

A woman on the left and a man on the right are shown in profile, screaming with their mouths wide open and hands pressed against a textured, light-colored wall. They appear to be in a soundproof room, as indicated by the thick walls and the nature of their activity. The woman is wearing a blue long-sleeved shirt and tan pants. The man is wearing a light-colored long-sleeved shirt and tan pants. The overall scene is captured in a slightly desaturated, muted color palette.

SONIC SANCTRUM

"Wellness through screaming"

[Sign Up](#)

MANDY BERBARI

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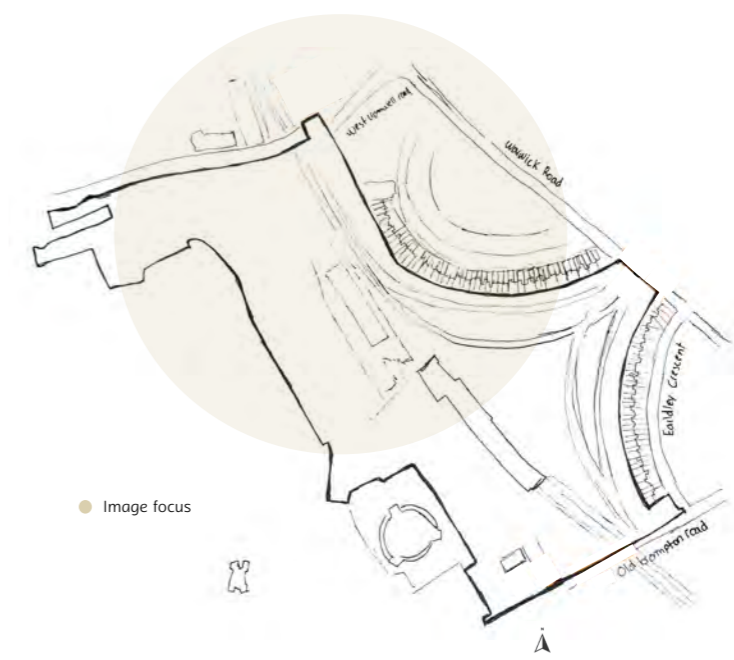
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WHERE IT ALL BEGAN

EARLS COURT DEVELOPMENT CENTER



Collage highlighting crane and construction signs - anxious environment



Bad gloomy weather present in the site which can amplify anxiousness

IS A CONSTRUCTION SITE CONSIDERED A STRESSFUL ENVIRONMENT ?

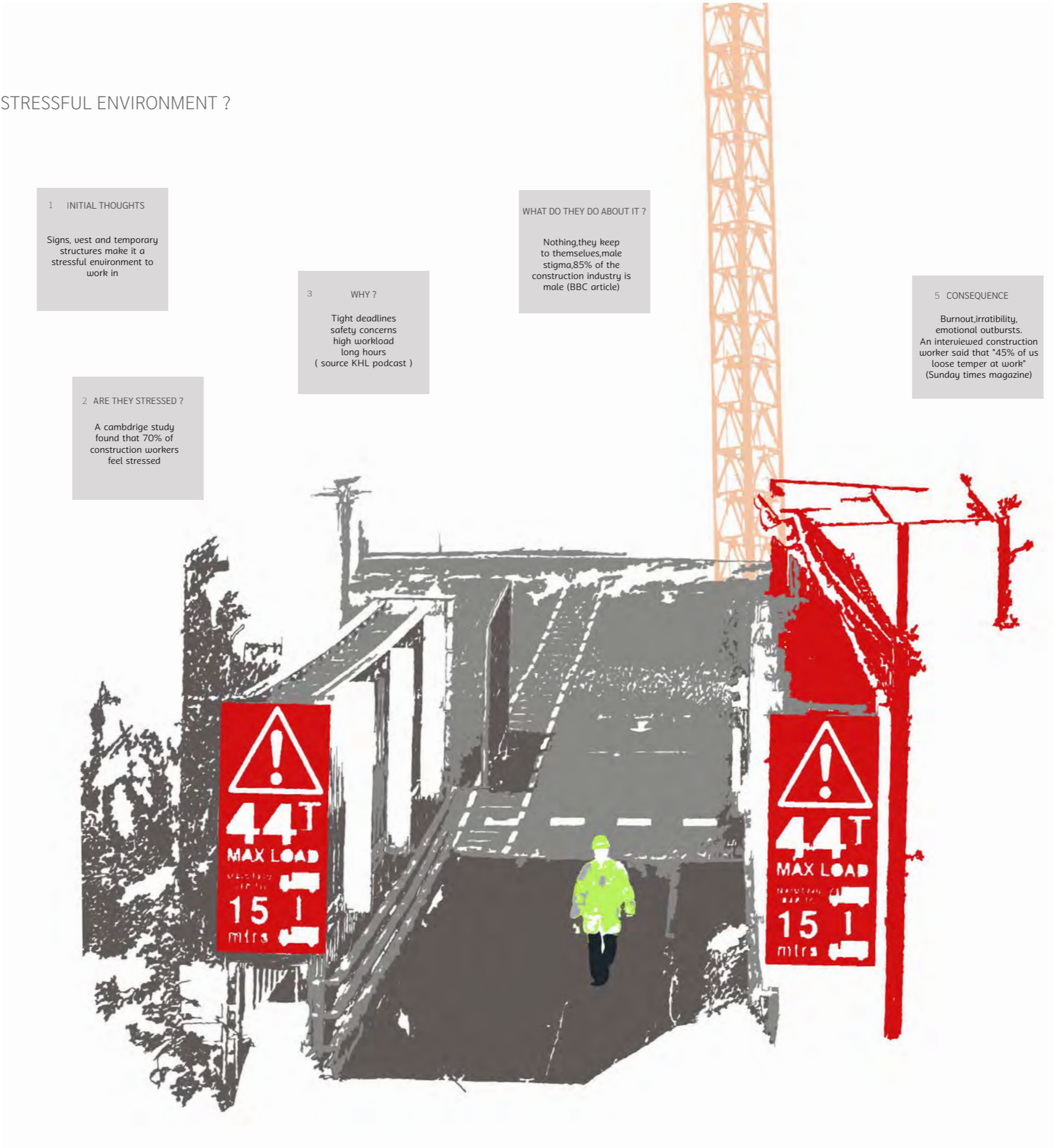
1 INITIAL THOUGHTS
Signs, vest and temporary structures make it a stressful environment to work in

2 ARE THEY STRESSED ?
A cambridge study found that 70% of construction workers feel stressed

3 WHY ?
Tight deadlines
safety concerns
high workload
long hours
(source KHL podcast)

WHAT DO THEY DO ABOUT IT ?
Nothing,they keep to themselves,male stigma,85% of the construction industry is male (BBC article)

5 CONSEQUENCE
Burnout,irratibility,
emotional outbursts.
An interviewed construction worker said that "45% of us loose temper at work" (Sunday times magazine)



Construction site,a stressful environment

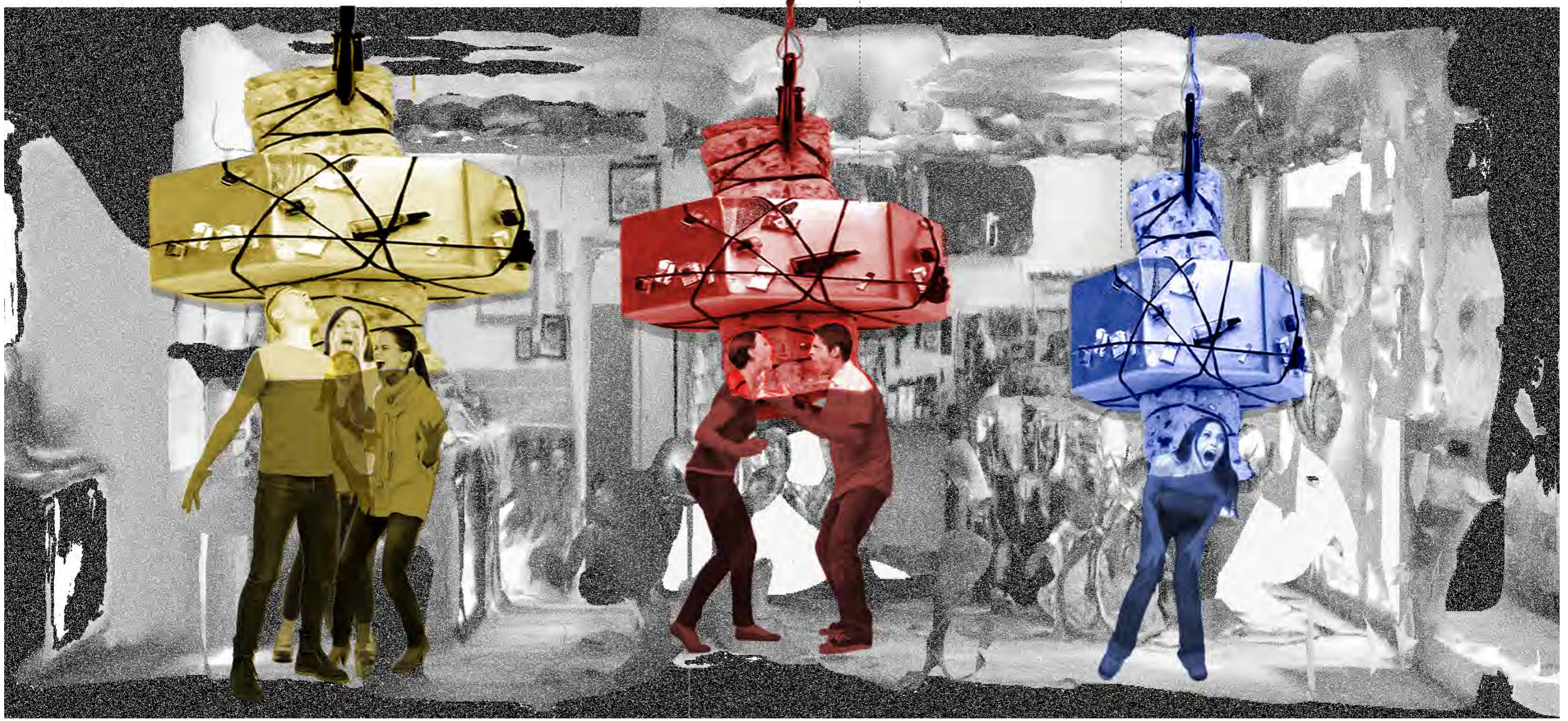
SCREAM APPARATUS FOR ALL

According to Priory ,
74% of adults in the UK
have felt so stressed
at some point over the
past year that they felt
overwhelmed or unable
to cope.

