THE GATEWAY TO MMC
Meanings of narrative and aging in Beato, Lisbon

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Places (...) are also interpreted, narrated, perceived, felt, understood, and imagined.

(Soja, 1996 quoted in Gieryn, 2000)
**MEANING**
- discovering history, identity & narrative of the site

**emotional dimension**

**human dimension**

**PLACE**

**cognitive dimension**

**FUNCTION**
- sustainable new function of the complex

**USERS**
- multi-generation community with the focus on elderly

**FORM**
- already exists (but can be improved)

*Fig. 1 Dimensions of place creation (Jorgensen, 2001; Canter, 1977) [modified]*
The eight domains of an Age-friendly City
[from the Global Age-friendly Cities guide (2007)]

**age-friendly adj.** 1. favourable to and accommodating of older people in some form. [GENERIC] tone: POSITIVE. 2. a World Health Organization (WHO) policy concept designating: ‘policies, services and structures related to the physical and social environment that are designed to support and enable older people to “age actively” – that is, to live in security, enjoy good health and continue to participate fully in society.’

**all-age-friendly adj.** 1. a general term applied to mean favourable to and accommodating of all generations [GENERIC] 2. often used to broaden relevance of an older-age-focused policy agenda to other policy agendas (e.g., ‘child-friendly’, ‘dementia friendly’) [STRATEGIC], and/or to create a (false?) sense of the universal benefits of Age-friendliness (as in creating an Age-friendly city means creating a city that is friendly and good for all’). tone: IDEALISTIC.

[from the Global Age-friendly Cities guide (2007)]
What are the meanings of place and identity in the urban regeneration for the aging population?

How one can create sustainable development in MMC which includes local residents?

What does it mean to design age-friendly today?
STRUCTURE OF THE PRESENTATION

CONTEXT CONCEPT: BIG SCALE

MATERIALITY

CHARACTER
(JOURNEY PART II)

REFLECTION

CONCEPT: SMALL SCALE
(JOURNEY PART I)
CONTEXT

Beato and MMC
Address: Manutenção Militar, Rua do Grilo 109, 1950 Lisbon
GPS coordinates: 38°43'54.4"N 9°06'24.2"W
Photos from Docomomo Workshop Documentation
MMC complex has very strong characteristics and it stands out in the urban fabric of Beato district. It is not connected to the neighbourhood: neither to the residential part, nor to the industrial harbour. It exists as an island protected by multiply boundaries: walls, fences and impenetrable façades of vacant buildings. The additional layer of separation is created by the difference between spirit of the street and the complex itself.
The undeniable beauty of the buildings’ construction and the machinery can be found inside the structures. It can be argued that the most interesting part of MMC is hidden behind the roofs and elevations.
Even though the potential of the area is still visible, it is difficult to ignore all the problems present in Beato. There is almost no public facilities and the local shops are random and not very well supplied. Most of the passer-by, whom I’ve met, are elderly people who seem to be long-term residents of the district.
SOCIO-ECONOMICAL PICTURE OF BEATO

Index of aging: Lisbon / Beato

- 182%
- 317%

Families with: children -15 / elderly +65

- 18%
- 42%

Poverty & Unemployment

Lack of education

Portugal: aging population

Living standards of elderly population
The urban regeneration in the typical understanding is a process of transforming the places within their social and cultural settings. Hence the significance of the emotional attachment of the users which the transformation will evoke. In the era of globalization and the raising problem of rapid aging of the population, there is a need to rethink the notions of place-making and adjust them to the new context. The MMC has to be remade in a spirit of the notions which will bring the attachment and the new identity into the place. **What key ingredients one has to use to achieve the best results within the Beato where the decay and aging process are so advanced?**
Community as a starting point.
ACTIVE THIRD AGE

• longer active in the mainstream society
  • between 60 - 75 years old
• have time, health, money and will to enjoy leisure and cultural activities
  • focused on healthy lifestyle
• often move to the warmer countries, seaside
Local residents
- improving the quality of the neighbourhood
- health care
- day care
- work
- social aspects
- better education
- green, public spaces
- safety
- affordability

Active Third Age
- new freedoms and opportunities
- money
- focus on healthy lifestyle and well-being
- consumers of culture and experience
- proximity to the city centre
- safety

needs

Functions

PROFITABLE
- Attractive housing for richer generation and international retirees
- health and well-being facilities
- commercial & other services
- Food producing gardens

SOCIAL
- Social housing for all age groups
- Social care
- Open School for Elderly (centre that provide older people with simultaneous experiences for work, play and learning, turning typologies of consumption into productive centres of remaking and repair)
- Network of public and leisure spaces
Combination between privately-owned, rented and public spaces enabling a high degree of flexibility in responding to the changing financial and spatial needs and suitable for the users of all age.

