

ANOUCK VAN 'T SCHIP

A

FEMALE

PRACTICE

PATTERNS OF  
OPPORTUNITY  
BOOKLET

# A FEMALE PRACTICE

Re-designing opportunity structures for young professional women in Almere

Part of Master Thesis, A3 report

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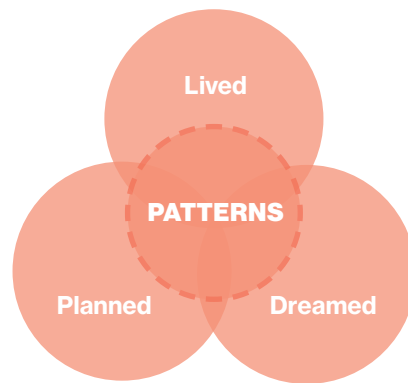
Delft University of Technology  
June, 2026

This booklet presents the full range of 47 patterns of opportunity discussed in Chapter 04 The Dreamed, of the main research report, entitled: A Female Practice.

### 04.1.1 Introduction

The patterns of opportunity are spatial principles that translate the research findings from the previous chapters into concrete design strategies. Each pattern identifies a recurring spatial condition could actively support the daily lives of young professional women in Almere. Together, they form a pattern language, a toolkit of interconnected interventions that can be applied at multiple scales across the city.

The patterns sit at the intersection of three bodies of research that has been developed throughout this report. As illustrated in figure 110, the patterns of opportunity connect:



*Figure 01 Patterns as intersection of the lived, planned and dreamed.*

**The Planned** | the historic and contemporary spatial conditions of Almere, as analysed in chapter 02;

**The Lived** | the daily experiences, constraints, and desires of young professional women in Almere in chapter 03;

**The Dreamed** | the spatial ambitions and design strategies that this chapter develops.

Each pattern is a response to what was found in both the planned and the lived reality of Almere. Where chapter 02 revealed what exists, and chapter 03 revealed what is experienced, the patterns translate these findings into what could be.

#### *Four themes*

The patterns are organised into four thematic categories which are interconnected with each other, but address a distinct dimension of the urban environment:

- A | Access and connectivity in relation to social vitality;
- P | Qualities in Public Space;
- D | Density, typology and zoning;
- H | Size and Affordability of homes;

*Evidence*

Each pattern is grounded in one or more of three evidence types:

- ▲ **Theory** | drawn from the theoretical framework established in chapter 01, building on the work of Jacobs (1961), Massey (1995), Mehta (2014), and Young (1990)
- **Reference** | evidenced by built precedents, further developed in section 4.1.2
- **Empirical** | derived from the interviews and walk-along research conducted in Almere, as discussed in chapter 03

The combination of these three sources strengthens the validity of each pattern. Where a pattern is supported by all three, it can be considered robustly evidenced. A small number of patterns emerge exclusively from built precedent and are therefore introduced in section 4.2.

*Spatial and value dimensions*

Each pattern is accompanied by two sets of sliders that indicate its spatial and value dimensions.

**Spatial** sliders describe the context in which a pattern is most relevant:

- Scale** | ranging from the home to the city level;
- Publicness** | from fully private to fully public space;
- Density** | from low to high density environments;
- Longevity** | from short-term interventions (zoning, programming) to long-term structural changes (built form).

Value sliders indicate the degree to which a pattern contributes to each of the four core **values** identified in the introduction of this report:

- Autonomy** | the ability of women to move through, appropriate space, work with less constraints and inhabit the city independently;
- Care** | the degree to which the pattern supports care-related tasks and responsibilities;
- Gender equality** | the extent to which the pattern addresses spatial gender imbalance;
- Safety** | the contribution to perceived and actual safety in the built environment.

All sliders operate on a scale of 0 (no impact) to 4 (maximum impact).

## 4.1.2 Pattern booklet

- : Theme
- : A - Access and connectivity;
- : P - Qualities in Public Space;
- : D - Density, typology and zoning;
- : H - Size and Affordability of homes;

- : Number within theme
- : Embedded in Almere

: Spatial implications

: Value contribution

**X.0 A - Title**

Description summarising the principle and hypothesis

*Illustration of pattern*

Spatial		Values	
Scale		Autonomy	
<i>Home</i>	<i>City</i>	<i>Min</i>	<i>Max</i>
Publicness		Care	
<i>Private</i>	<i>Public</i>	<i>Min</i>	<i>Max</i>
Density		Gender Equality	
<i>Low</i>	<i>High</i>	<i>Min</i>	<i>Max</i>
Longevity		Safety	
<i>Short term</i>	<i>Long term</i>	<i>Min</i>	<i>Max</i>

R:

: Relation to the following patterns

: The slider shows the influence on a specific theme

- ▲ Jacobs, 1961
- ▲ Massey, 1995
- ▲ Mehta, 2014
- ▲ Young, 1990

Evidence is based on:

- ▲ Theory
- Reference (further discussed in 4.2)
- Emperical

- F Frauen werk Stadt, Vienna
- H Hunziker Areal, Zurich
- W De warren, Amsterdam
- A Alexandra Road estate, London
- E Elinor Ostrom Park, Aspern

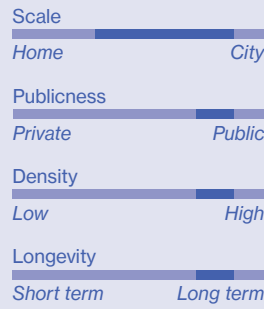
### A.1 Main public street

Connects and facilitates amenities and services for female needs. It is a qualitative structure with variety of activities for different users and provides space for interaction and leisure.