Scream apparatus
for groups of 3-5
:coworkers,construction
workers , friends that need
to let stress out

Scream apparatus for
two : couple that need
to vent

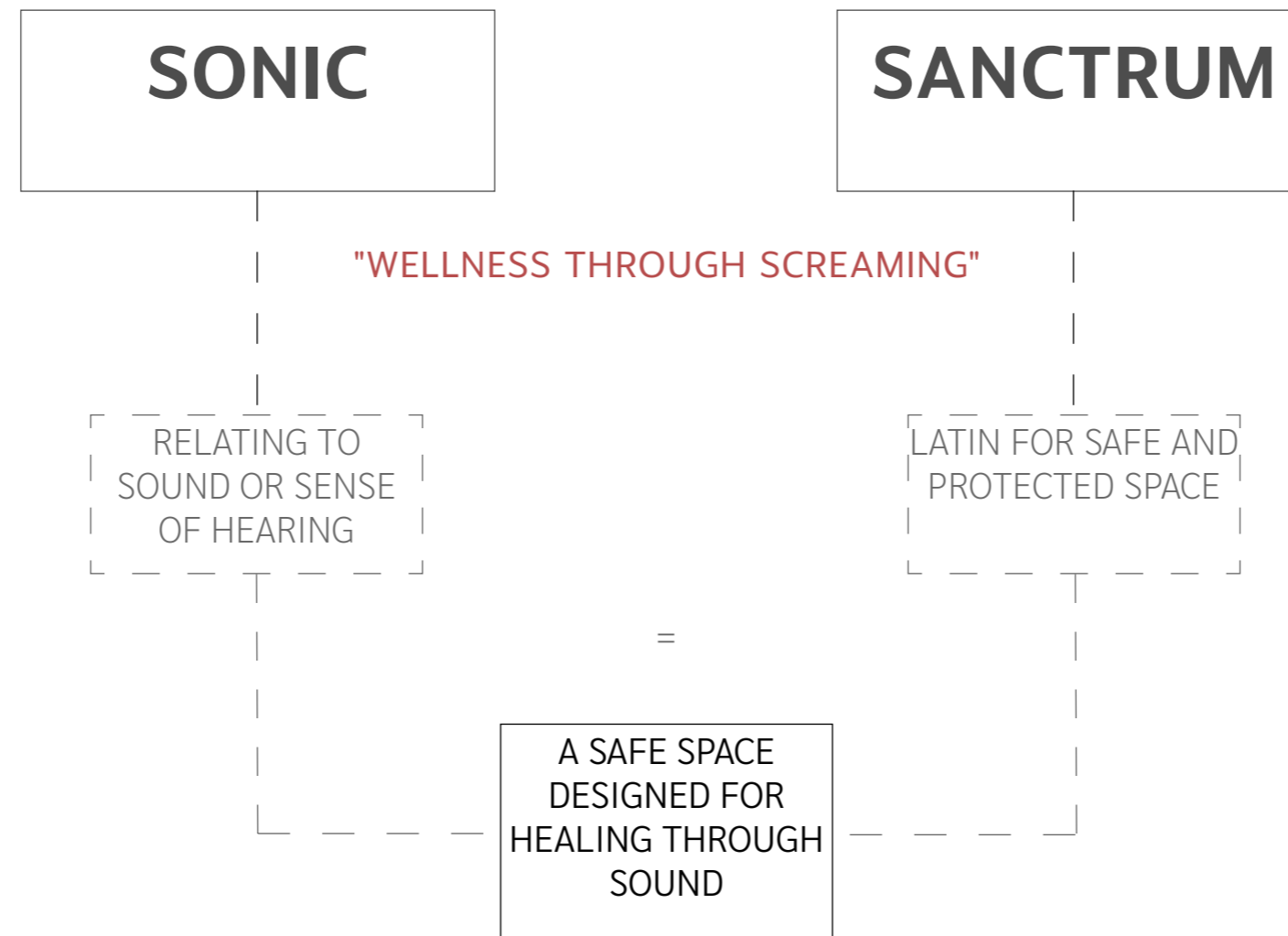
Scream apparatus for one:
for individuals needing to
destress and release tension



Collaging the preposterous apparatus in Lillie Road site 24 " Pedal back cycling "

PROJECT CONCEPT

Traditional therapy can be expensive, > £ 70 inaccessible, and emotionally difficult for people who don't want to talk. A scream wellness center offers an affordable, physical, and immediate outlet for stress and anxiety.



1. Individuals

come to release personal stress, anger or anxiety in a private, judgment free space



2. Pair of friends or couples

Use the scream pod to let out tension and reconnect after a conflict in a safe shared experience



3. Group of friends or coworkers

Book sessions to bond, blow off steam and reset together in a powerful emotional release

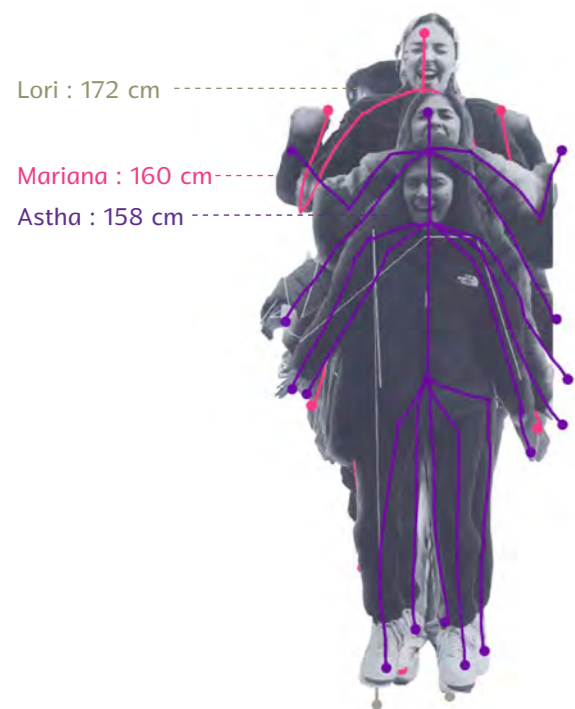


SCREAM TEST "BODY MAPPING"

