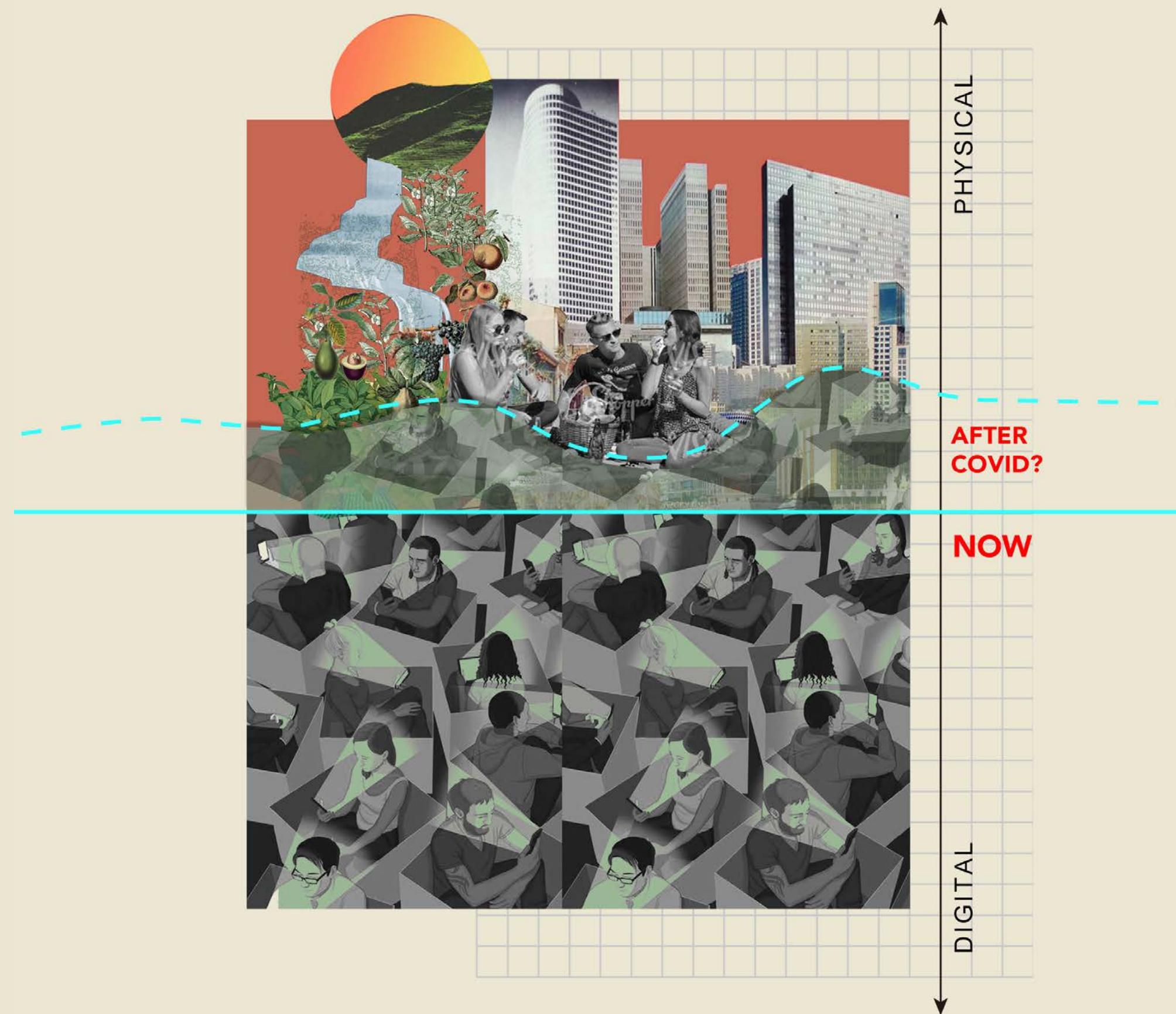




'EE-scape' — experimental spatial solutions for wellbeing



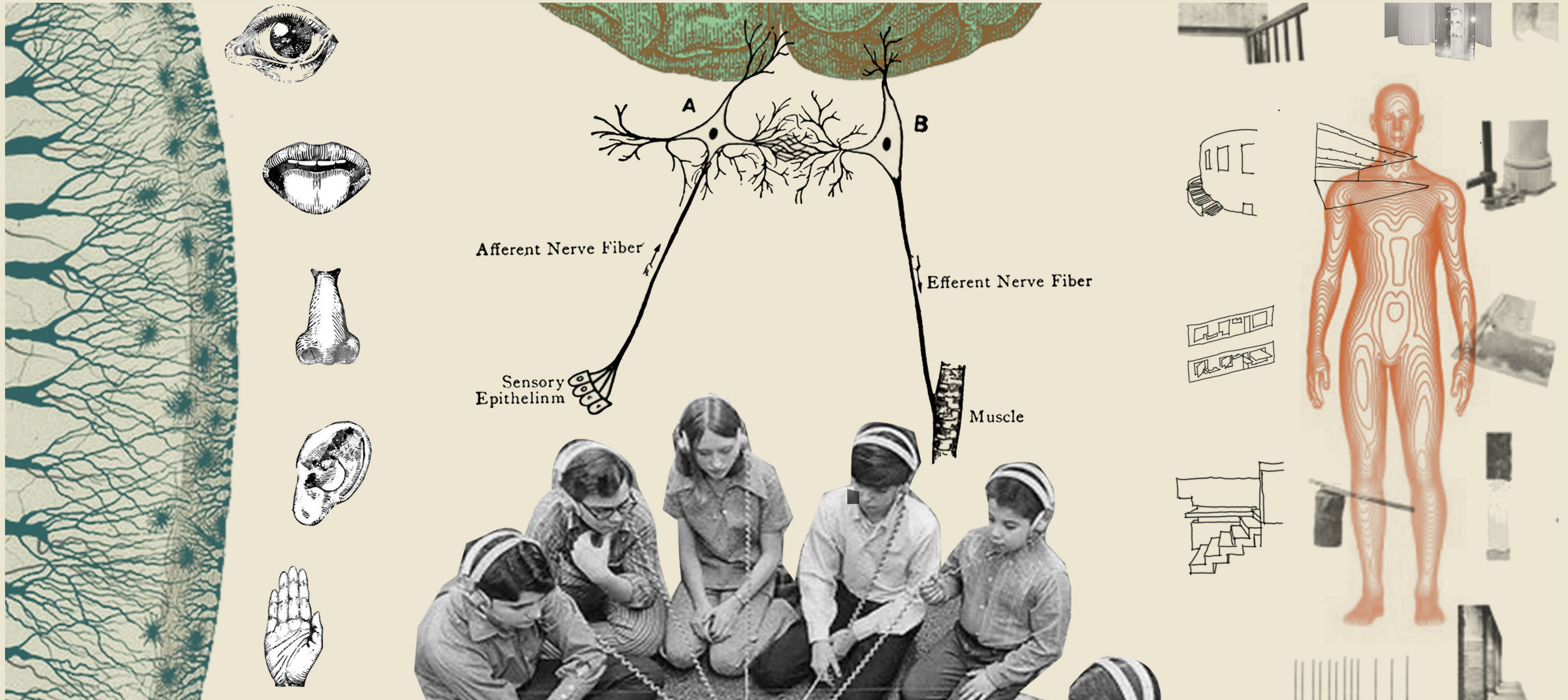


CONTEXT & TOPIC

- How to reactivate/reuse the general office tower in the post-covid context?
- How can spatial design intervene to promote wellbeing and encourage human flourishing?

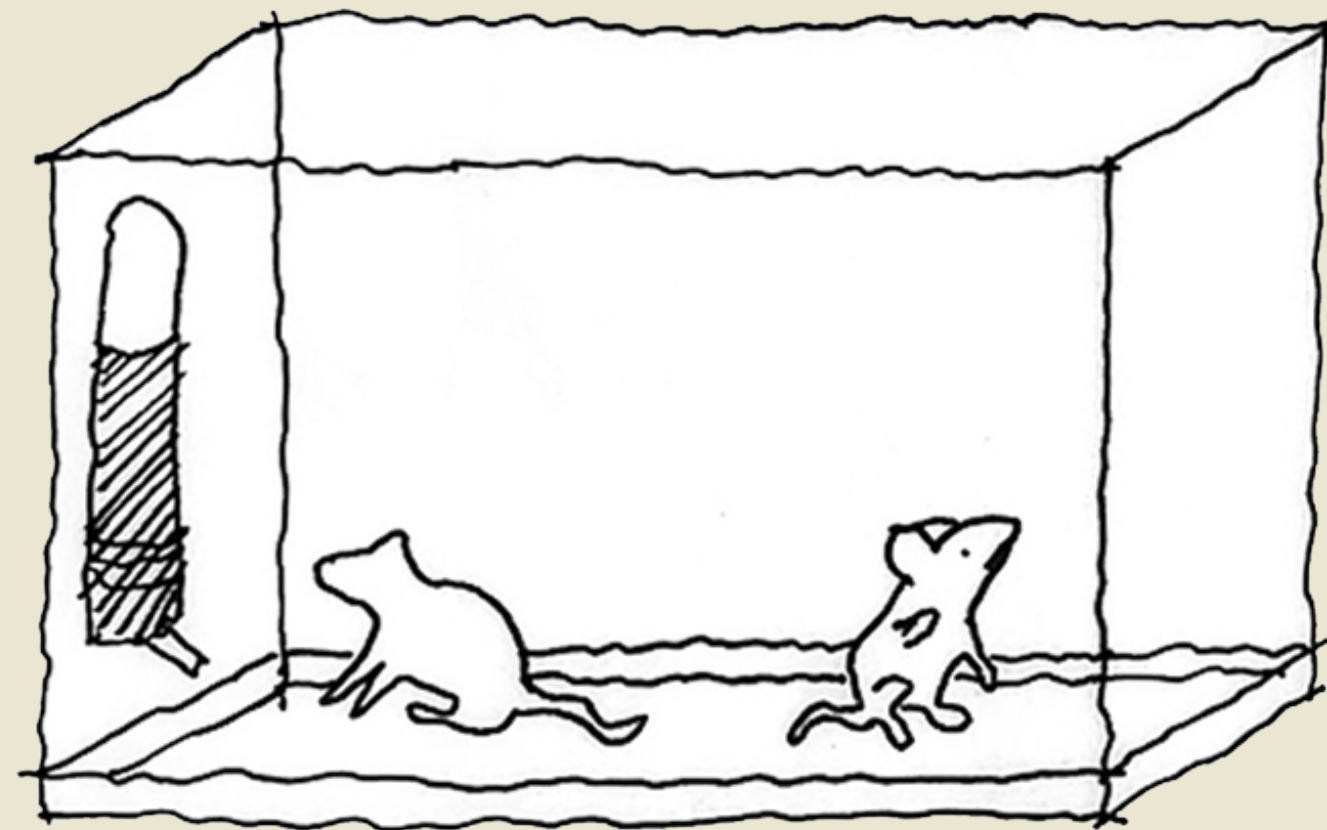
INTRODUCTION

- 01 Research of Wellbeing
- 02 Site Reading
- 03 Design Development

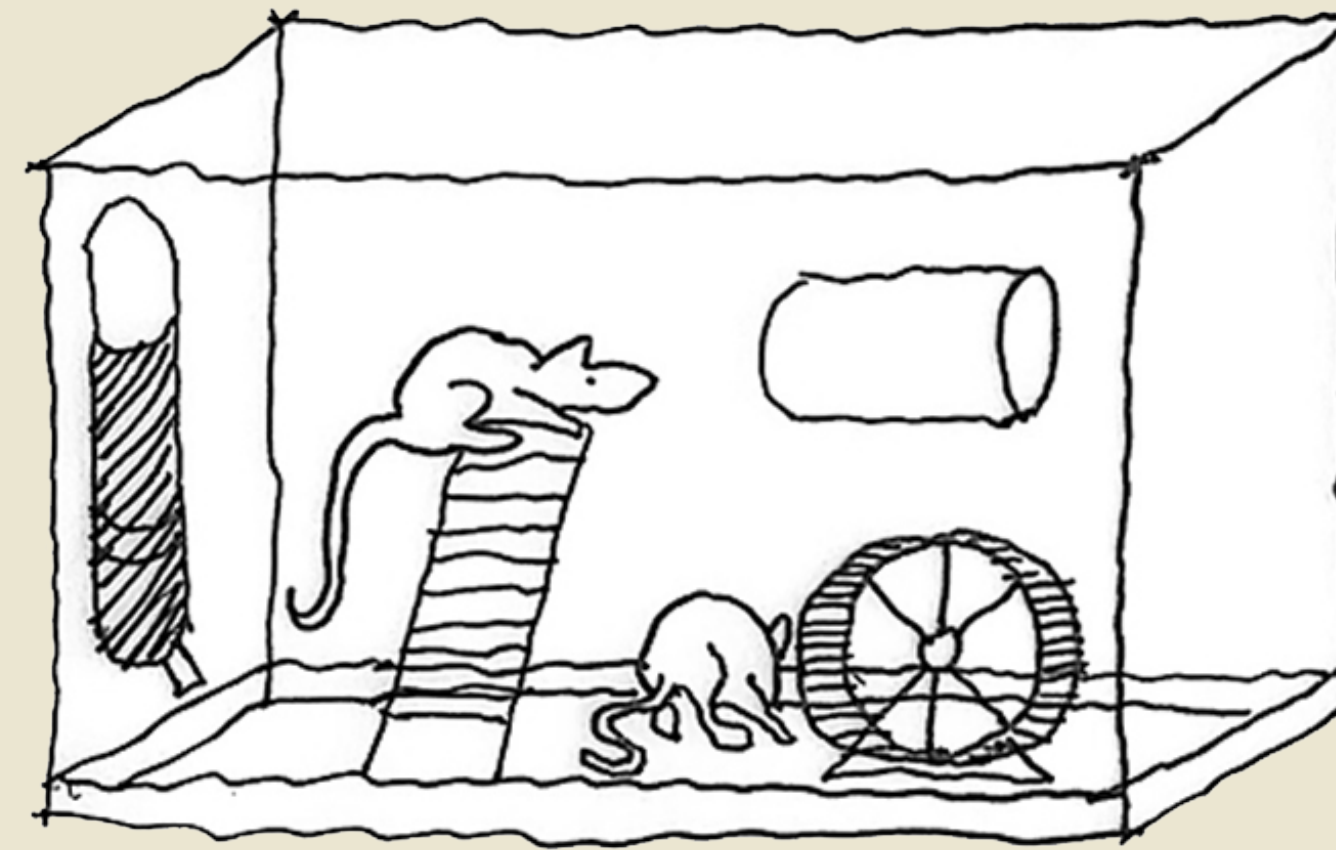


Environmental Enrichment

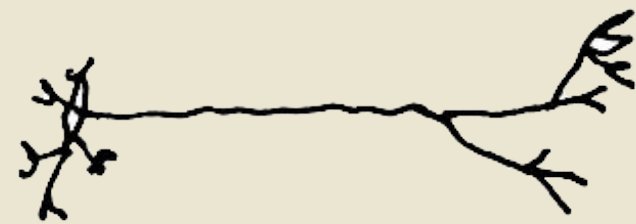
refers to the stimulation of the brain by its physical and social surroundings.



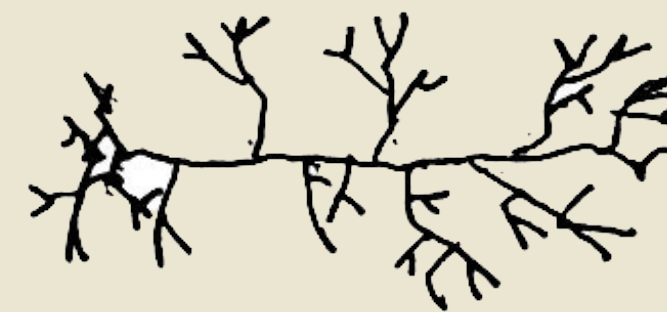
A. Standard cage



B. Enriched cage



C. Apperance of nerve cells

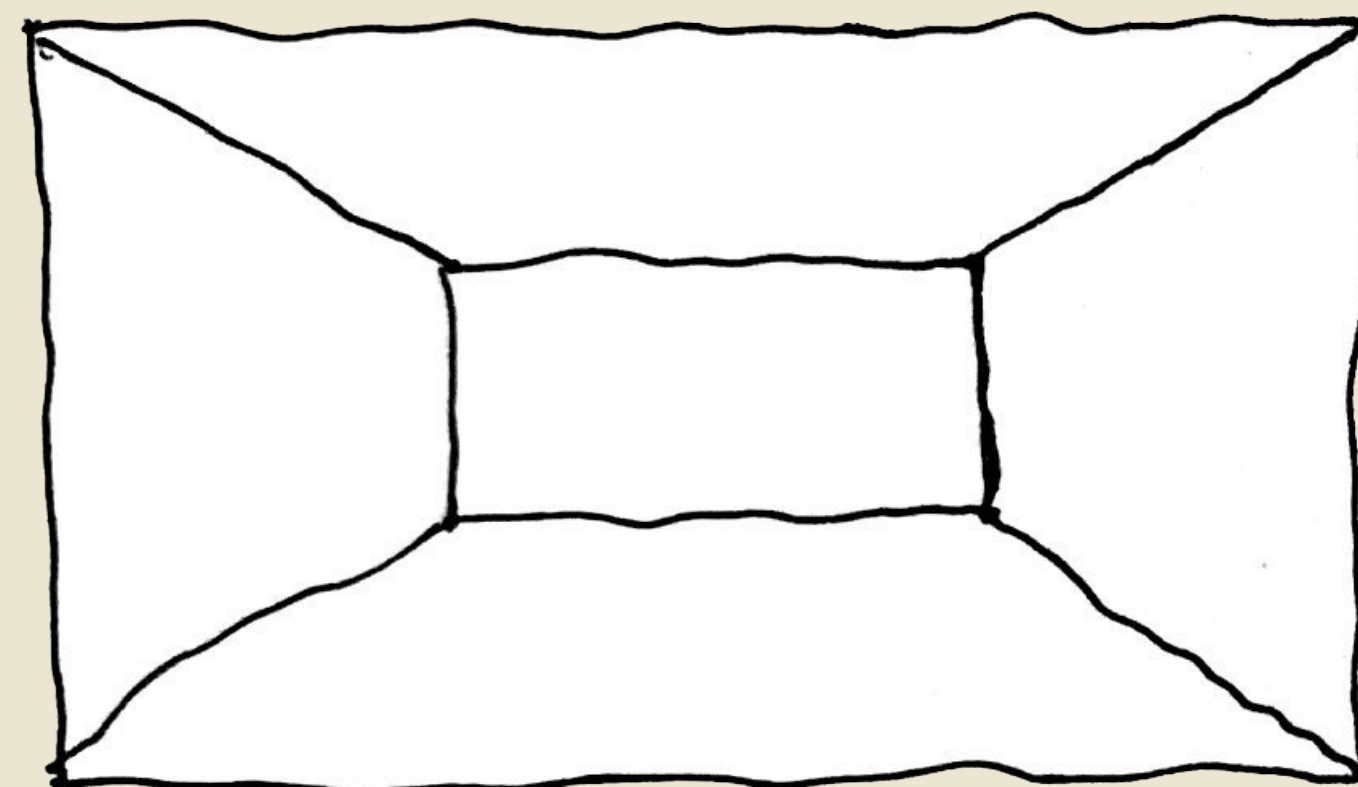


D. Appearance of nerve cells

Environmental Enrichment

DIVERSITY

How many different states
the inhabitant can
experience in the space?



Space

EMPATHY

How deep can each
experience connect with the
inhabitant?



Inhabitant

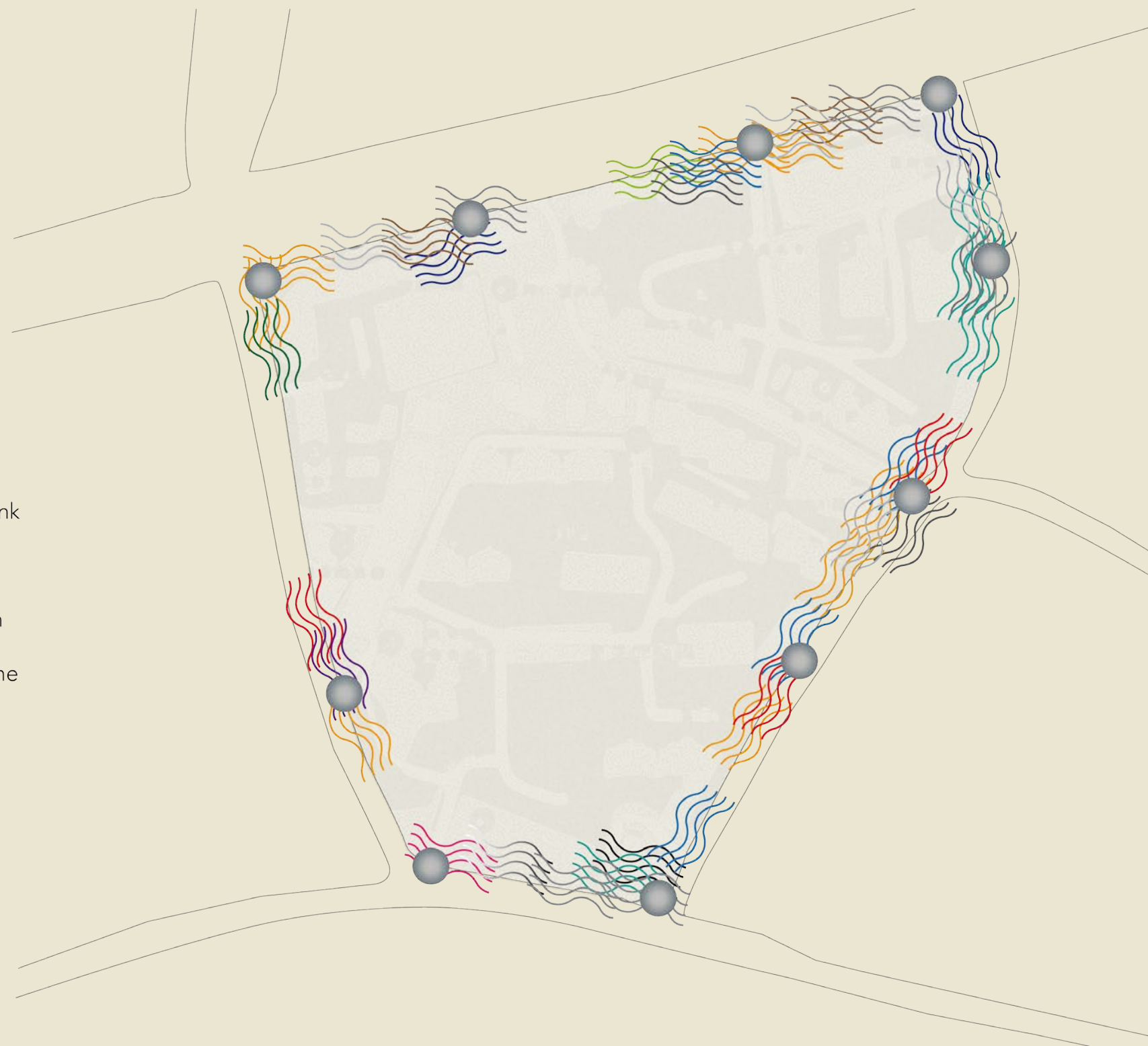
DIVERSITY

How many different states
the inhabitant can
experience in the space?



DESIGN THROUGH PROGRAMMING

- fried food
- cigarette
- alcohol
- sweet fruit
- garbage stink
- disinfectant
- car exhaust
- grass
- smoked fish
- flower
- men perfume
- toilet
- air fresher
- sewer stink
- dog
- petrol
- musty smell



- car passing by water
- people talking
- train passing by
- rain dropping on metal
- shop notification bell
- construction site tapping
- intercom sound
- car engine
- dog barking
- people clinking glasses

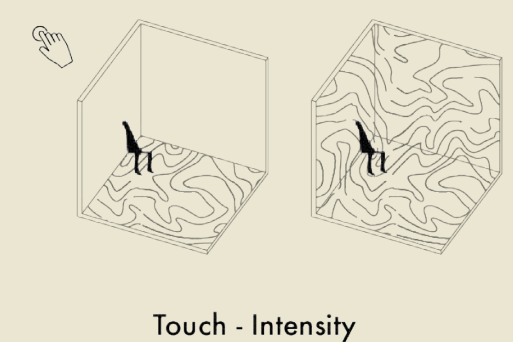
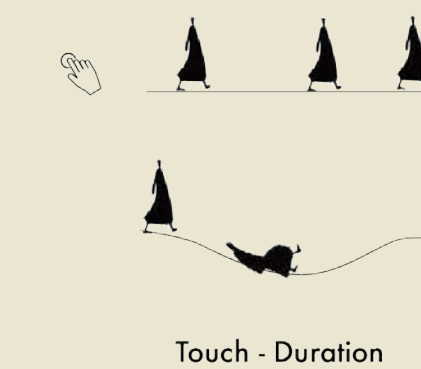
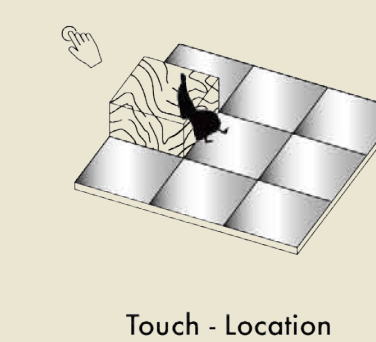
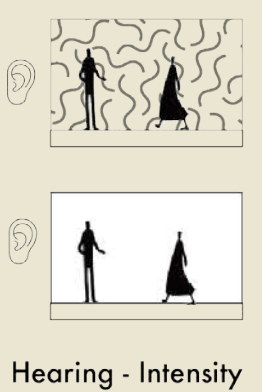
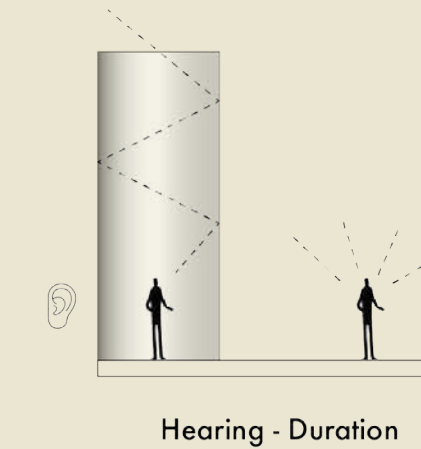
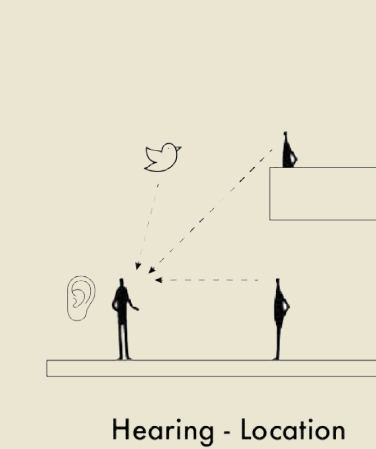
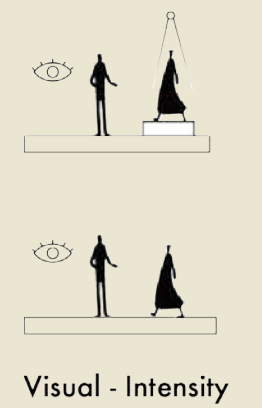
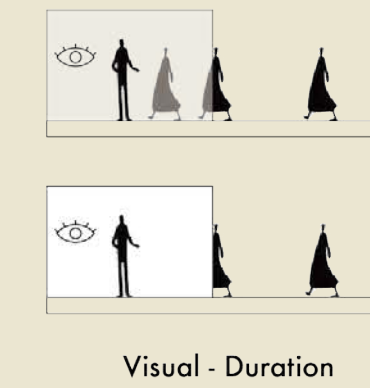
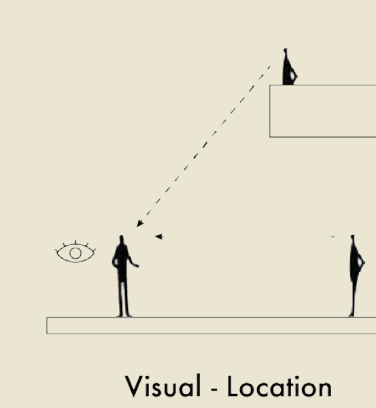
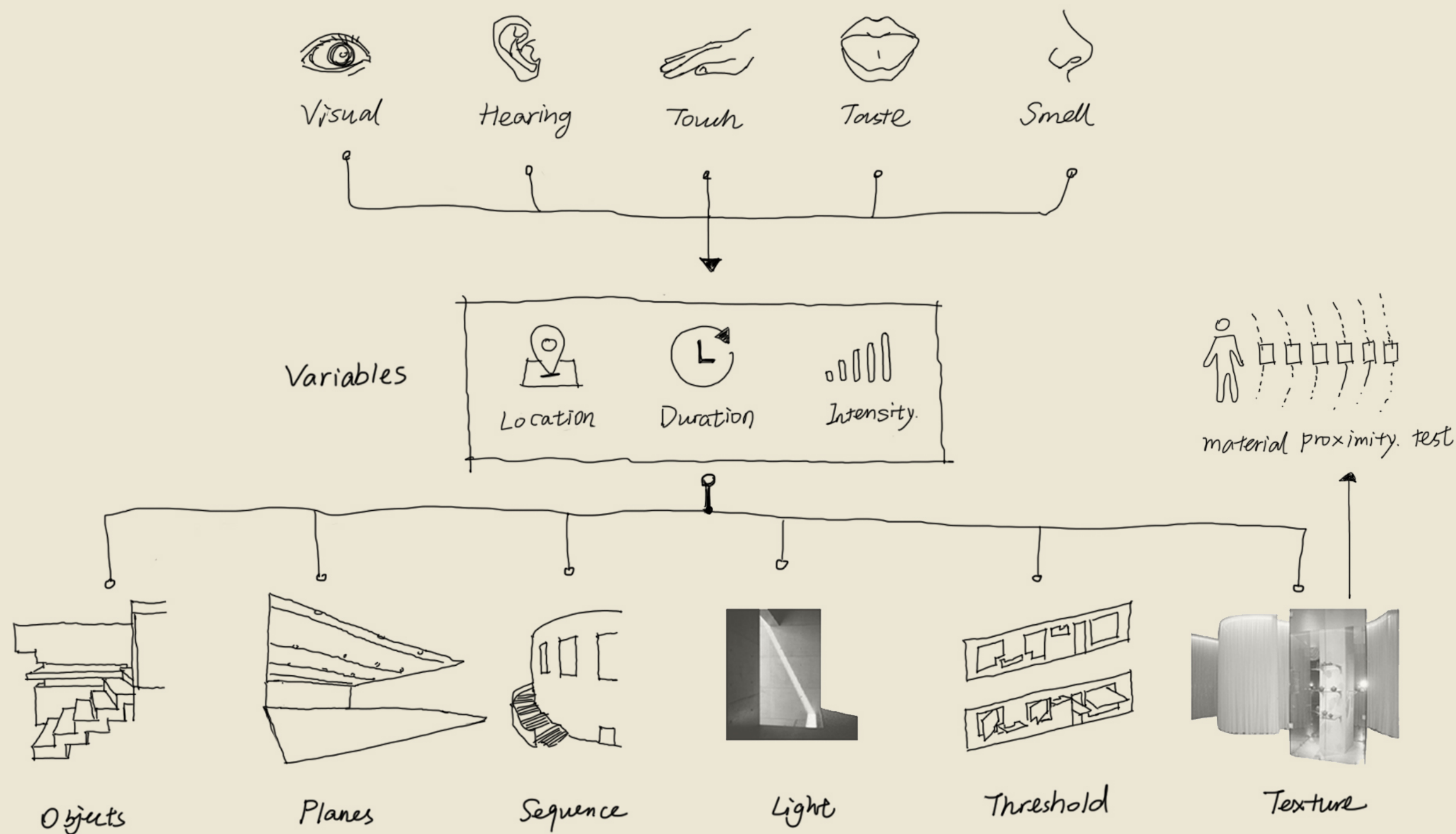


EMPATHY

How deep can each experience connect with the inhabitant?

