

-For the Inhabitant of the Threshold Landscape-

A hub for digital detox.



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to start →

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Sien van Dam

AR4AP120 Public Building
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What kind of space do we need when our minds are tired, our attention is fragmented and our bodies are no longer fully present?

Outline



problem statement



Impact & Numbers

- Over 1,366 earthquakes
- Decades of extraction
- Loss of trust & safety
- Goal: restore homes & lives



Revitalization of post-gas Groningen & societal issue



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- Decades of extraction
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Over half of Dutch people work from home sometimes

15/03/2024 15:00



© Hollandse Hoogte / Sabine Joosten

Over 5 million people in the Netherlands worked from home sometimes or most of the time in 2023, representing 52 percent of all people in work. This is a higher proportion than in any other EU country. CBS reports this on the basis of new figures on working from home taken from the Labour Force Survey.

Revitalization of post-gas Groningen & societal issue

BBC

'I jump in the sea to refresh my brain': How remote workers are boosting coastal towns

2 days ago

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Bea Swallow
West of England



- Over 1,366 earthquakes
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Statistics Netherlands

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Health Topics

Countries

Newsroom

Emergencies

Crucial changes needed to protect workers' health while teleworking

Joint WHO/ILO

2 February 2022 | Departmental update | Geneva, Switzerland | Reading time: 2 min (582 words)

The World Health Organization and the International Labour Organization have called for measures to be put in place to protect workers' health while teleworking.

A new technical brief to healthy and safe teleworking, published by the two UN agencies, outlines the health benefits and risks of teleworking and the changes needed to accommodate the shift towards different forms of remote work arrangements brought on by the COVID-19 pandemic and the digital transformation of work.

Among the benefits, the report says, there can be improved work-life balance, opportunities for flexible working hours and physical activity, reduced traffic, and time spent commuting and a decrease in air pollution — all of which can improve physical and mental health and social



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A new technical brief health benefits and different forms of remote work transformation of work

Among the benefits says, there can be improved work-life balance, increased physical activity, reduced time spent commuting and time spent in air pollution which can improve mental health and safety



StanfordReport

Four causes for 'Zoom fatigue' and their solutions

Read next:

AI overly affirms users asking for personal advice

Stanford researchers identify four causes for 'Zoom fatigue' and their simple fixes

It's not just Zoom. Popular video chat platforms have design flaws that exhaust the human mind and body. But there are easy ways to mitigate their effects.

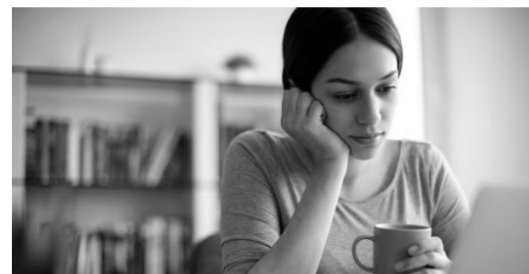
Even as more people are logging onto popular video chat platforms to connect with colleagues, family and friends during the COVID-19 pandemic, Stanford researchers have a warning for you: Those video calls are likely tiring you out.

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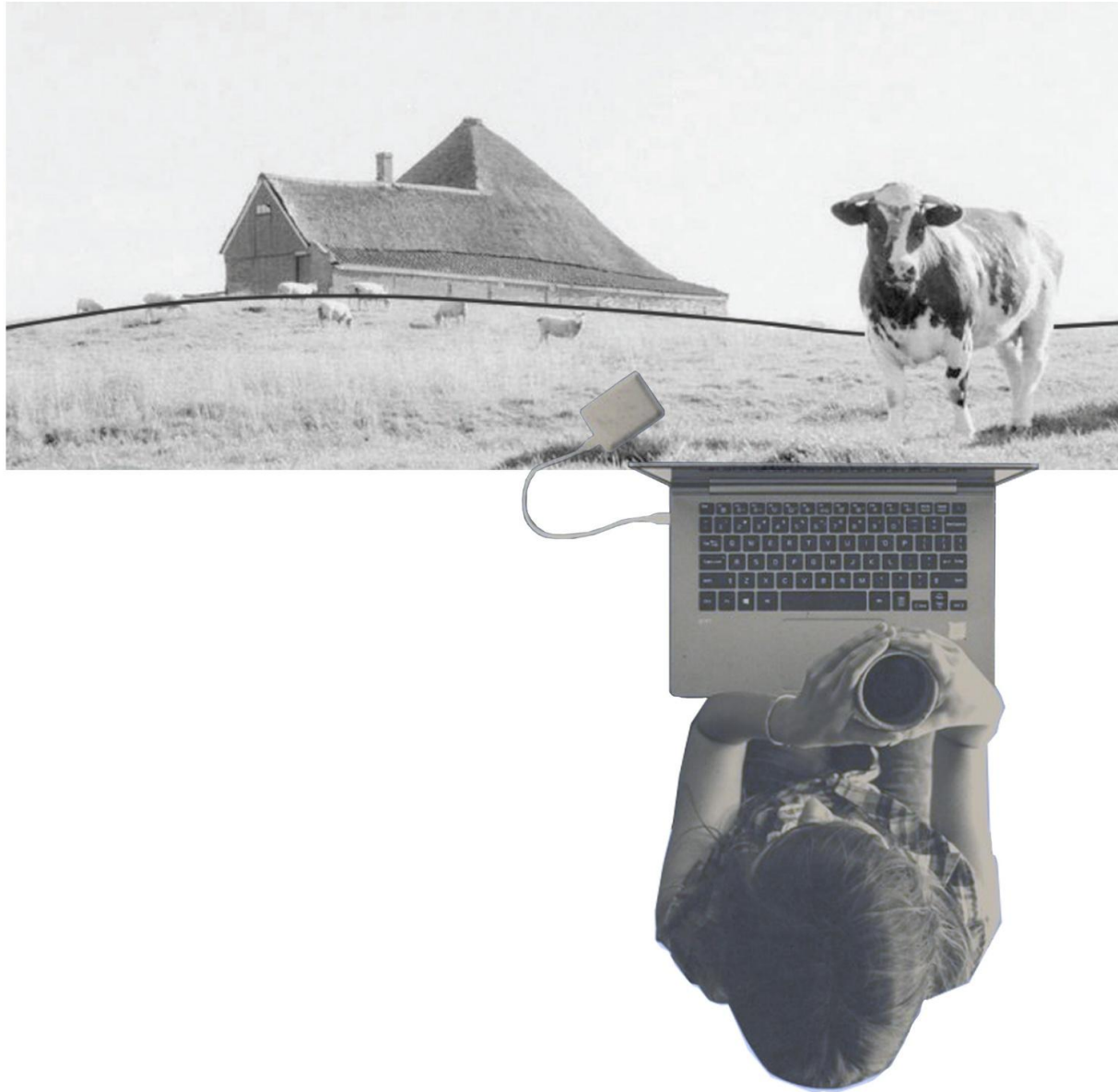


Research Matters

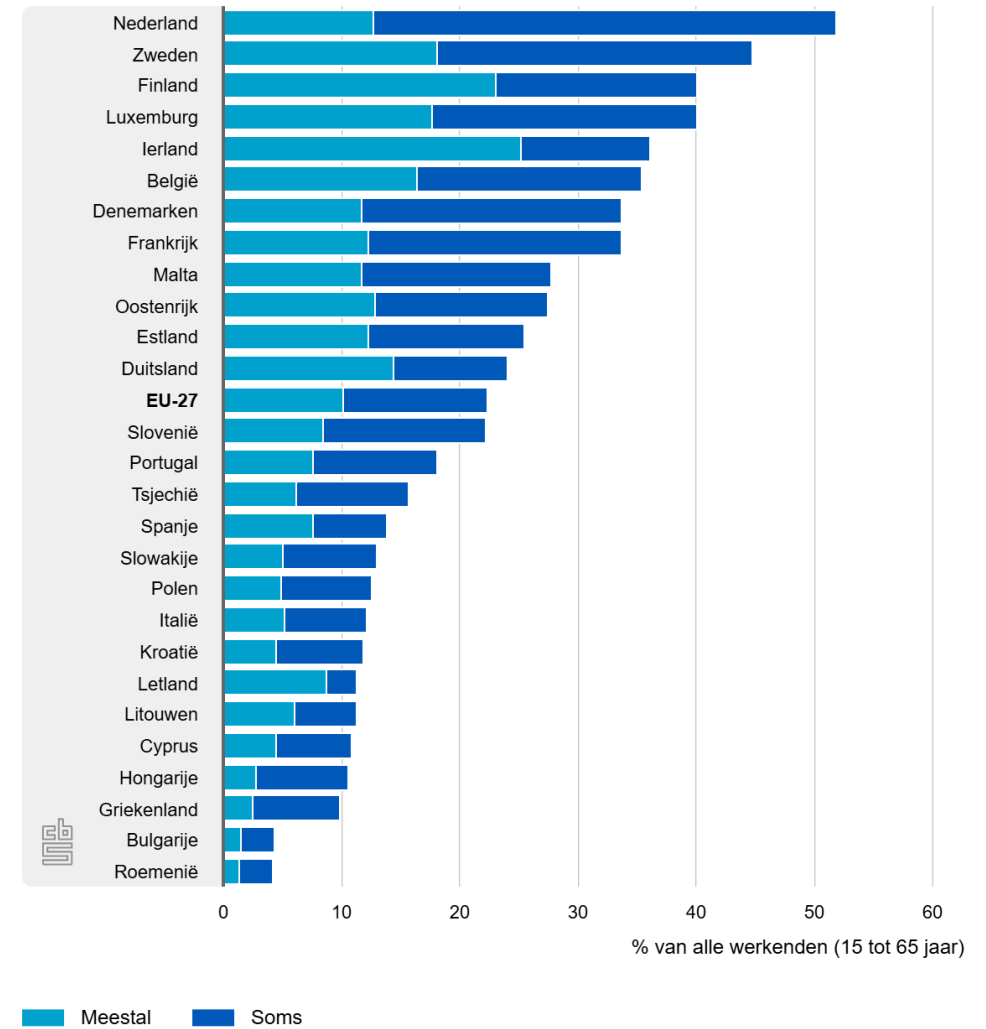
Groundbreaking innovations



Current trends: remote work and nomadism



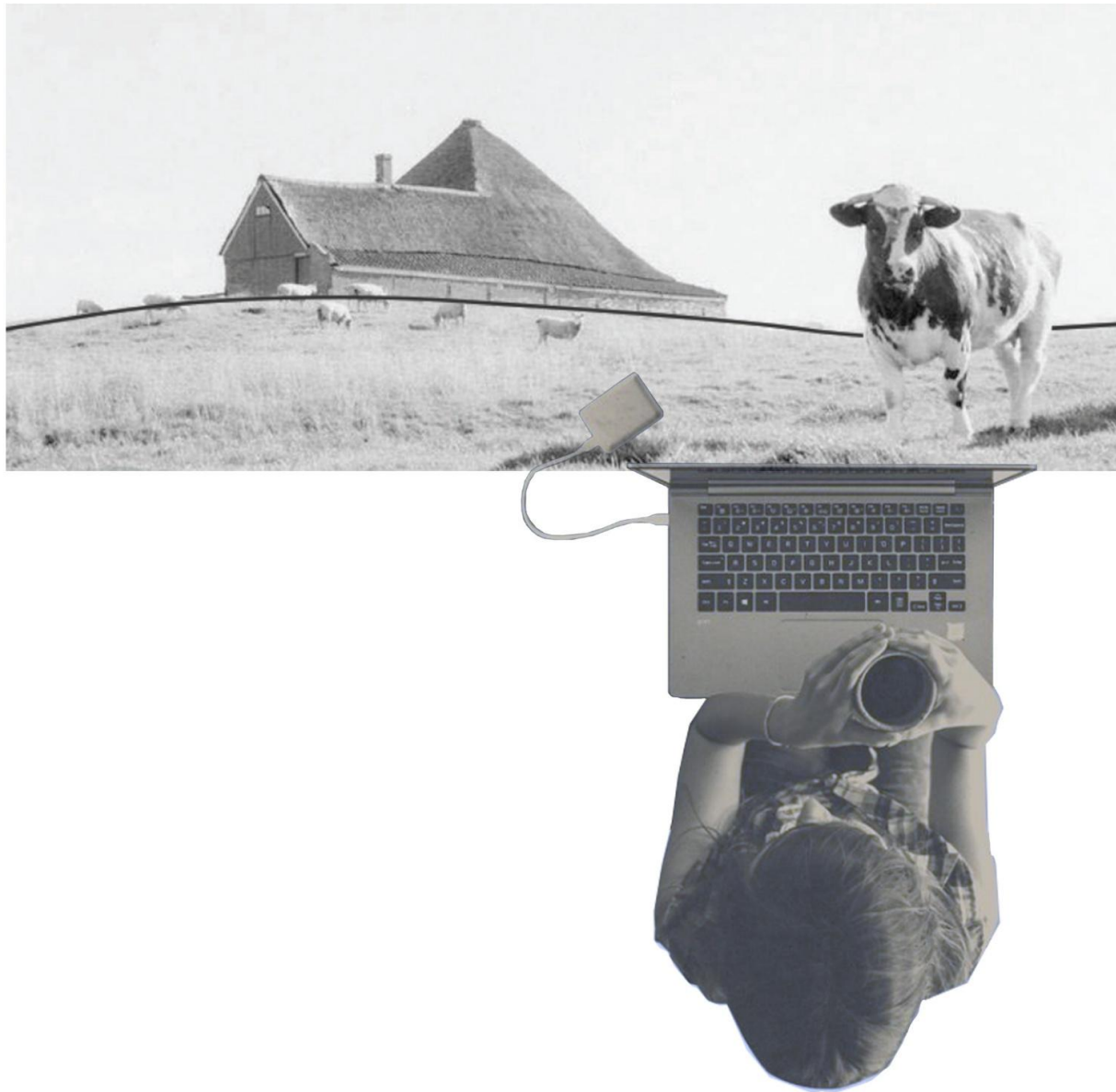
Thuiswerken in de EU, 2022



Bron: CBS, Eurostat

The Netherlands ranks #1 in Europe for remote work.

Current trends: remote work and nomadism



Country	Percentage Of Digital Nomads
United States	47%
United Kingdom	7%
Russia	5%
Canada	4%
Germany	4%
France	3%
Australia	2%
Brazil	2%
Netherlands	2%

Germany and the Netherlands lead Europe in digital nomadism.

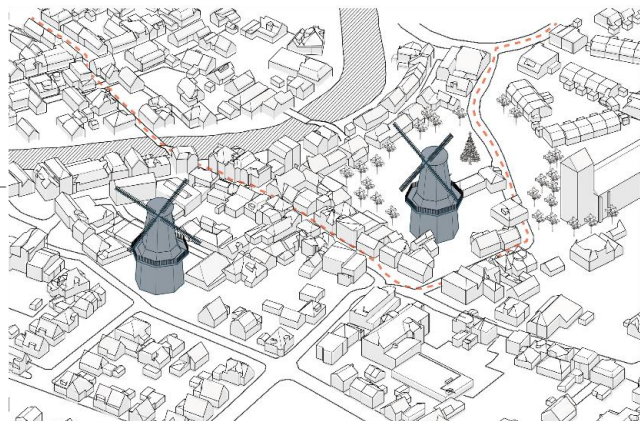
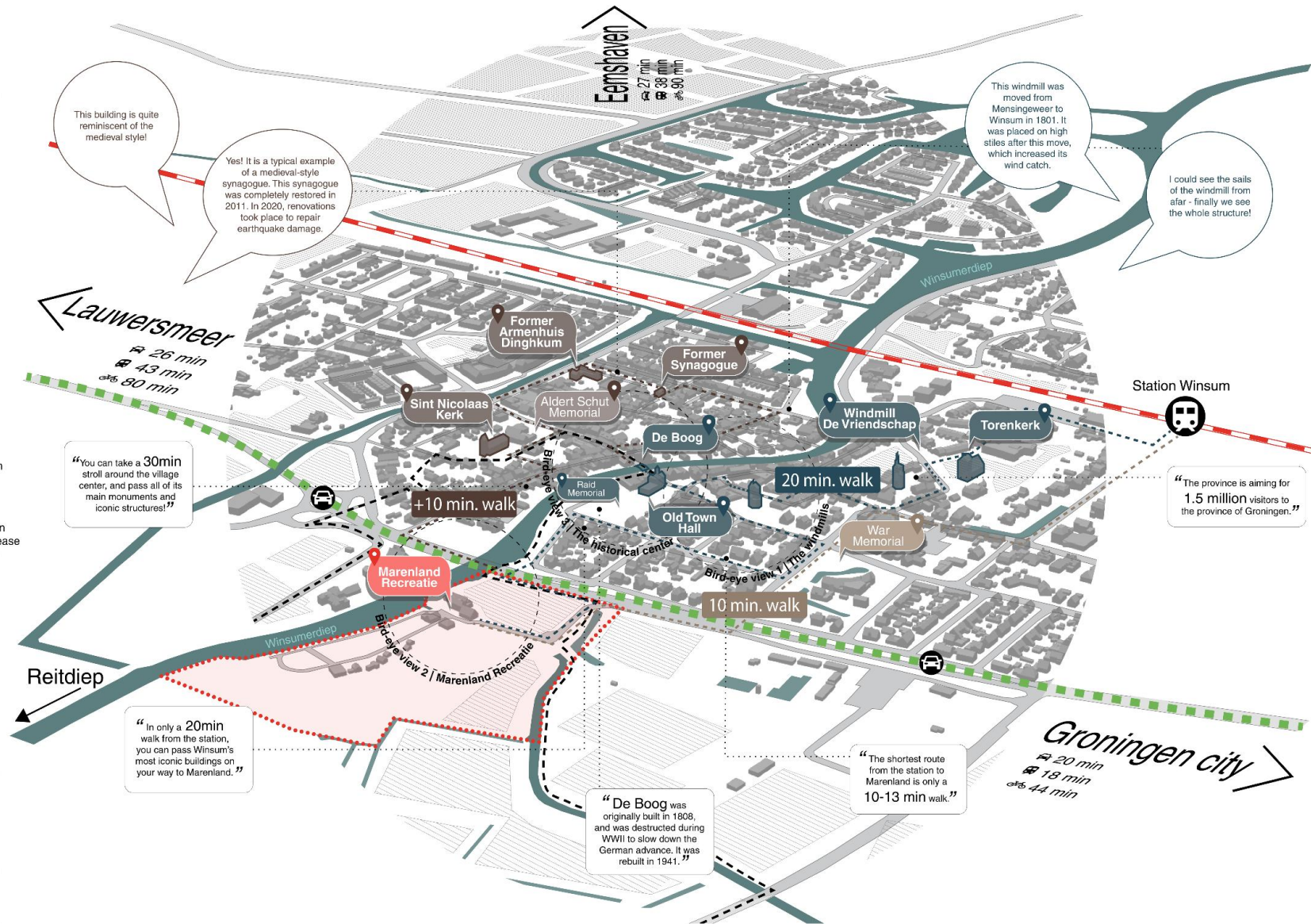
***How can a societal issue become
a tourism opportunity?***

Tourist map: Winsum

Your Journey starts in Winsum!

Your journey starts in Winsum! Winsum is the place to discover Unesco Lauwersmeer, party city Groningen and its variety in heritage landscape in just a few days. It is just the place to be to discover the North!

- 1.8** days: The average length of stay in Winsum
- 7525** residents: The population of Winsum
- 11%** growth: The Province of Groningen recorded the highest increase in overnight visitors in the Netherlands in 2024
- 1.5** million: The ambition to increase visitors annually



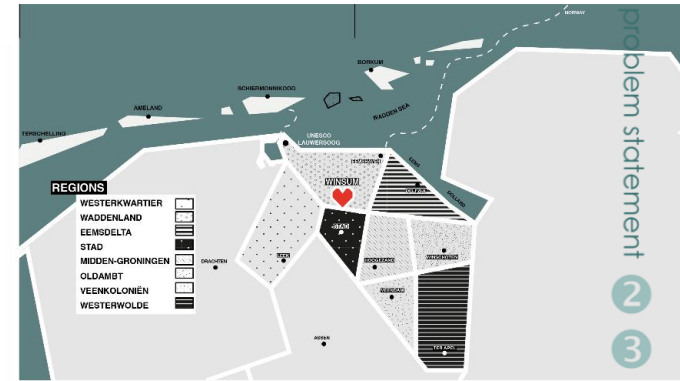
Bird-eye view 1 | The Windmills



Bird-eye view 2 | Marenland Recreatie



Bird-eye view 3 | The historical center



- Walfiduskerk, Bedum**: This Romanesque-Gothic church from the 13th century is famous for its leaning tower, which is even more crooked than the Tower of Pisa. The church forms a historic centerpiece for the village of Bedum and offers an exceptional view of the Groningen wadden landscape.
- Petruskerk, Pieterburen**: This characteristic 14th-century village church stands on a mound. It is known as the starting point of the Pieterpad walking route. The church also reflects the long history of settlement and religion in the northern coastal region.
- Museum Wierdenland, Ezinge**: This museum shows life on mounds, which are artificial hills that offered protection from the sea. Ezings is one of the best-researched mounds in the Netherlands. Archaeology, landscape, and cultural history come together here.
- Art centre 'De Ploeg', Wehe - Den Hoorn**: This art centre is dedicated to the artists' collective 'De Ploeg', from the early 20th century. The artists were inspired by the Groningen landscape and everyday life. The centre also connects modern art with the unique landscape of North Groningen.
- Museum Verhildersum Estate, Leens**: Historic landscape, with manor house, farm and museum. Provides an insight into aristocratic life and daily existence in the Groningen countryside through the centuries. The characteristic warehouses are a reminder of this history.
- Fishing village, Zoutkamp**: An authentic fishing village with a historic harbour on the Reitdiep. Zoutkamp tells the story of fishing, shipping and life on the water, where the sea and the inland meet. The characteristic warehouses are a reminder of this history.
- Wadden Sea World Heritage Centre (WEC), Lauwersoog**: This interactive visitor centre is dedicated to the Wadden Sea UNESCO World Heritage Site. Discover the dynamics of the tides, birds, marine life and the relationship between humans and nature through interactive exhibitions about this dynamic and vulnerable nature reserve. The centre offers a unique opportunity to see a seal up close.
- Openluchtmuseum Het Hoogeland, Warffum**: Museum village with historic buildings from Groningen. Provides an insight into how people lived and worked in the Hoogeland region in the 19th and early 20th centuries. Shows how the landscape determined the way of life in the Hoogeland by highlighting crafts, agriculture and social relations.
- Menkemborg, Uithuizen**: A beautiful 18th-century manor house with formal gardens. This manor house shows how the Groningen elite lived, surrounded by art, architecture and landscape. The manor house now functions as a museum and offers a glimpse into aristocratic life in North Groningen.
- Observationtower, Warffuizen**: This observation tower offers a panoramic view of the open mound landscape. It is an ideal place to experience the spaciousness of North Groningen and the interplay of land, water and sky.

- FAUNA SPECIES**
- Zeehond
 - Slechtvalk
 - Torenvalk
 - Tureluur
 - Velduil
 - Veldeeuwerk
 - Visdief
 - Zeearend
 - Zilverplevier
 - Zwarte ruiter
 - Kluut
 - Rosso grutto
 - Scholekster
 - Kleine karekiet
 - Kieviet
 - Kokmeeuw
 - Rietzanger
 - Rietgors
 - Gestreepte strandloper
 - Grauwe franjepoot
 - Goud plevier
 - Grutto
 - Ijvogel
 - Kemphaan
 - Kanoet
 - Brandgans
 - Roodhalsgans
 - Bergeend
 - Bonte strandloper
 - Blauwe kiekendief
 - Bruine kiekendief
 - Buizerd
 - Slobeend

- FAUNA**
- Spindotterbloem
 - Knoopkruid
 - Kattendoom
 - Gele morgenster
 - Paarse morgenster

1200
Religious Economy
(Dominican Monastery)



1550
Capitalist
Agricultural System

1600
Winsum as the Regional
Central Place for
Crafts and Shops



1750
Losing its
Regional Role

1800
Industrial Era

2000
Service-based Village:
Shift towards Tourism
and Heritage

2020-2050
Nij Begun



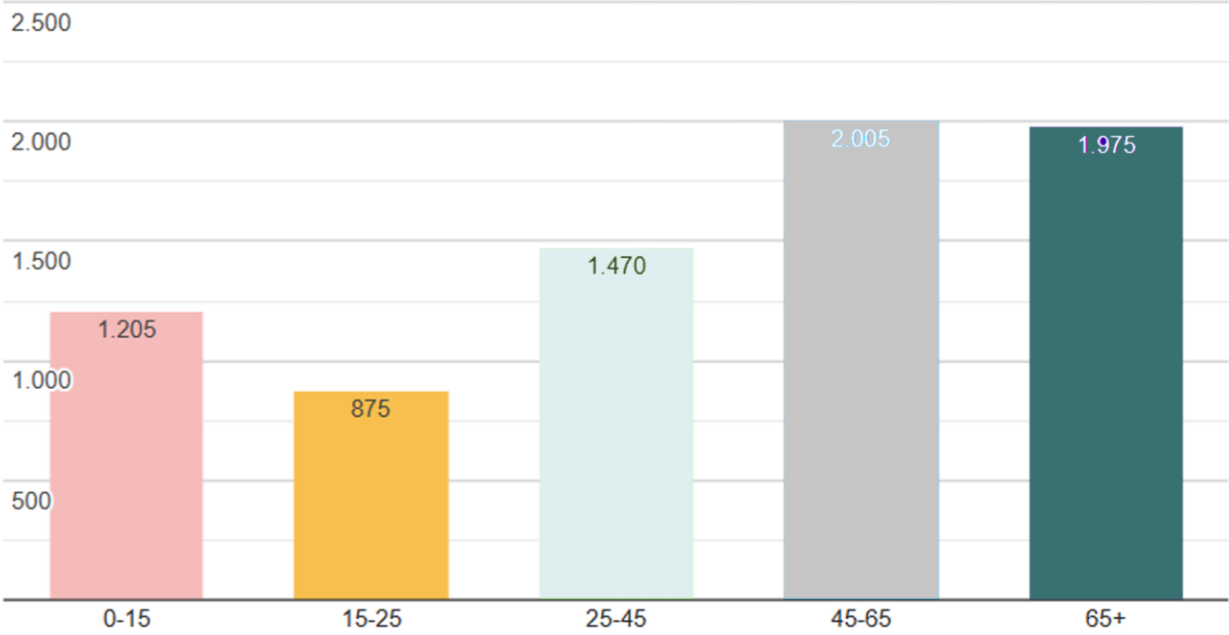
Marenland campsite



Winsum key facts

7525 residents

1.8 days average stay of tourist



Population, age groups: number of inhabitants on January 1, 2026 per age group.

- **Summer tourism**
- **German and Scandinavian visitors**
- **Most tourists are Pieterpad hikers**

1.8

days (average stay)

+



*opportunity?
 imagine a program that does not only respond to tourism
 but
 meaningful, slower, year-round relationship with the area*

The tourist

solution?
new type of tourist



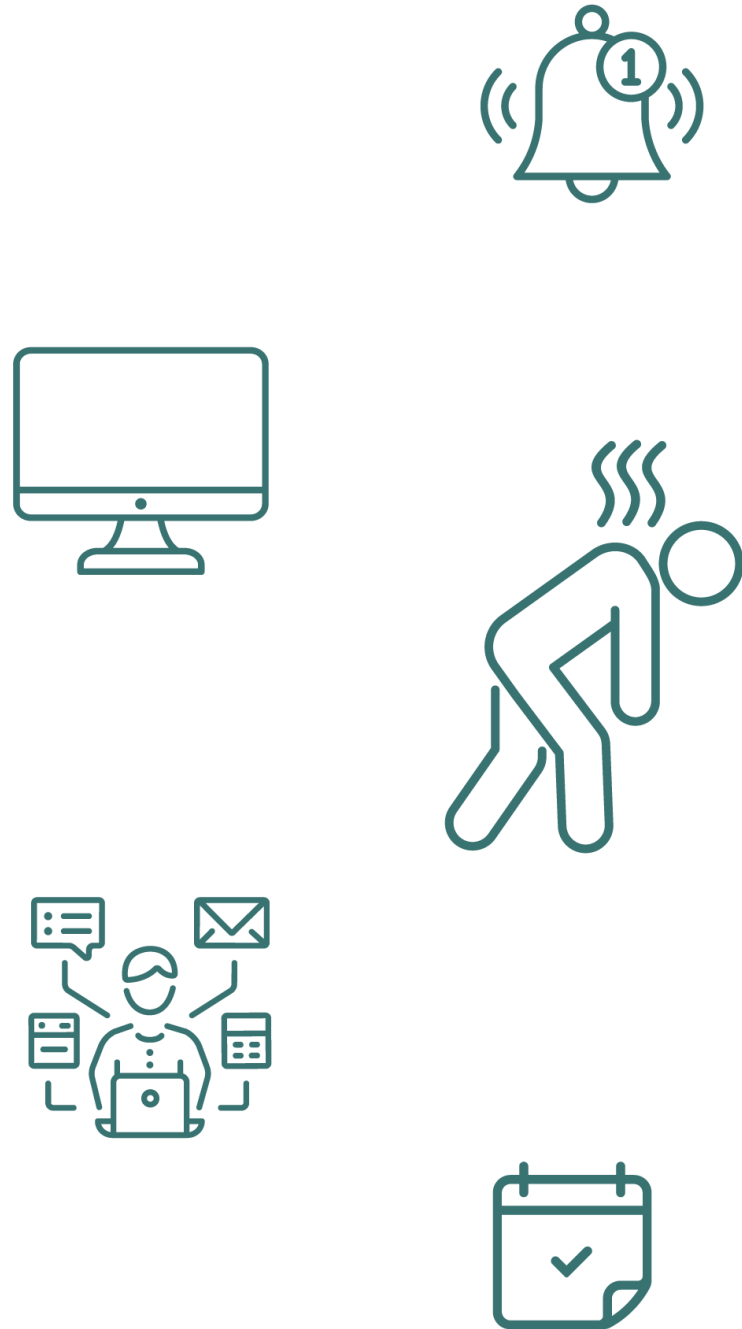
Digital nomads

- *Work remotely while travelling*
- *Choose nature-based locations*
- *Rely on internet access and digital tools to do their work*
- *Often choose locations with good connectivity, affordable living*
- *Can support local economies by staying longer and using local services year-round*

But

- *The nomadic lifestyle may lead to isolation*
- *Their freedom depends on being constantly connected*

What creates digital fatigue and how to address it?