R: A2, P1, P2, P3, P5, P6, P7, P9, P10, P11, P12, D1, H2, H4, D5, D9, D10, D13

#### Spatial

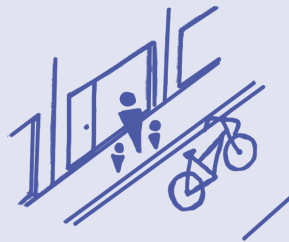


#### Values



### A.2 Publicness is easily accessible

Publicness is easily accessible: Public structures are easily accessible by public transport and for slow and medium-speed traffic, with those in mind who carry out care and domestic tasks.

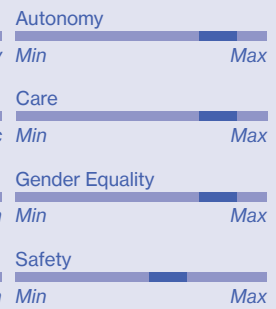


R: A1, A3, A6, A7, P8, P9, P10, P11, D1, D2, D12

#### Spatial

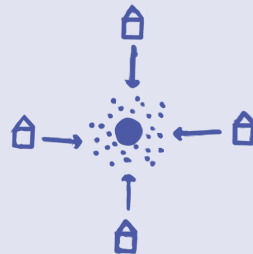


#### Values



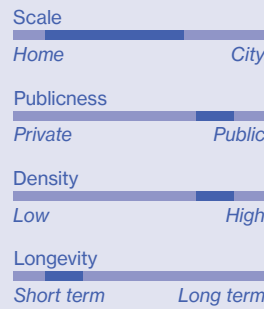
### A.3 Close proximity of amenities

Close proximity of amenities: Locating amenities and services related to care and domestic tasks in close proximity to residential areas to save valuable time and limit trip chaining.



R: A2, A4, A6, A7, P6, D1, D2, D19, D20

#### Spatial

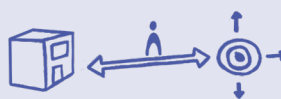


#### Values



### A.4 Last mile

Facilitate safe and short public pedestrian travel from home or other locations, towards public transport nodes, or a medium to fast vehicle parking node.



R: A3, A5, A6, A7, P1, P9, P10, P11, D1, D5, D6, D7, D8, D9, H2, H4

#### Spatial

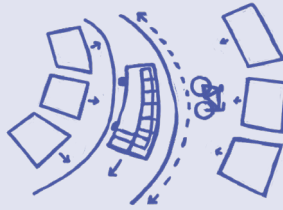


#### Values



### A. 5 Mobility zones within view

Clearly defined mobility zones and junctions within view, supported by building facades that overlook these zones and junctions, with a minimal amount of openness in the facade, thereby creating an 'eye on the street'.

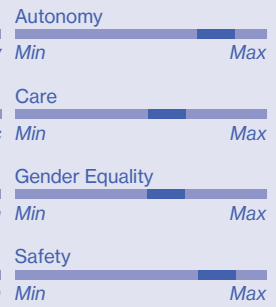


R: A4, A6, P1, H2

#### Spatial

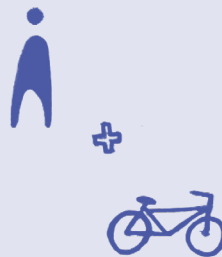


#### Values



### A. 6 Focus on medium to slow transport

Providing a safe, qualitative and accessible pedestrian and bicycle network within the neighbourhood, facilitating enough space, safe crossings, barrier freeness, with awareness and safety in mind.



R: A2, A3, A4, A5, A7, P9, P10, P11, D6, D7, D9

#### Spatial

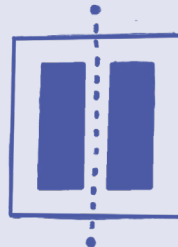


#### Values



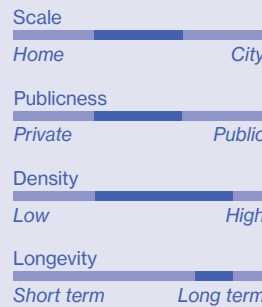
### A. 7 Local permeability through the block

A communal focused route connecting building blocks for more proximity, last-mile safety and activity along communal spaces.

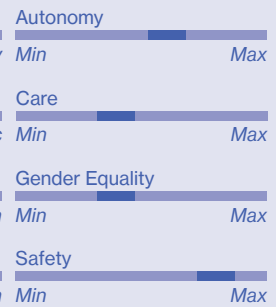


R: A2, A3, A4, A6, A8, A9, D1, D2,

#### Spatial



#### Values



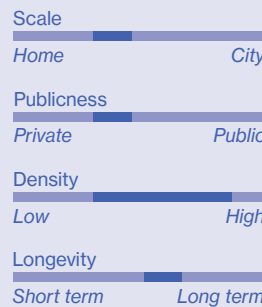
### A. 8 Communal indoor spaces

A variety of communal spaces that combine different functions for diverse types of users for organising activities and share domestic tasks. Facilitating activities like workspaces, spaces to play, undertake hobbies, a shared kitchen and dining space.



R: A7, A9, P3, P4, P12, D2, D6, D7, D14, D16, D18, D20, H1, H3, H5,

#### Spatial



#### Values



### A.9 Communal courtyard

Providing a central space within the building blocks for residents, connected to the communal indoor space. To undertake communal activities and facilitate a safe place for children to play.