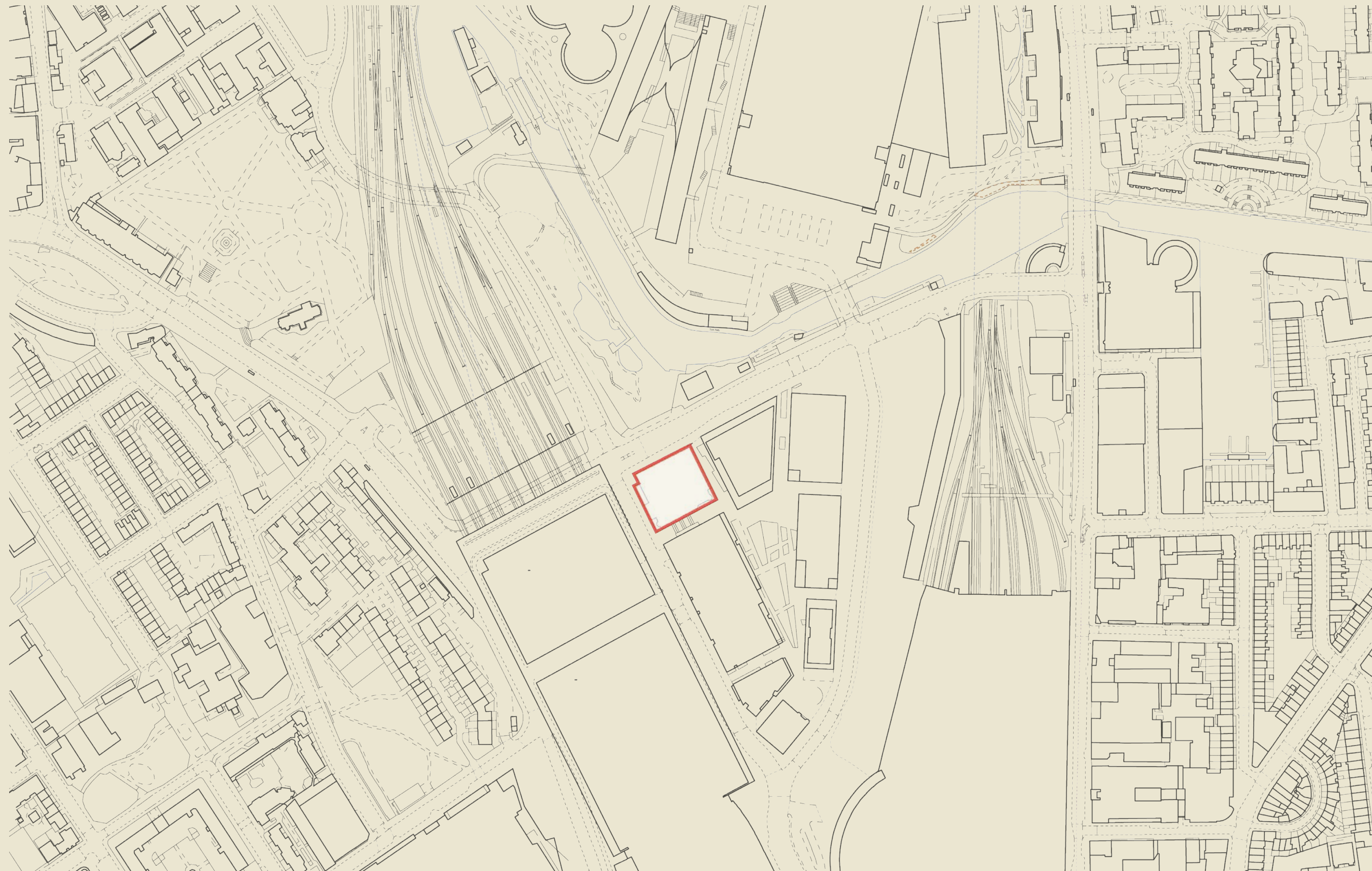


DESIGN FOR SENSES AND REFLEX ARC SYSTEM



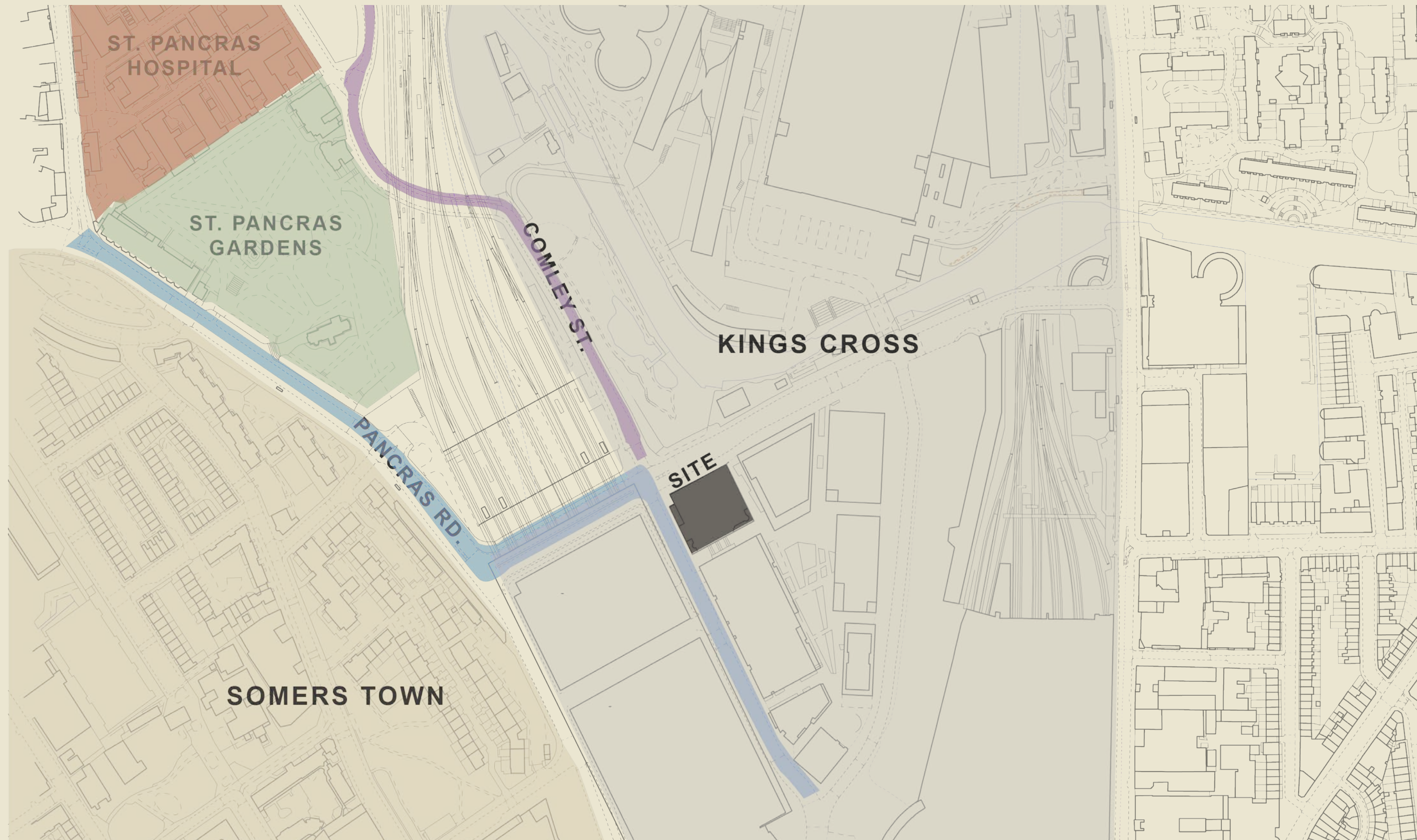
- How to reactivate/reuse the general office tower in the post-covid context?
- How can spatial design intervene to promote wellbeing and encourage human flourishing?

02 SITE READING



5 St. Pancras Square

Within 500m

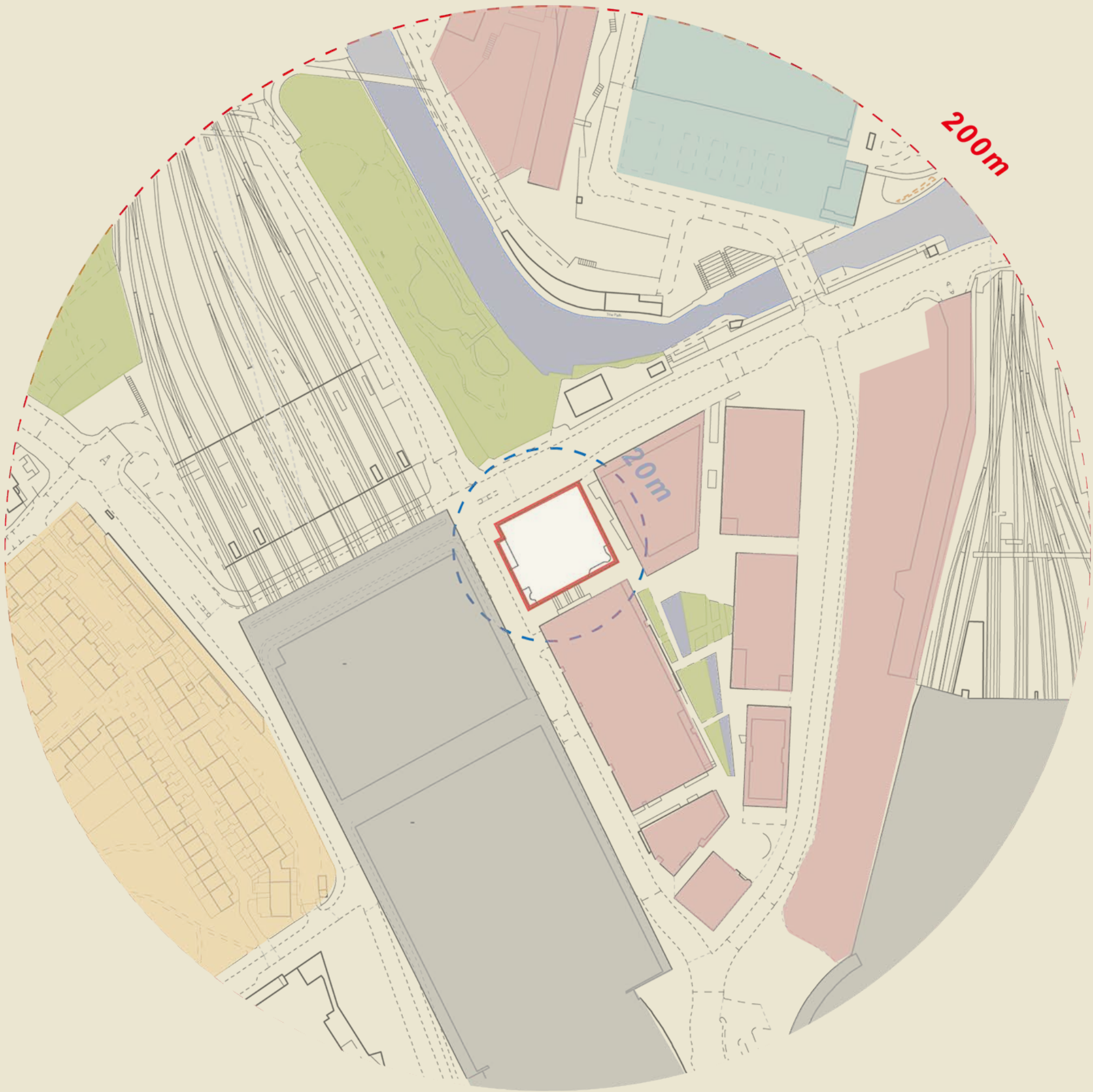









*Draft Canalside to Camley Street
Supplementary Planning
Document (SPD), July 2020*

*The Camley Street and St. Pancras
Way area is seeing a number of
changes happening. Several
development proposals are likely
to come forward in the near future.*

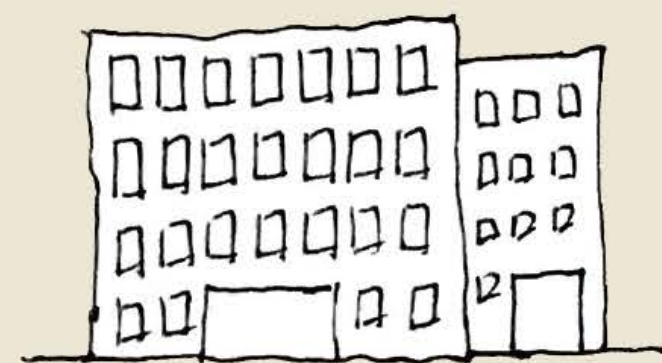
Can the site become a celebration/witness of the regeneration of this area?

Within 200m

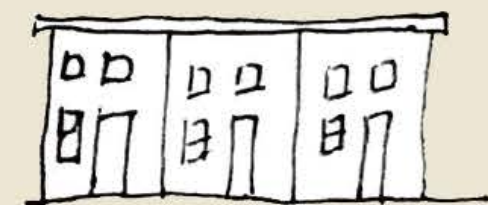
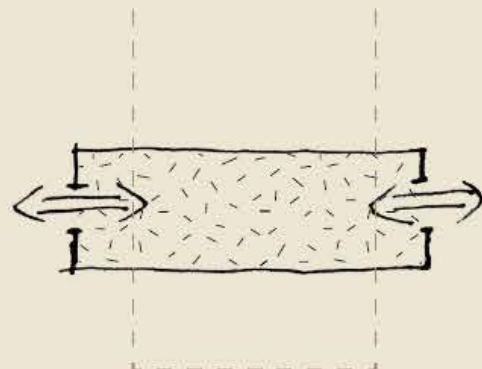


-  SITE
-  ART SCHOOL
-  WORKING & COMMERCIAL
-  TRANSPORTATION NODE
-  RESIDENTIAL
-  GREEN AREA
-  CANAL & FOUNTAIN

Within 20m

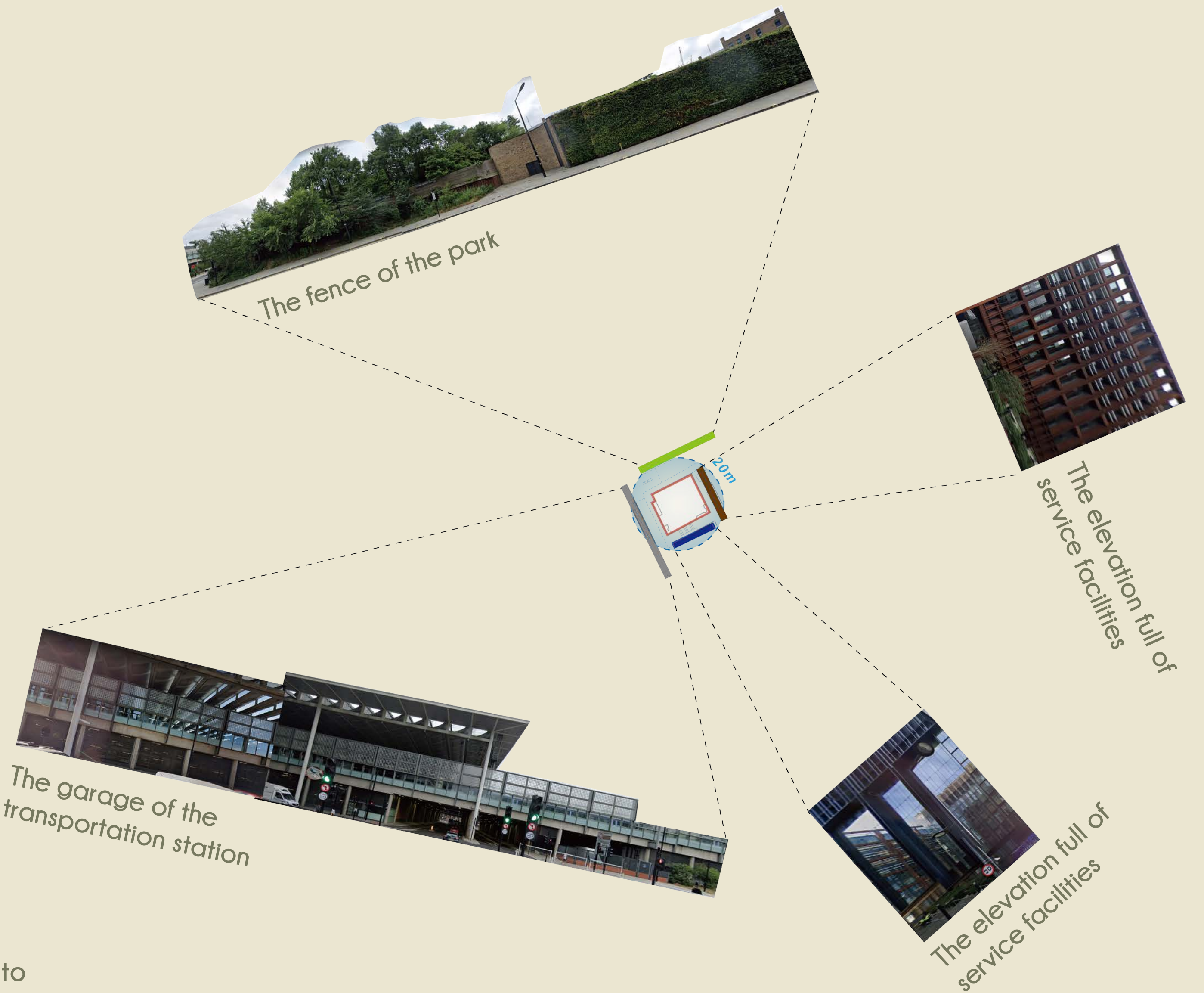


general office buildings

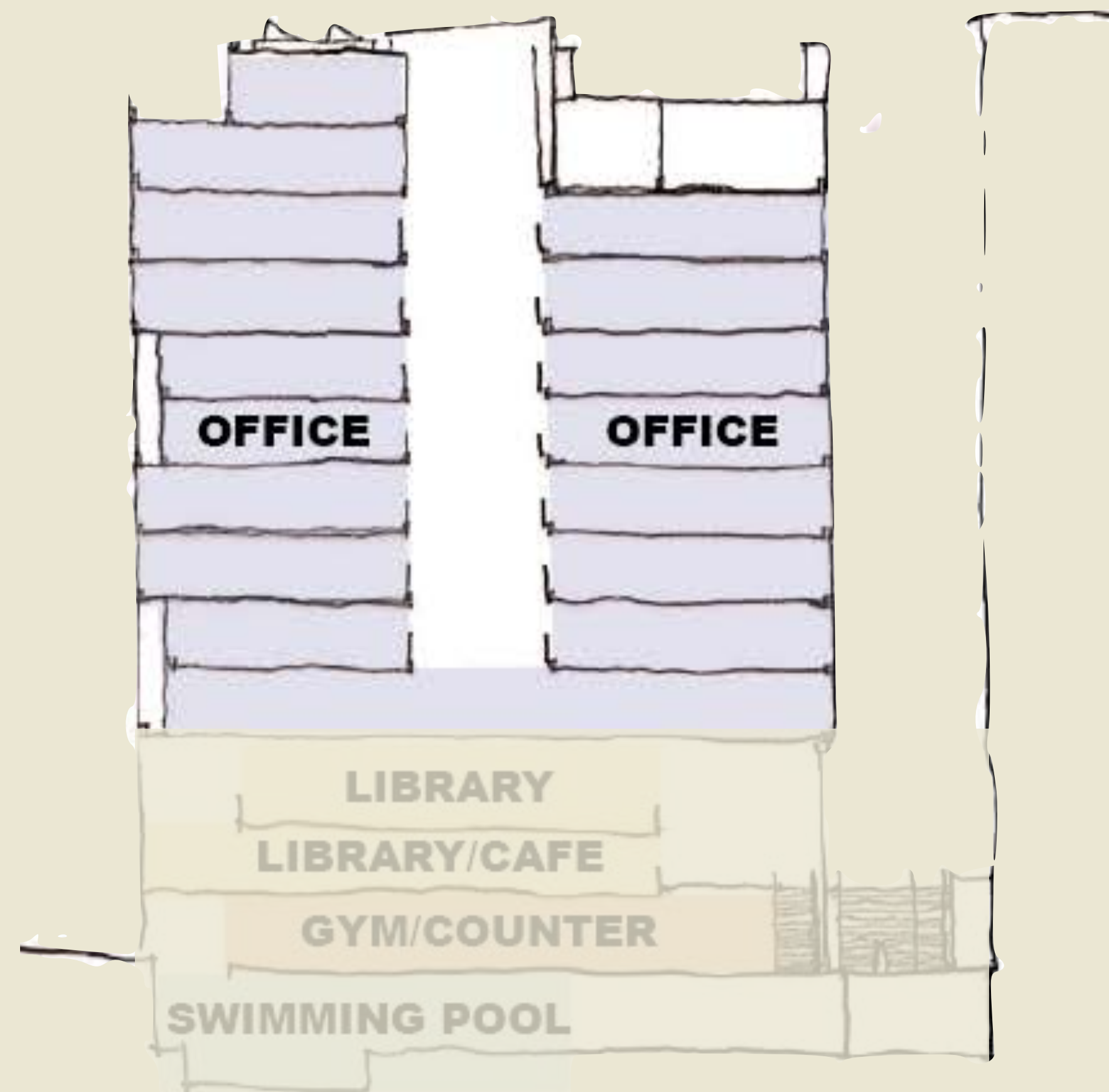


communities

In order to connect the building with the surroundings, the project could be a 'living room' that provides workers with additional space to meet which can also be used by the nearby community.



