24 HOURS 37 MINUTES

NICOSIA

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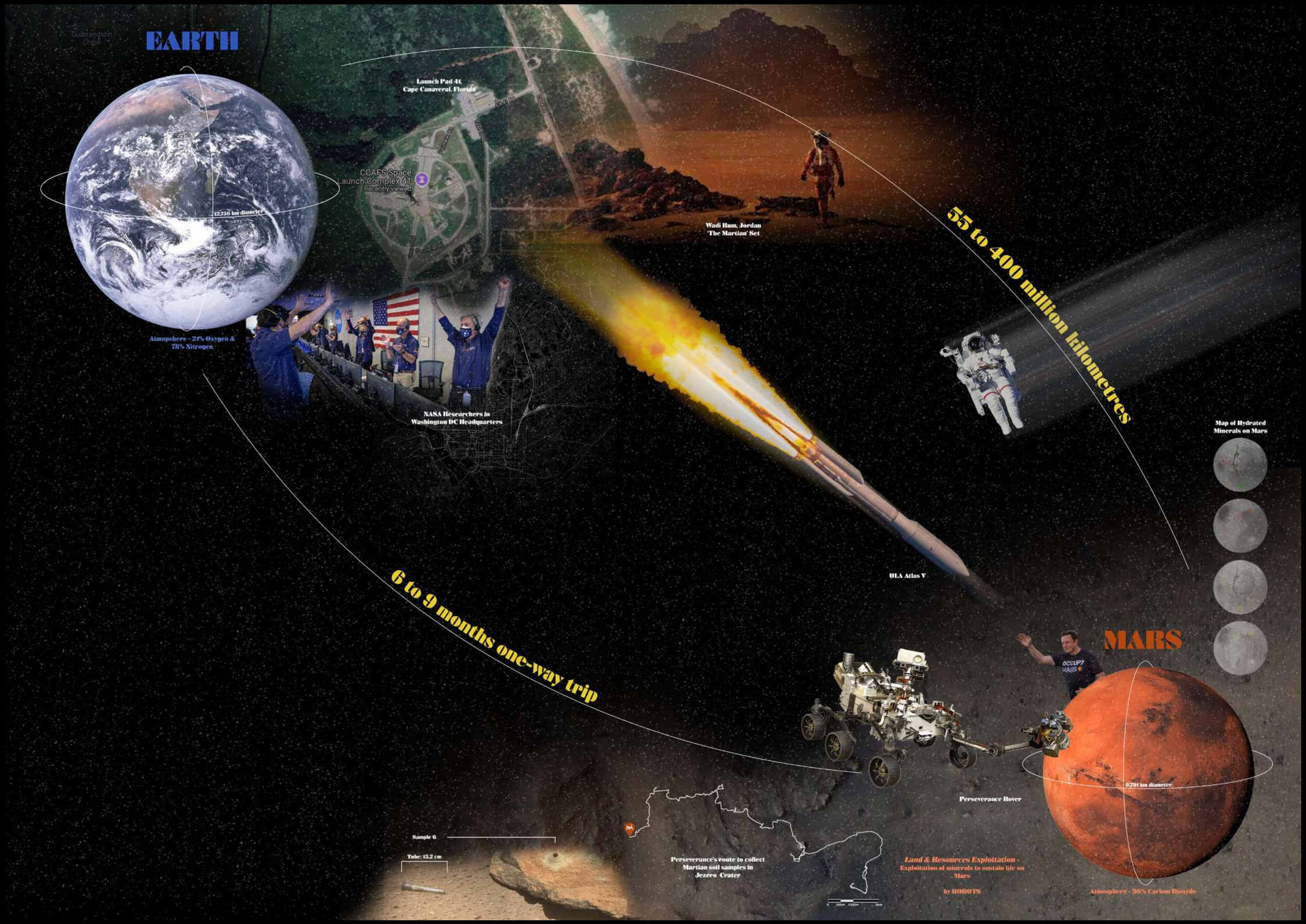
Context

Mars at the Painted Hall, Old Royal Naval College, Greenwich

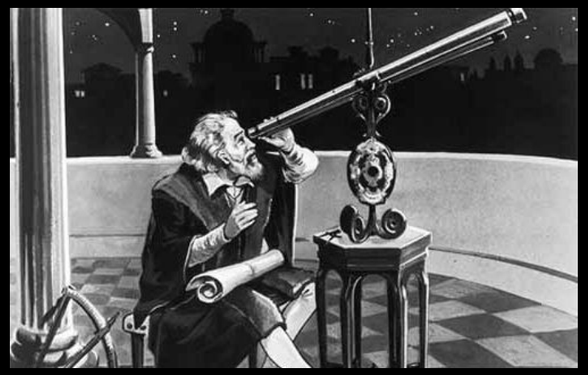
Author's own photograph

SEMESTER 1 - From Earth to Mars



Context Video

CONTEXT - Research Reflection



For many centuries, Mars has fascinated many scientists. Galileo was the first ever scientist and mathematician to observe Mars through a telescope in 1610. This telescopic observation led to further research on the Red Planet.

Now, in 2025, organisations like NASA, ESA and SpaceX are working fast to be the first to get to Mars in the 21st century.

Previous research focused on the supply chain of the Perseverance Rover, which is currently on Mars collecting samples of soil. These will later be brought back to Earth to be analysed by NASA.

The journey to Mars is a challenge itself, but another extreme challenge is the psychological aspect of living on the red planet and its unhospitable environmental conditions, along with the impact these would have on your physical abilities and mental health.

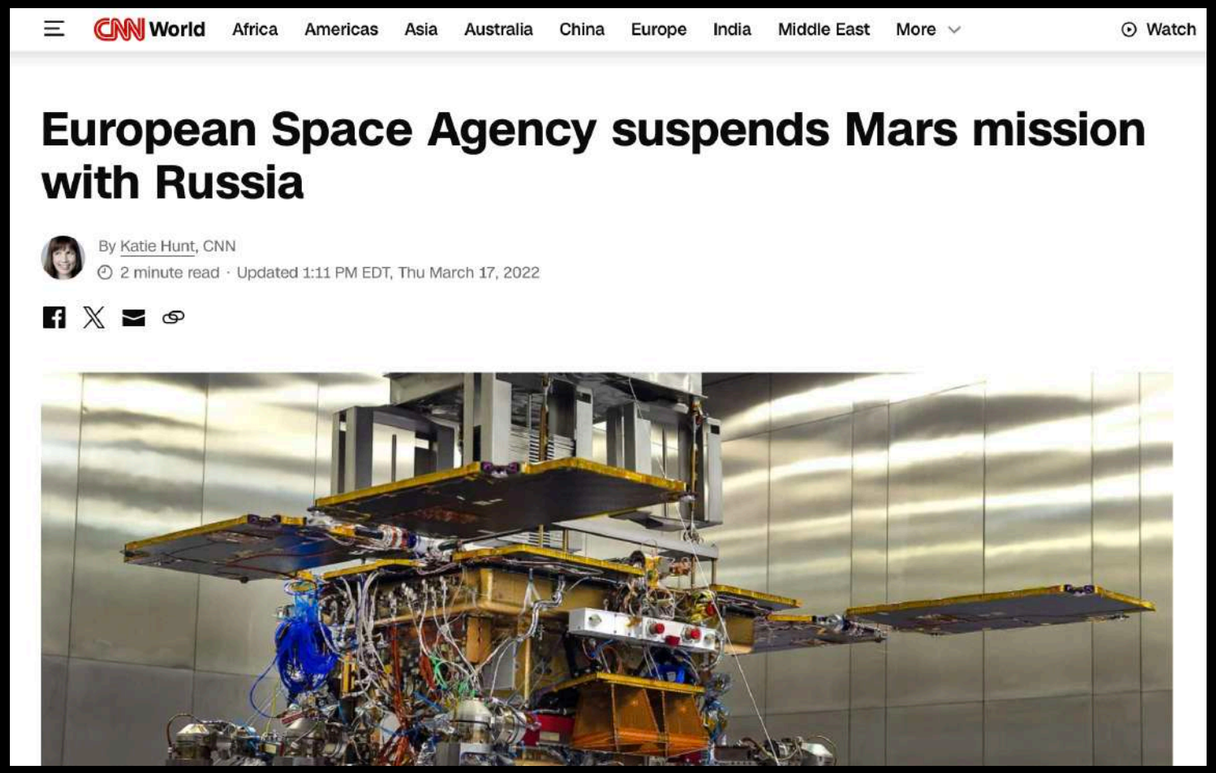
Although humans are not yet on Mars, we can question how can we prepare ourselves? And what could happen on Earth before actually going to Mars?

'Galileo Galilei observes Mars with telescope', Source unknown

CONTEXT - Weak signals

The European Space Agency (ESA) and NASA are the two main international and public organisations leading the space exploration world. Space exploration is a sector which requires a lot of collaboration between different countries. This collaboration can lead to many conflicts but can also dependent on geopolitical context, like the suspension of Russia in the ExoMars mission due to the invasion of Ukraine.

Elon Musk, founder of SpaceX, is one of the main figures of space and Mars exploration. He publicly claims his wish to colonise Mars and make it a self-sustaining civilization (Murray, C.; Forbes).



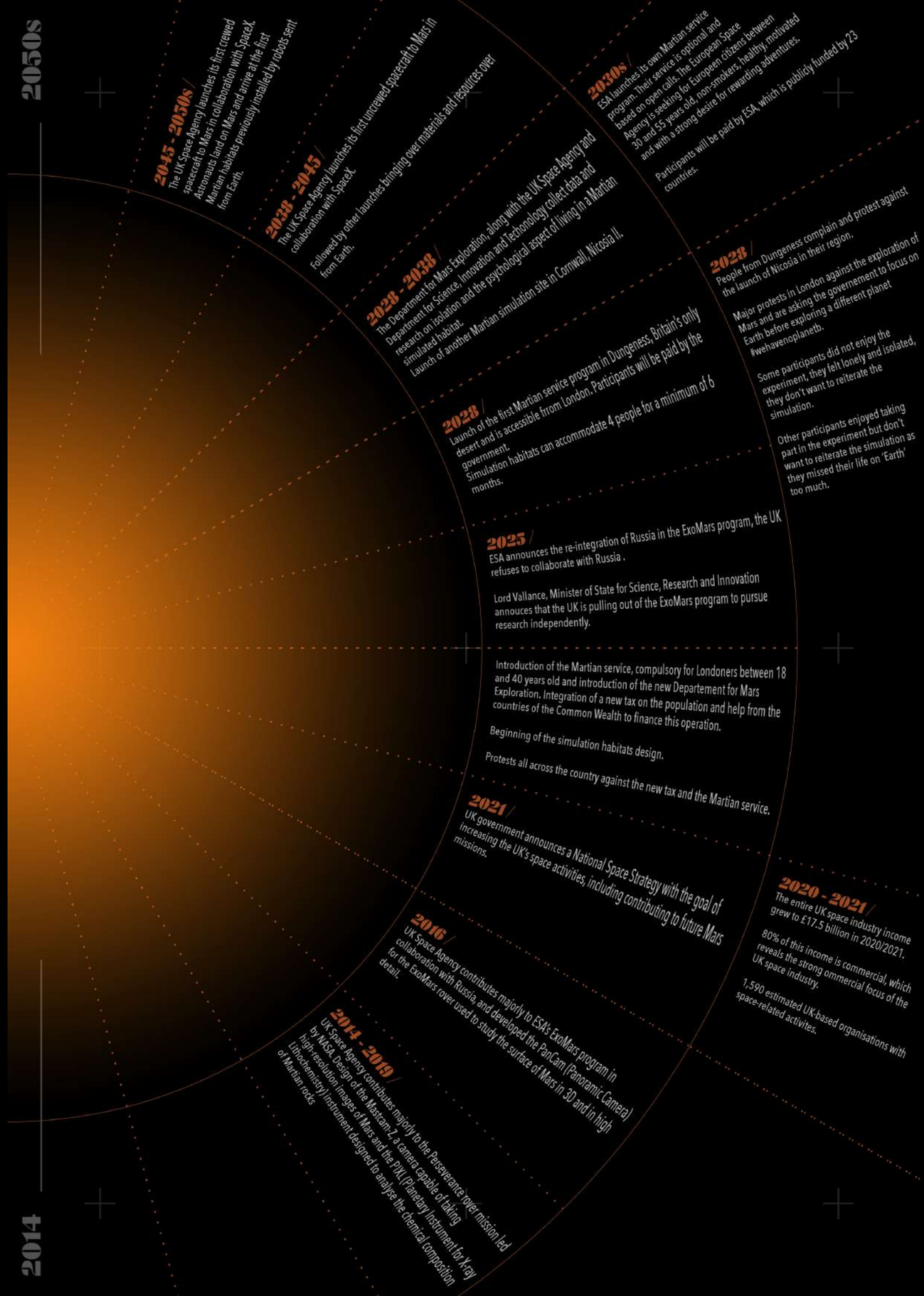
Left. CNN World Article - Right. Elon Musk

24 Hours 37 Minutes NICOSIA' - Context

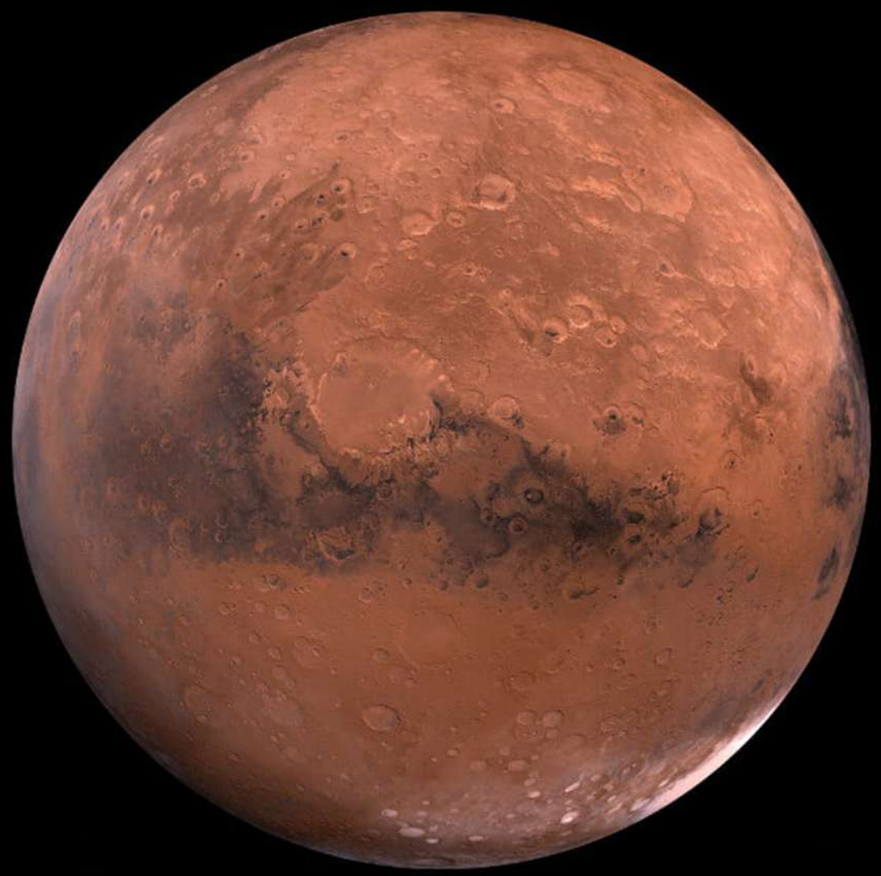
Back in 2026, the UK Space Agency collaborated with the European Space Agency (ESA) and Russia on the ExoMars mission. However, in 2022, ESA decided to suspend Russia's involvement in the mission due to the geopolitical context with the invasion of Ukraine. This intervention strongly slowed down the ExoMars mission and caused huge economic loss.

In 2025, ESA signs an agreement with Russia to reintegrate them into the mission as the European Space Agency needs their expertise and scientists to pursue the research.

The United Kingdom strongly disagrees with this decision and decides to cease involvement and chooses to pursue its research independtly.



WE WILL



BE FIRST

This led to Lord Vallance, Minister of State for Science, Research and Innovation, to announce the launch of a new department, the Department for Mars Exploration and introduces a Martian Service on the London population.

This is a compulsory service which aims to collect data and research on living in complete isolation for a duration of six months.

This program is funded by a new tax imposed on the population and by the countries of the Commonwealth, which includes Canada and Australia.