According to **Attention Restoration Theory**, mental fatigue occurs when directed attention is overused. Natural environments can help restore this capacity by offering a sense of being away and soft fascination. (Kaplan, 1995).



Winsum ambitions & digital fatigue

How can these two come together?

What Winsum needs

*tourists:
mindful visitors
engaging with the
village*



jobs \$

additional services



Winsum ambitions & digital fatigue

How can these two come together?

What Winsum needs

*tourists:
mindful visitors
engaging with the
village*



jobs \$

additional services



extended stays



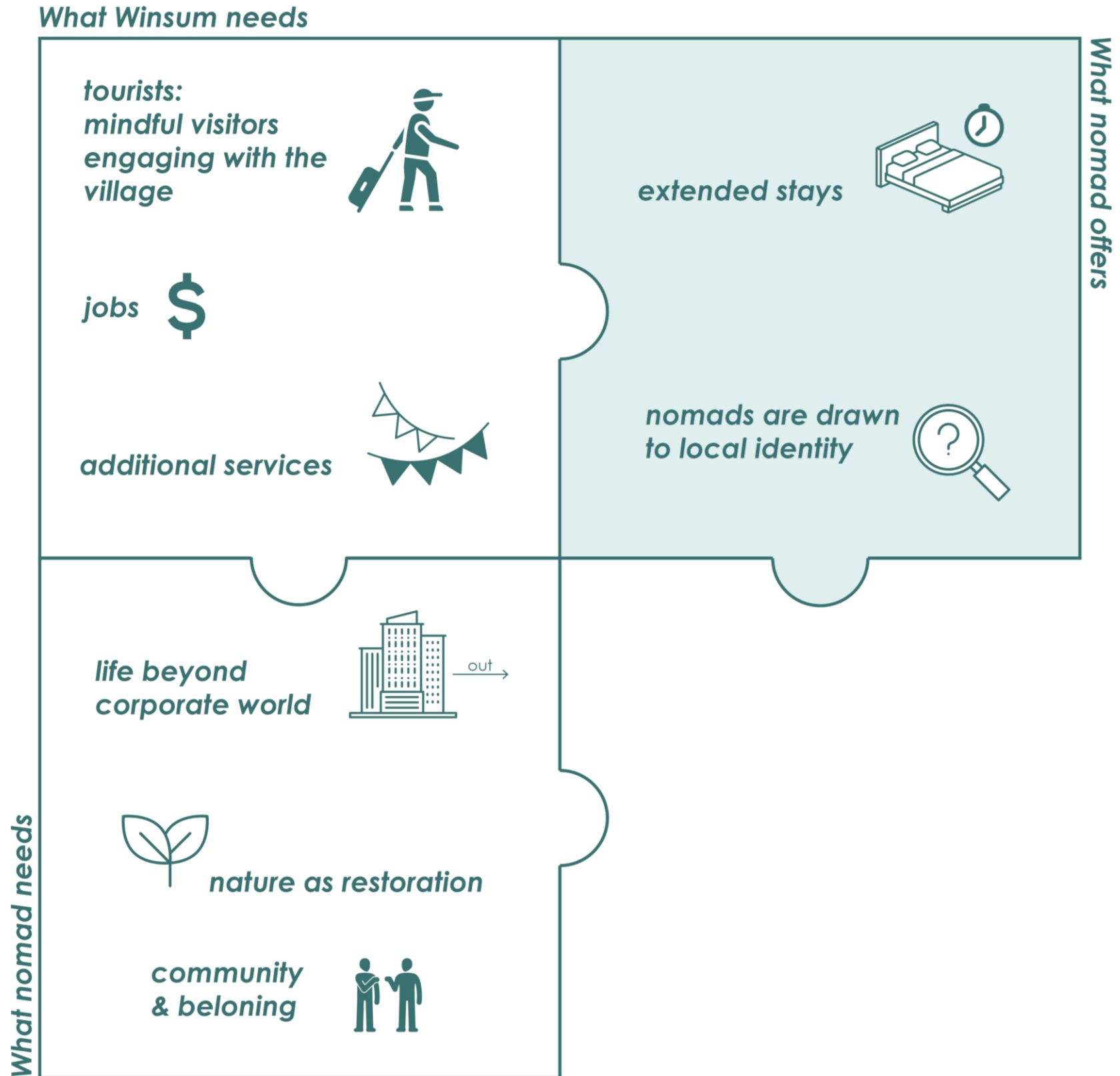
*nomads are drawn
to local identity*



What nomads offers

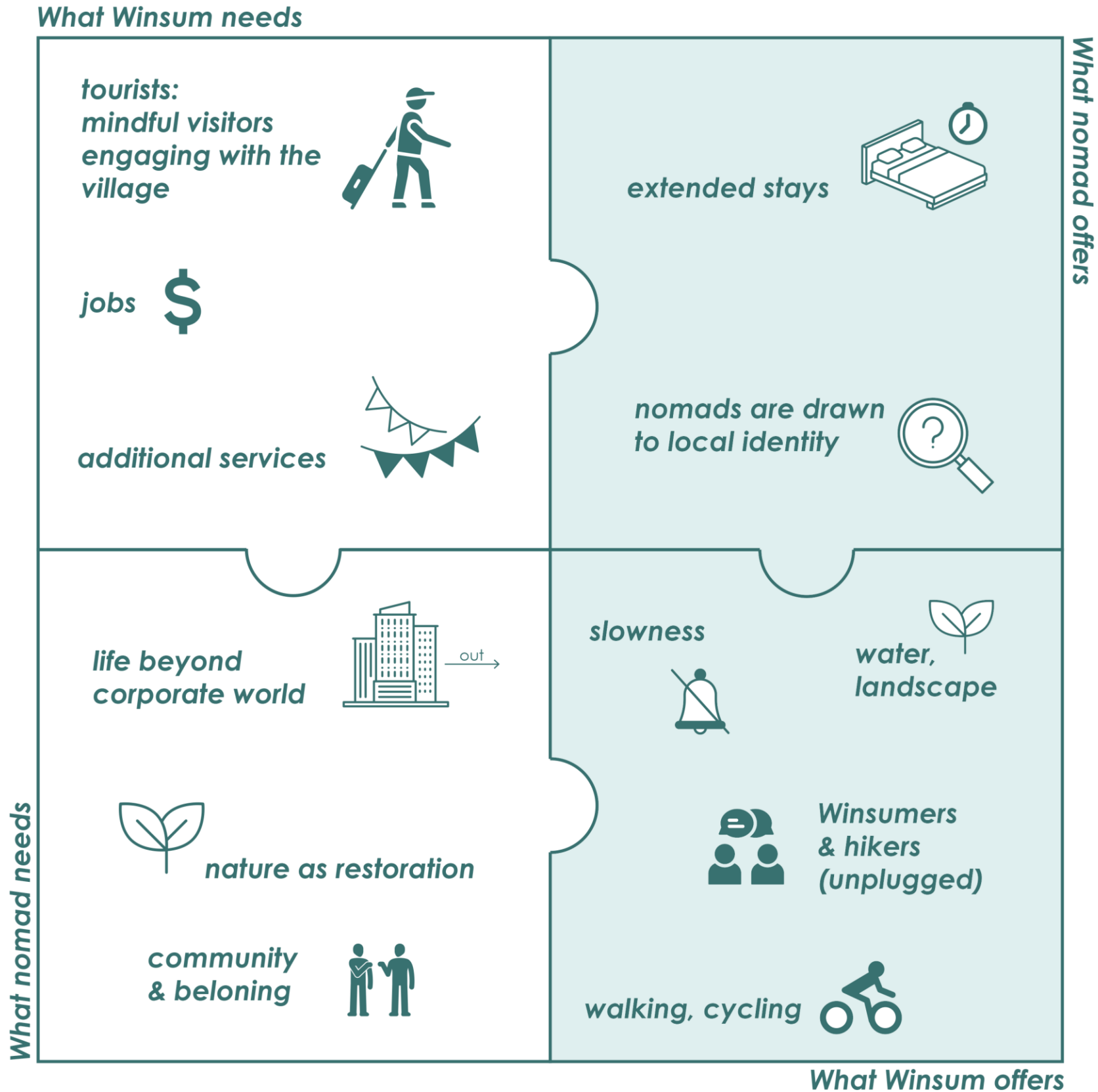
Winsum ambitions & digital fatigue

How can these two come together?



Winsum ambitions & digital fatigue

How can these two come together?



methodology

Mapping the physical context

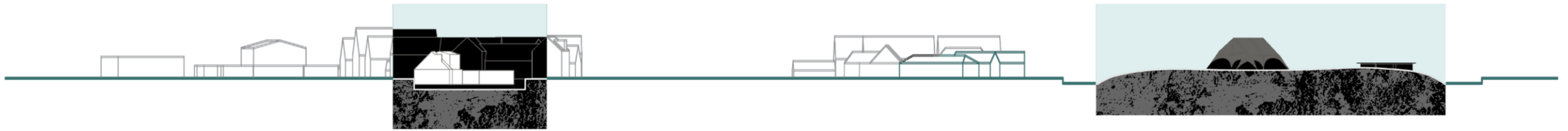


green areas water terps streets

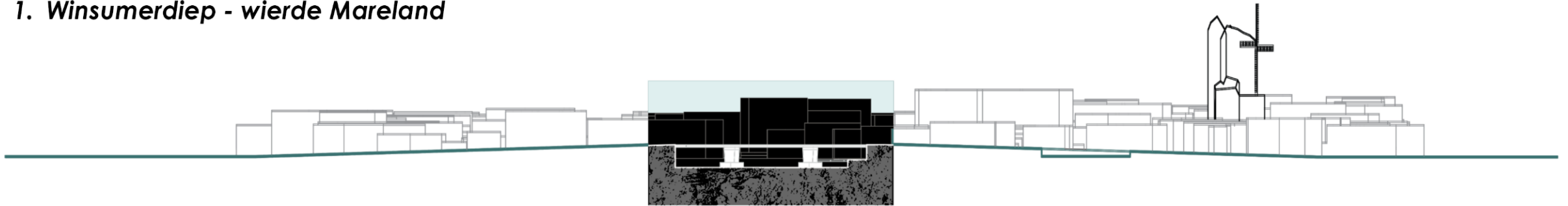


Urban sections & discontinuities

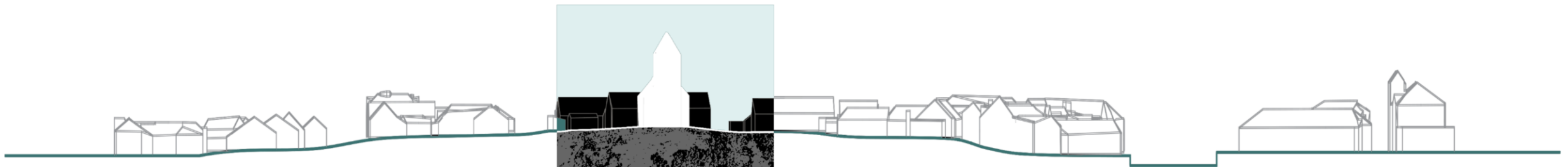
Identifying existing thresholds.



1. Winsumerdiep - wierde Mareland

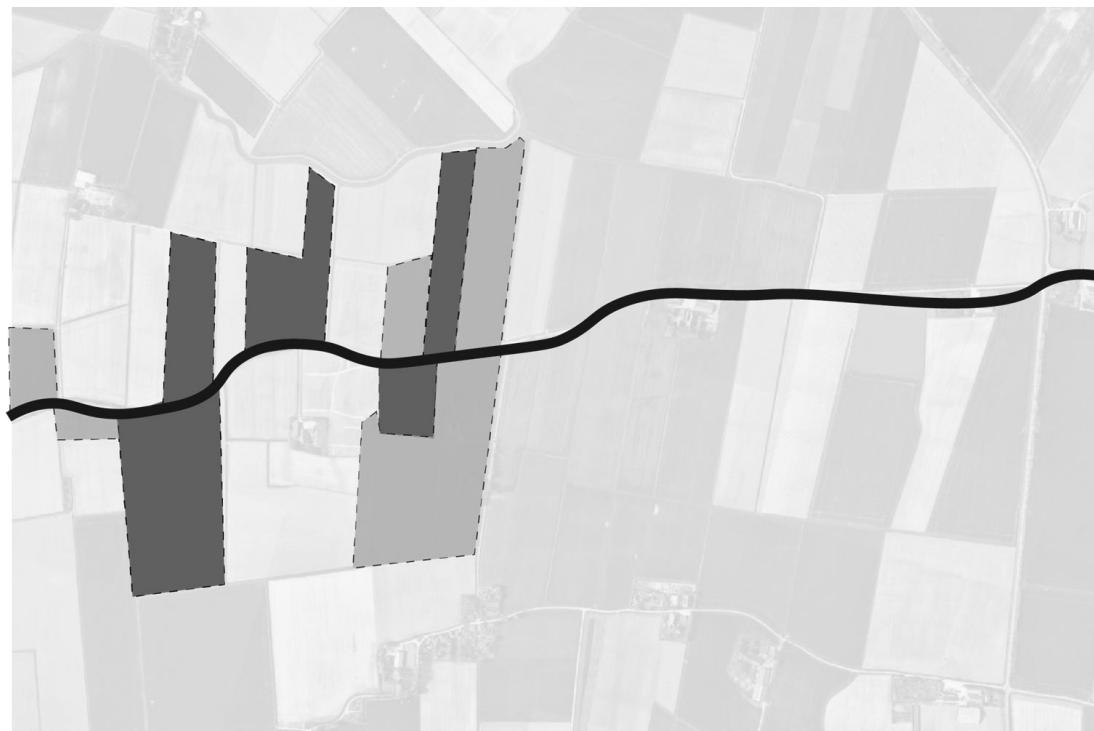


2. Bridge: Provincialweg

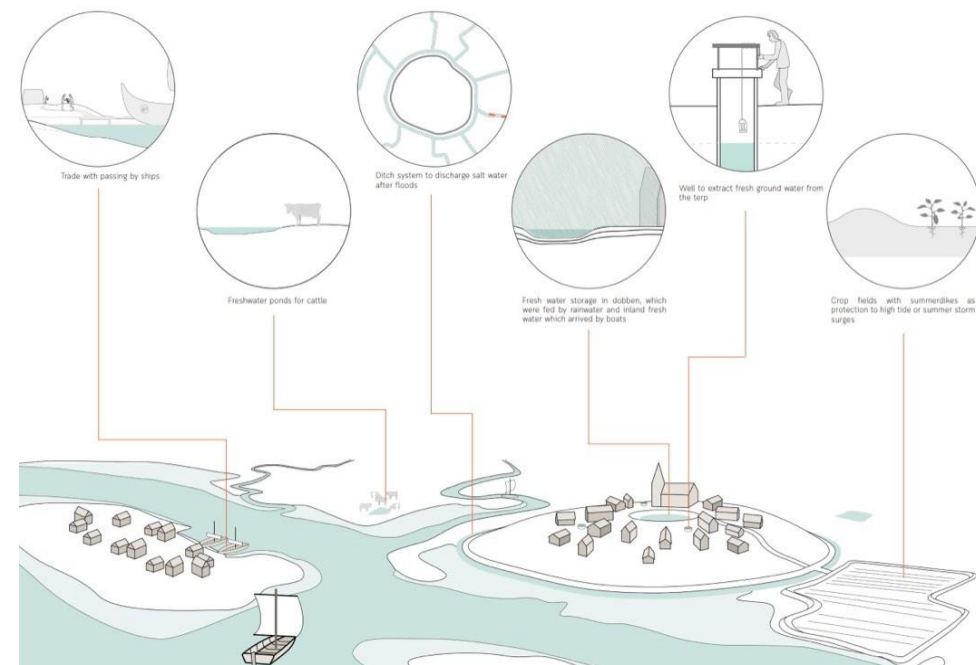


3. Sint Nicolaas Kerk - Winsumerdiep

Dutch landscape – threshold condition, reading the “patches”



- movement
- - - drainage ditches
- agricultural plot type 1
- agricultural plot type 2



Contextual analysis

Public functions in Winsum.

What is missing?

A shared place to pause & gather.



Contextual analysis

Functional zoning of Winsum.



Primarily residential village structure, anchored by the historic center.

Contextual analysis

Circulation routes in Winsum.



Access to the Marenland site.

Twenty minutes by train from Groningen city.

- busline
- walkway
- cycle route
- canoe route



Theoretical framework

Herman Hertzberger
Van Eyck

Concept of 'In-between'

Public and private realms, intermediary spaces

"...twin-phenomenon of the individual and the collective, without resorting to arbitrary accentuation of either one at the expense of the other."



Juhani Pallasmaa

Emphasize on multisensory engagement.

Technological culture provokes **detachment**.

'Life-enhancing' architecture should address all the senses.



Till Boettger

Concept of 'threshold' as a unifying spatial principle: transitions.



Alexander Tzonis
Liane Lefaivre
Kenneth Frampton

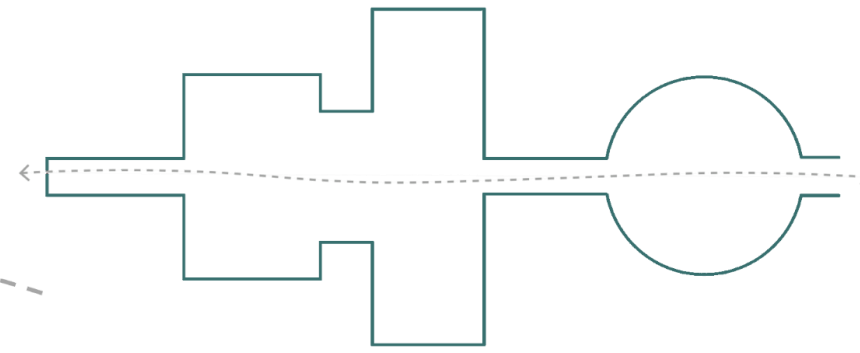
Critical Regionalism resists placelessness.

Emphasizes the particular qualities of topography, climate, materiality and light.



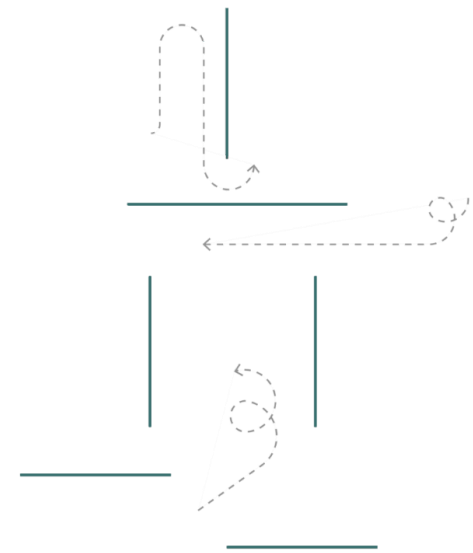
Spatial principles

From digital world to embodied experience



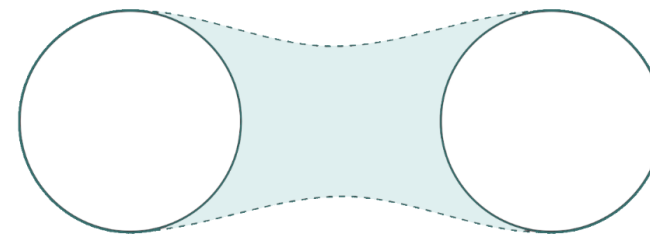
transition

Shift perception of time



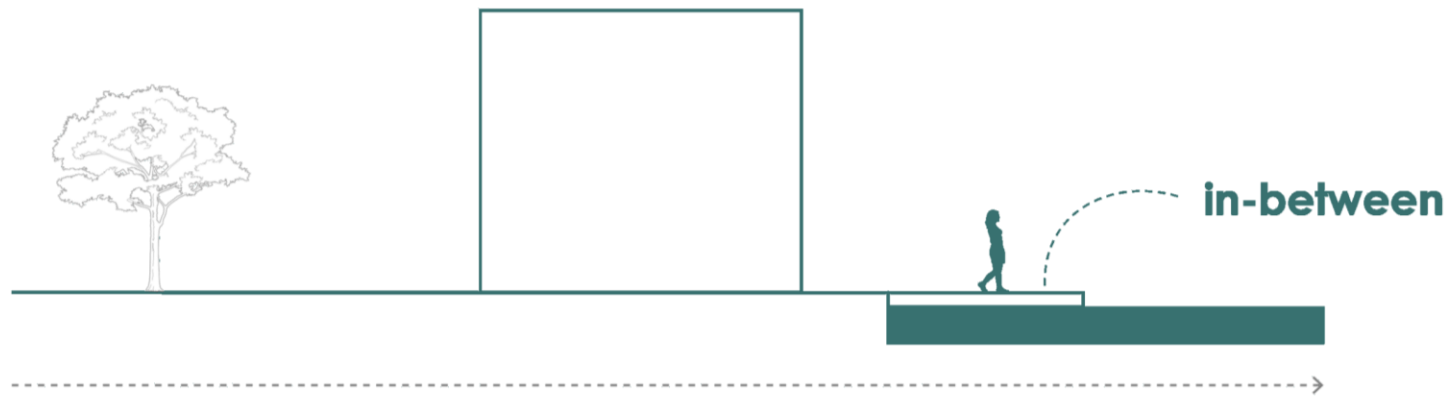
non-linear narrative

Coexistence



in-between

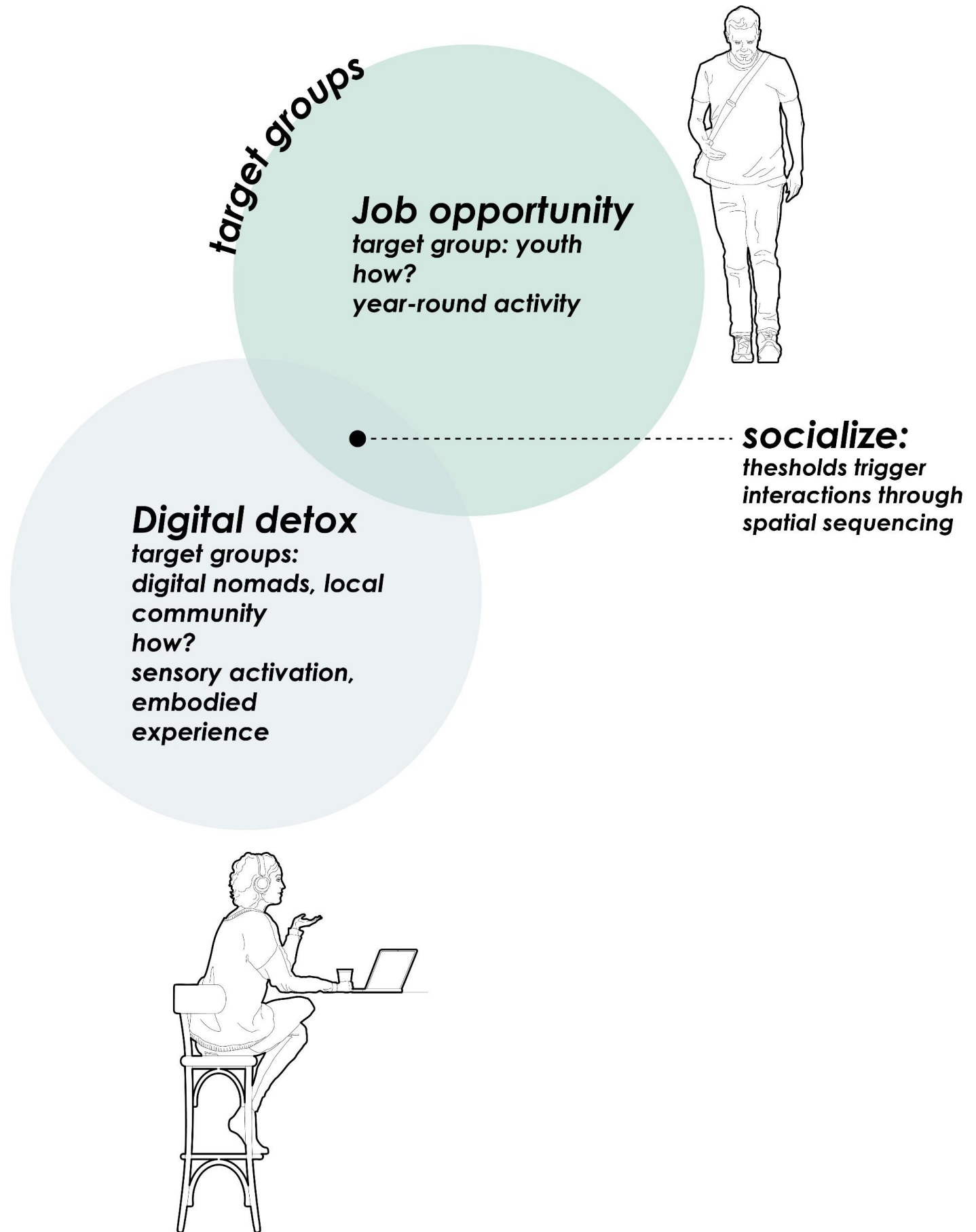
In between



How can architecture, through **thresholds, spatial and sensory transitioning** act as a prescription for digital detox ?

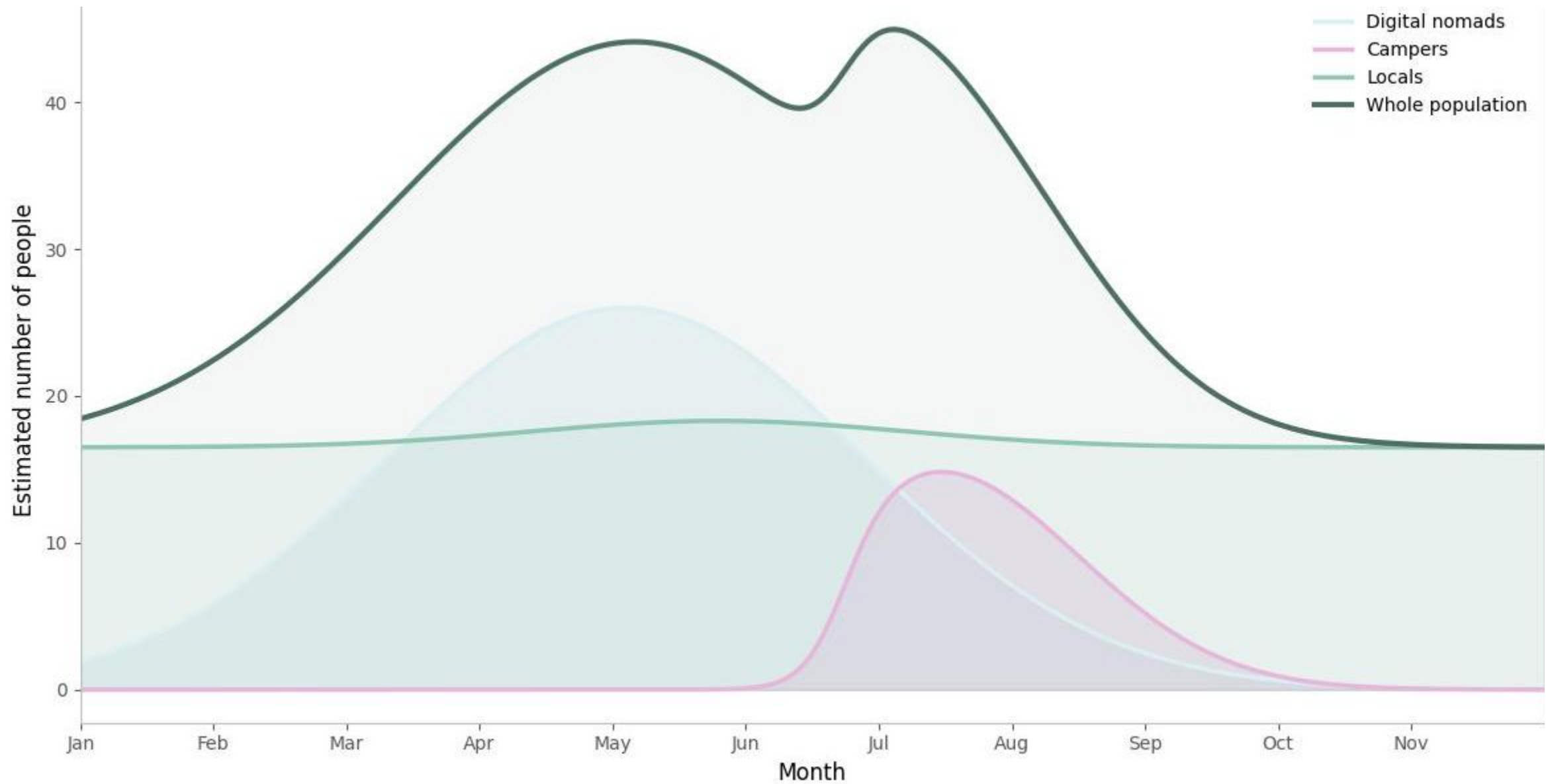
Target groups

Sequence:
work – social interaction - restoration



Seasonal population variation by user group

Inclusion of programme activities that are not summer based, with the peak month for nomads being May.