R: a7, a8, p1, p3, p5, p12, d6, d7, d14

#### Spatial

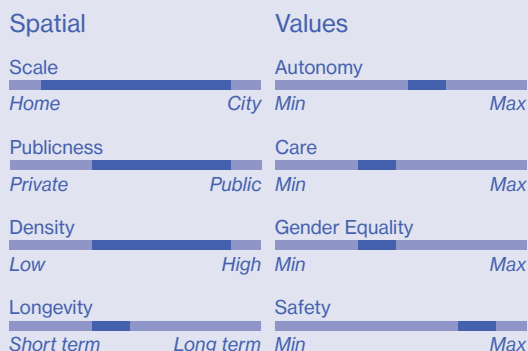


#### Values



### P.1 Eyes on the street

This is facilitated by activity at different times of the day and on different levels, by creating more activity on the ground floor and making the facades more open and focused on the street, while directing the internal activity of buildings towards public life. This creates a safer experience of public and communal spaces.

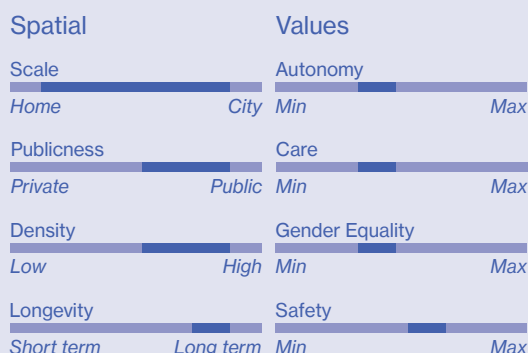
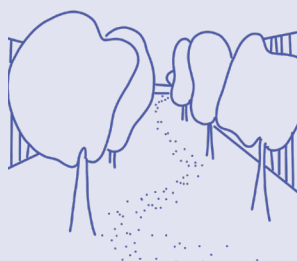


R: A1, A4, A5, A9, P2, P10, P11, D4, D5, D9, D10, D13, H2, H3, H4



### P.2 Design views

Guide and preserve views towards qualitative spaces and desirable directions.

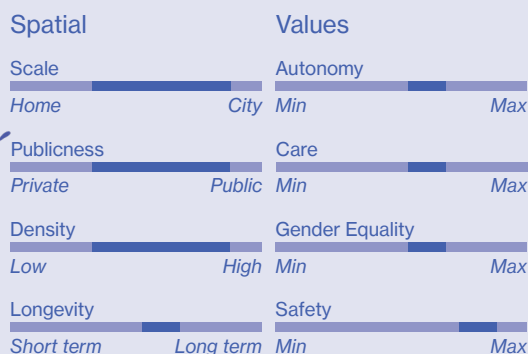
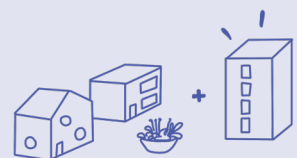


R: A1, P1, P3, P5, P7



### P.3 Local identity

Stimulating local identity through meaningfulness on the smaller and larger scale. Residents feel that the (semi-) public space is theirs, significant to them and reflective of their identity. Using existing qualities of the landscape, buildings and spaces. While also facilitating space for forming a new local identity through different scales.

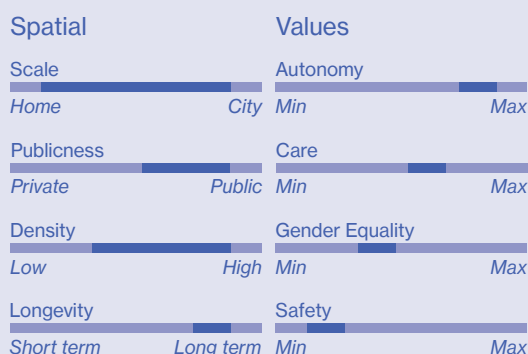
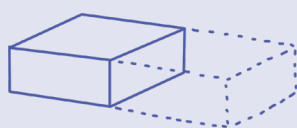


R: A1, A8, A9, P2, P4, P5, P9, D1, D6, D7, D8, D11, D13, D18, D20, H3



### P.4 Able to retrofit for future re-evaluation

Incorporating flexible space and budget to accommodate changes in the housing, amenities or longer-term needs of female residents, ensuring the neighbourhood and its residents continue to be satisfied.

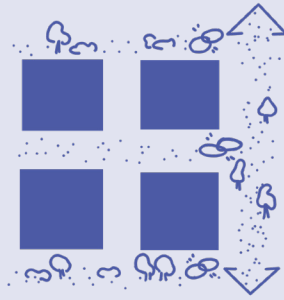


R: A8, A9, P3, D11, H5, D16, D18



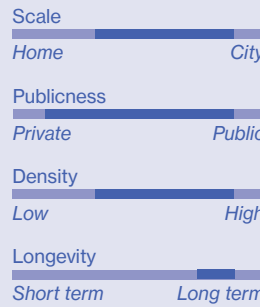
### P. 5 A - Integrating green structures

Integrating green structures into the built environment. This involves connecting existing structures with and by new ones to create pleasant environments and climates in public and private spaces.



R: A1, A9, P2, P3, P6, P8, D1, D2, D9, D17

#### Spatial



#### Values



### P. 6 Links to recreational routes

Provide connections from communal and public spaces to green structures and recreational routes. Integrate qualitative, accessible and safe pedestrian lanes for walking, running, cycling and other activities. This will make the spaces available for different female users.



R: A1, A3, P2, P5, P7

#### Spatial

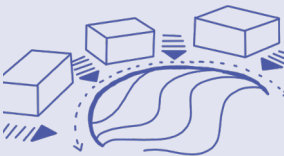


#### Values



### P. 7 A - Link to the waterfront

An active leisure route runs along the waterfront, offering beautiful views and places to rest, picnic or undertake other activity. The built environment opens up towards the waterfront, connecting the active route to the neighbourhood and providing pleasant views, while encouraging female residents to enjoy the route.