Department for Mars Exploration

UK SPACE AGENCY

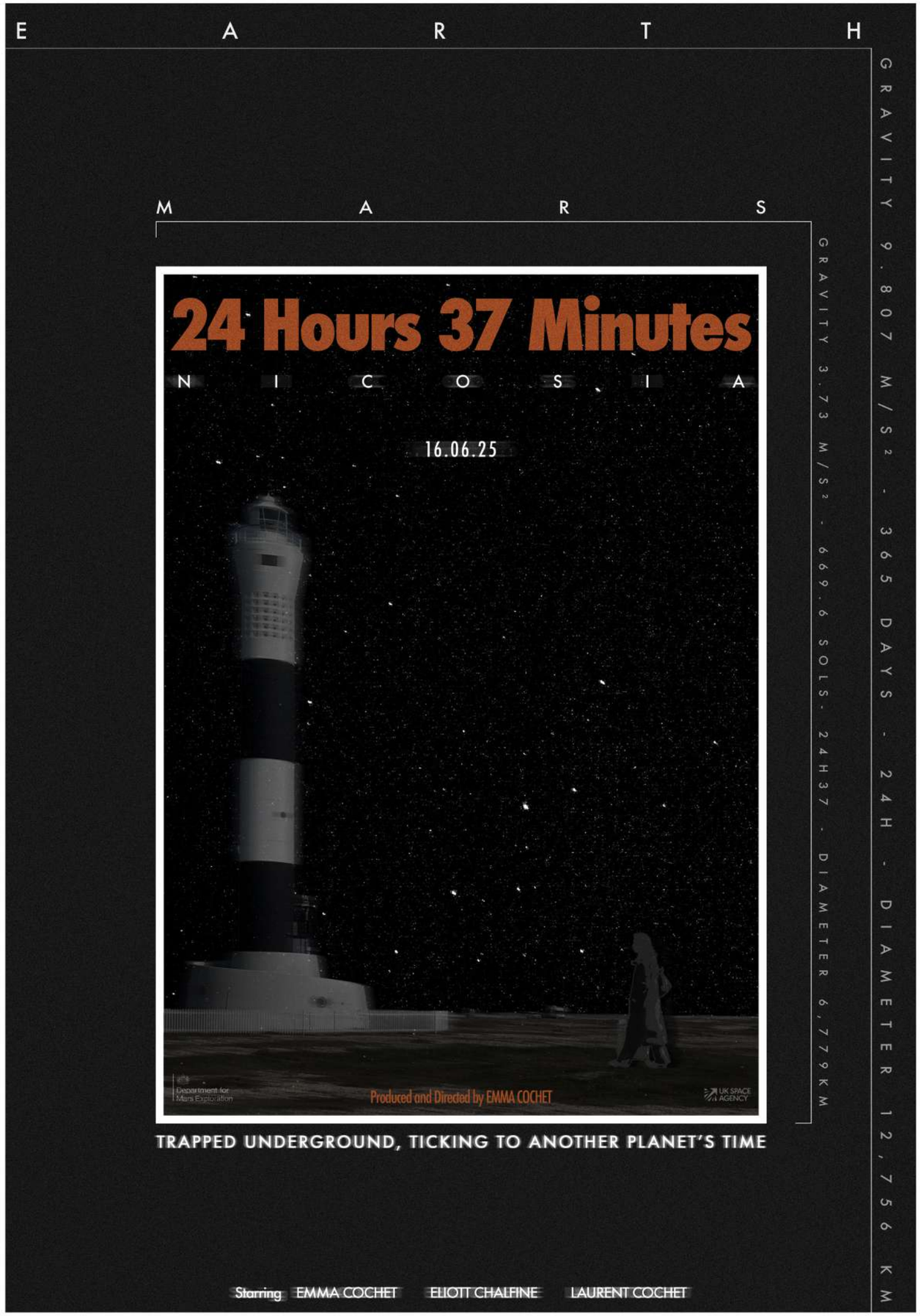
Department for Science, Innovation & Technology

What if the toughest part of a Mars mission wasn’t the journey - but living in isolation?

‘24 Hours 37 Minutes NICOSIA’

In a near-future United Kingdom, in 2028, a young woman is sent unexpectedly to a Mars simulation centre in remote Dungeness, where, isolated underground with three strangers, she forms a silent, paternal connection with the man observing her 24/7 through the CCTV cameras – while her partner back home struggles with their sudden separation.

‘24 Hours 37 Minutes NICOSIA’ is a speculative research project in continuation of a previous dissertation written in 2024, “New Habitats on Mars: What role for Interior Design on the Red Planet?”.



‘24 Hours 37 Minutes NICOSIA’ - Synopsis

2025. The year the United Kingdom announced its independence in spatial exploration.

Three years later, a young woman living in London receives a letter from the Department for Mars Exploration to take part in a compulsory Mars simulation mission at NICOSIA in Dungeness, Kent. This mission aims to collect data and research on living in complete isolation.

During a minimum of six months, along with three other participants, she will be living in an underground simulation habitat supervised by the UK Space Agency and the British Army. They will be living in total isolation and under 24-hour CCTV surveillance.

Emma, 21, is a sensitive and observant student living in London with her partner. When she receives her summons letter from the government, she is forced to leave her apartment unexpectedly and her extremely worried partner.

Dave, early 40s, has worked for the UK Space Agency for the past fifteen years. He is in charge of observing and surveying the participants from the control room for twelve-hour shifts every day.

Eliott, Emma’s partner, is a 24-year-old man working in London. Now living alone, he feels isolated and miserable to have been separated from his partner so suddenly.

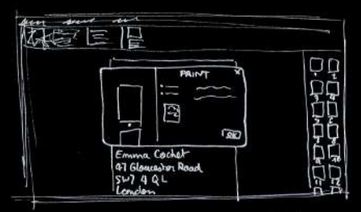
While living in complete isolation in the simulation centre, Emma becomes more and more distressed as time goes by very slowly and every day seems to repeat itself. Dave follows her behaviour closely and worries about her mental health. He begins to develop an emotional, paternal connection to her as he gets to observe her every single day.

At the same time in the outside world, the habitants of the peaceful and desolate region of Dungeness disagree and are deeply worried about the future of their territory after the requisition by the government in 2025.

Back home, time is passing at a slow pace for Eliott as he waits for his partner to come home in six months. He struggles to take care of their apartment, and is constantly thinking about the life they lived before she left.

‘24 Hours 37 Minutes NICOSIA’ - Storyboard

Key board typing sound.
Writing the name of participant ‘Emma Cochet’

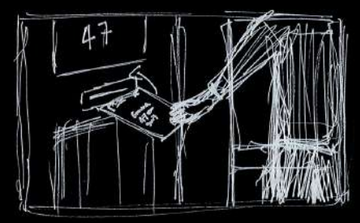


Computer screen / Printing window
Click on ‘OK’ buttom
Sound of printer starts.

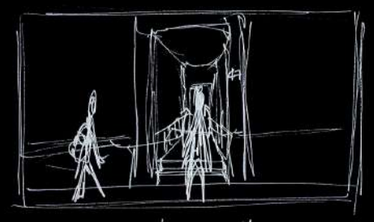
Martian Service Summons letter coming out of the printer
Printer sounds / noise

Hands putting summons letter in envelope.
Office sounds. Quite quiet, clicking, key boards.

Royal Mail truck driving off.
Street noise.

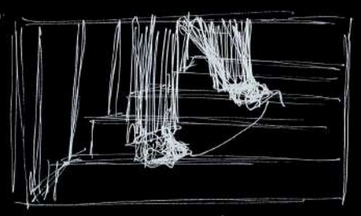


Envelope being delivered in letter box.
Letter box metal sound.
Street noise.
Postman walking off.

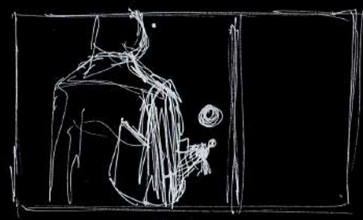


Emma walking home in the evening.
Keys in hand, opens the front door of the Building.
Street noise. Ambulance / police sirens.
Late night, street lights on.
Cold atmosphere, in a rush to get home.

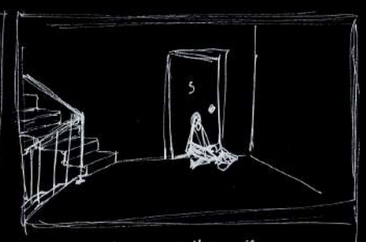
Emma walks in the door and collects her mail.
Slamming door sound them quiet.
Noise of picking up the mails, paper.



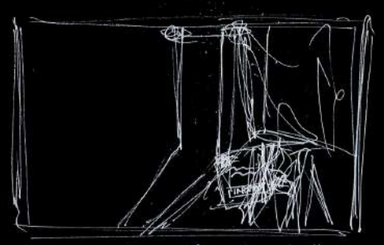
Emma running up the stairs.
Camera follows her feet up until her front door.
Noise of running up stairs.



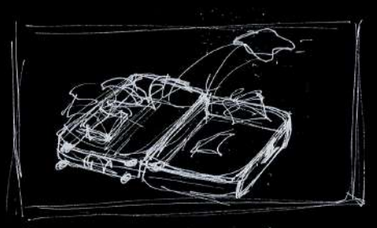
Emma opening the door.
Keys clicking noise / sounds.



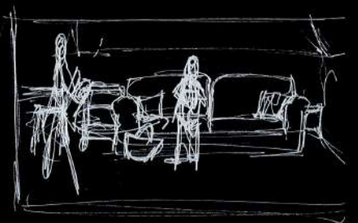
Emma picking up the mail.
Slow movements, seems confused as she picks up the letter.



Emma drops the mail as she opens the door.
Letter falls on top. ‘Important... open immediately or £2,500 fine and police convocation’ can be read.
‘Pff’ moaning sound.
Emma squats down.



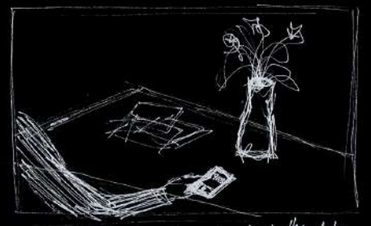
Emma ~~reading~~ opening / looking at the letter, confused expression.
Walking forward as the camera is moving backwards at the same pace.



Emma going to sit on the sofa while taking off her coat and putting down her bag.
Looking, anxious, confused.

Flipping through the pages.
Reading out the first page, not very audible.

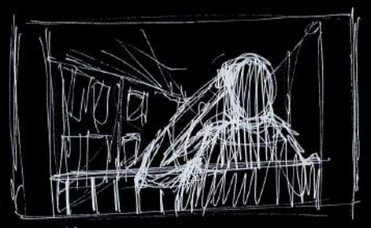
Reading out loud this page.
Panic, stress, confusion, anxiety.
Voice gets louder as the date is read.



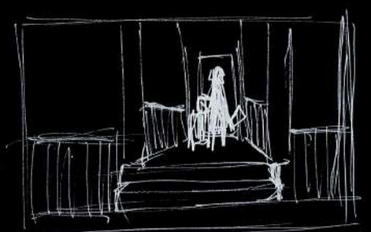
Emma touches her phone to check the date.
Rest of mail on the coffee table, flowers in vase.

Close up on the face.
Tears in the eyes.
Zoom on the eyes.
Sad music, melody.

Bags being thrown in a suitcase.
Heartbeat sound. Sad melody / music.

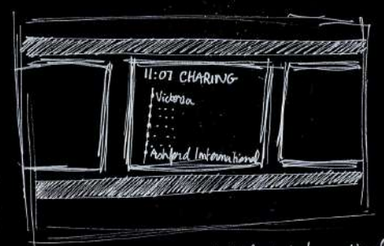


At night.
Looking at the street, standing at the balcony, Holding her head.

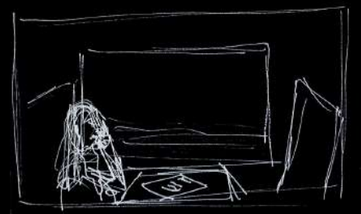


Walking out the door with suitcase and envelope in hand.
Grey / rainy day.

Emma walking into the underground with suitcase and letter in hand.
Underground noise. Busy environment.

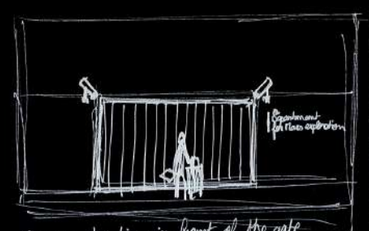


Zoom in on screen ‘Ashford International’
Train to Ashford International.
Busy background.
Noise, station sounds, announcements.

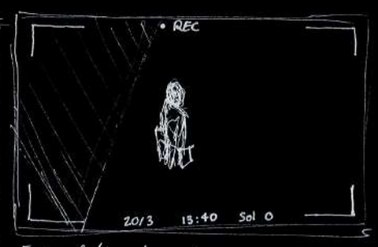


Emma on the train.
Envelope on the table.
Looking sad, headphones on, anxious expression.
Rural environment in the window.

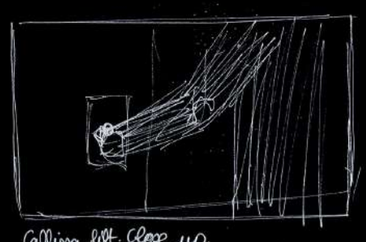
Emma standing in the middle of Dungeness.
Abandonned wooden cabin.
Wind / sea side sounds.



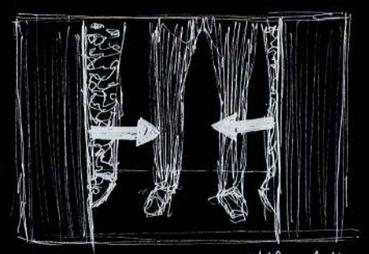
Emma standing in front of the gate.
Suitcase and envelope in hand.
Wind sounds. Anxious beats.



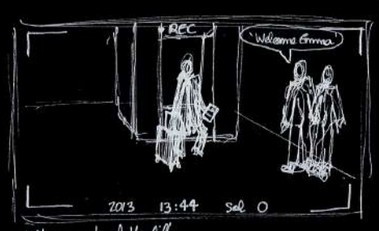
Emma looking at security camera.



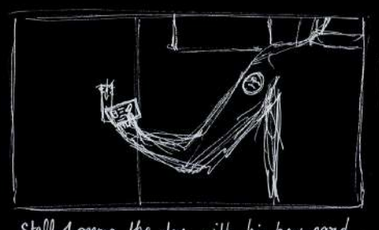
Calling lift. Close up.
Button noise. Wind sound.



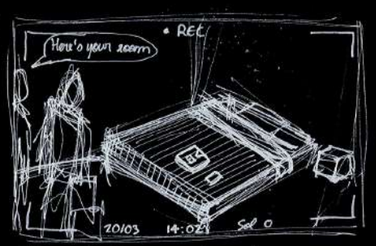
Emma standing in the middle of the lift with 2 military standing on the both sides (wearing camouflage military clothes)
Lift doors closing.



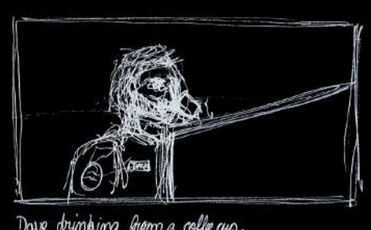
Walking out of the lift.
Military stay in the lift and the doors close.
Greeted by 2 UK Space Agency Staff wearing blue suits with badges and patches.



Staff 1 opens the door with his key card.

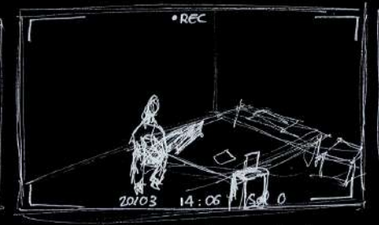


Entering her bedroom. No windows
Laboratory suit folded on the bed, keycard, mask.
UK space agency patch and name tag.

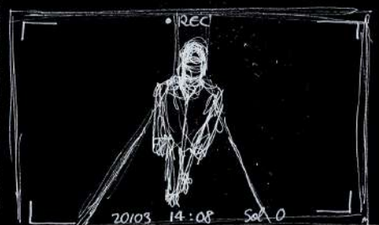


Dave drinking from a coffee cup.
Face lit from the computer screen.

Emma picking up the suit and keycard, closes, confused.

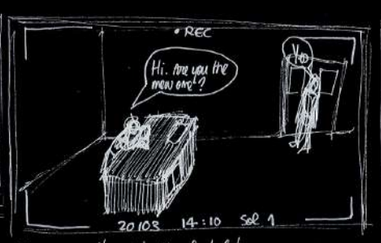


Emma puts the lab suit on and glances at the CCTV camera.

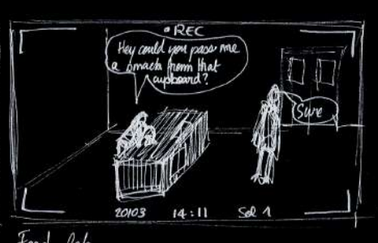


Emma walking down the corridor in lab suit, face mask and latex gloves.

Close-up.
Scan for sterilisation before entering food lab. 'CLEAR'
Emma moving towards the camera.

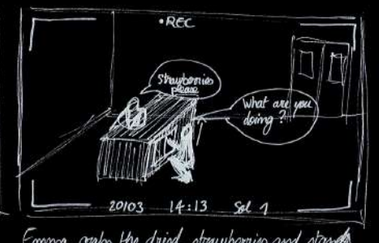


Emma walks into the food lab.
Another participant is working, observing cells of a lettuce under a microscope.
Food lab.

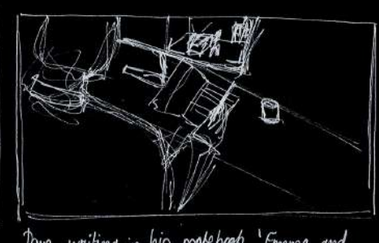


Food lab.
Emma walks toward the cupboard.

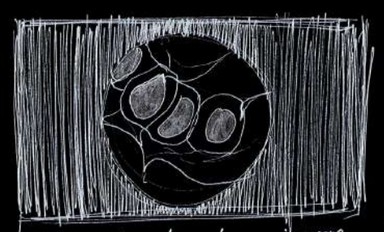
Emma opens the cupboard / freezer.
Surprised 'oh'
Paquets of dried fruits, beef...
Filmed through the eyes of Emma, face mask blurry at the bottom of frame.



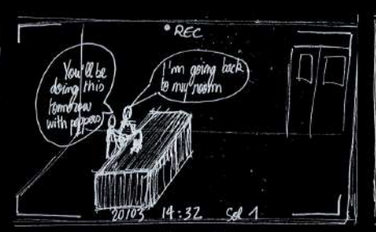
Emma grabs the dried strawberries and stands up.



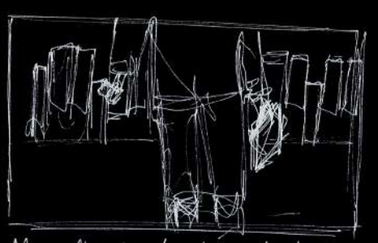
Dave writing in his notebook 'Emma and Steve engaging a conversation in food lab!'
Computer screen showing food lab CCTV camera.
Steve through the camera / screen sound: 'I'm fertilising tomato seeds, come and see!'



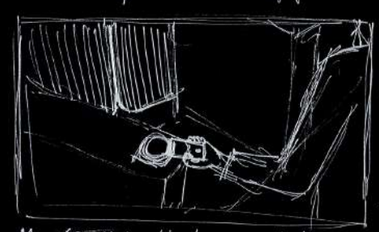
View of tomato seeds under a microscope



Emma leaves the food lab.