design principles

Site conditions



- Site conditions -

00 memo

01 Boat and canoe rental

02 Restaurant

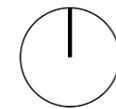
03 Restaurant

04 Hotel

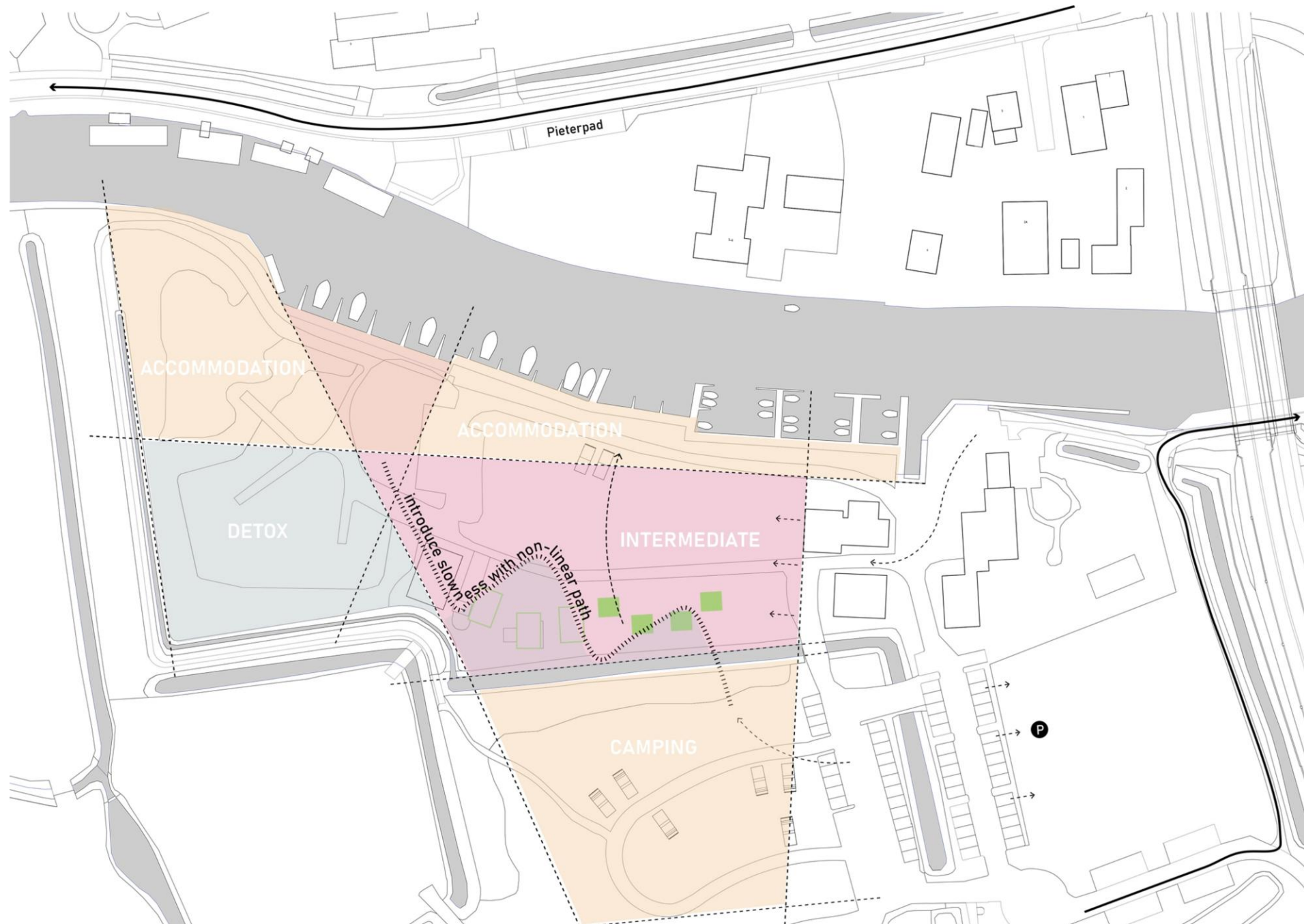
05 Toilet Building

Scandinavian houses

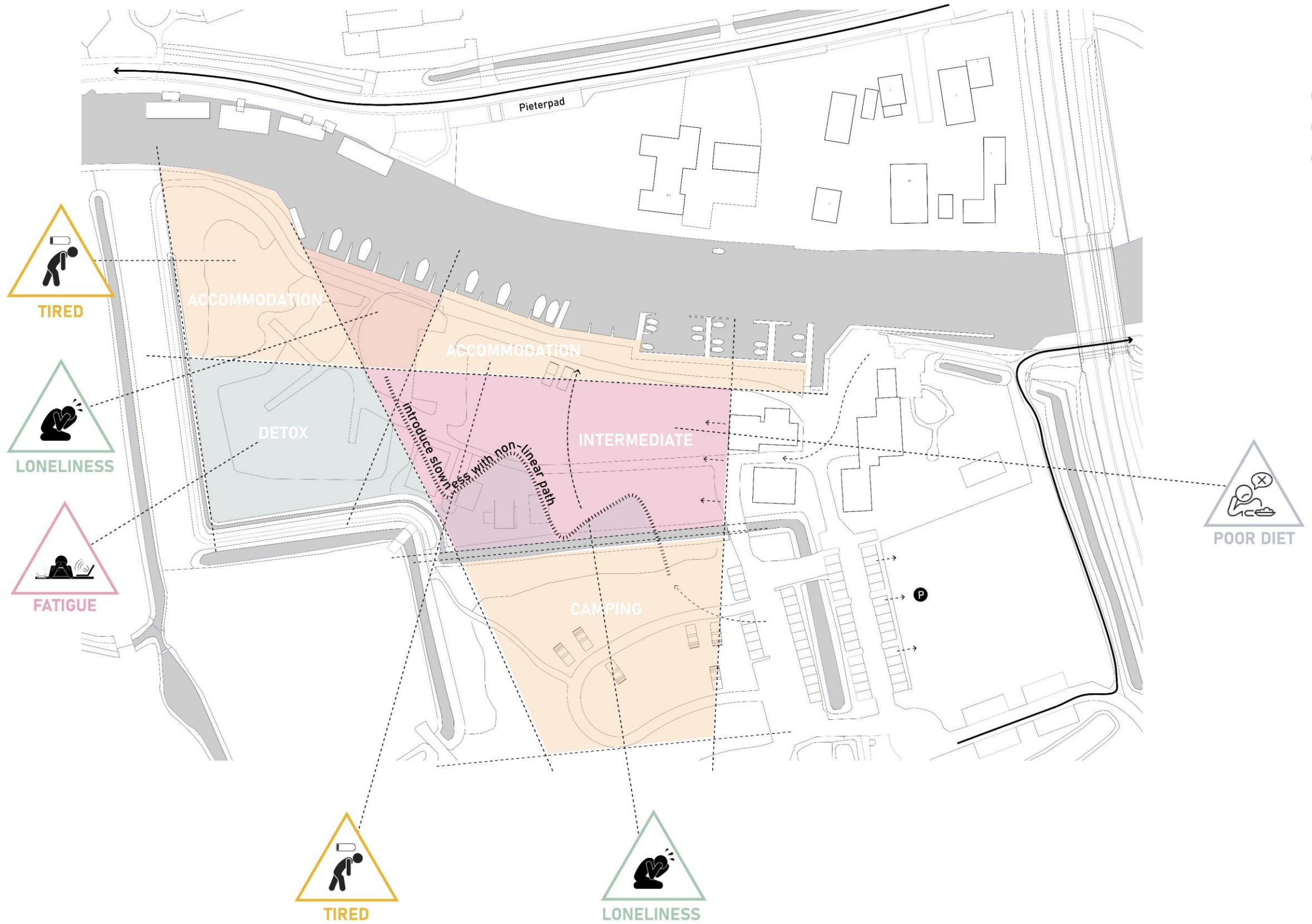
Hiker's hut



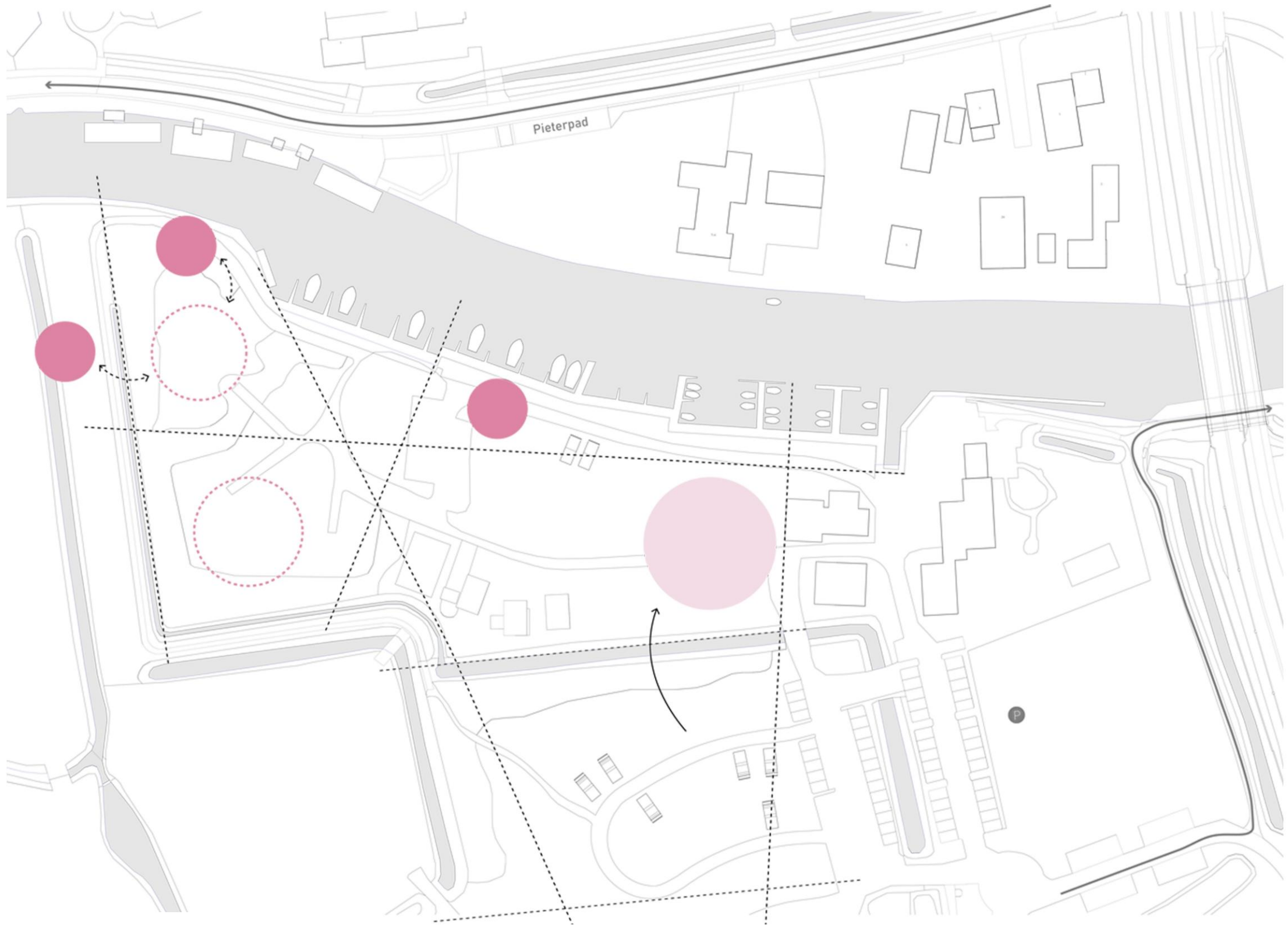
Zoning strategy



Detox catalogue

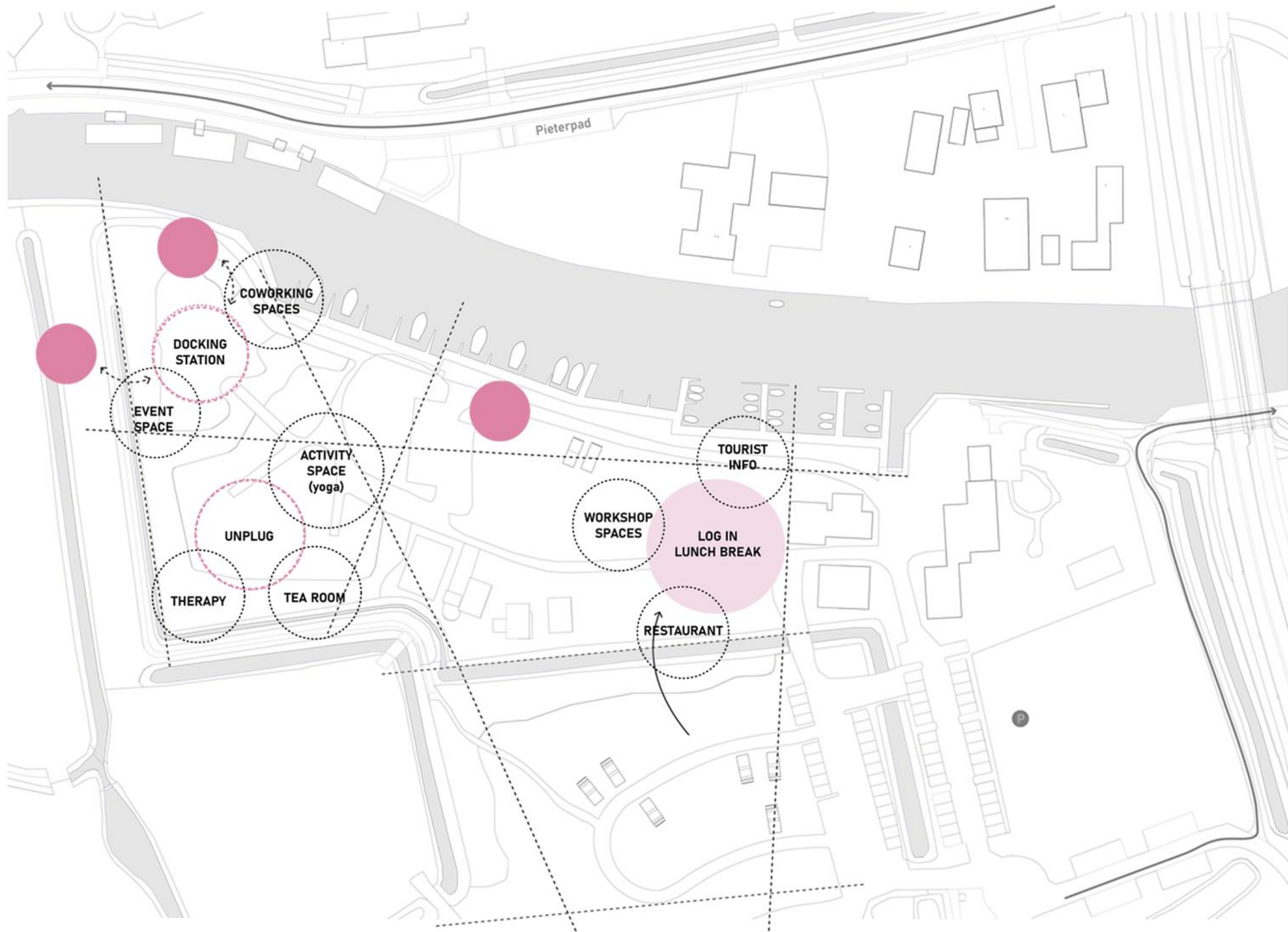


Public / Private



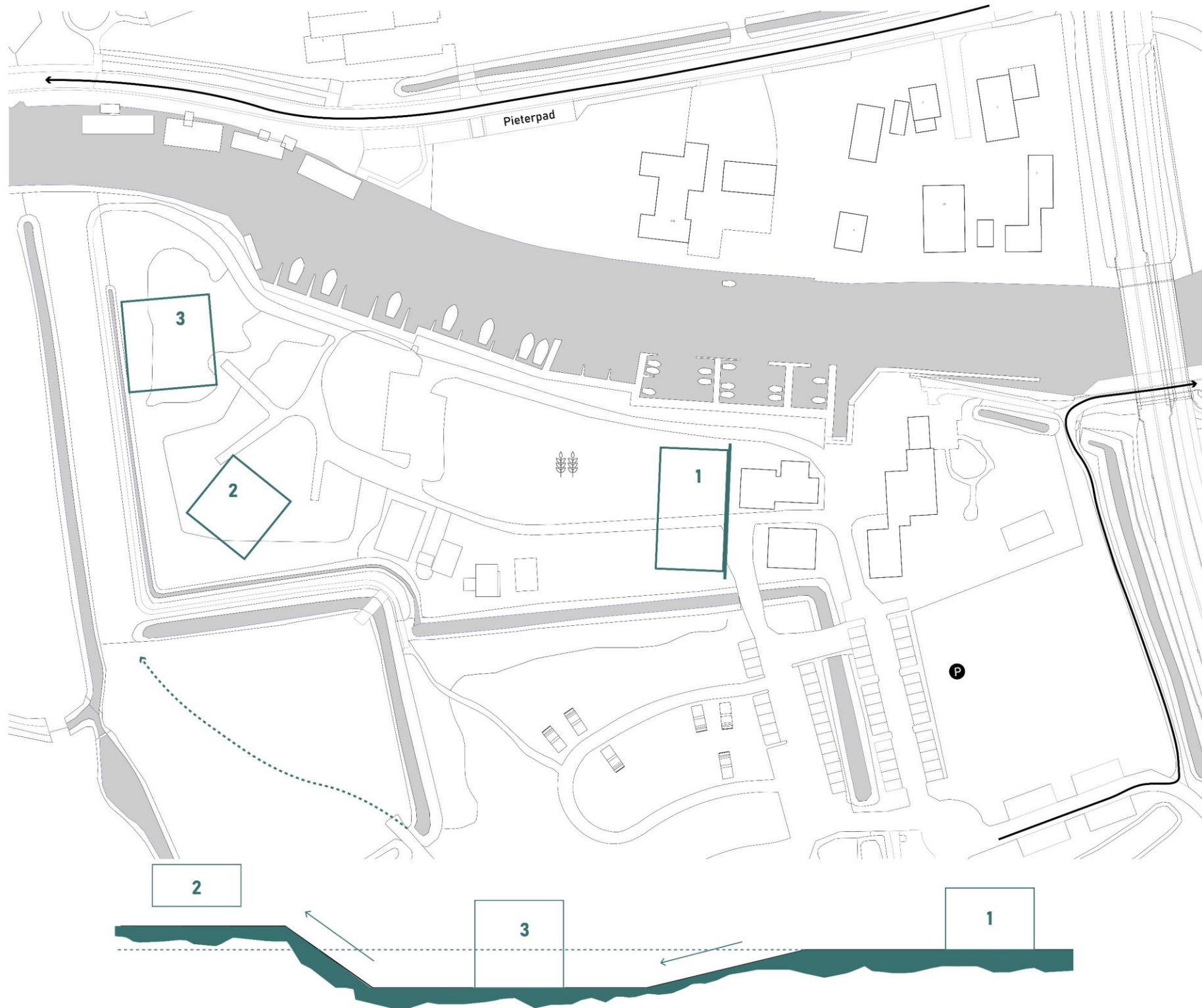
-> private access
- > public access
-> semi-public
- public
- private

Program clustering

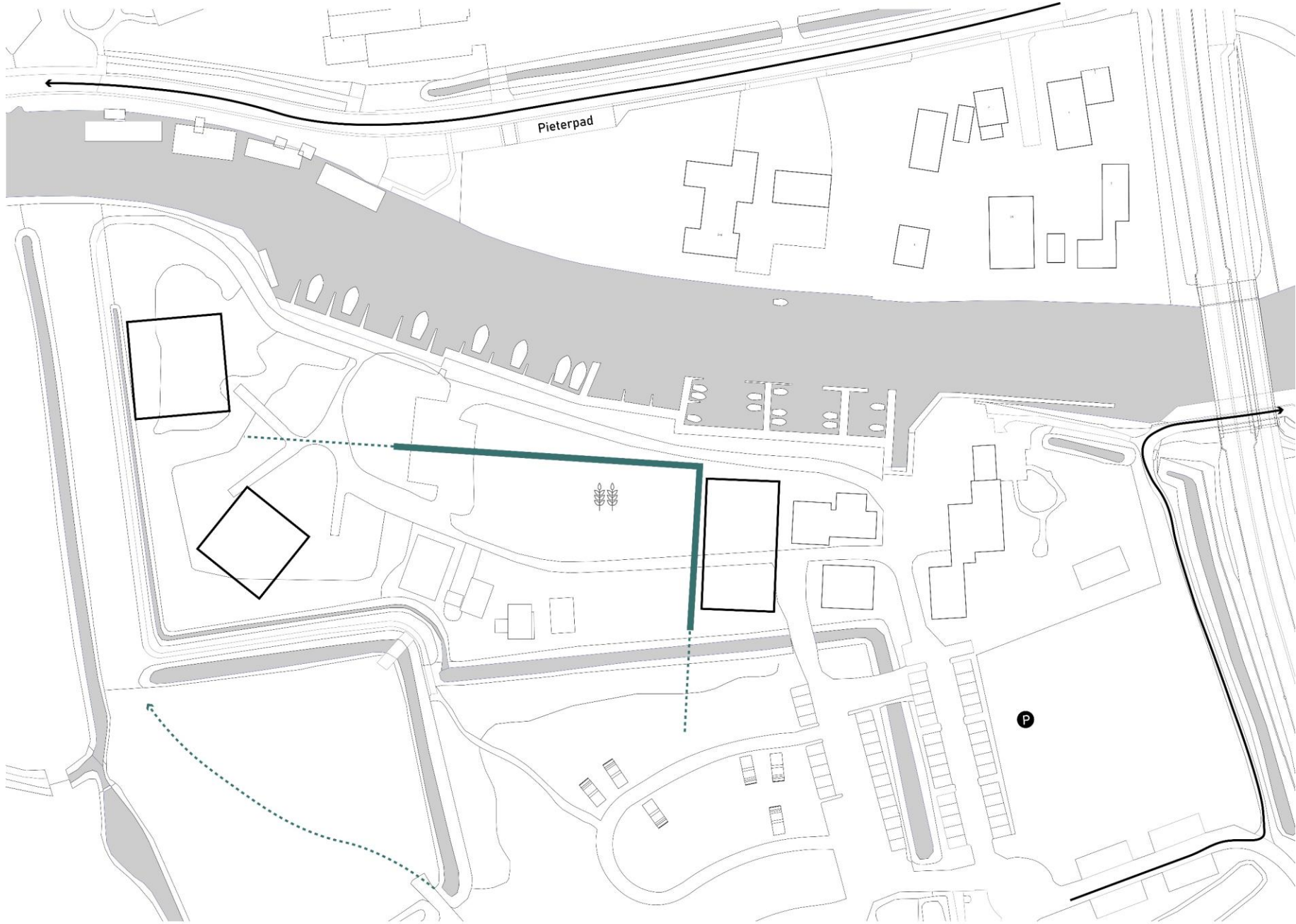


- > private access
- > public access
- > semi-public
- public
- private

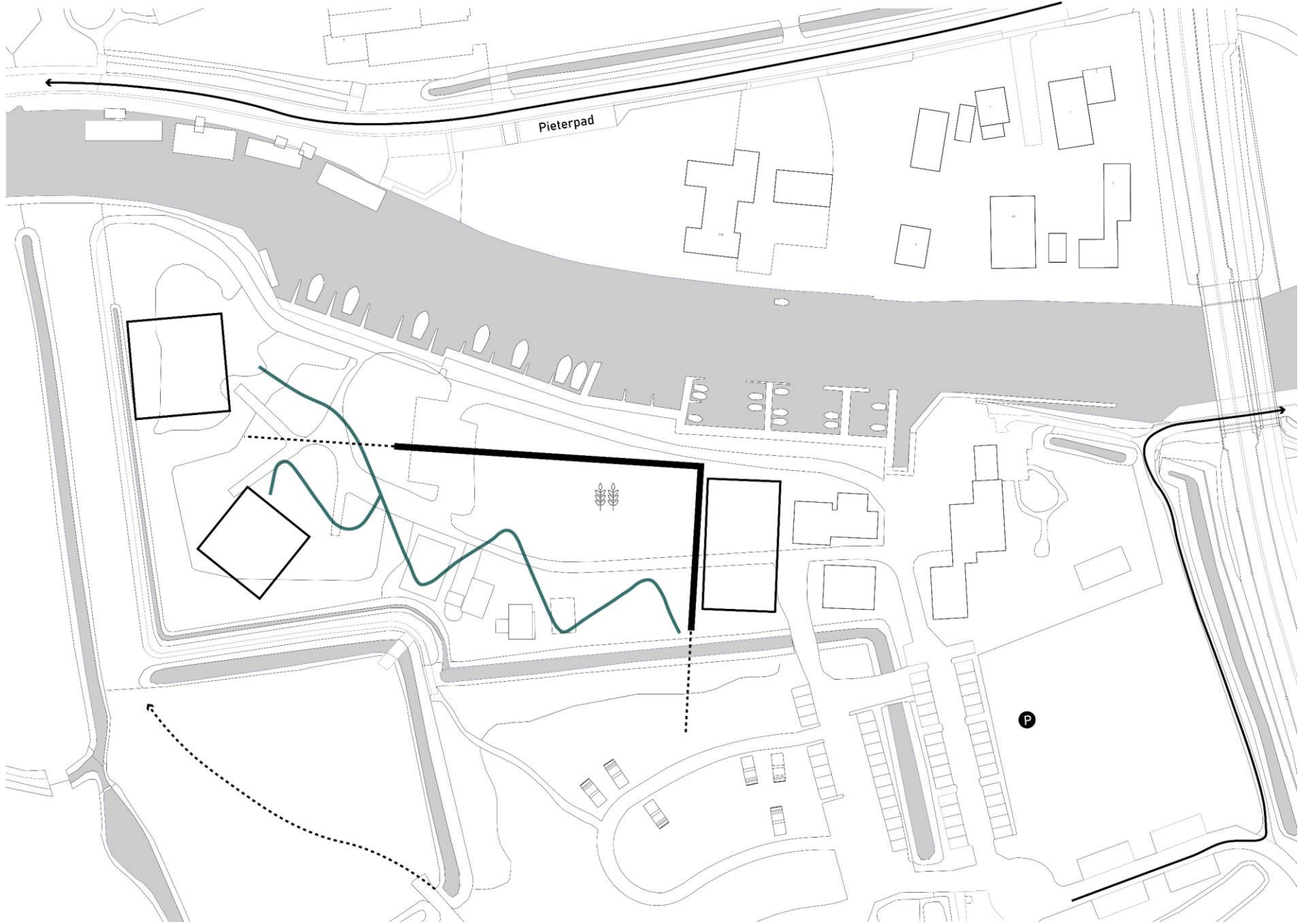
Introducing volumes



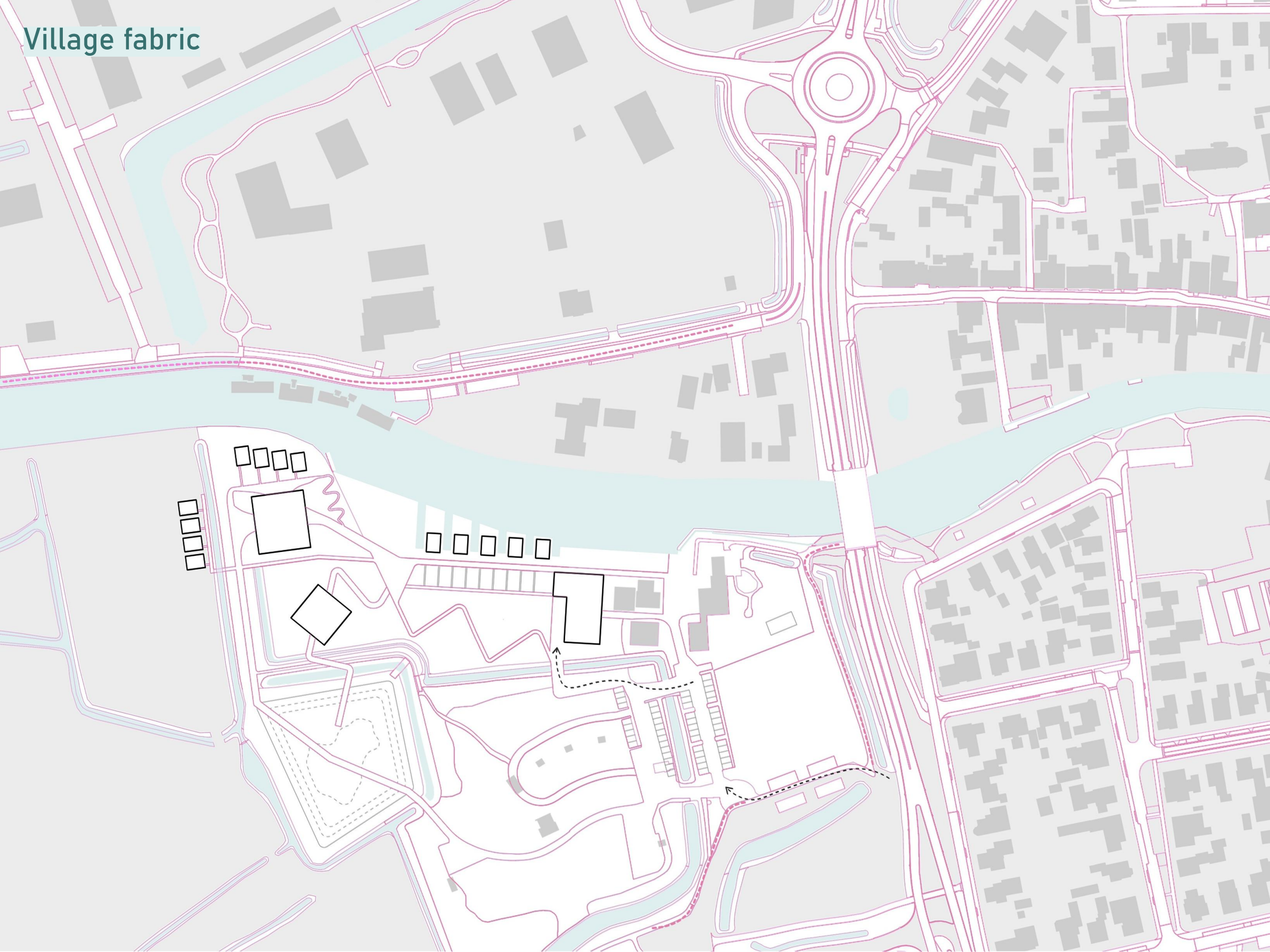
Establishing axes



Introducing slow-paced route



Village fabric

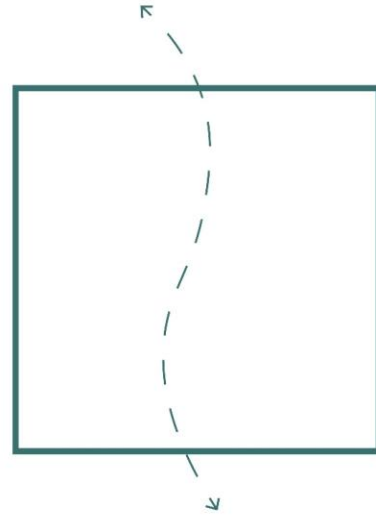
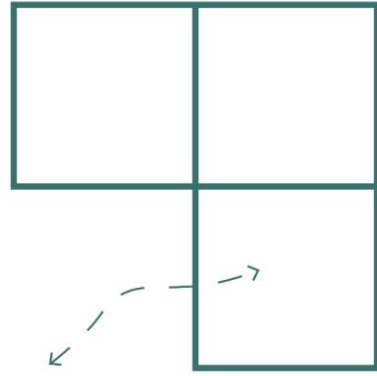
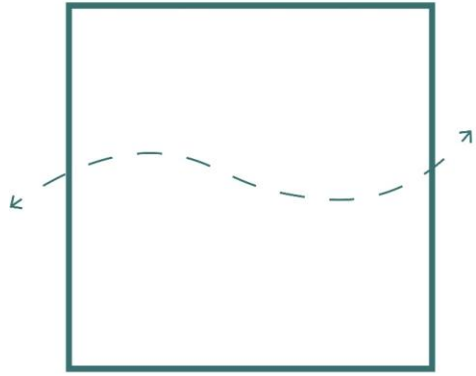