R: A1, P2, P6, D17

#### Spatial

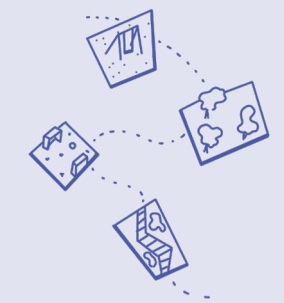


#### Values



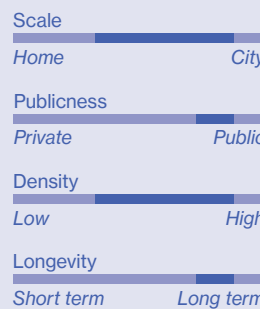
### P. 8 Diversity and dispersion of public spaces

Smaller and medium sized communal and public spaces are located throughout the district. Providing spaces for females to meet, rest or play and to let children play within varying programme, costs and quality. A balance of planned interaction and movements for spontaneous exchange is needed.



R: A2, P5, D13

#### Spatial

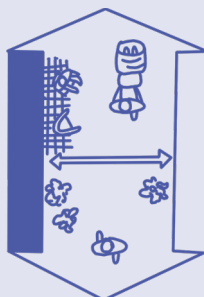


#### Values

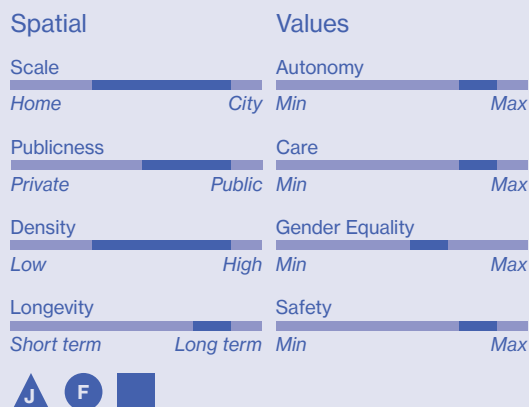


### P. 9 Wide pedestrian path

Providing a spacious pedestrian pathway on public and communal streets to enable safe and enjoyable walking, while appropriating space for residents and increasing safety and home privacy, and creating more public space in densely populated areas.

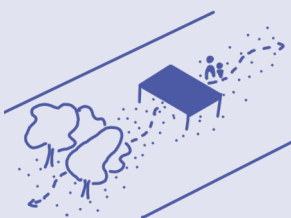


R: A1, A2, A4, A6, P3, D7, P12, H3

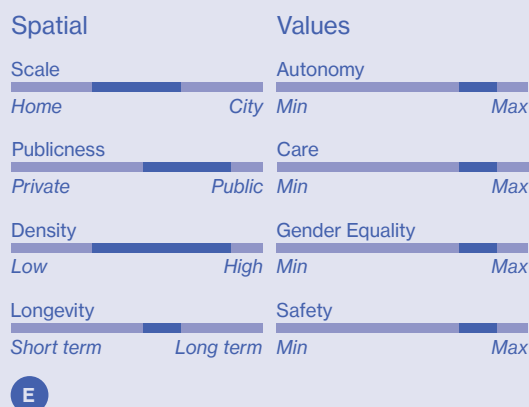


### P. 10 Facilitating public shelter

Provide spatial elements for shelter against weather conditions, combined with elements for resting, slowing down or watching children, along public and communal routes. These are located in clear view and with good lighting after dark.



R: A1, A2, A4, A6, P1, D12

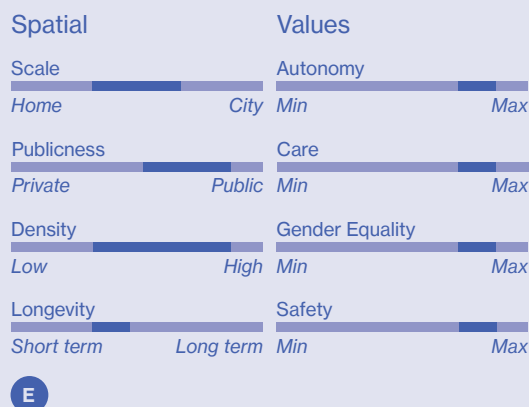


### P. 11 Facilitating public seating

Provide spatial elements for resting, slowing down or watching children, along public and communal routes. These are located in clear view and with good lighting after dark.



R: A1, A2, , A4, A6, P1, P10, D12

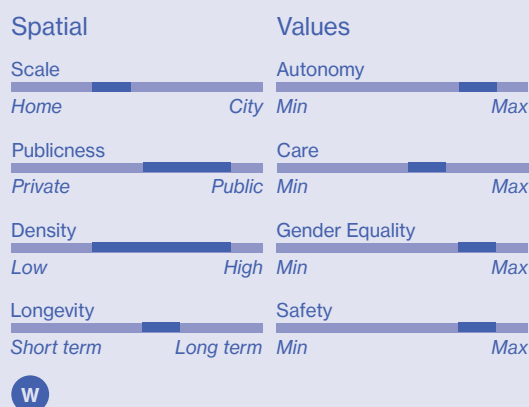


### P. 12 Outside space for inside functions

Making and reserving space for publicness, connecting to communal indoor space, and providing outside space for along public structures for public functions to activate the ground floor. Providing space for female residents and businesses to meet, expand in good weather and for activities and play.