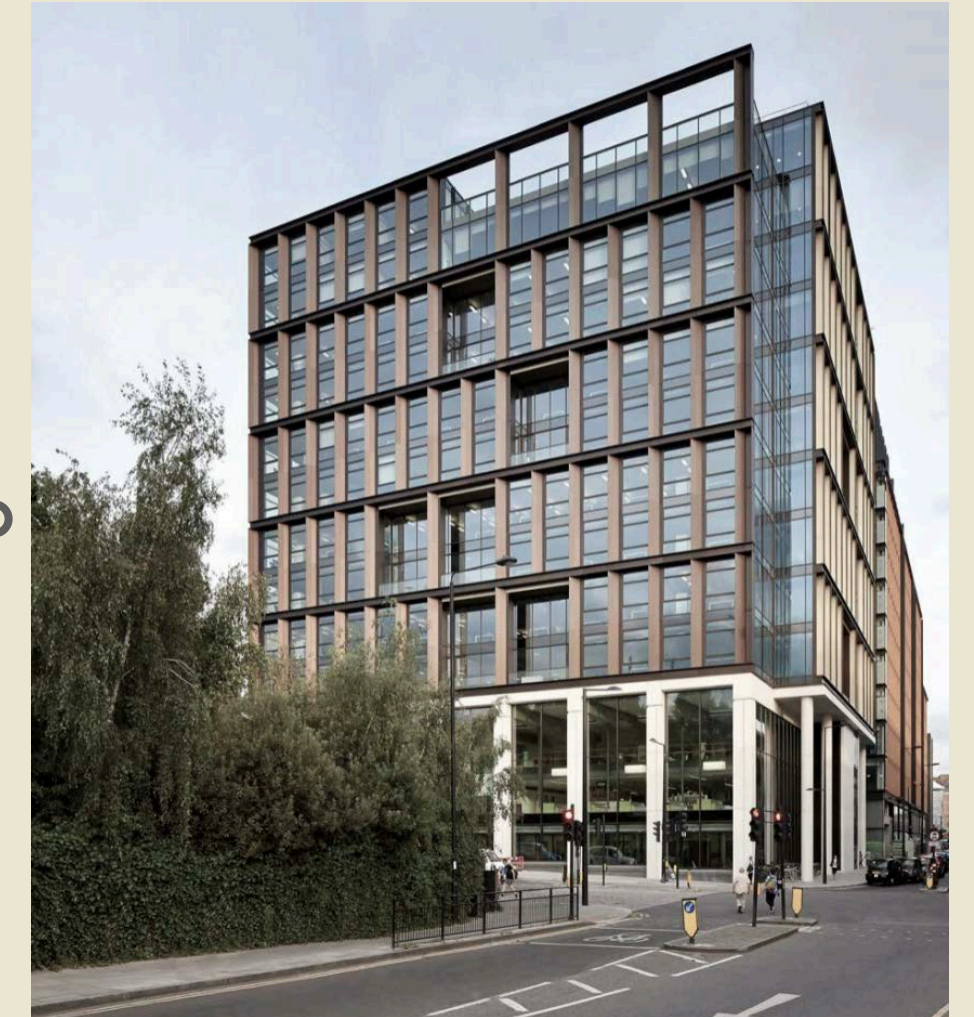
Inside the building



NORTHERN FACADE

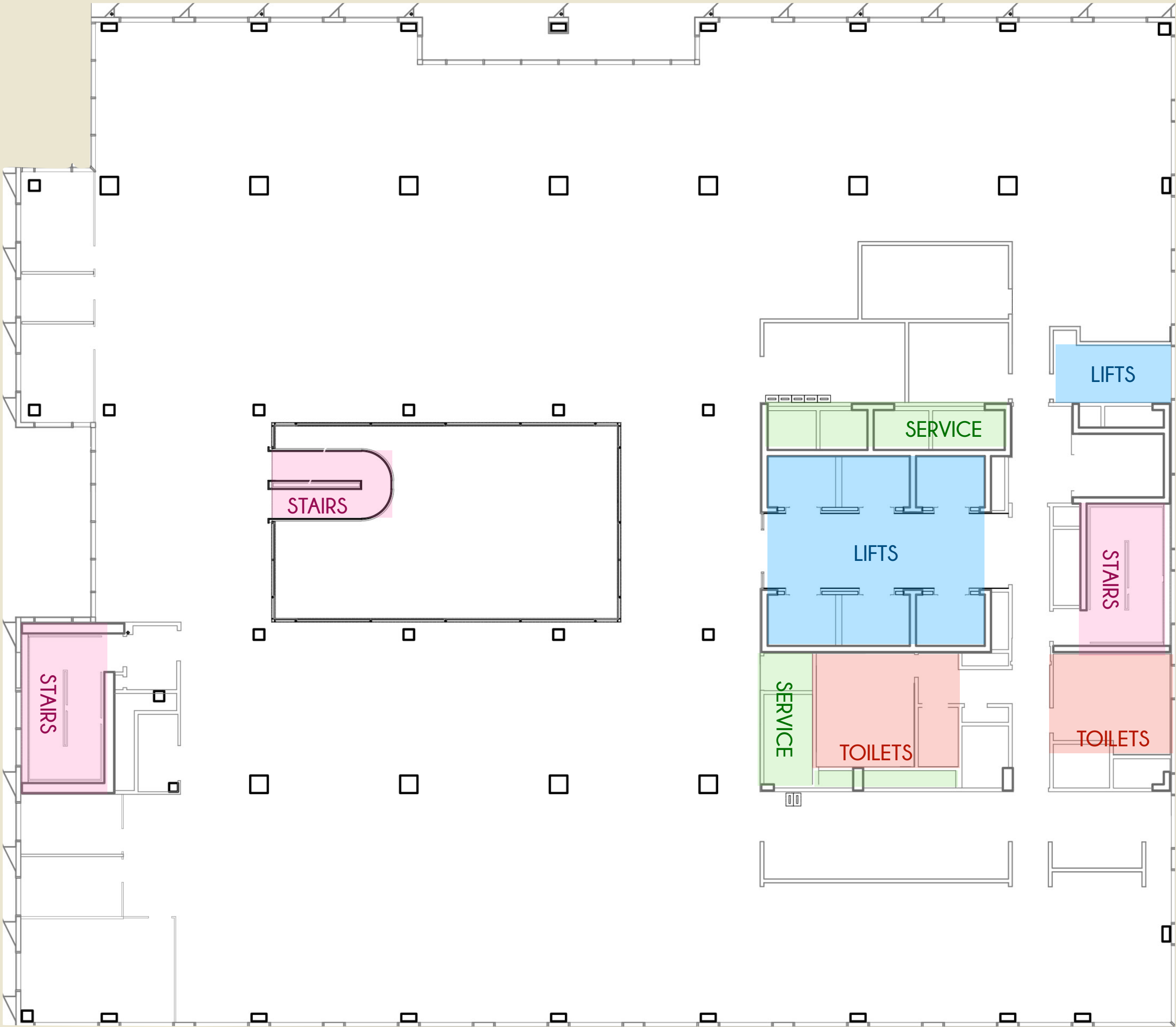
Inside the building

ATRIUM

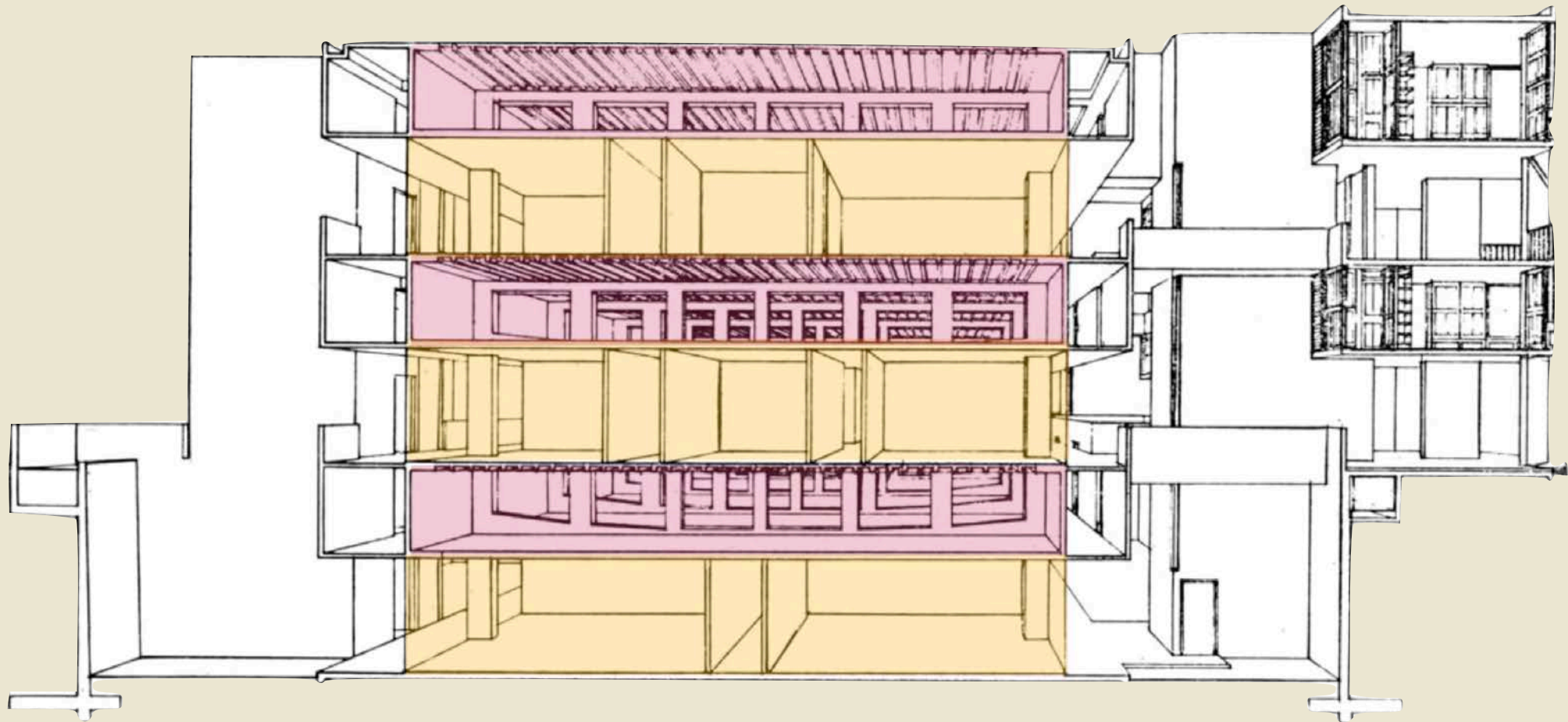


Inside the building

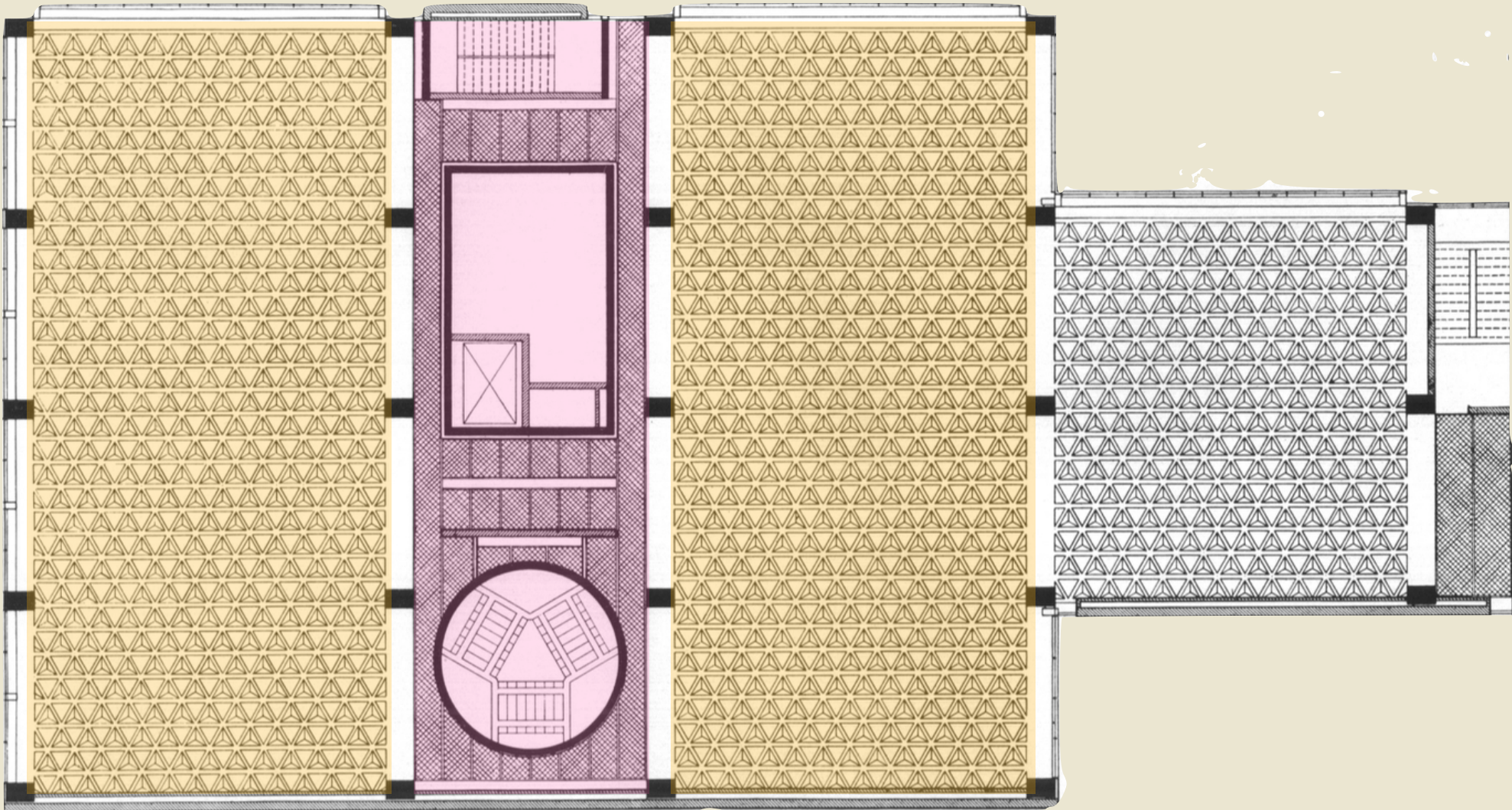
The existing courses, the facilities kit



RESEARCH - ‘Served’ and ‘Servant’ spaces by Louis Kahn



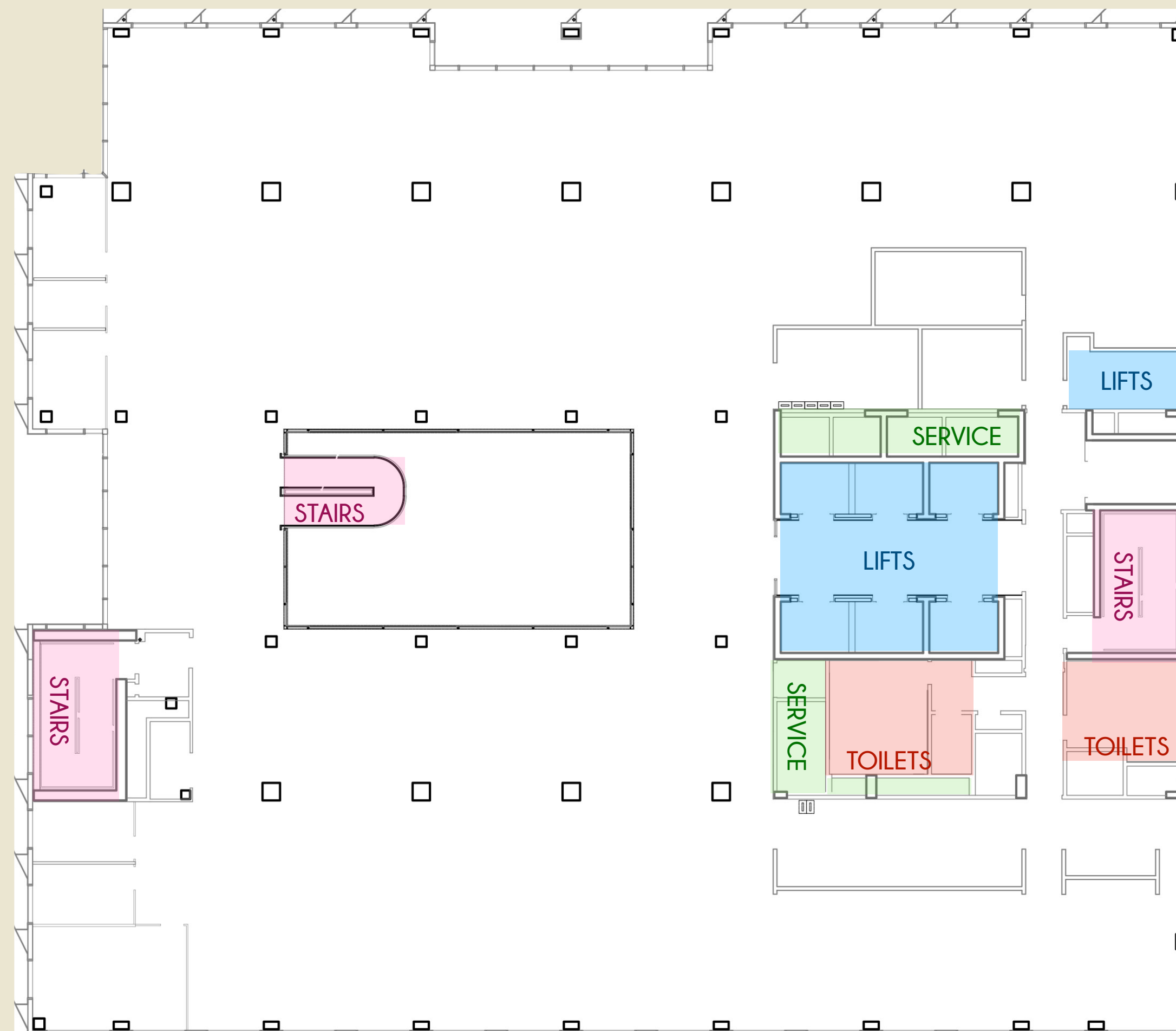
Louis Kahn, Salk Institute, La Jolla, CA, EUA



Louis Kahn, Yale Art Gallery Addition, New Haven, EUA

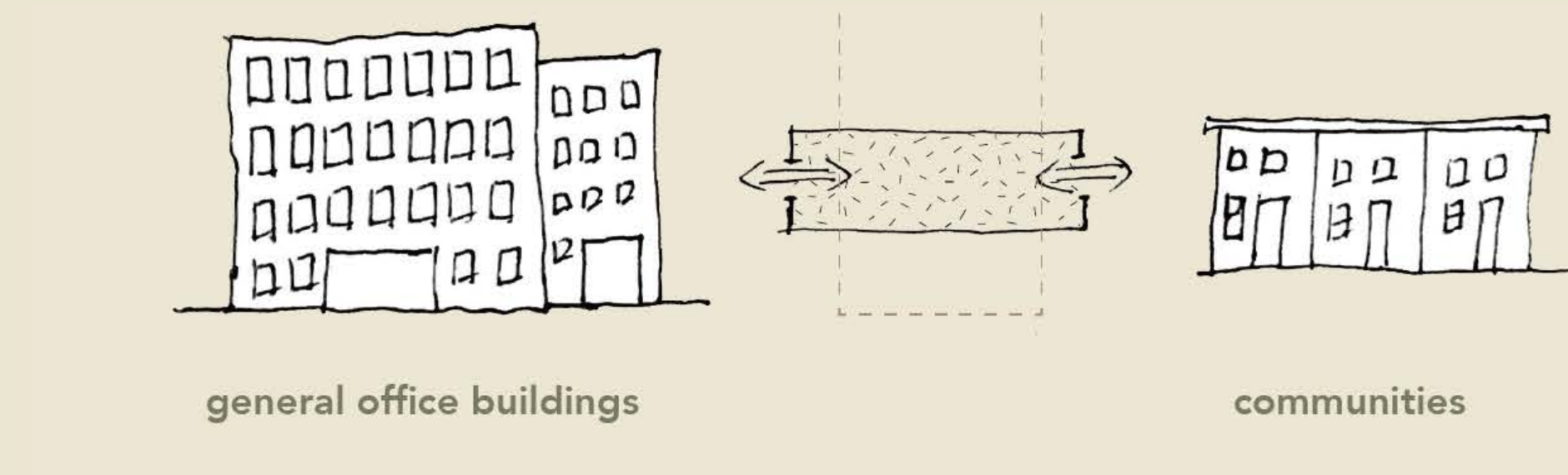
Served space

Servant space



The existing servant spaces of the building are mainly designed for our **basic physiological needs**.

What about servant spaces for wellbeing?



For those who work there :

Where will you go if you **need to answer a private phone call in an open plan office?**

What will you do if you are **too sleepy to work on workday mornings?**

What will you do if you **overstressed before important presentations?**

Where will you go if you **are tired of sitting for hours of meetings?**

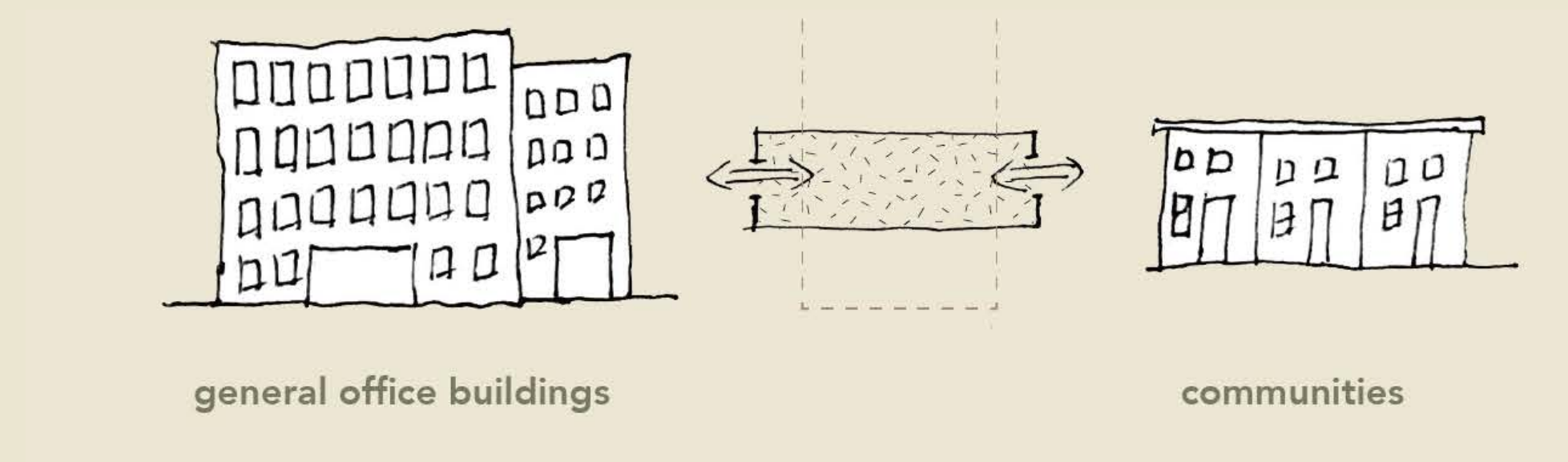
For those who live in nearby communities :

Where will you go if you **need some private time while you are living with others?**

What will you do if you **have a tough day and want to relax on your way home?**

Where will you go if you **want to exercise out of the public gym?**

Where will you go if you **are willing to social with other people nearby?**



We need servant spaces for wellbeing that help prepare our emotional and physical state; that is permeable and encourages human interactions between the workers and the communities.

Need Relaxation - Parasympathetic nervous system

For those who work there :

Where will you go if you **need to answer a private phone call in an open plan office?**

What will you do if you **overstressed before important presentations?**

For those who live in nearby communities :

Where will you go if you **need some private time while you are living with others?**

What will you do if you **have a tough day and want to relax on your way home?**

Need Energy - Sympathetic nervous system

For those who work there :

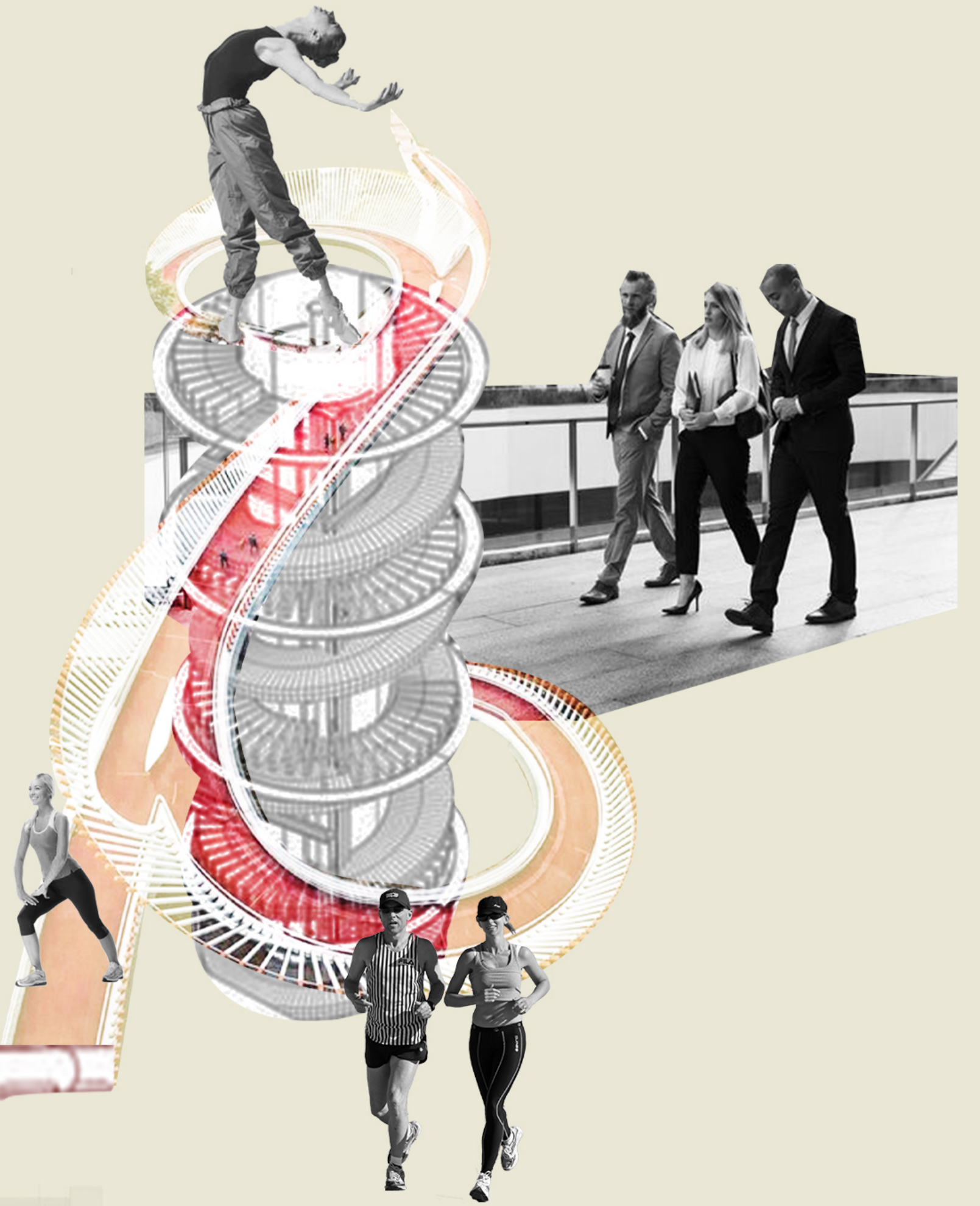
What will you do if you are **too sleepy to work on workday mornings?**

Where will you go if you **are tired of sitting for hours of meetings?**

For those who live in nearby communities :

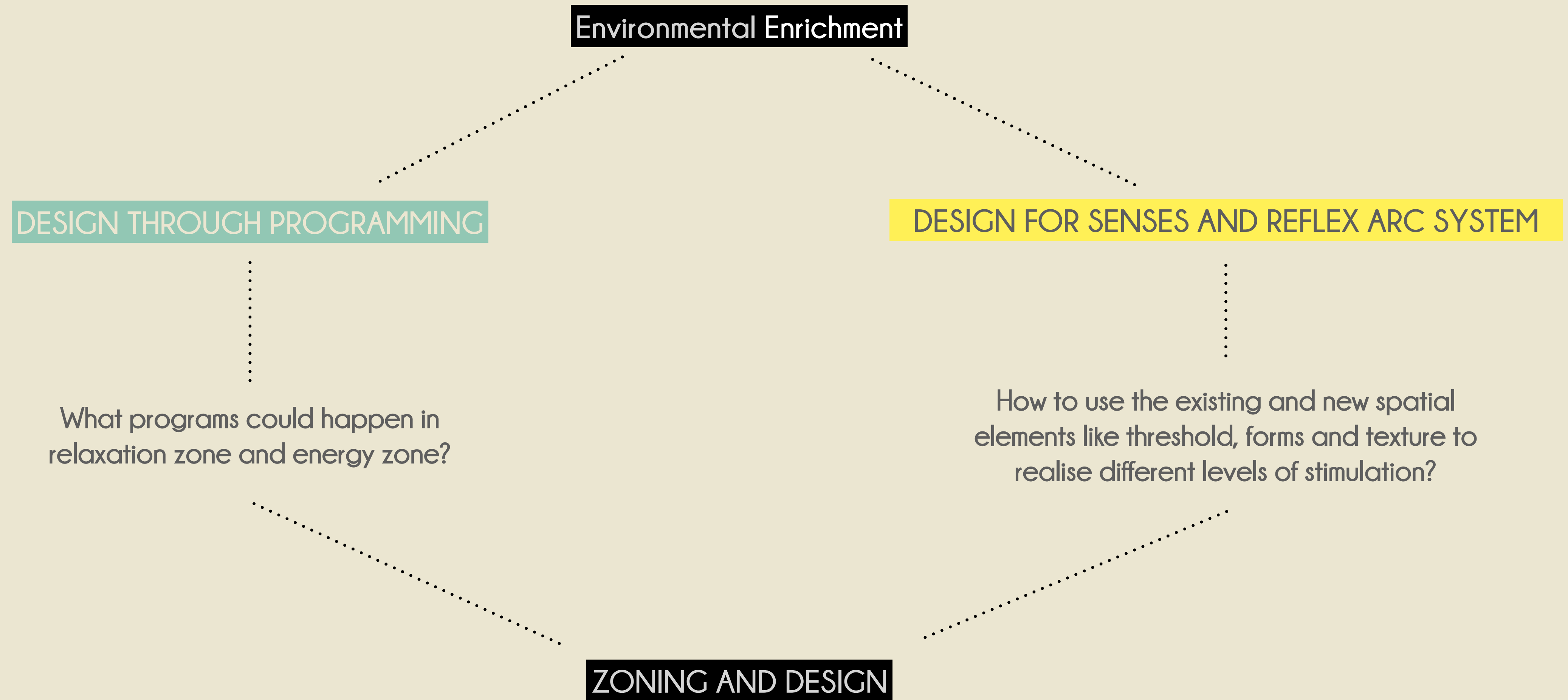
Where will you go if you **want to exercise out of the public gym?**

Where will you go if you **are willing to social with other people nearby?**



PROJECT BRIEF

‘EE-scape’ is a science-inspired urban landscape that is parasitic in the existing building and consists of a relaxation zone and an energy zone that provide workers and nearby residents with additional spaces to meet, take a brief rest from the digital-dominant life and embrace the recovery of physical experience.