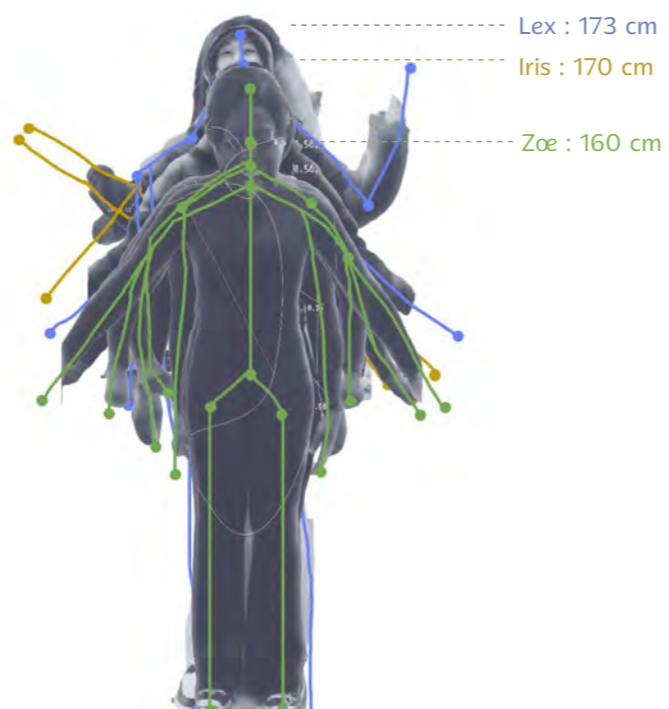
ANALYSING THE SPACIAL VOLUME AN INDIVIDUAL NEEDS TO SCREAM



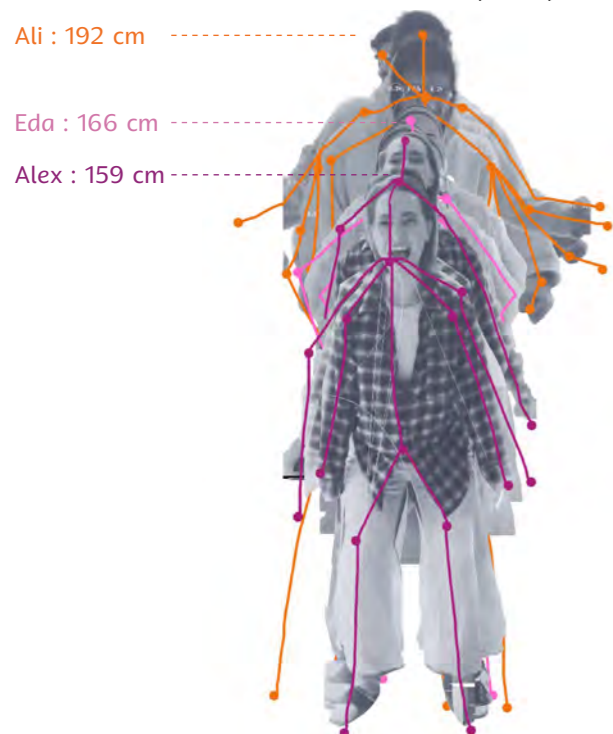
Diameter : 1050 mm



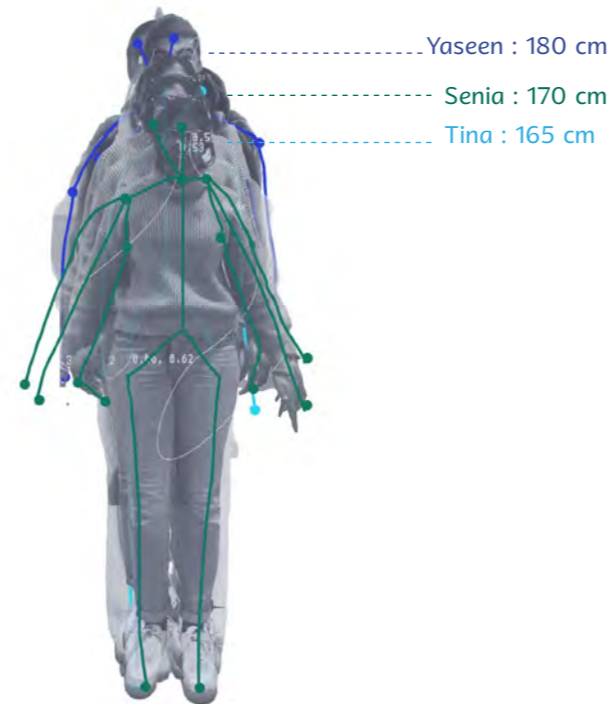
JUMP: Mariana,Astha,Lori



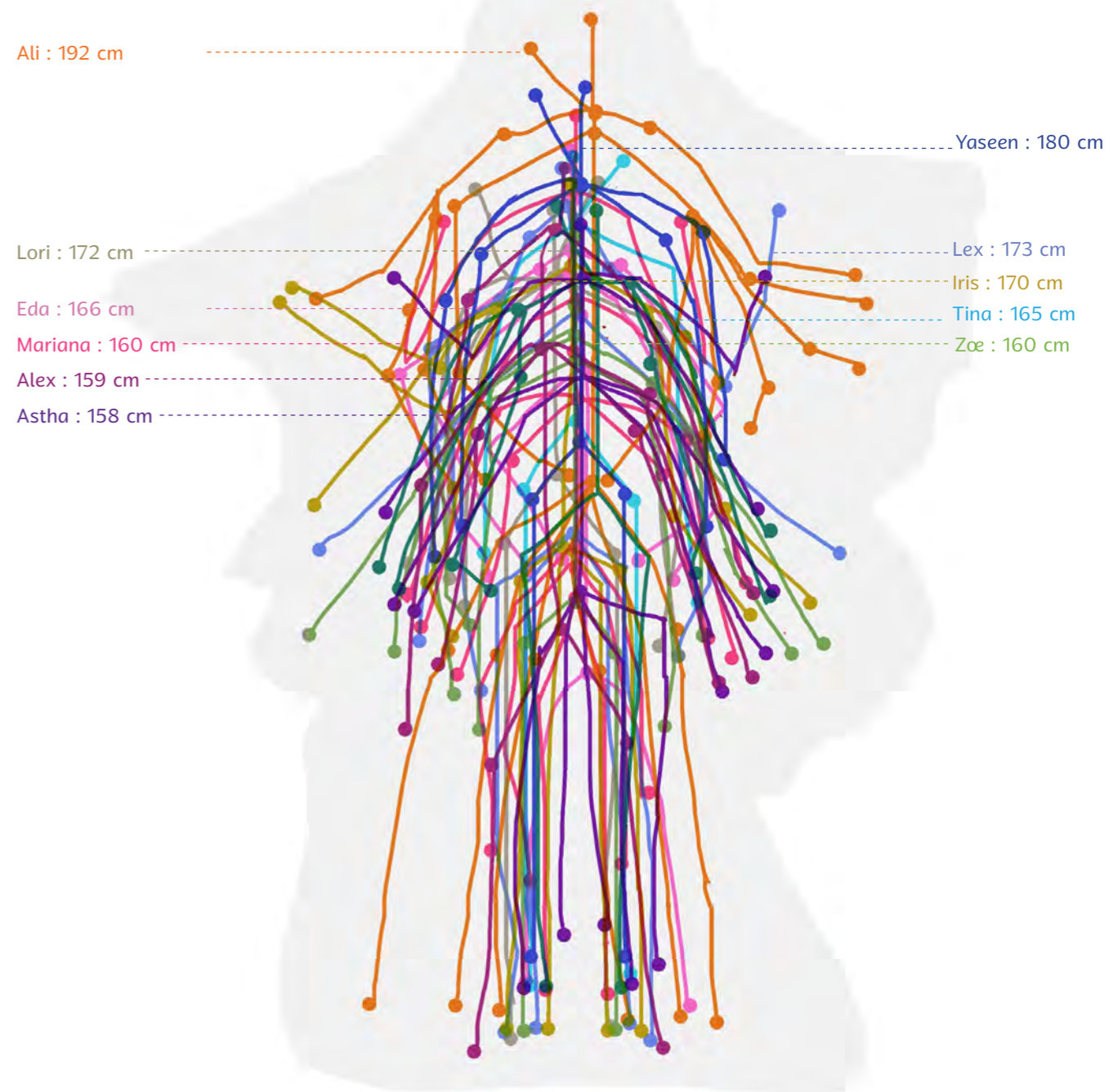
HAND SWING: Zoë,Lex,Iris



FIST/BEND: Ali,Alex,Eda

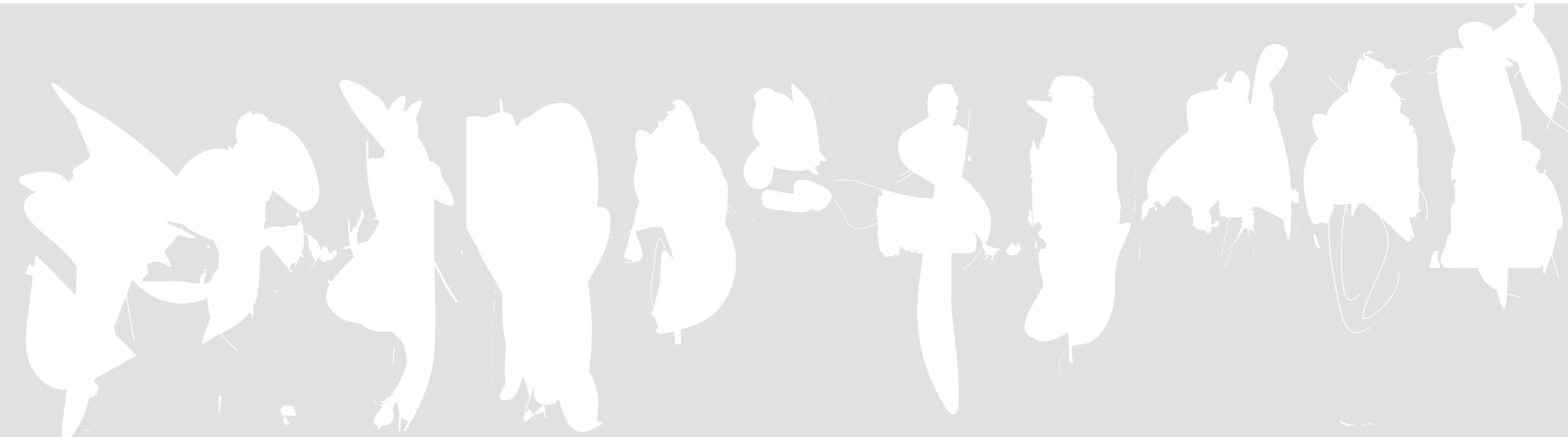
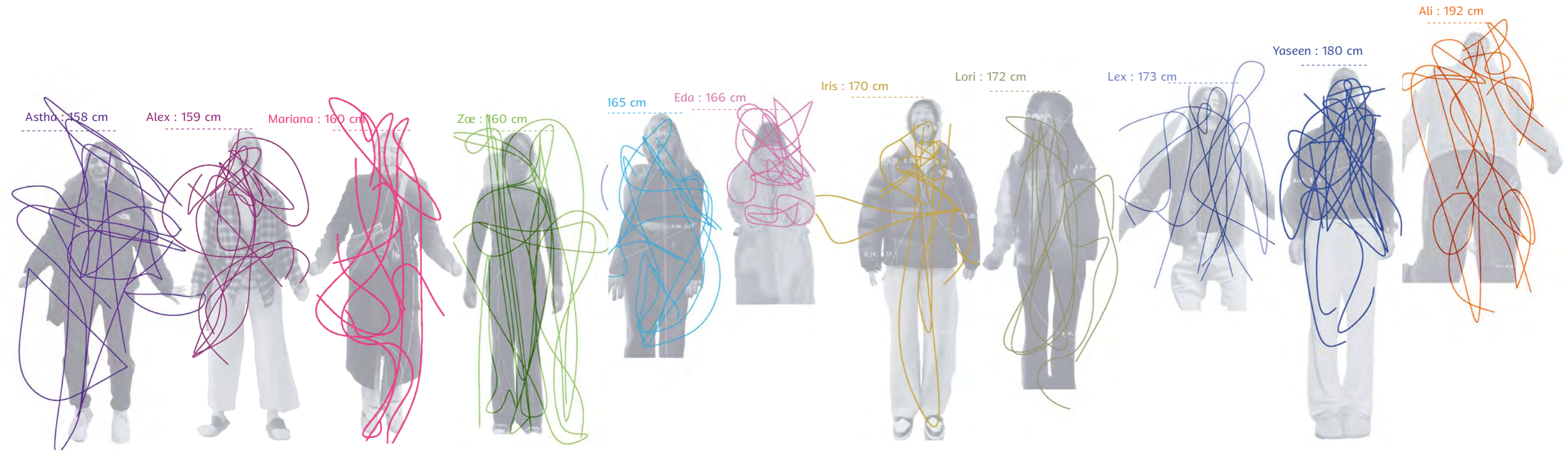


SHOULDER/HEAD TILT: Tina,Yaseen,Senia



SHOULDER/HEAD TILT: Tina,Yaseen,Senia

ANALYSING THE BODY MOVEMENT WITH AN AI TOOL OF A SCREAM OF 21 INDIVIDUALS



SITE VISIT LSBU ANECHOIC CHAMBER

3D SCAN OF AN ACOUSTIC FACILITY



Main material : 300 wedges mineral wool

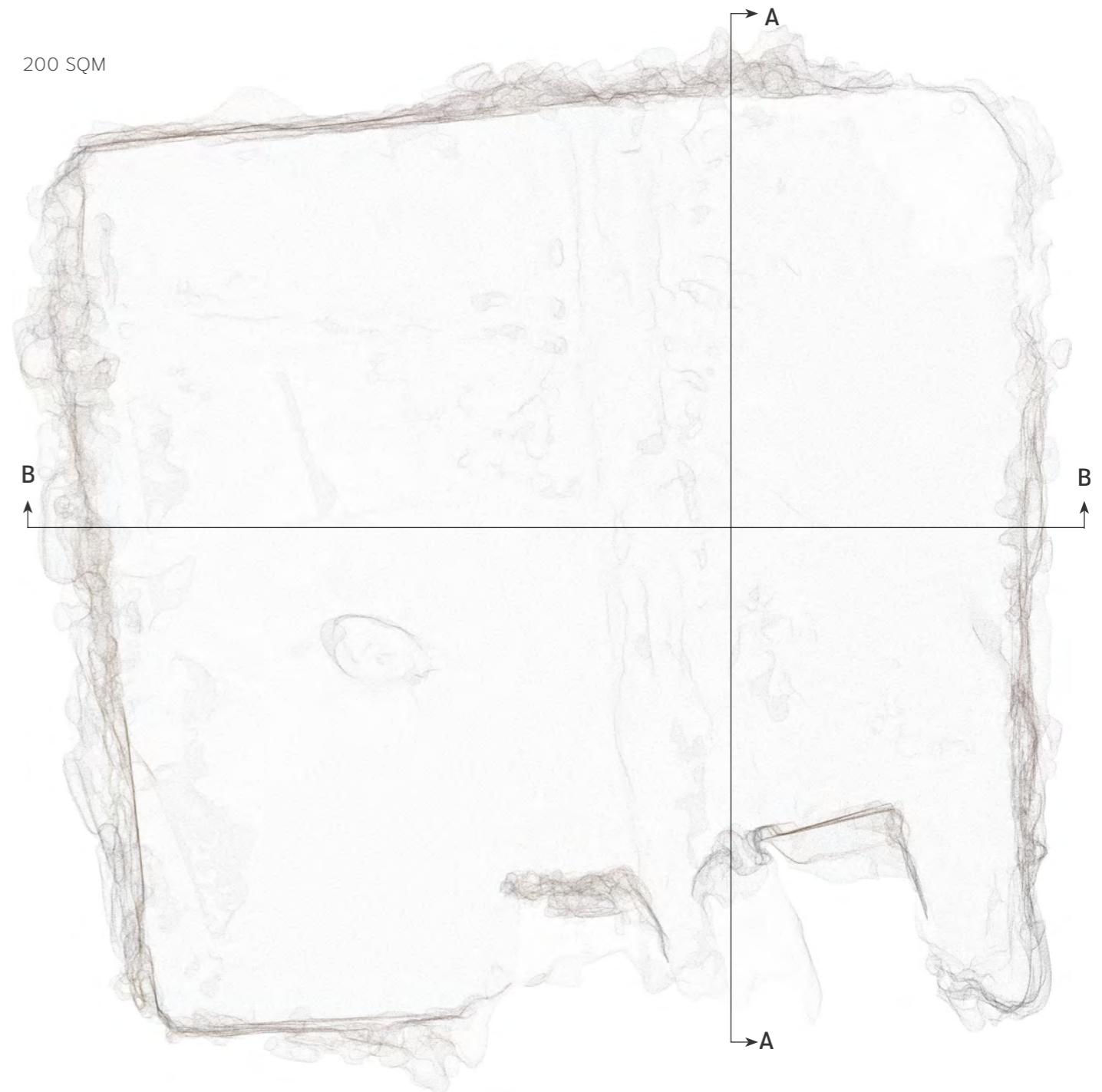
3D scan using polycam



Section A scan



Section B scan



Chamber scanned floorplan

EXPLORING ACOUSTIC ENVIRONMENTS IN LSBU

*Reverberation: the persistence of sound in a space after the original sound source has stopped, caused by multiple reflections of the sound waves.



Balloon pop experimentation with Prof Stephen Dance



Room with no insulation

Hard surfaces that reflect sound waves. Reverberation time : 3 seconds



Semi-Insulated Room

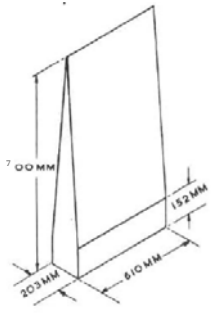
Some surfaces absorb sound, while others still reflect it. Reverberation time : 1 second



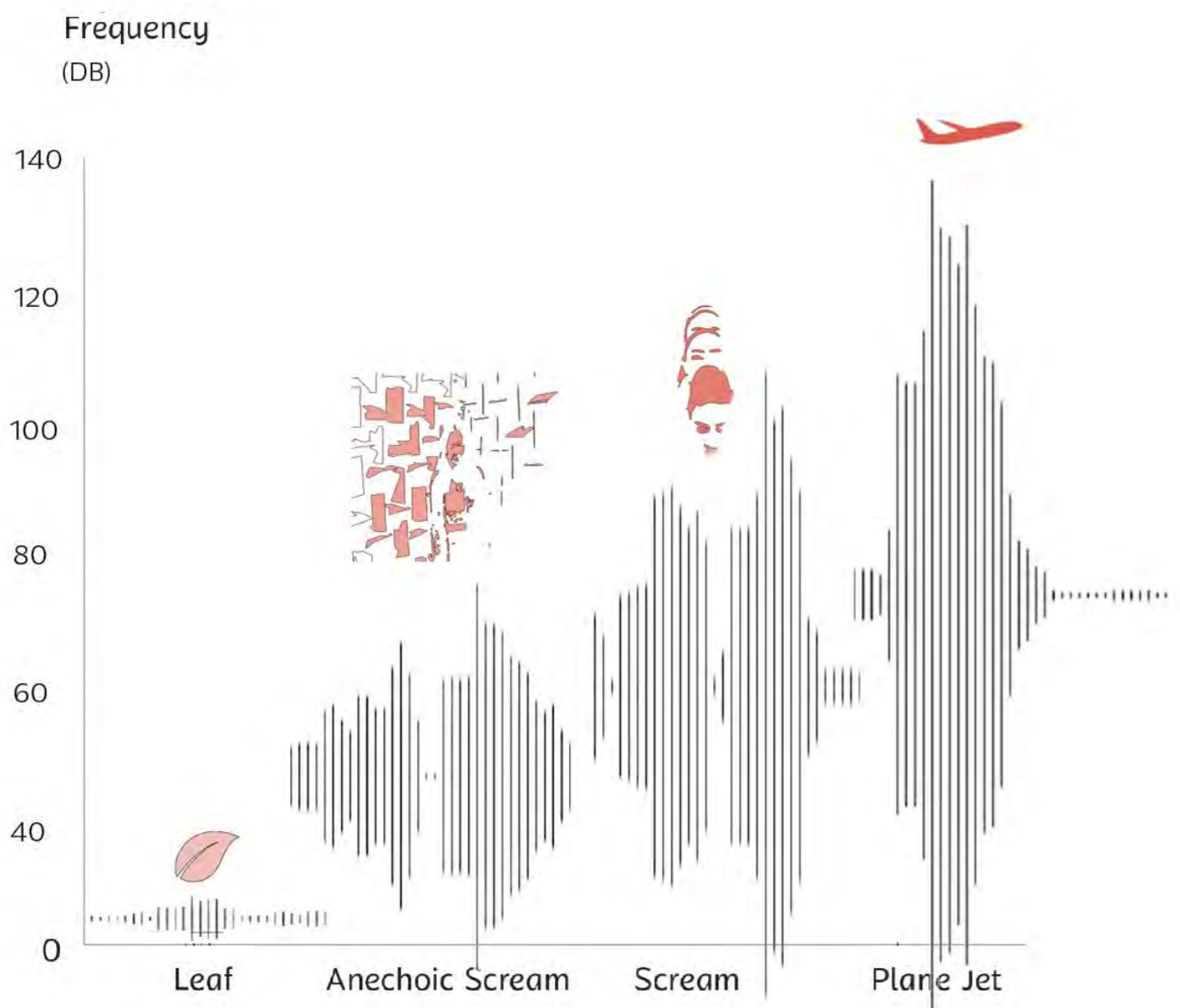
Anechoic Chamber

The chamber is lined with acoustic wedges that fully absorb sound. Reverberation time: 0.1 sec

