediaverbod voor jongeren groeit, vooral onder gen Z, 2026. <https://nos.nl/artikel/2599319-steun-voor-socialemediaverbod-voor-jongeren-groeit-vooral-onder-gen-z>

Source: LATimes. DVDs are the new vinyl records: Why Gen Z is embracing physical media, 2026. <https://www.latimes.com/entertainment-arts/business/story/2026-02-23/why-gen-z-wants-to-buy-rent-dvds-blu-rays-in-age-of-streaming>

Source: BBC. 'Quitting social media was really refreshing', 2026. <https://www.bbc.com/news/articles/ce8pgj6nrd4o>

Proposal
Post digital retreat



Proposal
Research question

“How can a new architectural typology of a digital detox retreat, “a soft rehabilitation” support young adults in disconnecting from digital technologies and reconnecting with themselves, others, and their physical environment?”

Proposal

Target group

Population
17,5 million



Problematic internet
use Gen Z (3%)
~ 52.000



Actively seeking
help (1–5%)
~ 2200 a year



Users (Binckhorst)
~ 1000



Calculated capacity
(based on approx. 7
days)
~ 25 residents



Design capacity (x3)
80 residents



fluctuating demand

peak moments of collective entry
(particularly weekend programs)

Proposal

Post digital retreat

	detox			retreat			
day 1	day 2	day 3	day 4	day 5	day 6	day 7	
	yoga/meditation	yoga/meditation	yoga/meditation	yoga/meditation	yoga/meditation	yoga/meditation	
	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	
	analog workshop	analog workshop	analog workshop	analog workshop	analog workshop	analog workshop	
	outdoor activity	outdoor activity	outdoor activity	outdoor activity	outdoor activity	outdoor activity	
	lunch	lunch	lunch	lunch	lunch	lunch	
check-in	therapy	therapy	education/reflection	group therapy	group therapy/reflection	check-out	
digital drop-off & settle in	analog workshop	analog workshop	cooking together	cooking together	cooking together		
welcome and orientation	dinner	dinner	dinner	dinner	dinner		
personal time	personal time	personal time	storytelling/games/reflection	storytelling/games/reflection	storytelling/games/reflection		
meditation	guided breathing	guided breathing	personal time	personal time	personal time		