RELAXATION PROGRAMS

What programs could happen in relaxation zone and why?

When you step into this space consciously, your body's reaction is unconscious.



RELAXATION - SENSORY EXPERIENCE

How will the inhabitant experience in the relaxation zone?

Sight

- green
- water
- natural light
- canalside scenery
- sunset
- birds flying by

Hear

- natural sound
- people chatting in low voice
- yourself breathing
- city noise far away

Touch

- materials
- soil
- Plants
- Water

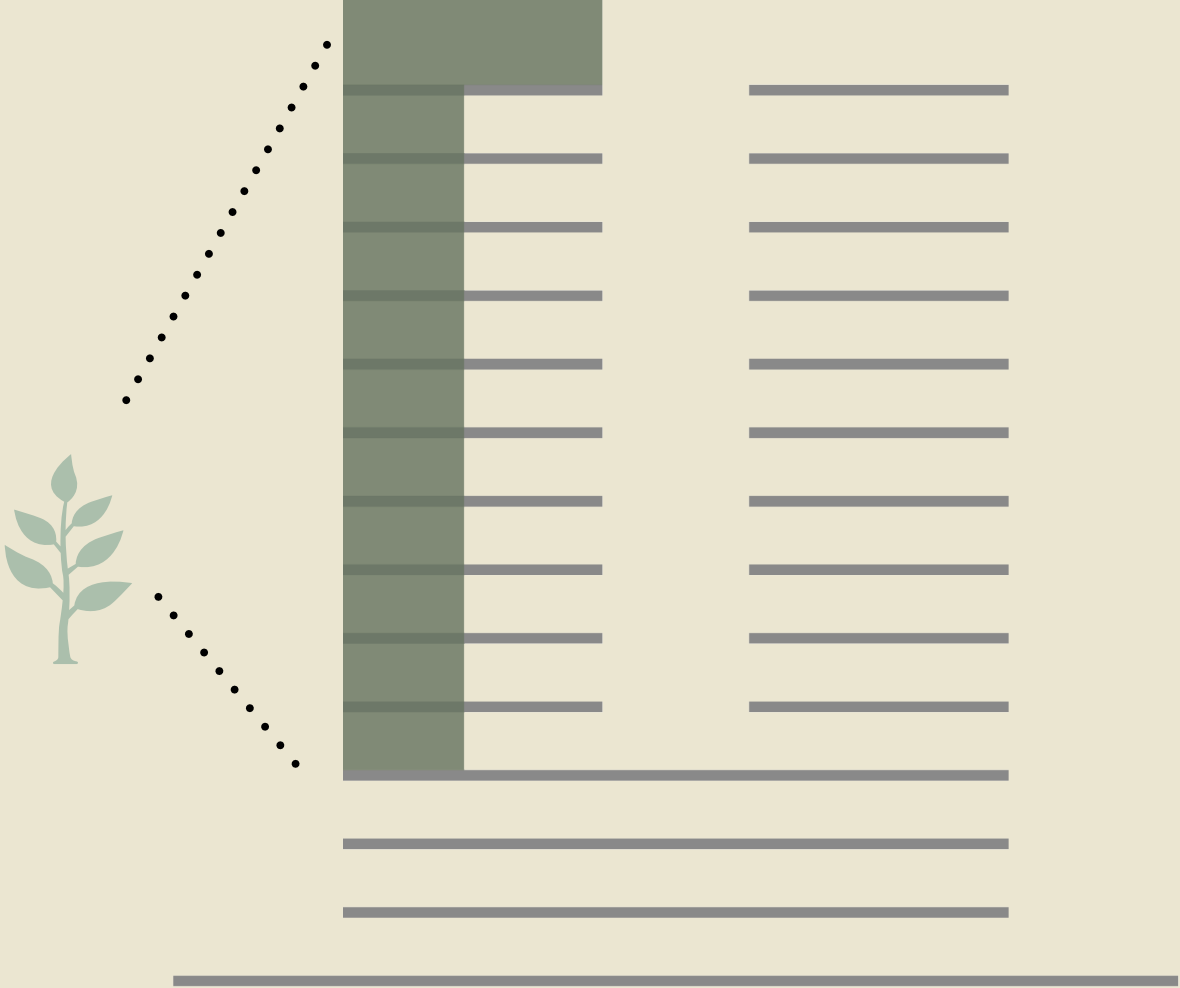
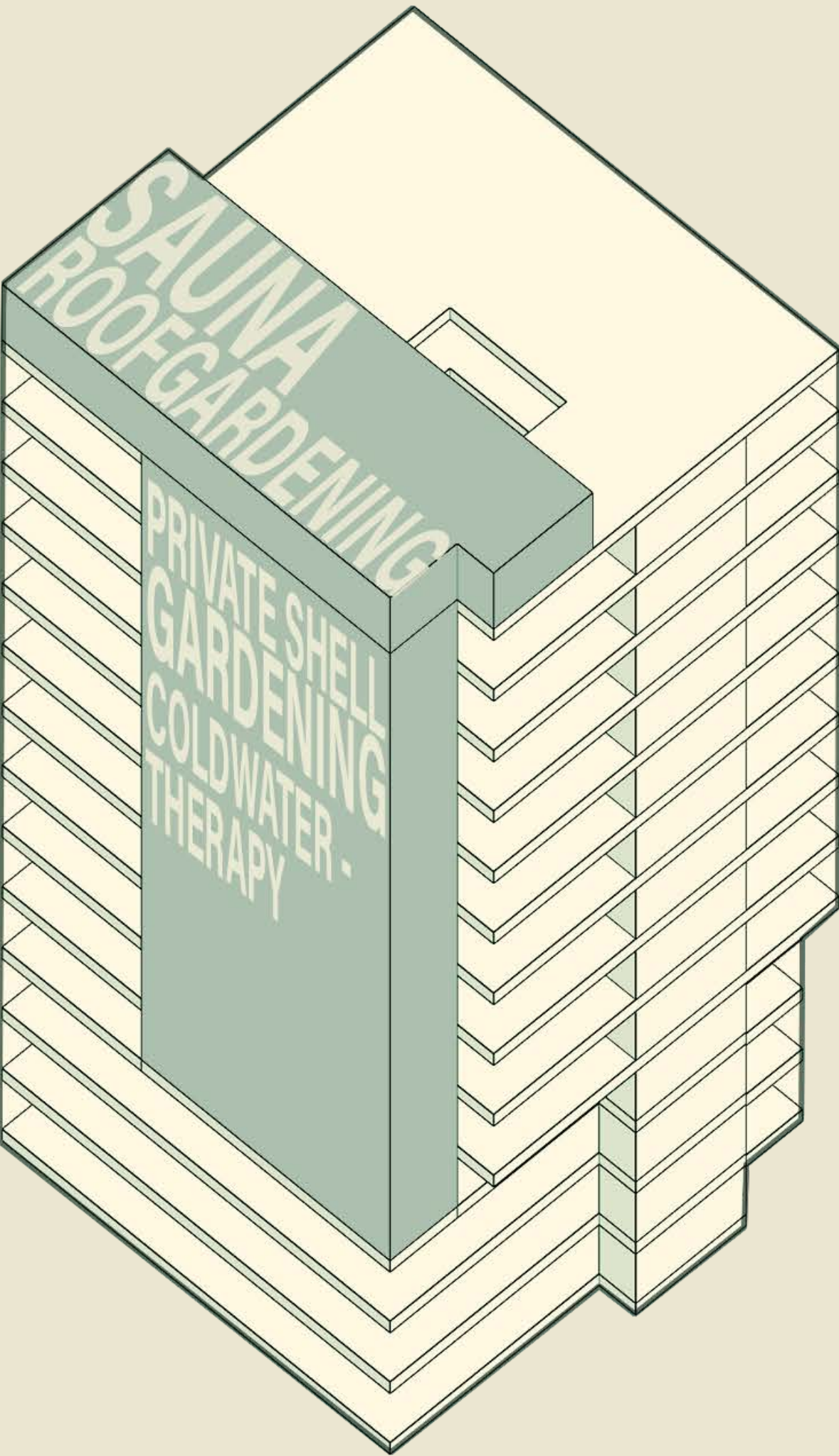
Smell

- Material aroma
- Fresh plant
- Fresh air



RELAXATION ZONING

Where could the RELAXATION programs happen in the site and why?

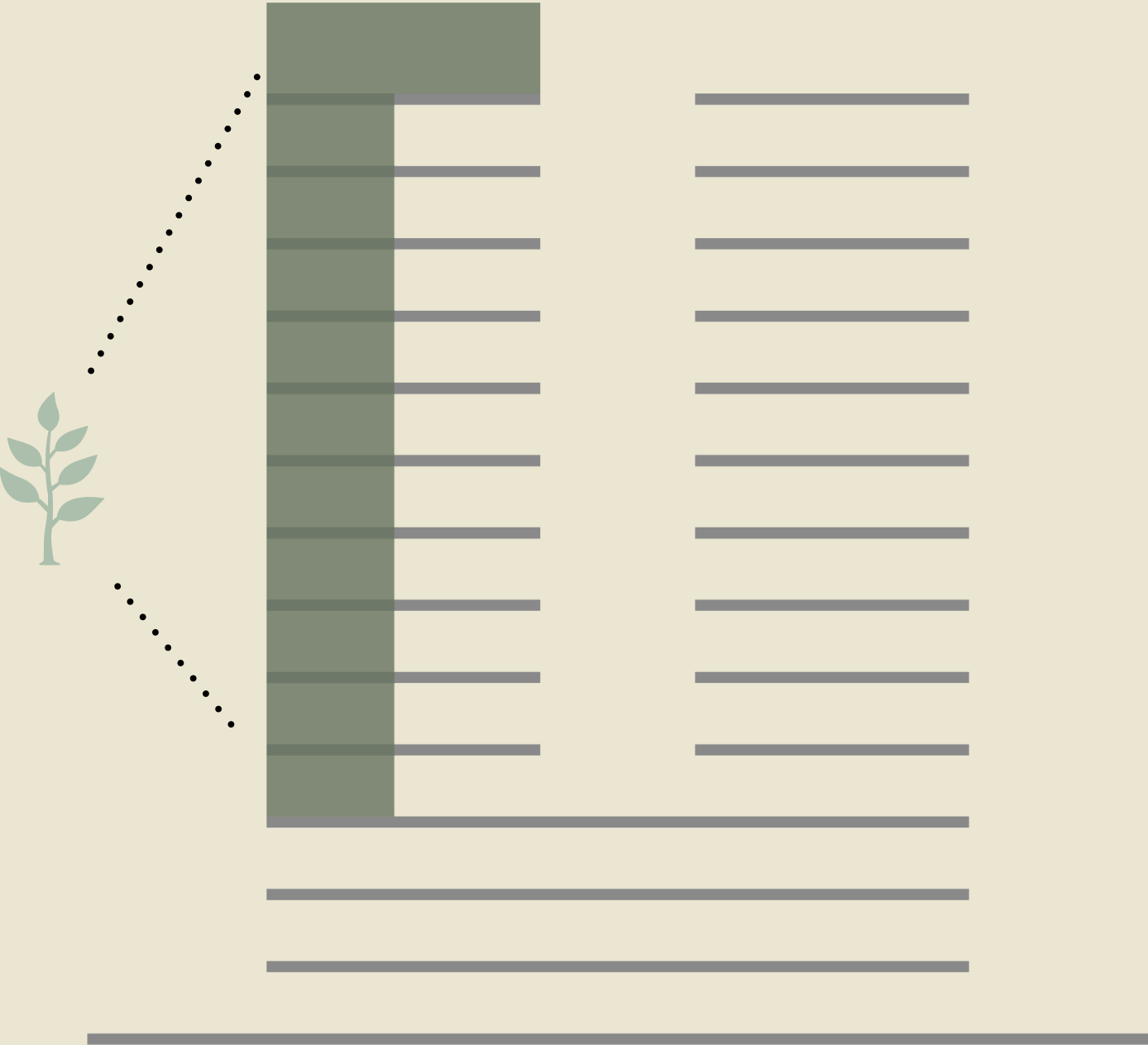


EVERY TWO FLOORS

PRIVATE SHELL PRIVATE SHELL PRIVATE SHELL PRIVATE SHELL GARDENING
COLDWATER THERAPY PRIVATE SHELL PRIVATE SHELL PRIVATE SHELL PRIVATE SHELL

RELAXATION ZONING

Accessibility



Office worker



Public

ENERGY PROGRAMMING

What programs could happen in ENERGY zone and why?

JOGGING

.....

physical activities promotes all kinds of changes in the brain, including neural growth, new activity patterns that promote feelings of calm and well-being.

WALKING
MEETING

.....

A walking meeting is a meeting held when taking a walk – away from boardrooms, offices, or coffee shops. Studies have shown that walking actually boosts creative output by about 60%.

ENERGY - SENSORY EXPERIENCE

How will the inhabitant experience in the energy zone?

Sight

- bright colors
- others doing physical activities
- others working or meeting
- visuals moving fast

Hear

- body movement sound
- people chatting and laughing
- yourself breathing

Touch

- materials
- Your skin

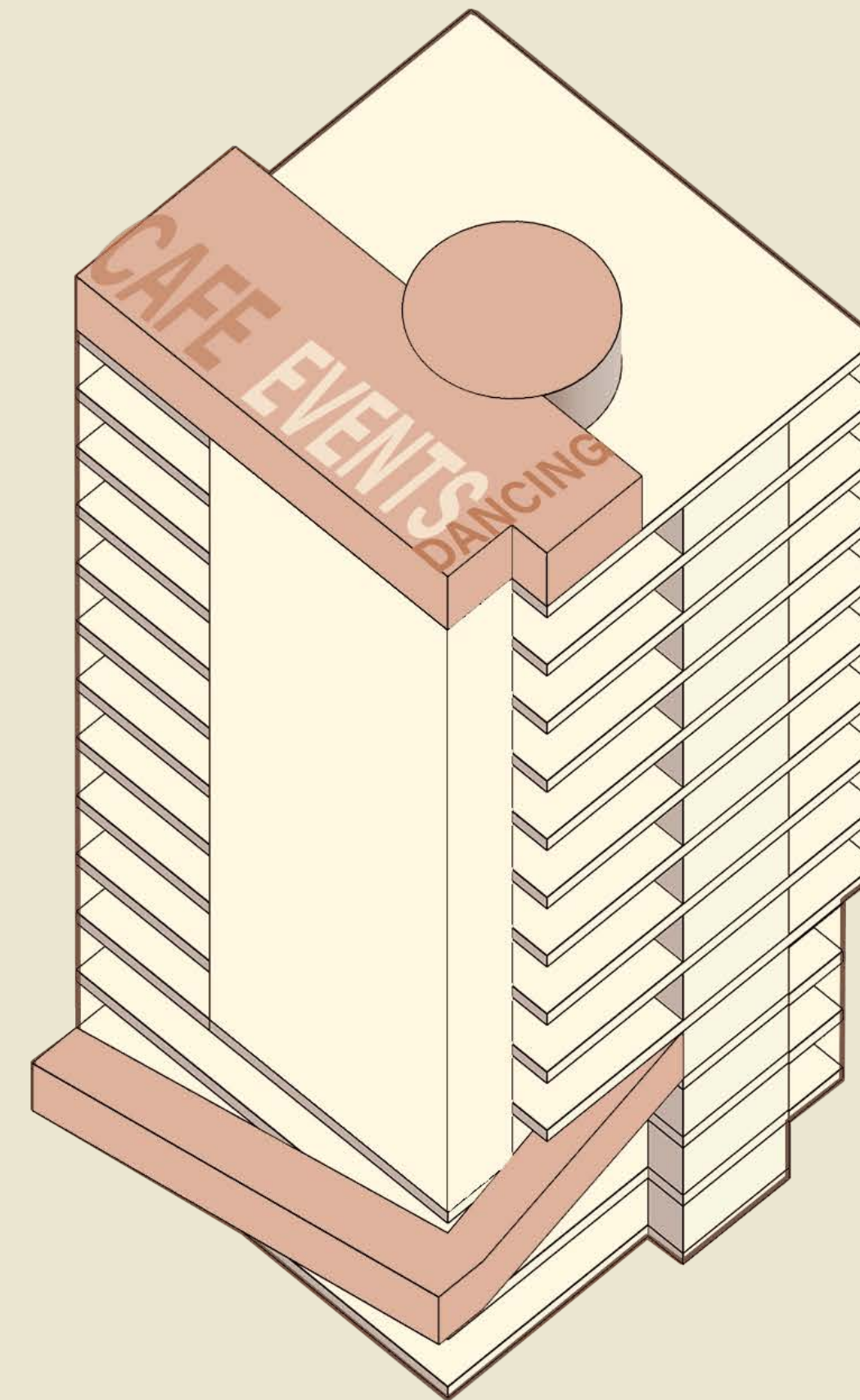
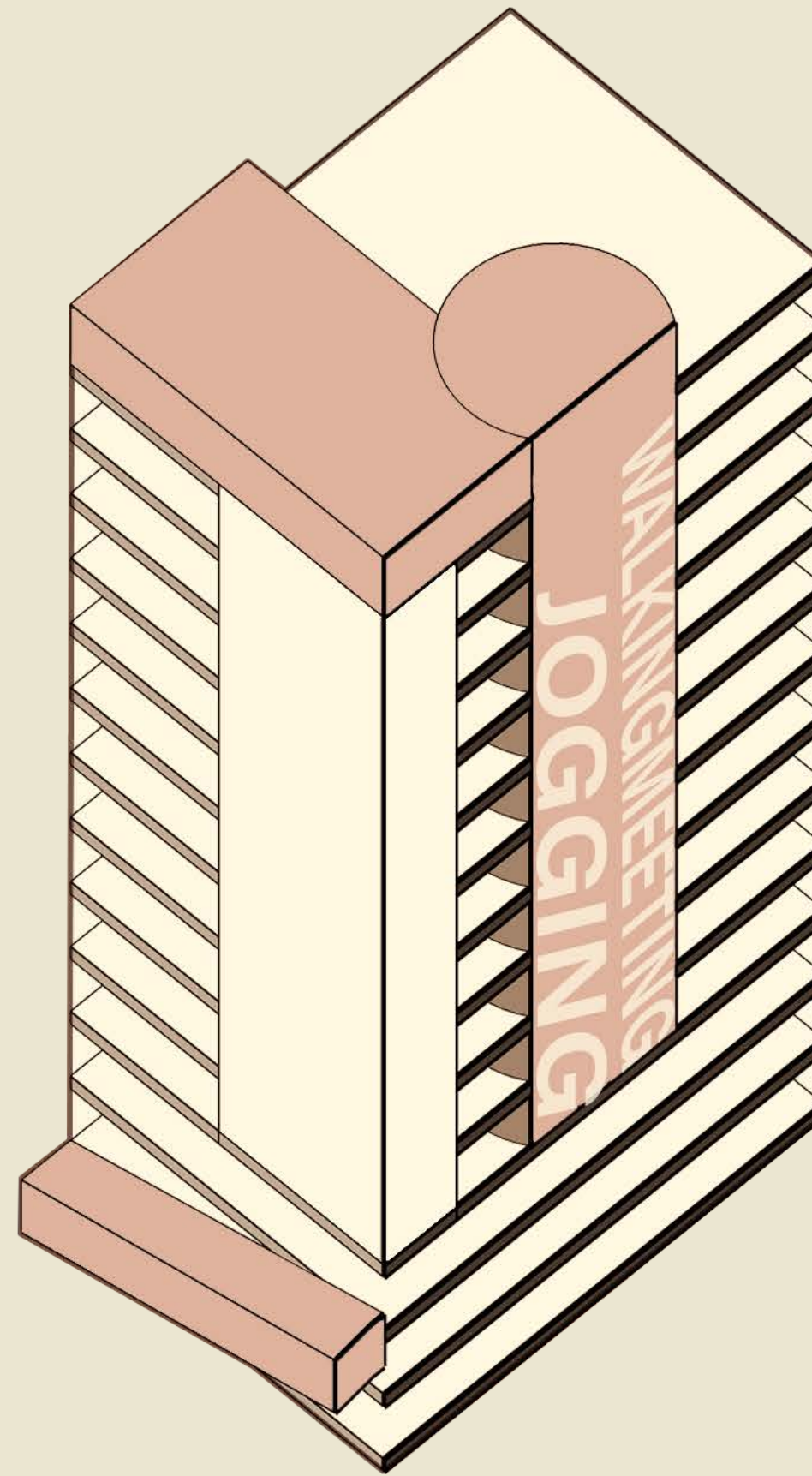
Smell

- Material aroma
- Sweat
- Fresh air

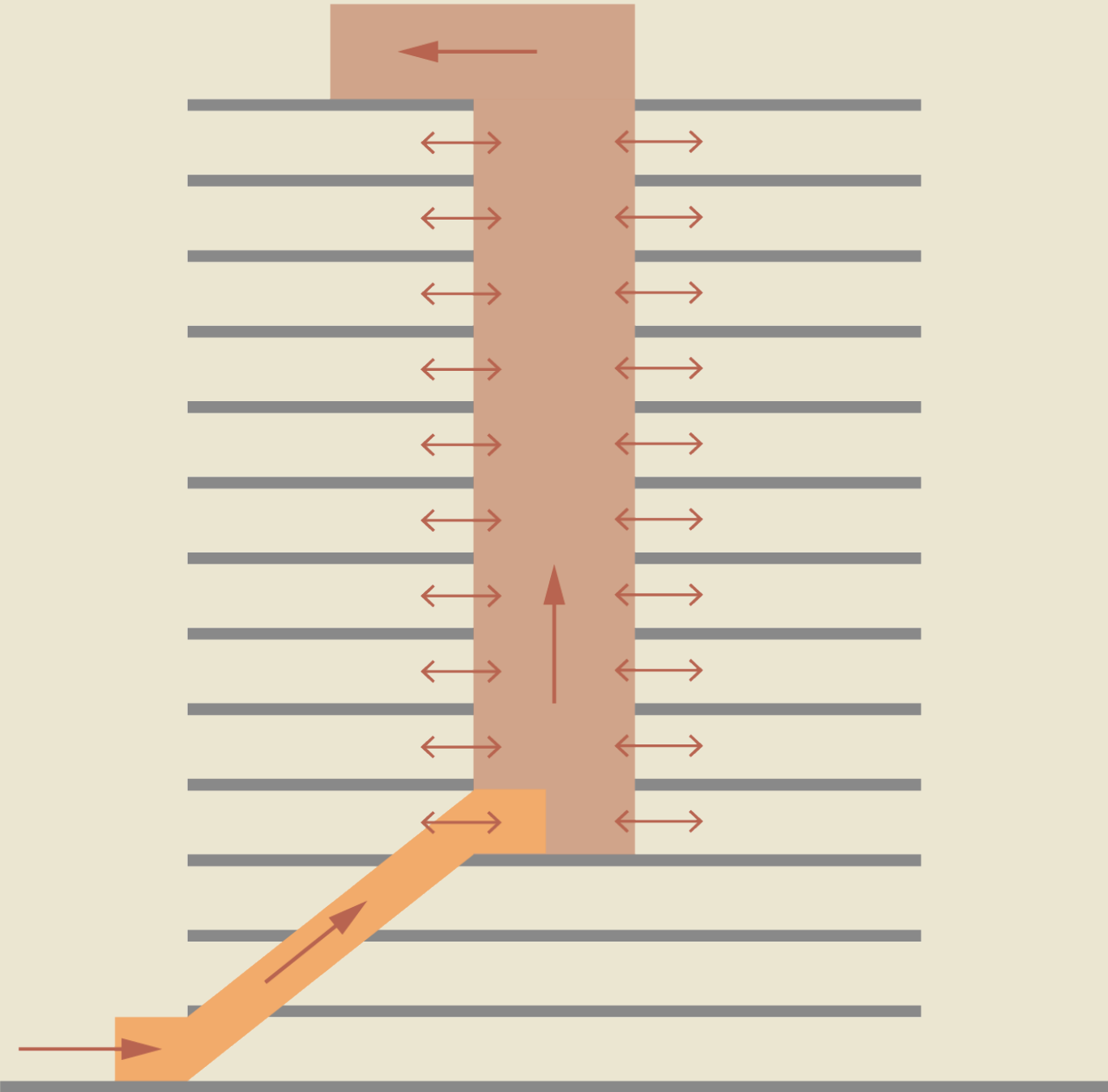


ENERGY ZONING

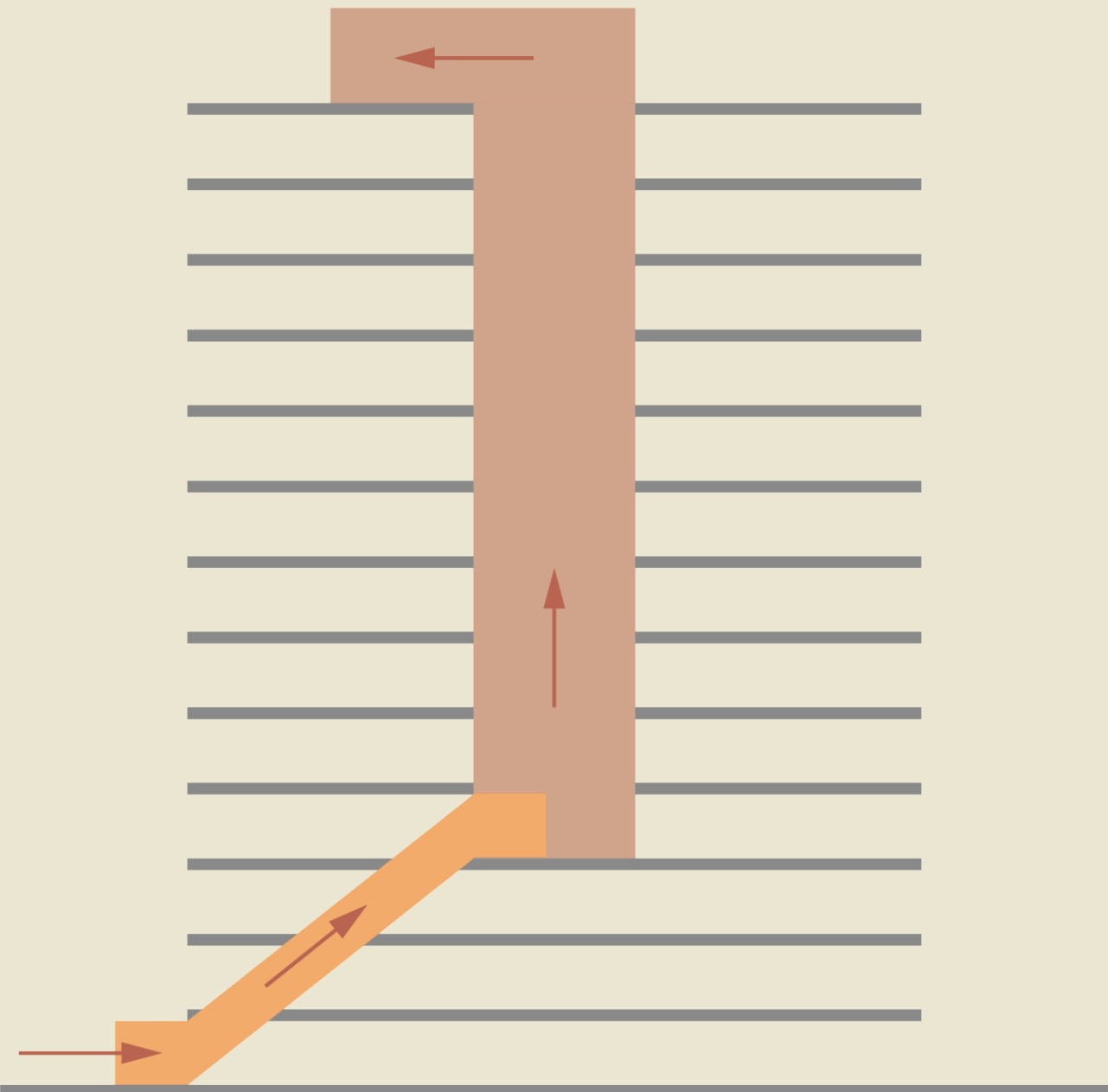
Where could the ENERGY programs happen in the site and why?