Introducing water bodies

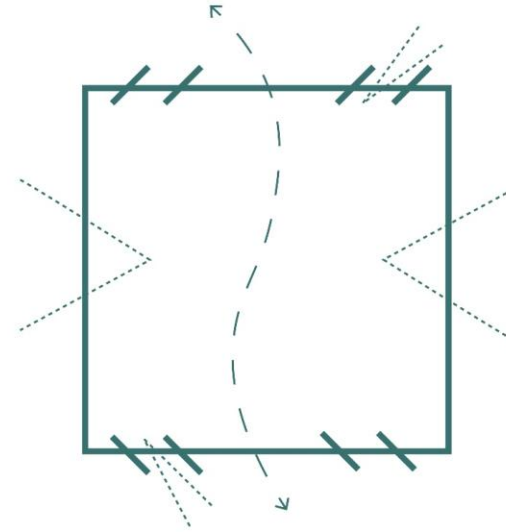
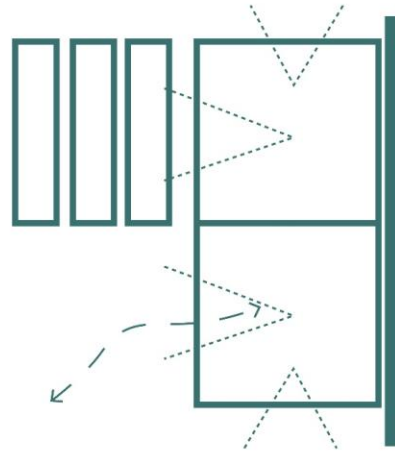
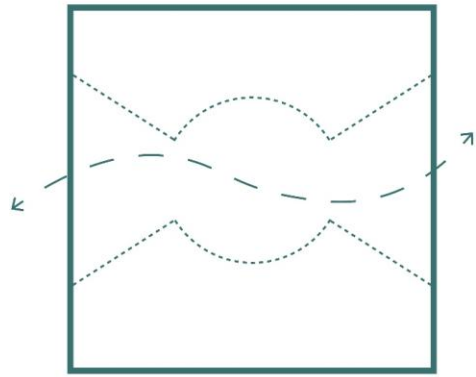


Exploring transition through typologies

01

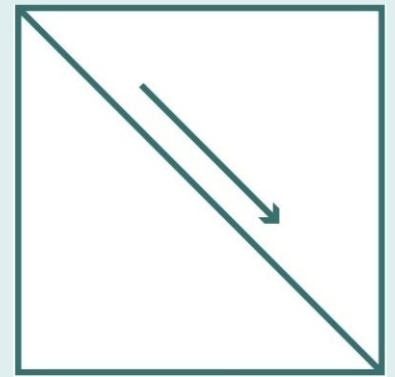
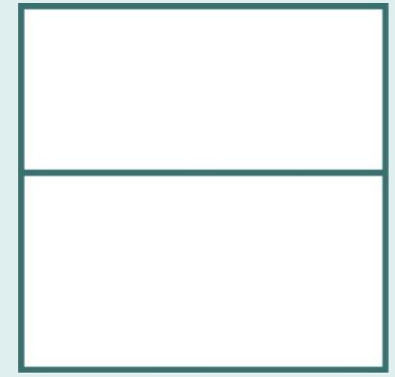
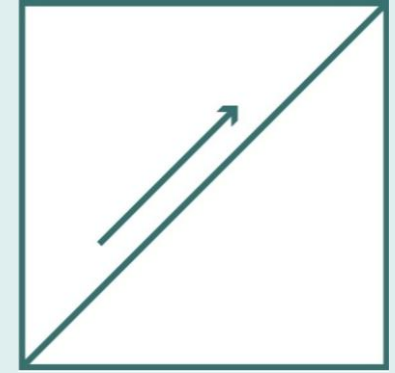
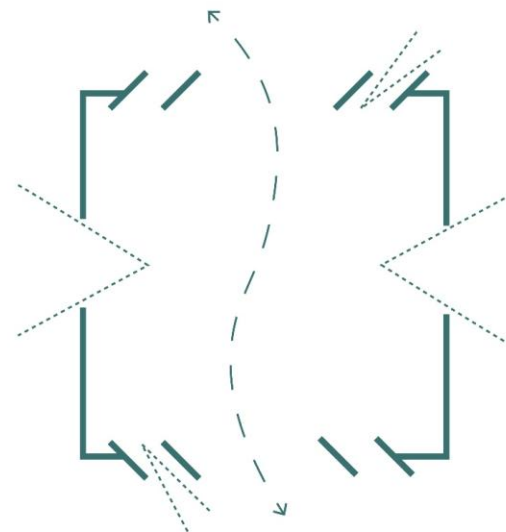
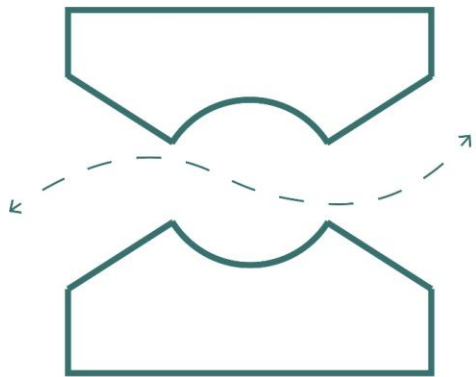


02

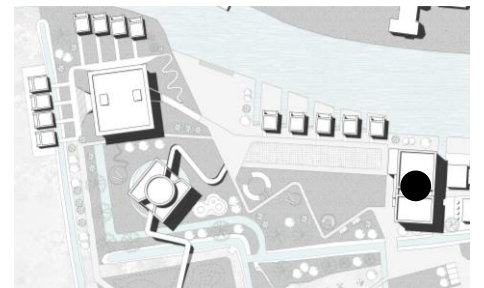


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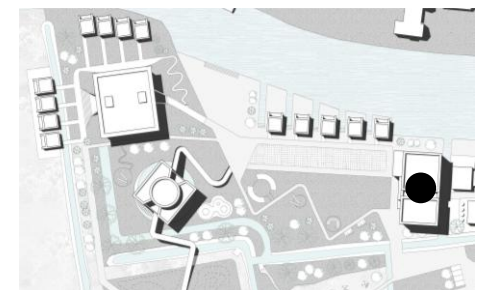
03



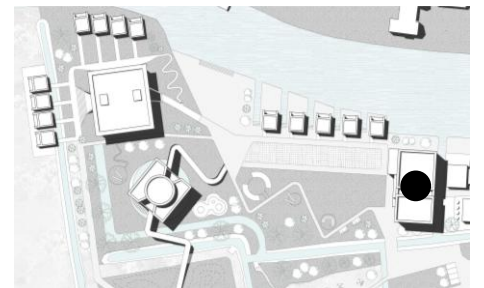
Log In Space, ground floor



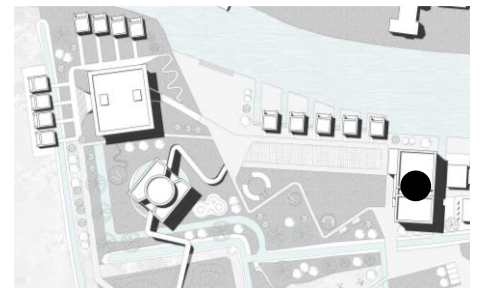
Log In Space, ground floor



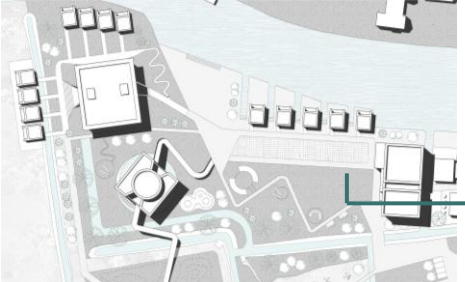
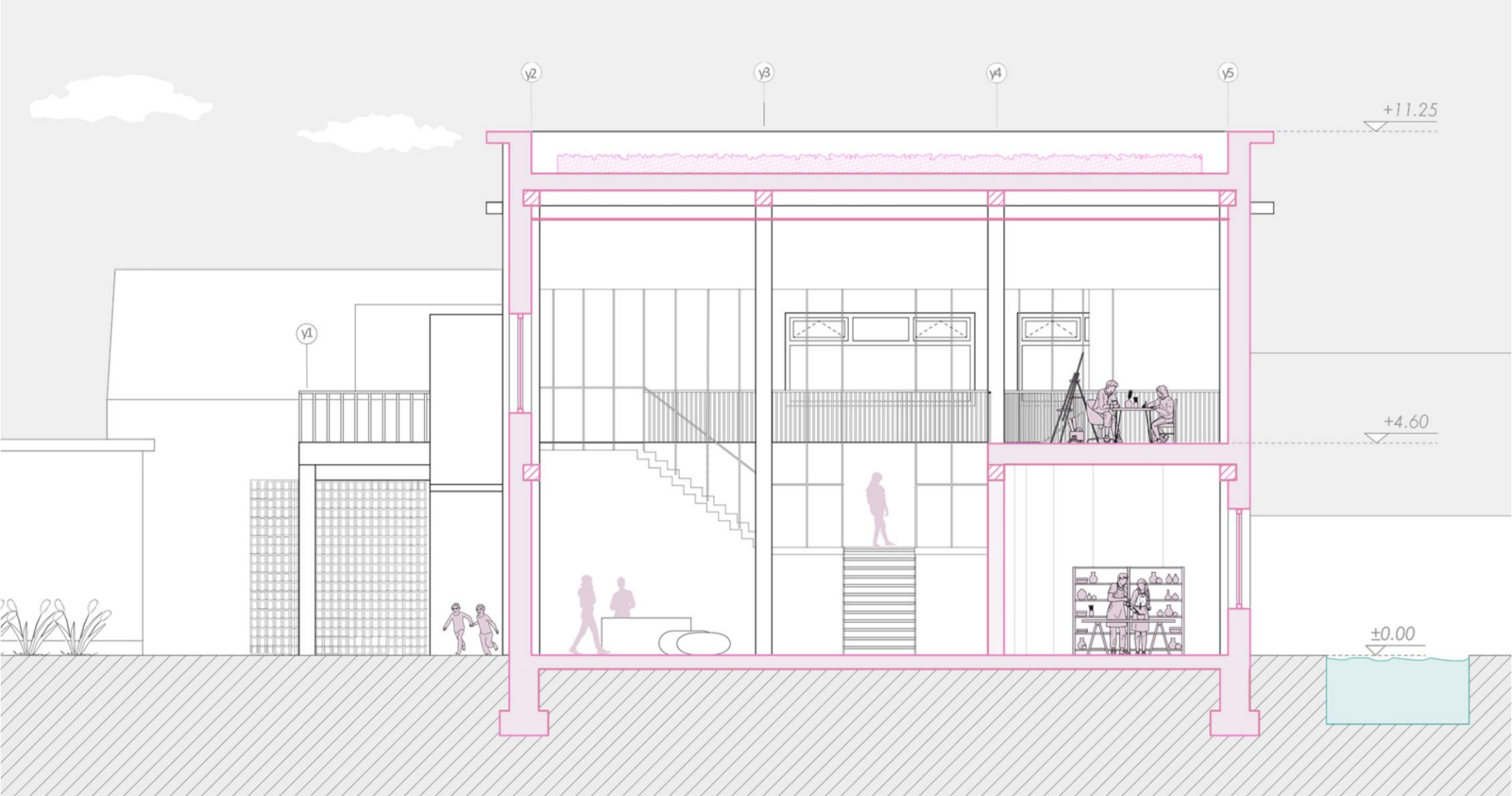
Log In Space, 1st floor



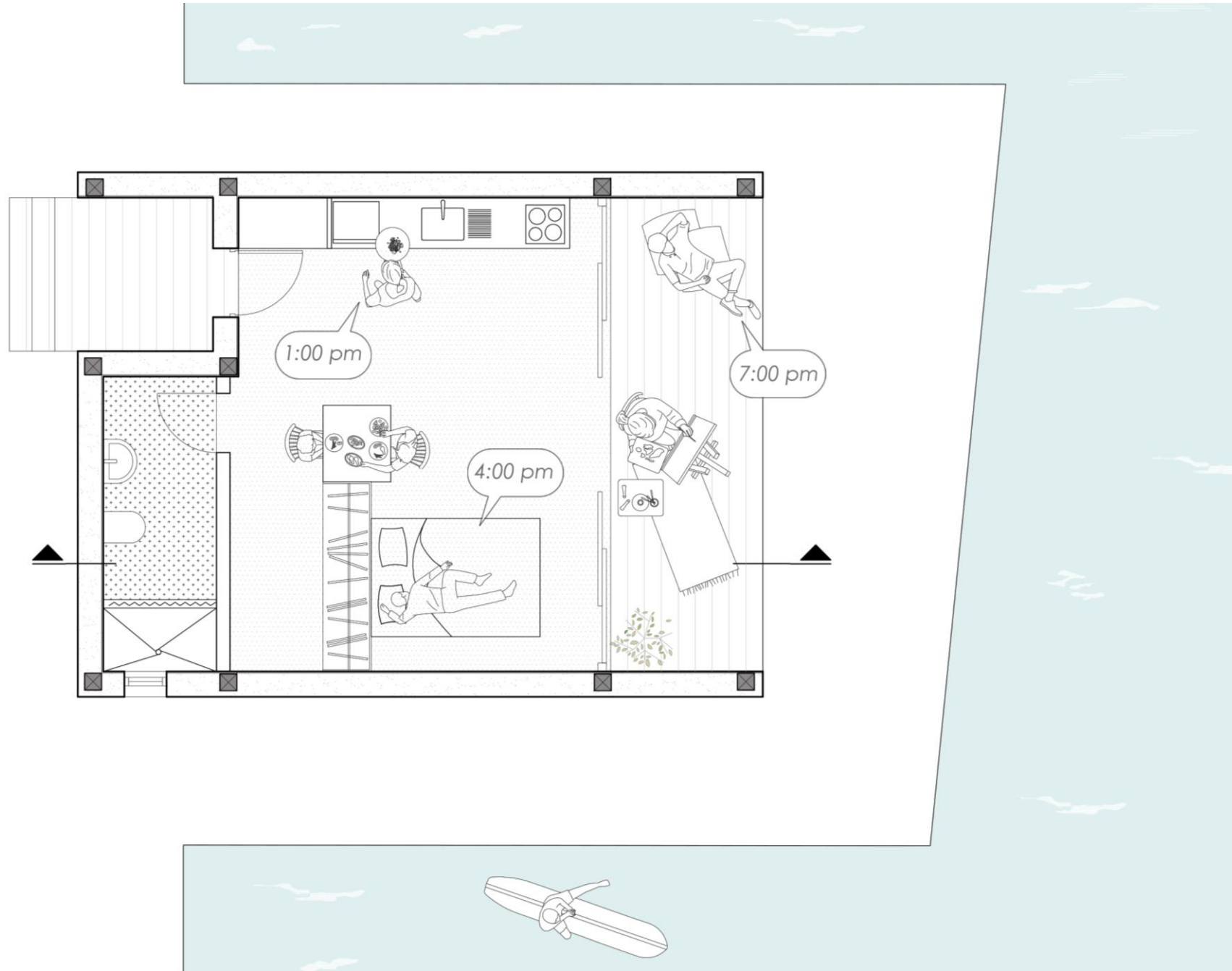
Log In Space, 1st floor



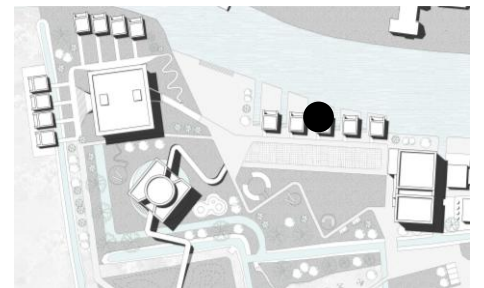
Log In Space



Sleep Mode Cabins

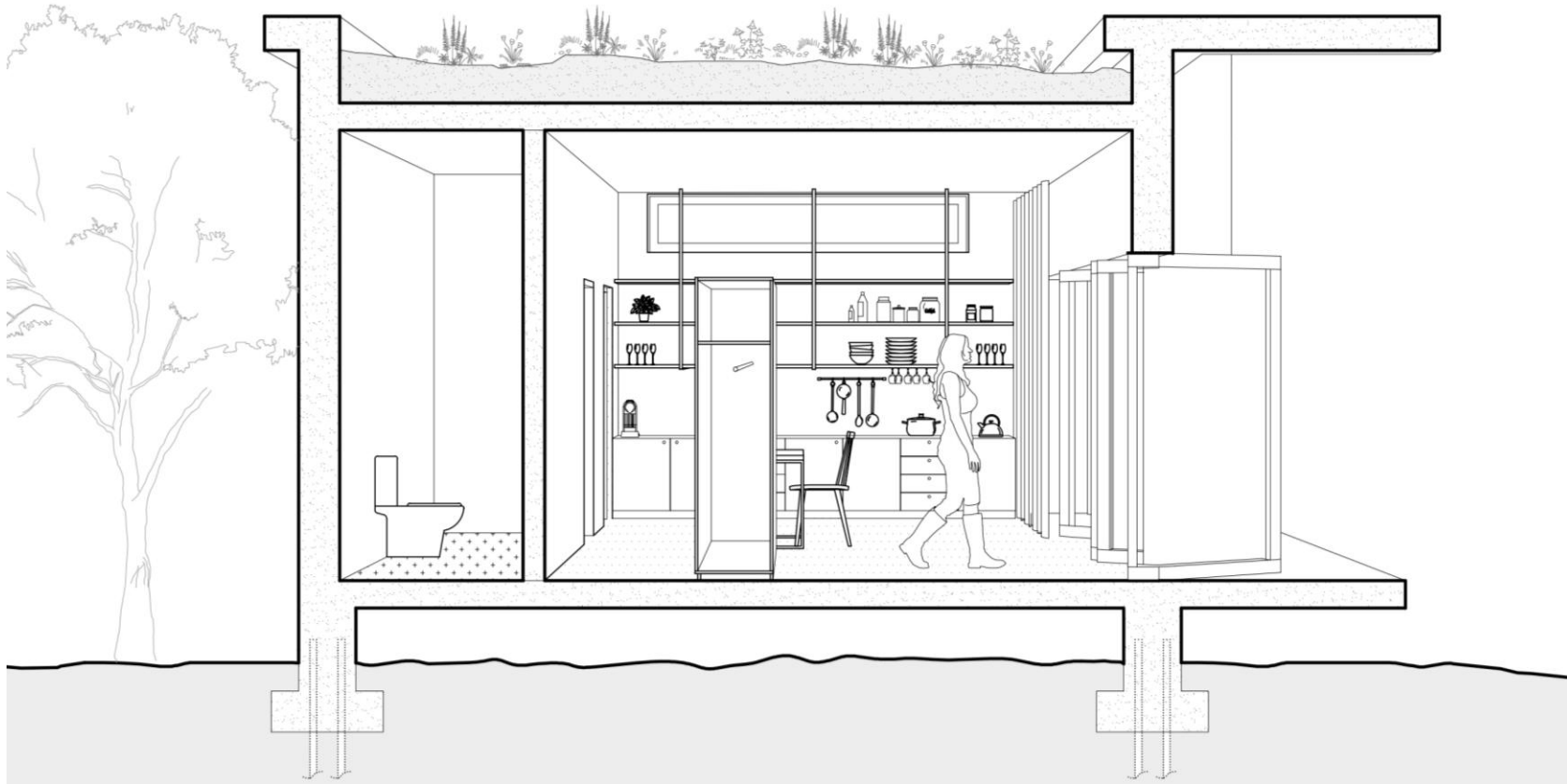
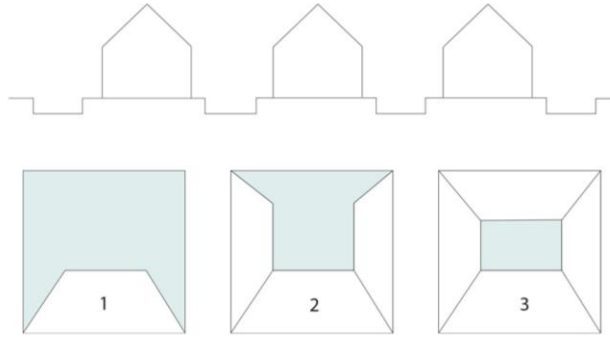


0 0.5 1 2m

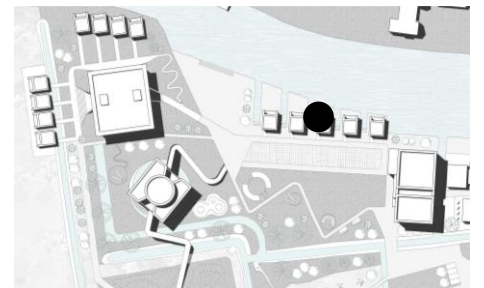


Sleep Mode Cabins

patch 1: amplifying the quality of water



0 0.5 1 2m



Docking Station: productive core of the hub

focus spaces



individual private offices



small team offices



meeting rooms

collective spaces



auditorium



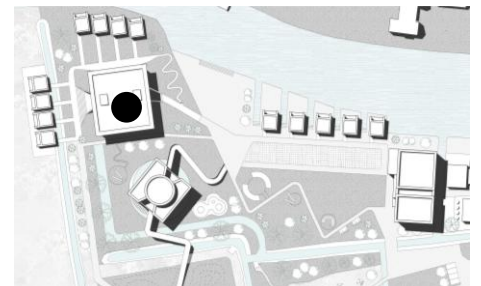
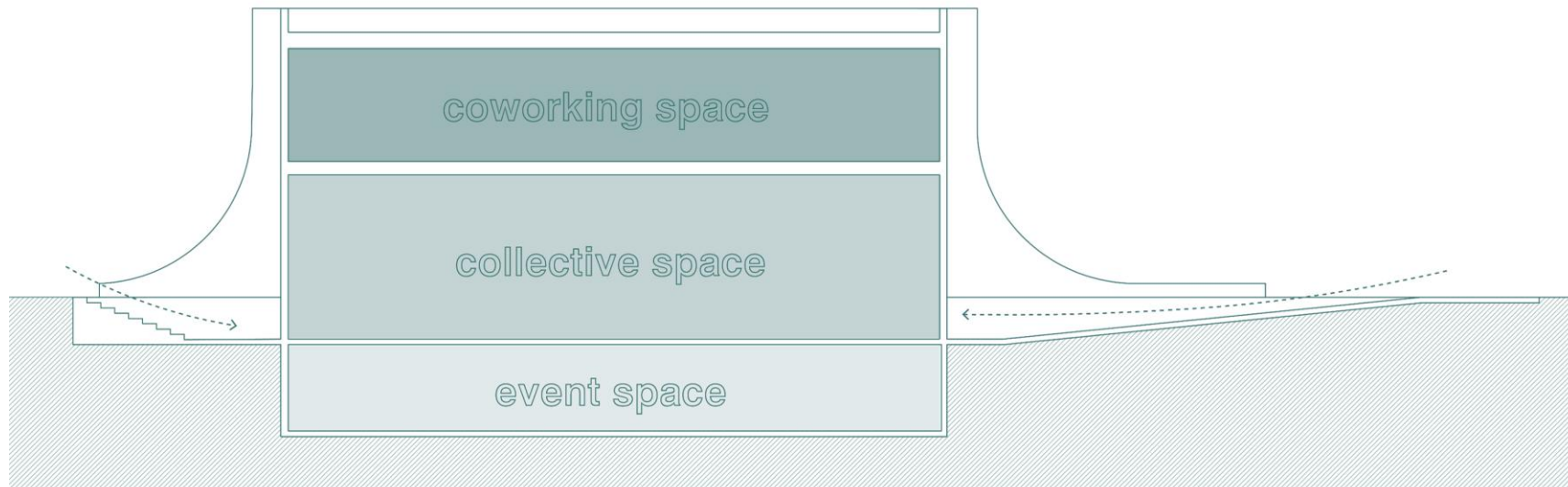
work together



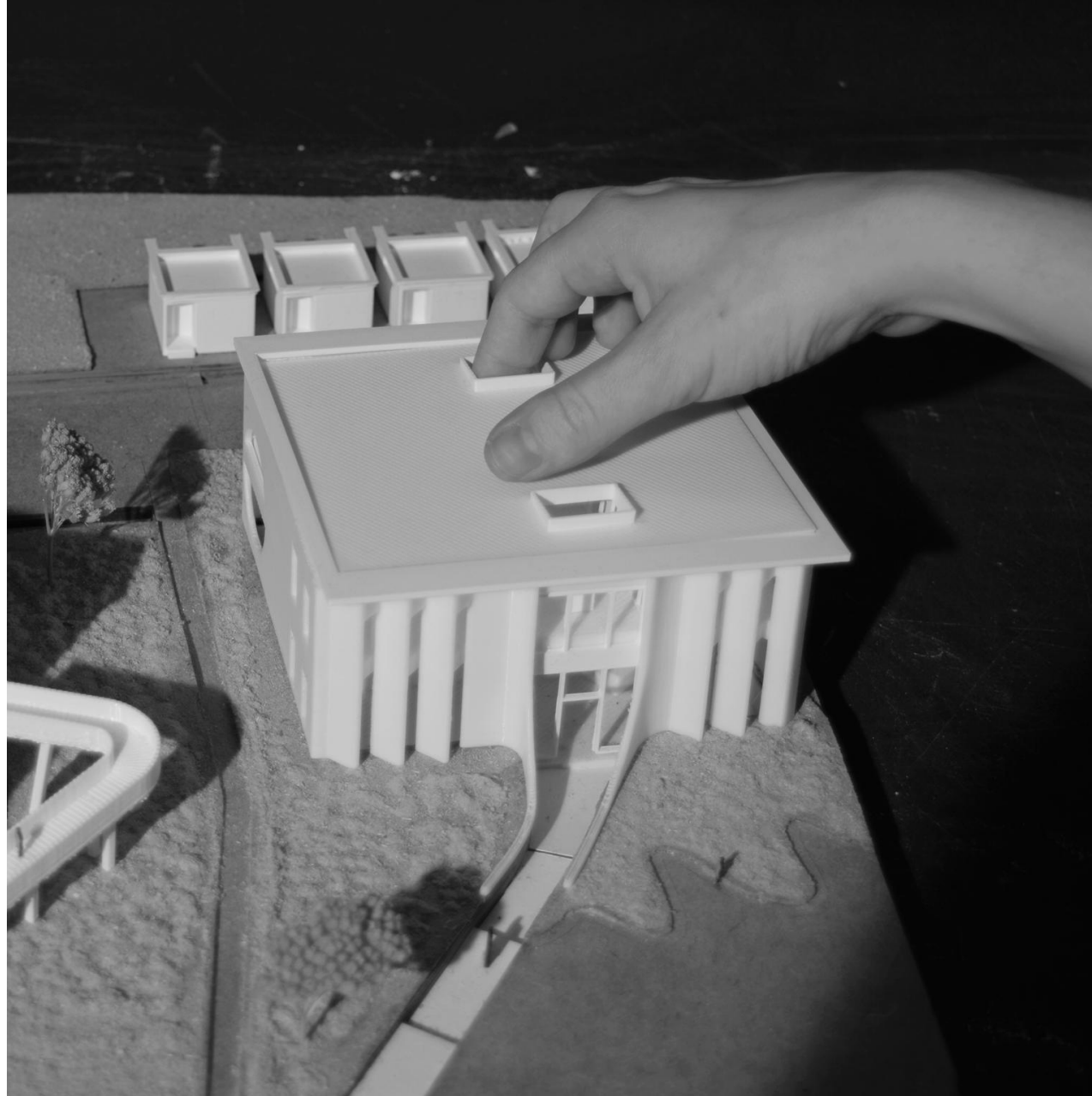
gather & relax



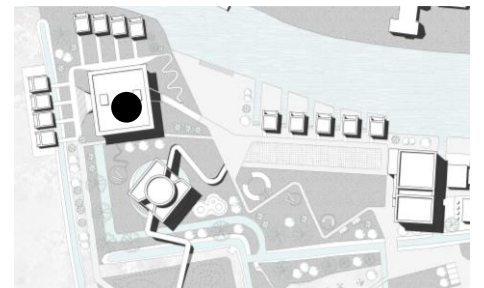
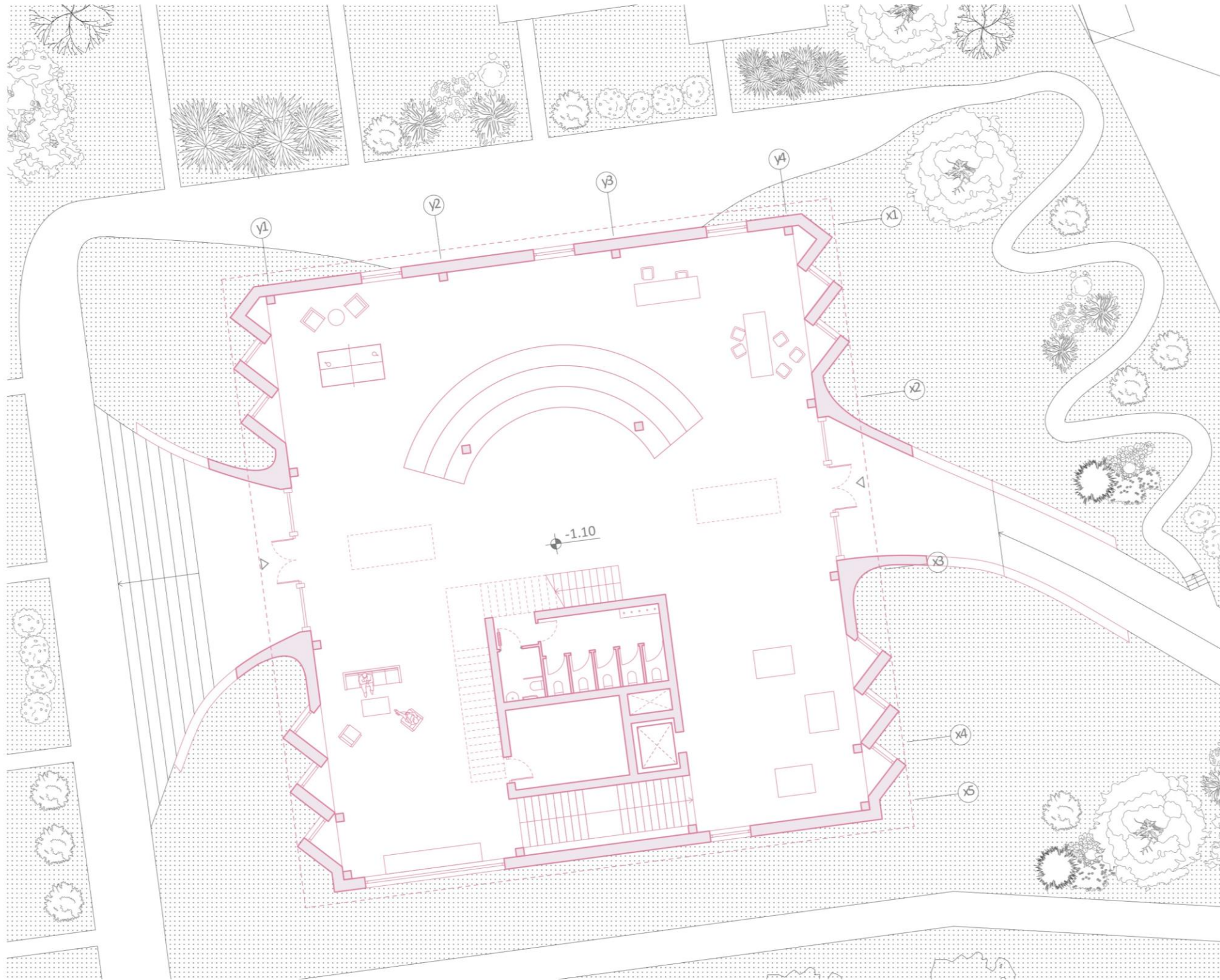
fun



