Revitalizing Sundholm

Prompt: Create an image based on A Blueprint for Healthier, Safer Public Spaces.
a vibrant building in style of a blueprint

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A **Blueprint** for Healthier &
Safer Public Spaces

''There are several residents and associations who feel unsafe -in Sundholm-. This despite the fact that there are rarely incidents where it is necessary to call the police''

''The narrative of an unsafe neighborhood sticks, and the bad reputation gives people who don't live there a negative image of the area''

''The lack of social spaces, life between the houses, playgrounds and a center to gather reinforces the experience of a divided neighborhood''

''The neighborhood is very divided into different social groups that keep to themselves. Some groups are very territorial''

"Around Sundholmsvej there is great potential for creating places that can build a bridge between those who do not fit into society's coffers and the rest of the neighborhood's citizens"

ABSTRACT
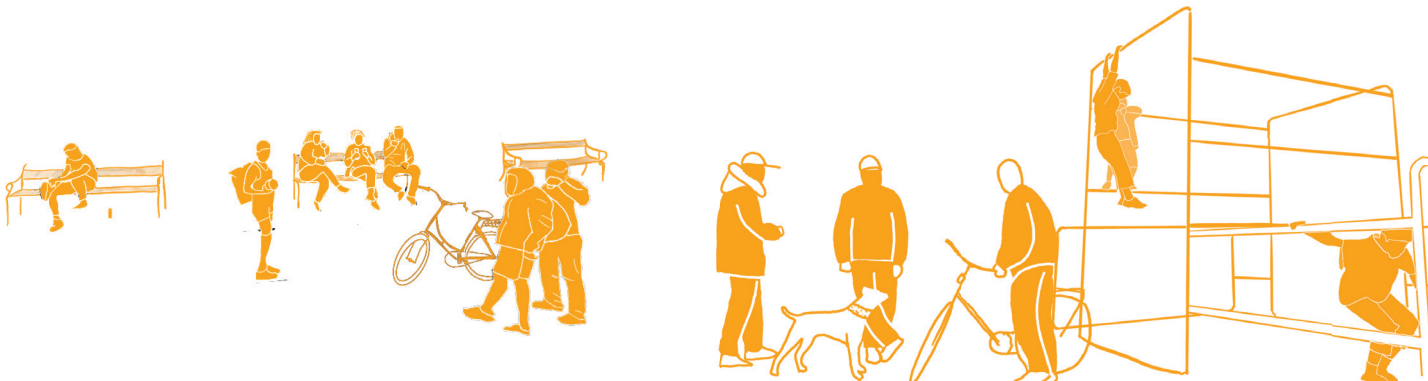
This research will investigates the role of public architectural design in enhancing well-being and safety in socio-economically challenged neighborhoods, with a focus on Sundholm, Copenhagen. Sundholm is a neighborhood known for its concentration of vulnerable residents, high incidence of social tensions, and limited accessible public spaces. Although few major incidents occur, the perception of unsafety remains strong, negatively affecting the community's cohesion and overall image.

The research aims to explore how architectural strategies can transform a public building into a safe, welcoming space. The study will be grounded in the "5 Ways to Well-being" framework, emphasizing community connection, active spaces, and accessible design. Additionally, Neuro-architecture will be implemented, to stimulate the well-being not only on a conscious but also unconscious level.

The goal is to design a public condenser that fosters inclusivity and comfort while enhancing well-being and health, thereby improving social cohesion and residents' quality of life. This research hopes to demonstrate how thoughtful, hybrid architectural solutions can address both well-being and safety, offering a model for similar neighborhoods facing similar challenges.

01. Well-being

02. Feeling safe

03. Neuro-Architecture

04. 5 ways to well-being

05. Social economical challenges

06. Healthiness

07. Connecting young generation

08. Social Responsibility
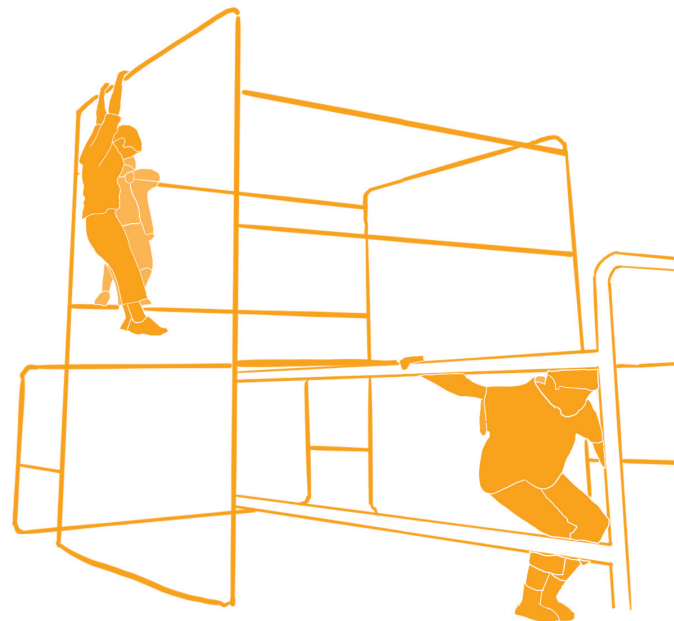
Good access to basic public functions is essential for quality of life. Public buildings, such as community centers, libraries, and health facilities, serve as hubs for social connection, provide access to key resources, and foster a sense of community and belonging. Such spaces improve individual and collective well-being, promote healthy