ENERGY ZONING Accessibility

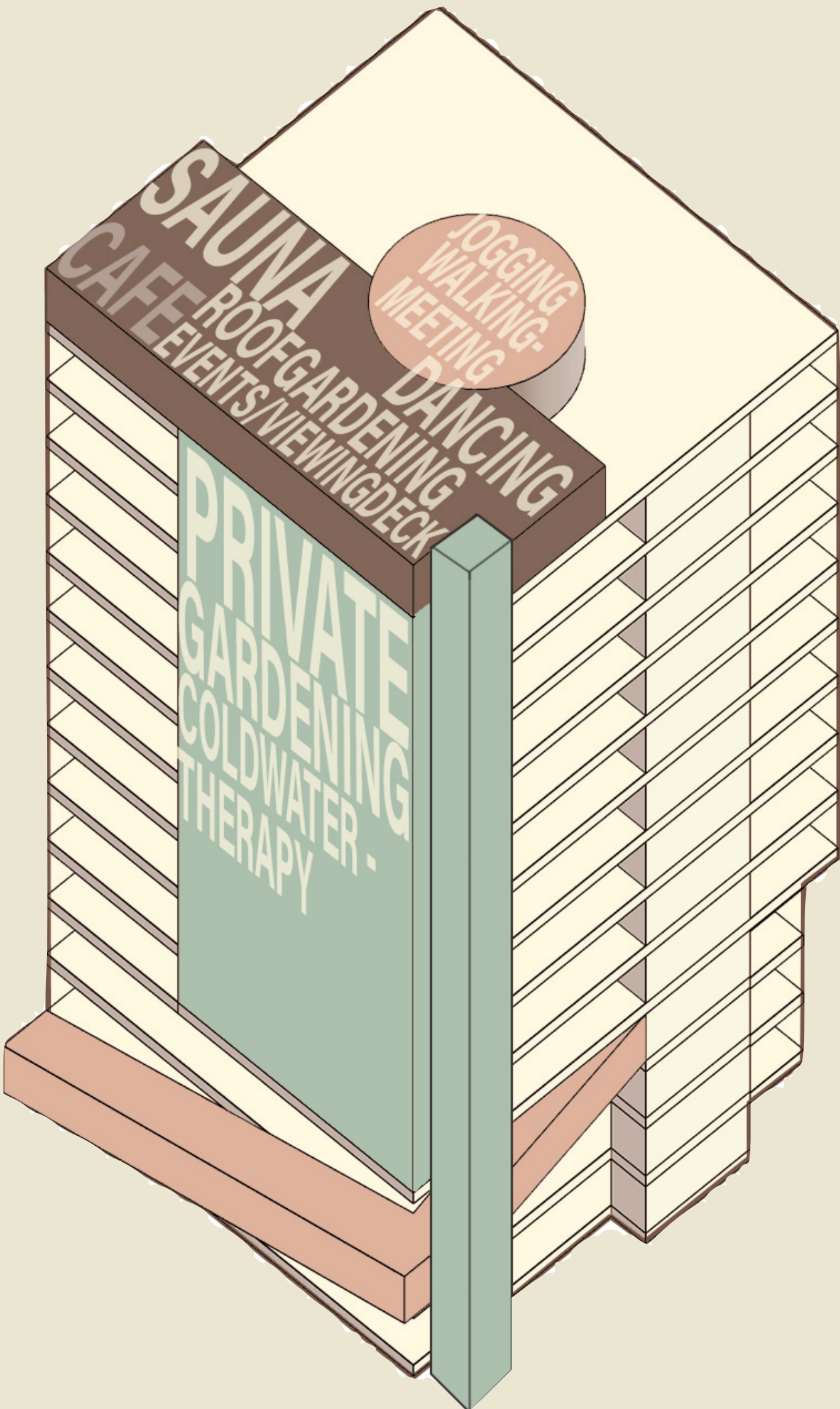


Office worker



Public

JOINT SPACE PROGRAMS What happened if the two zones meet?



SAUNA

.....

Your sympathetic nervous system becomes more active in order to maintain a temperature balance in your body. The heat relaxes your muscles, including those in your face and neck.

DANCING

.....

physical activities lead to active brain activities and good for creativity

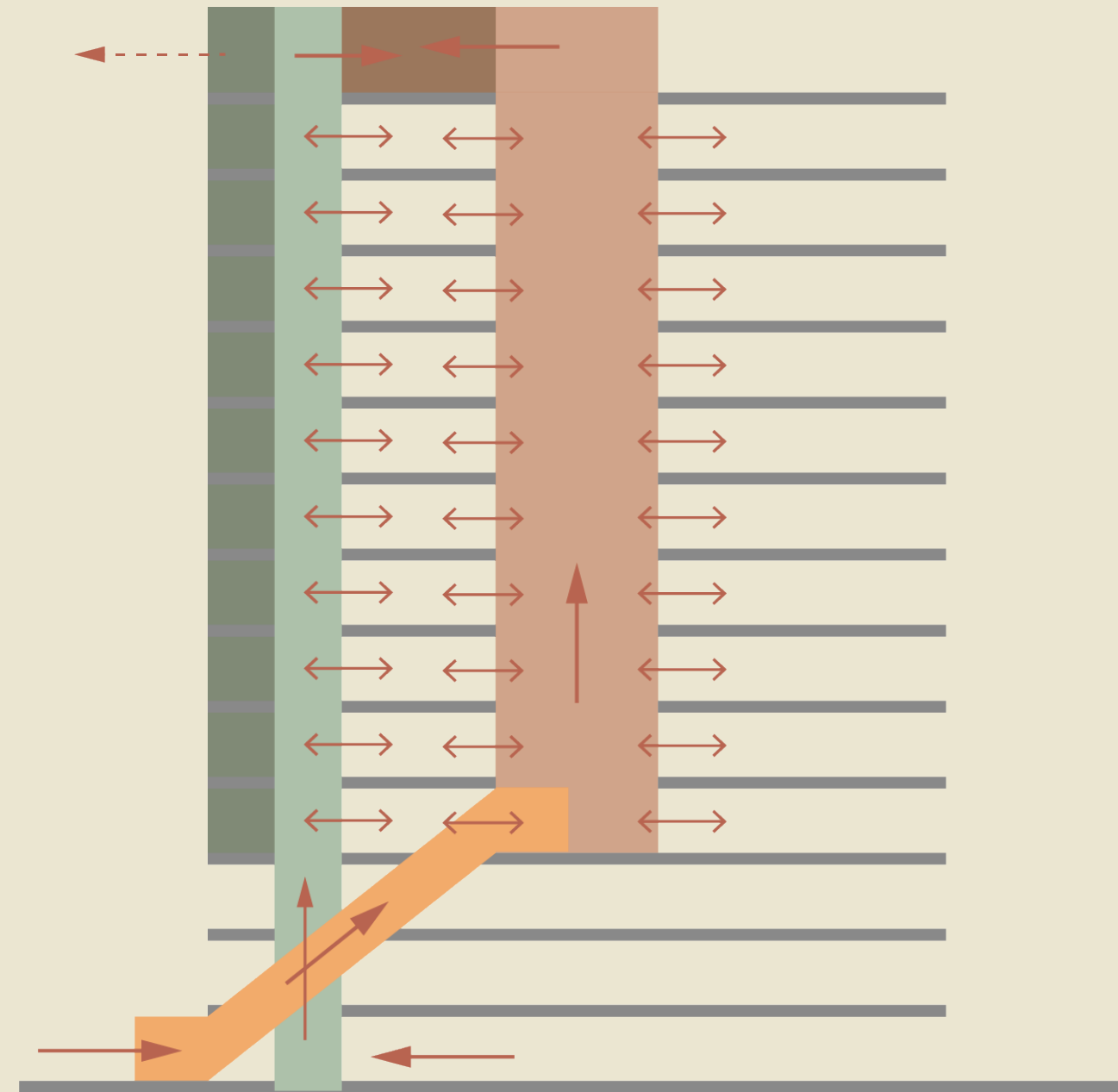
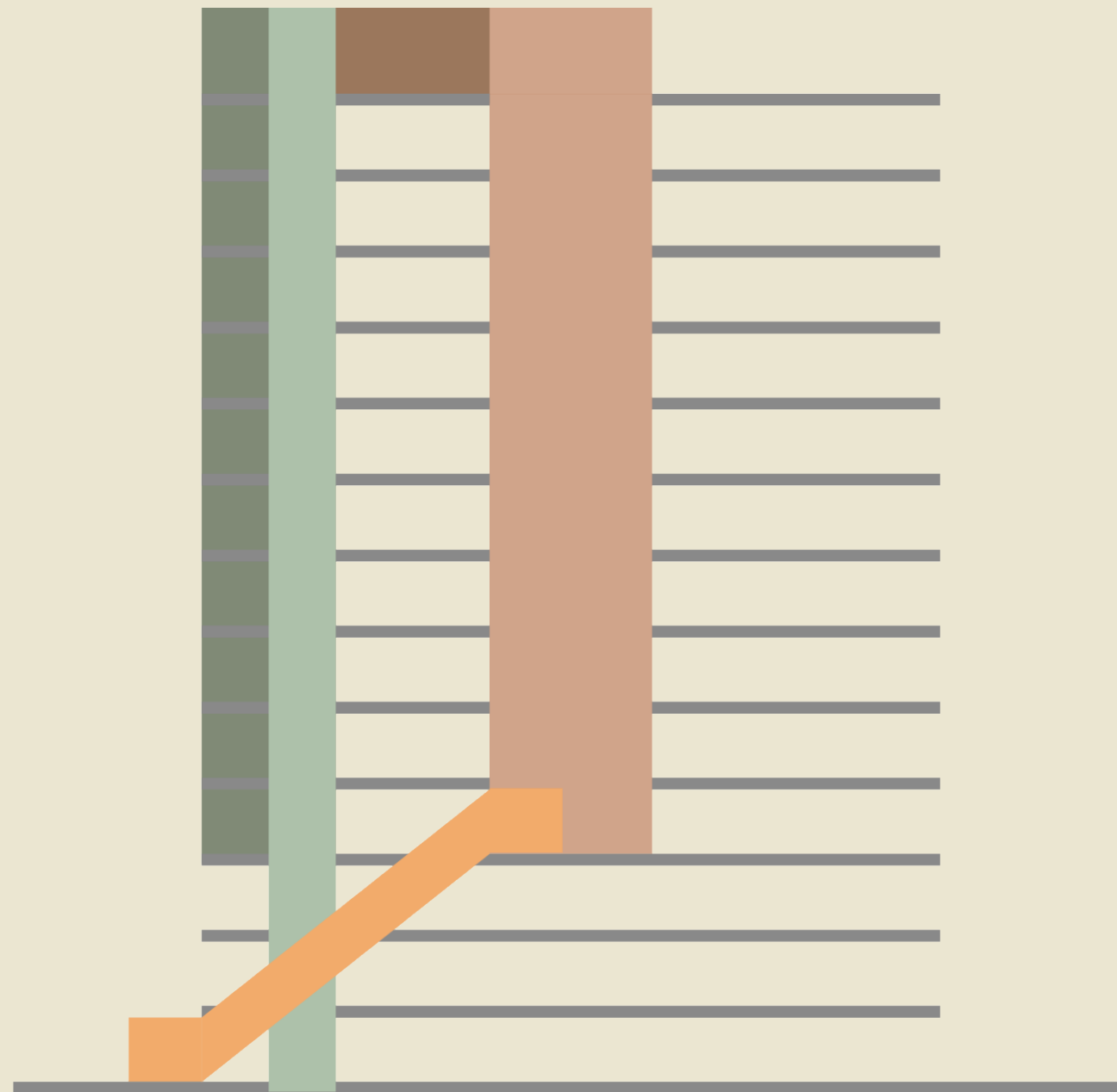
EVENTS

.....

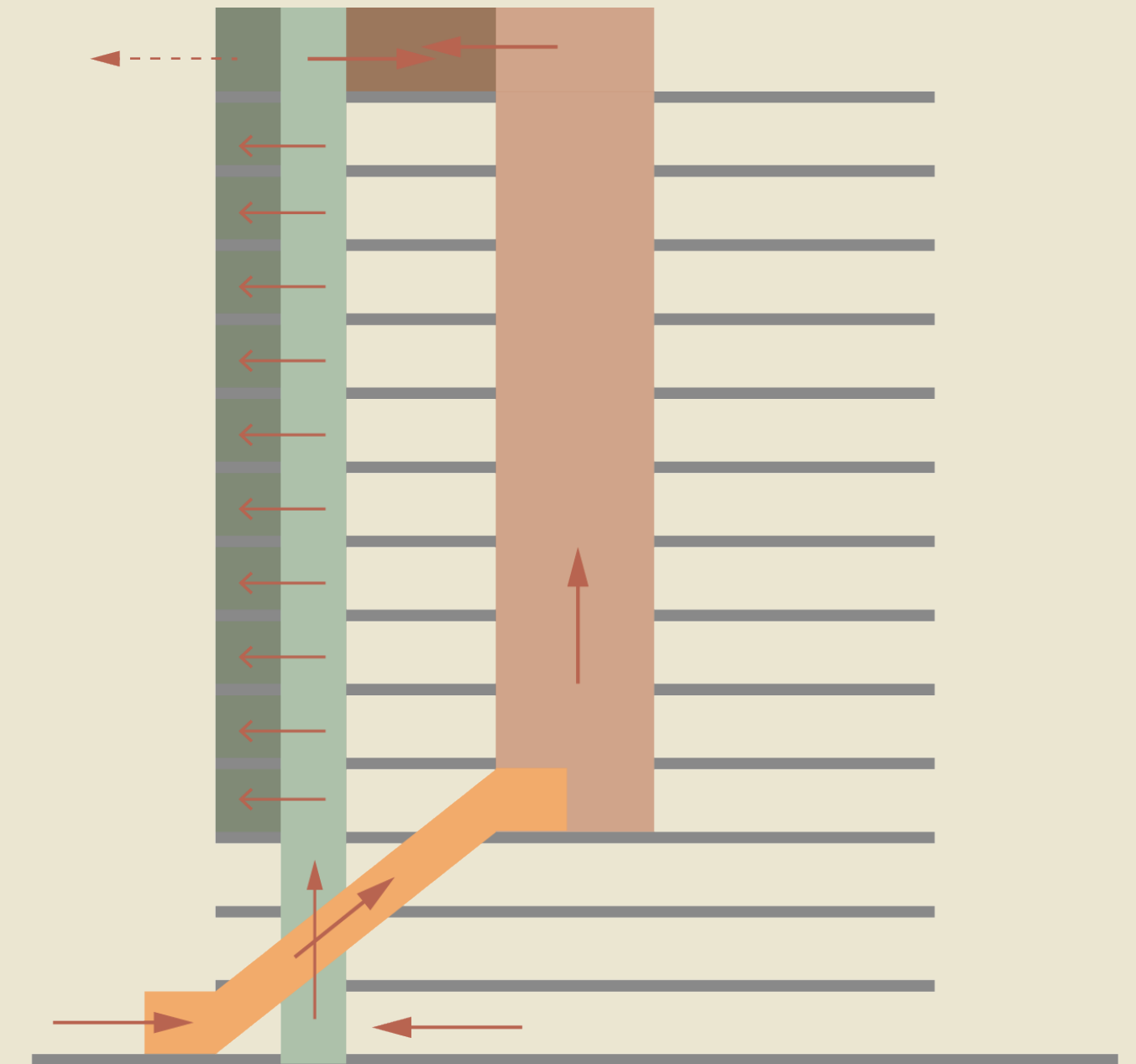
time-based, intense energy, high level of stimulation to all senses

ZONING

Accessibility

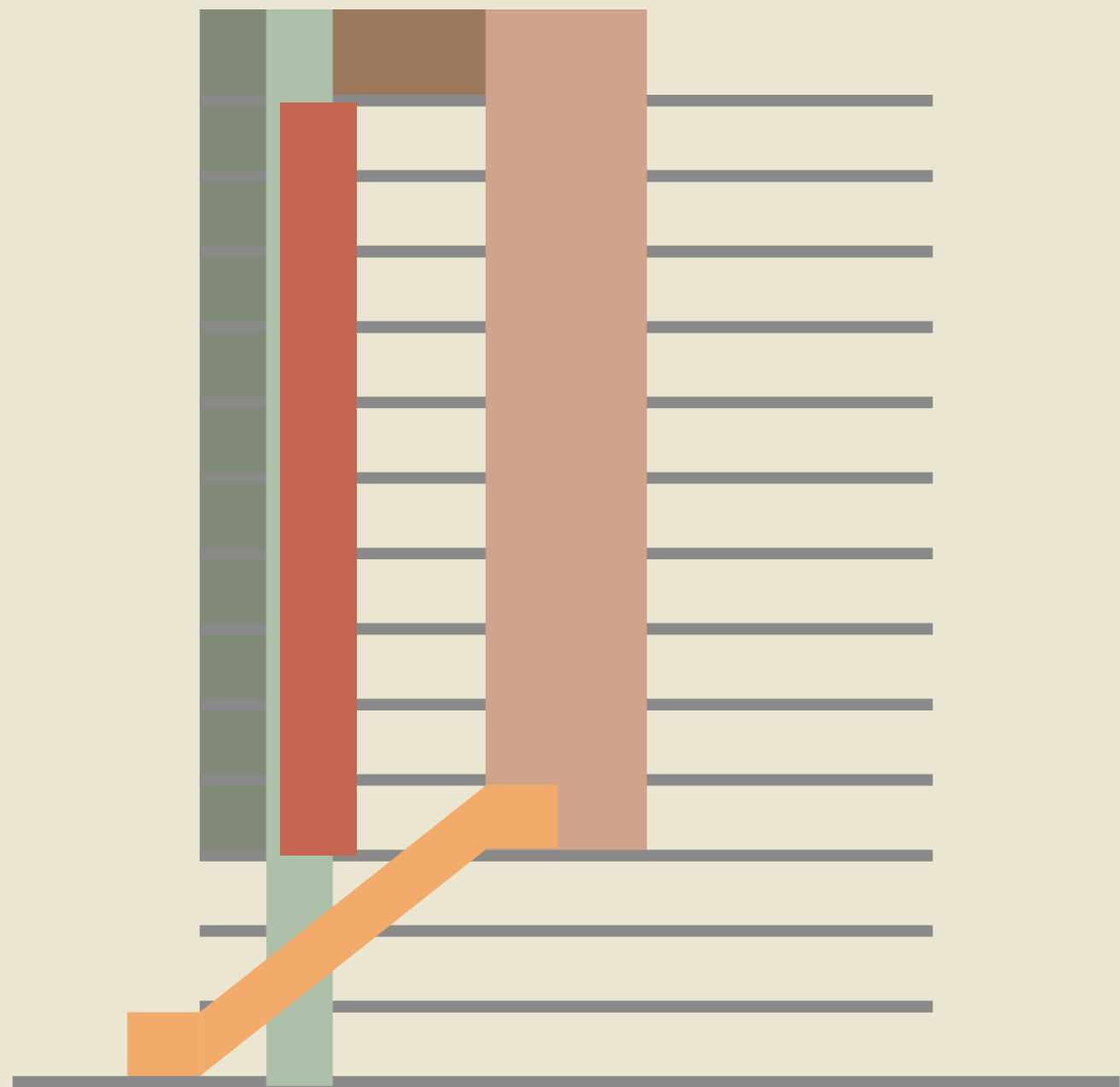


Office worker

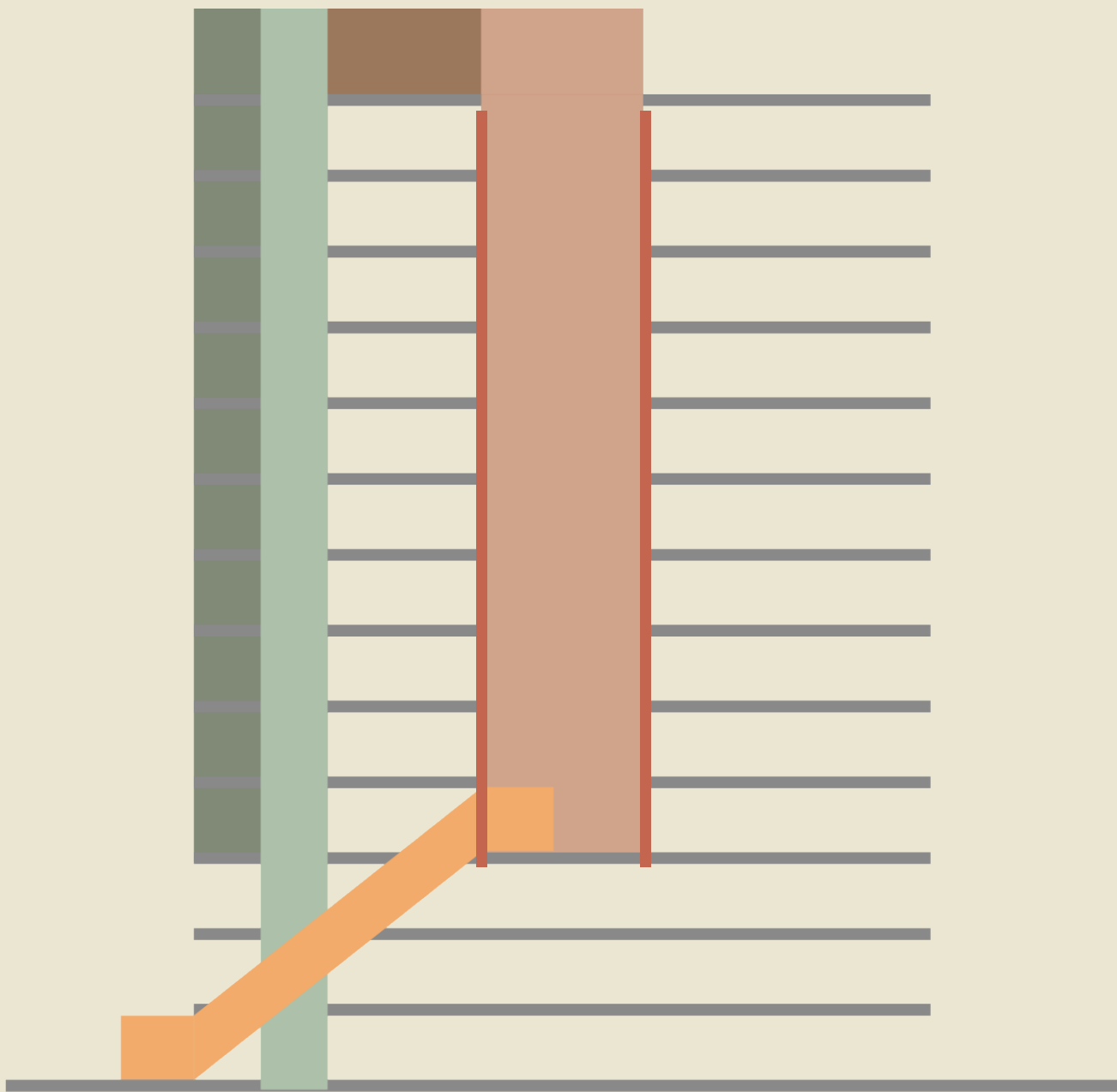


Public

THRESHOLDS



Thresholds between relaxation zone and the existing office:
Solid acoustic threshold
Visual separation



Thresholds between energy zone and the existing office:
Acoustic separation
Visual transparency