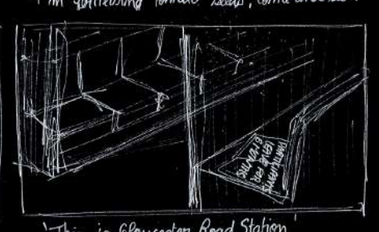


Mum walking toward underground gates.
Briefcase in one hand and phone in the other.
Wearing an office suit.

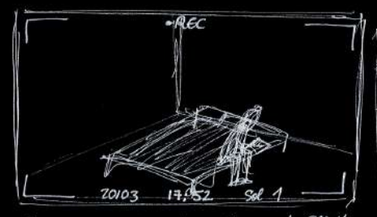


Mum (Eliott) taps his phone on contactless payment. Phone screen: selfie of Emma and him. Time: 17:46. 20/03.
Sounds of underground.

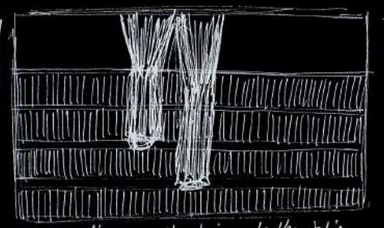
Eliott on the tube reading the newspaper 'We will be first' UK Space Agency, Department for Mars Exploration, Department for Science, Innovation and Technology.
Underground noise / sounds.



'This is Gloucester Road Station'
Eliott gets off and leaves the newspaper on the seat, 'Participants will leave for a minimum of 6 months'.
Doors closing sound.

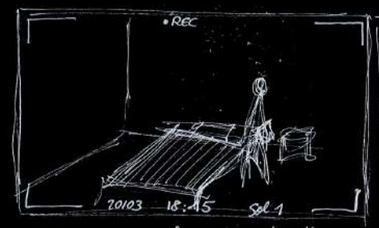


Emma looking at a photo of her and Eliott. Sad expression

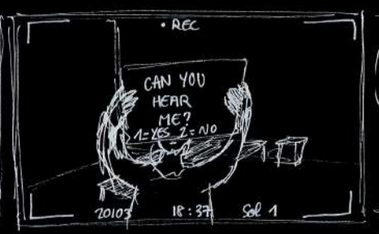


Eliott walking up the stairs at the station.
Camera following his steps.
Busy / underground sounds and noise.

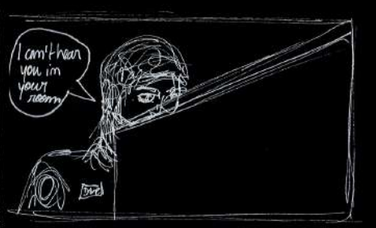
Eliott sending a message to Emma.
'Hey I'm coming out of the station do you need anything from Waitrose?'
Supermarket in the background.
Text message NOT DELIVERED.
18:02. 20103



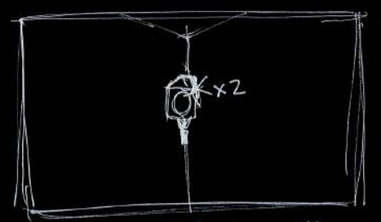
Emma stands up from her bed with a paper in her hands.
Looking at the camera and walking towards it.



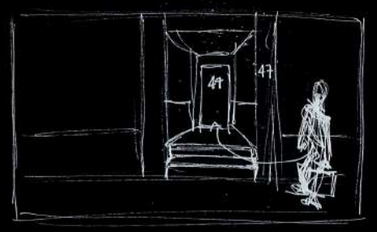
Emma puts her paper up to the camera.
'Can you hear me? 1=YES 2=NO'.



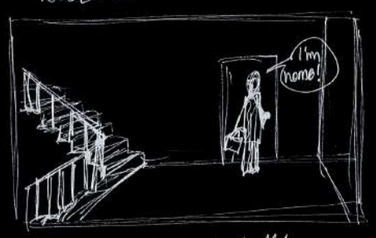
Dave at his computer, talking to himself.



CCTV camera flashes twice = NO.



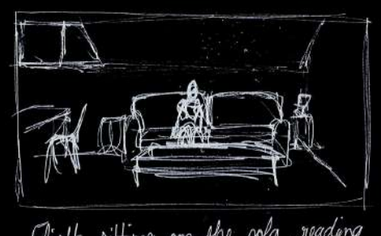
Eliott arriving home.
Sun is down, not night yet.
Streets noise.



Eliott opening the door to the flat.
Door closes / is slammed
Says loudly 'I'm home!'

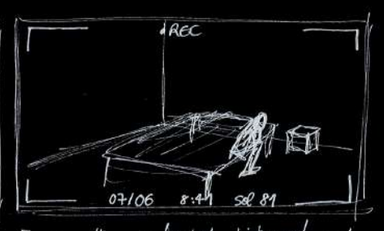
Eliott walks through the appartment.
Very messy, clothes thrown, dishes not clean, bed not made...
Camera as Eliott's eyes.

Eliott finds the notes left by Emma before she left.
Sad music/melody.
Confusion in voice as notes are read out.

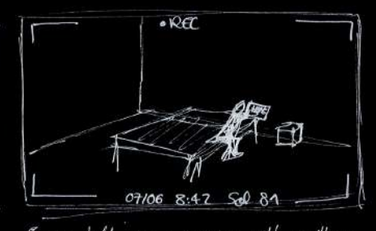


Eliott sitting on the sofa, reading the notes/letter left by Emma.
Emotional, confused.

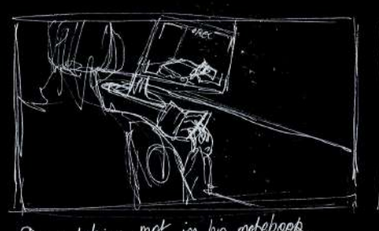
Close-up on Eliott.
Reading out 'I have been selected... for 6 months... I will miss you so much'.
Tears in his eyes.



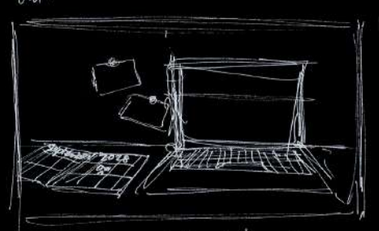
Emma sitting on her bed, distressed, sad.
Turns her head to look at camera.



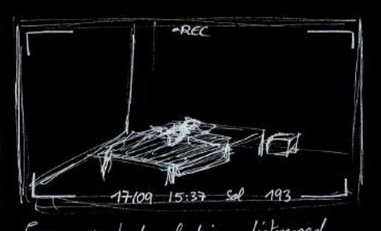
Emma holds up a paper with written 'I just want to go home'.



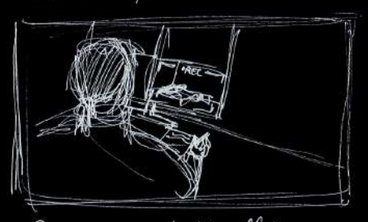
Dave taking note in his notebook.
'Emma still feels very distressed, I'm worried about her, she stays in her room most of the day: 07/06



Eliott working at his desk on his computer. Flicking through his agenda.
'20109 Emma's return'.



Emma in bed, looking distressed, eating freeze-dried strawberries



Dave saying to himself 'come on Emma, only a few days left!'
Writing in his notebook 'Emma hasn't been out of her room in 3 days!'

Emma walking out of the lift.
Doors opening. Dungeness in the background.

24 Hours 37 Minutes
NICOSIA

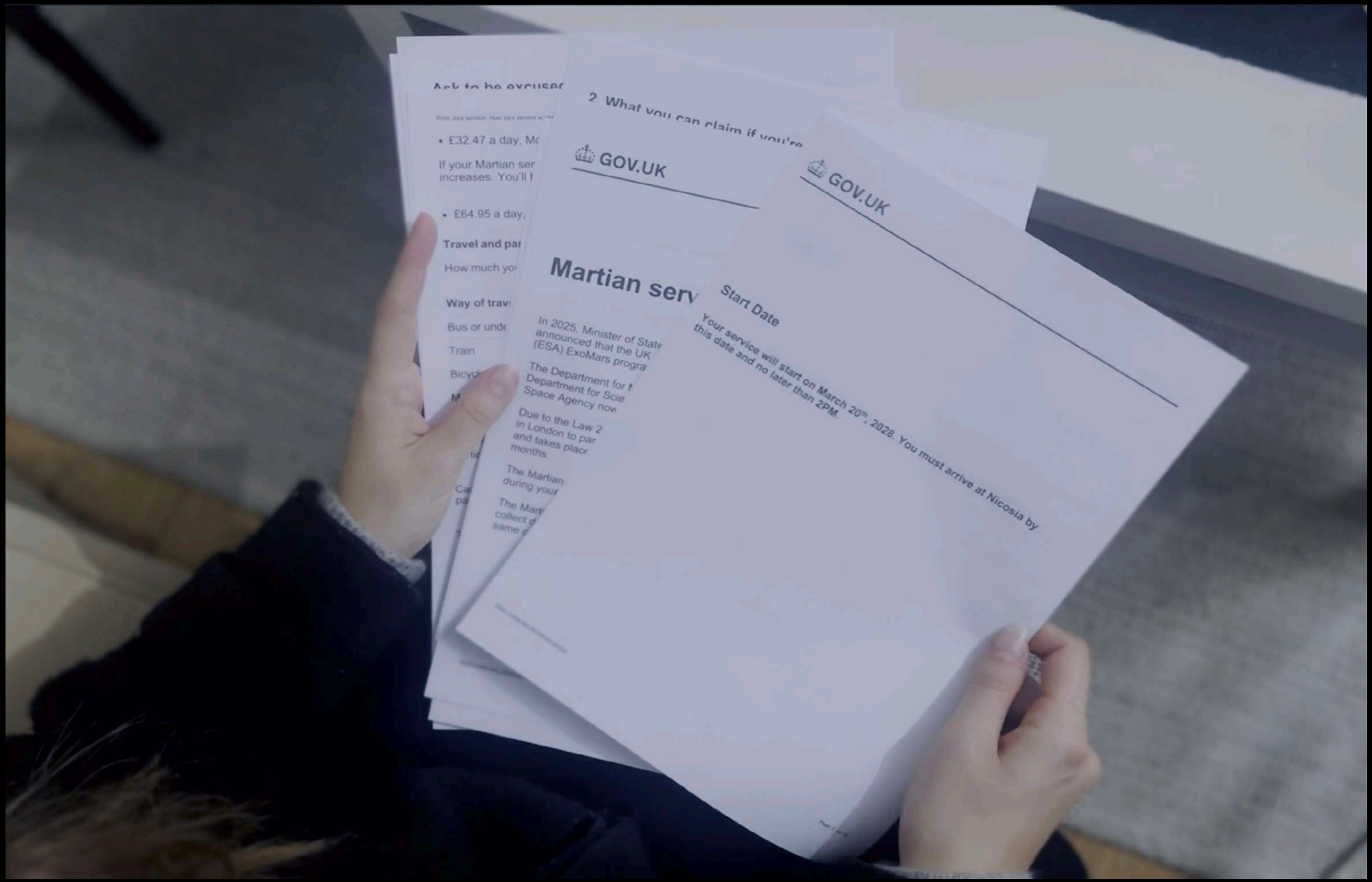
London to Dungeness

Westminster Underground Station, January 2025

‘24 Hours 37 Minutes NICOSIA’ - [00:12]

Emma arrives home, 47 Gloucester Road in London.

‘24 Hours 37 Minutes NICOSIA’ - [00:36]



Emma receives her Martian Service letter.

Department for
Mars Exploration

GOV.UK

Emma Cochet
Kensington Gore
London SW7 2EU

Warning!
You have 7 days to reply to this letter or you may be charged up to £2,500 and a convocation to your local Metropolitan Police station.

Department for
Mars Exploration

Phone: 0300 456 1024

Department for Mars Exploration,
5th Floor
100 Parliament Street
London
SW1A 2BQ
United Kingdom

2025015

GOV.UK

Martian Service Summons

You have been selected to participate in the Martian service. This summons requires you to take part in the Martian service program at Nicosia in Dungeness, England.

Your details

Name: Emma Cochet

Contact:

Participant number:

You must reply to this summons within 7 days of receiving it. Reply at:
www.gov.uk/reply-martian-service

Warning!

If you do not respond to this letter, you may receive a £2,500 fine and a convocation to your local Metropolitan Police station.

Department for
Science, Innovation
& Technology

UK SPACE
AGENCY

‘24 Hours 37 Minutes NICOSIA’ - Journey to Dungeness

Dungeness is accessible by public transport or by car, the cost of the journey is covered by the Department for Mars Exploration.

DUNGENESS, KENT (50.9264057, 0.9765001 ALT 1m)

DUNGENESS, KENT (50.9264057, 0.9765001 ALT 1m)

The Martian Service takes place in an underground site called NICOSIA, in Dungeness, Kent. The Estate of Dungeness was requisitioned by the government for this program.

Dungeness can be defined as a coastal plateau, a large, flat, dry and desert-like landform which is bordered by the sea.

Map of the UK showing London and Dungeness.

DESERT VALUE - Atacama Desert, Chile (−24.0833, −69.9167 ALT 1020m)

Since 1997, NASA has been testing their equipment and techniques in the Atacama desert in Chile. According to Brian Glass, principal investigator of the Atacama Rover Astrobiology Drilling Studies (ARADS; 2016-2019), the Atacama desert is such a dead and desolate place that “if we can’t do it in one of the deadest places on Earth, we have no business taking it to Mars” (Johanson, M., CNN).

The European Space Agency, ESA, has also been testing their equipment in the Atacama desert, contributing to the transformation and ruin of its raw landscapes.

Left. ESA’s base camp in the Atacama Desert - Right. NASA’s Atacama Rover Astrobiology Drilling Studies.

DESERT VALUE - Dubai Desert, UAE (25.1236, 55.3744 ALT 150m)

In the desert of Dubai, land was requisitionned to build a Mars simulation, Mars Science City, by Bjarke Ingels Group, losing another significant piece of land just in the name of Mars exploration.

This project covers 17.5 hectares of the desert. In 2017, the United Arab Emirates annouced its ambition to colonise Mars within the next 100 years (Koronka, P., CNN).

This project clearly shows that as soon as a piece of land, like the Atacama desert, can have an economical impact, it becomes monetised and ruined.

Left. Mars Science City Area by BIG - Right. Mars Science City Surface Area by BIG.

DUNGENESS, KENT - Behind the scenes

Shooting day in Dungeness Estate with both my parents helping with carying the equipment, suitcase and filming. Originally wanted to shoot some drone scenes but because of the power station nearby the drone wouldn't take off, plus the wind was too strong to fly it.

Left. Behind the scenes with my parents. - Right. Dungeness Estate prevention sign.

‘24 Hours 37 Minutes NICOSIA’ - [00:47]

Emma arrives in Dungeness, Kent.

UK’s new independent Mars exploration program

The governement introduces of the new Department for Mars Exploration

Emma Cochet
Technology Reporter

BBC Website, January 2025

24 January 2025

Top stories

Chancellor hints at support for third runway at Heathrow
2 hours ago

Reeves urges platforms to remove violent content viewed by Southport killer
25 minutes ago

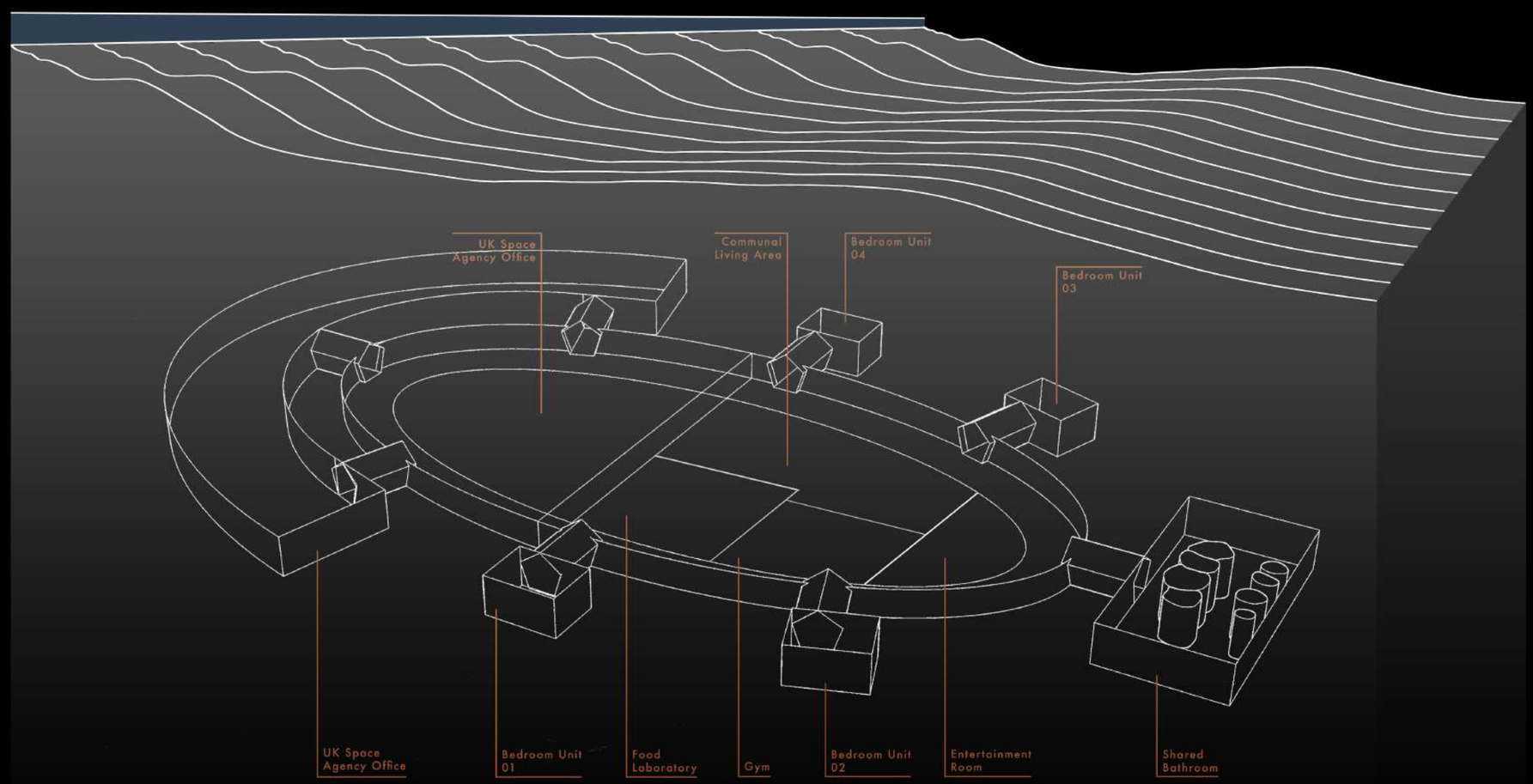
Confident, organised, still freewheeling: Trump 2.0 has learned from past
1 hour ago

More to explore

NICOSIA - Mars Simulation Training Centre (50.9264057, 0.9765001 ALT -15m)

NICOSIA, the underground site, is divided into two parts. Firstly, the UK Space Agency office, where scientists closely follow the participants behaviour and prepare the different experiments. This is also where the control room is.