behaviors, and are shown to reduce social isolation. In Sundholm, opening a public condenser, if done correctly, can be essential for futureproofing the neighborhood. Clashing groups and individuals account for a lot of problems in the area. Confrontations happen between certain groups, which shows not only the tension between individuals and/or ethnic groups, but also a lack of understanding for one another. Because of these clashes within only a small portion of the neighborhood, other residents feel unsafe in Sundholm despite not experiencing any dangerous situations them self's. Furthermore, the narrative of an unsafe neighborhood sticks, and the bad reputation gives people who don't live there a negative image of the area and with that a reason to avoid it.

The social, physical and mental well-being of individuals is lacking in this neighborhood. By implementing design features focusing on the social, physical and mental well-being of the residents, the public condenser can create a secure and inclusive environment that encourages community use that stimulates different groups (especially the youth) to connect in a safe environment. The research thus focuses to design a public building that integrates well-being within all scales of the building including landscape, architectural design, function, and sustainability.

This research aims to demonstrate how targeted design strategies can improve well-being and health for its users. By including neuro-architecture within well-being principles, the project seeks to create a holistic architectural approach that fosters both inclusivity and comfort. It addresses socio-economic challenges in a troubled neighborhood like Sundholm, Copenhagen, where negative perceptions and social tensions impact the community. This project explores how thoughtful, unobtrusive design can transform urban environments into thriving, safe spaces that encourage positive social interactions and resilience.

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In recent years, the role of public buildings has expanded significantly to support not only essential services but also to drive social cohesion, sustainability, and economic inclusivity. Public buildings have increasingly embraced a community-centered model, which emphasizes accessibility, inclusivity, and public engagement. (ERRIN 2024) While this model works for most urban areas, there are always exceptions. The relevance of this project lies in addressing urgent social and urban challenges through innovative architectural strategies. As socio-economically challenged neighborhoods like Sundholm face multiple issues of perceived and actual unsafety, there is a need for public architecture that not only facilitates well-being but also actively promotes a sense of security. By combining the 5 ways to well-being with neuro-architectural design, this research highlights how architecture can play a vital role in transforming public environments. The outcomes of this project aim to provide a replicable model for other cities grappling with similar social and safety concerns, fostering healthier, more connected, and resilient communities.

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5 Ways to Well-being

The focus of this research is to design a public building that integrates both well-being principles and safety-promoting features. The foundation of this approach will be based on the "5 Ways to Well-being," as outlined in the article from Daylight and Architecture, which identifies five key principles: **Connect, Be Active, Take Notice, Keep Learning**, and **Give**. Each of these principles supports individual and community well-being, and when implemented into the built environment and combined with architectural strategies for safety, they can contribute to creating a secure, engaging, and supportive environment (Steemers 2021).

Neuro-architecture

Neuro-architecture is a relatively new field that combines neuroscience with architecture to understand how the built environment influences our brain and behavior. It explores the ways in which design choices impact emotions, cognition, and well-being, on a conscious and unconscious level. Instead of only looking at things that we know ourselfs have an effect on our well-being, Neuro-Architecture shows us changes in the architectural fabric can have a positive impact on our subconscious mind.
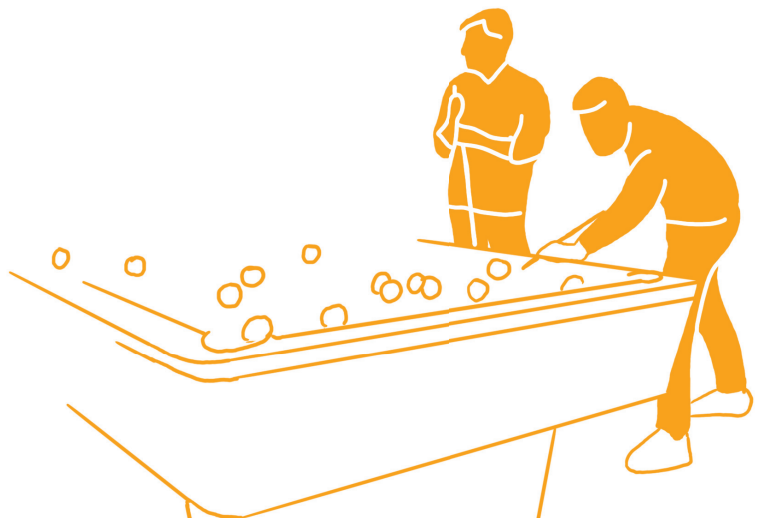
MAIN QUESTION