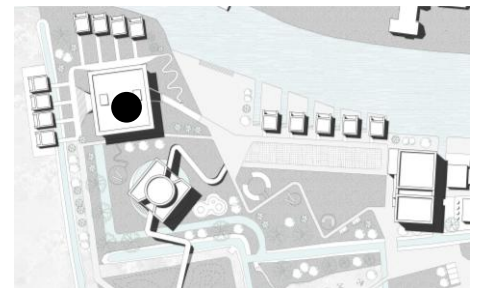
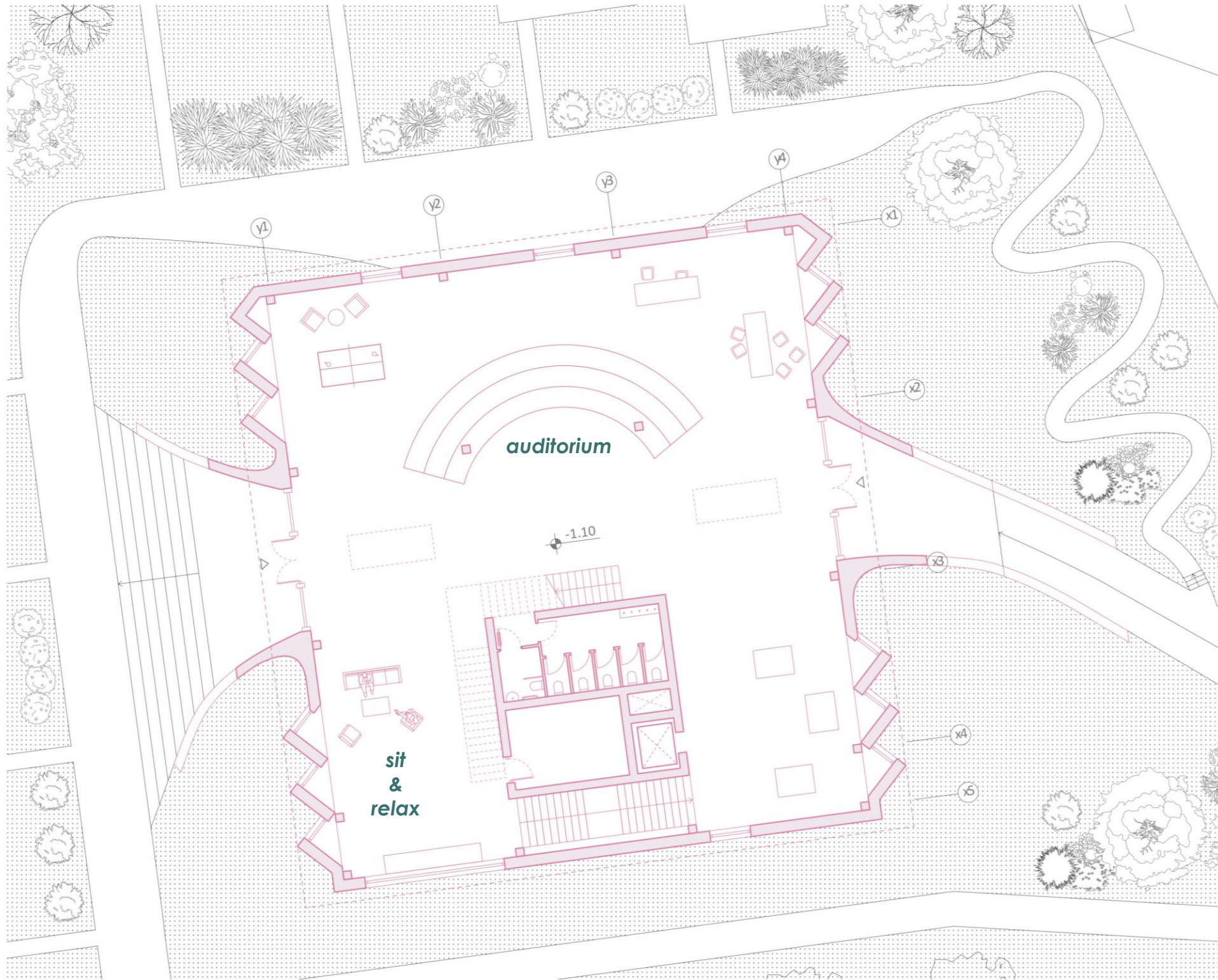
Docking Station



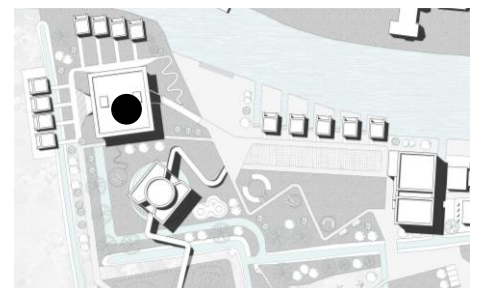
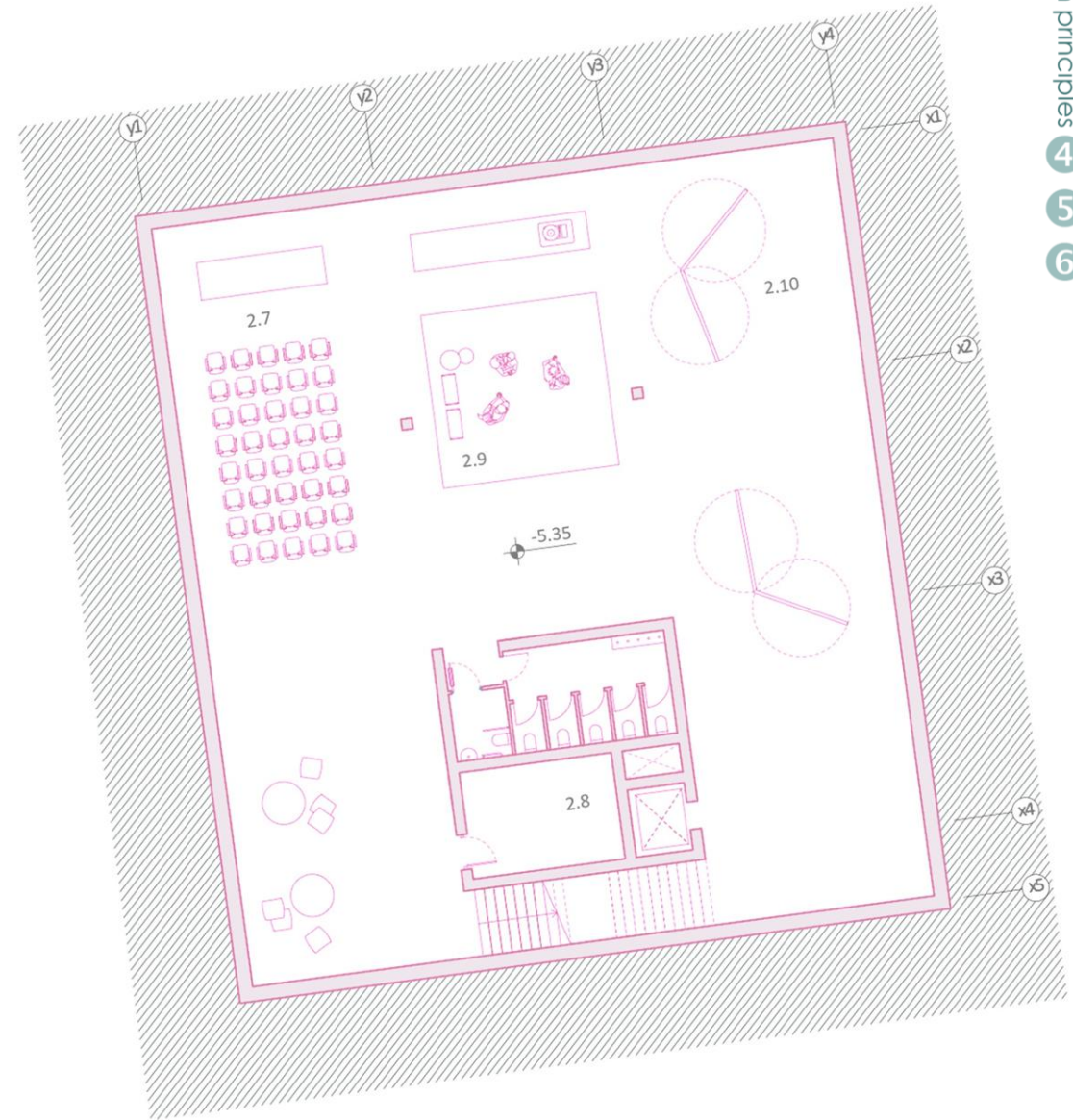
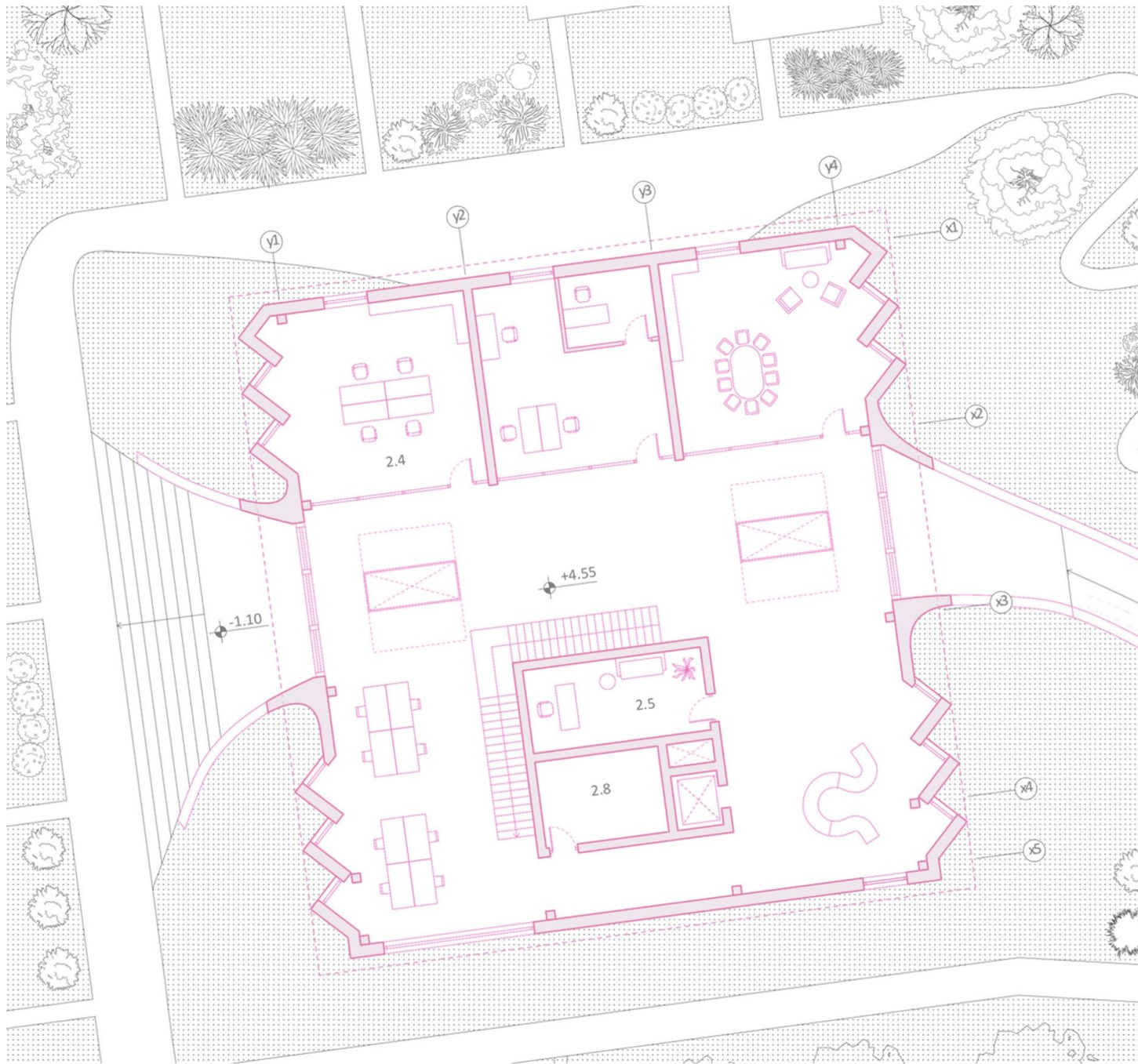
Docking Station, ground floor



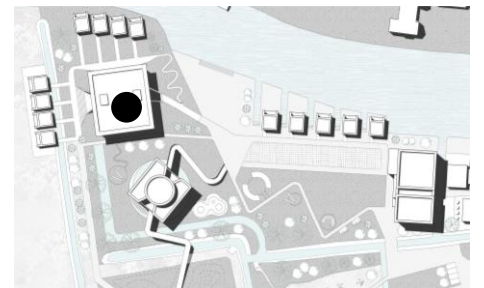
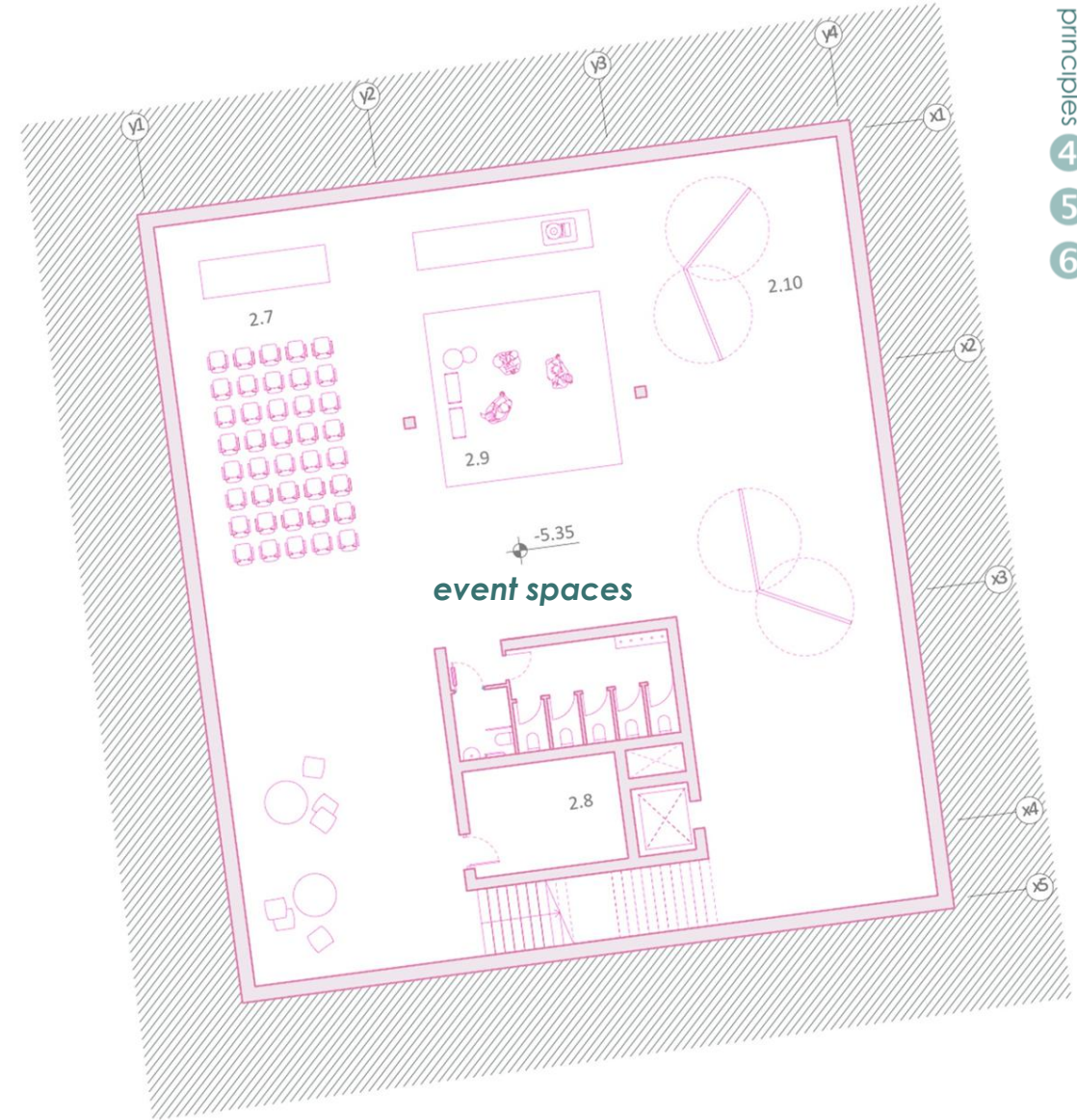
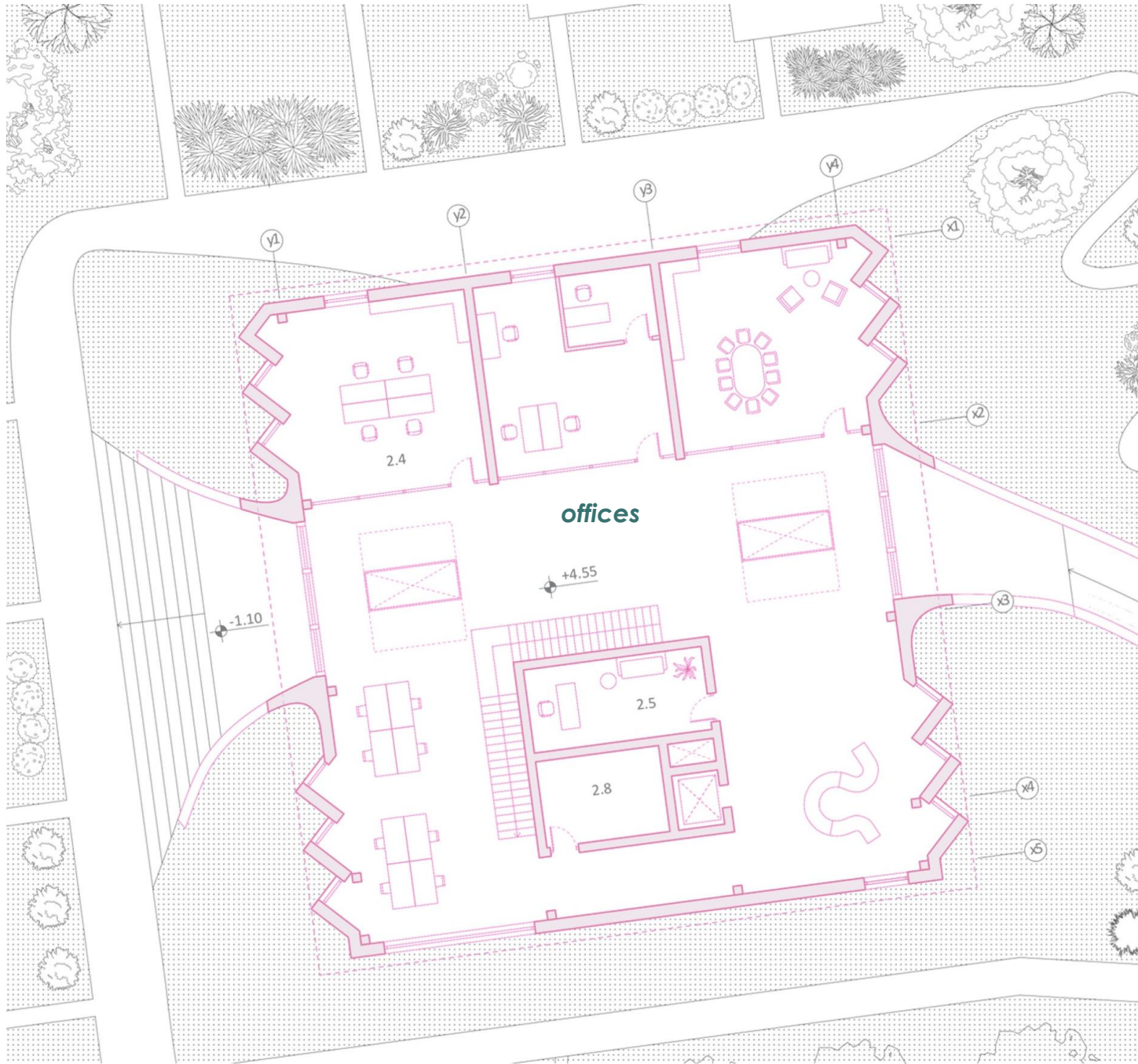
Docking Station, ground floor



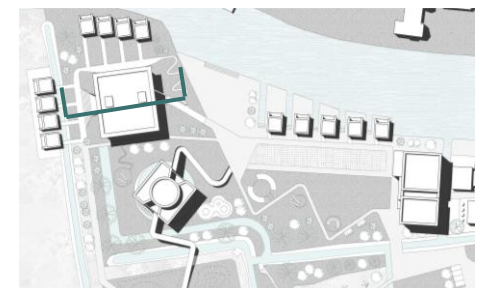
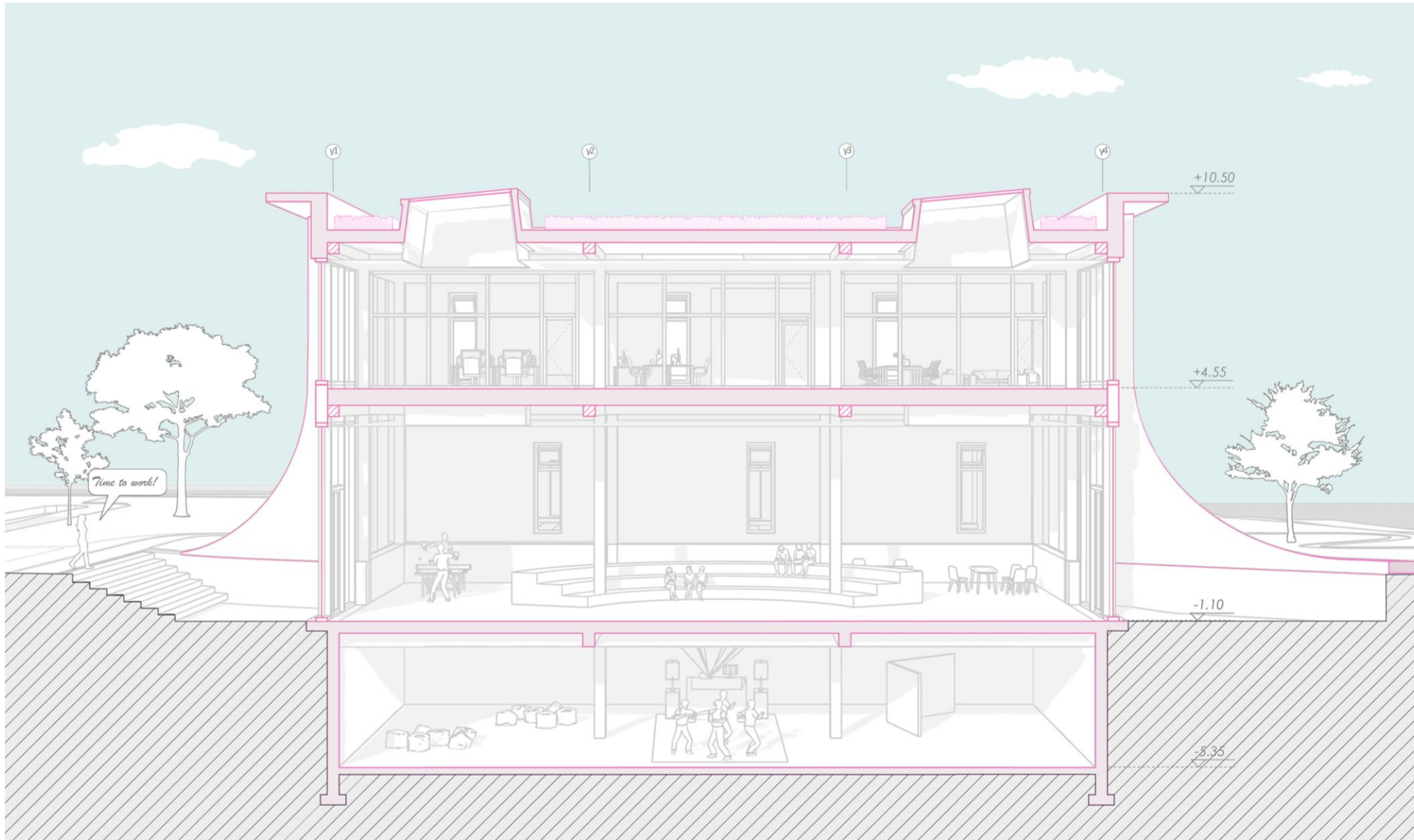
Docking Station, 1st & underground floor



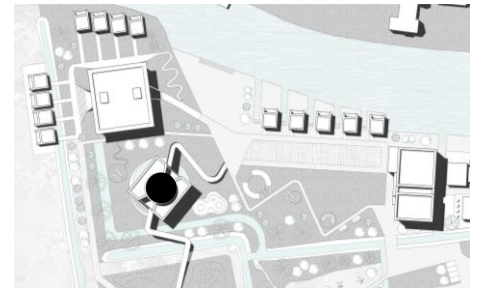
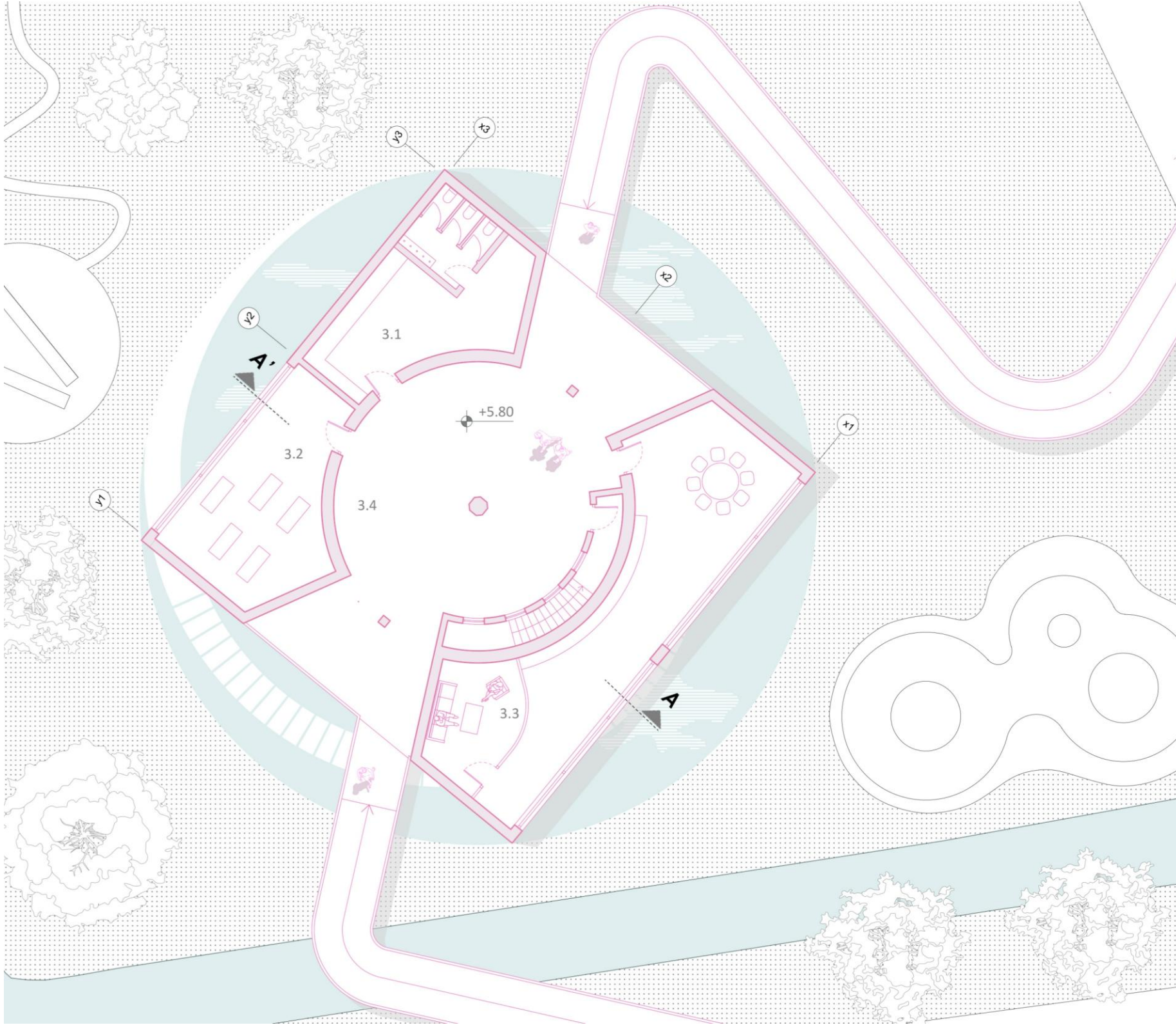
Docking Station, 1st & underground floor