Secondly, the participants' side, with a communal area, food laboratory, gym, bedroom units and bathroom.



NICOSIA - Mars Simulation Training Centre (50.9264057, 0.9765001 ALT -15m)

Atmospheric section through NICOSIA, intital spatial arrangement.

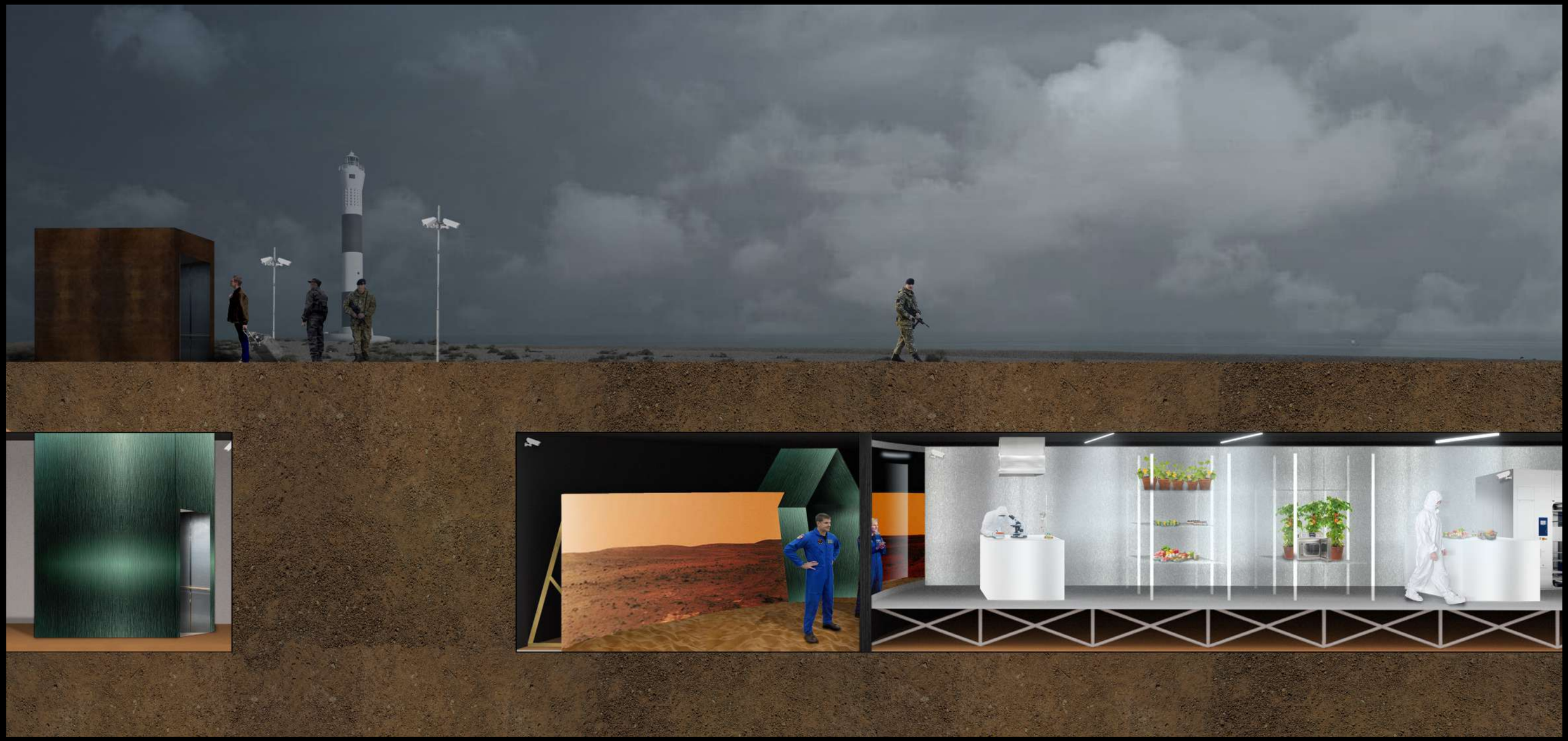
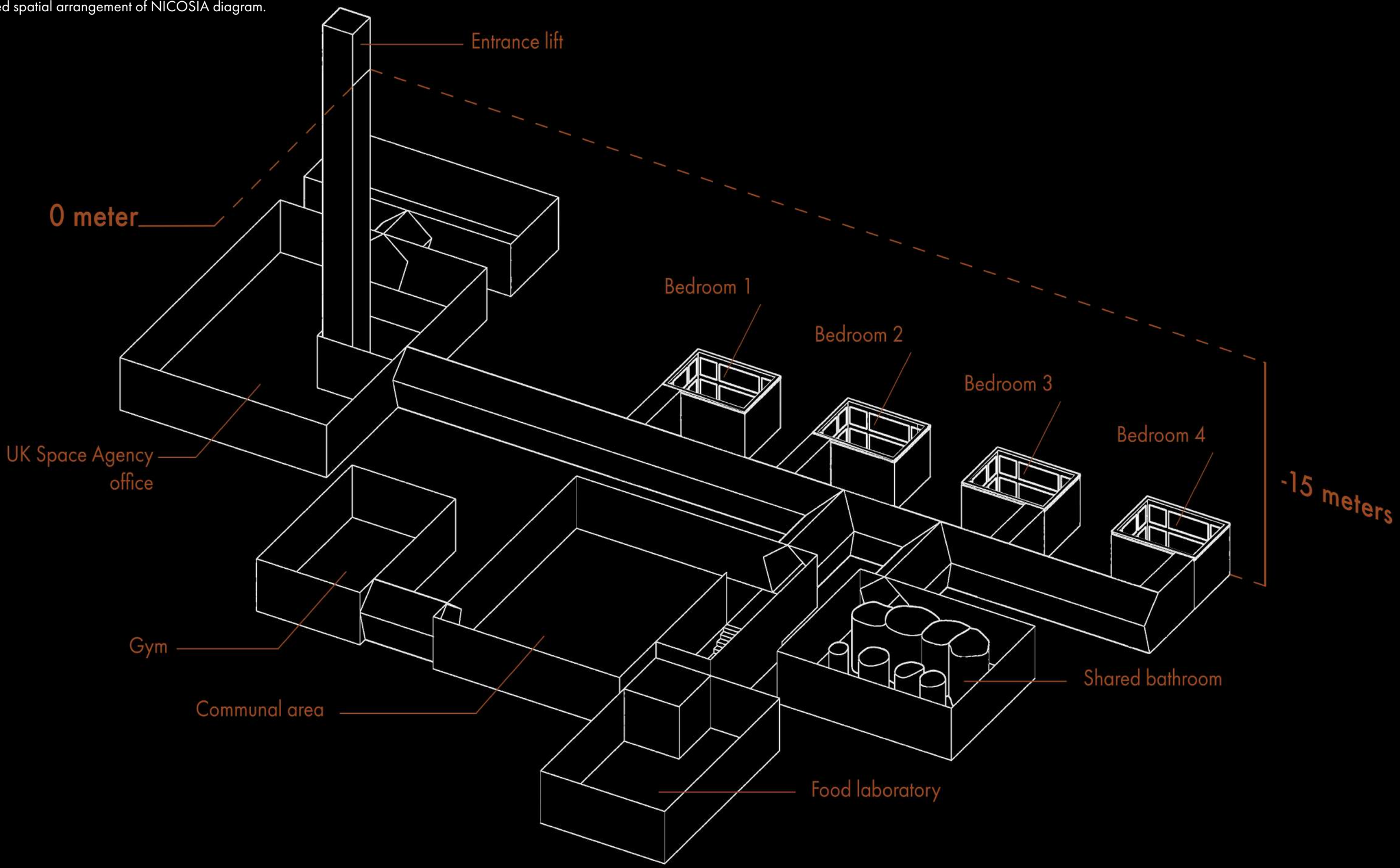


Image made from a digital model and Photoshop.

NICOSIA - Mars Simulation Training Centre (50.9264057, 0.9765001 ALT -15m)

Updated spatial arrangement of NICOSIA diagram.



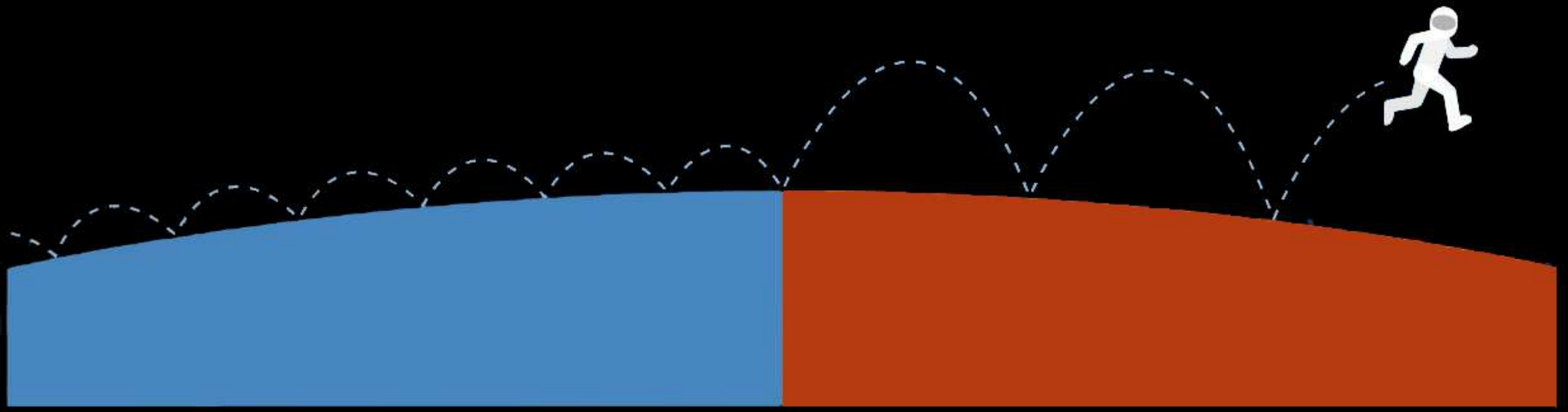
NICOSIA - Martian gravity

In order to resemble the conditions of living on Mars, a few adaptations were made to the site..

Indeed, gravity on the surface of Mars equals to 38% of the surface gravity on Earth. Meaning that humans will gradually adapt to the lack of gravity and walking bigger steps or jumping higher will require less effort.

Over time, our bodies will start to elongate. As humans will start to evolve, we would need higher seating, beds and steps.

How does gravity affect spatial design?

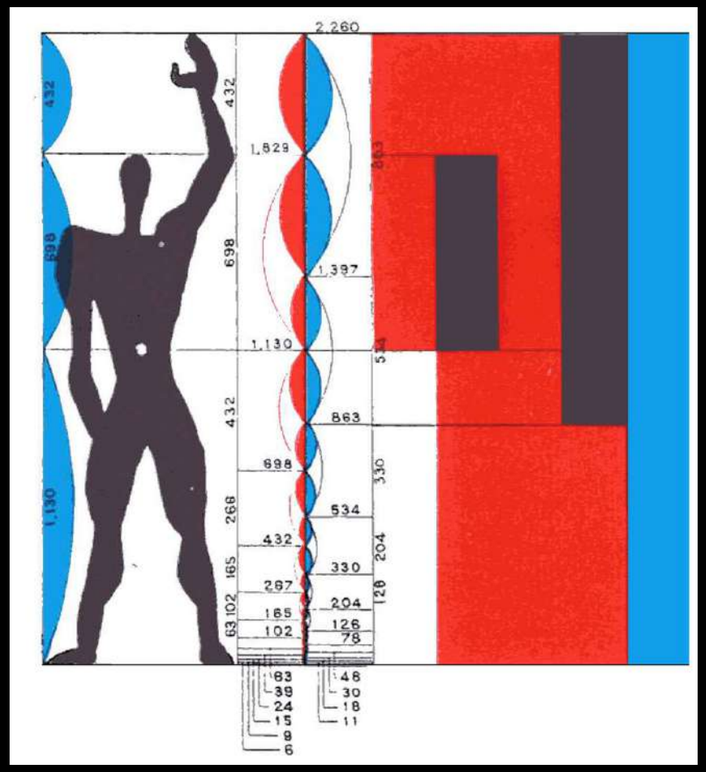


Gravity diagram, NASA.

NICOSIA - Scale precedent

The Modulor, established by Le Corbusier, was created to create a universal scale for buildings, it can be applied to the scale of a building, home or furniture.

The Cité Radieuse in Marseille, France, was the first project in which all the dimensions were multiplies of the Modulor.



Left. The Modulor man by Le Corbusier, Dezeen. - Right. Cité Radieuse in Marseille, France, L'Humanité.

NICOSIA - Mars ratio

On Mars and at NICOSIA, this scale would have to vary as it would not suit the human body anymore. As our bodies elongate, everything would need to be bigger and higher. A new system of measurement would need to be applied: the Mars Ratio.

Everything is multiplied by 38% (1.38).

Dungeness, Kent.

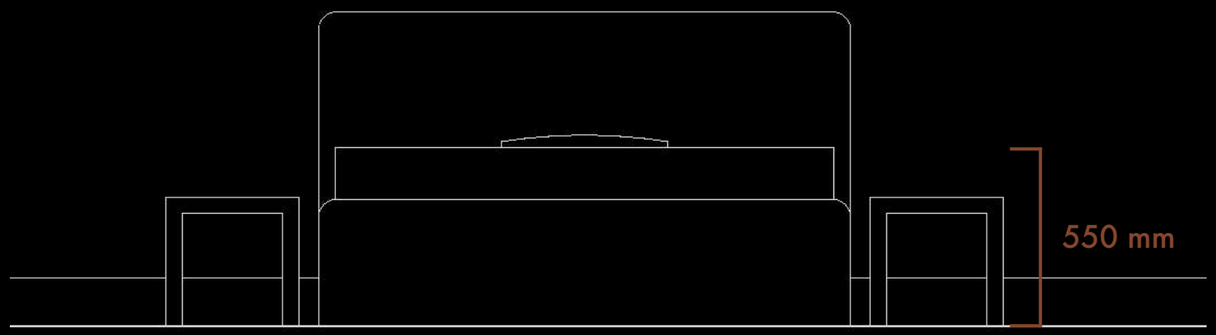
NICOSIA - Mars ratio

At Nicosia, the dimensions of the beds and steps have been adapted to this new Martian standard, the dimensions have been multiplied by 38%.