The Hague city centre

The Hague central station

Beatrix kwartier

The Hague Laan van NOI

station Voorburg

The Hague HS station

Hogeschool The Hague

Waterfrontpark

waste cathedral

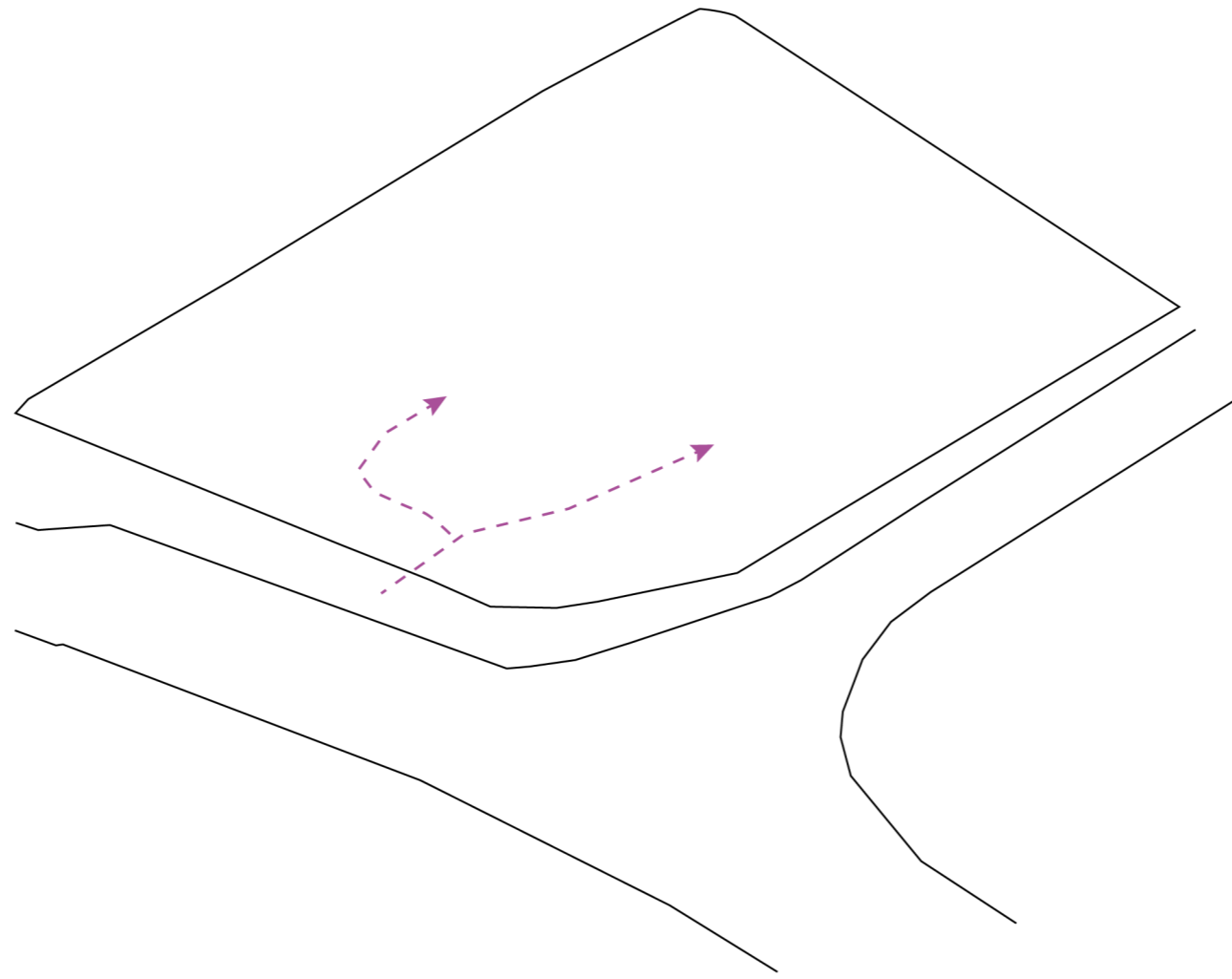
Binckhorst Avenue

cemetery

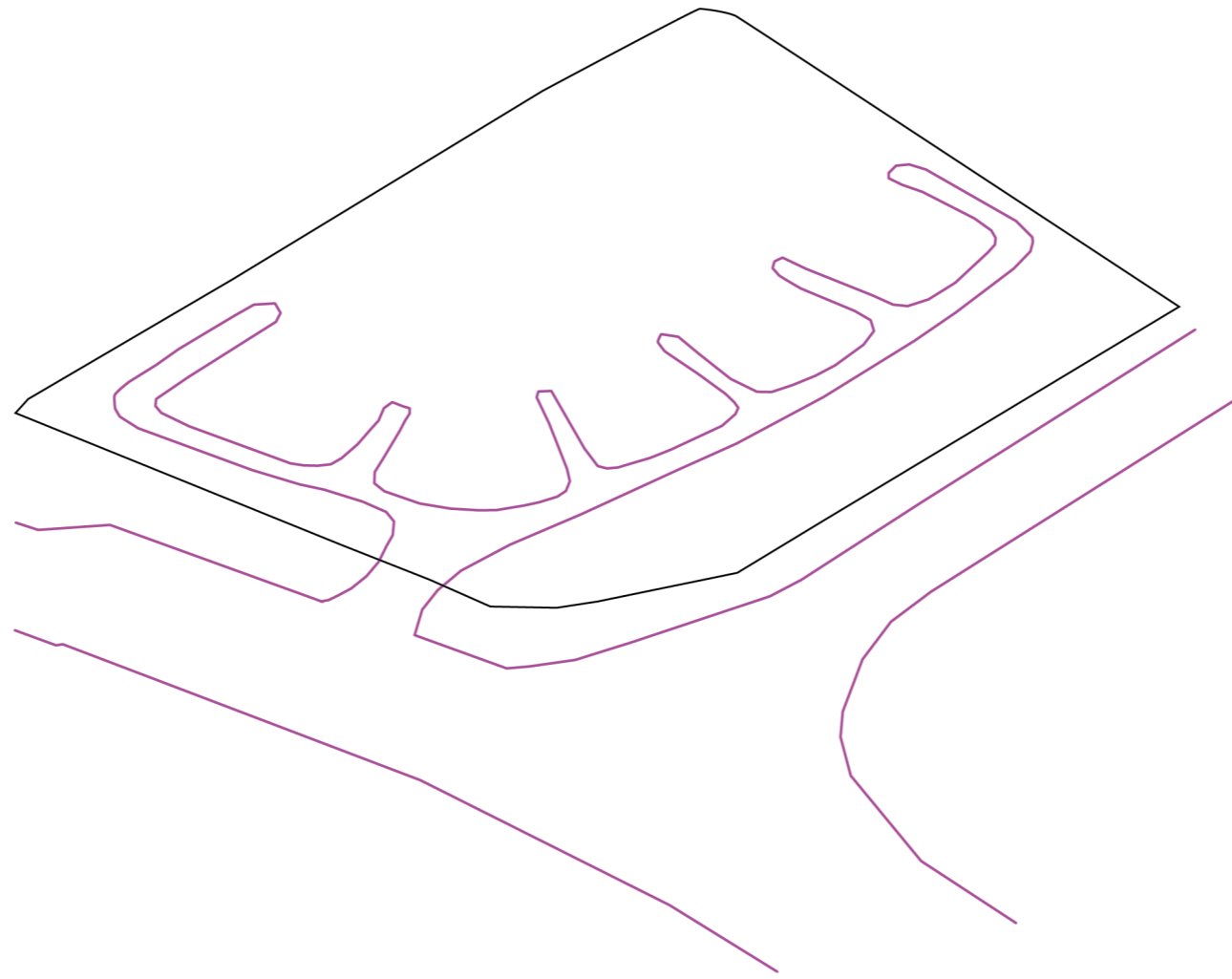