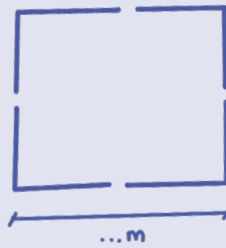


R: A1, A8, A9, P9, D13, D17



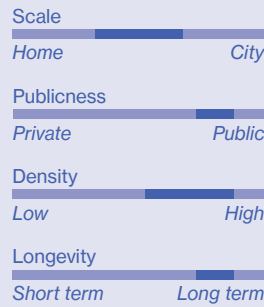
### D.1 Short blocks

Encourages interaction between female residents and visitors by stimulating more pedestrian activity and concentration in and along public structures. It creates permeability in the neighbourhood and facilitates proximity to amenities, making the neighbourhood more accessible and safe.



R: A1, A2, A3, A4, A7, P3, P5, D3, H1

#### Spatial



#### Values



### D.2 Open blocks

Providing a central communal outdoor space where residents can meet, play or rest. It encourages interaction and creates more permeability and proximity to amenities, while providing safety.



R: A2, A3, A7, A8, P5, D3

#### Spatial

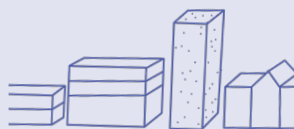


#### Values



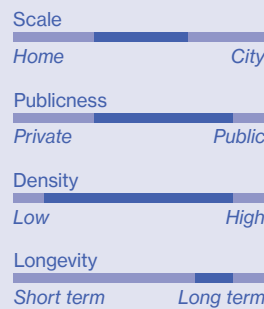
### D.3 Diverse plots and volumes

Creating a diverse range of parcels, volumes and architecture, as well as FSI and GSI, in neighbourhoods while taking the current situation into account. This includes a variety of architectural styles, typologies, ages and property prices, as well as buy-to-let and rental properties. Stimulating affordability, flexibility and identity for women.

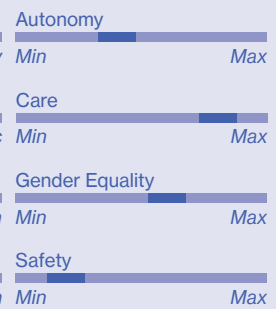


R: D1, D2, D4, D6, D8, D10

#### Spatial

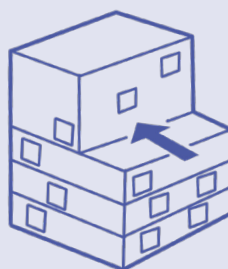


#### Values



### D.4 Setback

Human-scale building facades are introduced with a setback when buildings reach a certain height. This creates the perception of a lower height for female pedestrians and provides a degree of openness, while enabling higher densities.



R: P1, D3, D8, H1

#### Spatial



#### Values



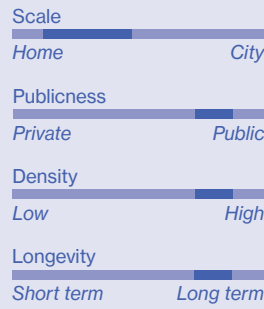
### D.5 Densities focused on public street

Availability of affordable housing for women in well-located, central areas. Stimulating pedestrian and bicycle activity along public structures and facilitates proximity to amenities for a large number of residents.

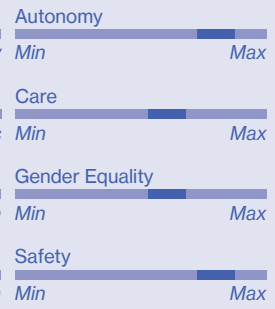


R: A1, A4, P1, D10, D11, H1

#### Spatial

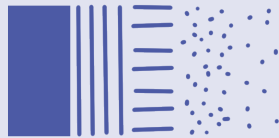


#### Values



### D.6 Gradients of privacy

Integrating a variety of kinds of privacy, within publicness, communal and more private areas. By using landscape elements and the built environment through different scales.



R: A4, A5, A8, A9, P3, D3, D7, D9, H1, H2

#### Spatial

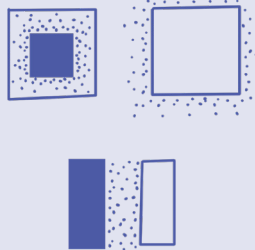


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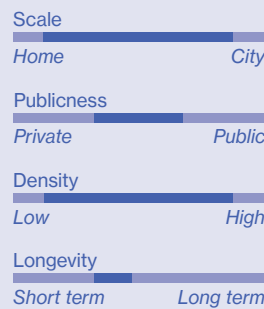
### D.7 Transition zones

Create transition zones for volumes, spaces and activities. With a soft fade between volumes, spaces and buildings where different functions and levels of publicness or privacy overlap. Instead of a harsh transition.



R: A4, A6, A8, A9, P3, P9, D6, D11, H1, H2

#### Spatial

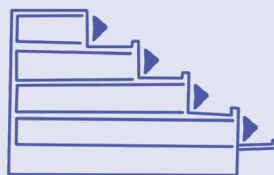


#### Values



### D.8 A - Terraced apartments

Create high-quality private terraces for all types of apartments, regardless of price, that face out onto the public realm. This will strengthen the local identity and increase activity on the public street side, thereby improving safety.



R: A4, P3, D3, D4

#### Spatial



#### Values



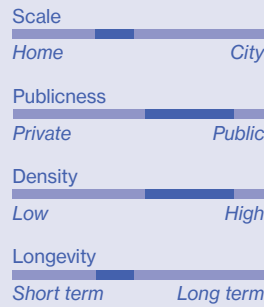
### D. 9 Active ground floor use

Activate the ground floor to encourage more public activity and create a safer environment by allowing more flexibility in zoning plans. This will make it easier for commercial, communal or home-based businesses to start up, expand and promote themselves.