The complex should respond to the age-friendly design. The main focus is on the elderly and the ageing generation.

The form of the complex is almost completed but it still requires modernisation in order to improve its accessibility, internal communication, sustainability etc.

There is a story of Beato and MMC - we can only use it and add a thin layer connected to the new branding of the complex.
CONCEPT

Big scale
METHOD

TIME-LAYERING

RIEGL - BRANT MATRIX
MMC - COLLAGE OF TIMES

Concession (1970-now)
Religion & Discovery (15th-18th century)
Industrialisation (1850-1970)
Concession (1970-now)
The complex always had quiet individual and enclosed character.

**Introvert Character**

- artistic / space

Introvert character

The walls, fences and closed façades of the buildings are keeping the character of the space inside the complex quiet introvert. When inside, one can forget about the outside world as there is almost no visual connection to the neighbourhood.
Everything at the site is submitted to the orthogonal grid. This calm logic can be perceived as the quality.
• commemorative / services
Linear production
The logic and pragmatic process of the production and the way, how the buildings are organized according to it, is something worth preserving.

• commemorative / stuff
Machines are the key ingredient of MMC’s character.
How to merge the industrial and strict layout with human-scale friendly design?
How to open the introvert complex without depriving it its character?
The Goods Line, Sydney, Australia

- Street furniture
- Games
- Playgrounds
- Urban fitness
**Sopron Castle District Revitalization, Sopron, Hungary**

- Simple signage
- Easy transition at level changes
- Public toilets
- Tactile & non-slippery paving surfaces
- Comfortable Seating
Rosa Luxembourg Garden, Paris, France

- Trees
- Raised flower beds and water ponds
- Flowers
NEGLECTED TREASURES

• **use / site**
The height level difference between the street and MMC challenges to introduce some clever solutions.

• **age / surroundings**
The surroundings are filled with treasures from different time periods. Especially the structure with the caravel is interesting.
• **commemorative / space**
The tripled volume of the Supermarket was respected in every change made in the building.

• **conflict / structure**
The building was once bigger but the street side has been cut.

• **conflict / skin**
The difference in perception of the street facade and the MMC facade of Supermarket. Also the street facade is not original.
Supermarket as a gate.
Firstly it was used as a gate for the ships coming to the harbour during religion & discovery times. Later on it was used as the place where people could buy goods produced in the factories.
Walk-in clinic has the advantages of being accessible and inexpensive. The clinic is partially financed by the wellness centre.

People visiting the library can work and read books in the local café. That means more visitors for the café and more comfort for users of library.

Studies show that bringing young and old has many advantages. It is based on the philosophy of voluntarily helping each other.

Farm to table is the very popular concept. The fresh and seasonal food can be a real attraction. The gardens are profitable hobby for residents.
CONCEPT

Small scale
• gaining new profession (re-training / moving to different sector)
  • helping with start-up business
  • learning for enjoyment
  • sharing talent & skills with others
• keeping in touch with modern world
• education and self-awareness of health
  • socializing
• blurring boundaries between work, education and leisure
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FUNCTIONAL CONCEPT

open school for elderly
health & well being facilities (spa)

public space

Rua do Grilo
MMC

housing for elderly

health & well being facilities (spa)
EXISTING SITUATION

- Bakery
- Supermarket
- Empty plot
- Rua do Grilo
- MMC
Heights

Higher needed

Lower needed
SECTION BB

- elderly apartment
- lofts
- study space
- elderly school (classrooms)
- park
- wellness centre
- elderly school (foyer + canteen)
- atrium
- kindergarten
The height differences between the spaces in the upper floor and the layout of the basement are allowing to experience the whole space at the same time and gives the church-like feeling.