Binckhavens

Binck36

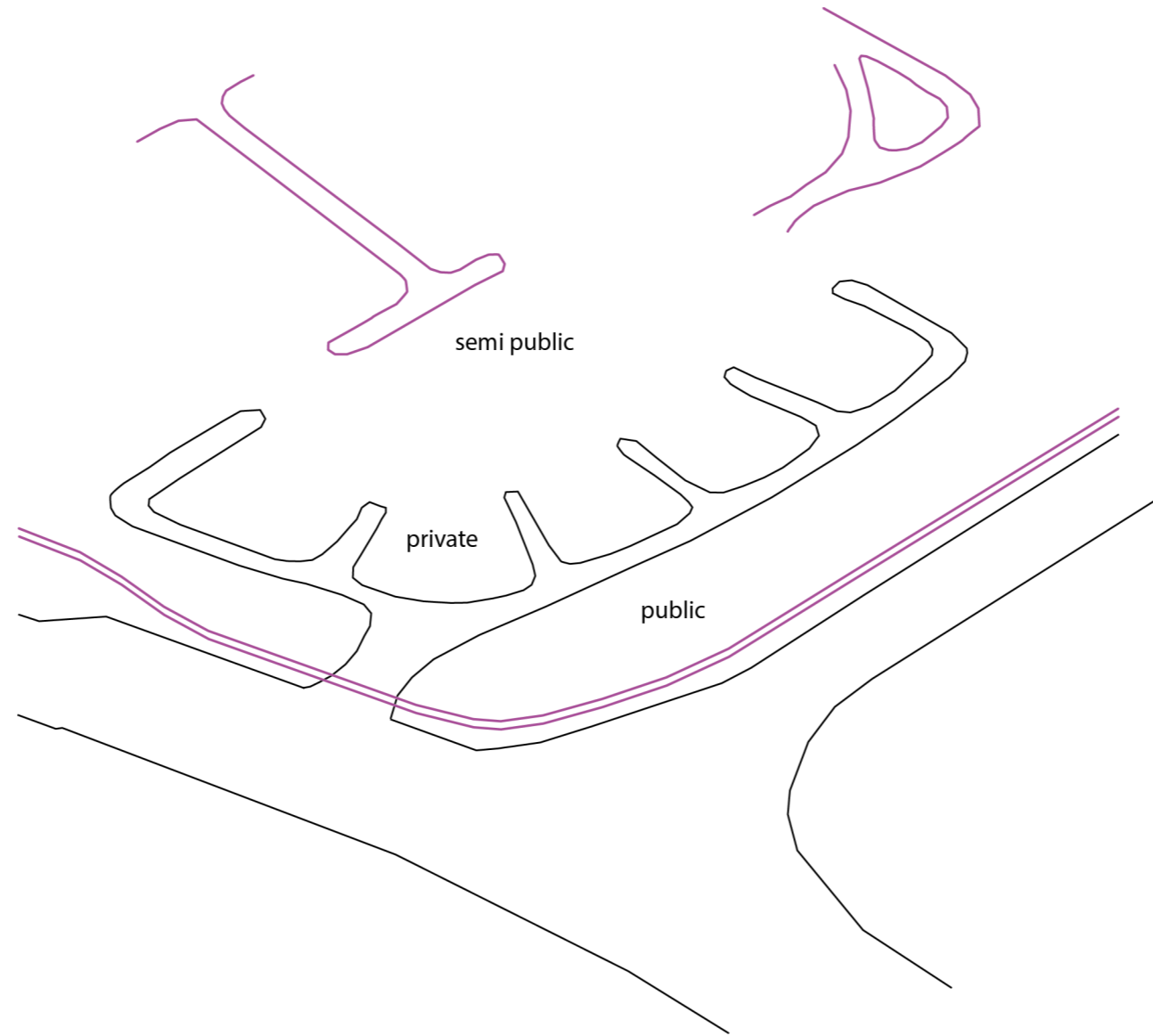
Concept
Site zoning strategy



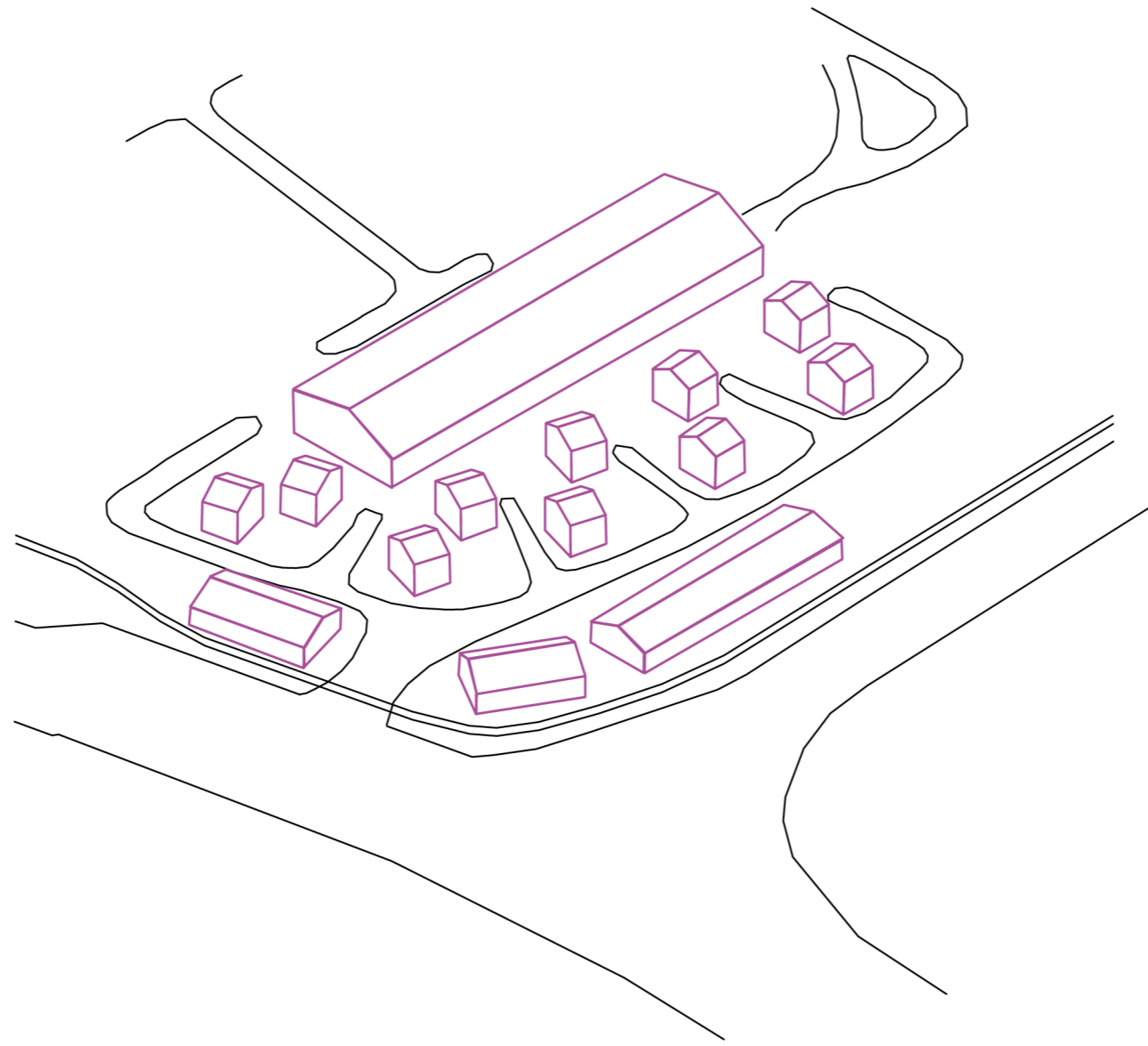
Concept
Site zoning strategy



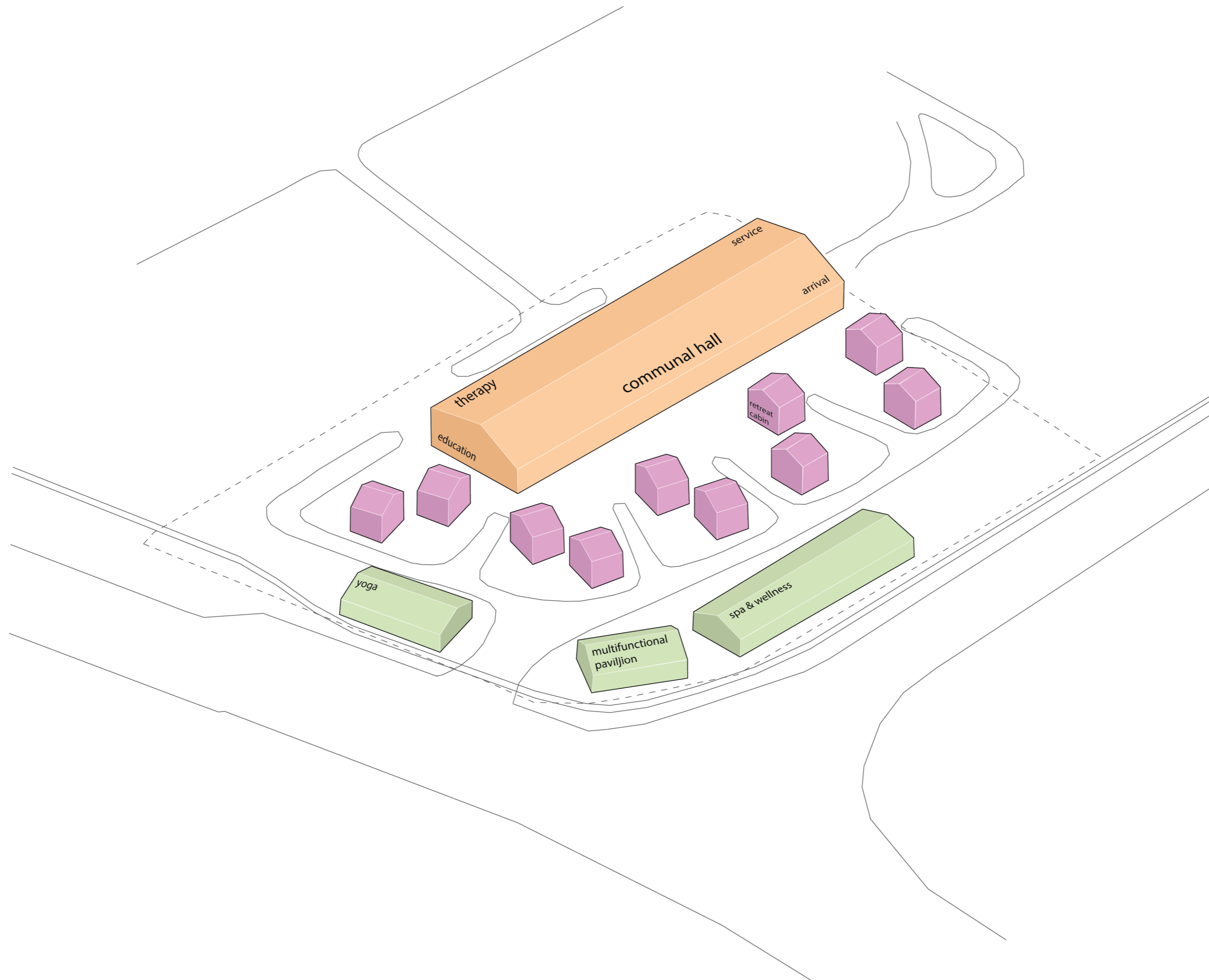
Concept
Site zoning strategy



Concept