R: A1, A4, A6, A9, P1, P5, D6, D10, D13, D11

#### Spatial

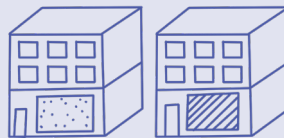


#### Values



### D. 10 Vertical Mixed use

A vertical mix of functions creates active ground-level activity and stimulates plinths and streets. This mainly occurs with shops, services and amenities focused on care and domestic tasks. Activating public structures, creating better accessibility and clustering the amenities, primarily along public structures.



R: A1, P1, D3, D5, D9, D13

#### Spatial



#### Values



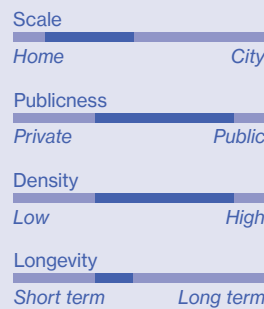
### D. 11 Flexible zoning plan

Providing support and flexibility to home-based businesses to promote, activate and expand. The flexible layout of homes and focus on the ground floor will also create more activity on the local street.



R: P3, P4, D5, D7, D9, H3, H5

#### Spatial



#### Values



### D. 12 Clustering care amenities

Organise care amenities and businesses and their fronts around a public square or/and main streets to make use of shared public spaces. This saves women's valuable time and limit trip chaining.



R: A2, P10, P11, H3

#### Spatial



#### Values



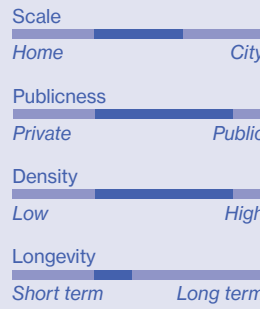
### D.13 Third spaces

Existing qualitative spaces, as well as new ground-based spaces along the public structures, provide opportunities for the creation of new third spaces. The spaces vary in size and are located alongside public structures to encourage planned interaction and spontaneous encounters.

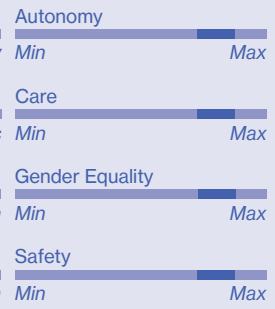


R: A1, P1, P2, P8, D9, P12, D10, D14, D15, D16, D18, D20, H3

#### Spatial

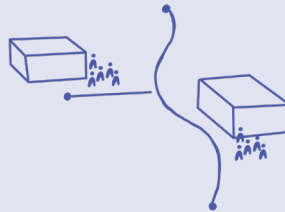


#### Values



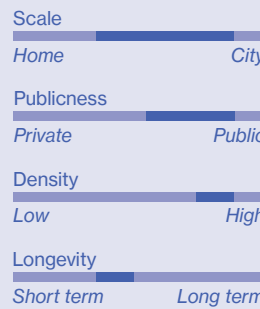
### D.14 Space for meeting a large group

Qualitative and affordable indoor spaces, along a public or semi-public structure for various activities, including local initiatives, community-based activities, entrepreneurial activities, leisure, lessons and other business activities.



R: A8, A9, D13, D15, D16, D19, H3

#### Spatial



#### Values



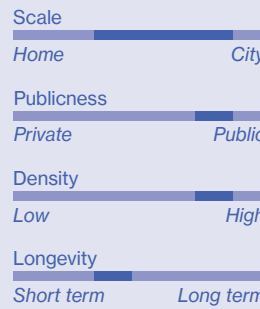
### D.15 Cafe for business meetings

A place where working women can meet business partners close to home to discuss business in a qualitative, accessible and central location with a local identity.



R: P5, P7, D13, D14, D16, D17, D20

#### Spatial

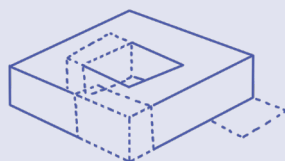


#### Values



### D.16 Flexible spaces

Various spaces of different sizes, located inside or outside. These spaces facilitate the current and future needs of women, mostly for temporary and neighbourhood-focused use.



R: A8, P4, H3, H5, D13, D14, D15, D17

#### Spatial

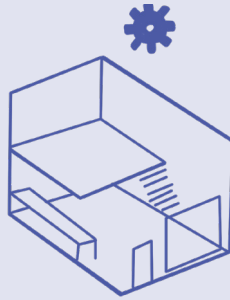


#### Values



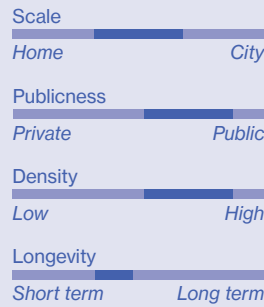
### D. 17 Flexible Maker-spaces

Makers space for temporary use with enough space for machines, craftwork, instruments or other larger items. These spaces are mainly organised within public or semi-public structures and can also be used for selling products or services.



R: P12, D13, D15, D16, D19

#### Spatial

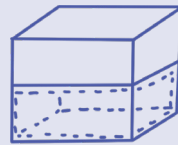


#### Values



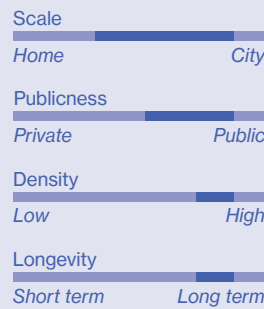
### D. 18 Affordable structures

Preserved buildings that have been paid off carry spatial traces of the local area and have a social history. Together with new affordable structures, they facilitate space for communities and other public functions in the neighbourhood.