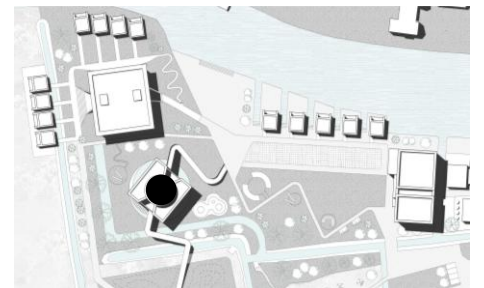
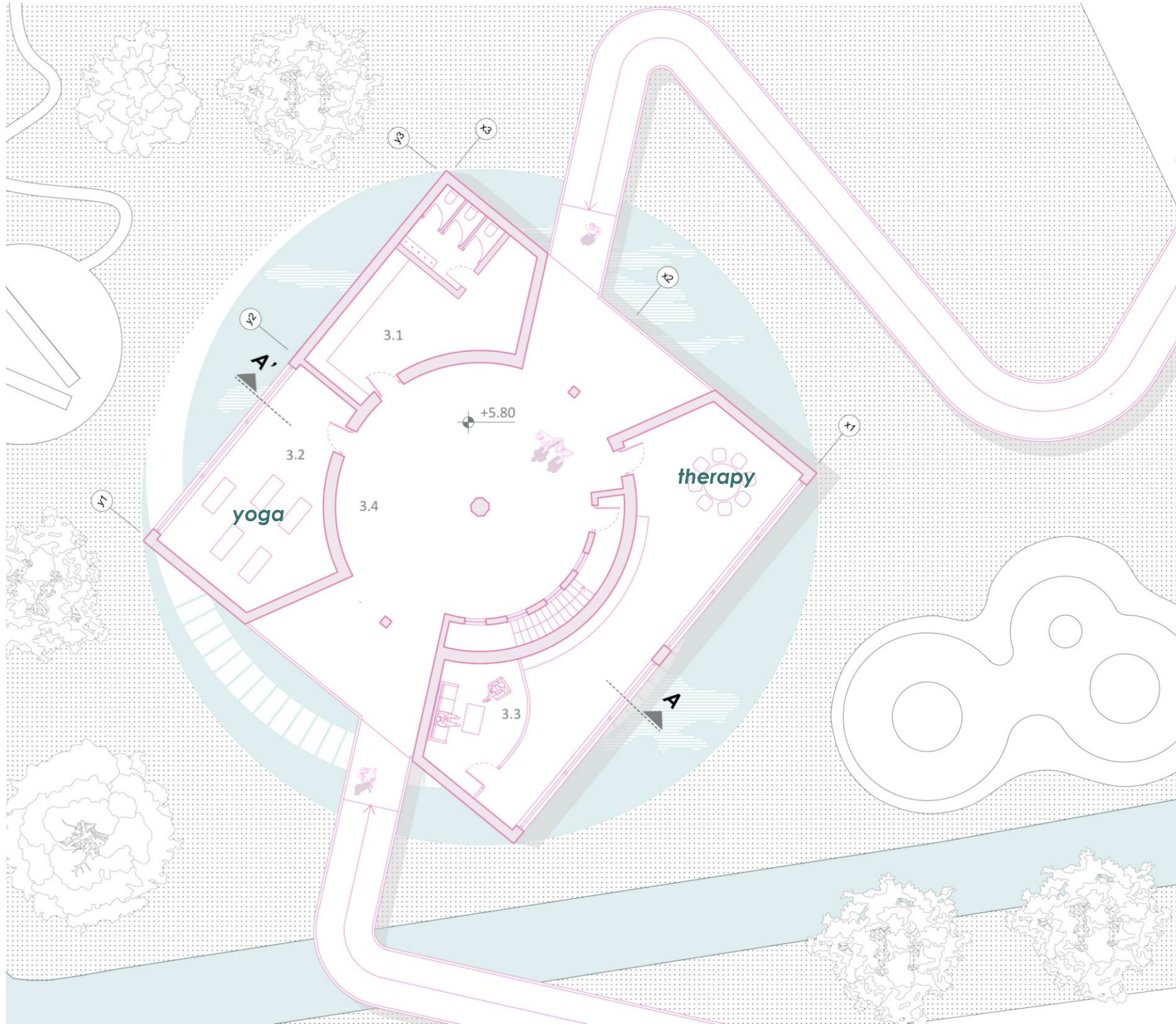
Docking Station



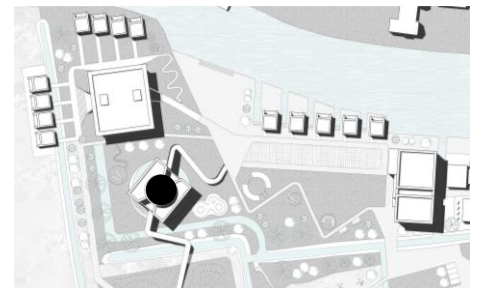
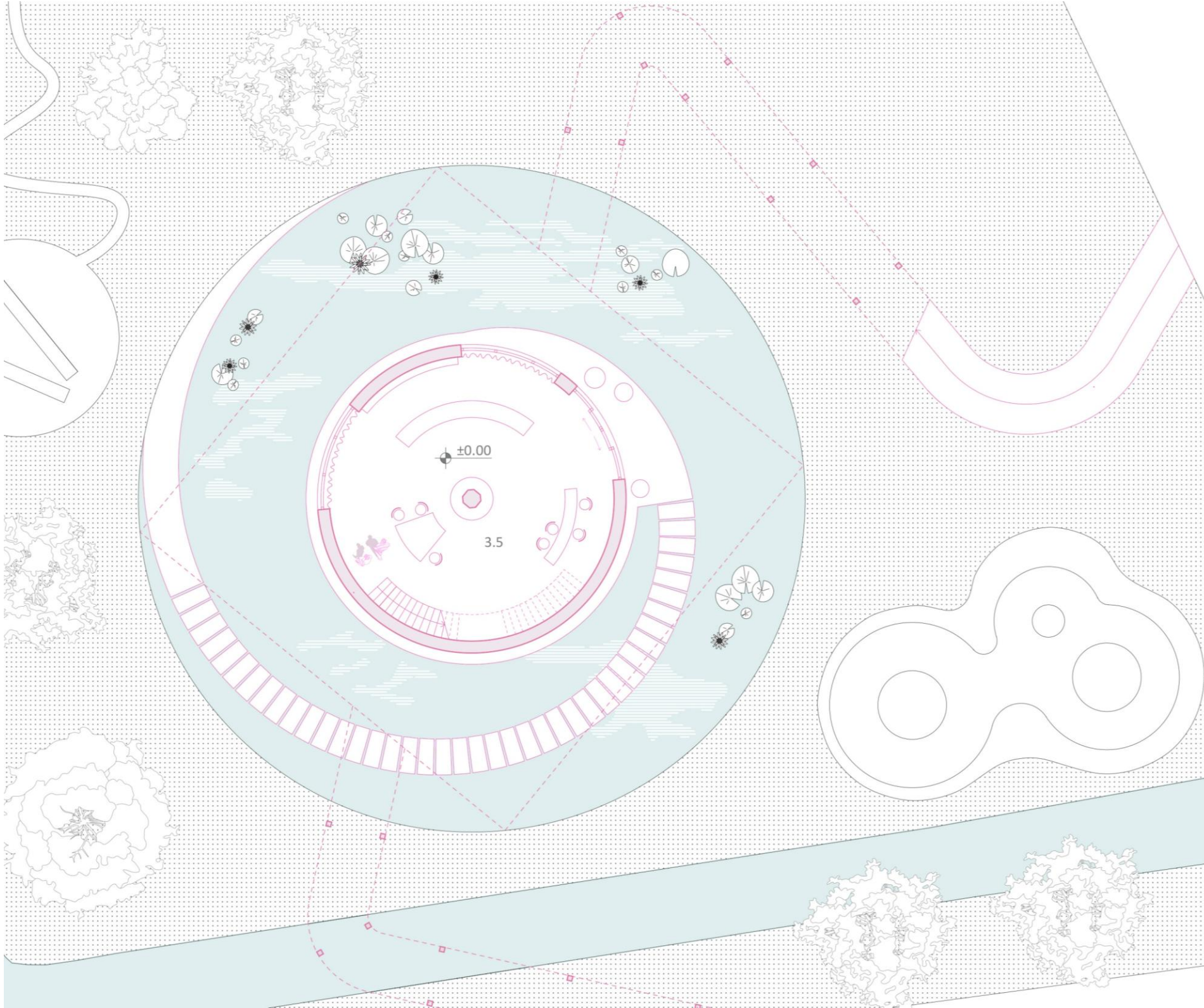
Unplug Space, 1st floor



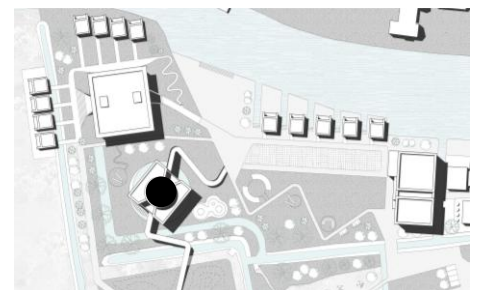
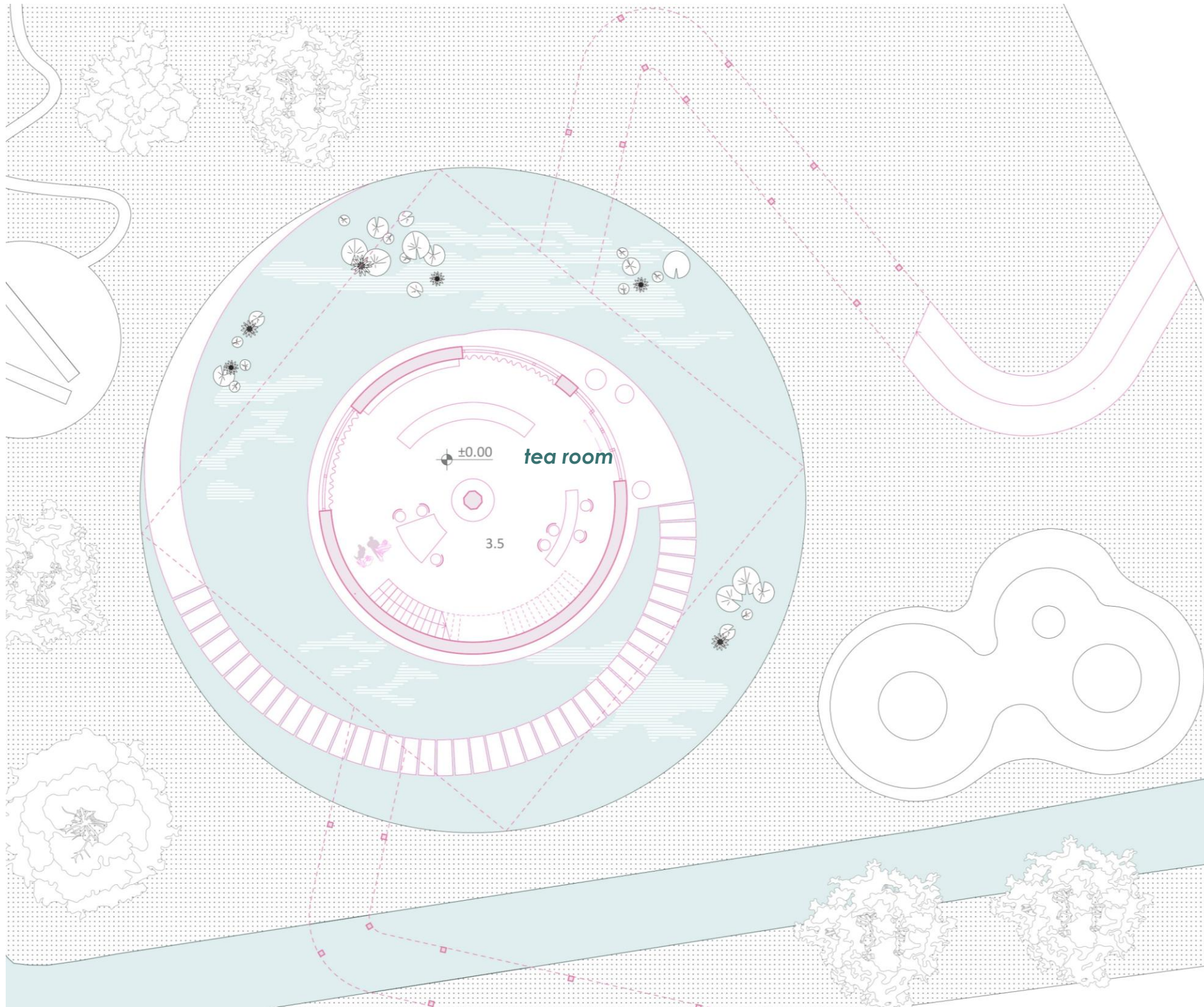
Unplug Space, 1st floor



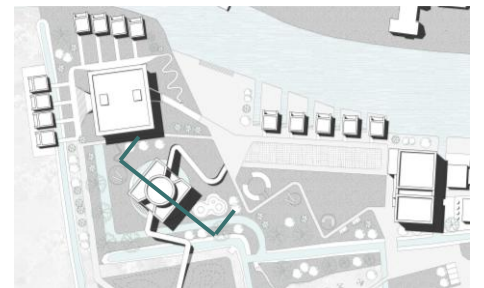
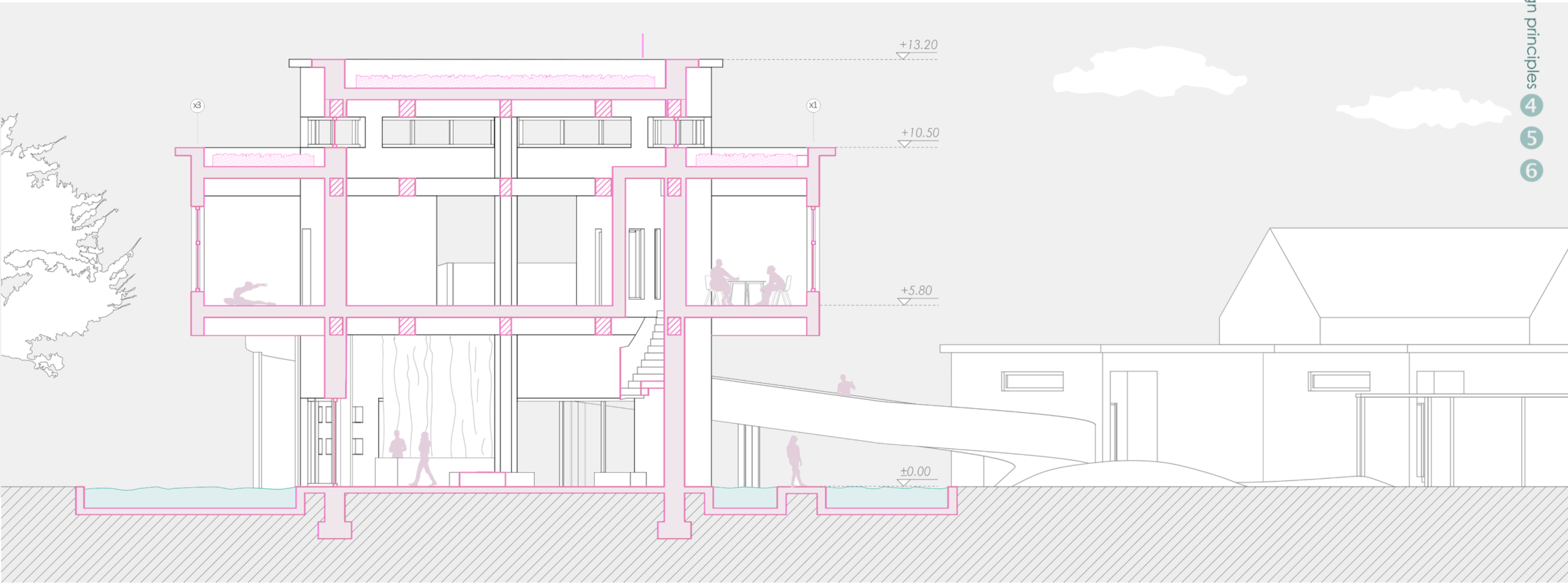
Unplug Space, ground floor



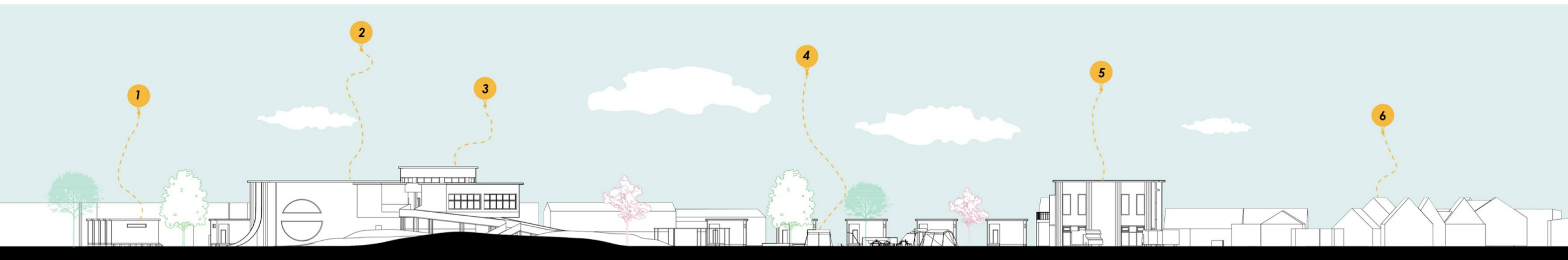
Unplug Space, ground floor



Unplug Space

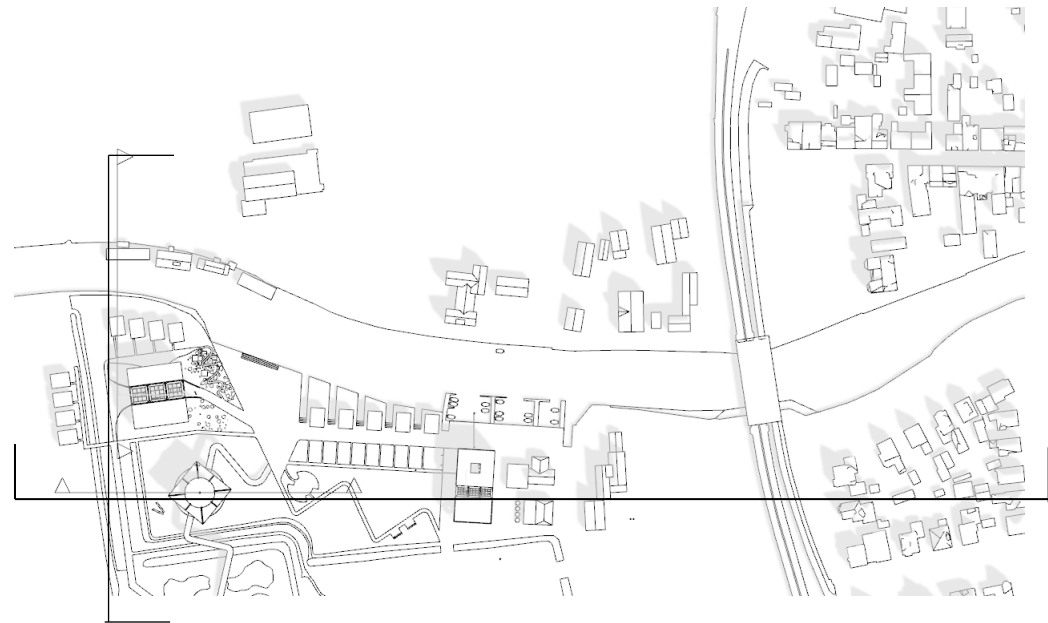
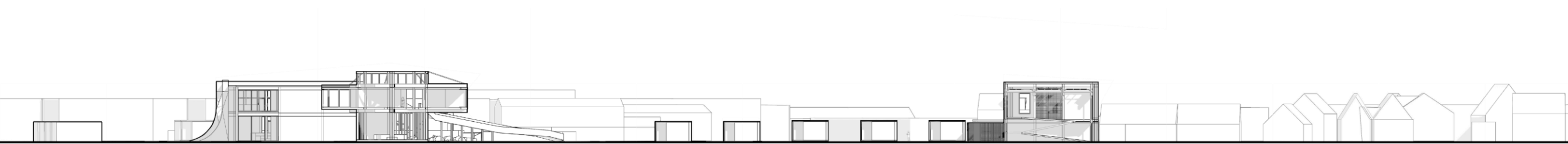
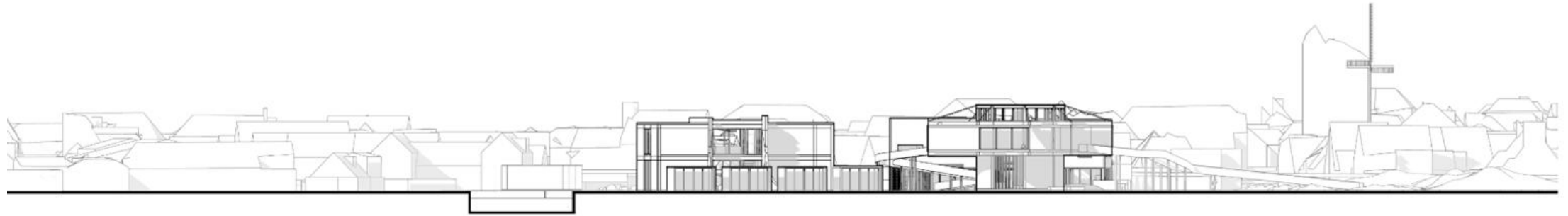


South elevation

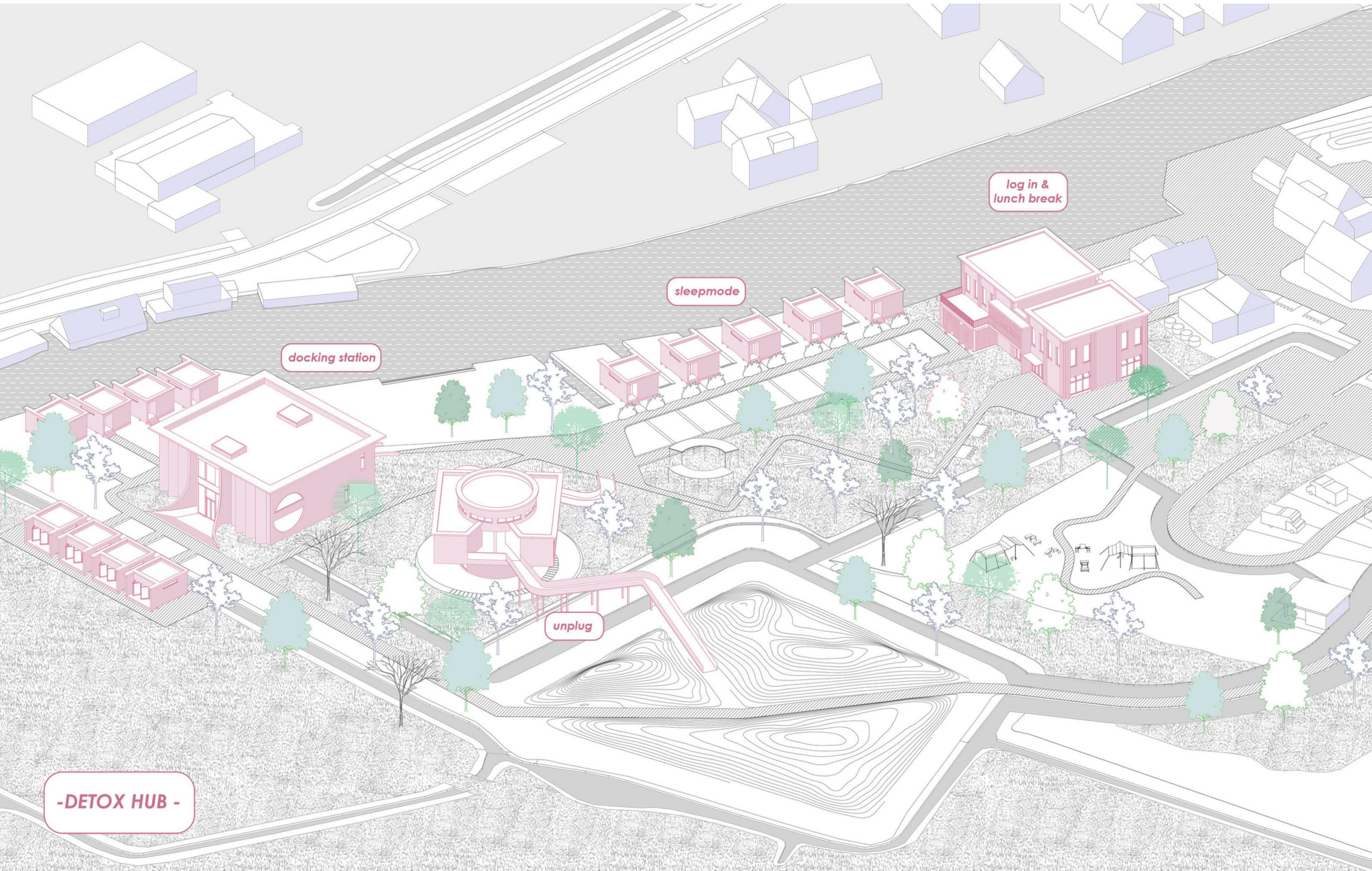


1. *Digital nomad's accommodation*
2. *Docking Station (coworking & event spaces)*
3. *Unplug Space*
4. *Camp site*
5. *Log in Space (tourist info, restaurant, workshop areas)*
6. *Existing buildings of Marenland*