SCREAM FREQUENCY TEST



Scream direction →
 Precision sound level ●



Scream aimed at acoustic wedges then measured with precision sound level

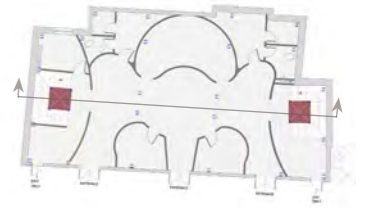
SITE

LILLIE ROAD



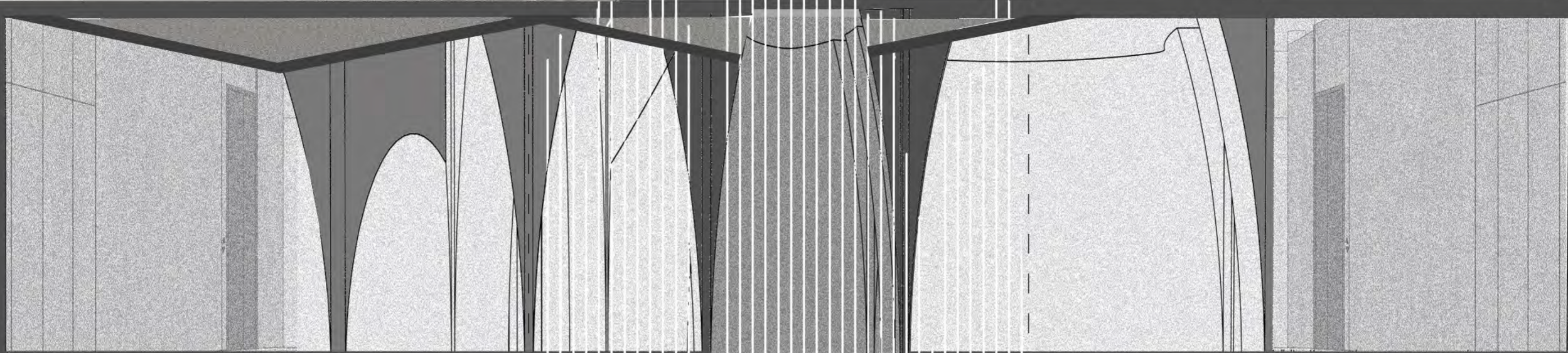
STRUCTURAL CHANGES

SECTION PERSPECTIVE : CIRCULATION,ECHO



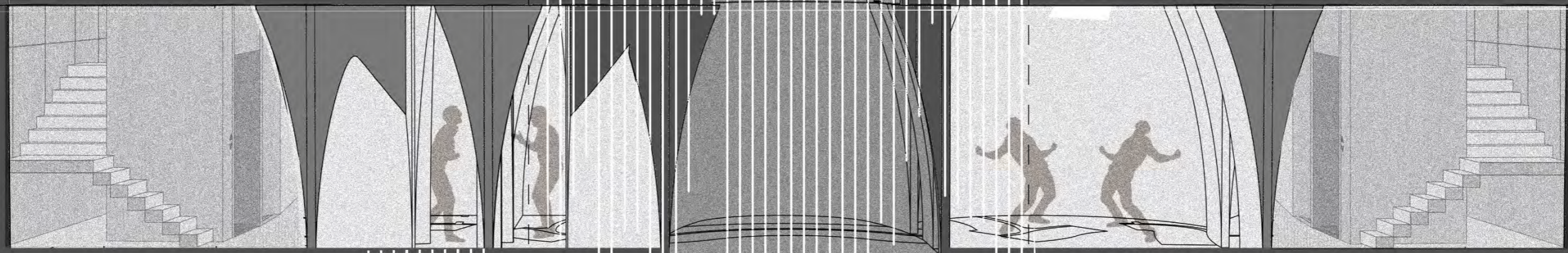
REFLECTION

Cool down



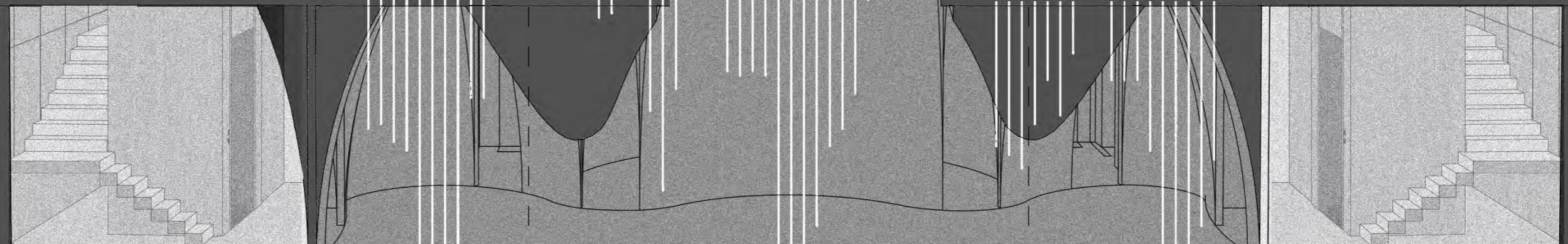
RELEASE

Main Event



PREP

Arrival and build up

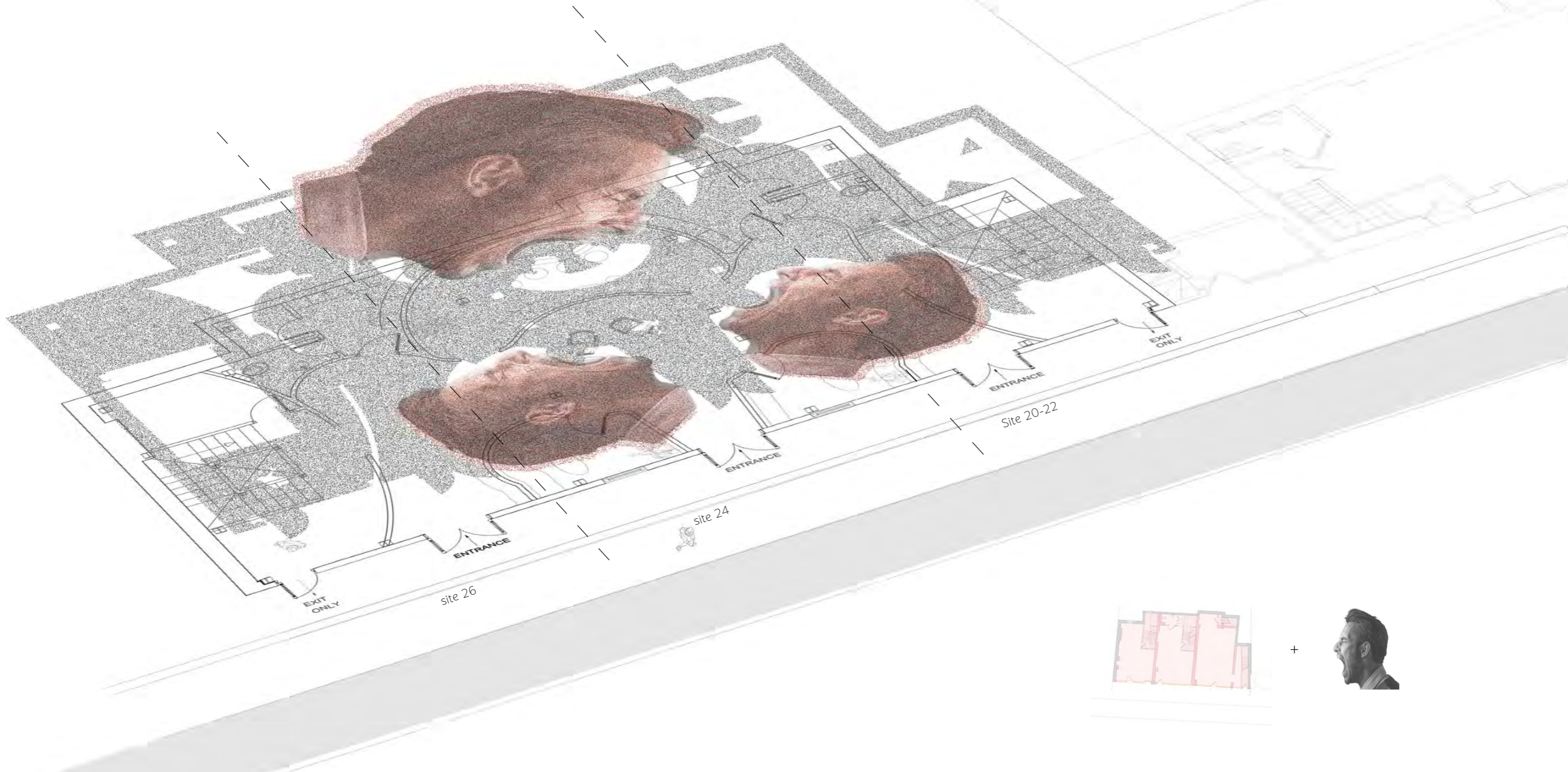


site 26

site 24

Site 20-22

STRUCTURE ORGANIC FORM ORIGIN

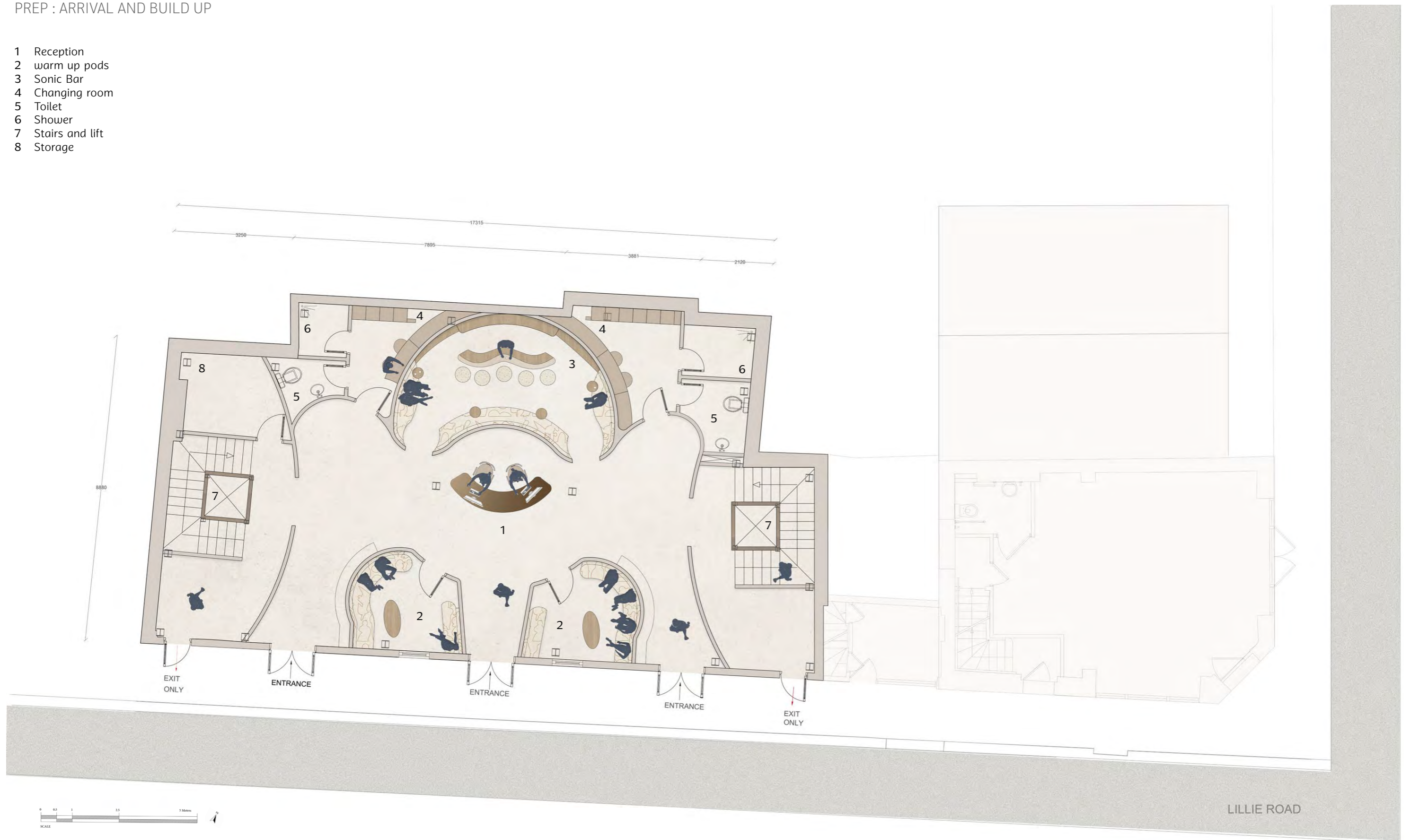




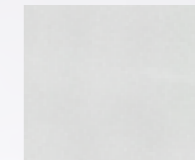
GROUND FLOOR

PREP : ARRIVAL AND BUILD UP

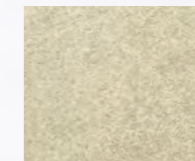
- 1 Reception
- 2 warm up pods
- 3 Sonic Bar
- 4 Changing room
- 5 Toilet
- 6 Shower
- 7 Stairs and lift
- 8 Storage



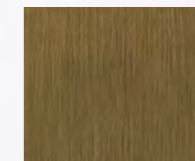
MATERIAL SELECTION



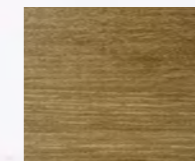
Ceiling
Frosted acrylic