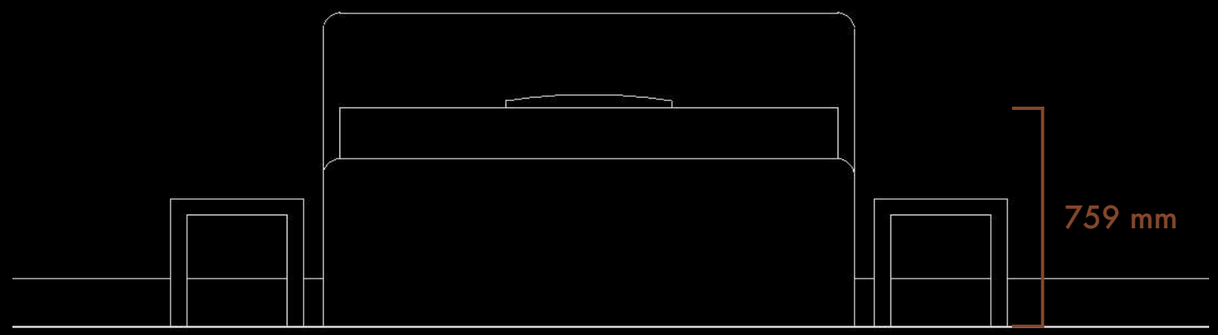
MARS RATIO

Bed height:
550 x 1.38 = 759 mm

BED ON EARTH



BED ON MARS & AT NICOSIA

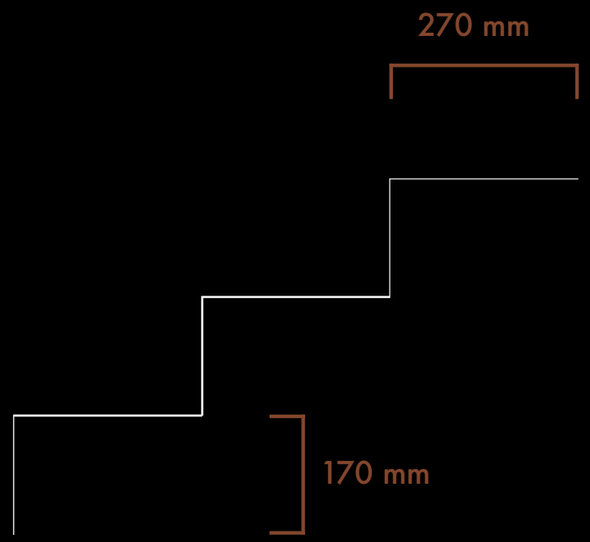


NICOSIA - Mars ratio

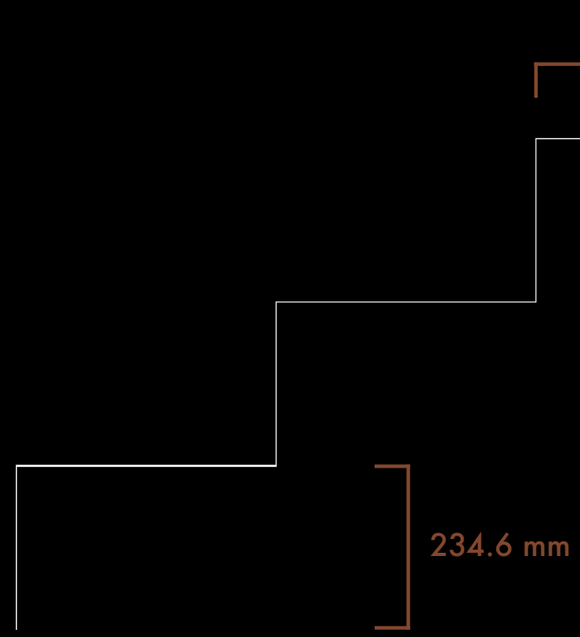
Steps dimensions:

Width 270 x 1.38 = 372.6 mm
Height 170 x 1.38 = 234.6 mm

STEPS ON EARTH



STEPS ON MARS & AT NICOSIA

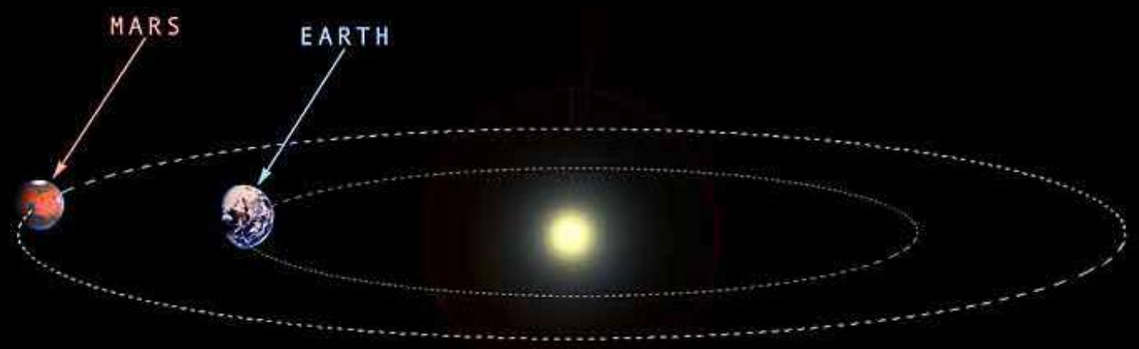


NICOSIA - Martian timeframe

Another difference between Mars and Earth is the time-frame.

One day on Mars is 24 hours and 37 minutes due to its rotation around the Sun. Indeed, it completes one rotation every 24.6 hours and one year on the Red Planet is equivalent to 687 Earth days, meaning you would only celebrate your birthday about once every two years.

Breakfast, lunch and dinner are also at different times as they have been adapted to this new timeframe.



Mars and Earth, OPS-Alaska.

MEAL SCHEDULE

BREAKFAST - 6:12 AM

LUNCH - 11:32 AM

DINNER - 18:29 PM

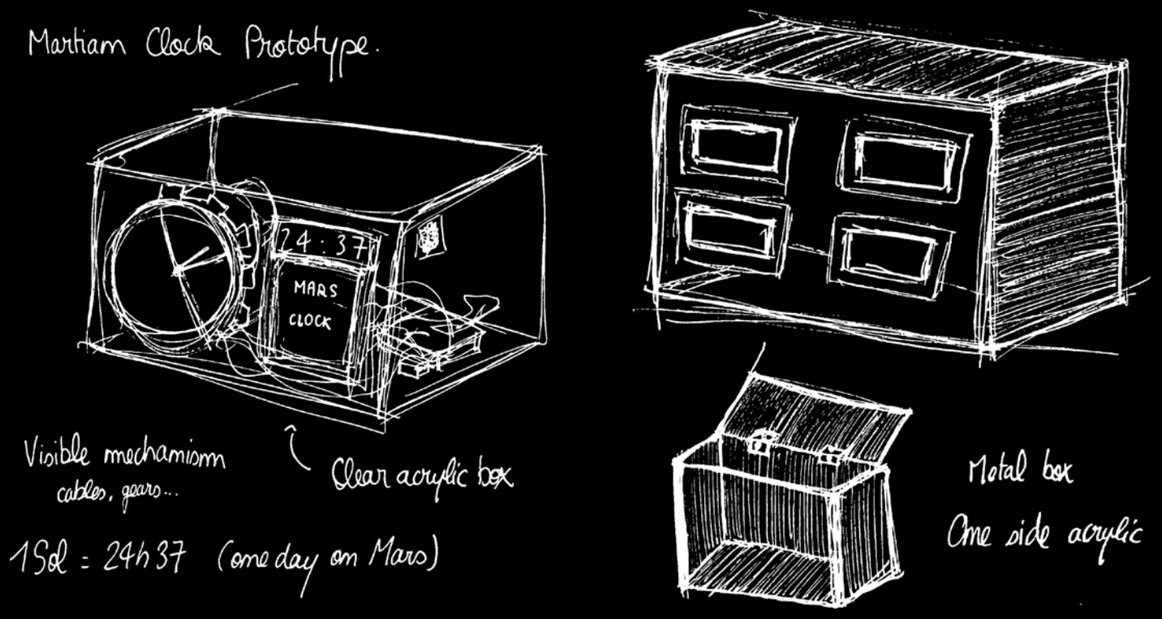
NICOSIA - Martian sunset

One day on Mars is also called a sol, which is short for “solar day” and sunsets on Mars are blue due to fine dust in the atmosphere.

Sunset on Mars, BBC.

NICOSIA - Martian time frame

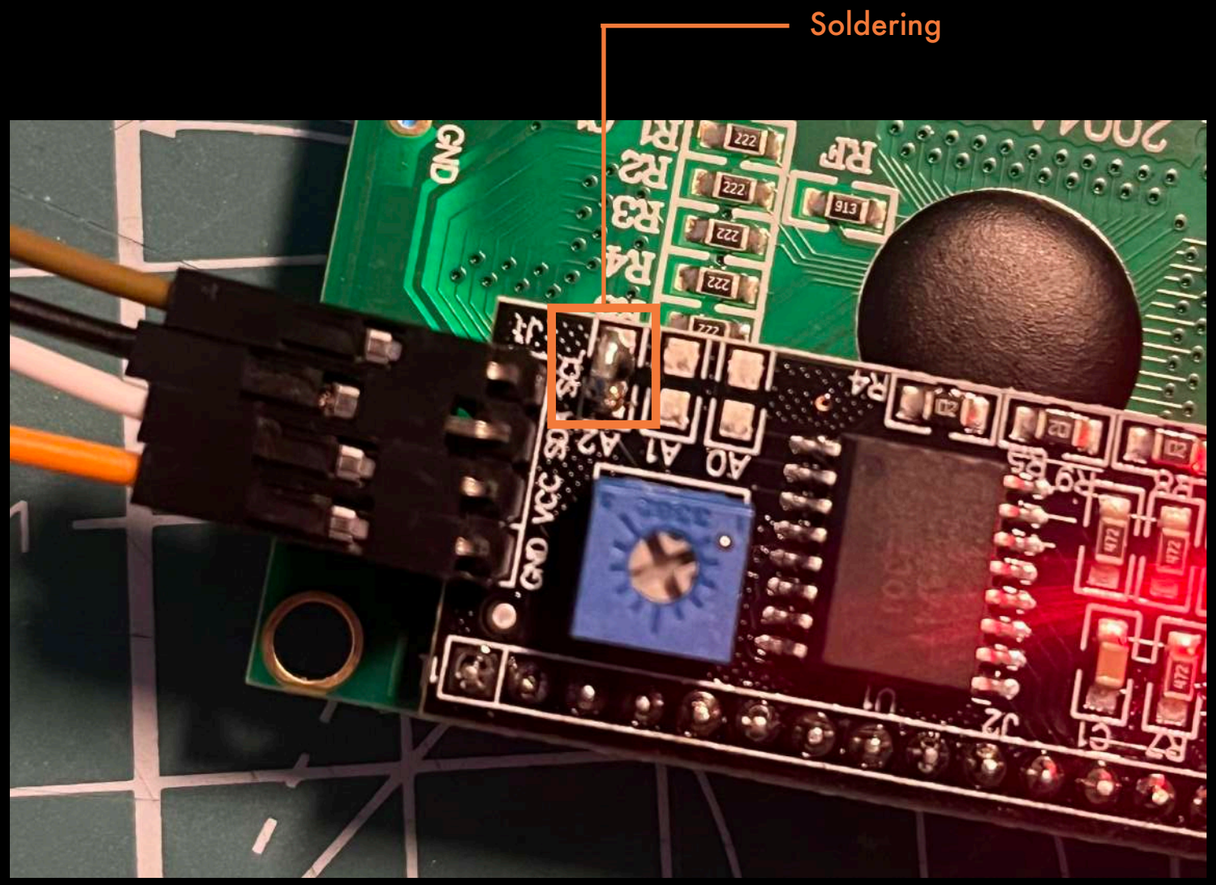
Each bedroom is equiped with a clock for the participants to adapt to this new time frame and follow the provided schedule.



Left. Mars clock sketches. - Right. Mars clock prototype.

NICOSIA - Martian timeframe

Learning how to solder to change the address of the LCD display screen and how to code using an Arduinio ESP 32 board.




```
#include <Wire.h>
#include <LiquidCrystal_I2C.h>

// Création des objets LCD pour chaque écran avec leurs adresses I2C
LiquidCrystal_I2C lcd1(0x23, 20, 4);  // Ecran 1 (Earth Time)
LiquidCrystal_I2C lcd2(0x25, 20, 4);  // Ecran 2 (Heure actuelle)
LiquidCrystal_I2C lcd3(0x26, 20, 4);  // Ecran 3 (Mars Time)
LiquidCrystal_I2C lcd4(0x27, 20, 4);  // Ecran 4 (Jour de 24h37)

// Variables pour l'heure (initialisation à 00h00:00)
unsigned long previousMillis = 0;
const long interval = 1000;  // Intervalle de mise à jour de 1 seconde (1000 ms)

int hours = 0;   // L'heure commence à 00h00
int minutes = 0;  // Les minutes commencent à 00
int seconds = 0;  // Les secondes commencent à 00
int extraMinutes = 37;  // Minutes supplémentaires pour une journée de 24h37

void setup() {
  // Initialisation des écrans LCD
  lcd1.init();
  lcd1.backlight();
  lcd2.init();
  lcd2.backlight();
  lcd3.init();
  lcd3.backlight();
  lcd4.init();
  lcd4.backlight();

  // Affichage des messages sur les écrans
  lcd1.setCursor(0, 0);
  lcd1.print("Earth Clock");
  lcd1.setCursor(0, 3);
  lcd1.print("by Emma Cochet");

  lcd3.setCursor(0, 0);
  lcd3.print("Mars Clock");
  lcd3.setCursor(0, 3);
  lcd3.print("by Emma Cochet");

}

void loop() {
  unsigned long currentMillis = millis();

  // Vérifie si une seconde s'est écoulée
  if (currentMillis - previousMillis >= interval) {
    previousMillis = currentMillis;

    // Incrémenter le compteur de secondes
    seconds++;

    // Si les secondes atteignent 60, réinitialise les secondes et incrémente les minutes
    if (seconds >= 60) {
      seconds = 0;
      minutes++;

      // Si les minutes atteignent 60, réinitialise les minutes et incrémente les heures
      if (minutes >= 60) {
        minutes = 0;
        hours++;

        // Si les heures atteignent 24h + 37 minutes (24h37), réinitialise tout
        if (hours >= 24 && minutes == extraMinutes) {
          hours = 0;
        }
      }
    }

    // Ecran 2: Affichage de l'heure actuelle (heures:minutes:secondes)
    lcd2.clear();
    lcd2.setCursor(0, 0);
    lcd2.print("Time on Earth");
    lcd2.setCursor(0, 2);

    if (hours < 10) {
      lcd2.print("0");
    }
    lcd2.print(hours);
    lcd2.print(":");

    if (minutes < 10) {
      lcd2.print("0");
    }
    lcd2.print(minutes);
    lcd2.print(":");

    if (seconds < 10) {
      lcd2.print("0");
    }
    lcd2.print(seconds);

    // Ecran 4: Affichage de l'heure pour une journée de 24h37 (heures:minutes:secondes)
    lcd4.clear();
    lcd4.setCursor(0, 0);
    lcd4.print("Time on Mars");
    lcd4.setCursor(0, 2);

    if (hours < 10) {
      lcd4.print("0");
    }
    lcd4.print(hours);
    lcd4.print(":");

    if (minutes < 10) {
      lcd4.print("0");
    }
    lcd4.print(minutes);
    lcd4.print(":");

    if (seconds < 10) {
      lcd4.print("0");
    }
    lcd4.print(seconds);

    delay(500); // Ajoute un petit délai pour améliorer la lisibilité
  }
}
```

Left. LCD display screen soldering. - Right. Arduino code.

NICOSIA - Mars clock artefact

NICOSIA - Mental & physical health supplements

Due to the lack of sunlight and gravity, our physical and mental health will inevitably be affected.

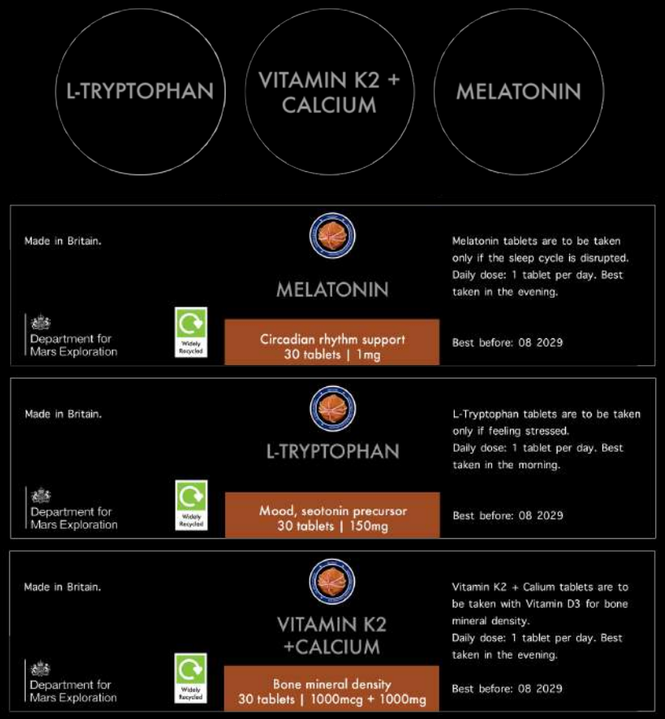
In order to support mental and physical health, participants will have to take these essential supplements, and respect the instructions and daily doses.

SUPPLEMENT	DAILY DOSE	PRIMARY BENEFITS	NOTES
Vitamin D3	1 capsule (2000 IU)	Immune, mood, bone health	Essential due to the lack of UVB
Vitamin K2 (MK-7) + Calcium	1 capsule (100mcg + 1000mg)	Bone mineral density	Take with Vitamin D3
Magnesium	1 capsule (300 mg)	Muscle, nerve, sleep, mood	Best taken at night
Omega-3 (EPA + DHA)	1 capsule (1000mg)	Brain function, anti-inflammatory	Best taken during a meal
Multivitamin	1 capsule	Covers general micronutrient gaps	Includes B-complex, iron, zinc, selenium
Probiotic	1 capsule (>10 billion CFU)	Gut health	Rotate type monthly
Melatonin	1 capsule (1 mg)	Circadian rhythm support	Use only if sleep is disrupted
Glutathione	1 capsule (250mg)	Antioxidant, radiation buffer	Optional, for oxidative stress
L-Tryptophan	1 capsule (150mg)	Mood, serotonin precursor	Use only if feeling stressed

NICOSIA - Mental & physical health supplements

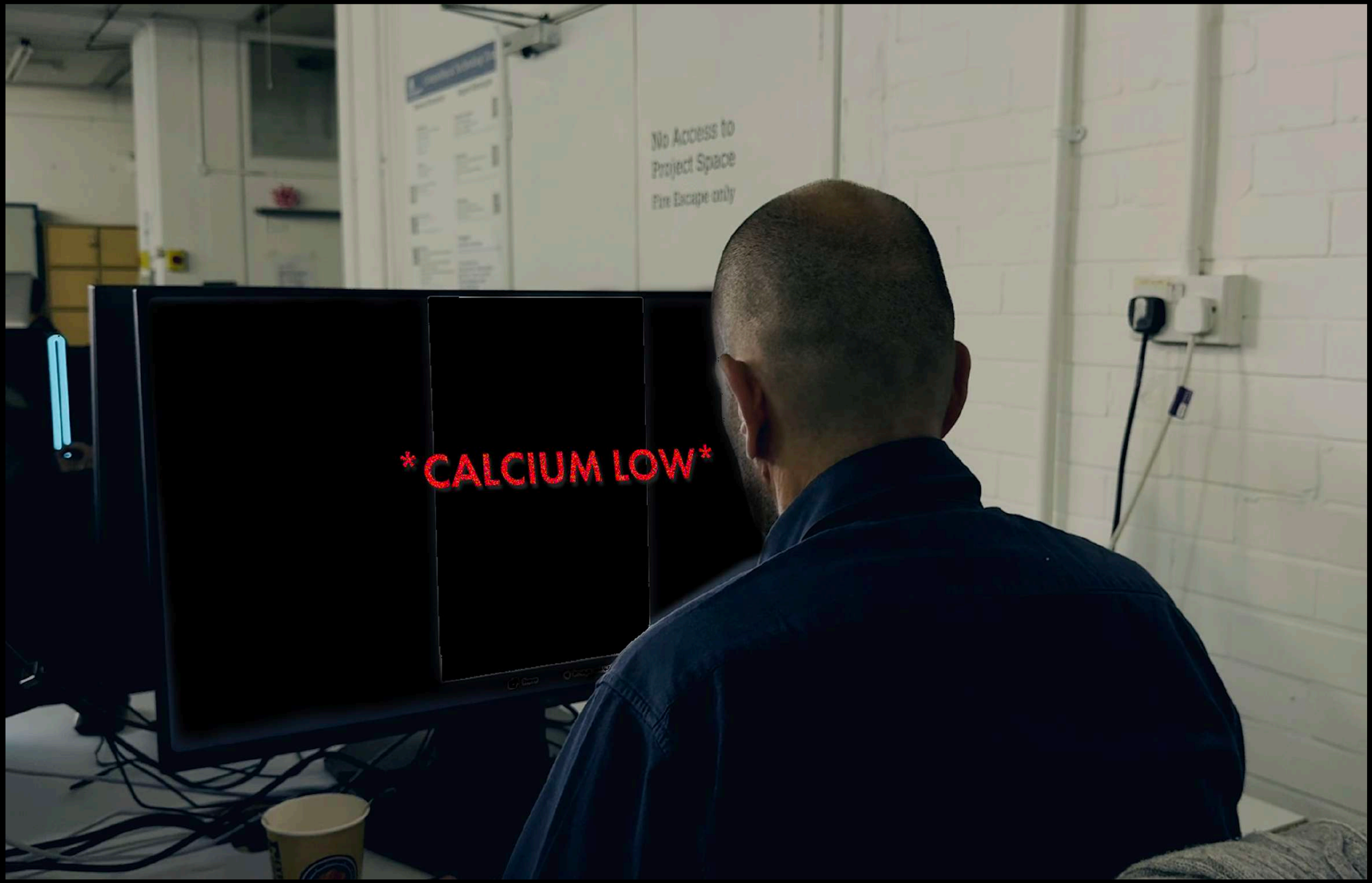
These supplements help with immune system, sleep and circadian rythm, muscle and bone density.