0. How can architectural design in the Sundholm Neighborhood foster physical, mental, and social well-being across diverse communities within a Public Condenser?

SUBQUESTIONS

1. What design strategies contribute to safety and well-being in a neighborhood with diverse and vulnerable populations?

2. Where are the implementation of specific design features related to well-being the most effective?

3. What habitats need to be included to create a healthy environment?
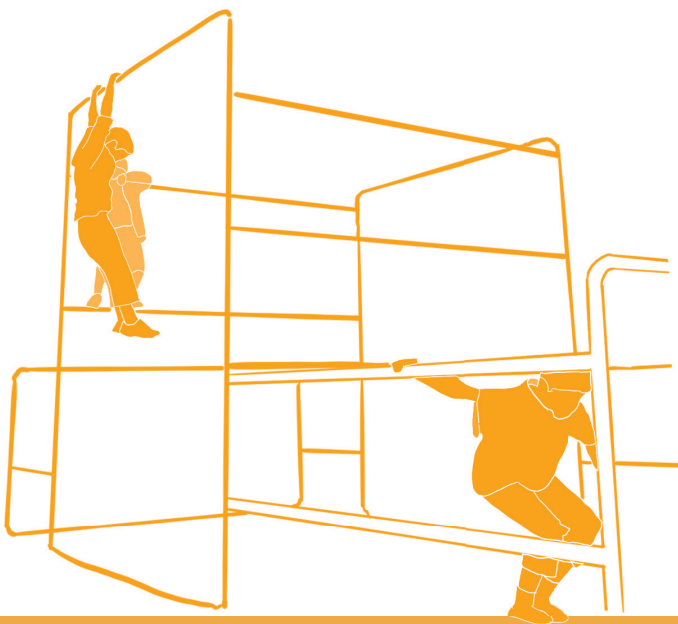
Desk research

To start of the research process, an analysis will be done on the available data on the site that is gathered through the different graduation groups within the public building studio. It is essential to fully understand the area. Multiple studies about the focus on well-being in the built environment will be researched. In which '5 ways to well-being' will lay the foundation for the study. (Steemers, 2021). Besides this, research will be conducted about passive safety design features beginning with the International Crime Prevention Through Environmental Design Association (CPTED) (ICA sd). These topics form the base of my research and are a good foundation to further expand on. Also looking into books will enhance the knowledge for these topics and how to use them in a public setting like 'Life between buildings' From Jan Gehl.

Case studies

In urban design and architecture, for instance, case studies allow for the analysis of spaces that have successfully incorporated design strategies like Crime Prevention Through Environmental Design (CPTED) or well-being principles. By studying the successes and limitations of these examples, I can identify best practices and potential pitfalls, helping to refine and improve my own design solutions.

Interviews and surveys

The case studies are connected to the people who incorporate the design principles. These professionals hold a big amount of knowledge that give insight into their own design methods but also can give feedback on my own design method. Think of studios like Jan Gehl who emphasizes health in the cities (Brammer 2015). Besides interviewing professionals, surveys will be done to understand better what are the different perspectives of safety and well-being amongst different people. This to find if there is a certain way to go or maybe even introducing multiple techniques to include different opinions.

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Architecture as Crime Control; Neal Kumar Katyal
https://www-jstor-org.tudelft.idm.oclc.org/stable/797618?searchText=&searchUri=&ab_segments=&searchKey=&refreqid=fastly-default%3A0a0e1bcf5afc14f42d18d4195fdce6e1

Architectural Exclusion: Discrimination and Segregation Through Physical Design of the Built; Sarah Schindler
https://www-jstor-org.tudelft.idm.oclc.org/stable/43617074?searchText=&searchUri=&ab_segments=&searchKey=&refreqid=fastly-default%3A153364c20872fdb570a9531ed6e14b6b

Designing safer public spaces : A PACTESUR guide by Eric Valerio
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Building Resilience: Crime Prevention Through Environmental Design; National institute of building sciences
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Architecture against crime; Salah Eddine Missi, Maged Youssef
https://www.researchgate.net/publication/342513331_ARCHITECTURE_AGAINST_CRIME

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