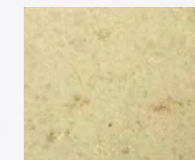
Wall
Crema color ceramic tile



Furniture finish
Brass



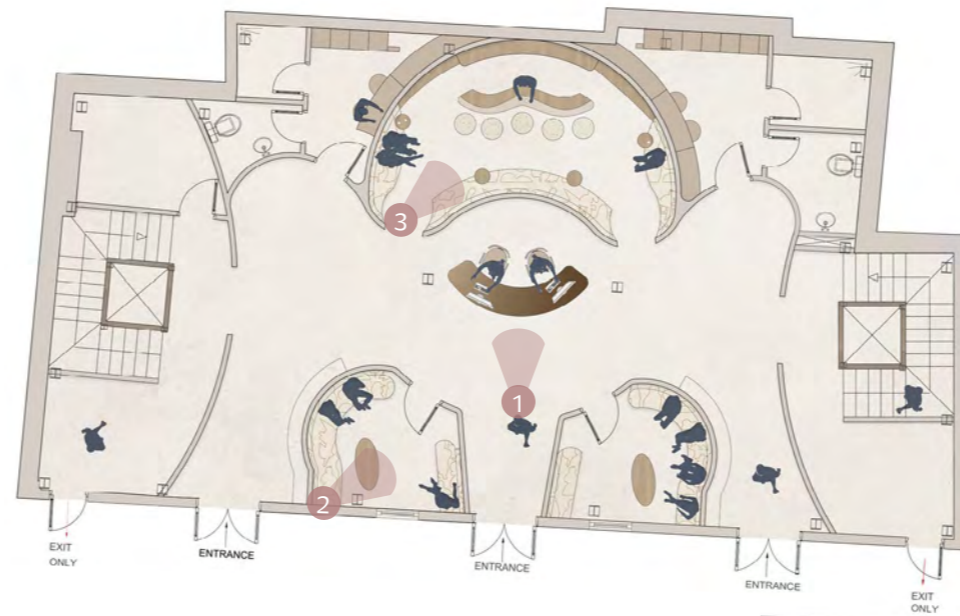
Furniture finish
Oak wood



Flooring
Opaco cream quartz



Furniture fabric
Cotton canvas



GROUND FLOOR RENDERS



1. Reception



2. Warm up pod

SONIC MENU

Drinks to prepare for screaming

COURAGE SHOT

Mezcal, honey, cayenne, and your choice of alcohol. Reduces pre-scream jitters.

GINGER SHOT

Throat opener and energizing.

PINEAPPLE JUICE

Reduces vocal strains.

TEA

Ginger, lemon, chamomile, peppermint. Reduces soreness and "scratchy" feeling.



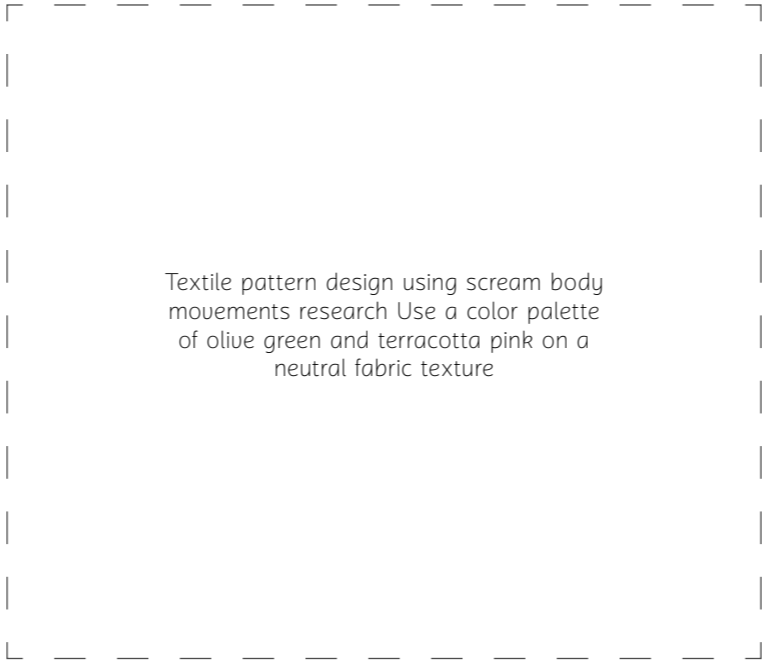
BAR INSPIRATIONS USING SONIC AI

Previous research



+

AI prompt

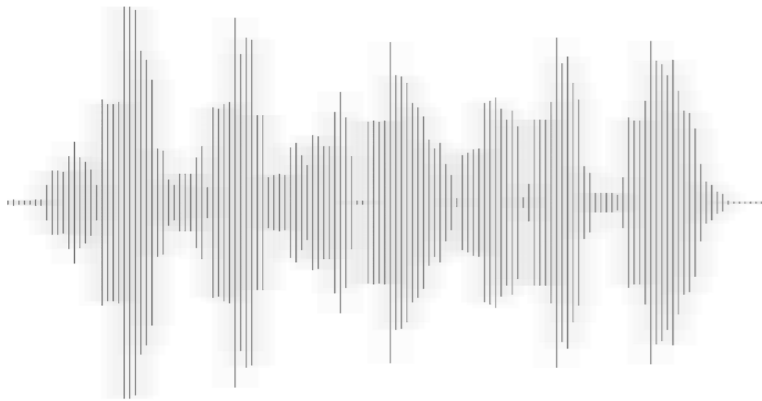


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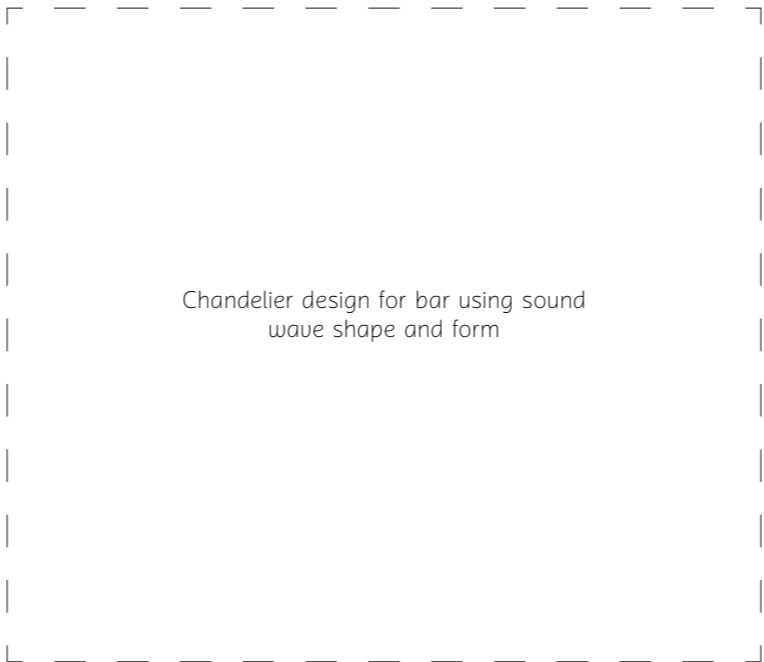
Result



Scream body movements



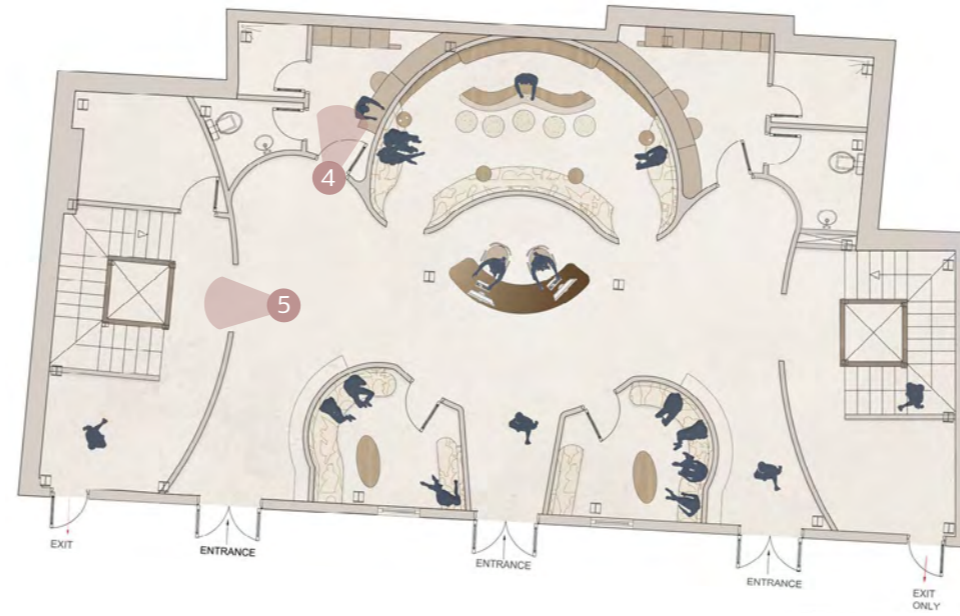
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Sound wave extracted from scream video