THE JOURNEY



ENTRANCE OF RELAXATION



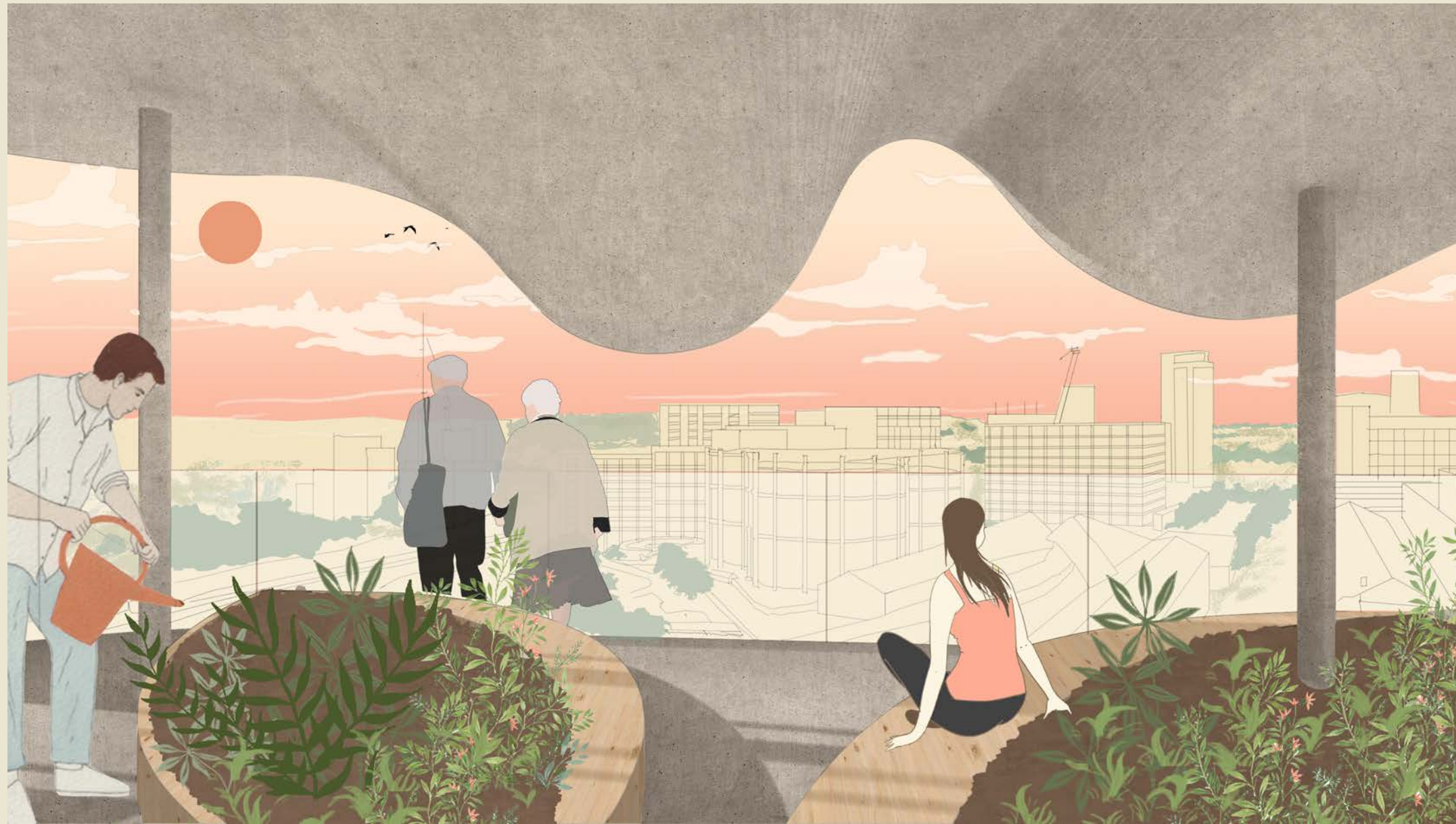
ENTRANCE OF ENERGY



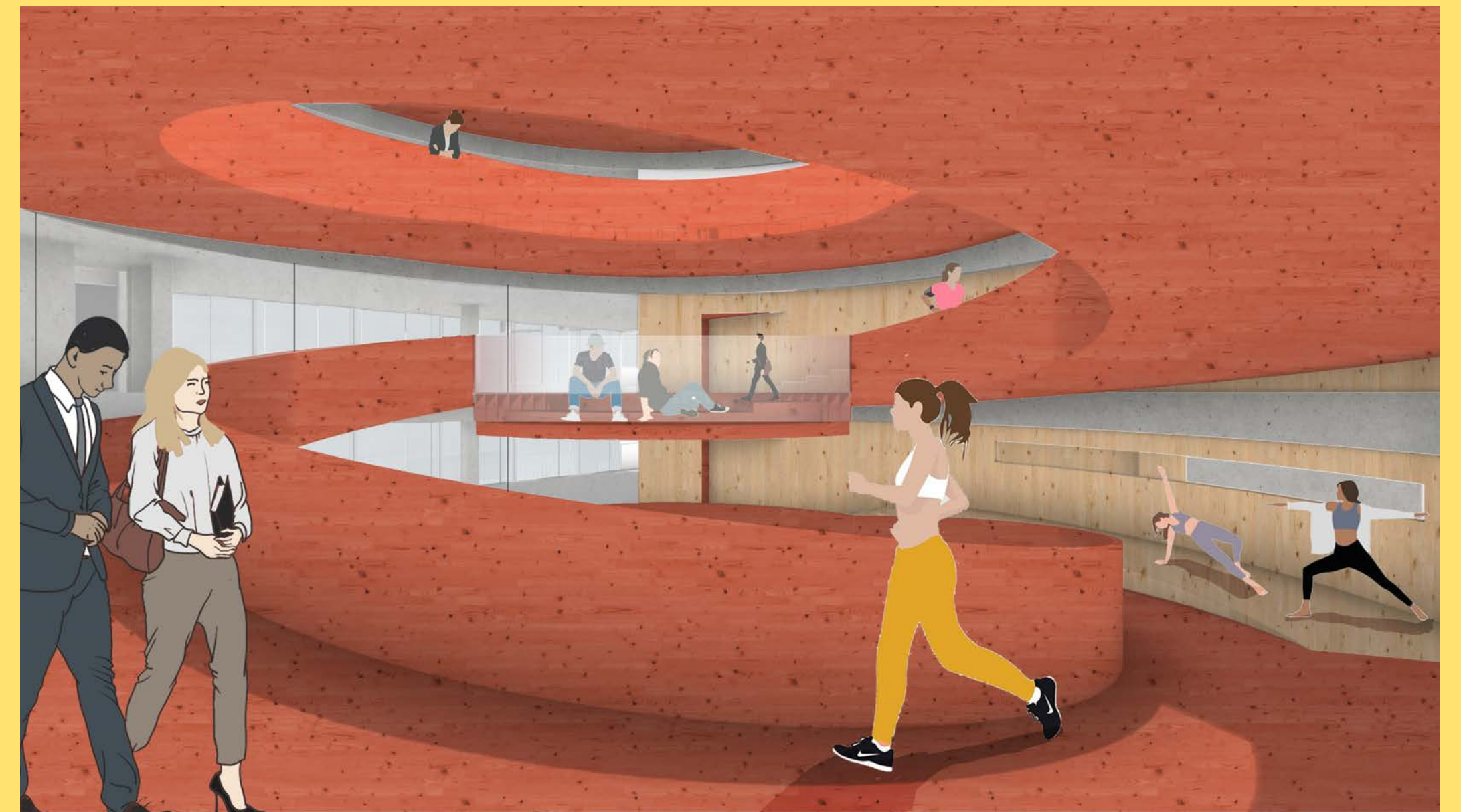
RELAXATION ELEVATOR



ENERGY TRACKS



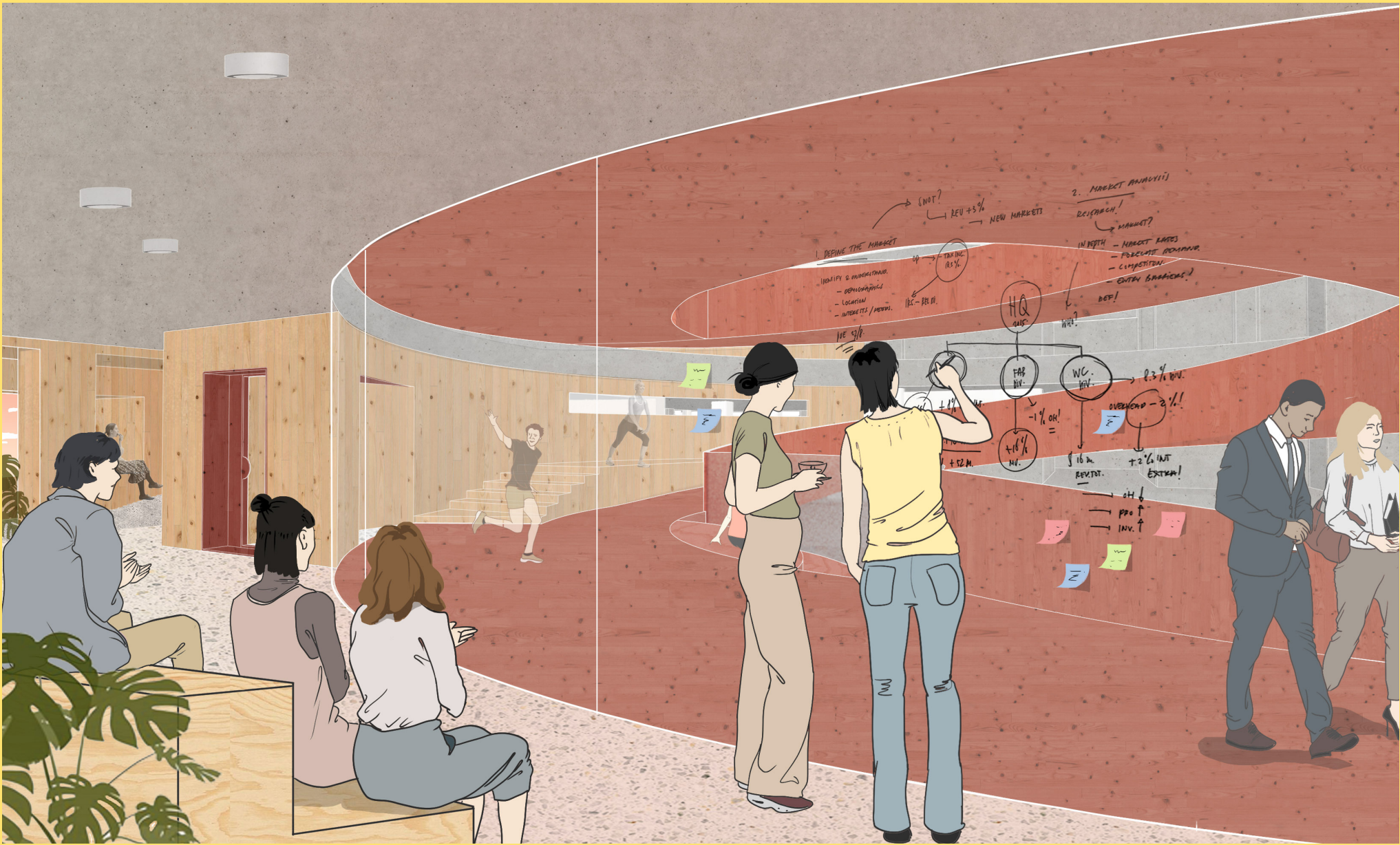
RELAXATION - GARDENING



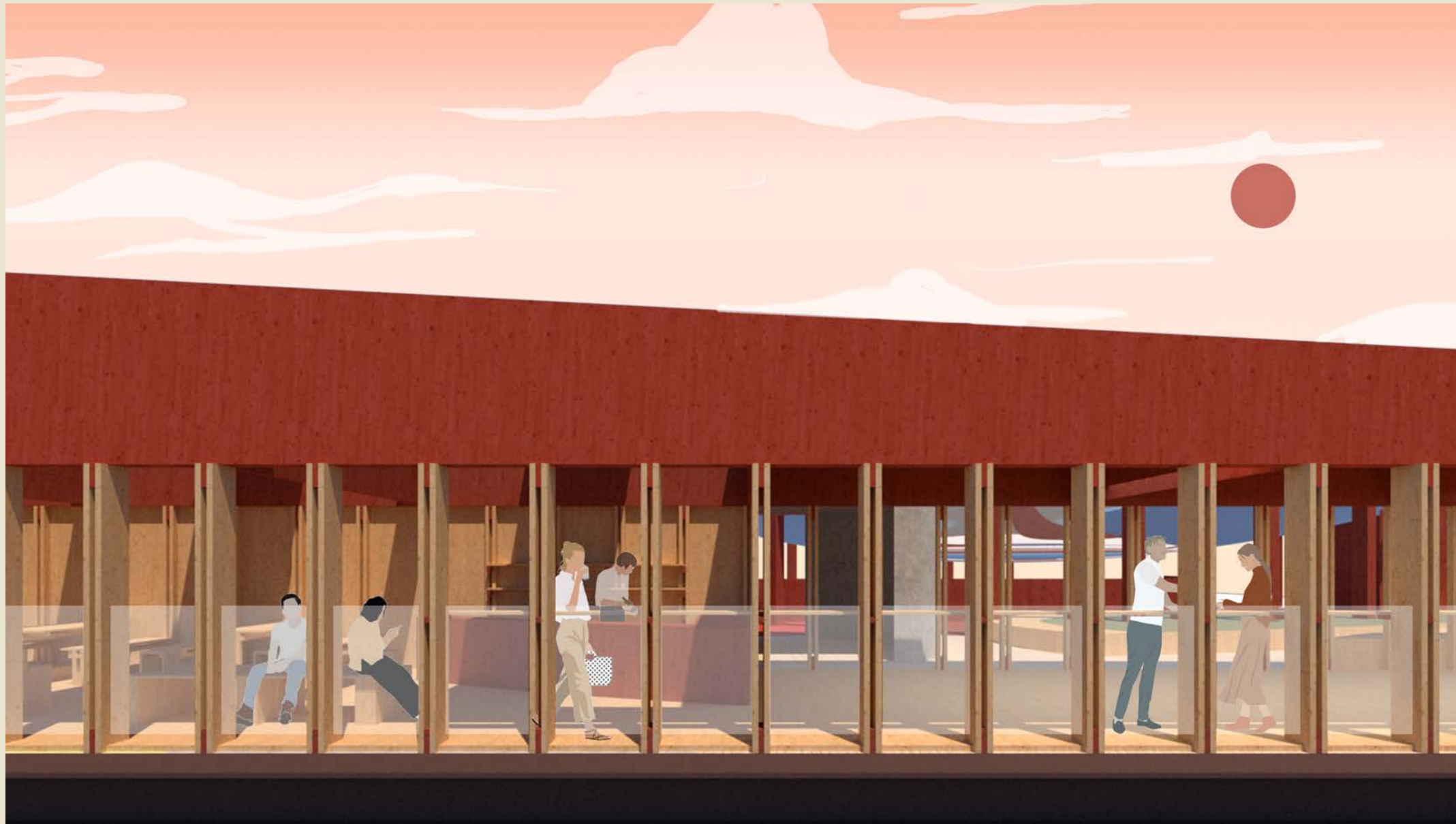
ENERGY - WALKING MEETING



RELAXATION - PRIVATE SHELL



ENERGY - INTERACTION WITH EXISTING OFFICE



RELAXATION - OBSERVATION DECK



ENERGY - END OF THE RAMPS

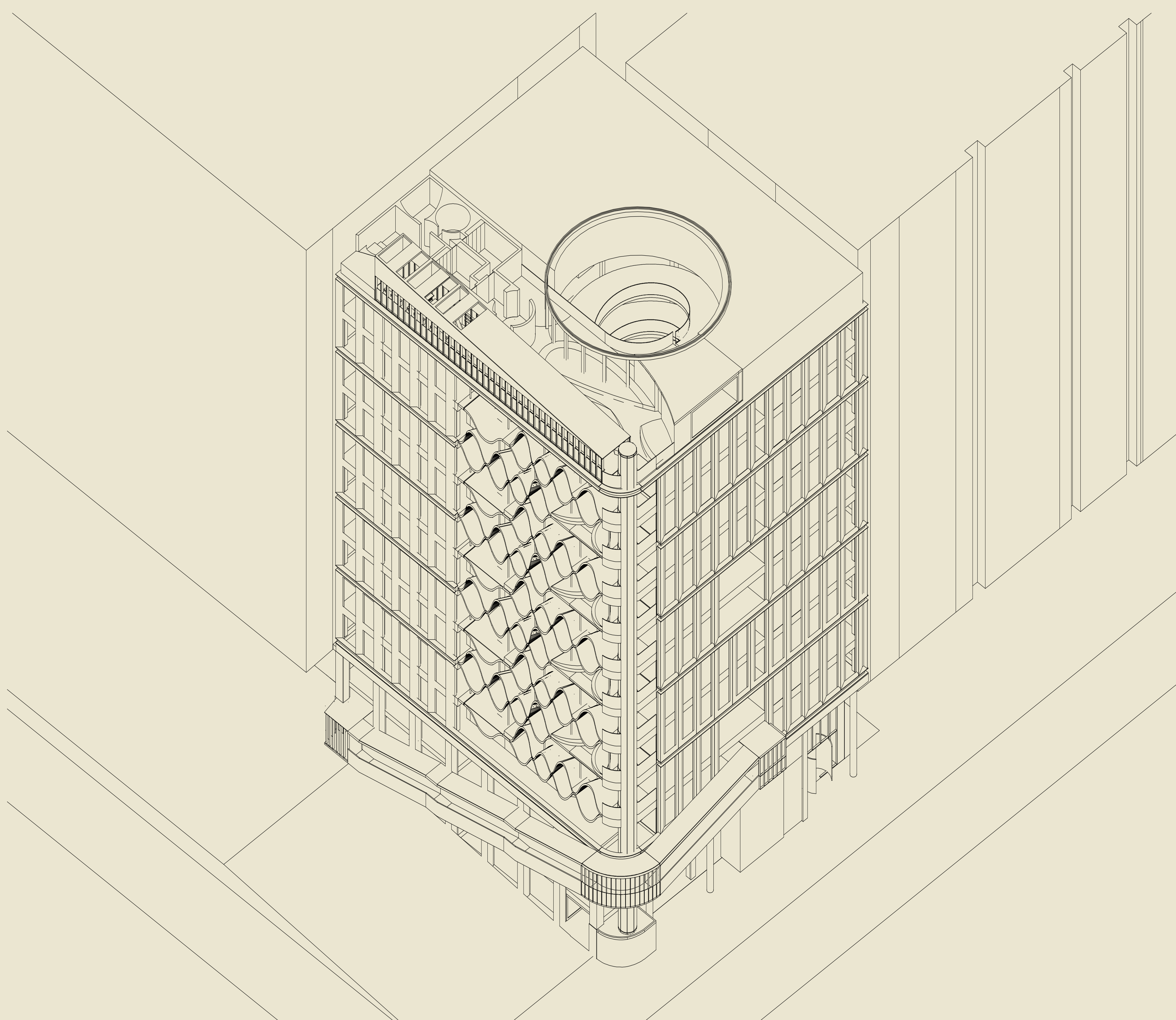




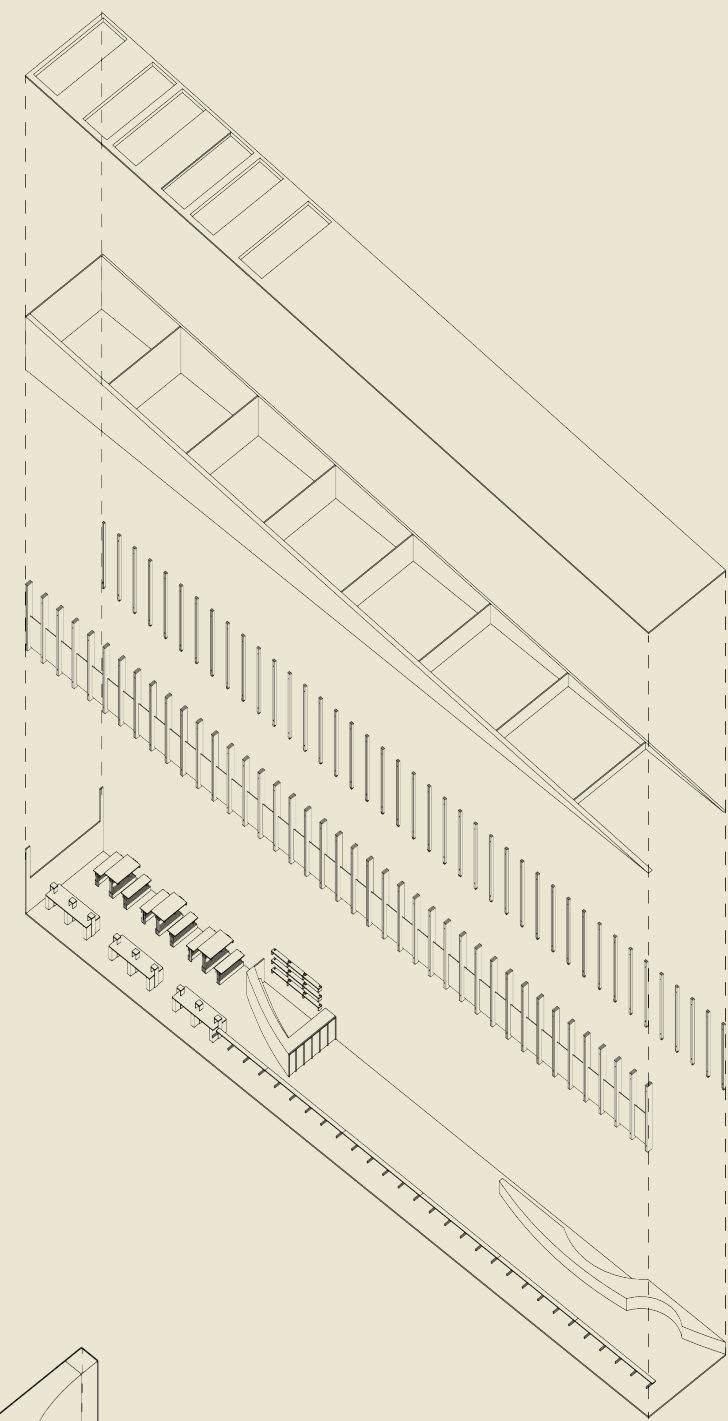




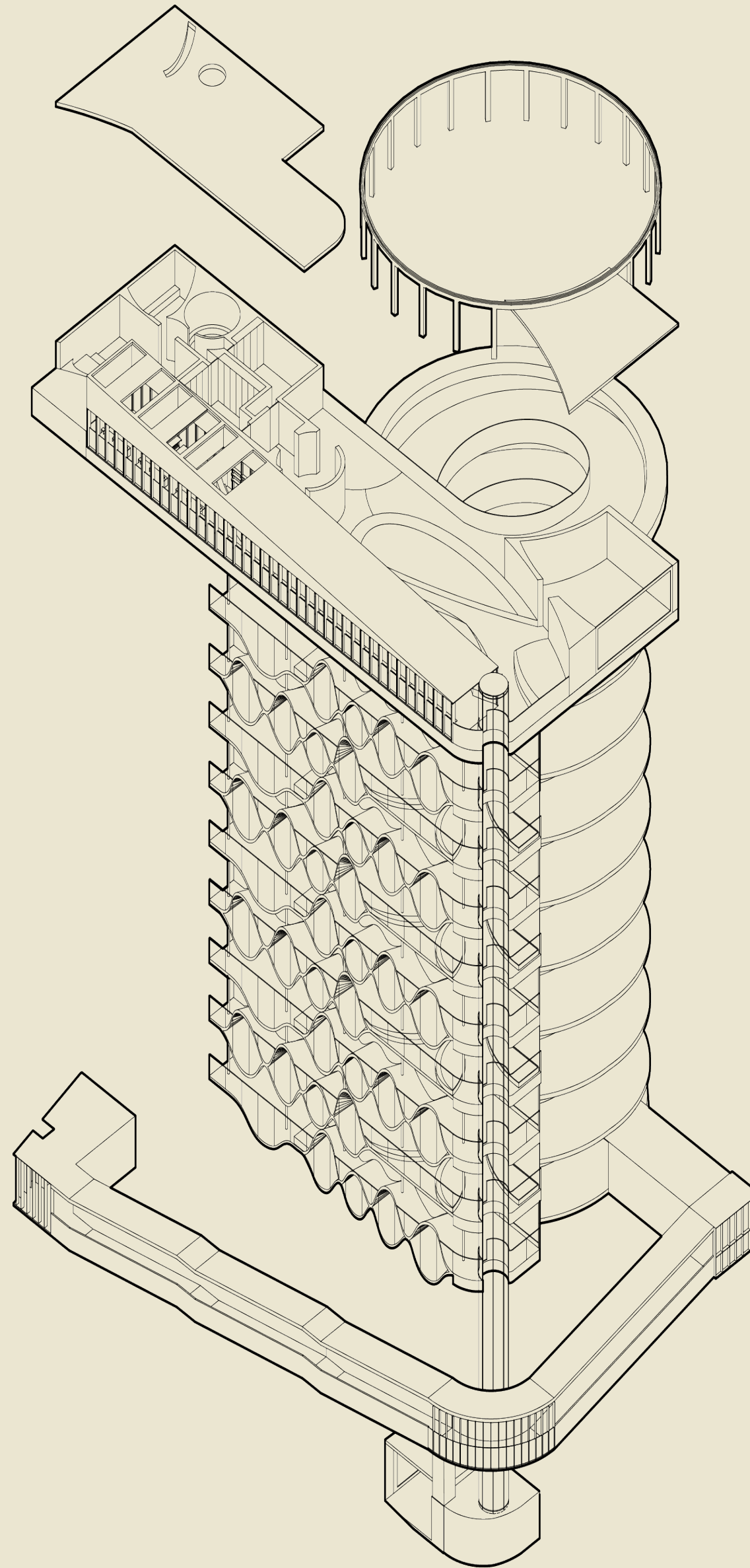
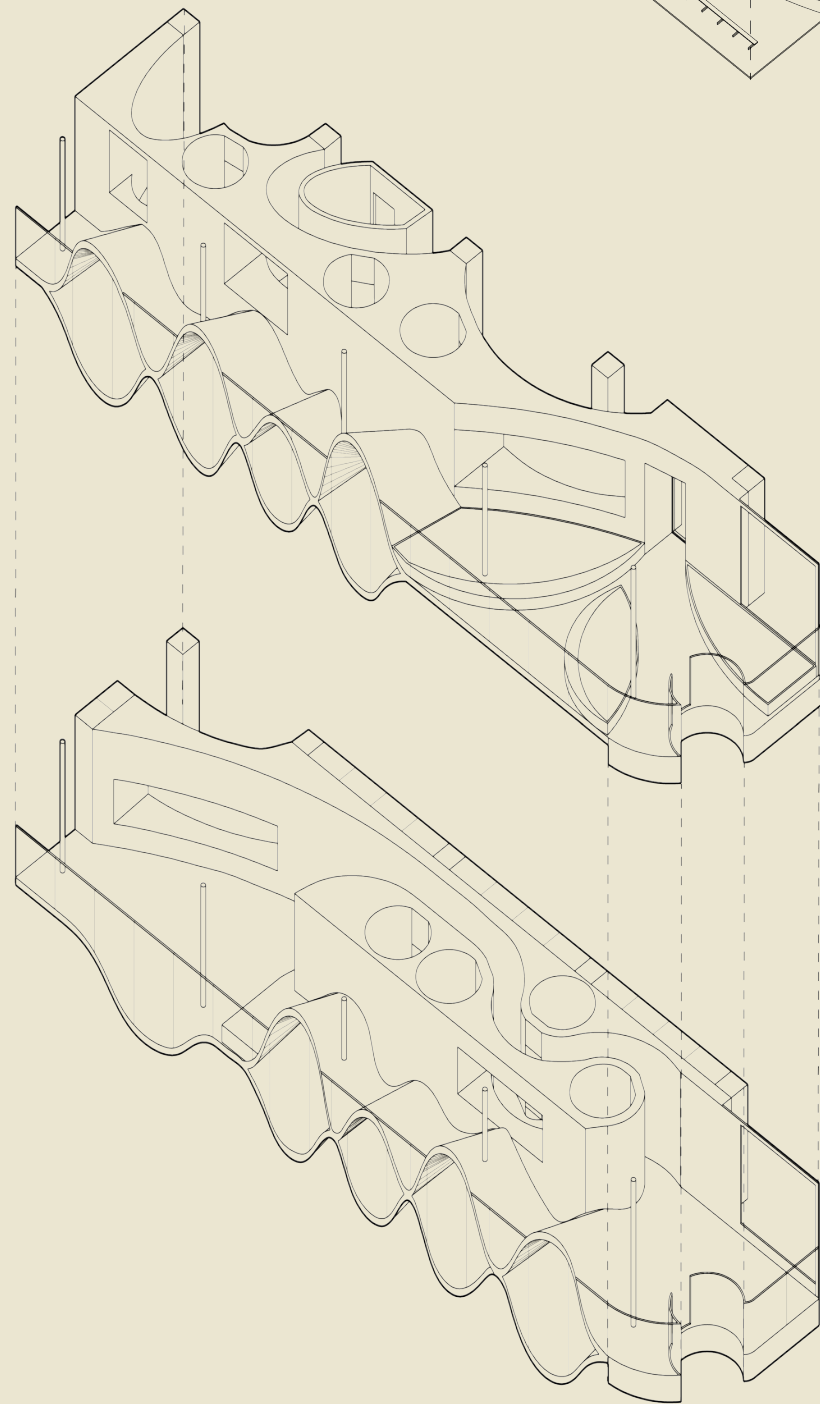
DESIGN ANALYSIS