Inside the building it is very easy to determine time period of the construction: the arches, the wooden roof trusses etc. - they all represent different time layer.
JOURNEY - PART I

Why to top up?
Approaching the complex from the south by walking along Rua do Grilo
Entering the Gate of MMC in the previous Supermarket building
SIGNIFICANCE OF THE ENTRANCE
Inside the Park, looking towards the new top volume
Proposed new structure

Industrialisation
c. 1890-1900

Concession
c. 1970

Religion & Discovery
c. 17th/18th century

Layering of the Structure
MATERIALITY
POSITION STATEMENT
10 mm polycarbonate countertop on 20 mm MDF, painted white

Neon light fixed horizontally

40/40 mm wood batten, coated white

10 mm twin-walled milky translucent polycarbonate

60/60/2 mm steel SHS, welded, coated white

Epoxy coating on polished concrete

25/85 mm corner angle, anodized aluminium

Existing concrete floor
25 mm azobe wood strips on 25 mm bearers

50/50 mm galvanized steel angle welded to H section

galvanized steel H section 140 mm deep fixed with bolted plates

galvanized steel H section 140 mm deep fixed with bolted plates

waterproofing

existing floor slab
edge profile: Ø 10/3 mm ad 6 mm steel sheet

neoprene

wooden blocks supporting the gutter

200/200 RHS steel beam with fireproof coating

composite membrane Serge Ferrari on aluminum frame RHS 50/30/5 mm

450/300 mm H beam with fireproof coating

2 x 11mm plywood coated white

Ø 20/3 mm steel bracket supporting the membrane construction

110/80 mm reinforcement block inside the insulation panel

110/110 mm sun shade operated automatically

ventilation grill

Ø 250 mm CHS steel beam

sliding windows system: double glazing: 17mm lam. safety glass + 16mm cavity 10mm toughened glass
wooden floor

2x12mm glass balustrade

120mm partition wall

neoprene

50/70 mm H section steel column

stainless steel sliding rail

frameless sliding glass system

Ø 20/3 mm steel bracket supporting the membrane construction

composite membrane Serge Ferrari on aluminum frame RHS 50/50/5 mm
MATERIALS

Studio home, Jay Atherton and Cy Keener, Phoenix, USA

Waterside Buddhist Shrine, Archstudio, Tangshan, China

Lillehammer Art Museum and Cinema, Snøhetta, Lillehammer, Norway
CLIMATE CONCEPT

81% of sun heat blocked by membrane

Heat pump with direct use of groundwater

Ventilation plant with heat recovery

Underfloor heating

Open park
JOURNEY - PART II

Character
Taking a lift from the Park and going down to the Wellness Centre in the basement
Reframe Art Installation, France, Paul Scales and Atelier Kit

Underground Spa, Ireland, Carmody Groarke

The Duration Chamber, Mexico, Materia
Taking a lift upstairs to the open school for elderly.
Koyasan Guest House, Japan, Takeguchi and Yamamoto

Parrish Museum, USA, Herzog & de Meuron
Walking through the Park in Supermarket
Factory De Porre
Belgium, Vandriessche Aarchitecten

Parco Dora,
Italy, Latz

Copenhagen Business School,
Denmark, Marianne Levinsen

corten steel,
Pinterest
Looking from the Events Square towards the Supermarket
Approaching the apartments building through the residential garden
Entering the loft in the top volume
ELDERLY APARTMENTS

FLAT 108sqm
- bedroom 01
- bedroom 02
- common space

FLAT 88sqm
- bedroom 01
- bedroom 02
- common space

Balcony 01
Balcony 02

Bedroom 01
Bedroom 02
Common space
ELDERLY APARTMENTS - LOFTS

- Bedroom
- Terrace
- Living + Eating
- Loft
  - 70 + 30sqm
  - 50 + 25sqm
- Walk-in closet

10000
9000
REFLECTIONS
Empty Rua do Grilo

Vacant structures in MMC

New park in Supermarket

Events square
SUSTAINABLE DEVELOPMENT FOR LOCAL COMMUNITY

Local community of Beato

Open school for elderly

Wellness centre
New flexible structure

Gate of MMC during the night

New luxurious apartments
Thank you for your attention!