4. Changing room

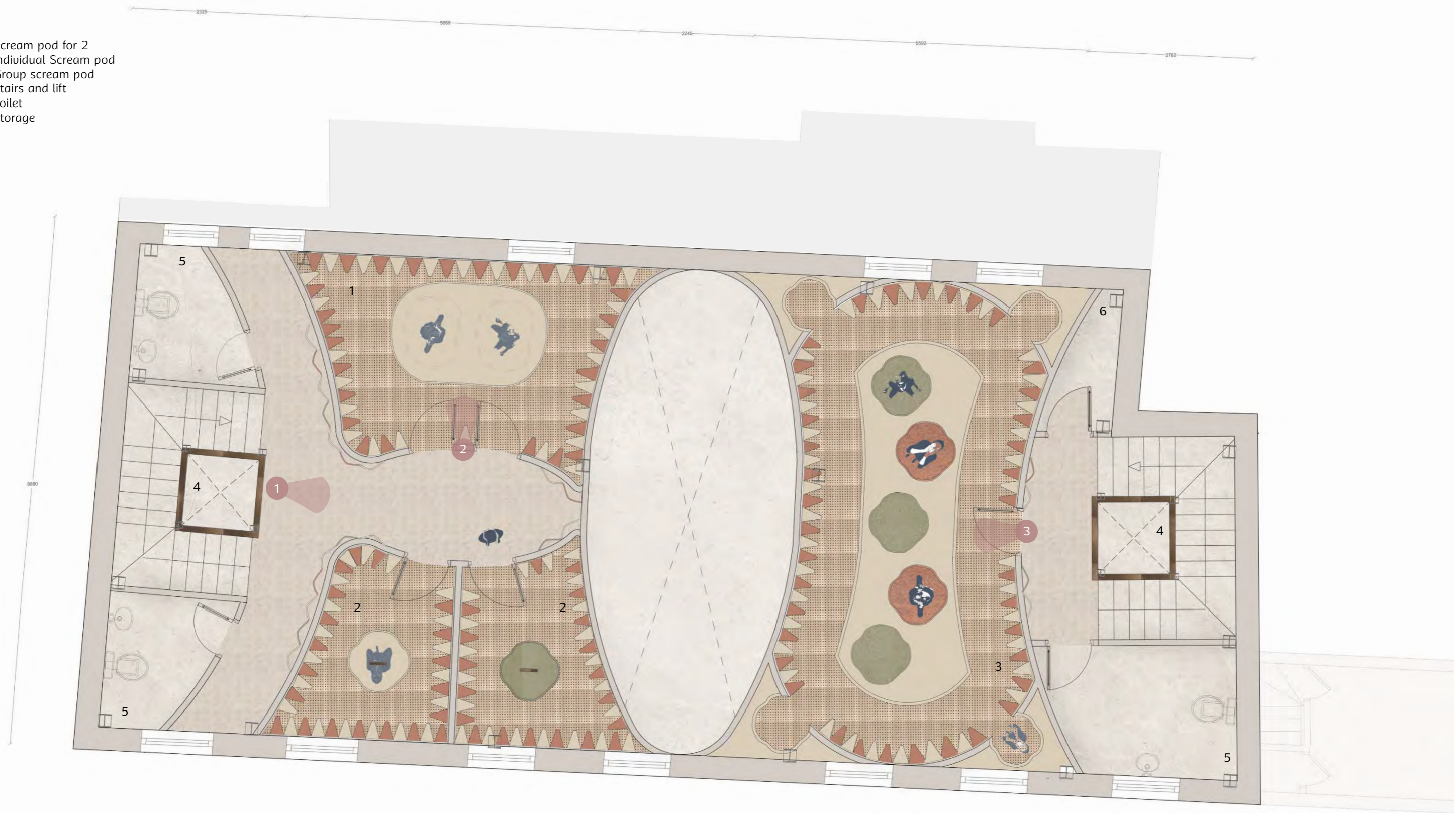


5. Stairs and lift

First Floor

RELEASE : MAIN EVENT

- 1 Scream pod for 2
- 2 Individual Scream pod
- 3 Group scream pod
- 4 Stairs and lift
- 5 Toilet
- 6 Storage



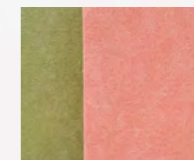
MATERIAL SELECTION



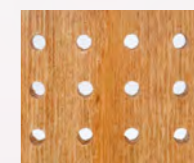
Scream structure
Felt and resin
mould



Anechoic chamber
Felt acoustic wedges



Wall
Felt sheet



Flooring
Perforated chipboard wood

1.HALLWAY



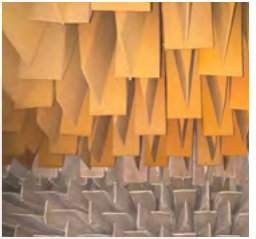
FELT SAMPLES



Acoustic wall Reference : Anne Kyro Quinn



Acoustic felt pattern on wall inspired by body mapping research

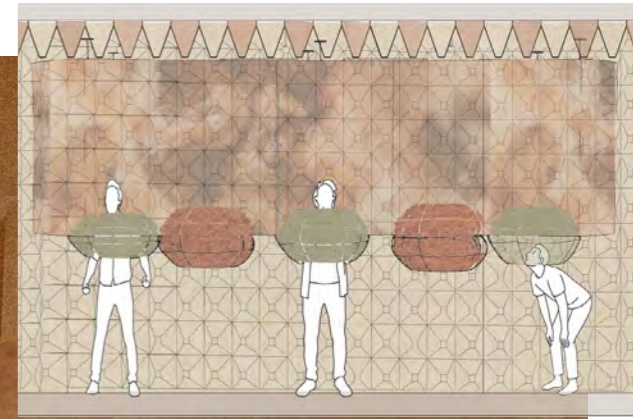


Acoustic felt wedges in screen pods

2.SCREAM POD FOR 2



3.GROUP SCREAM POD



SCREAM STRUCTURE : A MIX OF WOOL AND BIO RESIN



Front layer test : Hard to touch



Back layer tests/ Screaming zone : Soft to touch



Material reference : solidwool

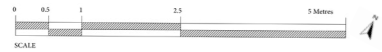
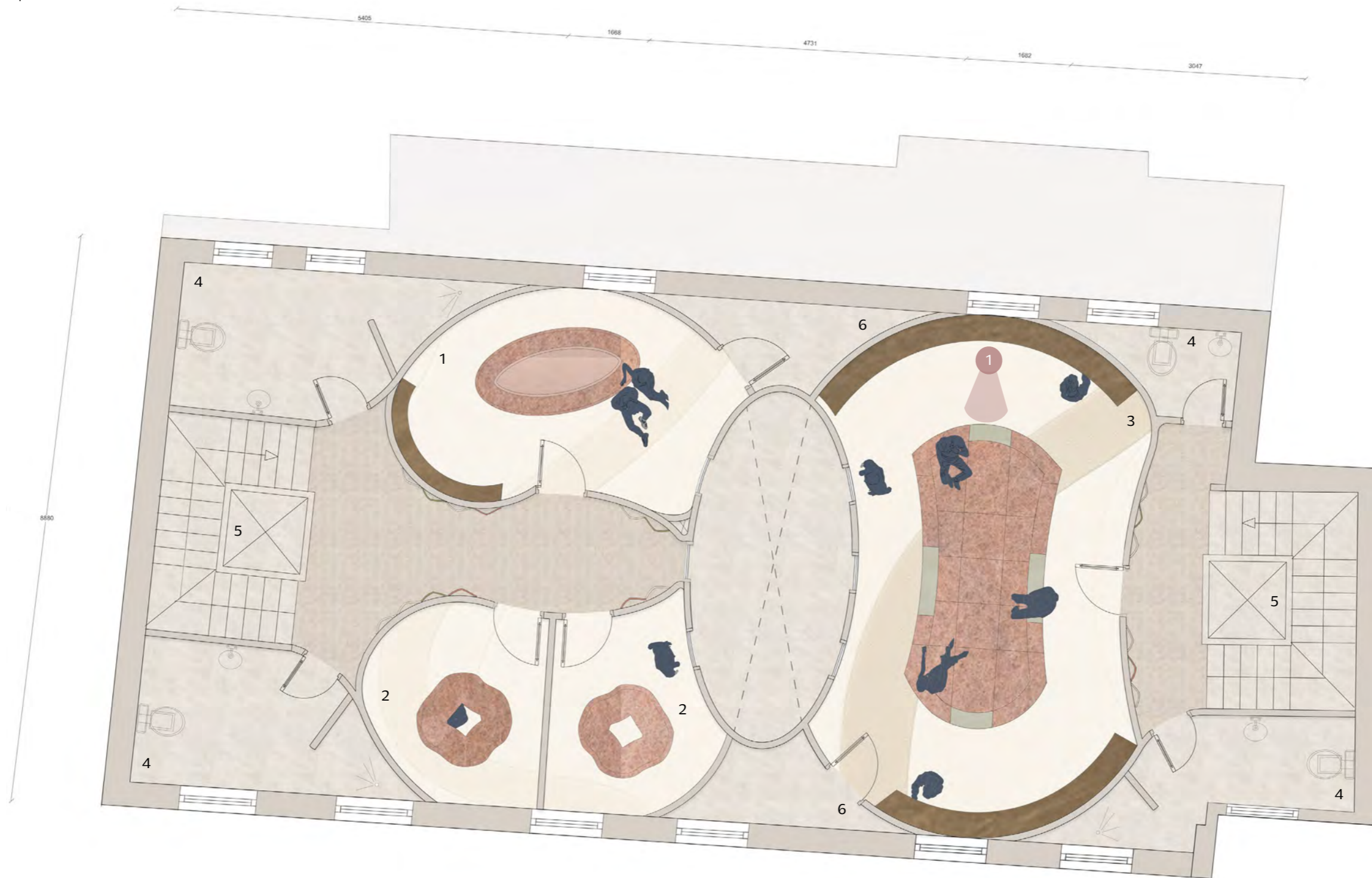


At first site hard to touch VS while screaming soft to touch to enhance comfort

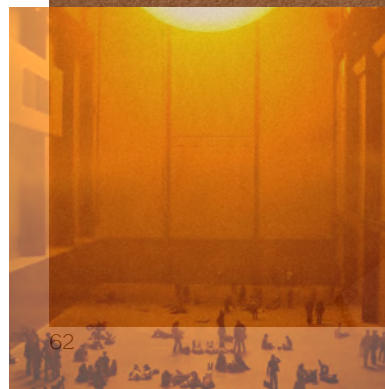
SECOND FLOOR

REFLECTION : COOL DOWN

- 1 Reflection pod for 2
- 2 Individual Reflection pod
- 3 Group reflection pod
- 4 Toilet
- 5 Stairs and lift
- 6 Storage



1. Group reflection pod



Atmosphere reference : Olafur Eliasson "the weather project"