Site zoning strategy



**Concept
Program**





urban plan 1:2000



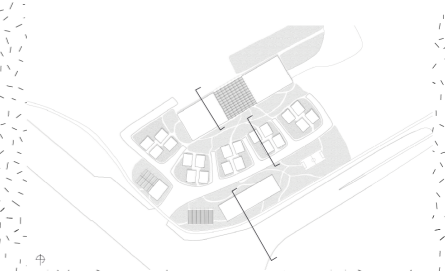


site plan 1:500



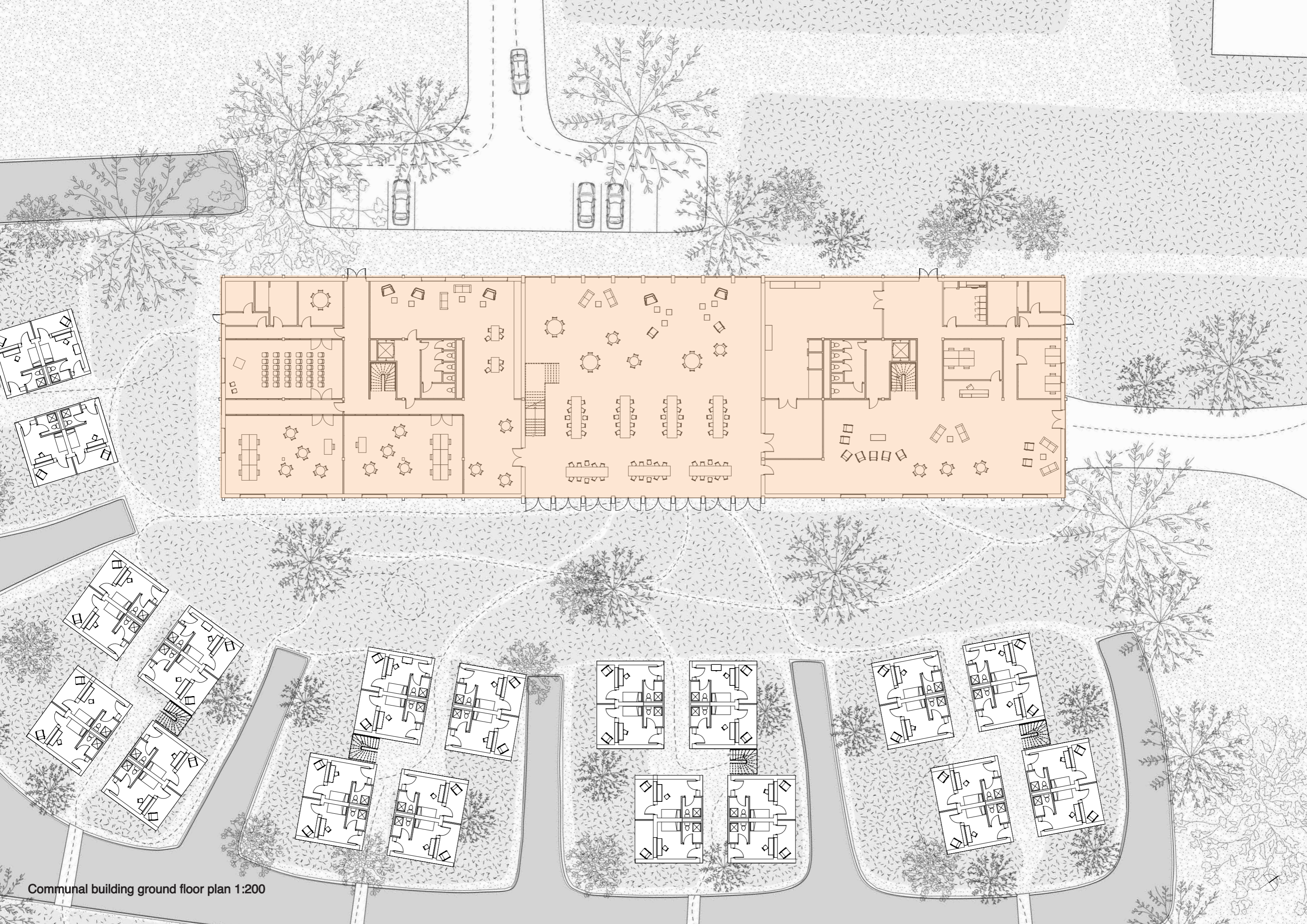


Landscape section 1:200

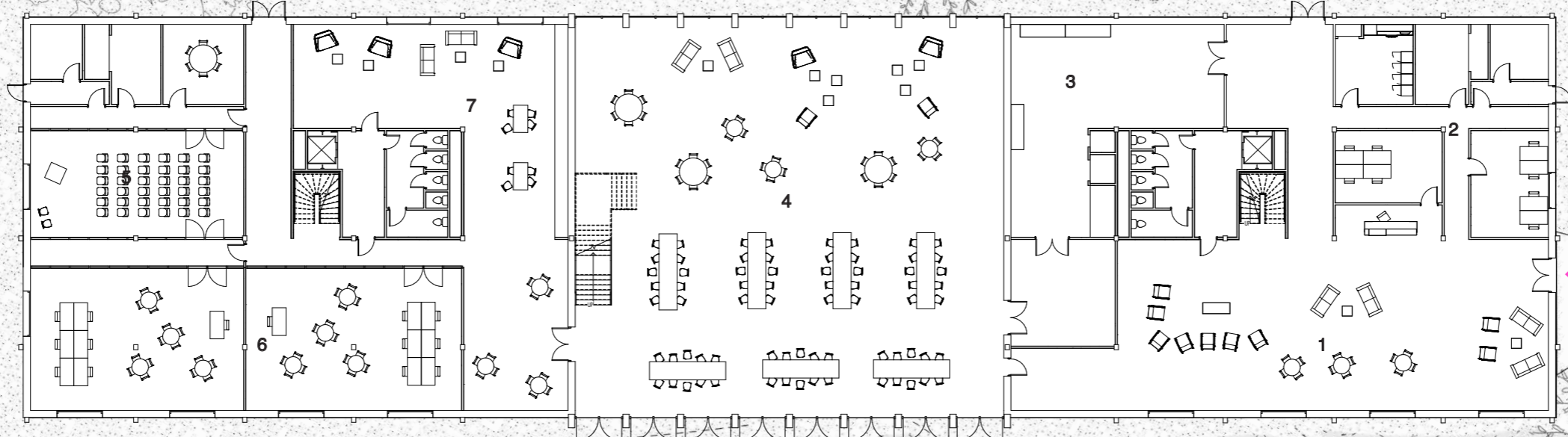
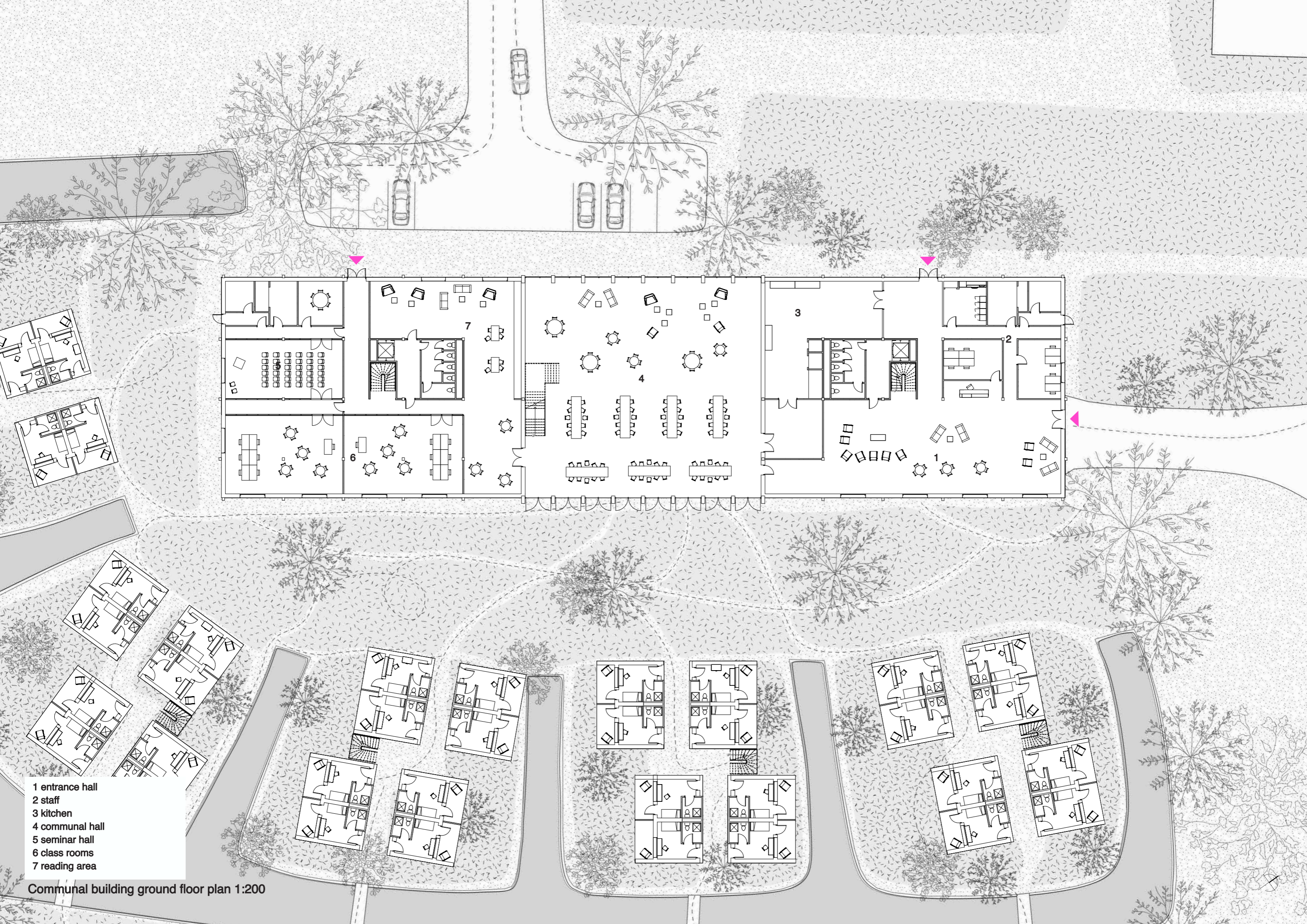