Urban sections

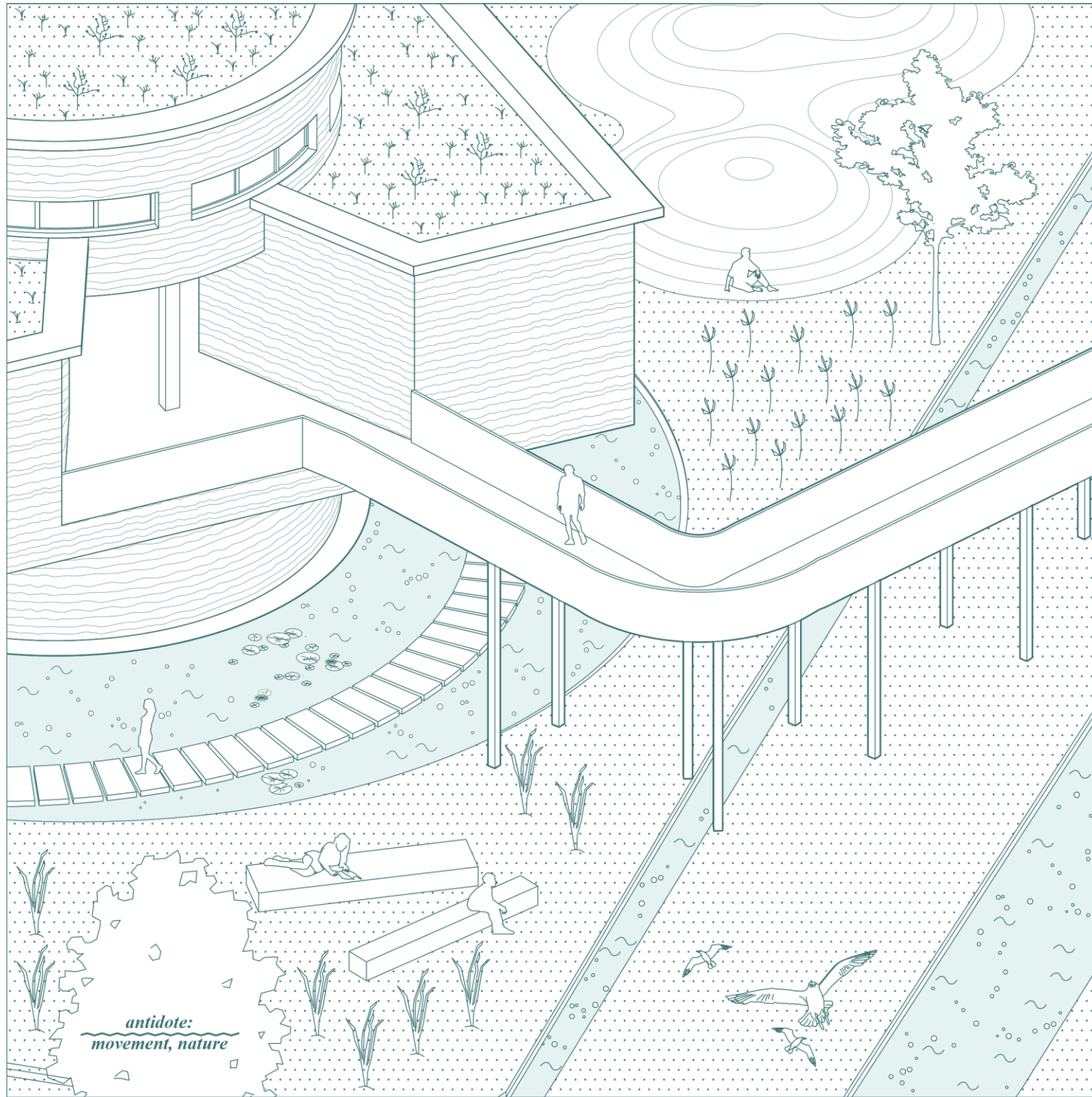


Building ensemble

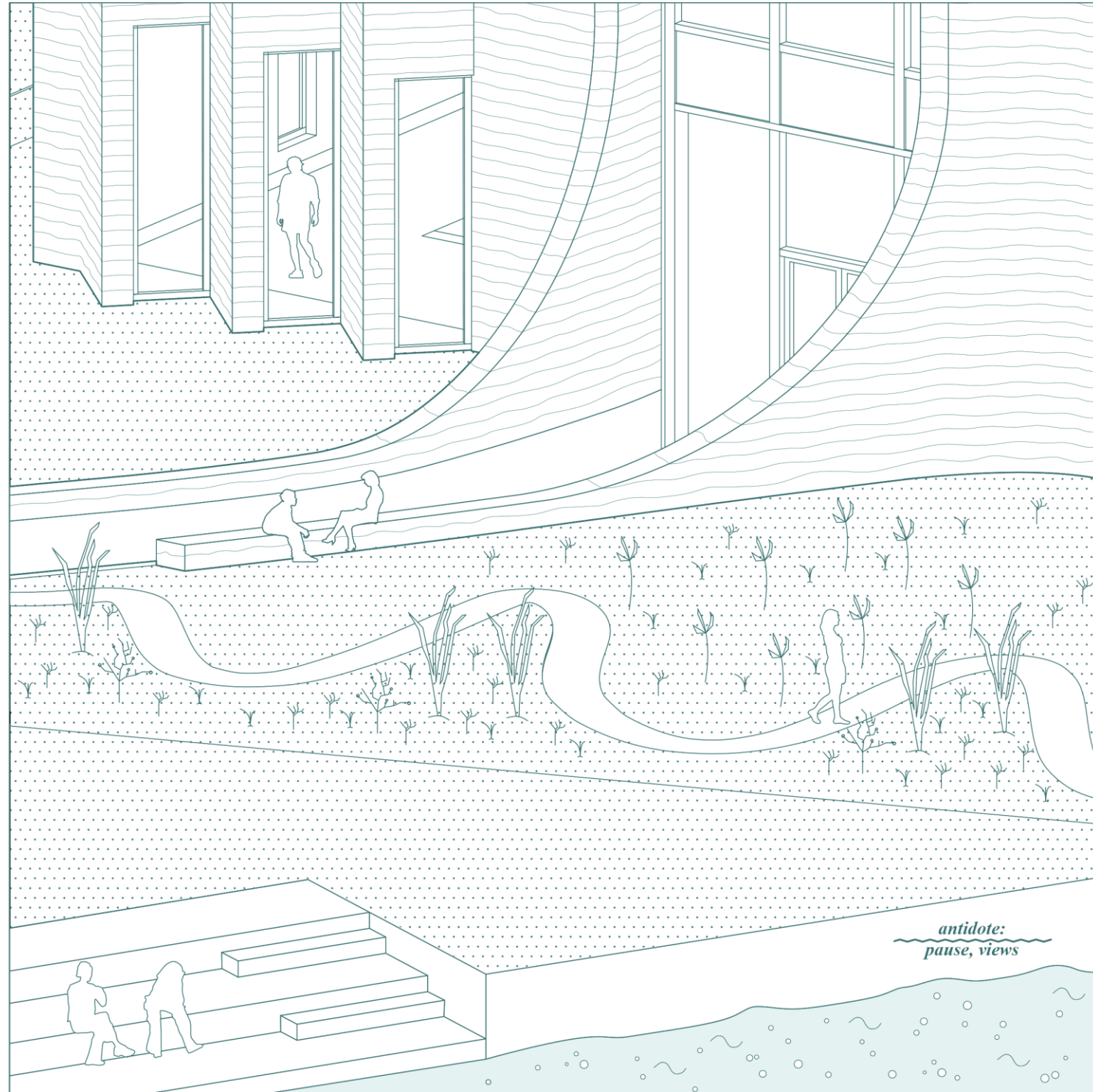


-DETOX HUB -

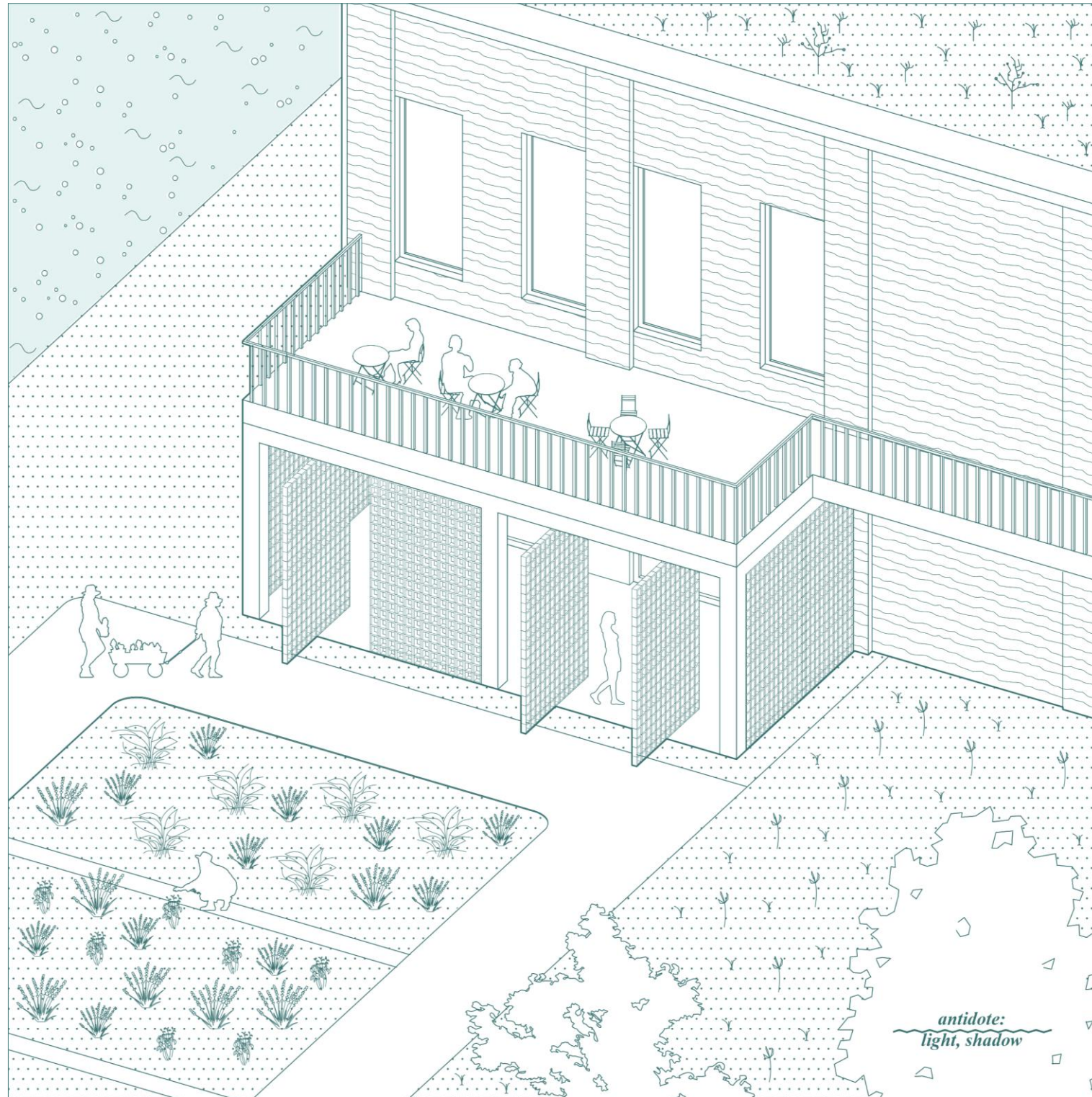
Antidote: movement, nature



Antidote: moment of pause, frame views



Antidote: perforations, outdoor spaces



building anatomy



Hempcrete



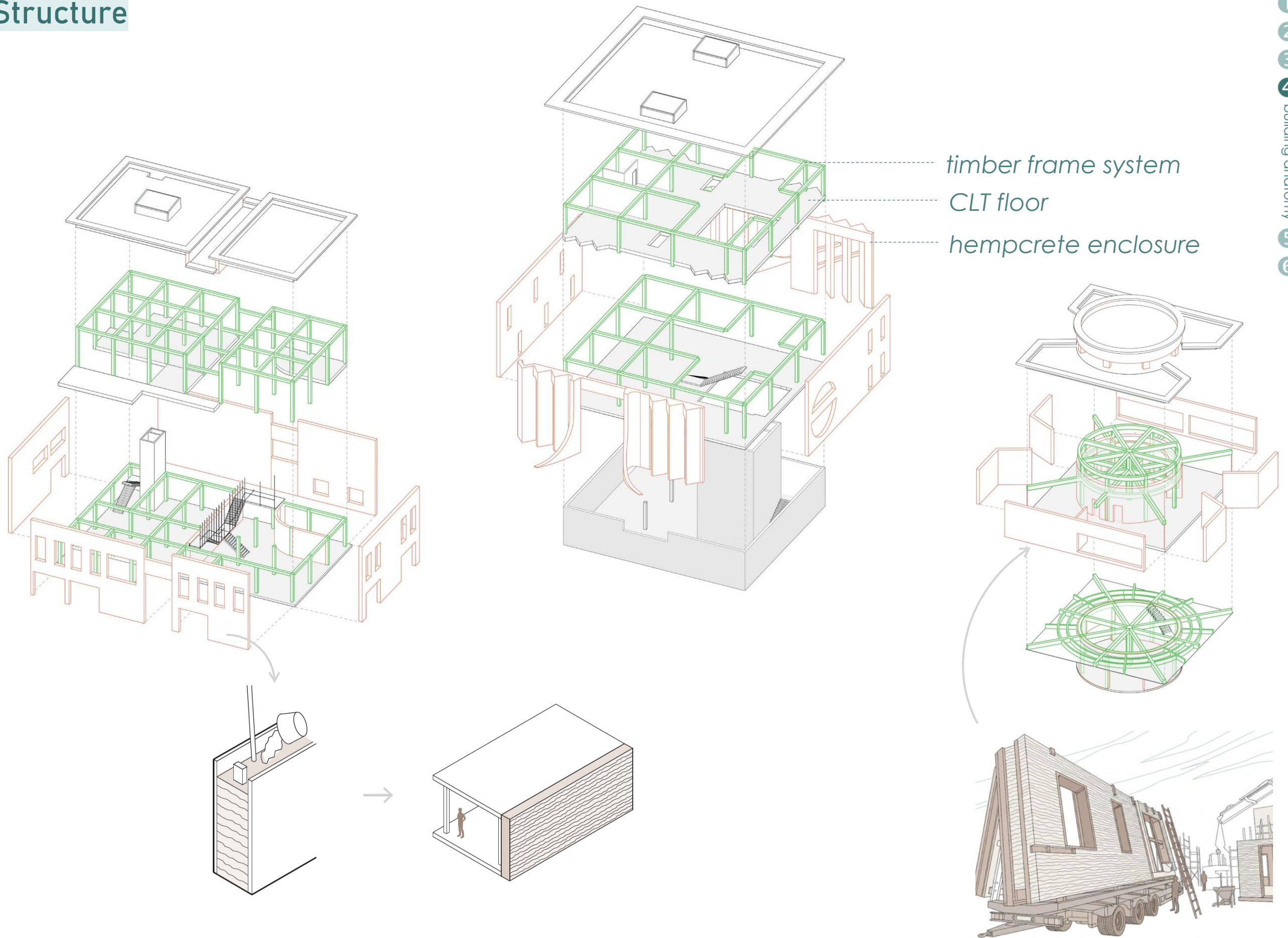
Glulam - CLT

Exposed natural materials can contribute positively to psychological perception, comfort and well-being within interior environments.

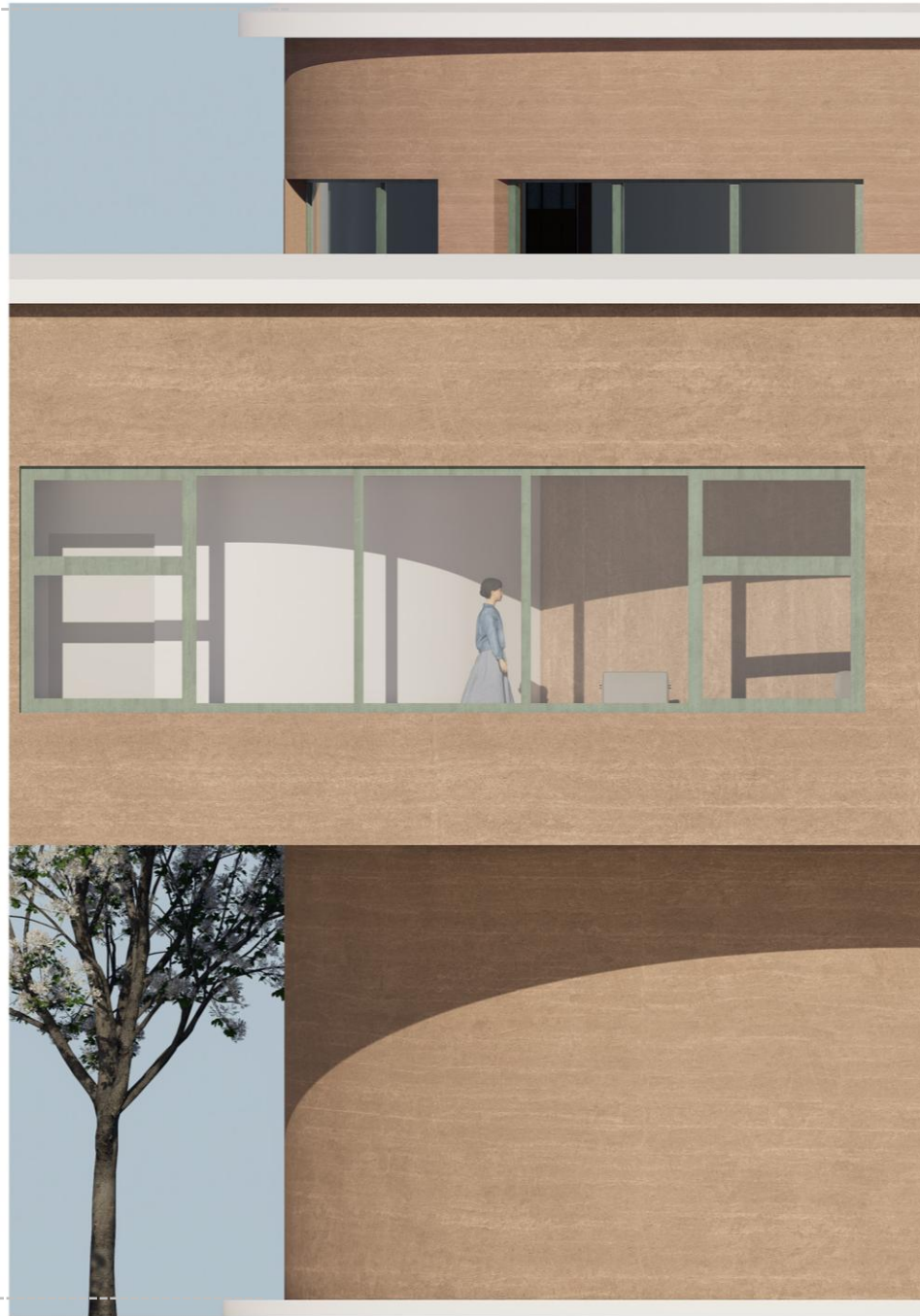
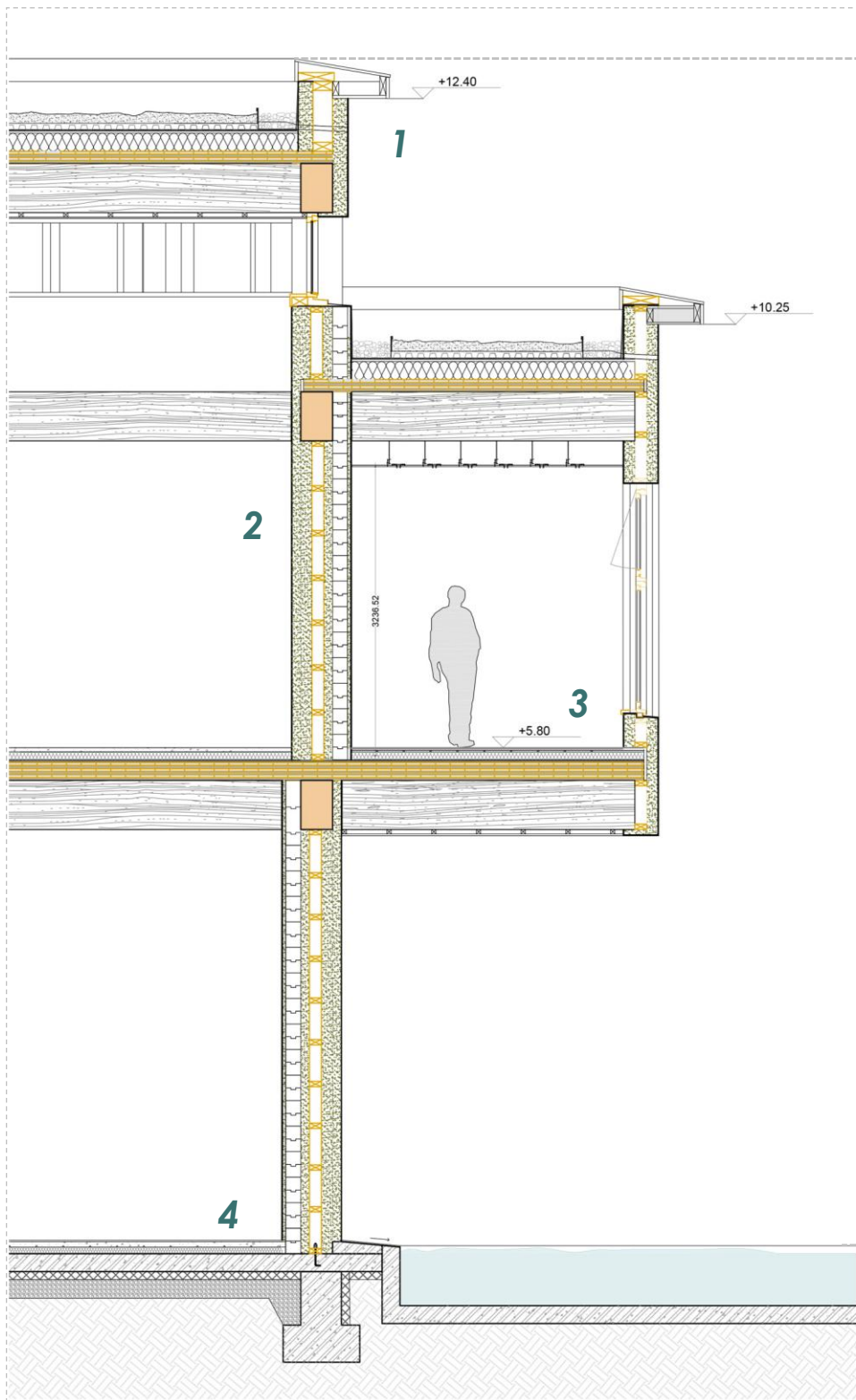
(Nyrud, A. Q., & Bringslimark, T. (2010). Is interior wood use psychologically beneficial? A review of psychological responses toward wood. *Wood and Fiber Science*, 42(2), 202–218.)

Hempcrete: low-carbon, bio-based and locally sourced material + tactile surface, vapour permeability, thermal inertia and acoustic absorption support a calm and restorative interior environment.

Structure



Façade fragment, Unplug Space



1: green roof system

- a. soil & planting
- b. reservoir layer
- c. membrane protection
- d. waterproofing layer
- e. insulation
- f. c/lt slab

2: wall assembly

- a. hemp & lime plaster
- b. hempcrete blocks
- c. cast-in-place hempcrete
- d. wood slats & studs
- e. cast-in-place hempcrete
- f. lime plaster

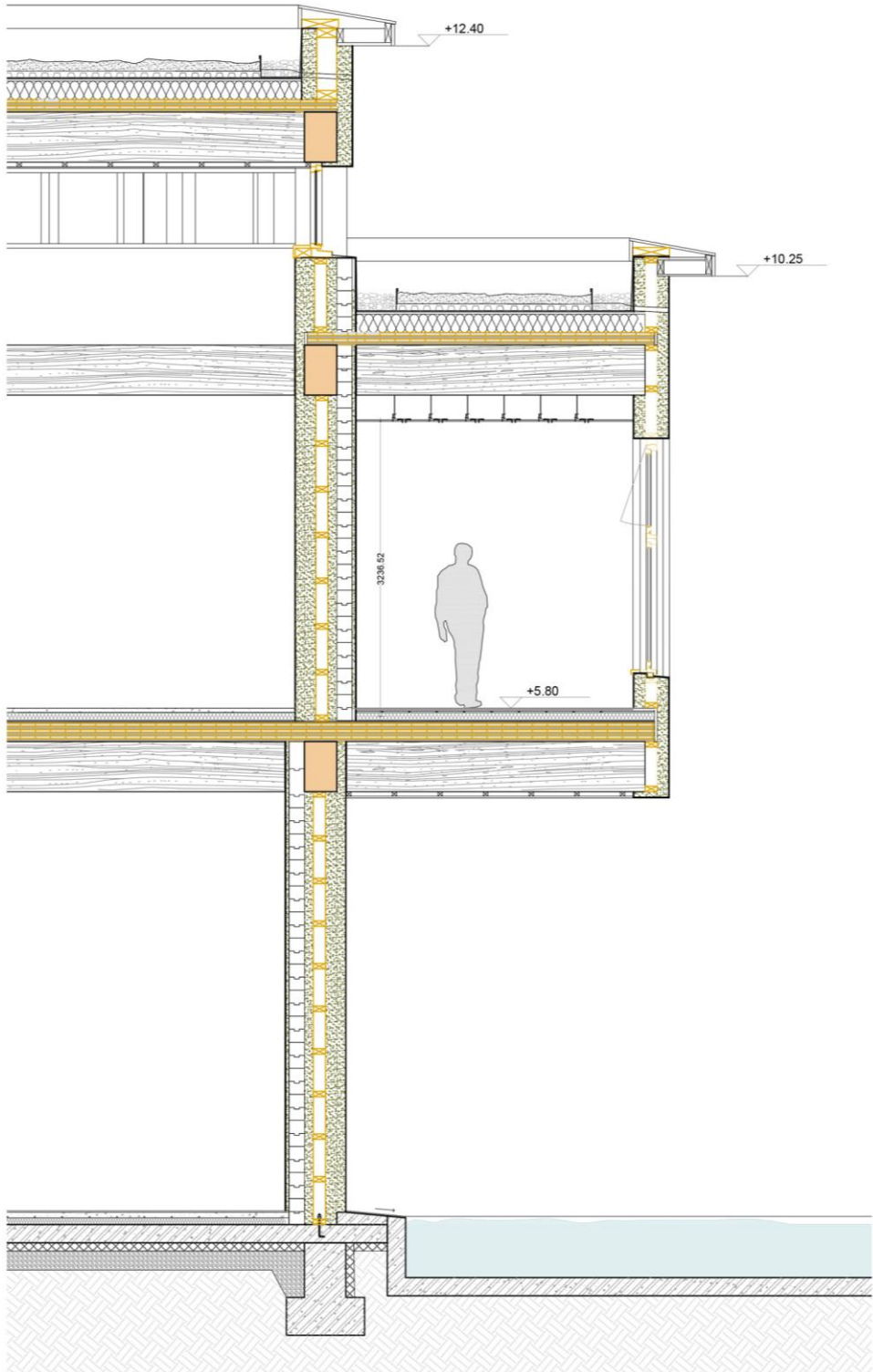
3: floor assembly

- a. finish flooring (tiles)
- b. tubing, heat spreader plates
- c. insulation
- d. Impact insulation
- e. c/lt slab

4: floor assembly

- a. finish flooring (tiles)
- b. screed (heating pipes)
- c. insulation
- d. concrete slab

Façade fragment, Unplug Space

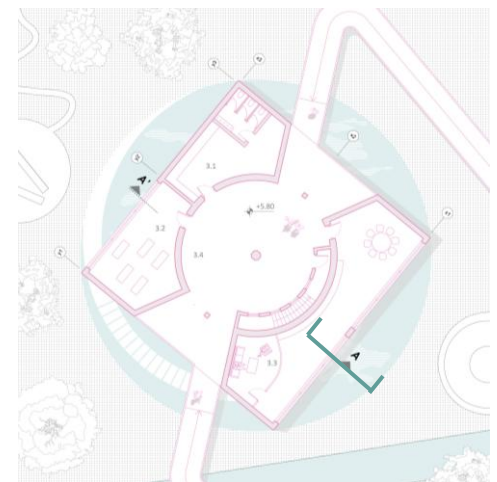


overhang

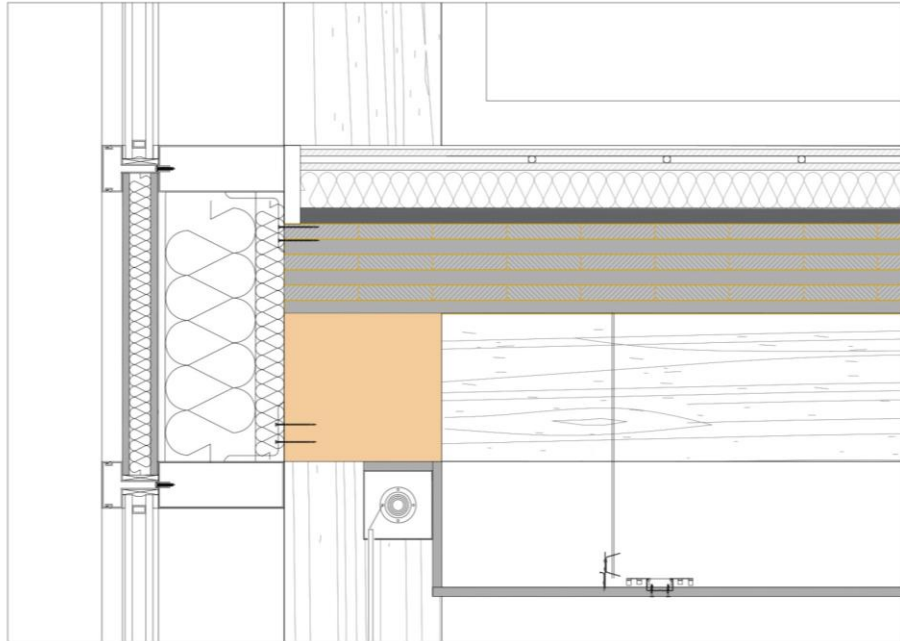
- a. timber soffit lining
- b. white fascia (painted timber)
- c. secondary timber framing behind fascia



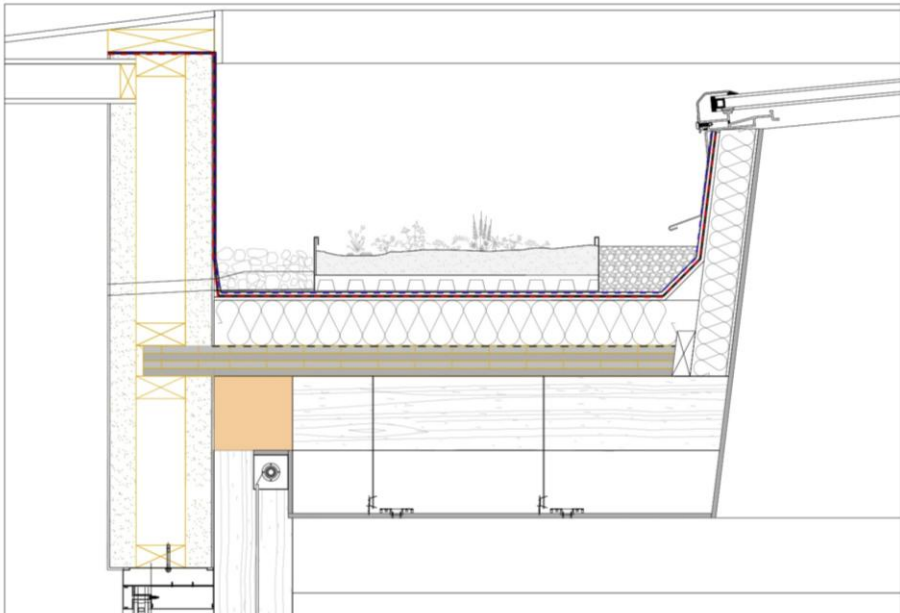
The town hall in Voorst, Netherlands.



