Graduation Plan

Master of Science Architecture, Urbanism & Building Sciences
Graduation Plan: All tracks

Submit your Graduation Plan to the Board of Examiners (Examencommissie-BK@tudelft.nl), Mentors and Delegate of the Board of Examiners one week before P2 at the latest.

The graduation plan consists of at least the following data/segments:

Personal information
Name: Anna Estée van Oers
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Studio
Name / Theme: AMS-Mid City (Complex Projects)
Teachers / tutors: Luc Willekens
Argumentation of choice of the studio: I appreciate the extended research based design, and the location of the studio: Amsterdam.

Graduation project
Title of the graduation project: A mental escape

Goal
Location: Amsterdam Zuidoost
The posed problem, research questions and design assignment in which these result.
Problem Statement:
Citizens in 2050 will face a scala of mental health problems. Future unemployment caused by automation of jobs will evoke the lack of feeling a purpose or feeling useful for society. This will especially be the case for the lower-educated and less wealthy part of the population. Living in a city that will get denser and denser, the population needs to be presented with an environment that will stimulate them to come up with new strategies to adapt themselves to an exponentially developing society.

Research Question:
What elements in architectural and urban design can benefit mental health, focusing particularly on stress related problems?
   - What are the mental health related problems that Zuid-Oost is facing in 2050?
   - What are environmental elements that could work beneficial for these problems
   - Which building typologies have the most potential to have these characteristics?

Design Assignment: 2050 Zuidoost will need to provide its inhabitants with a public building which architecture should enable the visitors feeling of being away from their usual routine that functions as stressor. It should fascinate or interest the person and thus stimulate the brain in areas that are not being commonly used during the daily routine. It could be said that the architecture should offer an entirely new experience for the brain to restore more quickly...
from stress or fatigue. In my thesis projects I would like to let architecture and the provided natural elements in the Amsterdam Zuid-Oost area join forces to create a space, building or area that entails an experience that can be used for its beneficial effects on stress. By setting up a basic set of rules based on literature, neuro-scientific and typological research on scale, material, colours and light, architects and urbanist could create implement brain restorative environments in the people’s daily life and try to prevent serious stress-related problems.

The building typology will most likely become a museum, although further research into what a museum in 2050 exactly should be, will be conducted. The most important concept of the thesis project will be the goal of the architectural and urban design: to function as stress-reducor.

**Process**

**Method description**

The method applied in this first part of the graduation process constitutes of the following components:

- Initial research (1st month) on hard data (mapping and data) and getting acquainted with the different main topics of energy, mobility and health and their future prospects. Furthermore, the term of Smart city and the impact of future developments on the urban fabric of cities was researched. Several small trips to Amsterdam were undertaken to get familiar with the surroundings and interviews were taken from local residents.

- Study trip to Singapore, focused on big date, smart cities and green cities

- Research on personal fascination, health, healthcare and mental health. Research on the effects of the environment on mental wellbeing. Research in to the most likely scenario’s for mental health in 2050, what will the problems be, what will healthcare look like, what should be done to provide the inhabitants of Zuid Oost with the best stress prevention.

  - From the research and the problem statement a design goal and ambition has been defined. Through typological studies on museums and other contemplative architecture that is supposed to be beneficial for mental health a set of spatial and design rules has been made that will form the basics for the new museum typology that will arise in 2050.

**Literature and general practical preference**


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**Reflection**

**Relevance**

The future problems of social and mental health will continue taking their toll in a more and more accomplishment driven society. When our economy will also likely shift from consumer-driven to experience-driven, environmental psychology and the effect of the nature, city, built environment and architecture on the mental state of our population gets even more interesting. But how can we build to maximise these effects? For a liveable, healthy and socially sustainable Amsterdam, architectural typologies need to be explored to be adequate for people suffering from stress related mental health issues, living in a society that craves for experiences rather than services and goods.

**Time planning**

Up to P2

- **Week 01** February 14th/17th – kick off meeting, model workshop
- **Week 02** February 24th – building model, site mapping
- **Week 03** March 3rd – finalising model, developing site atlas
- **Week 04** March 10th – site impressions, initial suspicions
- **Week 05** March 17th – P 0.5 INFORMAL PRESENTATION DELFT- Kick Off
- **Week 06** March 21st – P 0.5 INFORMAL PRESENTATION AMS- Kick Off
- **Week 06** March 24th – site research, book and in design workshop
- **Week 07** March 31st – specific site topic research
- **Week 08** April 7th – field trip
- **Week 09** April 13th – developing thesis topic and research question
- **Week 10** April 21st – P1 FORMAL PRESENTATION DELFT - Research
Week 11 April 25th – P1 FORMAL PRESENTATION AMS - Research
Week 11 April 28th – site typologies research, visualisation workshop
Week 12 May 4th – global references research
Week 13 May 12th – final site choice, development of urban parameters
Week 14 May 19th – development of the program and basic massing
Week 15 May 24th – P1.5 INFORMAL PRESENTATION DELFT- Concept
Week 15 May 29th – P1.5 INFORMAL PRESENTATION AMS - Concept
Week 16 June 2nd - presentation outline, presentation workshop
Week 17 June 9th - developing final design brief
Week 18 June 16th - final revision of all products
Week 19 June 23rd - P2 FINAL PRESENTATION

Post P2
Post-P2 research and program revision. Start with research on architectural topics and develop the learning facilities within the plant. Develop the combination of learning and the conversion plant in architectural means. Look for a combined architectural expression. Develop the connection with the environment and develop a masterplan for 2050 for the surroundings of the project. Focus on the design of the building.

P3
Developing design in terms of translation of proposed program in the building form, subsequent study of spatial qualities, as well as routing and accessibility. Technical research on Façade studies, structure, overall materialization and sustainability.

Up to P4
Formulate the final relevance of the project and finalize the design and materialization of the energy academy.