Perspective section 1:200
Communal building - retreat cabins



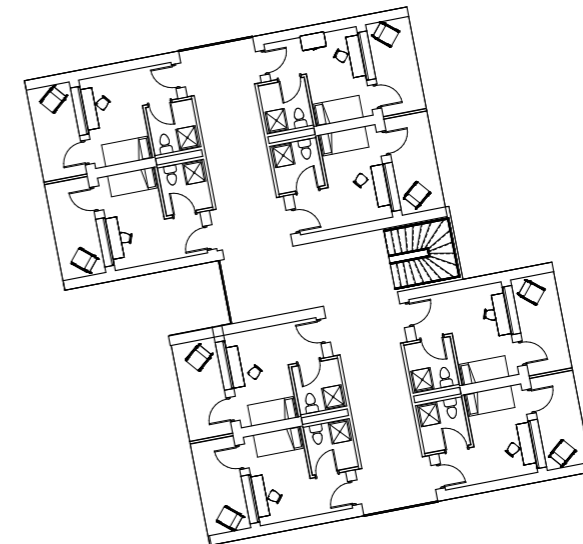
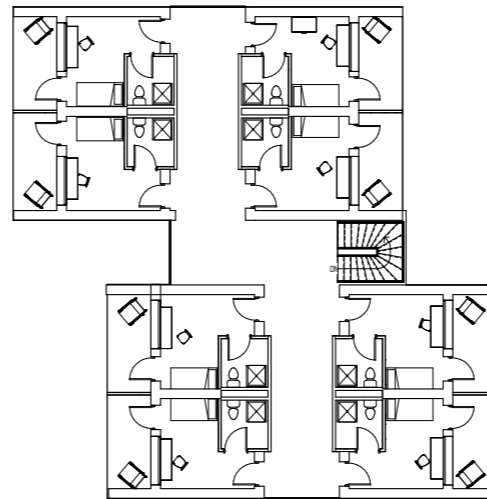
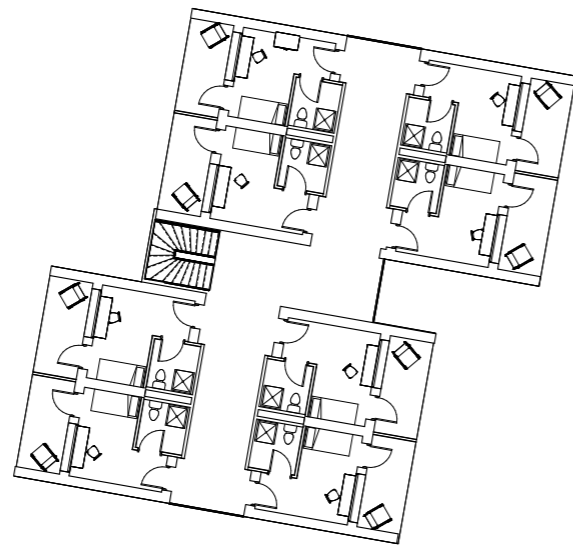
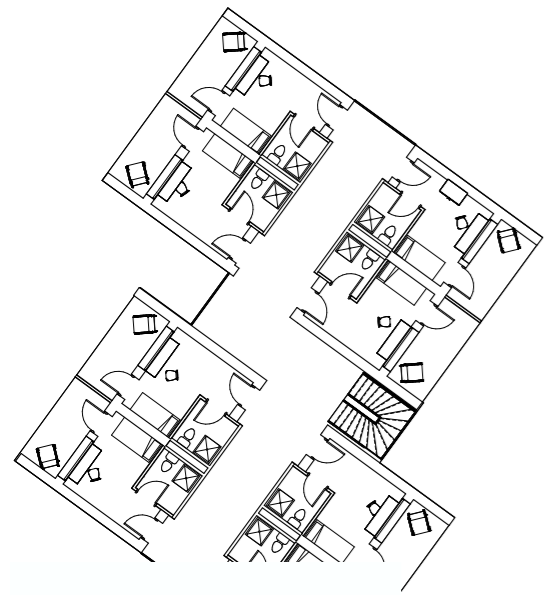
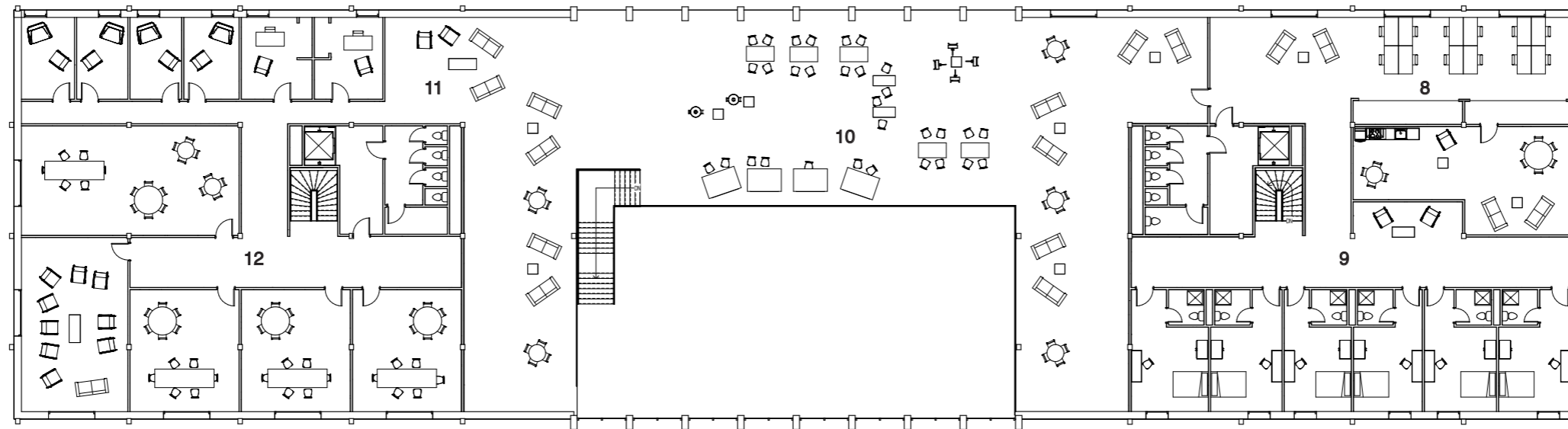
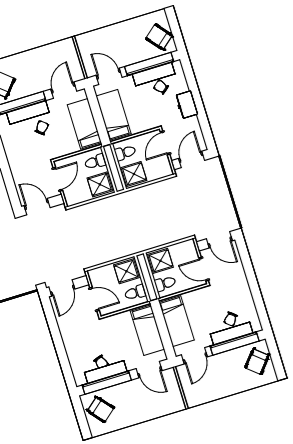
Communal building ground floor plan 1:200



- 1 entrance hall
- 2 staff
- 3 kitchen
- 4 communal hall
- 5 seminar hall
- 6 class rooms
- 7 reading area

Communal building ground floor plan 1:200



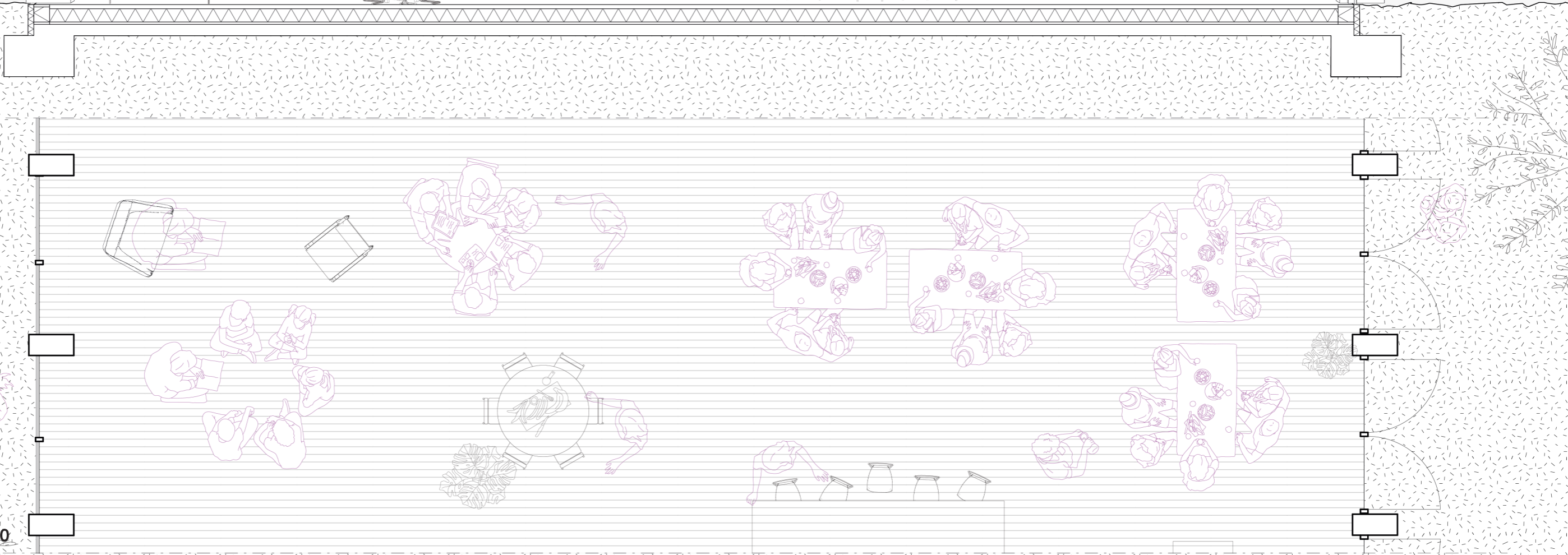
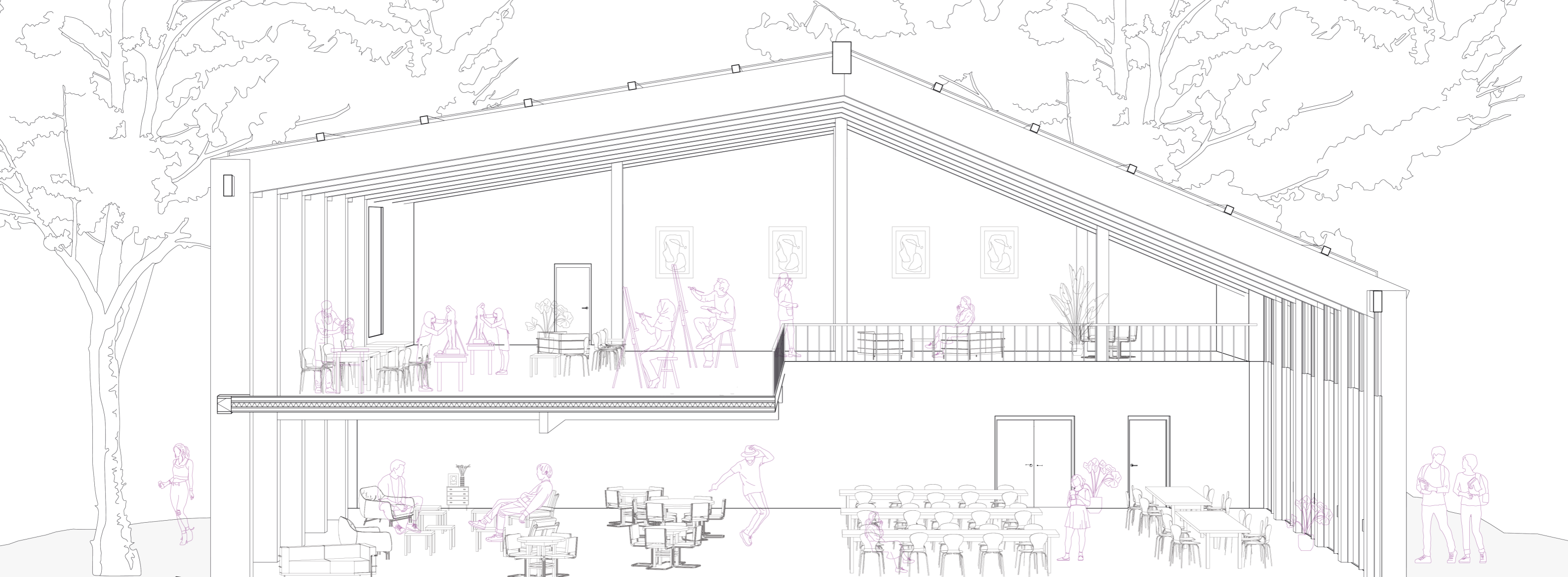