According to a study from Stanford University, about half of astronauts could develop osteoporosis during a mission to Mars, so taking Vitamin K2 and Calcium are absolutely essential.



Left. Labels for supplement bottles. - Right. Supplement bottles props.

‘24 Hours 37 Minutes NICOSIA’ - [06:50]



Still image of ‘24 Hours 37 Minutes NICOSIA’.

The Bedroom

Piccadilly Circus, January 2025

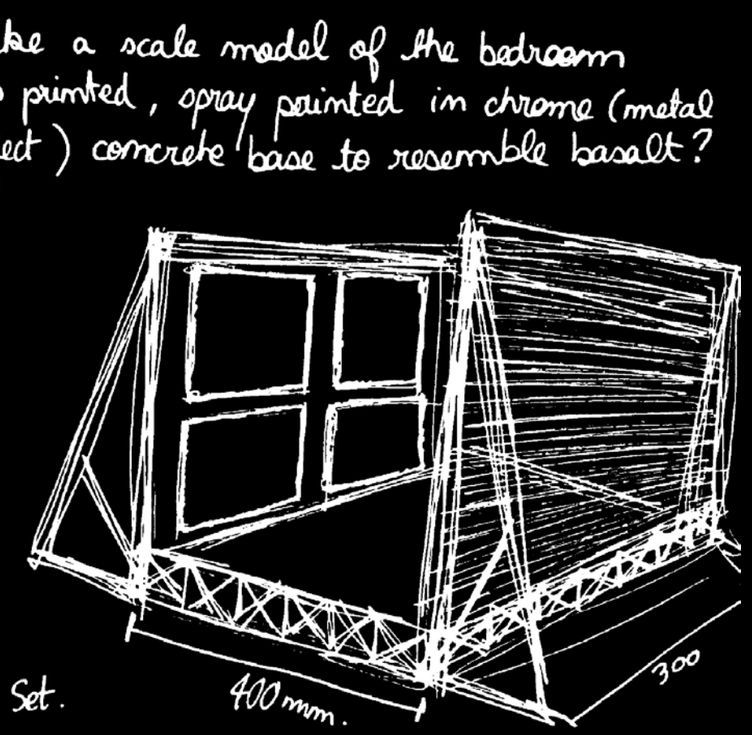
‘24 Hours 37 Minutes NICOSIA’ - The Bedroom

Initial sketch of the scale model of the bedroom, aimed to resemble a set/stage.

Plan and sections of The Bedroom with the Mars Ratio applied.

4000 x 1.38 = 5520 mm

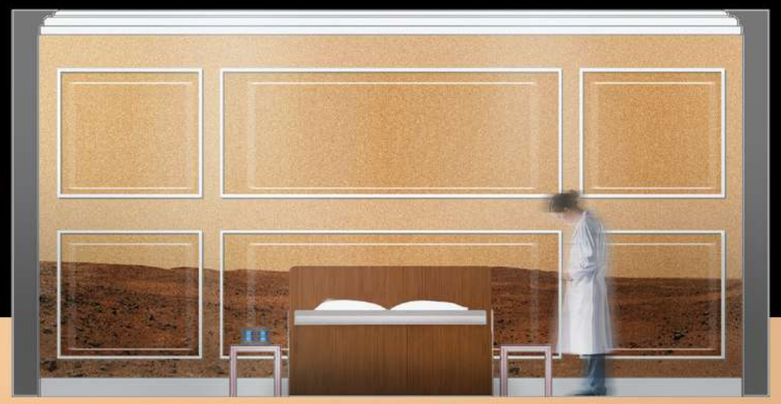
3000 x 1.38 = 4140 mm



Left. Physical scale model sketch. - Right. Plan and sections of The Bedroom.

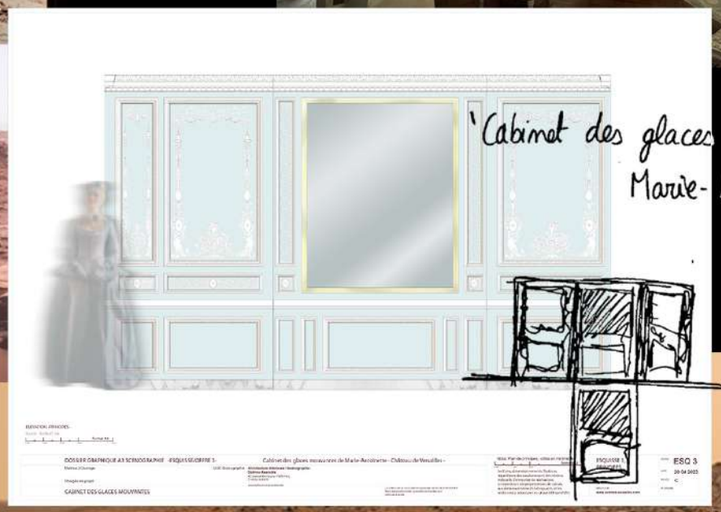
‘24 Hours 37 Minutes NICOSIA’ - The Bedroom

Concept development of the design of The Bedroom.



IMMERSIVE

Moving to Mars exhibition
Design Museum London



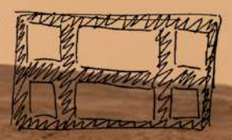
1 action transforms the whole atmosphere and perception of the room.

MARS panoramic image in between frames.

/

MARS panoramic entire walls.

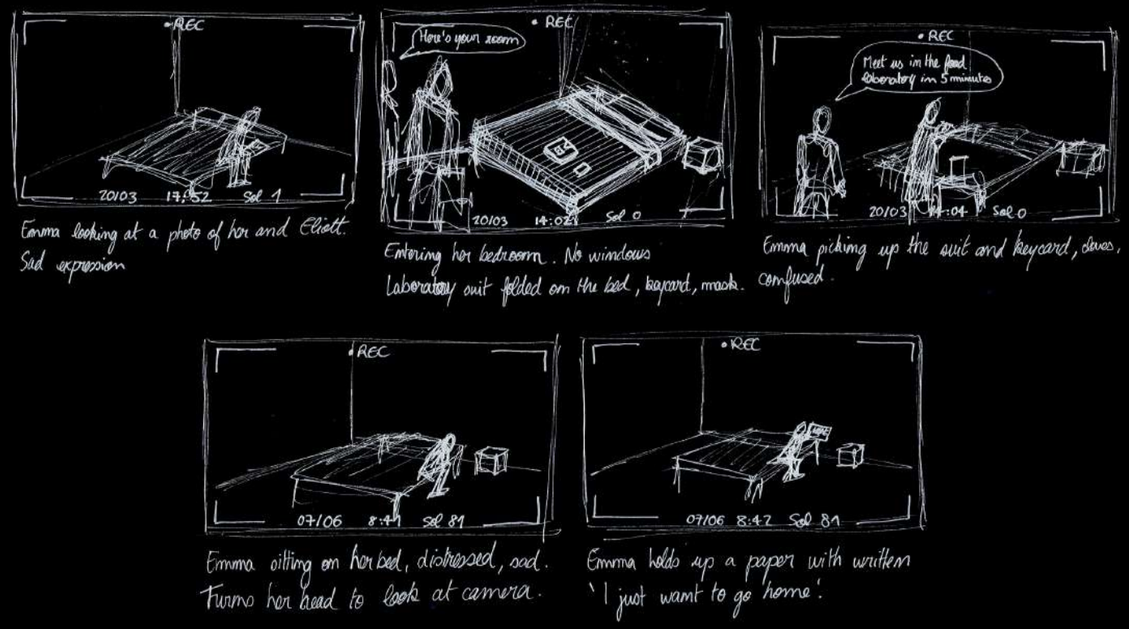
1 ACTION = RADICALLY DIFFERENT ATMOSPHERE



‘24 Hours 37 Minutes NICOSIA’ - The Bedroom

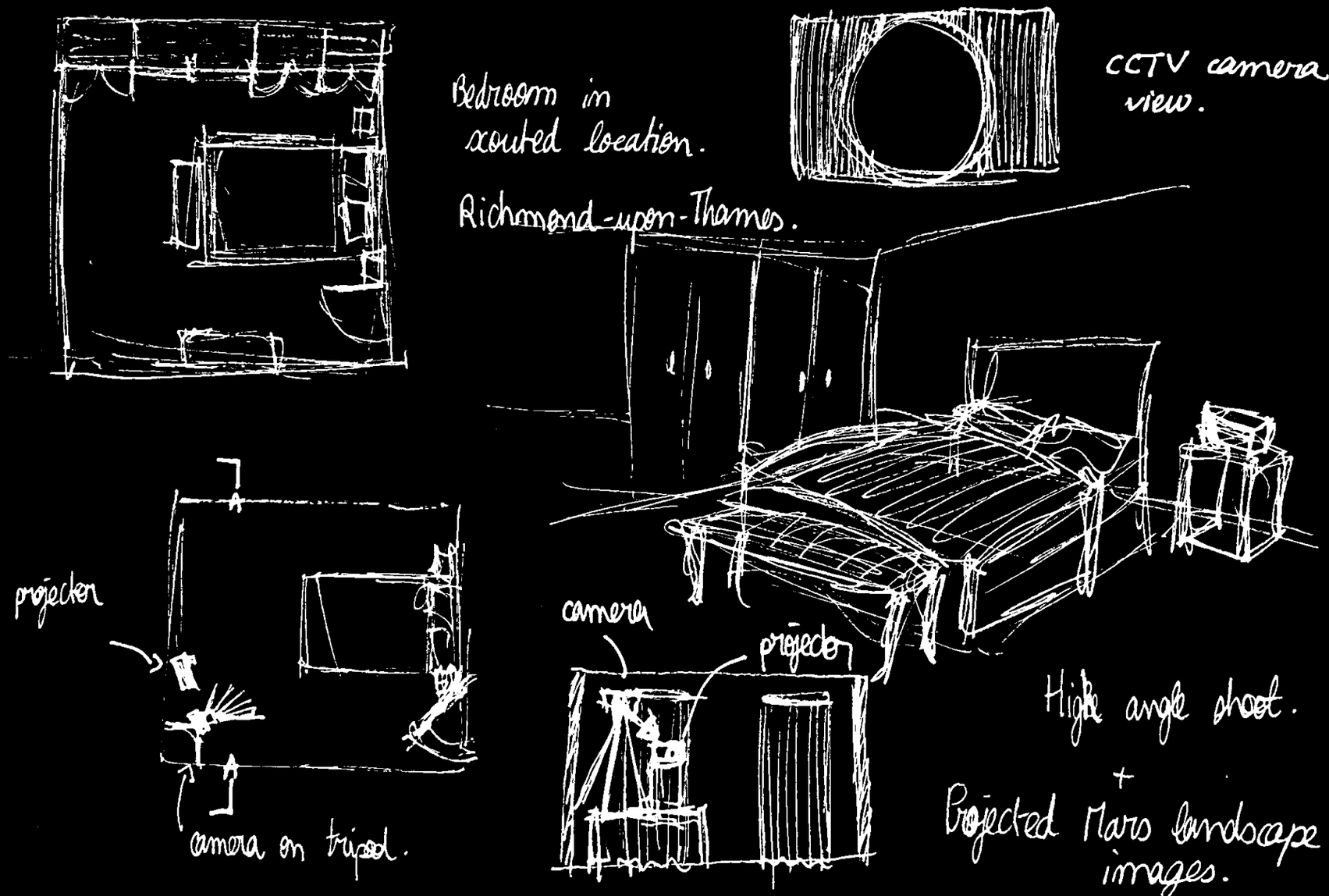
Initially, the scenes from The Bedroom were going to be shot in a physical scale model. However after testing the shot in a draft model and overlaying the character and bed using After Effects, the result was not conclusive and did not reflect the wanted atmosphere.

Integrating more scenes in The Bedroom into the actual film to emphasise on the sense of repetition.



Left. Initial storyboard sketches. - Right. Test shot in draft physical model.

Therefore, the choice was made to shoot in a scouted location. To give the bedroom an immersive atmosphere similar to the collages above, images of Martian landscapes were projected on the walls of the room.



Scouted location spatial sketch of camera and projector positions.

‘24 Hours 37 Minutes NICOSIA’ - The Bedroom

The scenes are shot from a high angle, with a slight wide-angle lens, similar to a CCTV camera view, and inspired by the camera lens of HAL 9000 in *2001: a space odyssey* by Stanley Kubrick.

Left. Still image of *2001: a space odyssey* by Stanley Kubrick. - Right. Projected image on the bedroom.

‘24 Hours 37 Minutes NICOSIA’ - [05:28]

Still image of ‘24 Hours 37 Minutes NICOSIA’.

The Control Room

Piccadilly Line, January 2025

‘24 Hours 37 Minutes NICOSIA’ - The Control Room

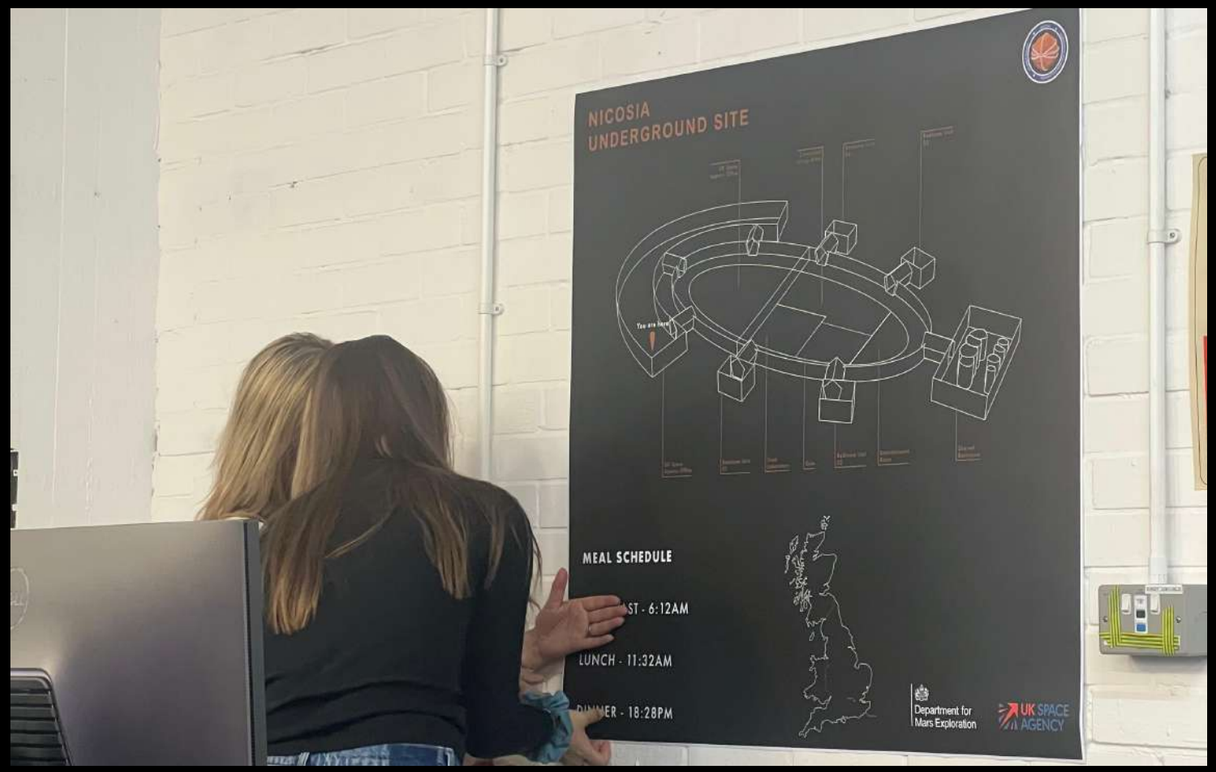
Participants are being observed 24/7 through CCTV cameras from the control room.

Image generated with Midjourney (AI), (prompt: generate a cinematic view of a control room, high angle, with a blue vest on the desk chair, Stanley Kubrick style) and edited in Photoshop.