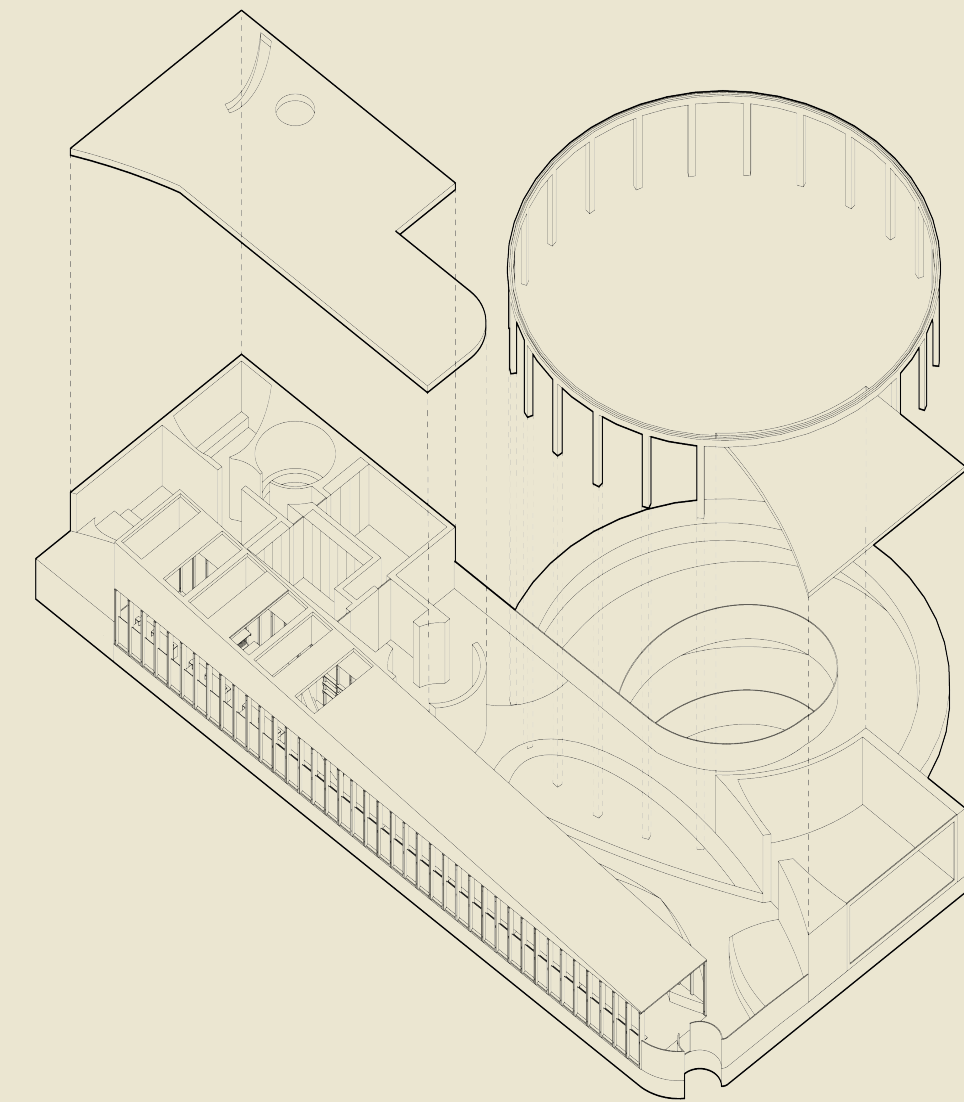
THE PAVILION



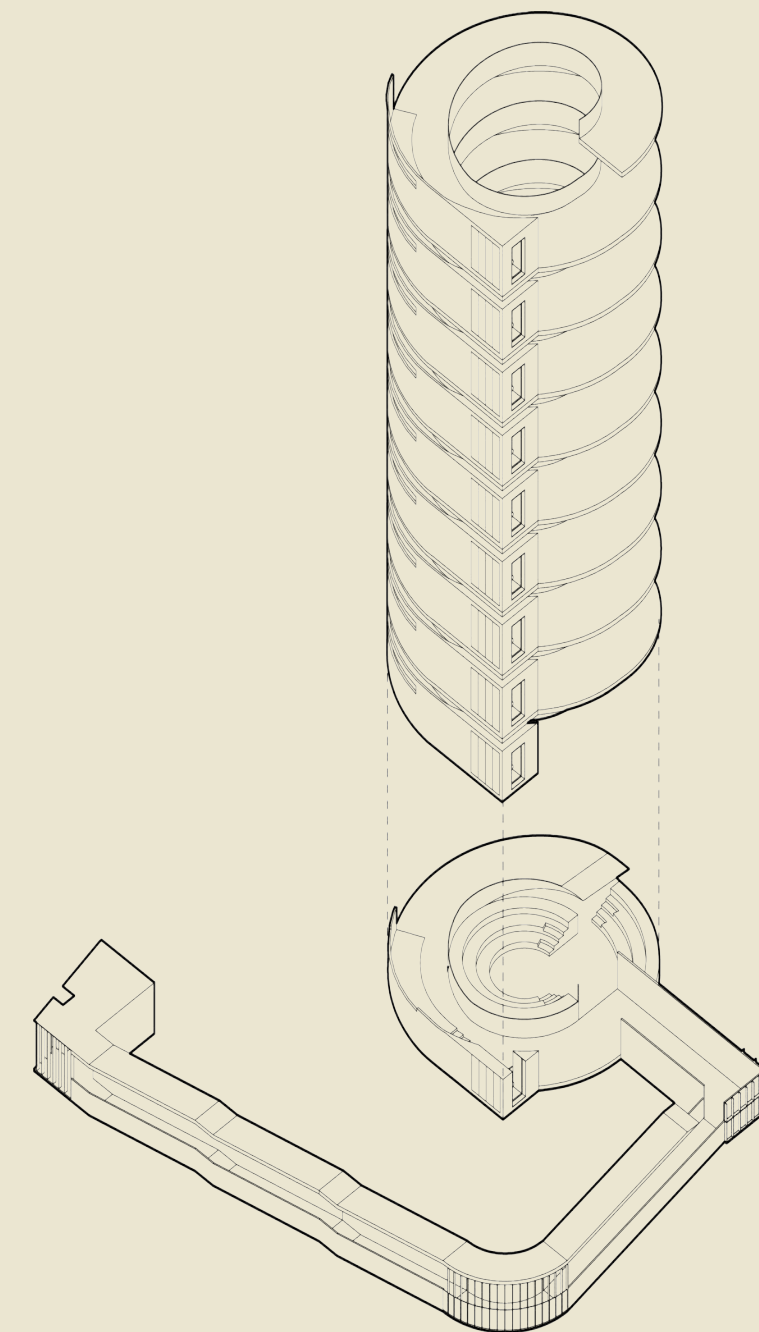
RELAXATION ZONE



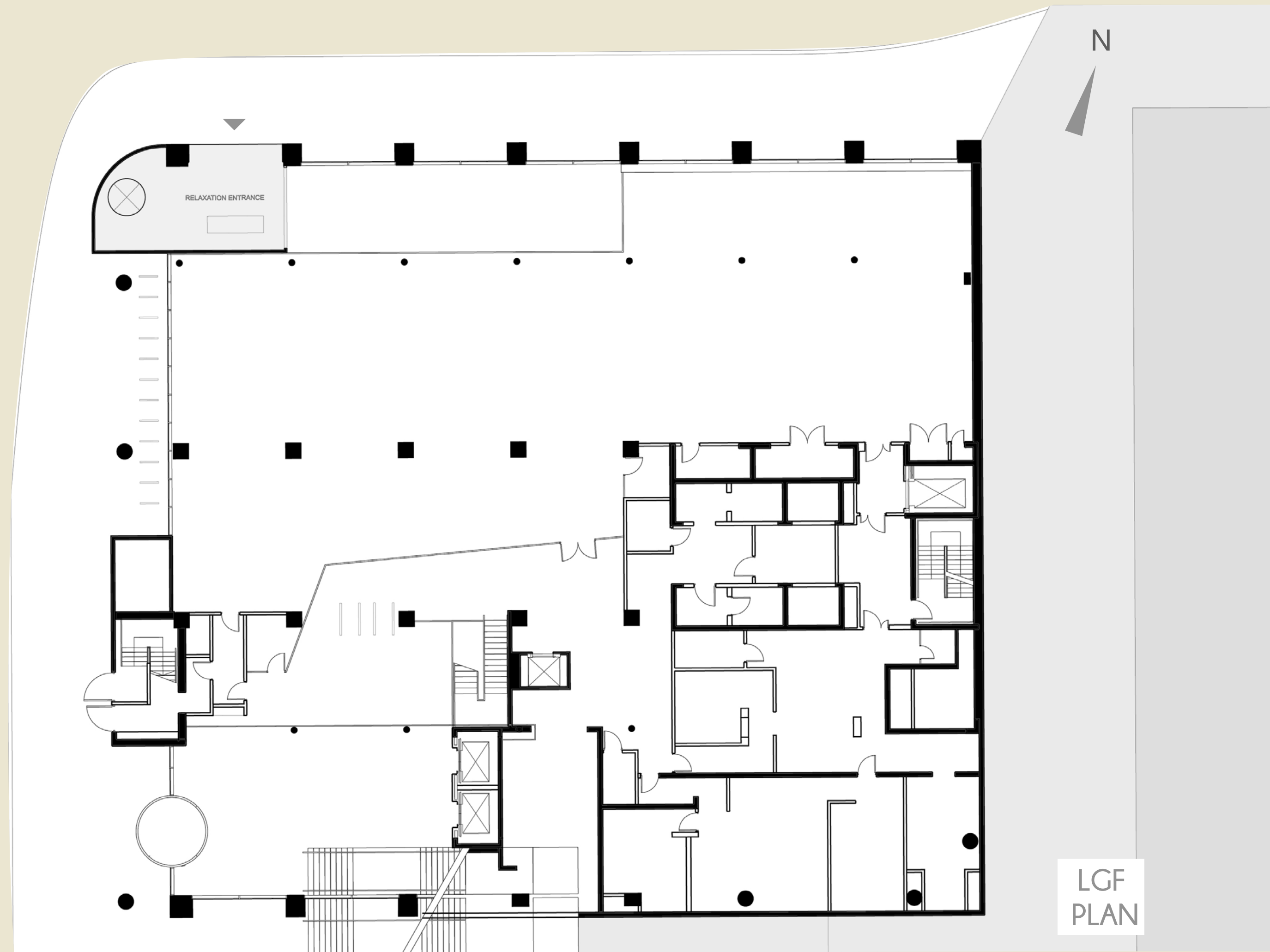
OTHERS IN JOINT ZONE

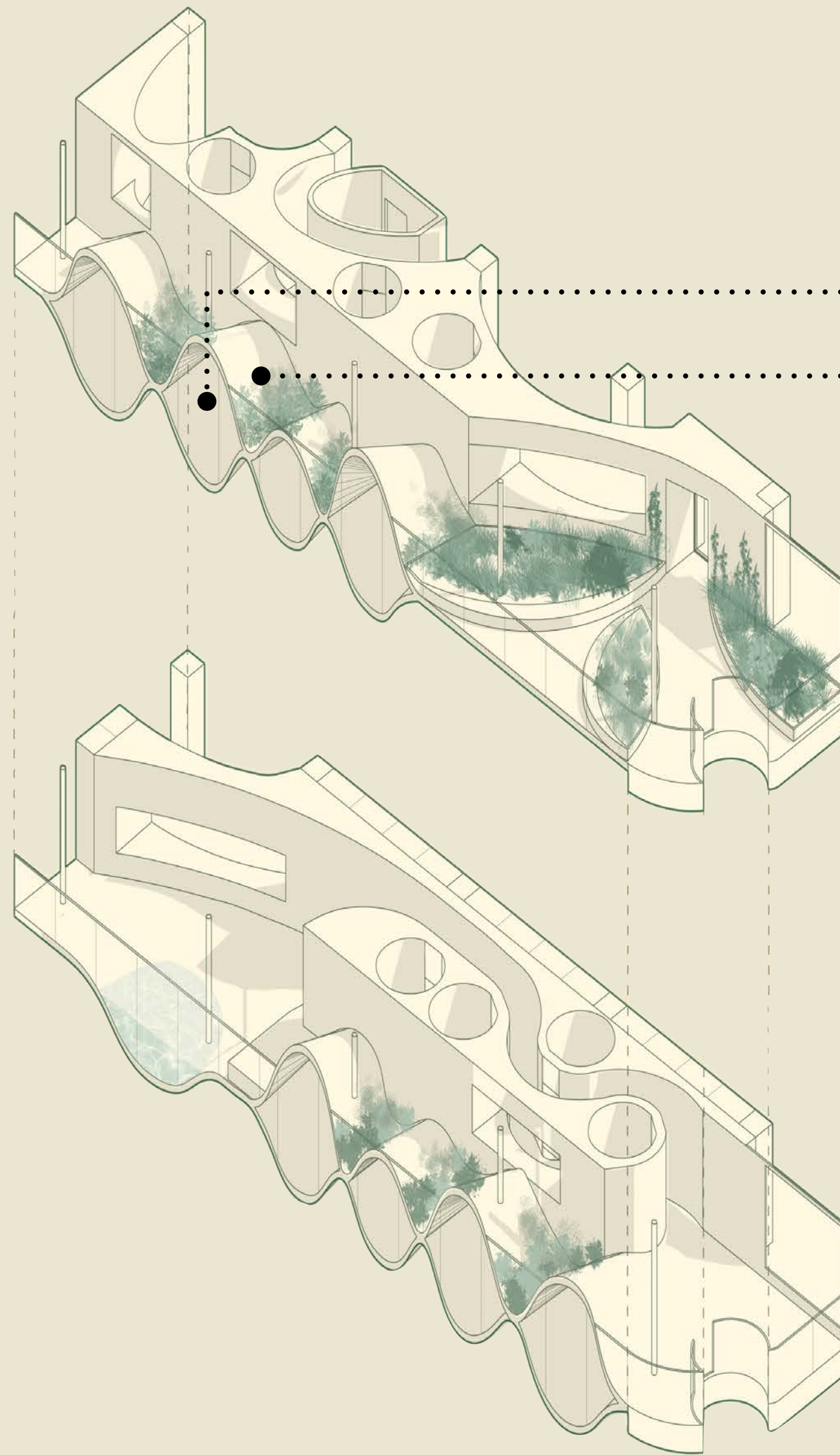


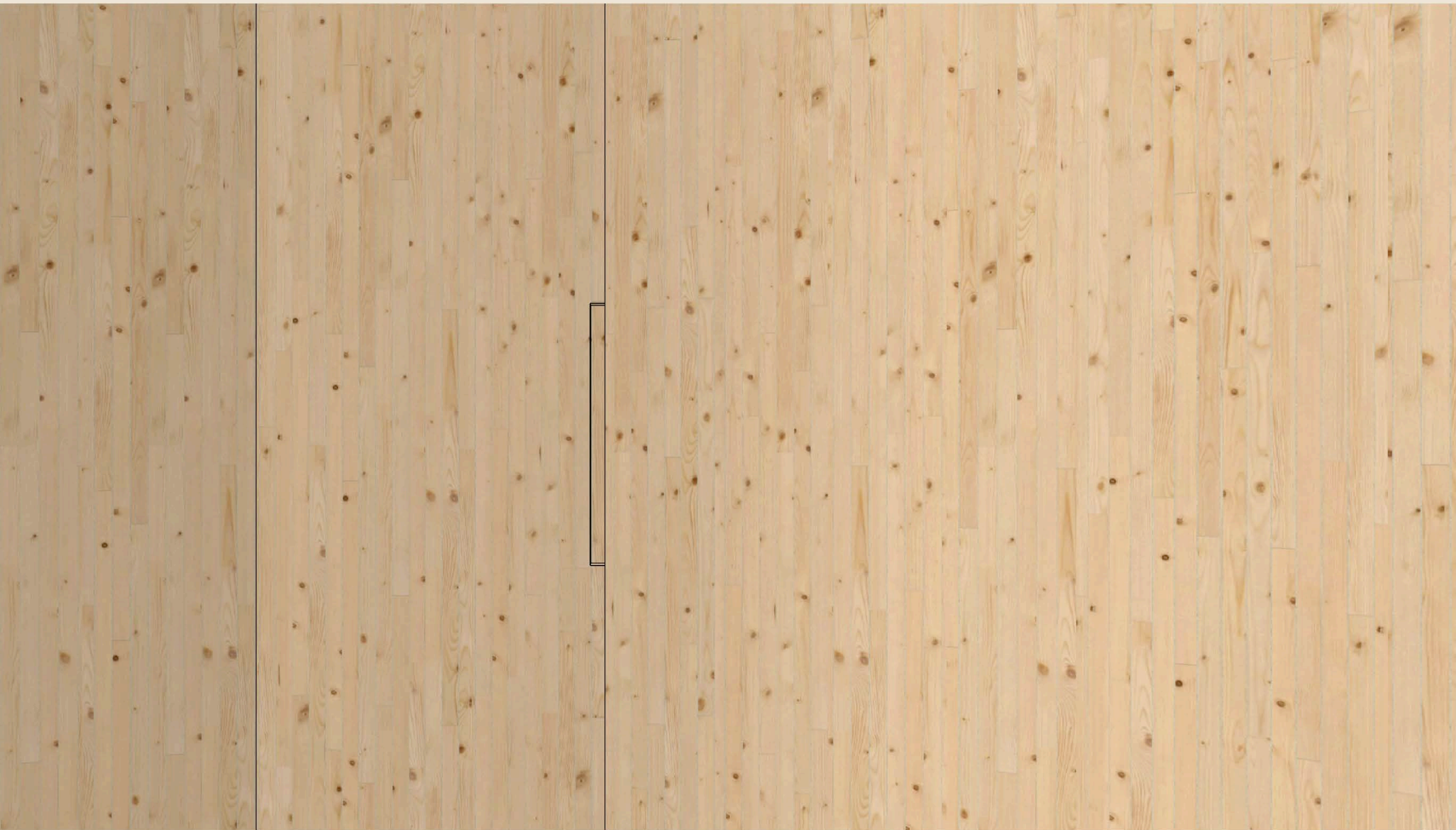
ENERGY ZONE

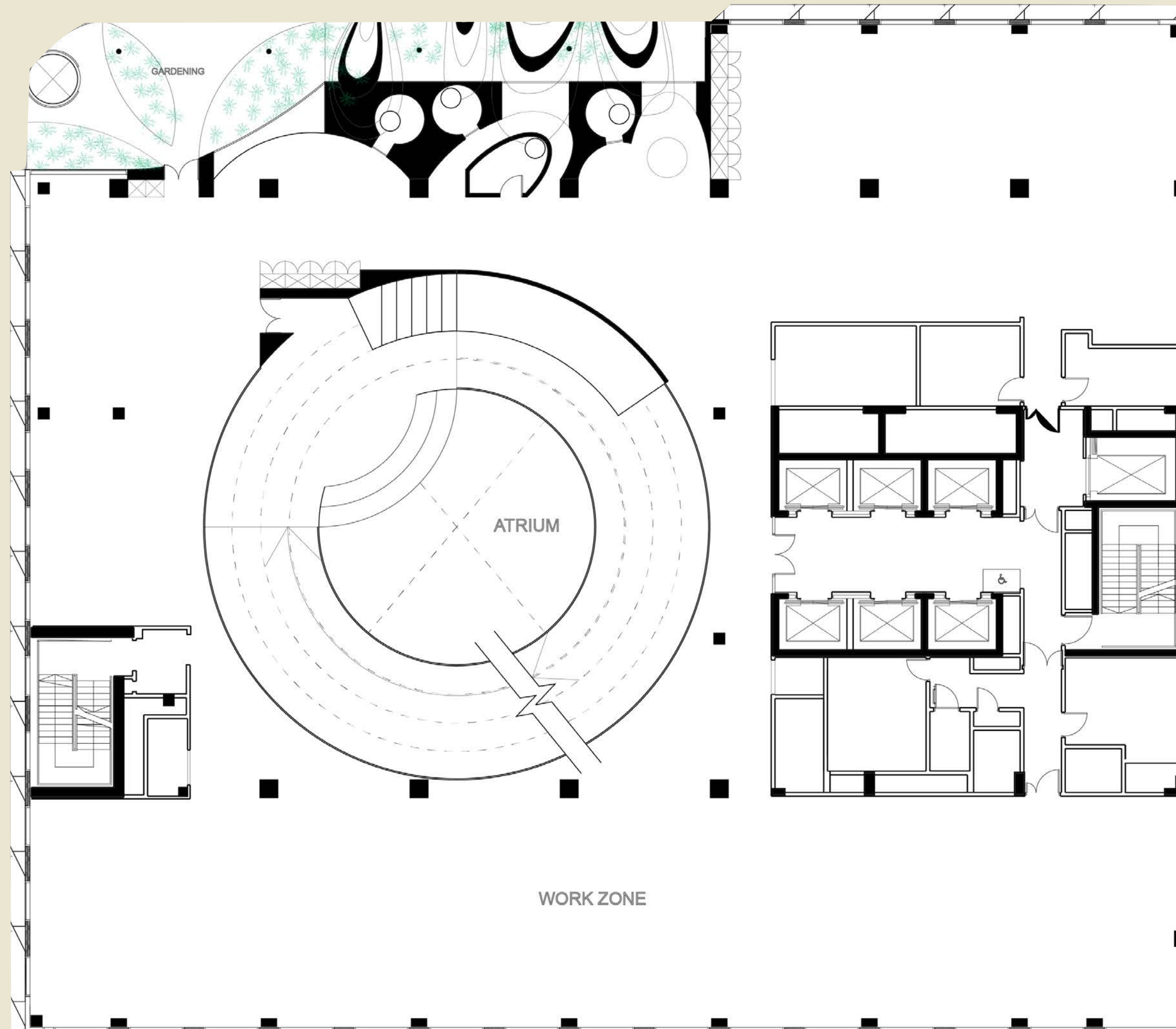


RELAXATION ZONE

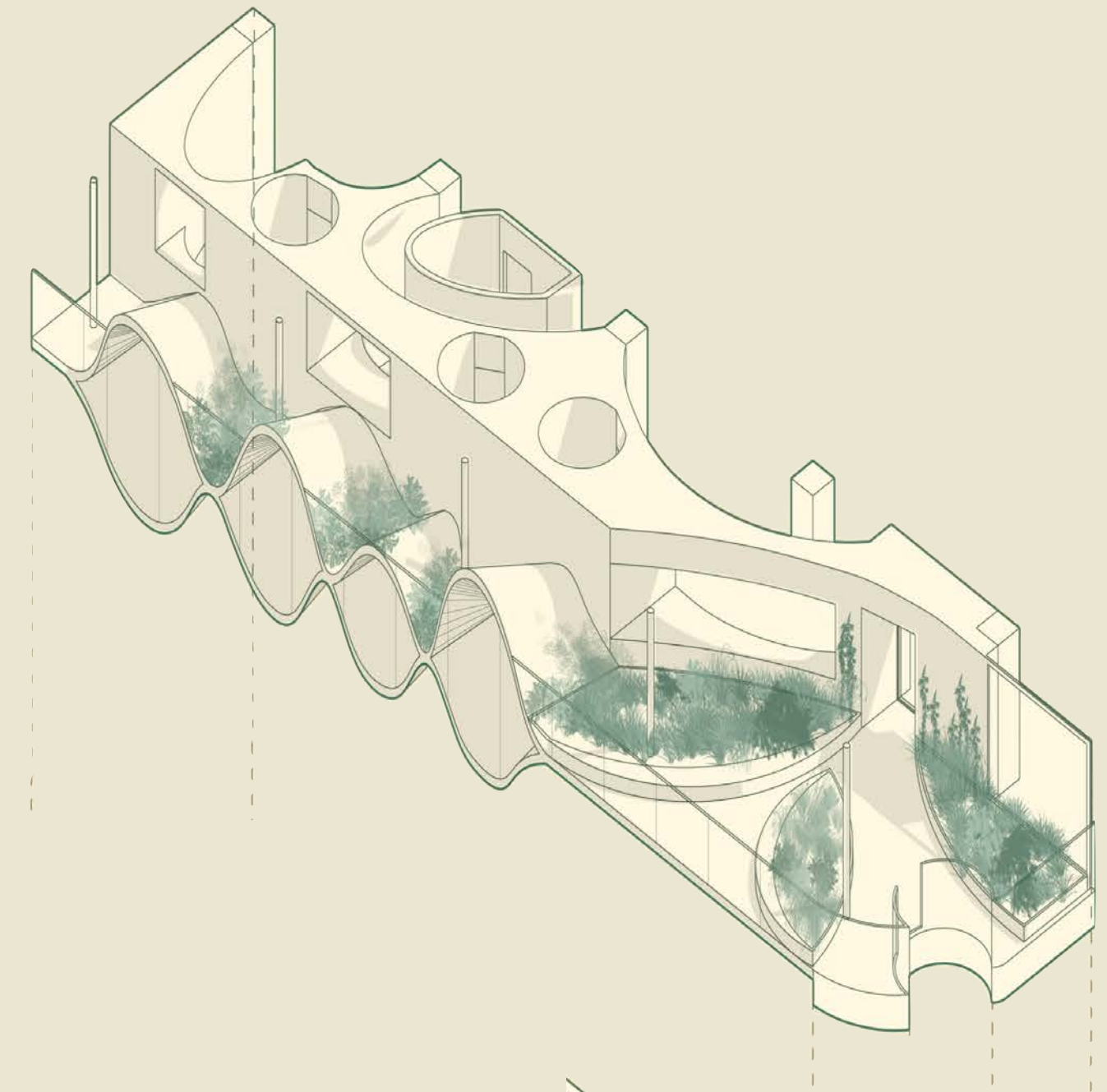


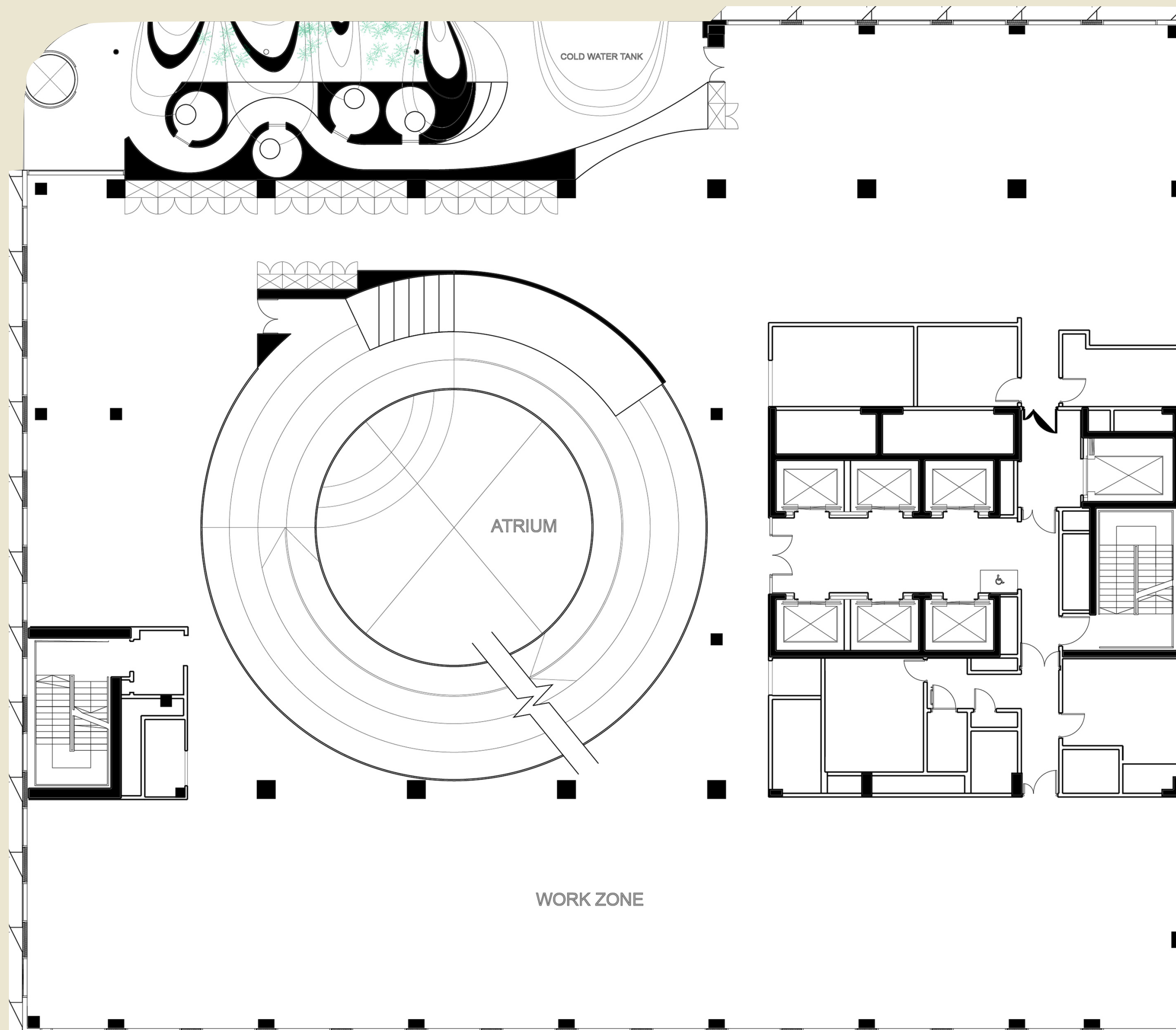




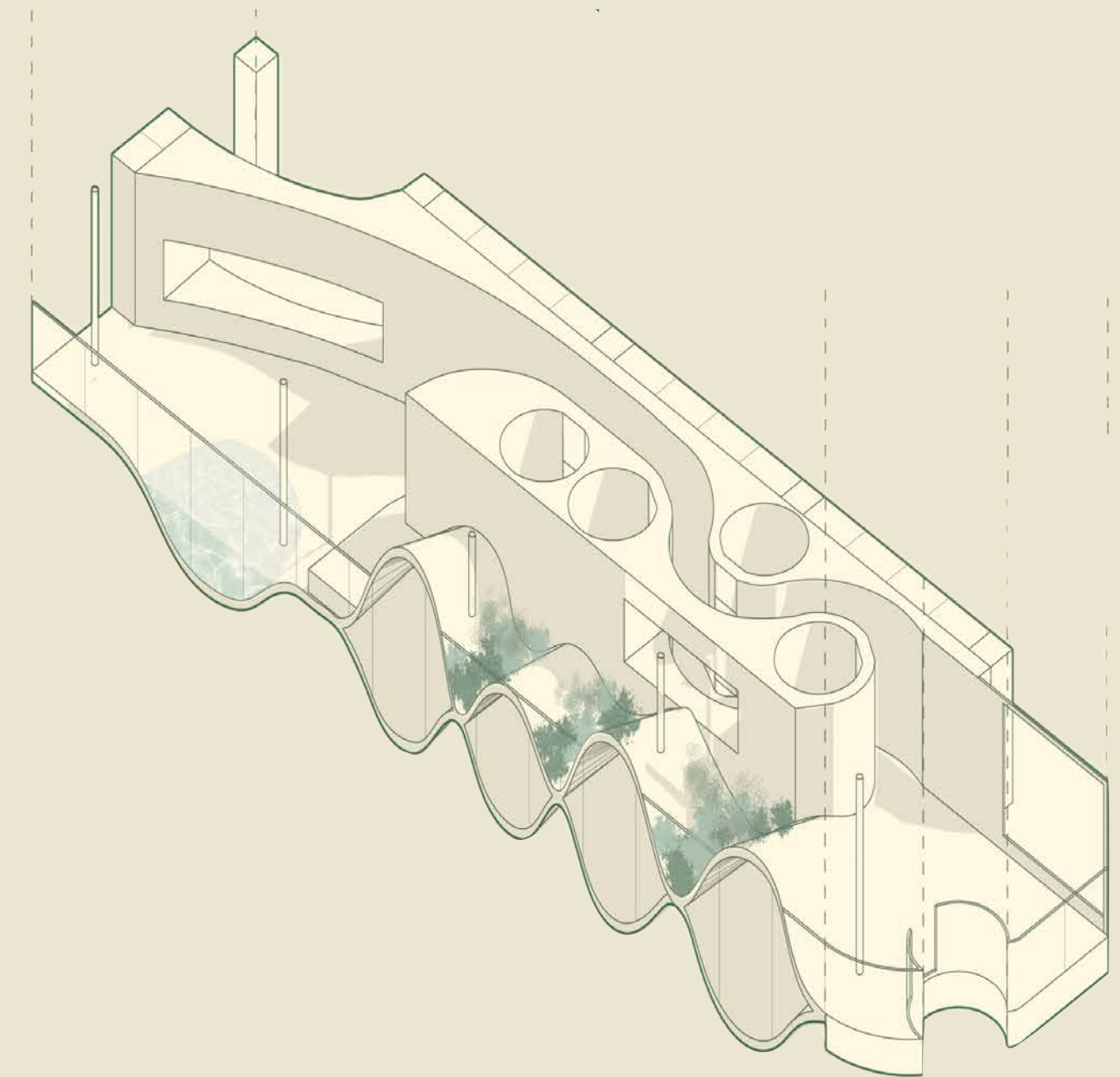


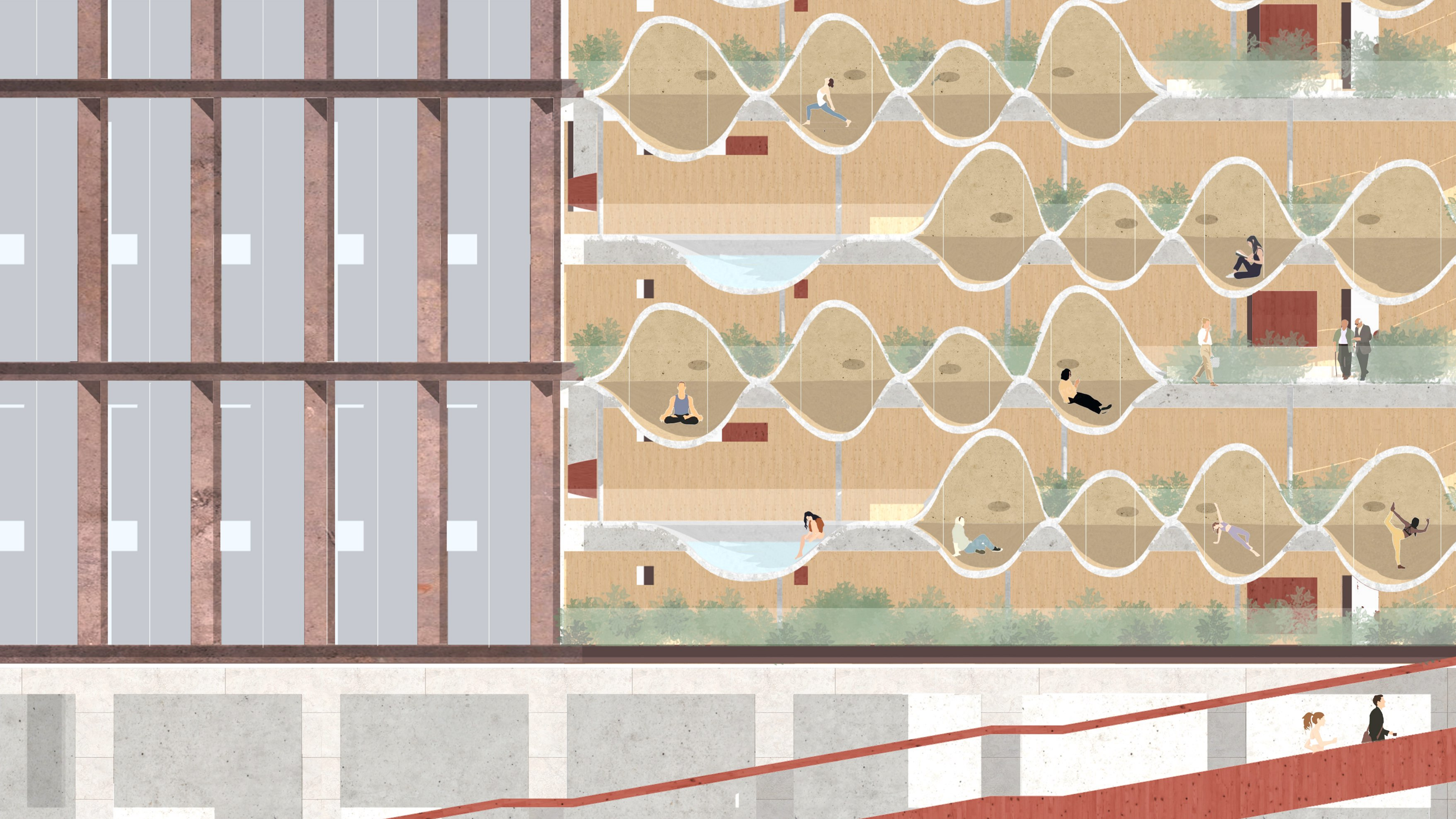
4/6/8/10 F
PLAN





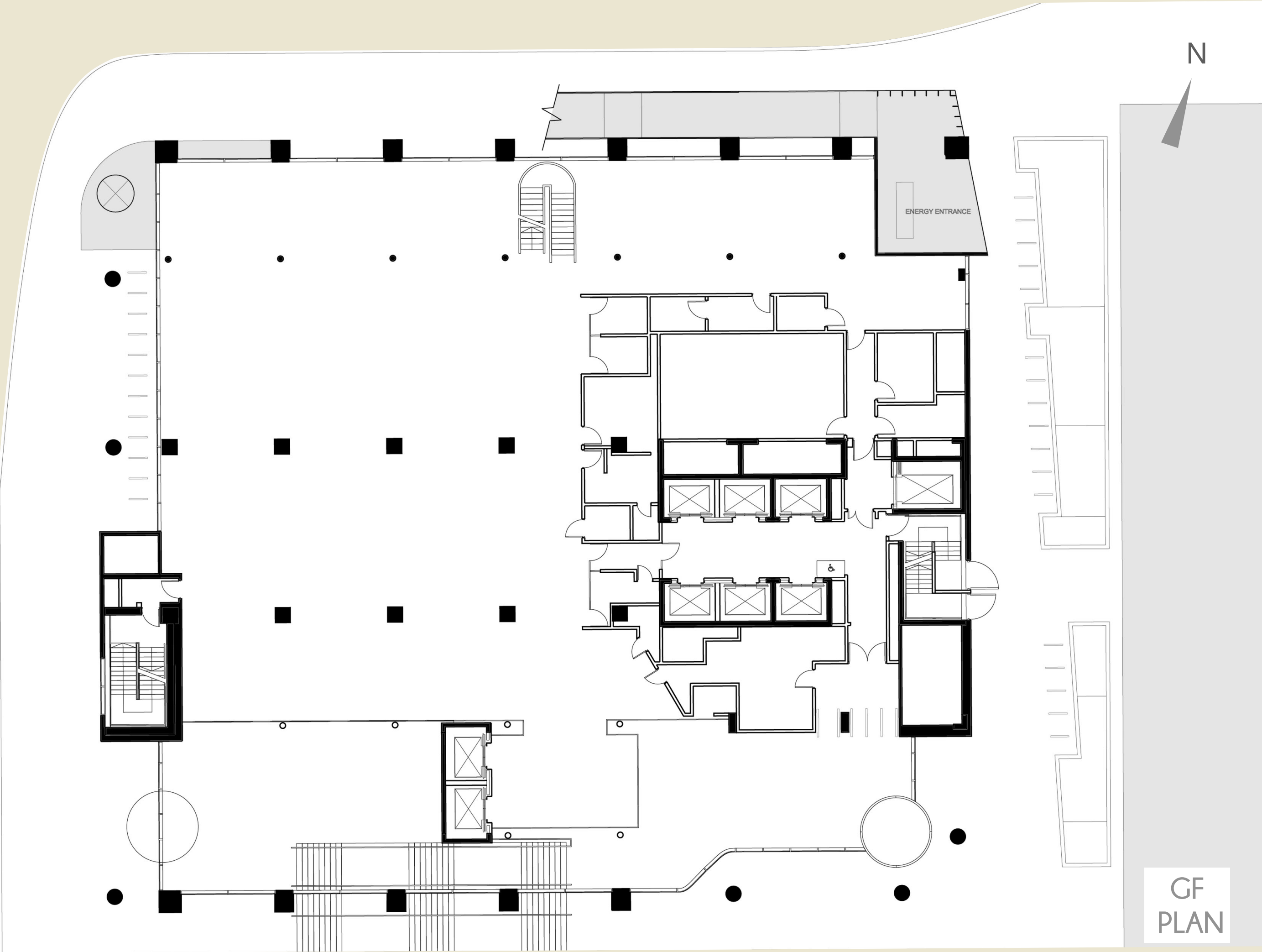
3/5/7/9/11 F
PLAN