- 8 offices
- 9 staff stay
- 10 multipurpose workshop hall
- 11 waiting area
- 12 therapy spaces

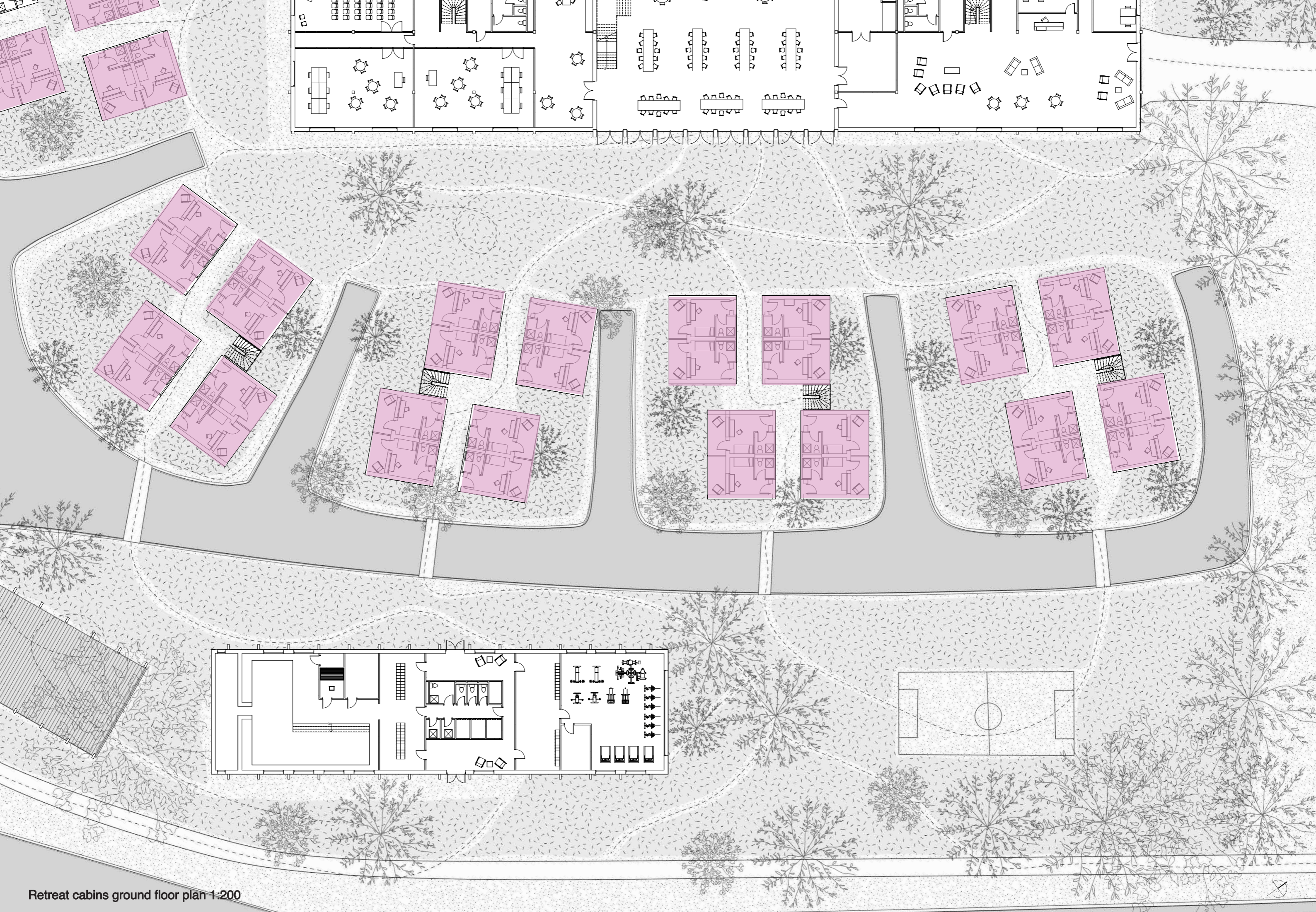
Communal building first floor plan 1:200