R: A8, P3, P4, D13, D14, D16, D17, D20, H3

#### Spatial

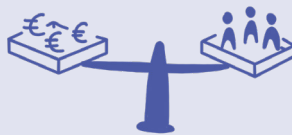


#### Values



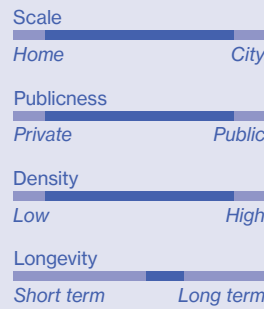
### D. 19 Balance work - resident density

A balanced local availability of diverse employment options across educational levels and sectors, in proportion to the number of female residents.



R: A3, H1, H3, D14, D17, D20

#### Spatial



#### Values



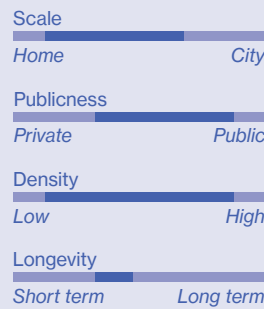
### D. 20 Flexible workspaces

Affordable and flexible workspaces where women can work at a desk or in a workshop, host small business meetings, and interact with others. Ideally, these spaces would be integrated into the layout of the home or located in close proximity to it, as well as to other care- or domestic-related functions.



R: A3, A8, P3, D13, D15, D18, D19

#### Spatial

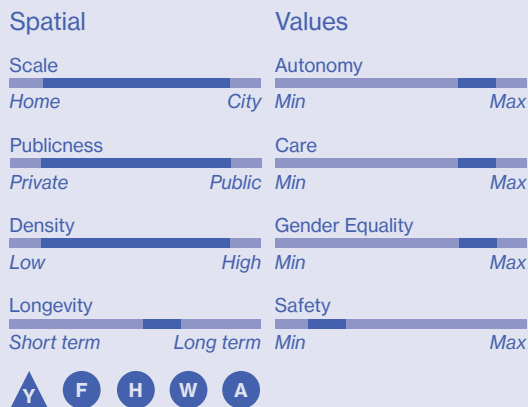
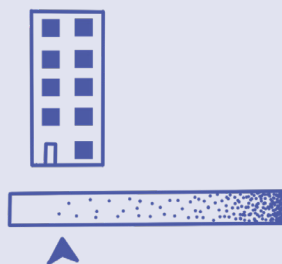


#### Values



### H.1 Affordable housing

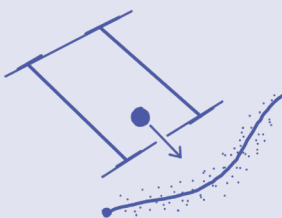
The availability of affordable housing in well-located, central areas provides housing options for females from diverse backgrounds and with different opportunities. This can be achieved by providing housing for diverse budgets and with varying styles, typologies, layouts and uses.



R: A8, A9, D1, D4, D5, D6, D7, D19

### H.2 Lay-out is focused on the public street side

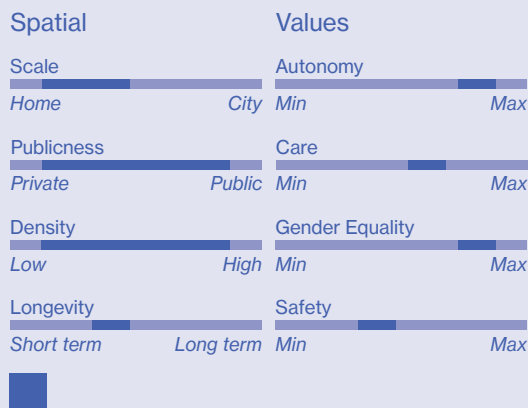
The housing layout is focused on the public street side, with dining or living spaces facing outwards. This creates more activity and safety on the street by having more eyes on it, especially after dark.



R: A1, A5, P1, D6, D7

### H.3 Home based businesses

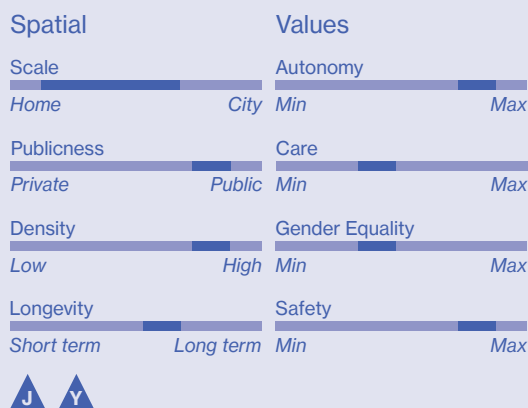
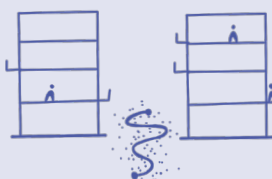
We facilitate and encourage home-based businesses for women, with flexible home layouts and easily adapting the zoning plans. This enables entrepreneurs to promote and activate home-based businesses, with a focus on the ground floor.



R: A8, P1, P3, P9, H1, H5, D19

### H.4 Apartments along public street

The availability of affordable housing in well-located, central areas provides housing opportunities for women from diverse backgrounds. The location on a public street combined with higher density encourages more activity and vibrancy on the street. These types of structures attract small households, first-time buyers or renters.



R: A1, A4, P1

## H.5 Diverse housing options

Providing diverse and flexible housing options in terms of budget and typology for different family set-ups and stages of life, including alternative housing models.