OVERALL SECTION PERSPECTIVE

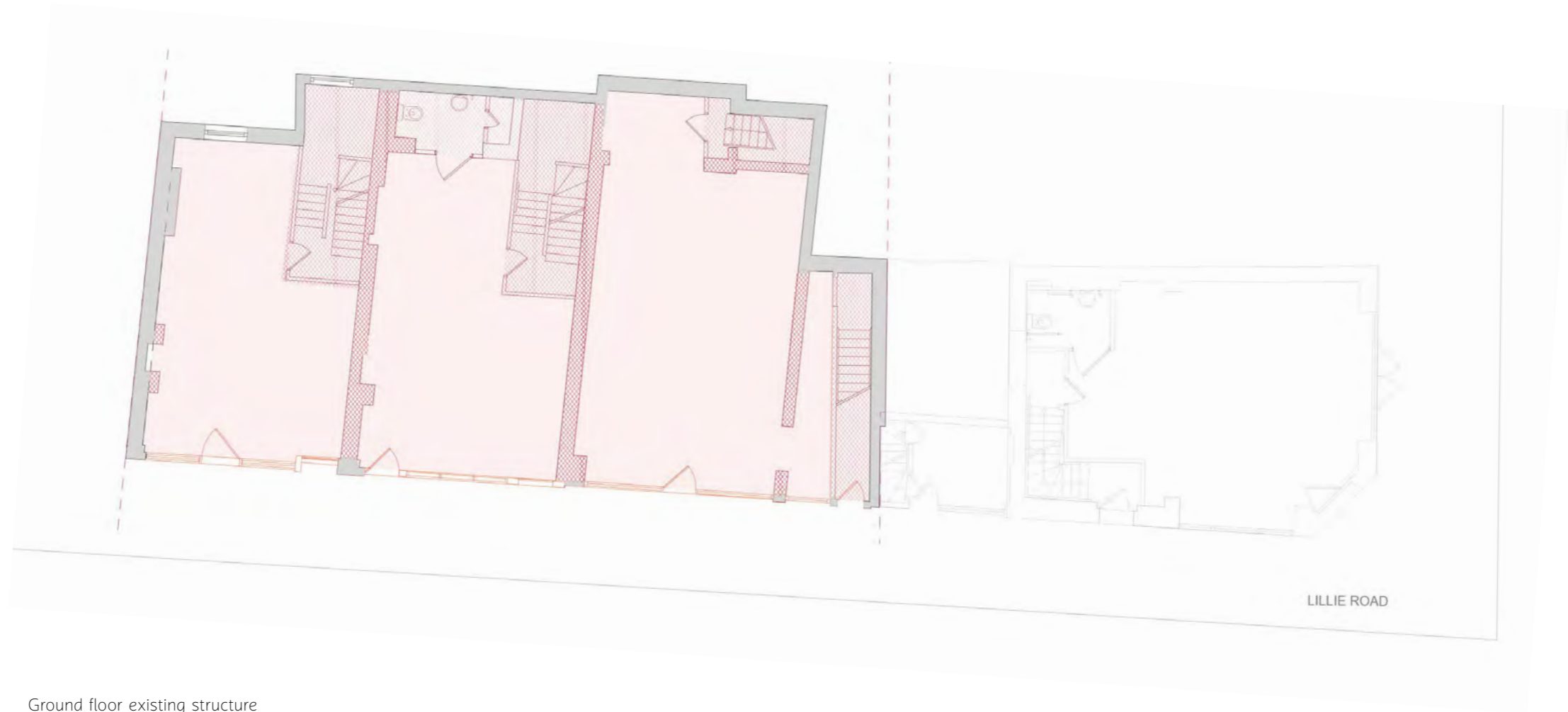


- 1 Reception
- 2 Bar
- 3 Stairs and lift access for individuals and two
- 4 Group stairs and lift access
- 5 Group scream pod
- 6 Group reflection pod