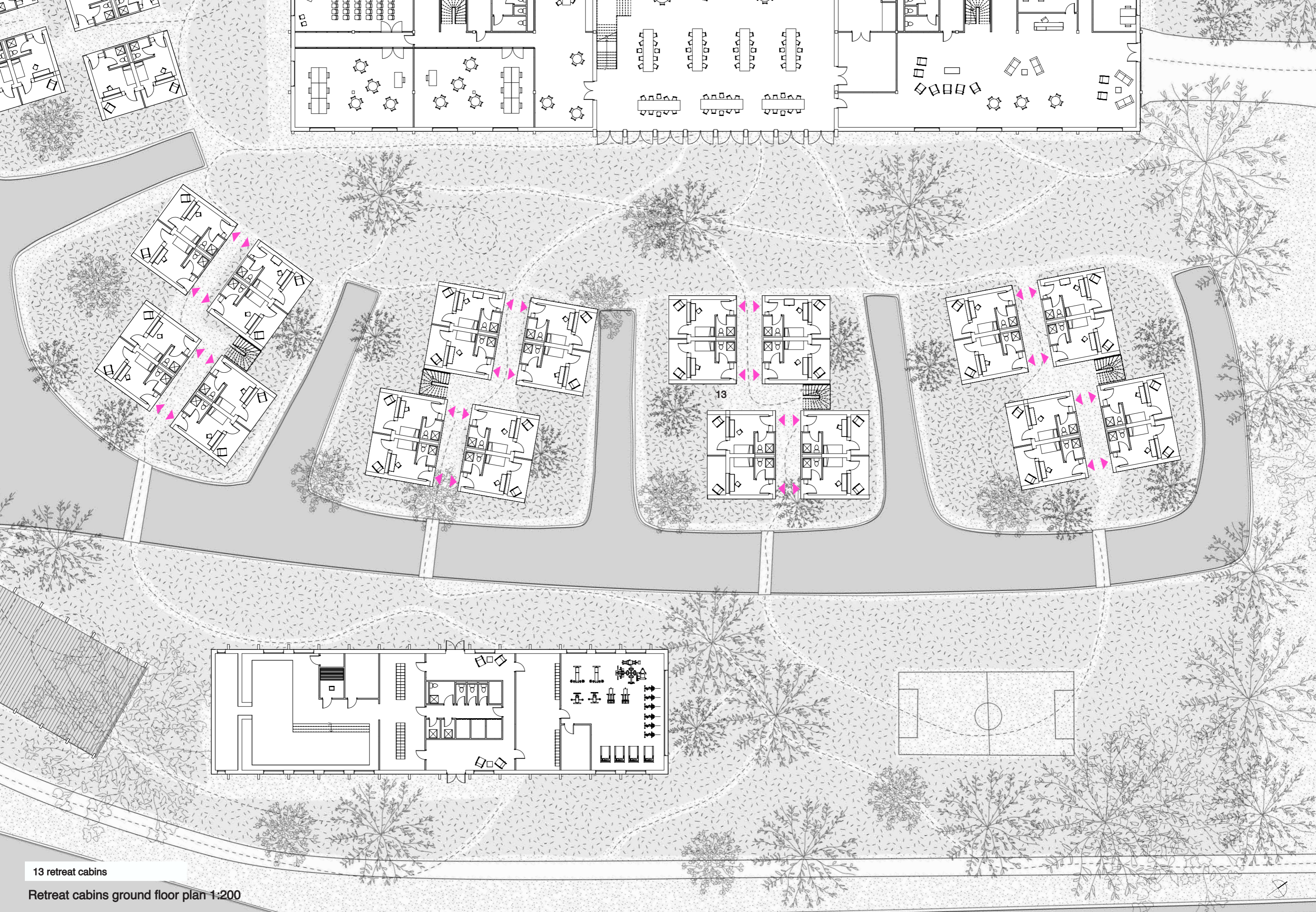




Perspective section 1:50
Communal building

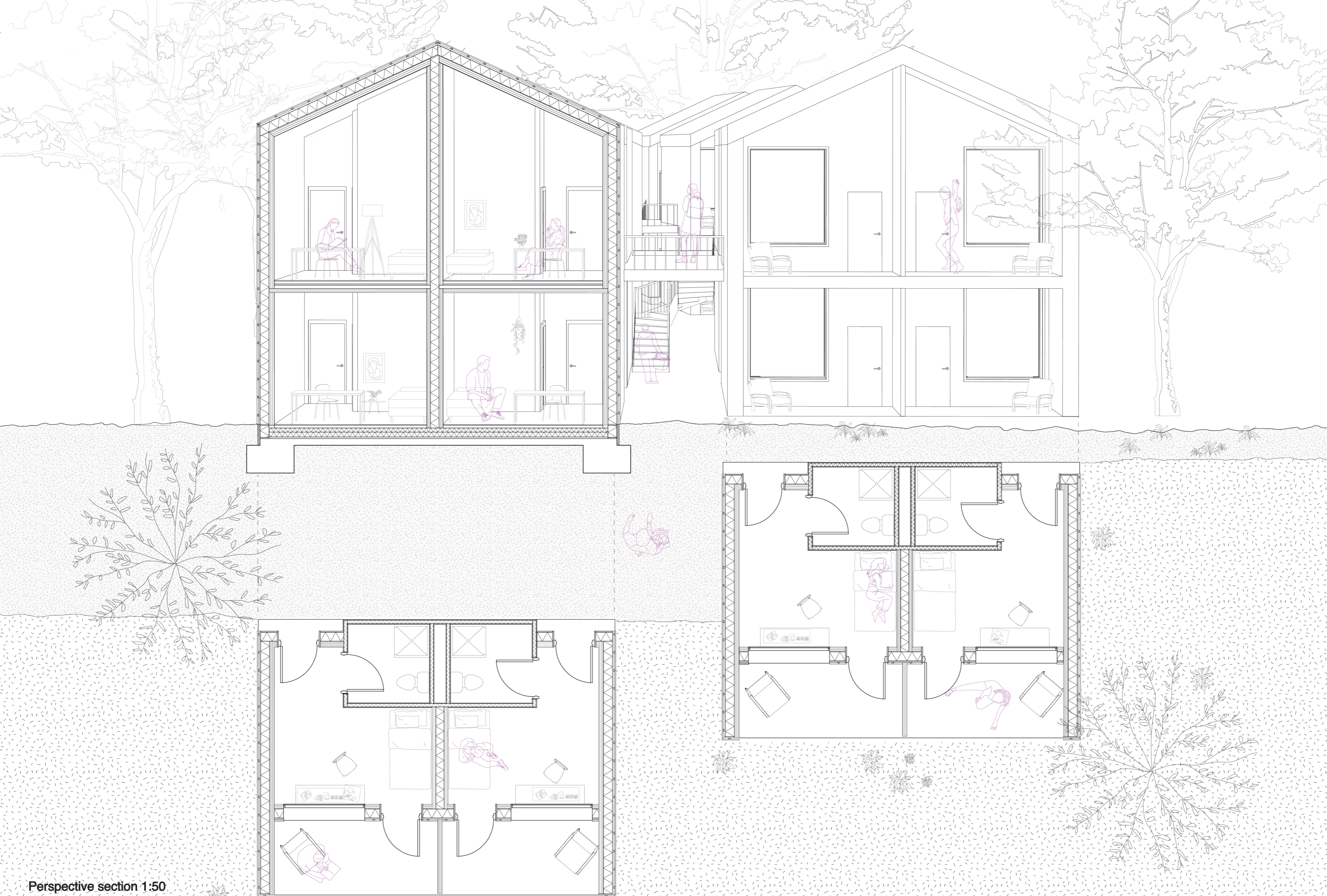


Retreat cabins ground floor plan 1:200

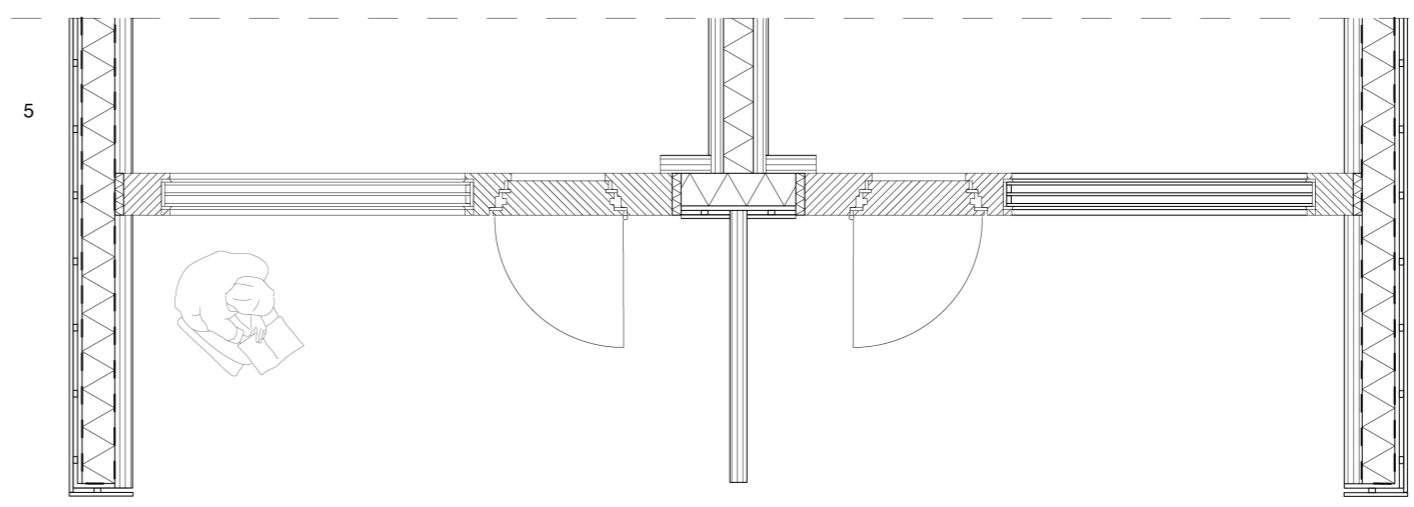
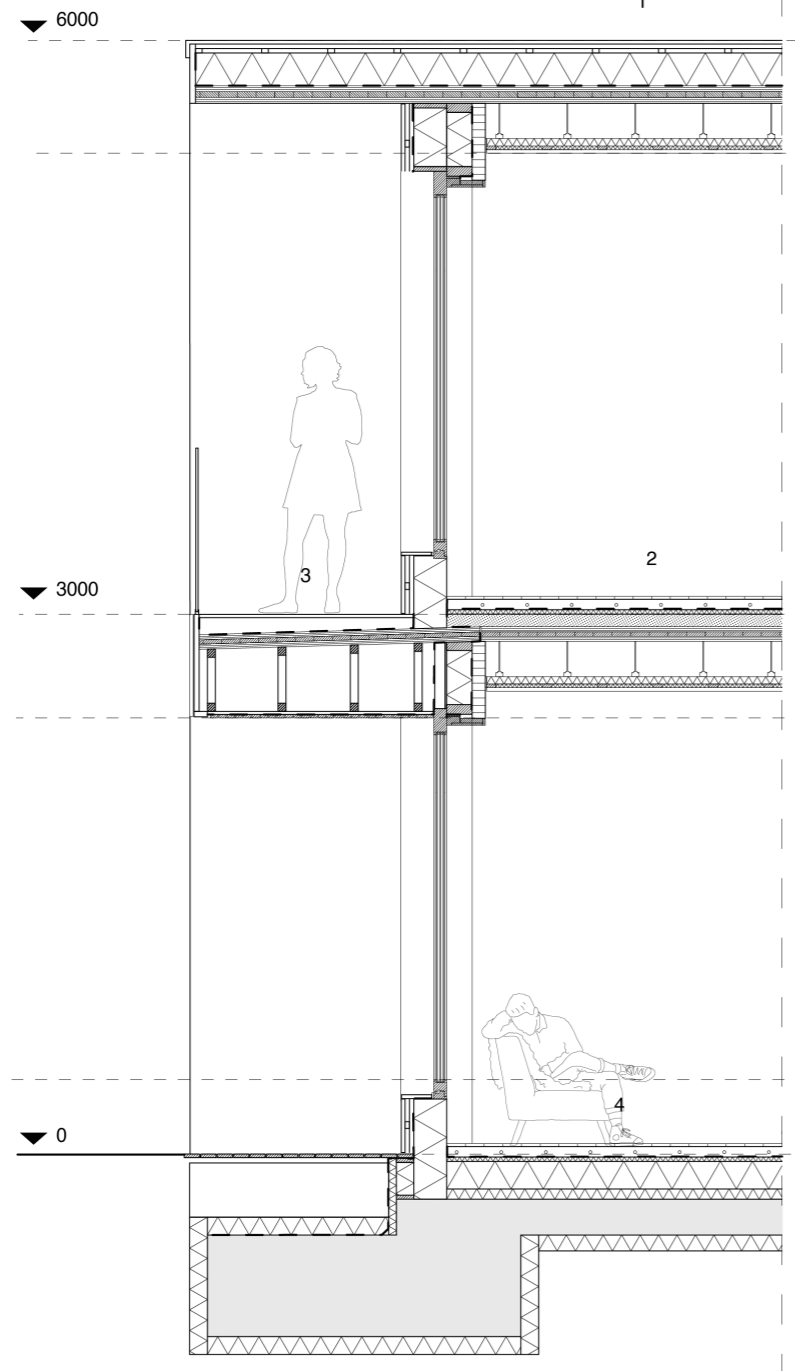