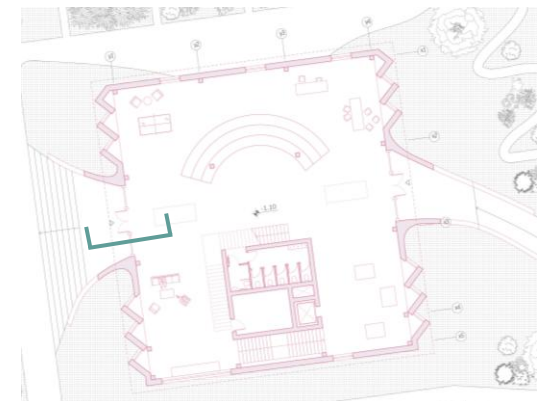
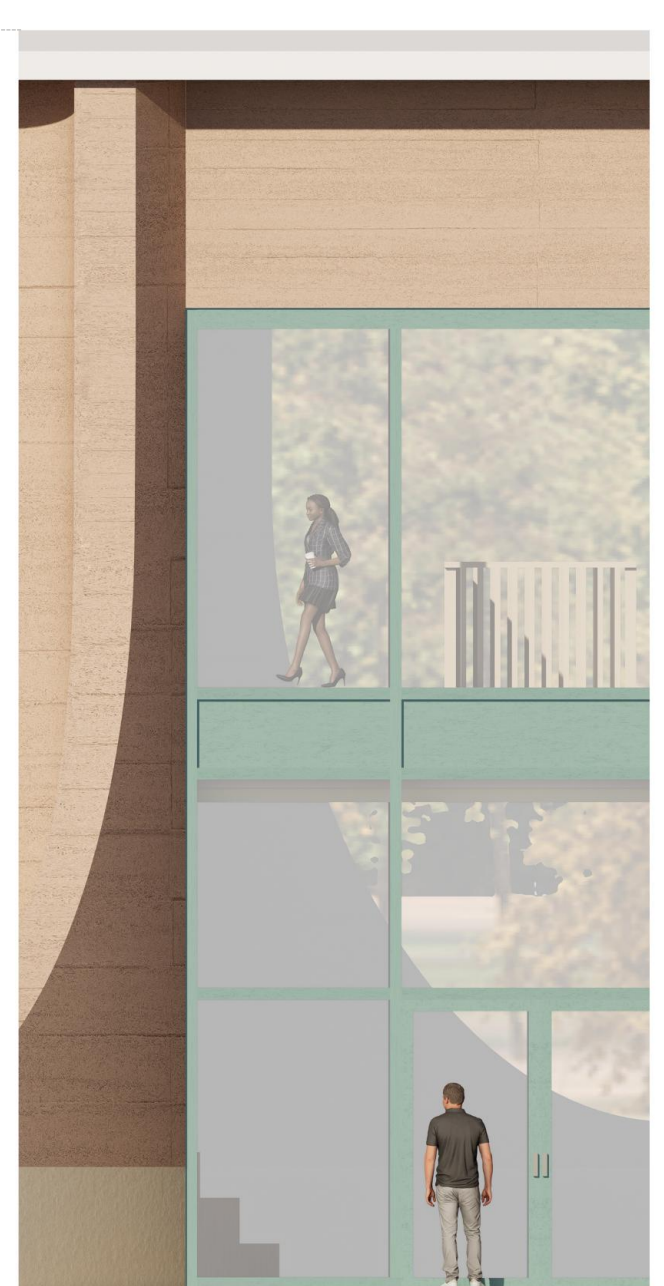
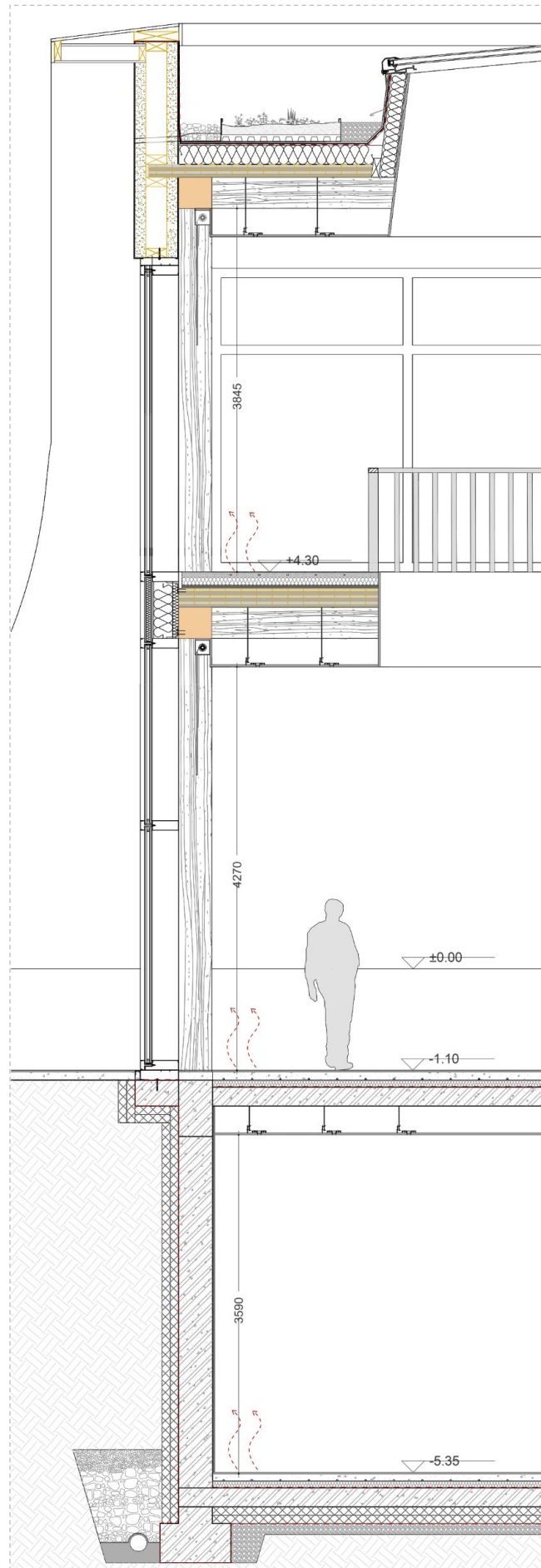
Façade fragment, Docking Station



Curtain wall to floor junction.

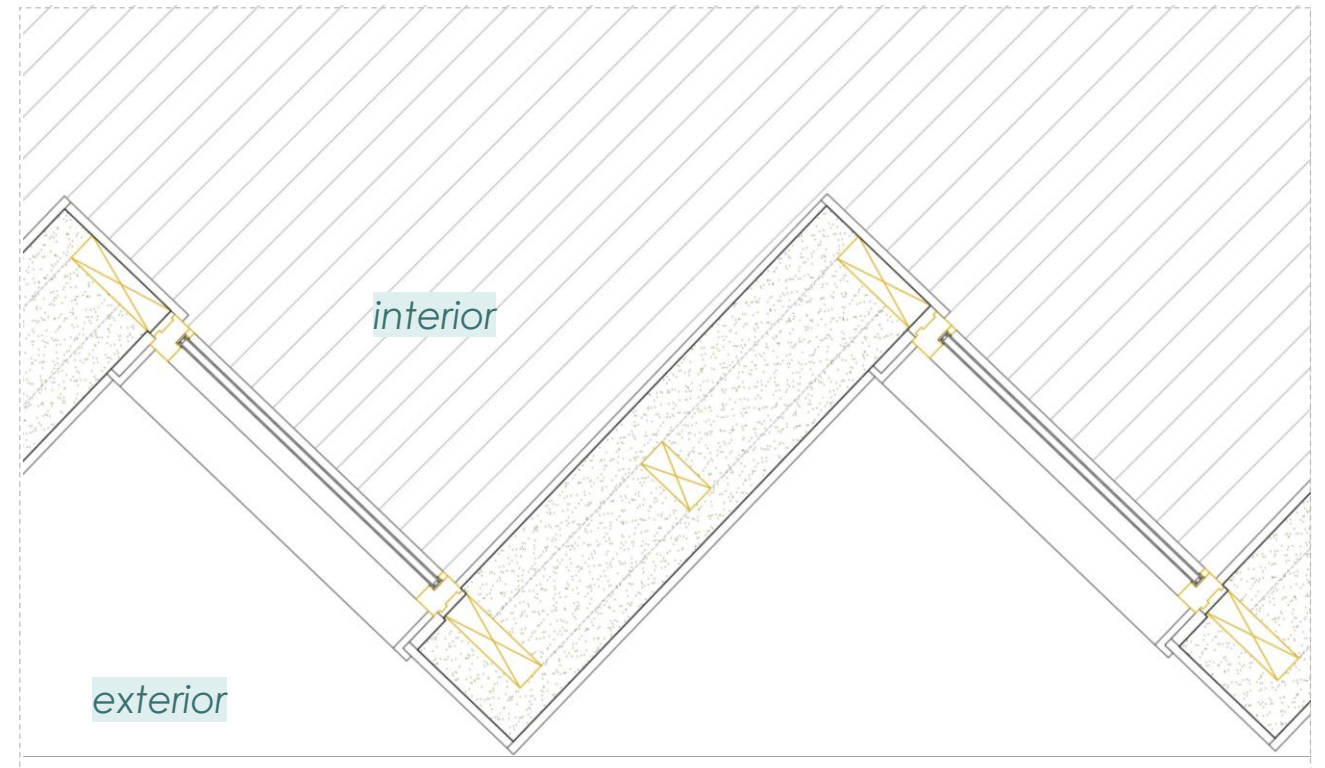


Roof detail.



Façade design

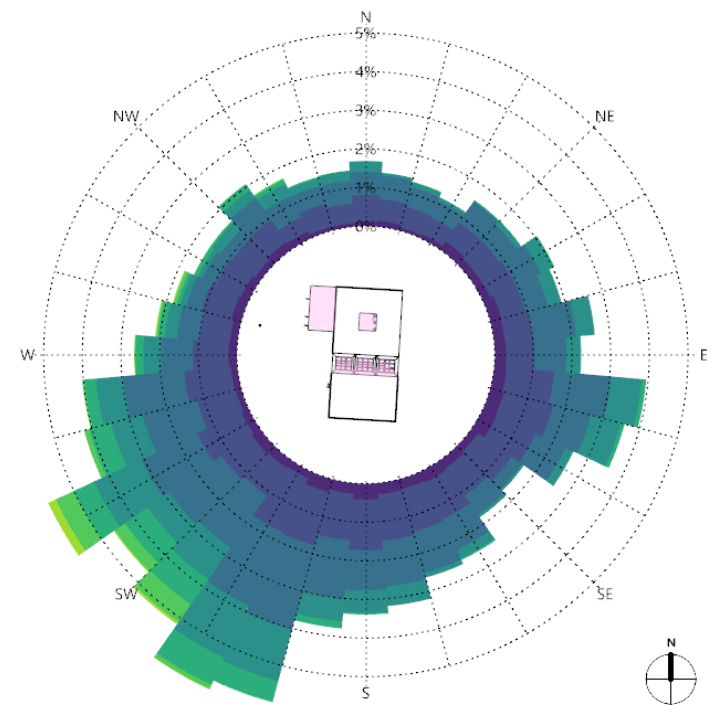
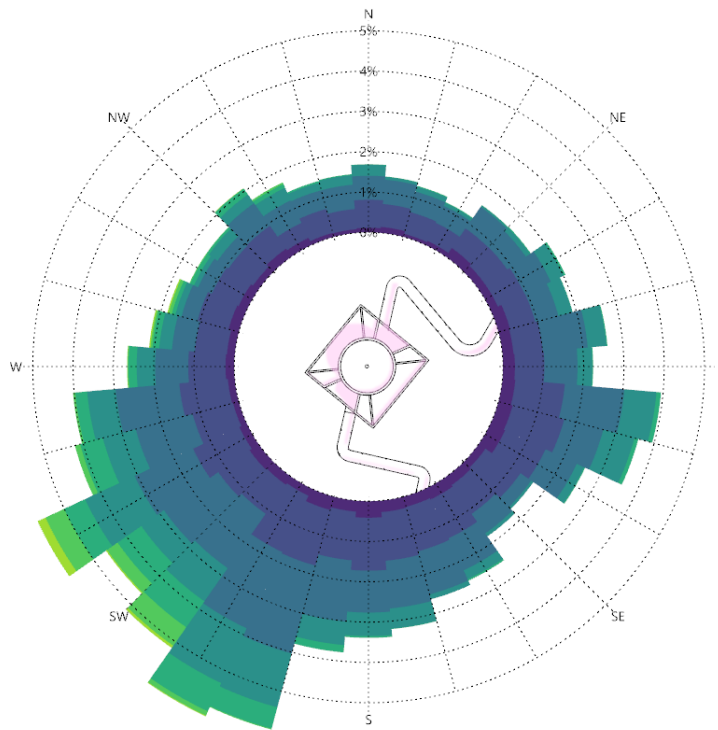
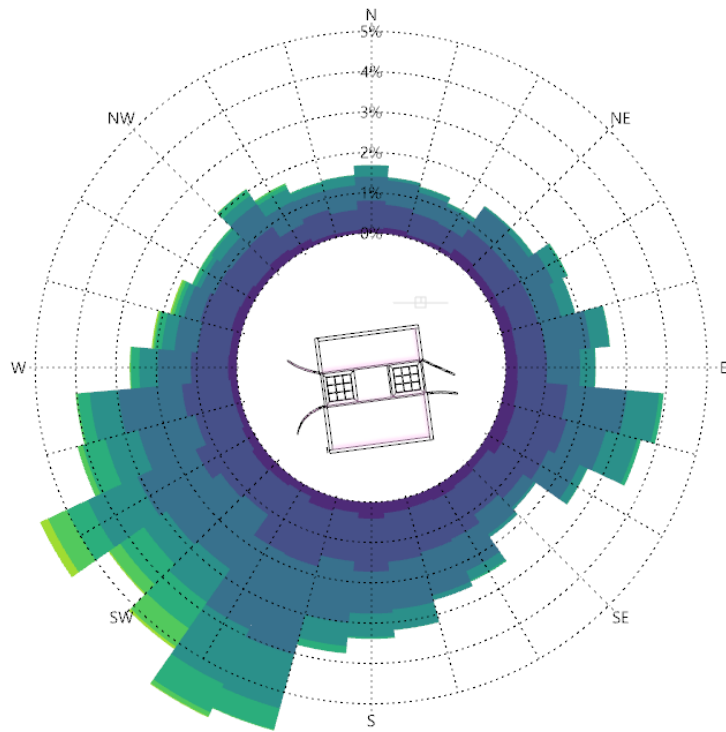
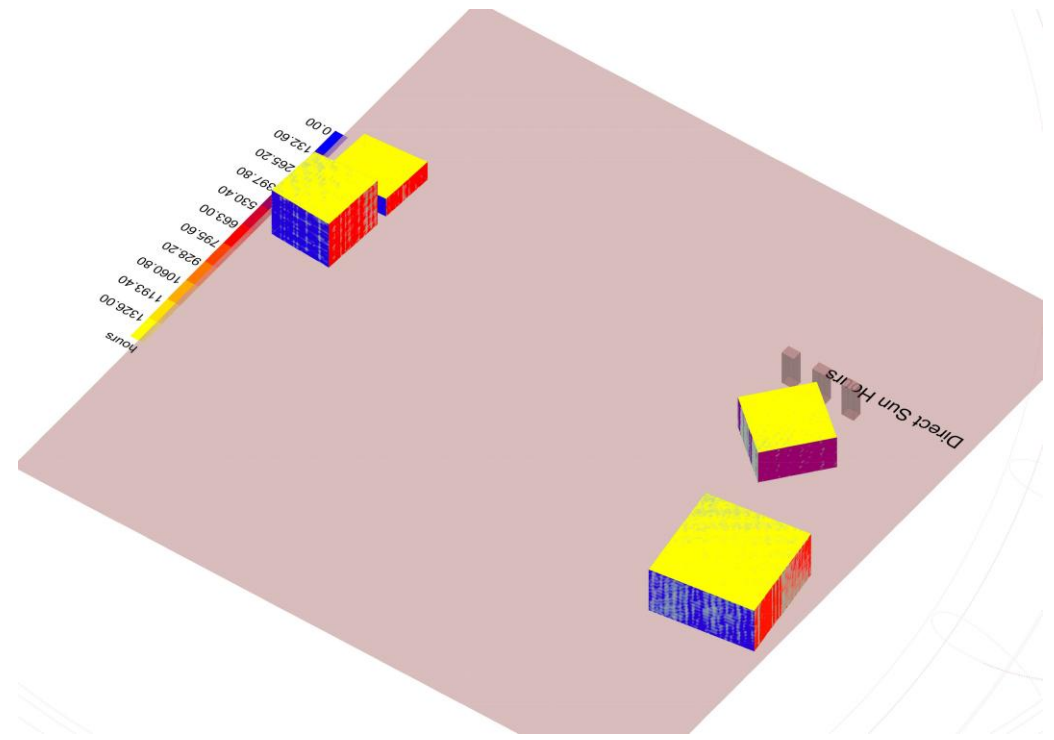
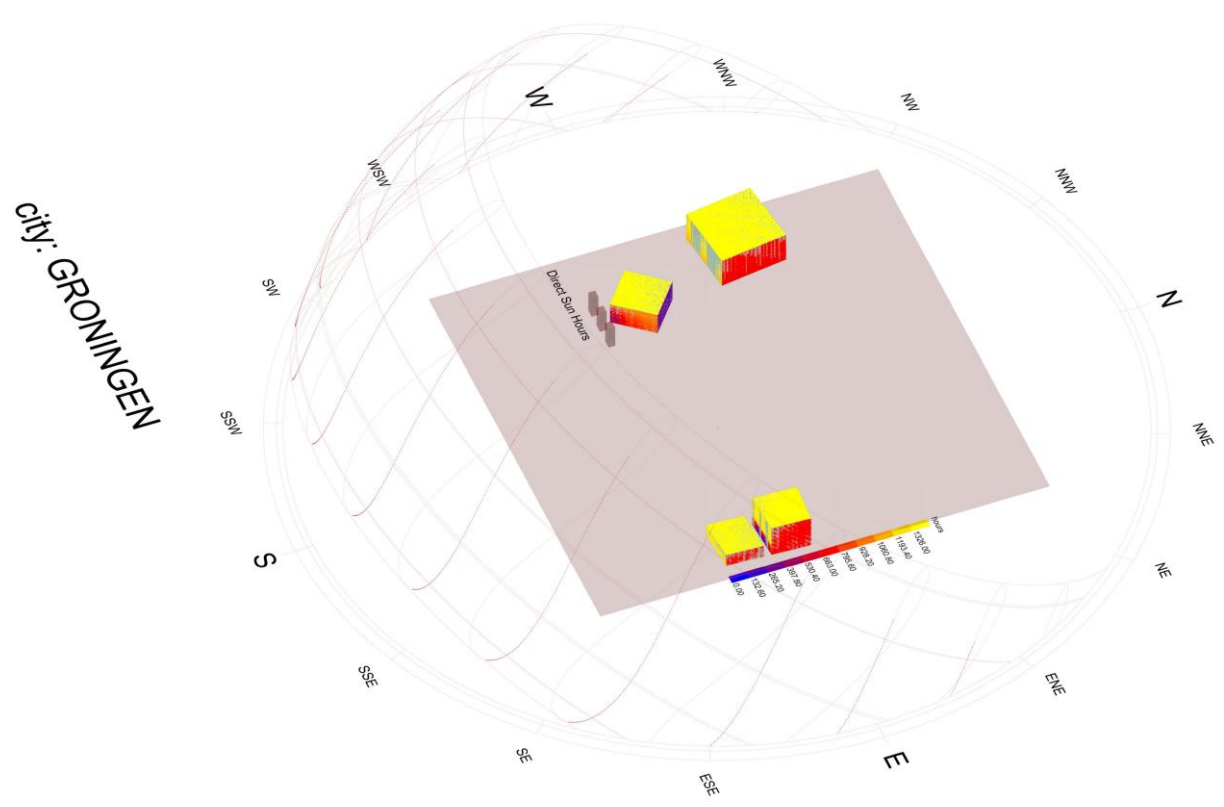
Projecting window bays, axonometric detail.



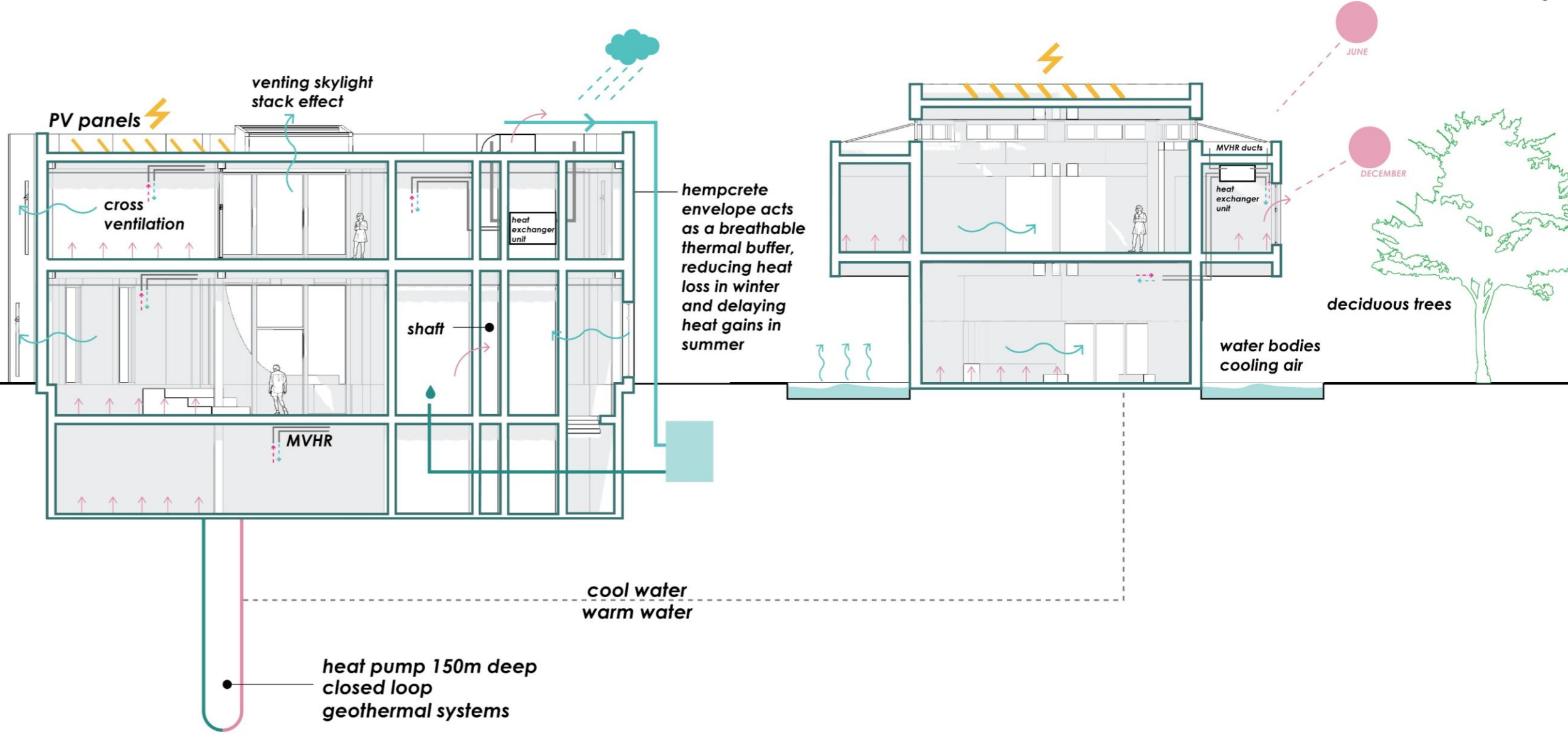
floor plan detail



Climate analysis (climate studio & ladybug tool)



Climate design strategies





Let's take a tour



look & feel

Log In Space



Herb drying room



Docking Station



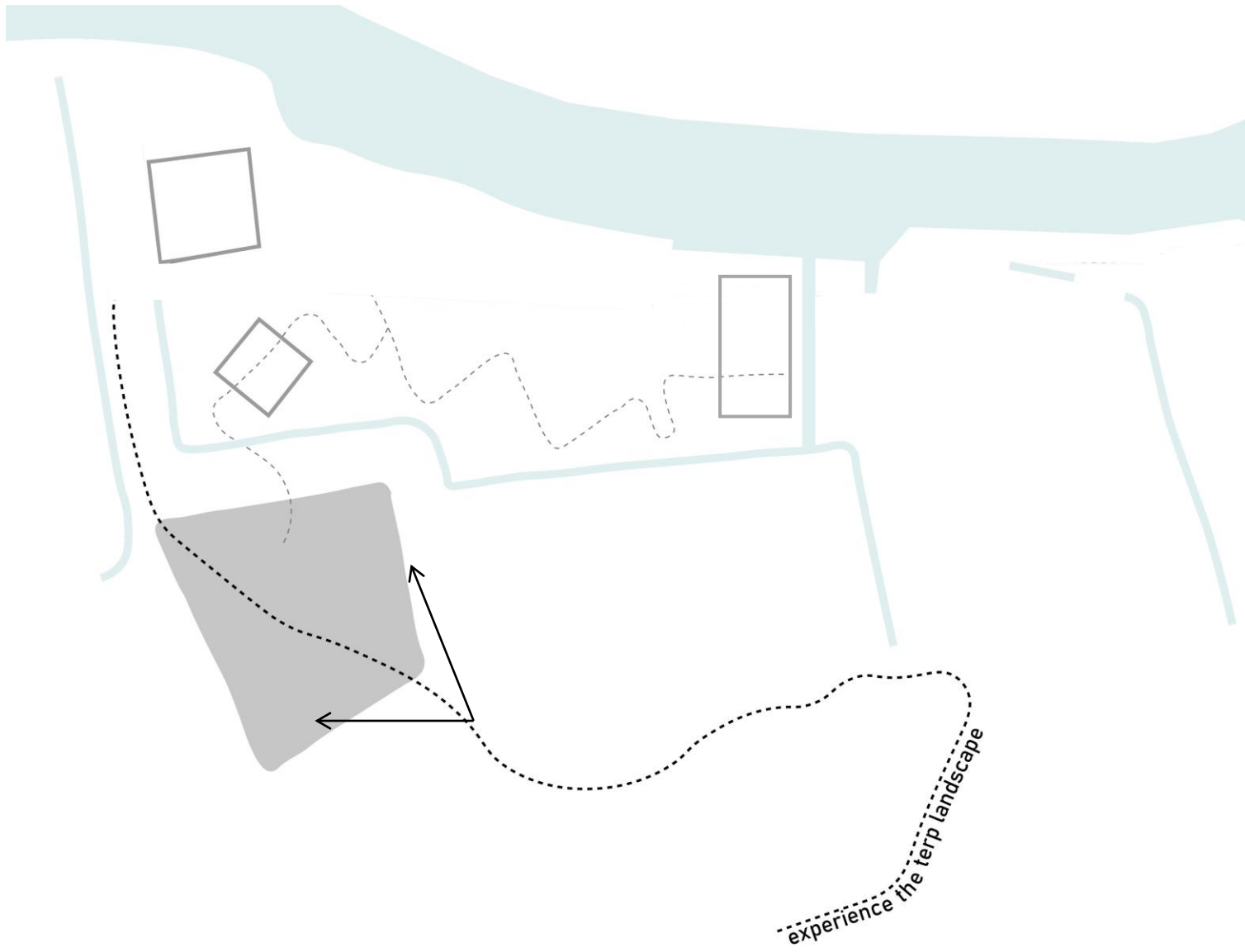
Coworking spaces



Coworking spaces



Pieterpad detour



Yoga Studio



1

2

3

4

5

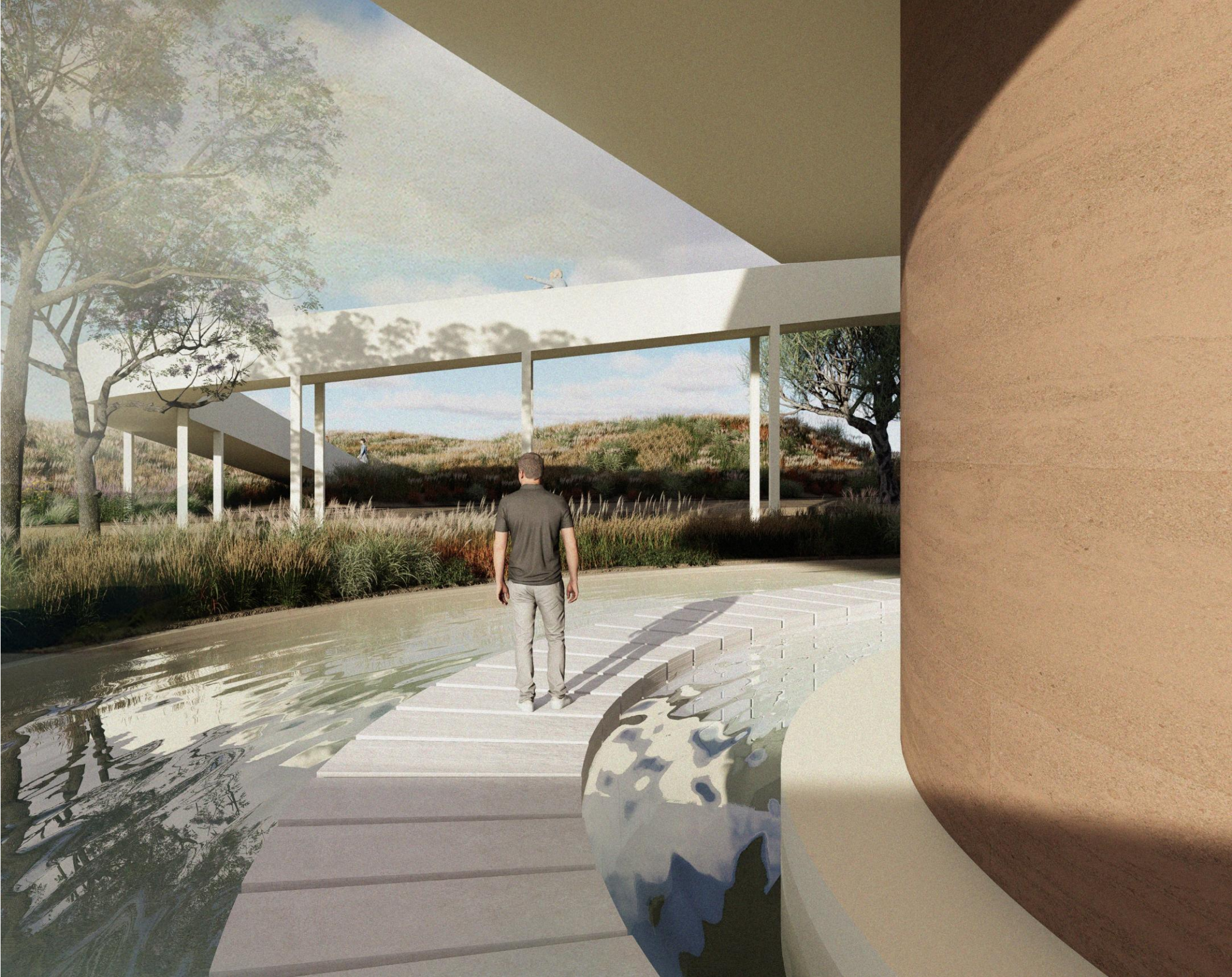
look & feel

6

Tea room



Unplug Space



conclusions

01

*architecture as
prescription for
detox*



sequence

+

*amplifying
environmental
elements*

02

locals – nomads



water thresholds

+

dispersed volumes

+

collective use

+

*degrees of
separation & use
to coexist*

03

detox hub – resilience



*functional
independence*

· *the end* ·