APPENDIX

SPATIAL INTERVENTION

To demolish



Ground floor existing structure

New walls
New circulation
New entrance
Added structural beams



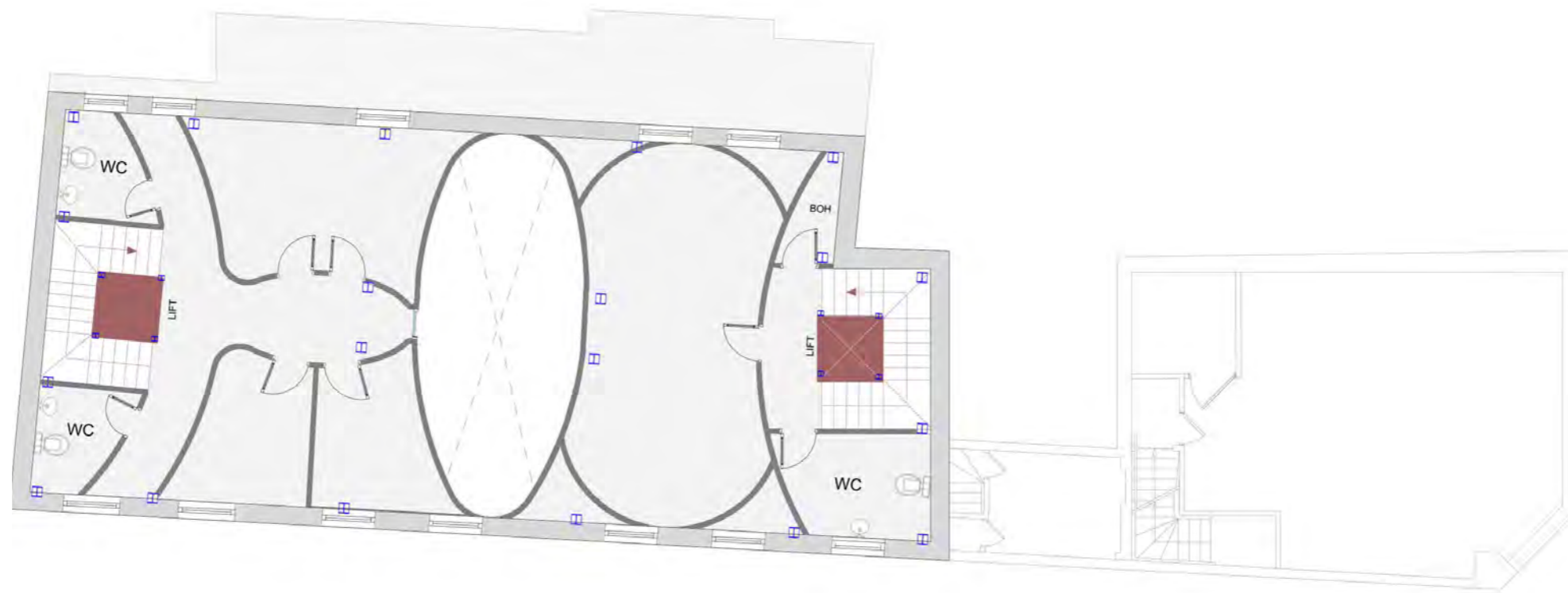
Ground floor adjusted structure

To demolish



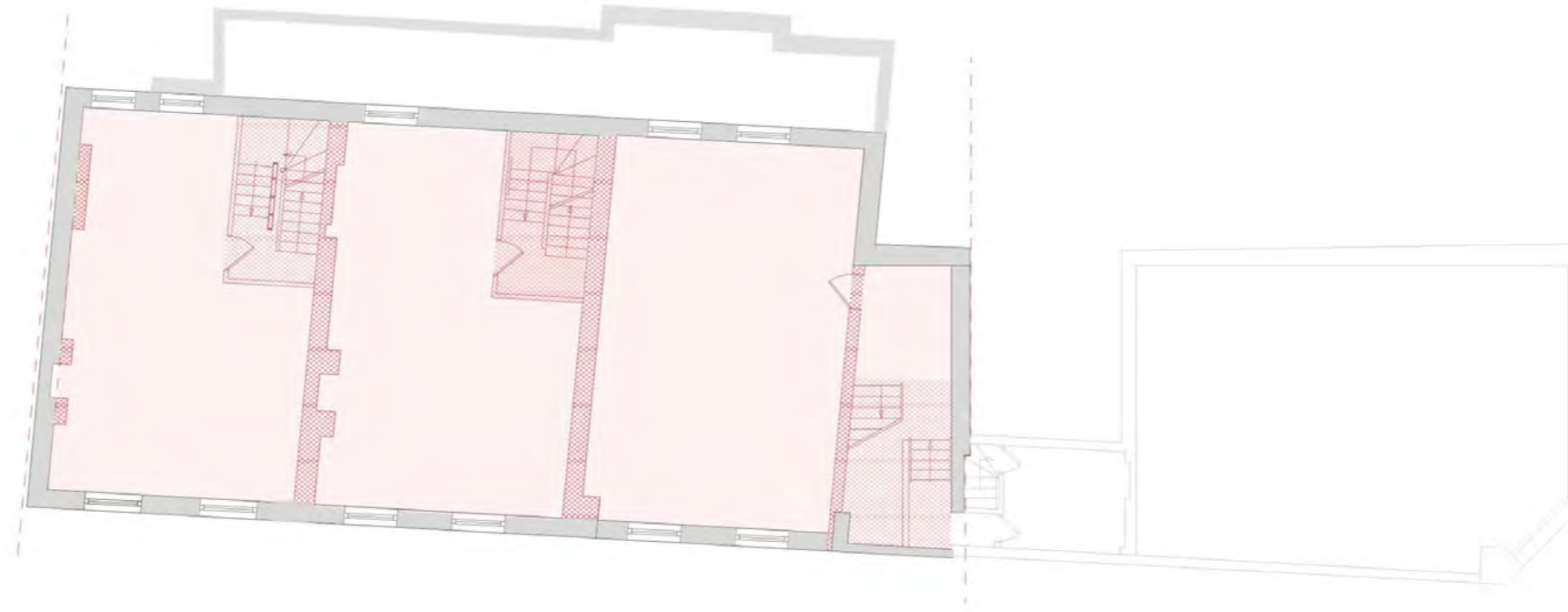
First floor existing structure

New walls
New circulation
Added structural
beams



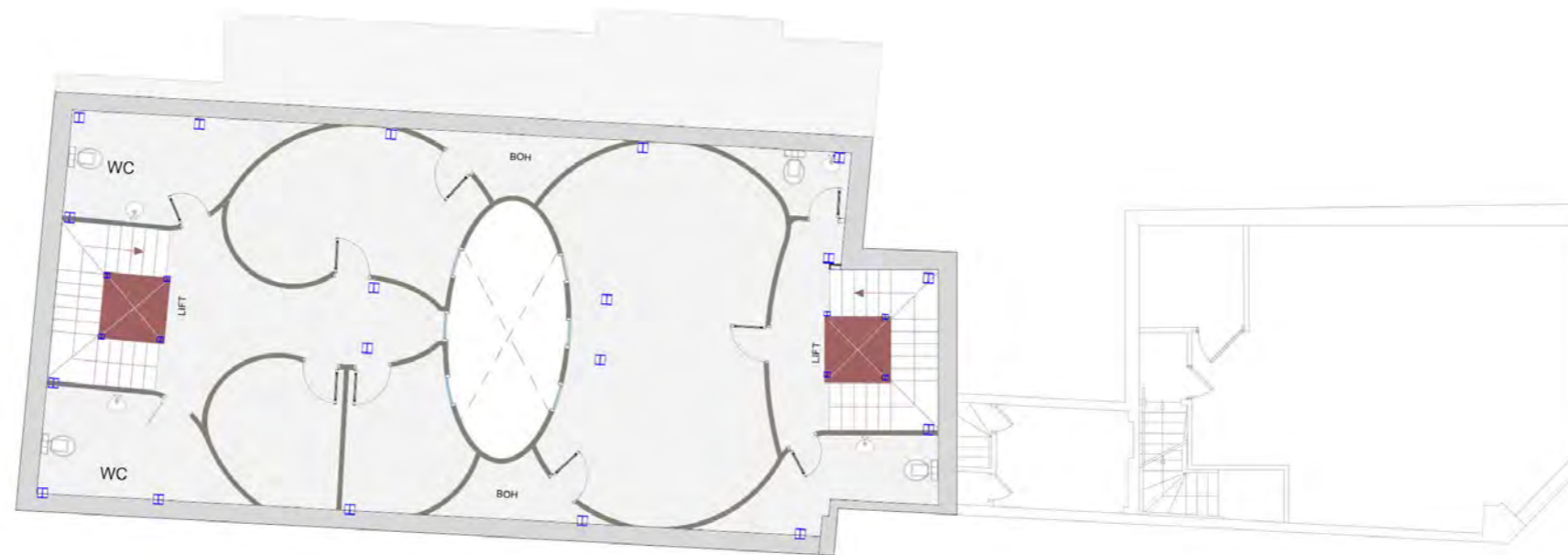
First floor adjusted structure

To demolish



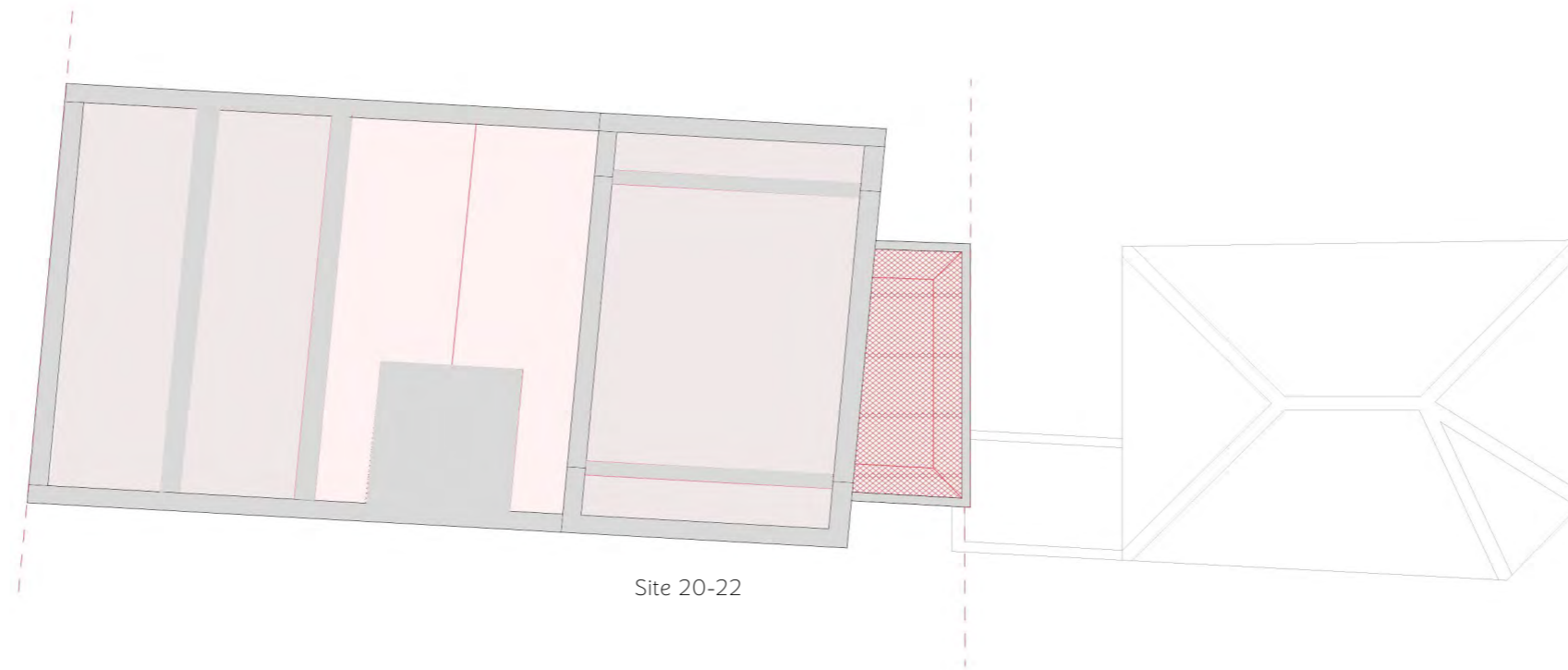
Second floor existing structure

New walls
New circulation
Added structural
beams



Second floor adjusted structure

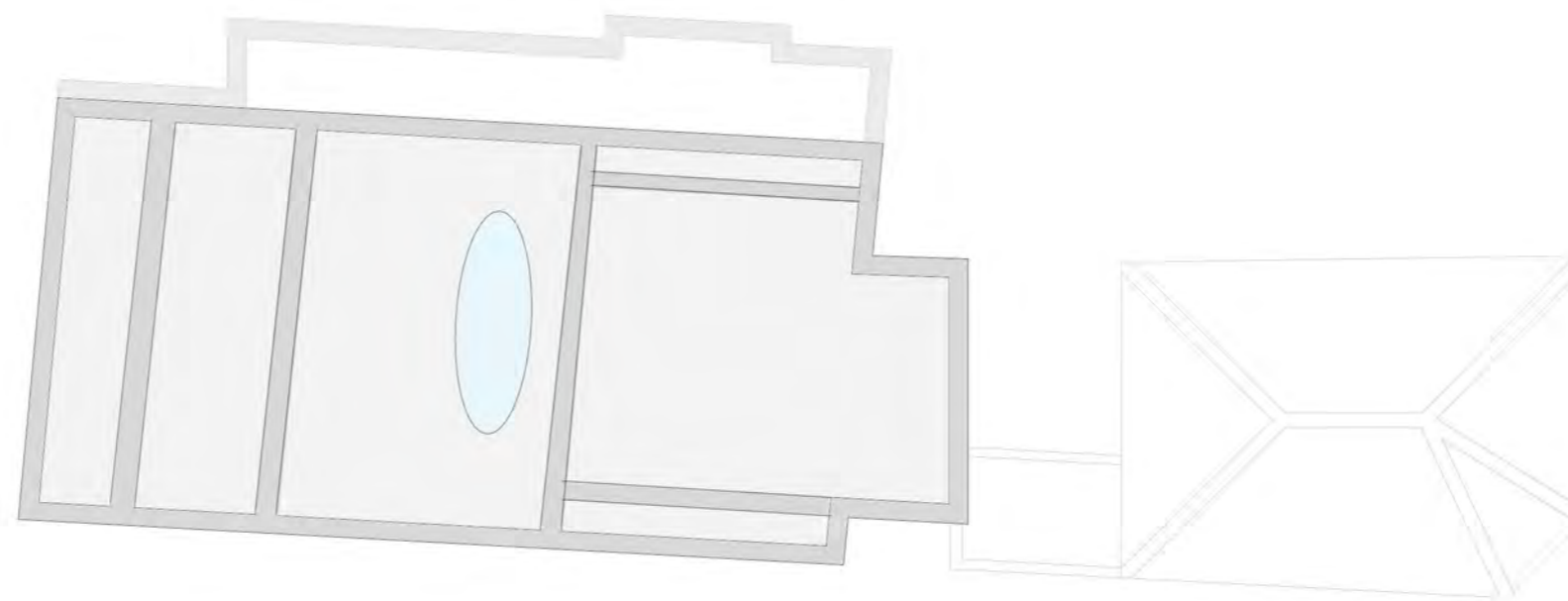
To demolish



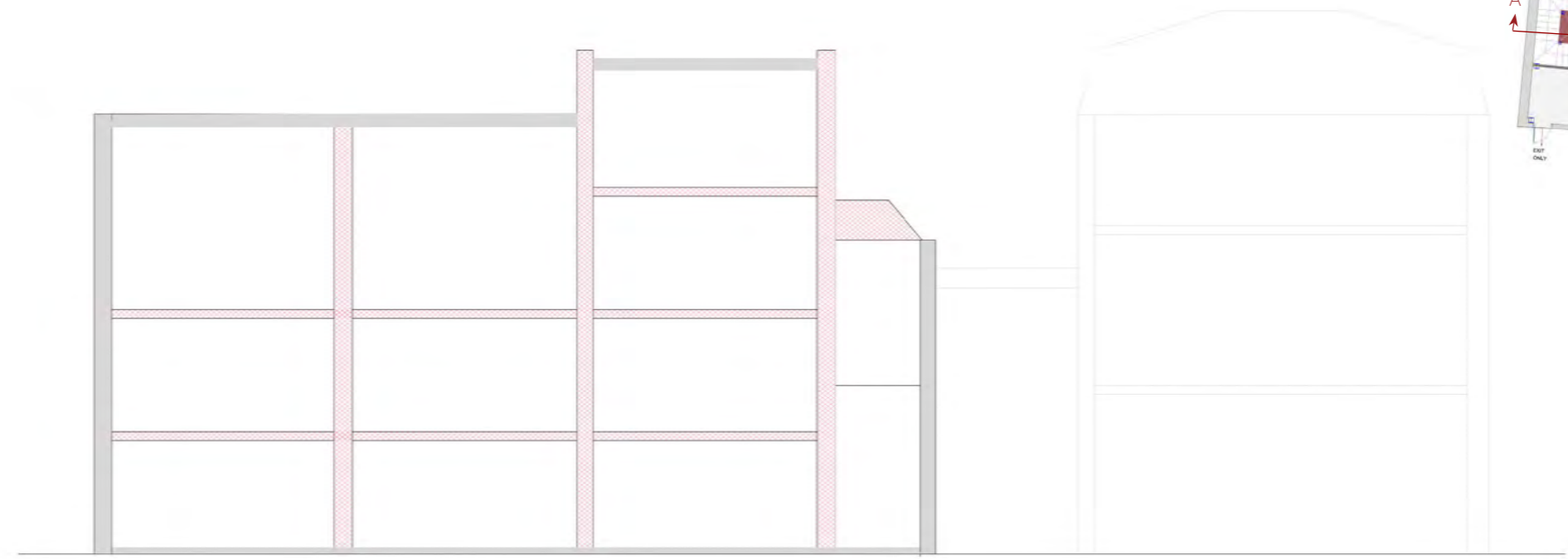
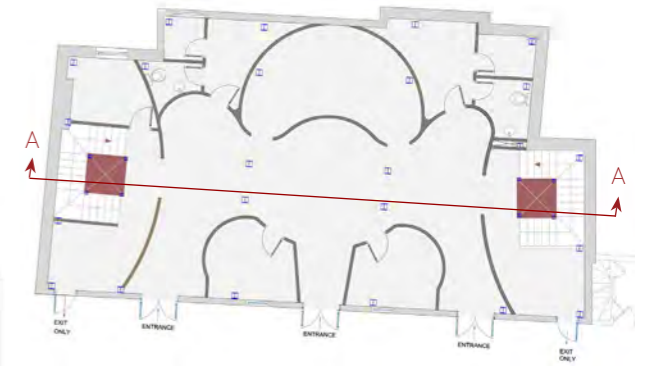
Site 20-22

Roof existing structure

Added window

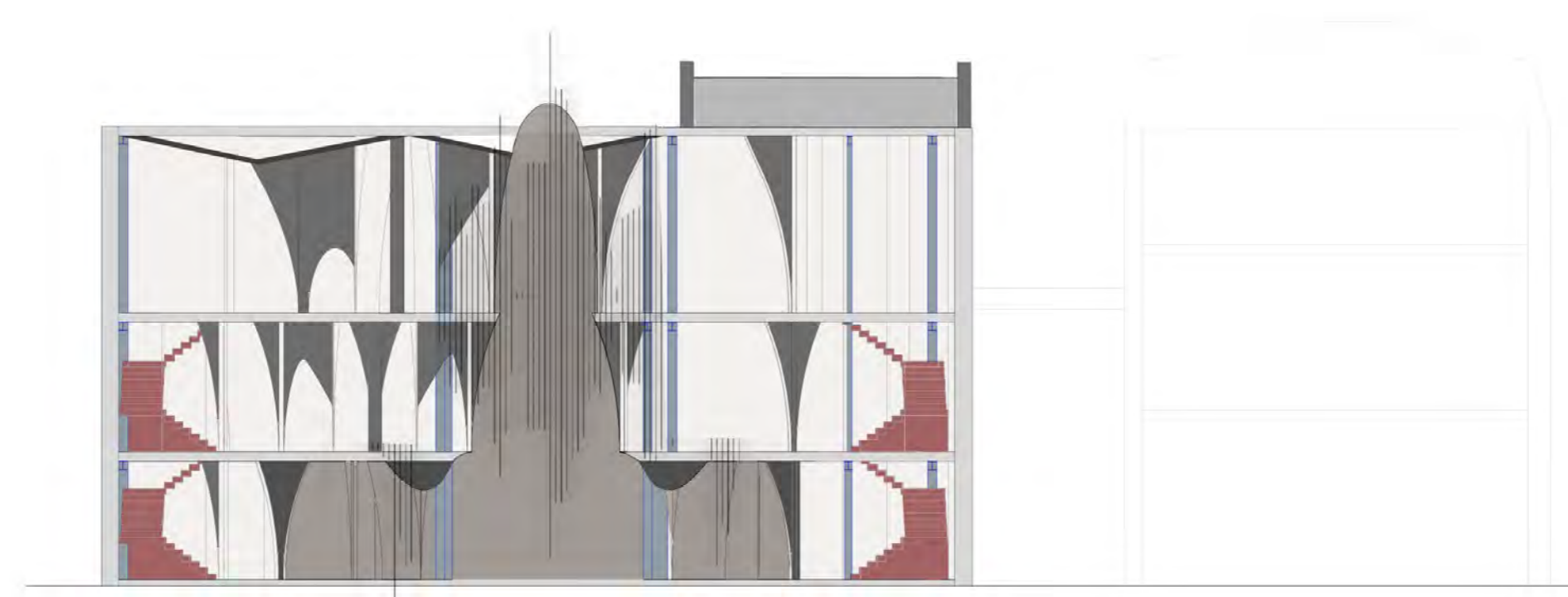


Roof adjusted structure



To demolish ■

Section existing structure



New walls ■
 New circulation ■
 Added structural beams ■

Section adjusted structure

To demolish



Site 20

Site 24

Site 20-22

Elevation existing structure

New entrance and added structure



Elevation adjusted structure

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