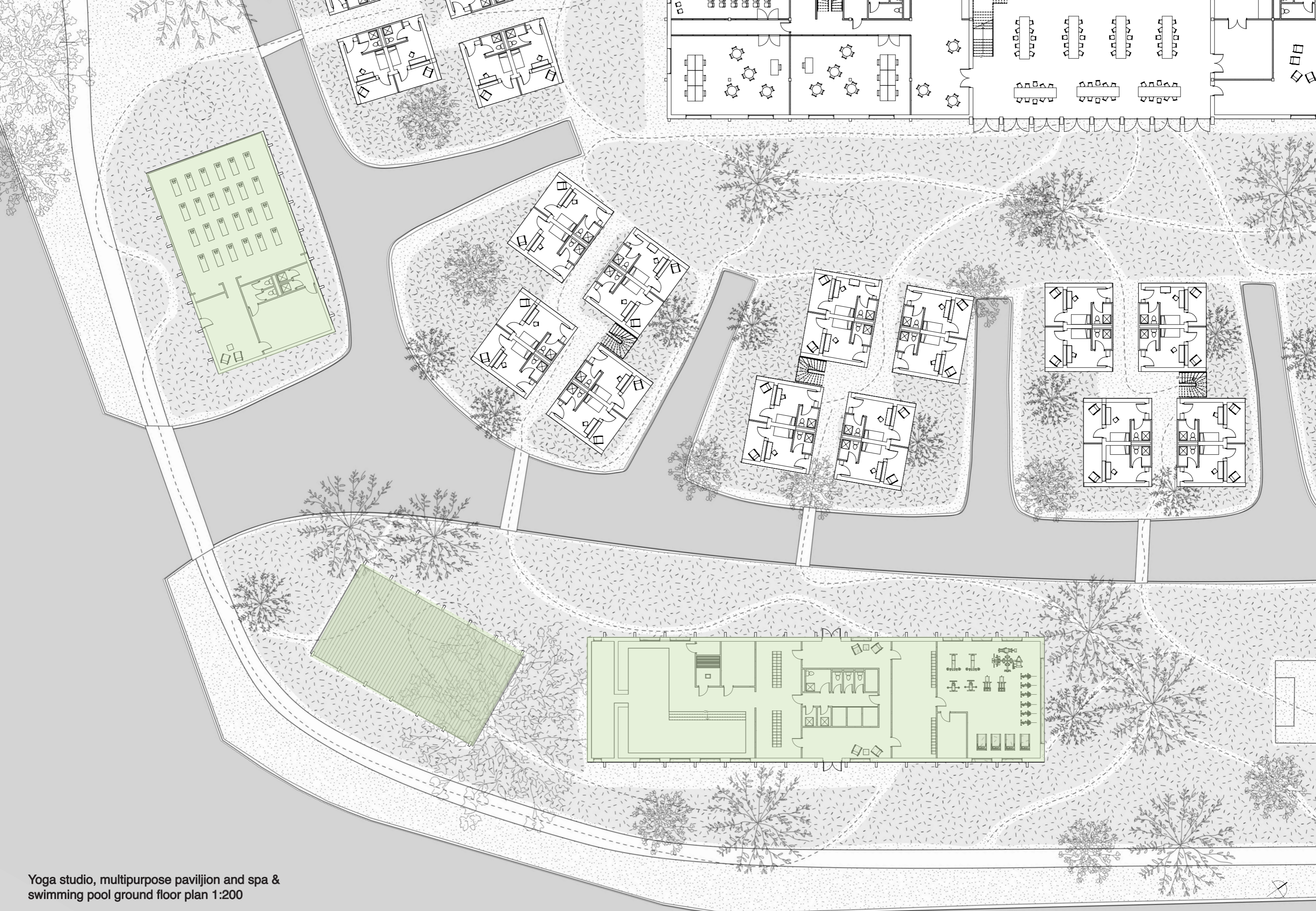
13 retreat cabins

Retreat cabins ground floor plan 1:200

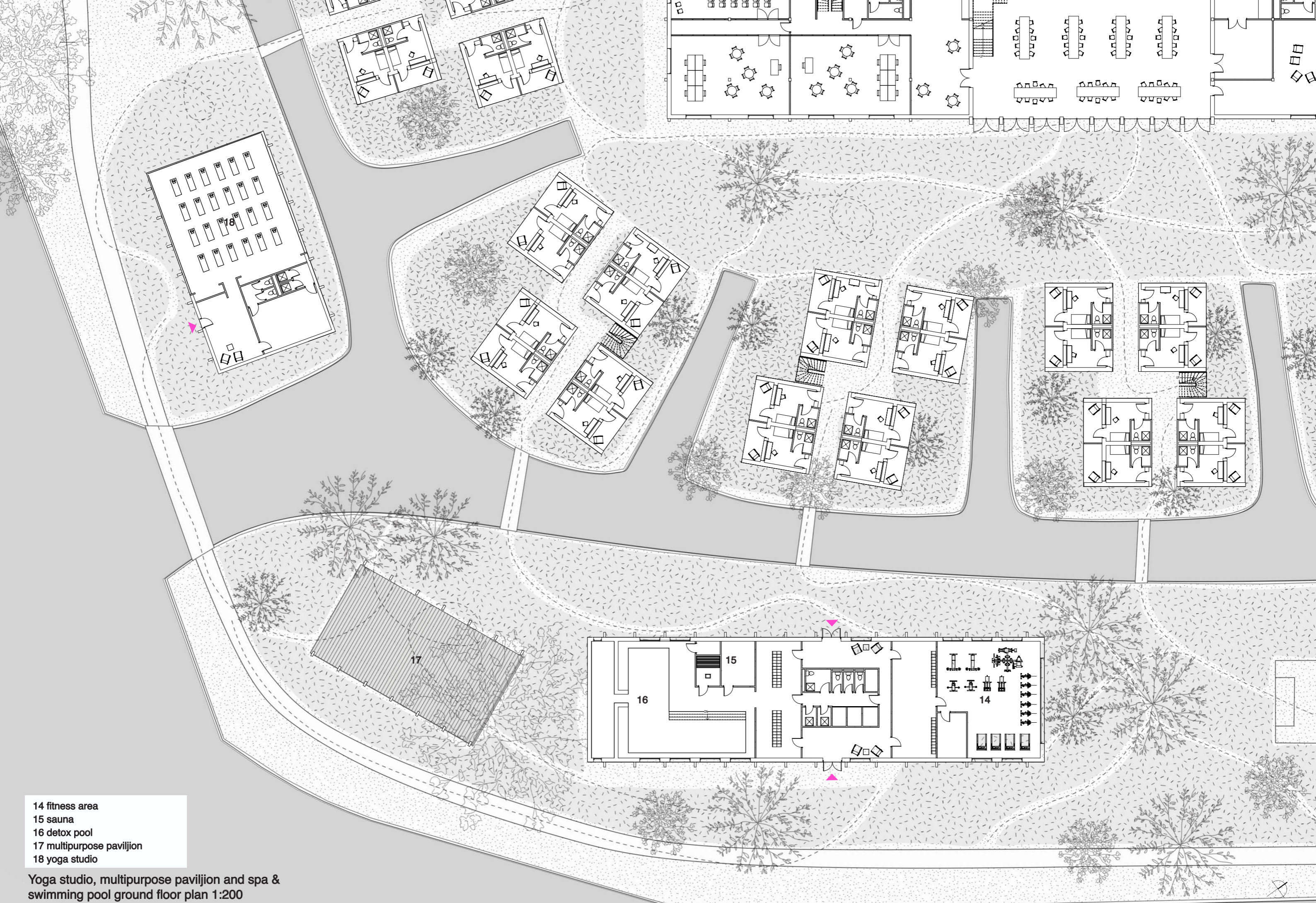


Perspective section 1:50
Retreat cabins





Yoga studio, multipurpose paviljon and spa & swimming pool ground floor plan 1:200



- 14 fitness area
- 15 sauna
- 16 detox pool
- 17 multipurpose paviljion
- 18 yoga studio

Yoga studio, multipurpose paviljion and spa & swimming pool ground floor plan 1:200





*Offline Together:
A Post Digital Retreat For The Post Digital Generation*



Thank You.