‘24 Hours 37 Minutes NICOSIA’ - The Control Room

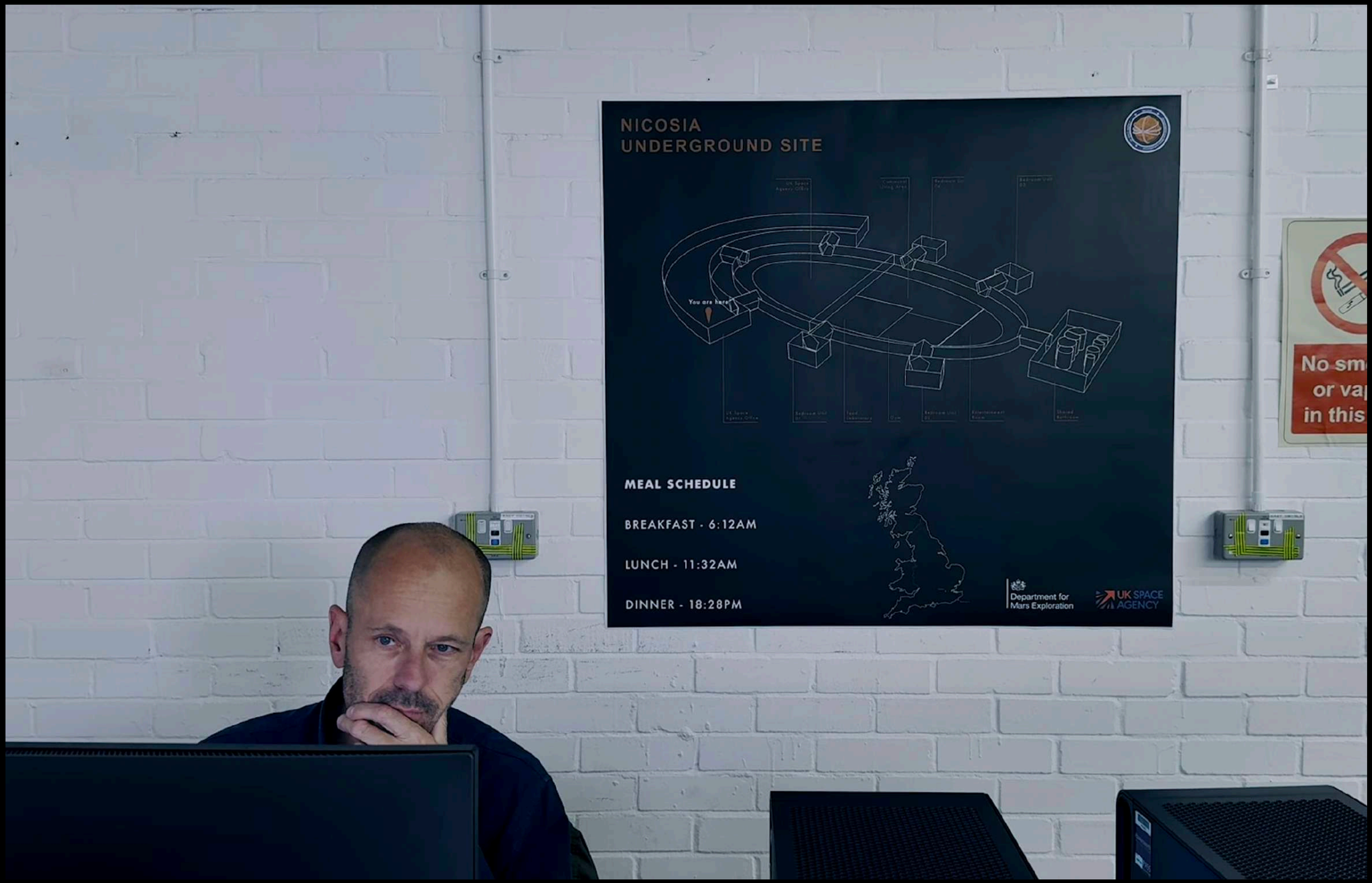
The Control Room scenes were shot in the computer room at the Royal College of Art, South Kensington.

My father, Laurent Cochet, played the role of Dave, the CCTV controller at NICOSIA.



Left. Behind the scenes image on shooting The Control Room scenes. - Right. Installing the poster with my mother.

‘24 Hours 37 Minutes NICOSIA’ - [01:49]

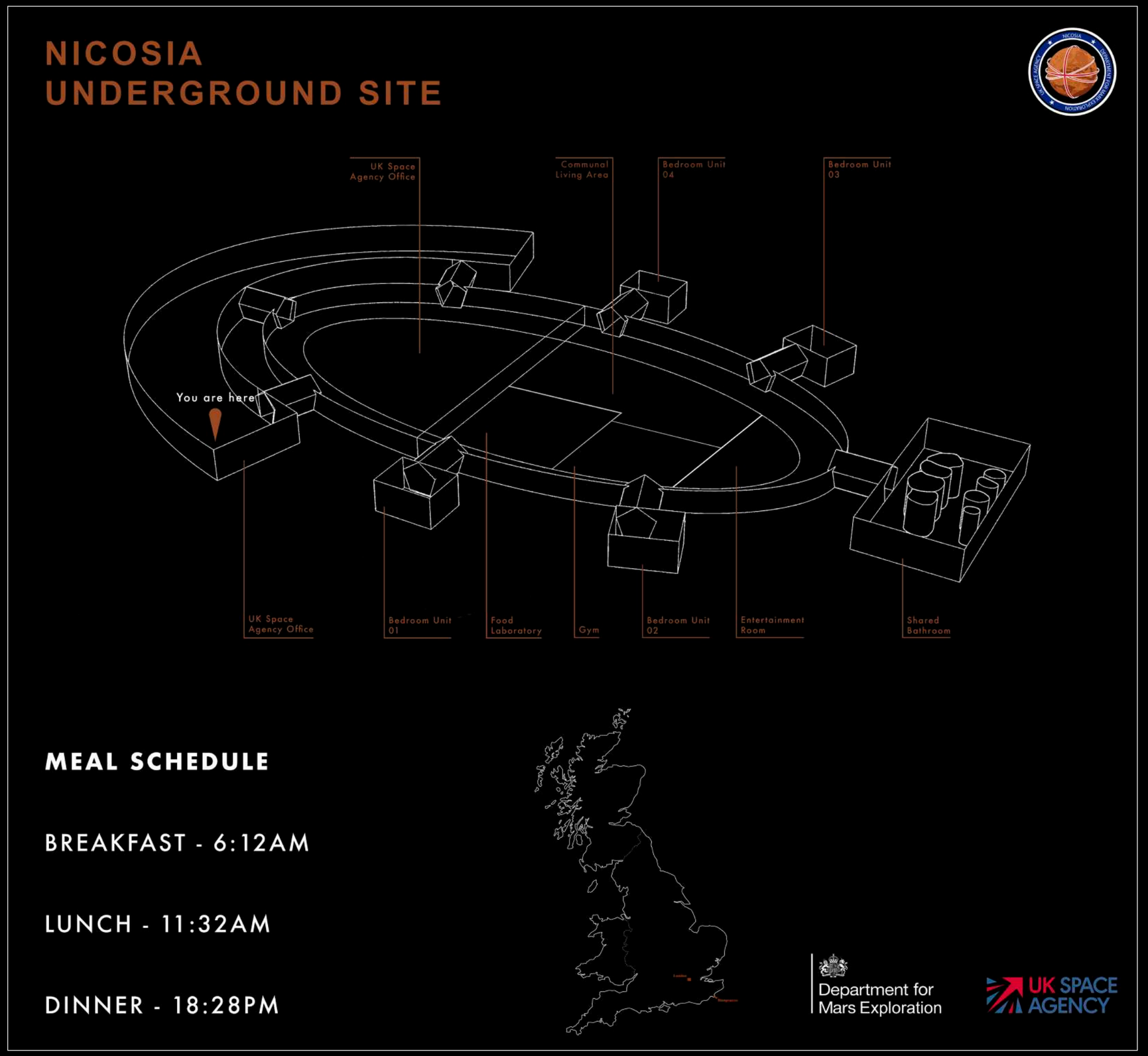


Still image of ‘24 Hours 37 Minutes NICOSIA’.

‘24 Hours 37 Minutes NICOSIA’ - The Control Room

Installing a poster behind Dave, locating the bedroom units and the control room in the UK Space Agency Office.

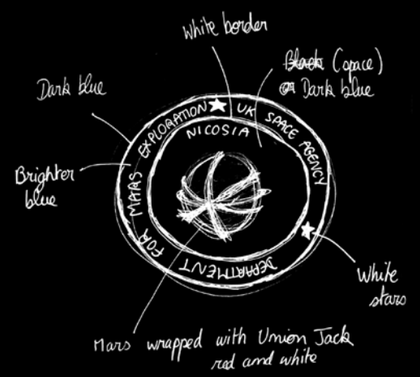
The poster is visible in the background, showing the meal schedule, location of Dungeness and logos of the Department for Mars Exploration, the UK Space Agency and NICOSIA. The spatial arrangement has since been updated as seen previously.

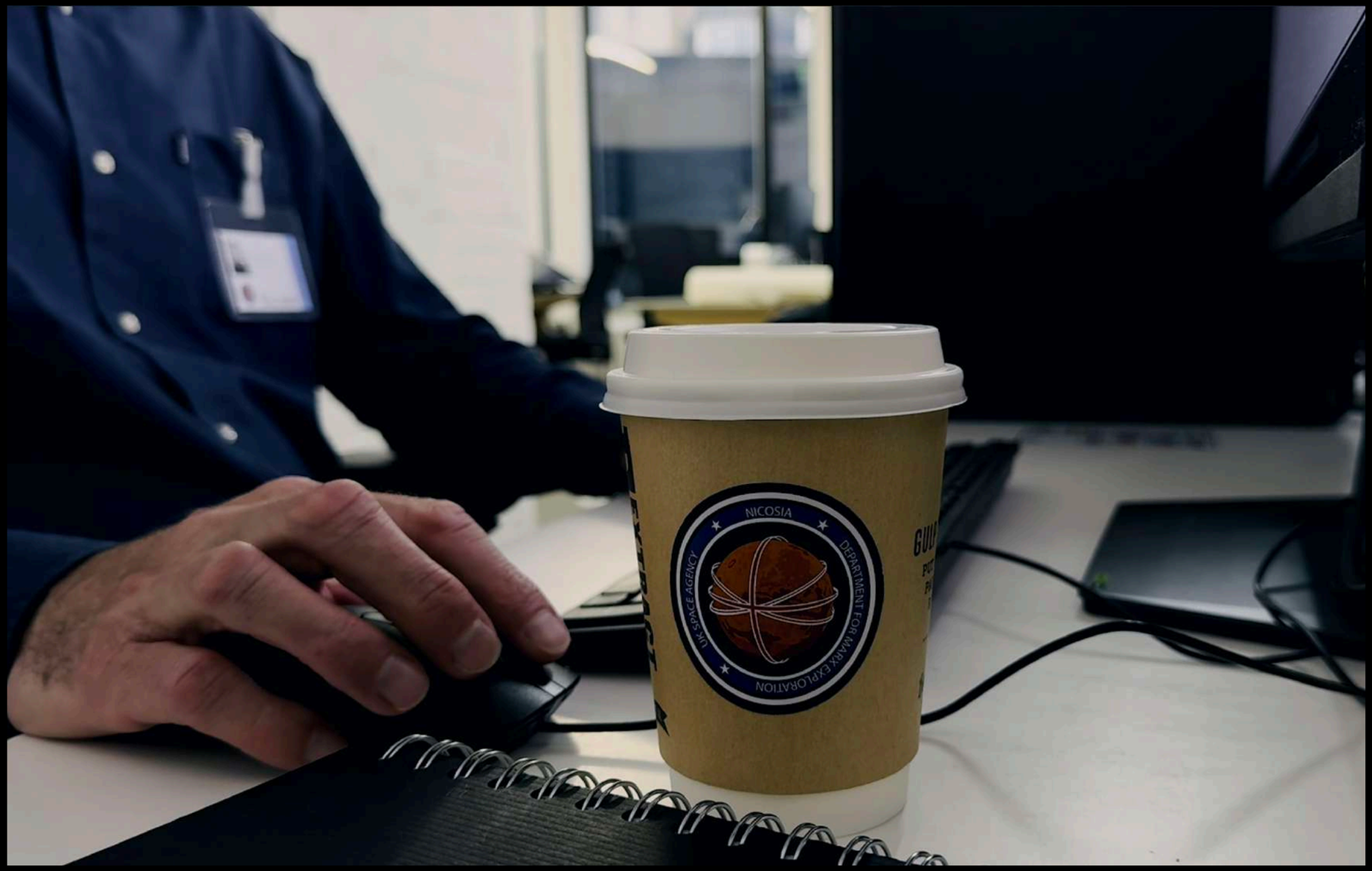


‘24 Hours 37 Minutes NICOSIA’ - The Control Room

Creating small props and accessories for Dave like an ID badge and a coffee cup.

Left. ID badge - Right. Still image of ‘24 Hours 37 Minutes NICOSIA’.





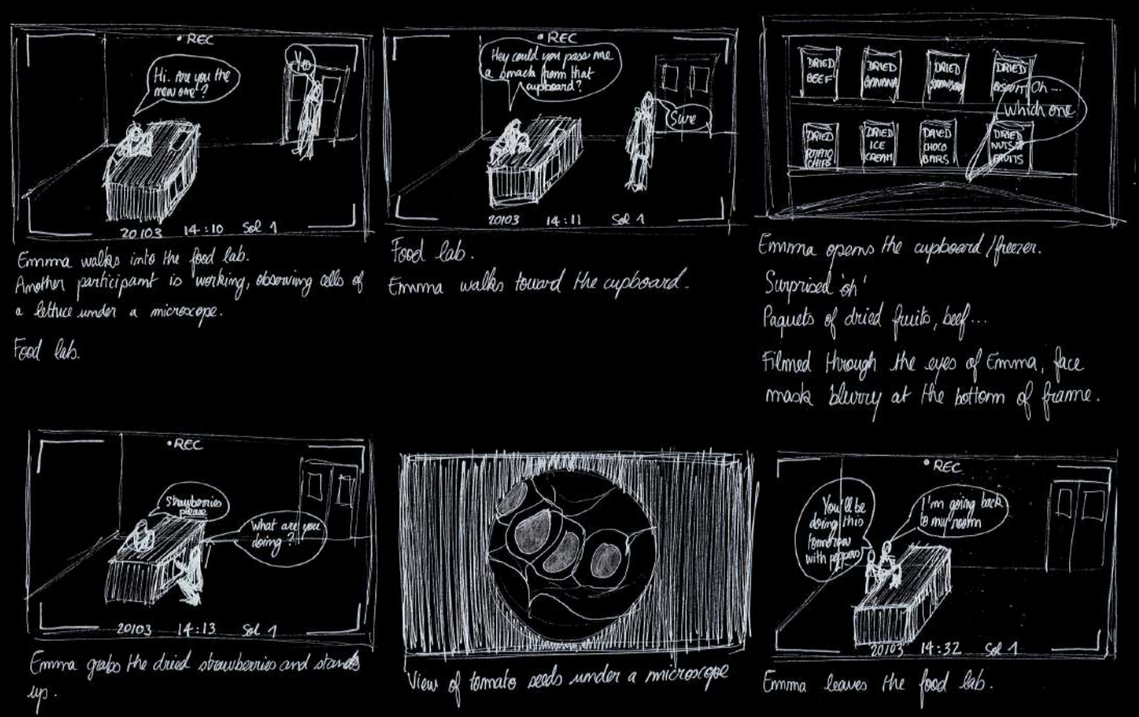
Left. Nicosia logo - Right. Still image of ‘24 Hours 37 Minutes NICOSIA’.

The Food Laboratory

TIME Magazine, January 2025

‘24 Hours 37 Minutes NICOSIA’ - The Food Laboratory

Initially, the scenes in The Food Laboratory were going to be shot in the Biomaterials Lab at the RCA, but for safety reasons shooting in this location wasn’t possible.



Left. Initial storyboard sketches - Right. Biomaterials lab at the RCA.

‘24 Hours 37 Minutes NICOSIA’ - The Food Laboratory

The new scouted location was the kitchen in the superFU-
TURES studio as it had this white and laboratory feel to it.

Scouted location, kitchen in the superFUTURES studio at the RCA.

‘24 Hours 37 Minutes NICOSIA’ - The Food Laboratory

For the first time ever in 2022, an artificially grown steak was cultivated from cow cells on board the International Space Station. This showed that reduced gravity did not effect the growth and maturation of cow cells (Aleph Farms).

Left. BBC article - Right. Aleph Farms Meat for Space mission.

At NICOSIA, participants will take part in laboratory experiments like artificially fertilising tomato and orange seeds under a microscope.

TOMATO SEEDS UNDER A MICROSCOPE

1. Wear lab suit and mask

2. Carefully slice a thin layer of the tomato

3. Place the slice under the microscope lense using tweezers

4. Adjust the focus lense

5. Take a picture of the image for future reference

Department for
Mars Exploration

Left. Tomato seeds under a microscope. - Right. Experiment instructions.

‘24 Hours 37 Minutes NICOSIA’ - The Food Laboratory

This is the lab suit participants will have to wear to go into the food laboratory.