### Spatial

Scale  
Home City

Publicness  
Private Public

Density  
Low High

Longevity  
Short term Long term

### Values

Autonomy  
Min Max

Care  
Min Max

Gender Equality  
Min Max

Safety  
Min Max

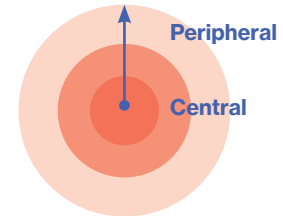
R: A8, P4, D11, D16, H1, H3





#### 04.1.4 Pattern network

The pattern network visualises the relational web between all 46 spatial principles, with the size of a node reflecting the number of connections each pattern holds within the system (figure 121). The map reveals a clear hierarchy, where highly connected and central placed patterns underpin the entire framework, and more peripheral patterns address specific spatial conditions.



##### *Strategic patterns*

The most connected patterns are A.1 (Main public street), A.4 (Last mile), P.1 (Eyes on the street), P.3 (Local identity), A.8 (Communal indoor spaces) and D.13 (Third spaces). These form the strategic backbone of the framework. Their centrality confirms that reconfiguring Almere's public street network and pedestrian connectivity is the most urgent spatial priority, directly responding to the car-dependent urban structure identified in chapter 02 and the complex daily mobility patterns uncovered in chapter 03.

##### *Cross-theme bridges*

Several patterns bridge multiple themes simultaneously. A.8 and A.9 connect access and connectivity directly to density and housing, revealing that communal space is a structural condition rather than a programmatic addition. H.3 (Home based businesses) sits centrally between housing and public space themes, reflecting the empirical finding that young professional women increasingly blur the boundaries between domestic and professional life.

##### *Takeaways for the design phase*

Three principles emerge to guide the translation into spatial strategies in sections 04.2 and 04.3:

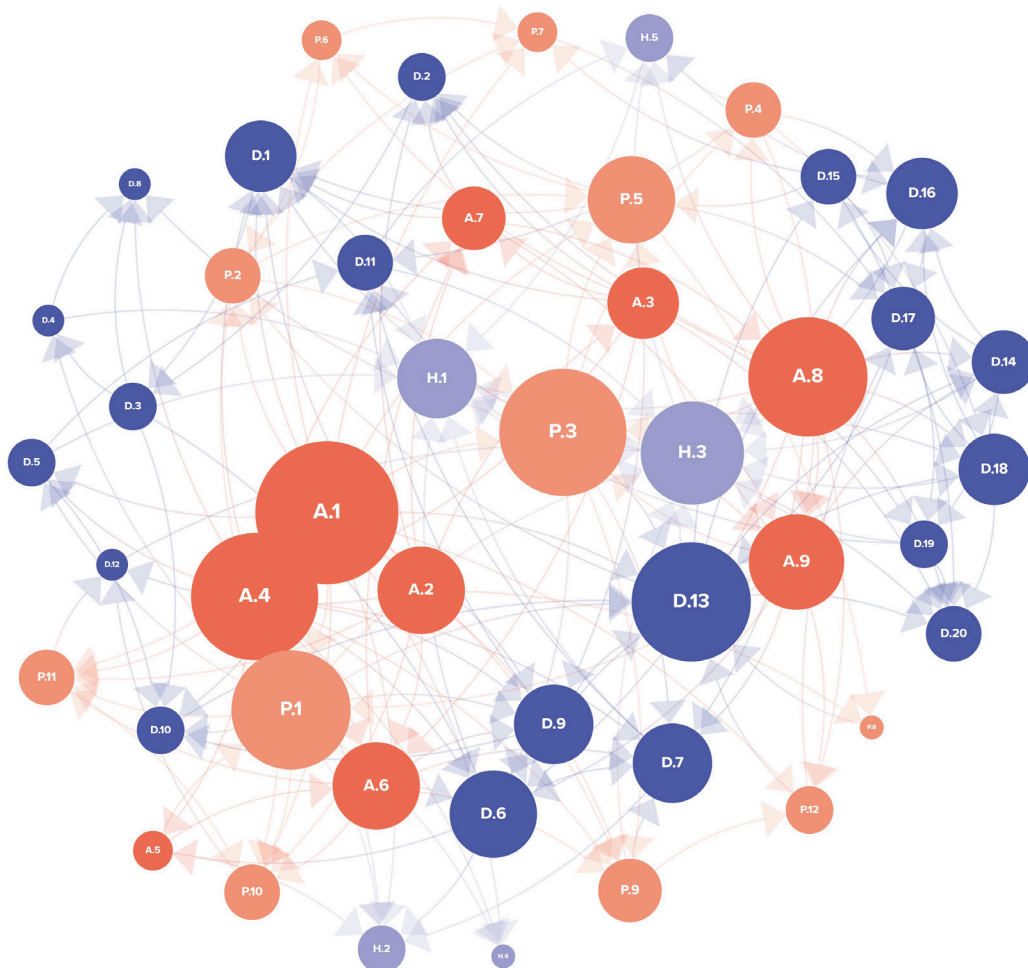
**Start from the centre** | strategically the most connected patterns will be used in the first steps, as peripheral patterns cannot function without this foundation;

**Design for cross-theme coherence** | the most effective interventions address multiple themes simultaneously rather than resolving one theme in isolation;

**Layer from large to small scale** | central patterns operate at neighbourhood and city scale, peripheral patterns at block and dwelling scale; the design proceeds accordingly.

To interact with the network and see the interlinks, this QR code leads to the network visualised in KUMU.io.





**Pattern network of opportunities for young professional women in Almere**

- Access and connectivity
- Qualities in Public Space
- Density, typology and zoning
- Size and Affordability of homes
- Most connected patterns
- Less connected patterns

*Figure 02 Explanation hierarchy of network*

*Figure 03 QR code to live network (generated with Adobe Express)*

*Figure 04 Pattern network of opportunities for young professional women in Almere. (Created with KUMU.io)*