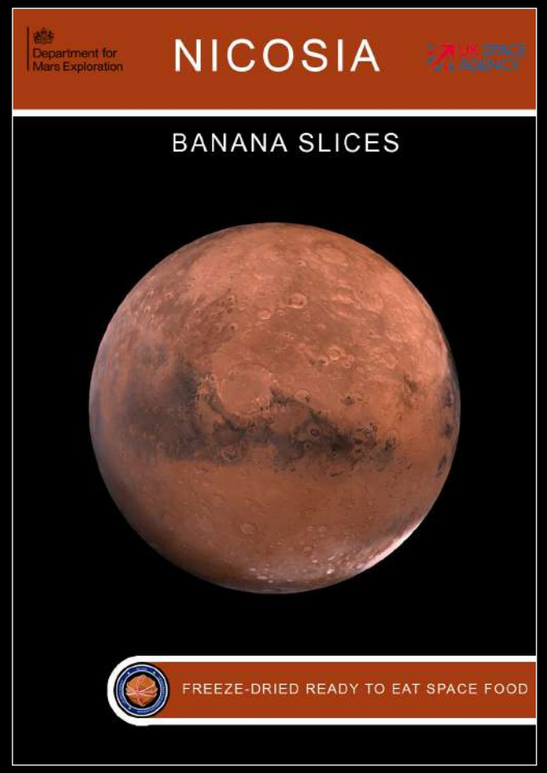
‘24 Hours 37 Minutes NICOSIA’ - [03:03]

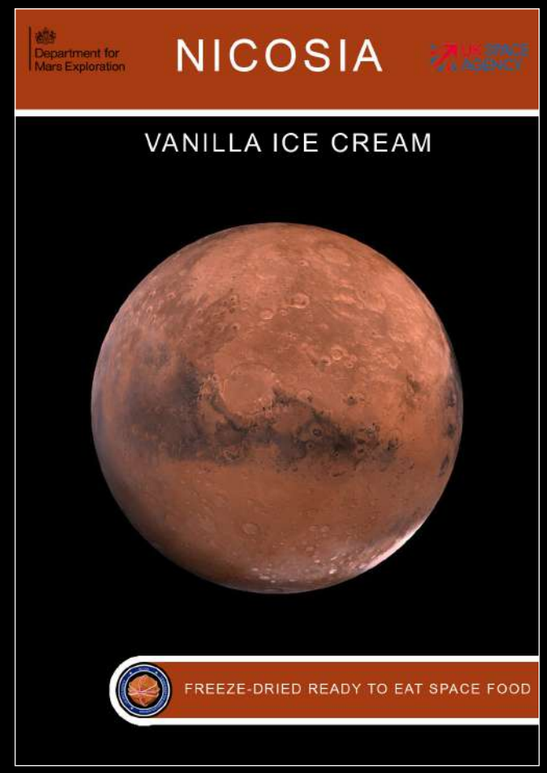
Still image from ‘24 Hours 37 Minutes NICOSIA’.

‘24 Hours 37 Minutes NICOSIA’ - [06:10]

Still image from ‘24 Hours 37 Minutes NICOSIA’.

‘24 Hours 37 Minutes NICOSIA’ - The Food Laboratory





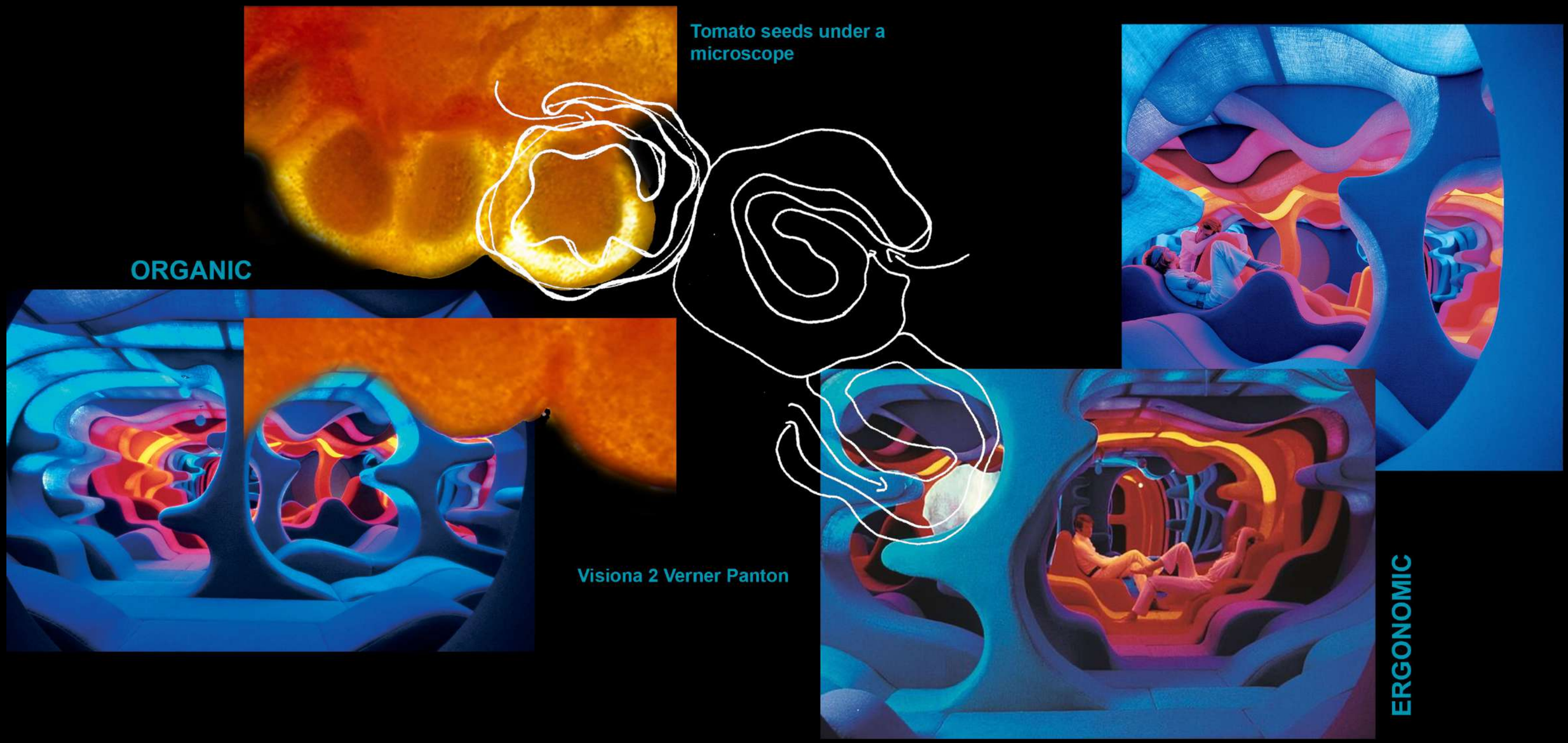
Left. Food pouches - Right. Food pouches labels.

The Bathroom

(Concept - not featured in the film)

‘24 Hours 37 Minutes NICOSIA’ - The Bathroom

When looking at the image of the tomato seeds under a microscope, the shape strongly reminded me of Verner Panton’s Visiona 2 installation.



‘24 Hours 37 Minutes NICOSIA’ - The Bathroom

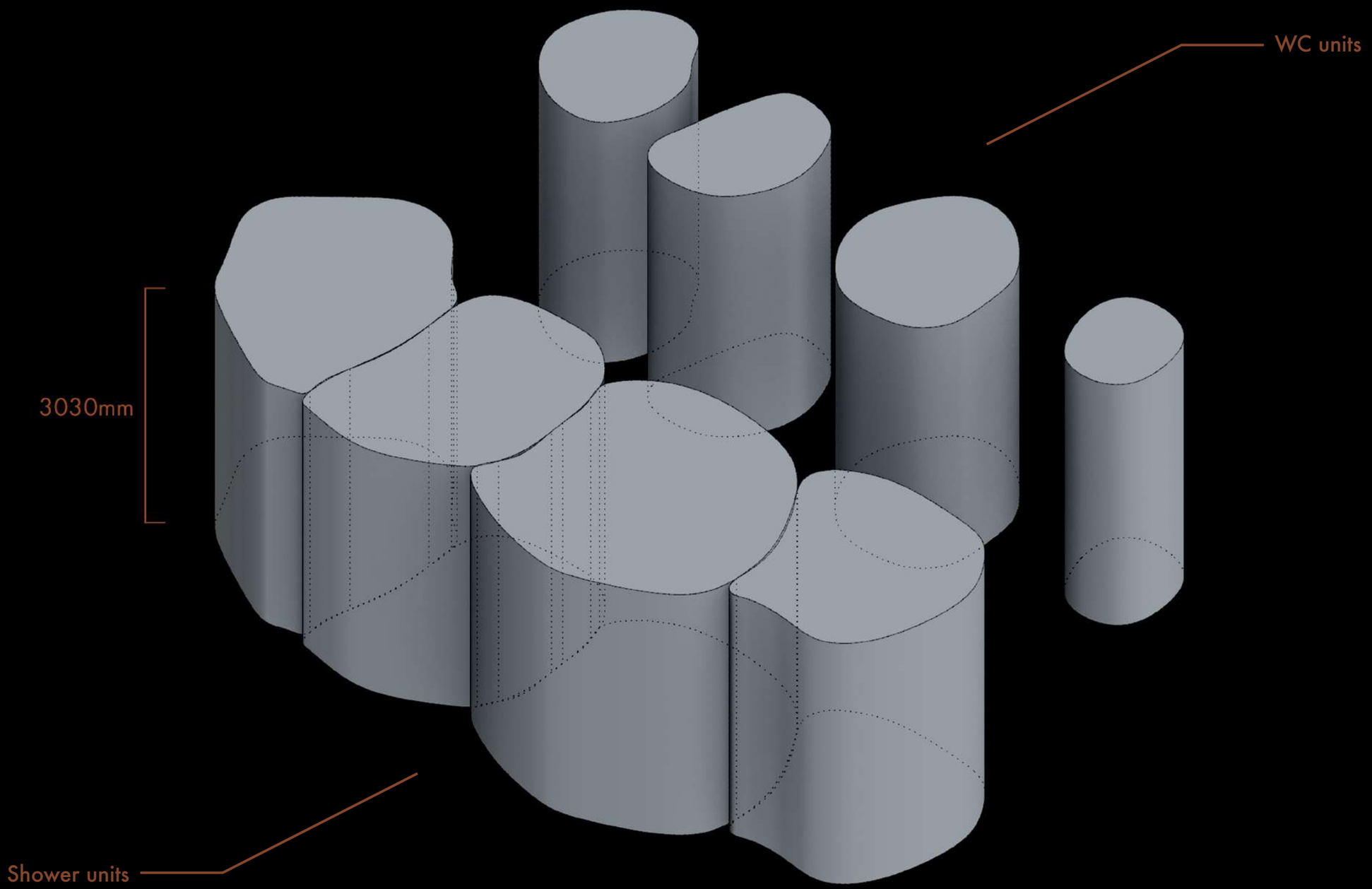
Drawing over the microscope image, these shapes naturally had a spatial feel to them, like individual pods/units. Using them in The Bathroom made sense as they would each be one shower unit.

Concept sketch.

‘24 Hours 37 Minutes NICOSIA’ - The Bathroom

Simple extrusion of the shapes observed above.

The shapes of the WC units are taken from the inside form of the tomato seeds under a microscope.



Digital model.

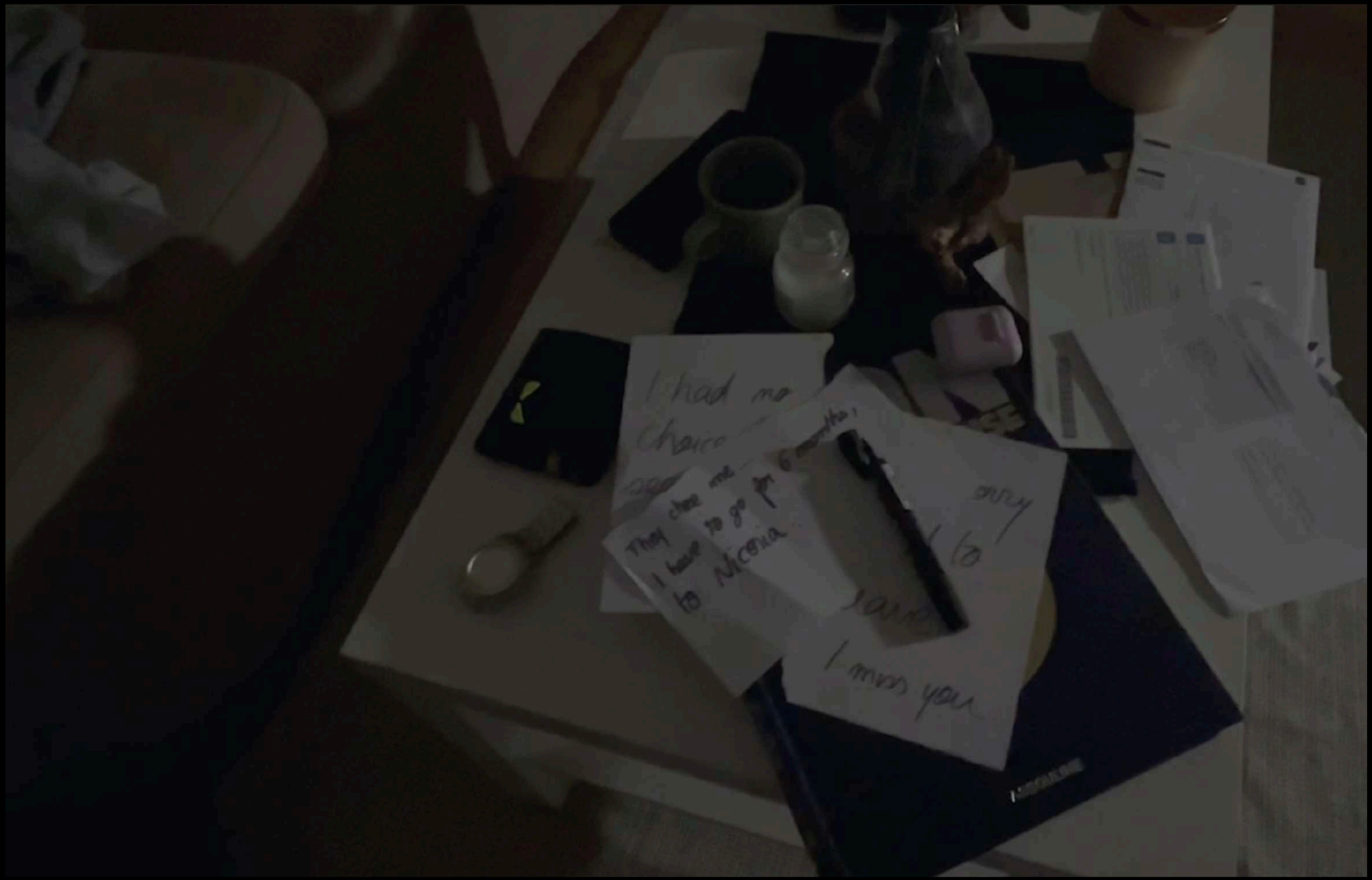
Epilogue

Regent Street, June 2025

NICOSIA - Separation from your loved ones [04:03]

Still image from '24 Hours 37 Minutes NICOSIA'.

NICOSIA - Separation from your loved ones [05:11]



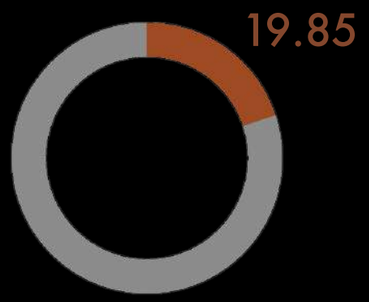
Still image from '24 Hours 37 Minutes NICOSIA'.

LIVING IN ISOLATION - Mental Health Impact

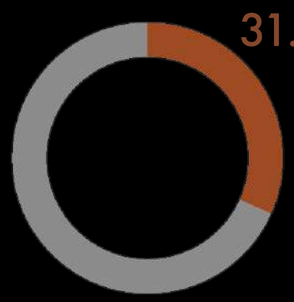
At NICOSIA, participants are living in complete isolation. As observed during Covid-19, mental health issues and symptoms increased by 60% due to living in isolation.
The number of individuals in England who experienced elevated mental health symptoms decreased after the end of the pandemic, but still continue to increase compared to the pre-coronavirus years.

How will mental health issues continue to increase in future years?

Before COVID-19

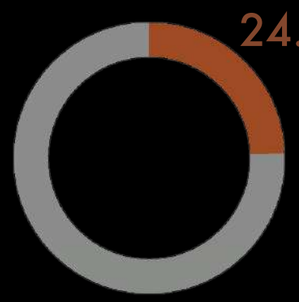


During COVID-19



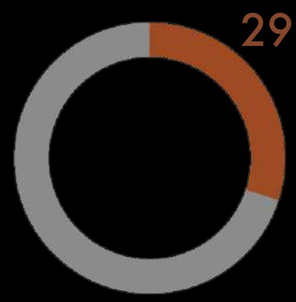
60% increase

After COVID-19



22% increase from before Covid-19

2028?



22% increase?

of individuals in England who experienced elevated mental health symptoms (National Library of Medicine)

NICOSIA - Future sites

The Department for Mars Exploration has already selected sfuture sites and some have already been requisitioned to build new, future versions of NICOSIA.

What does this mean for the future of our environment? What are we losing?

NICOSIA - Mars Ratio: Impact on Nature

As explained previously, the Mars Ratio would be applied to all these new sites. However, multiplying everything by 38% would mean losing over a third of our natural landscapes.
In 2022, approximately 41% of the UK's land could be considered natural based on different habitats types (Gov.uk). If our cities expanded by 38%, this would mean that only 25.42% of the UK would be considered natural.

0.38 x 41 = 15.58
41 - 15.58 = 25.42

The map on the left shows Greater London currently, and on the right Greater London if is was to be 38% larger, sacrificing many parks and natural habitats.

"Biodiversity is essential for processes that support all life on Earth, including humans"

Berta Martin-Lopez, Professor and researcher of international sustainable development and planning (The Royal Society)

NICOSIA - Impact on Nature

All of these selected locations are home to an ambundance of biodiversity which are essential to the balance of our planet and landscapes.

Highlands, Scotland

NICOSIA - Impact on Nature

By destroying these environments, we are self sabotaging the future of our own planet and by consequence the future of humanity.

Northumberland National Park

NICOSIA - Impact on Nature

We all rely on healthy ecosystems to provide us with the air we breathe and the food we eat.

Isle of Skye

Would we really sacrifice our own planet just in the name of Mars exploration?

Still image from ‘24 Hours 37 Minutes NICOSIA’.