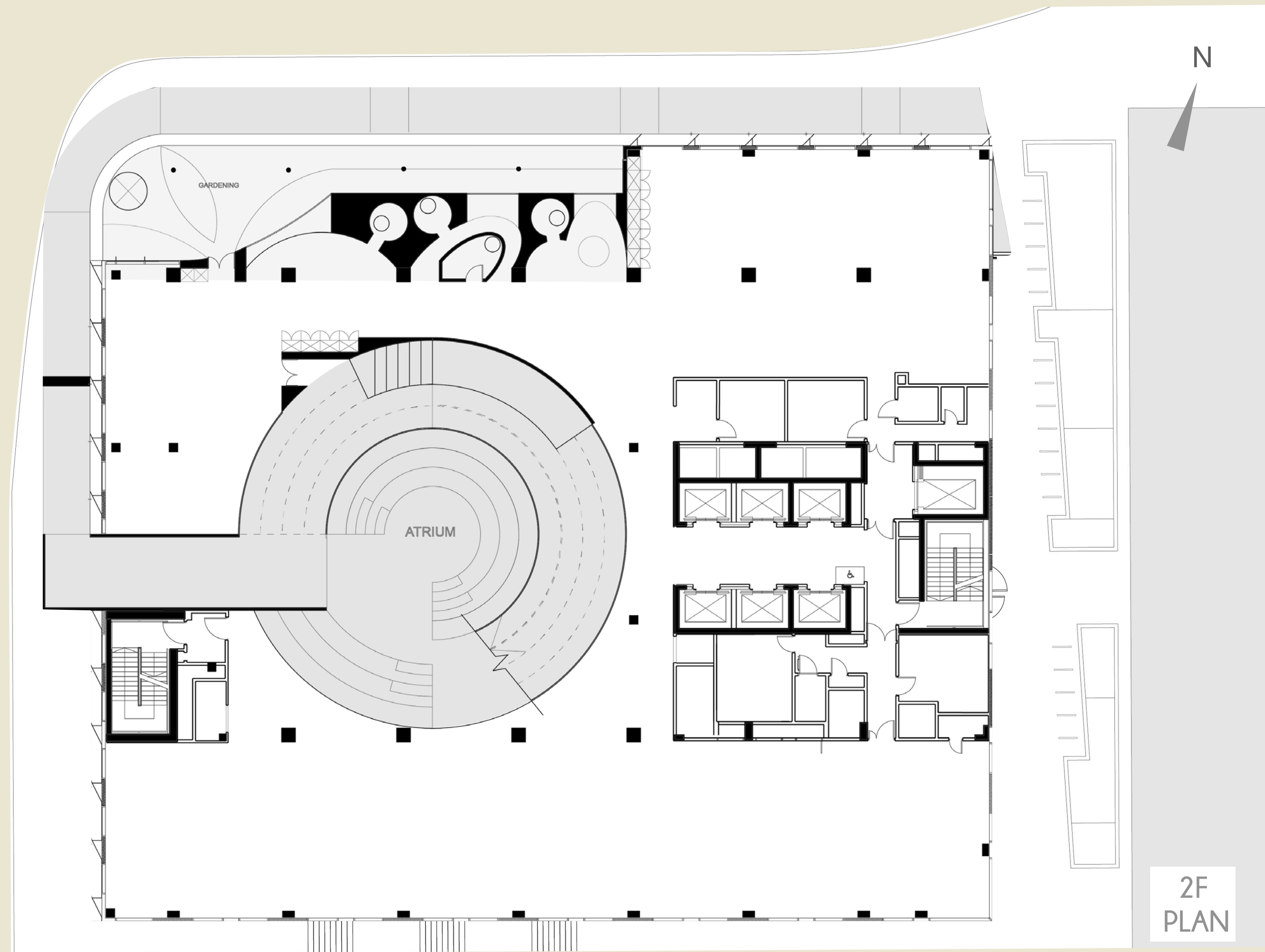
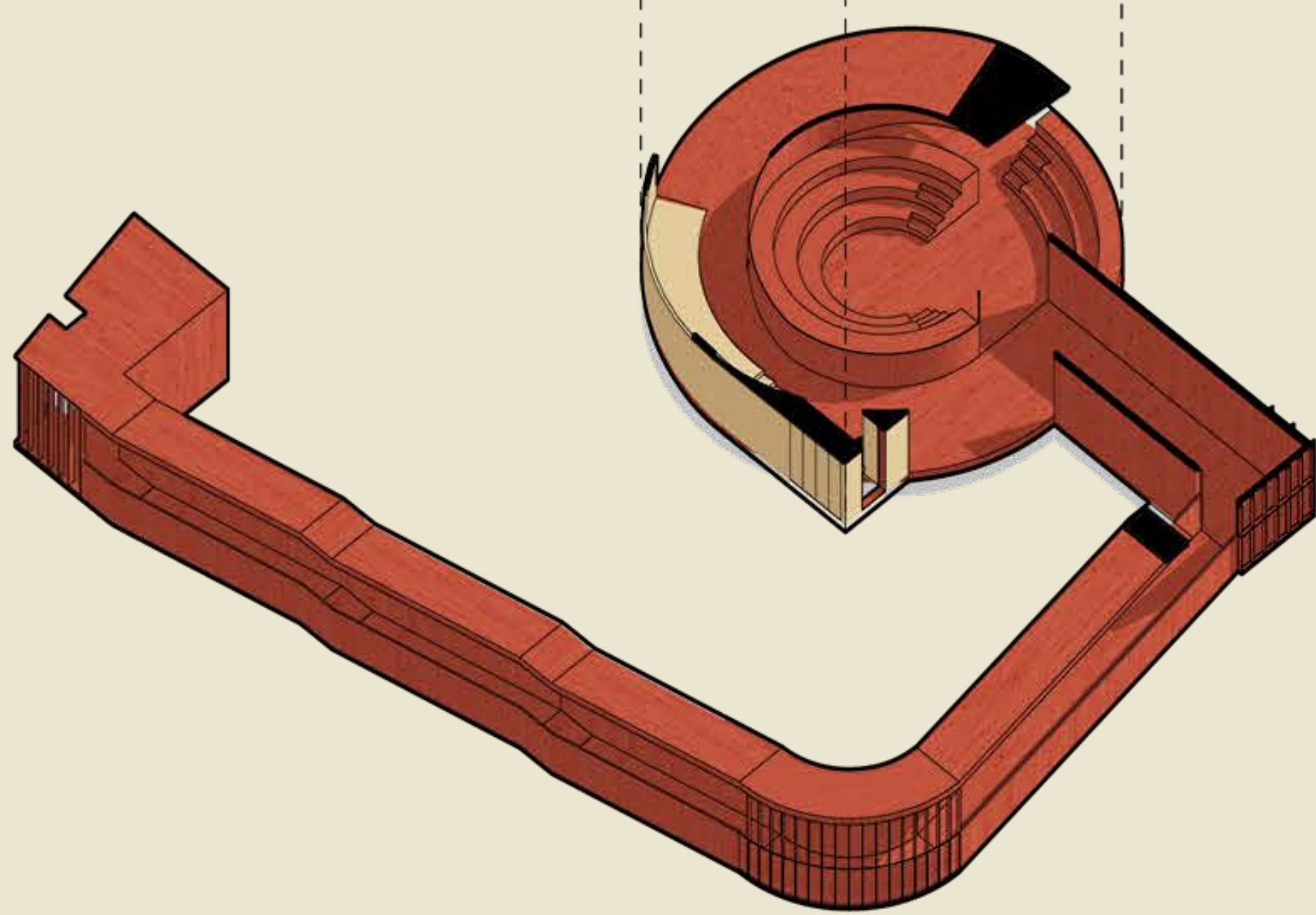


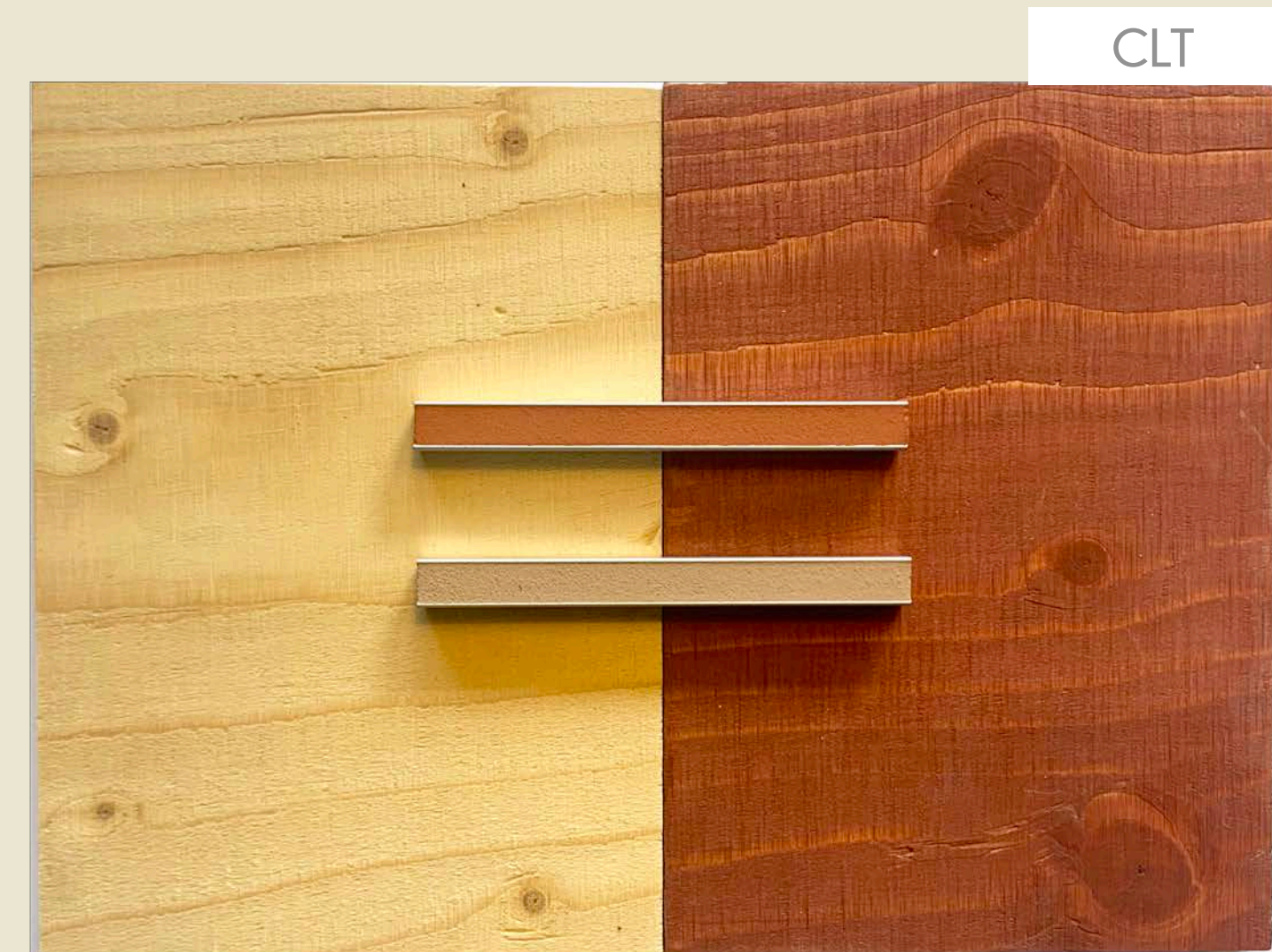
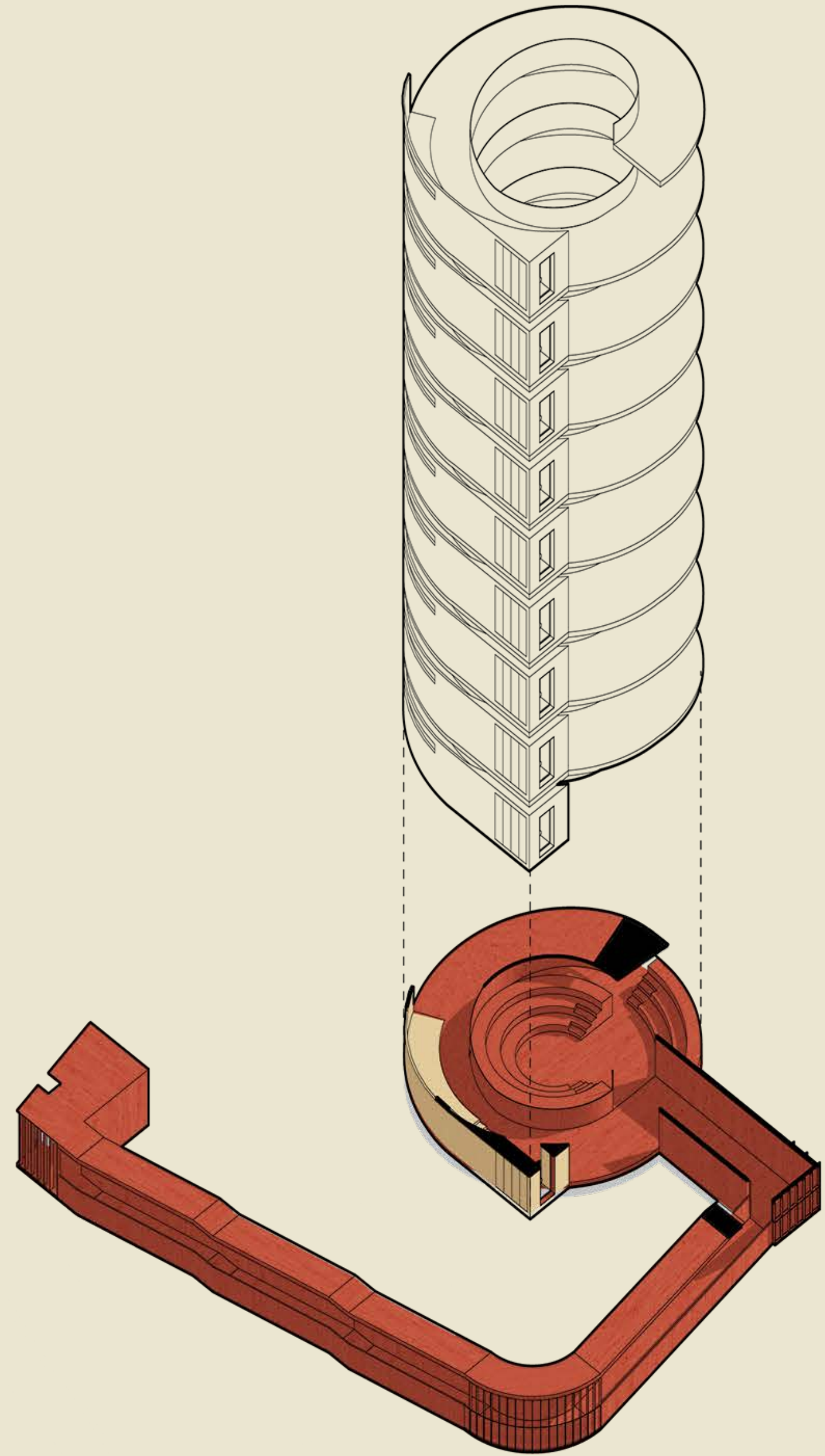


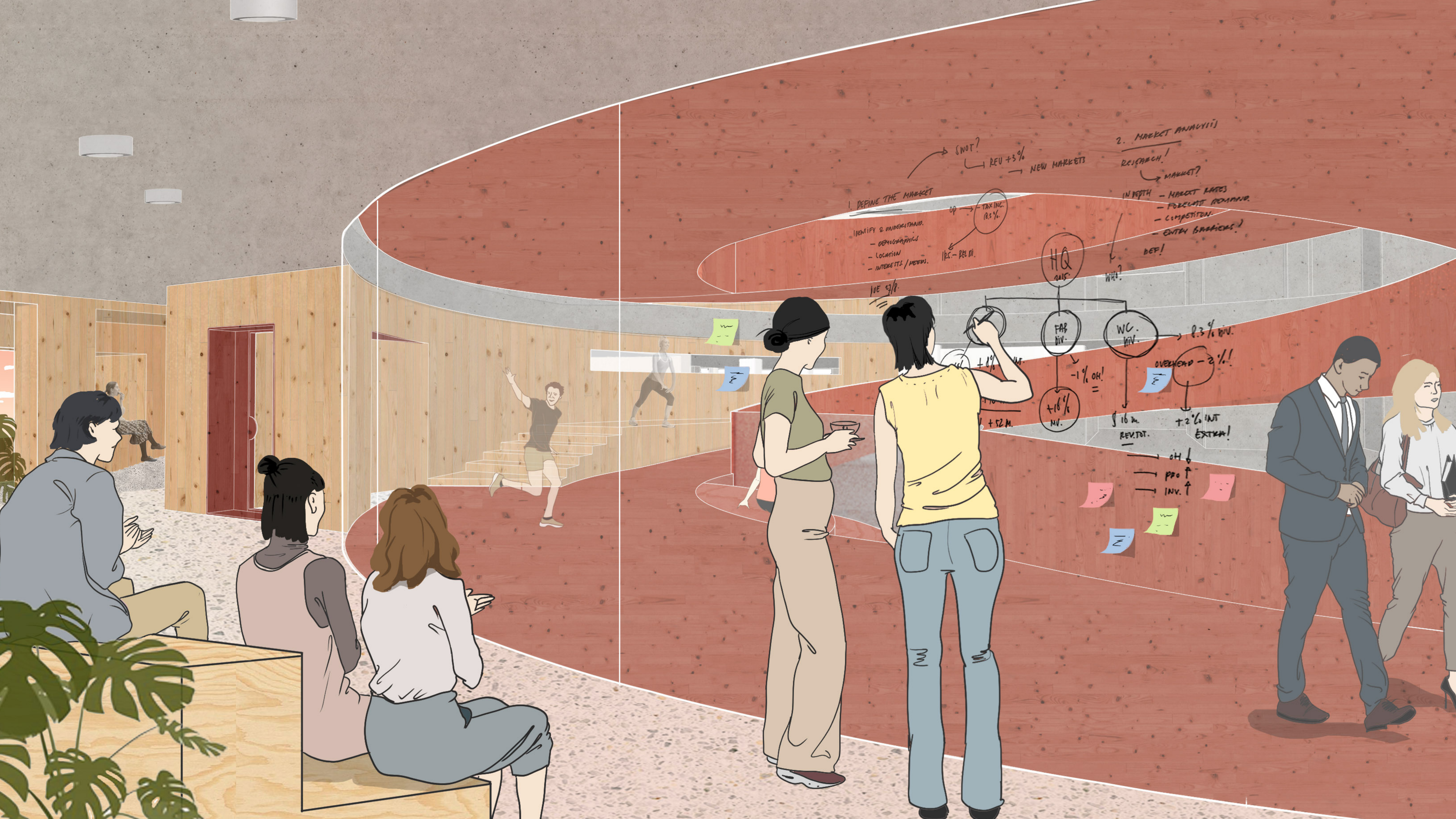


ENERGY ZONE









1. DEFINE THE MARKET

- IDENTIFY & UNDERSTAND:
 - DEMOGRAPHICS
 - LOCATION
 - INTERESTS / NEEDS

10% 3/8

SWOT? → REV +3% → NEW MARKETS

OP → TAX INC. 0.5%
10% - REV. 10%

2. MARKET ANALYSIS

- RESEARCH!
 - MARKET?
 - IN DEPTH
 - MARKET RATES
 - FORECAST GROWTH
 - COMPETITION
 - ENTRY BARRIERS!

DEF!

HQ
2015

FAB
DIV.

WC.
DIV.

8.3% DIV.

+16%
MV.

-1% OH!

=

+16%

+52M

16M

REV. TOT.

16M

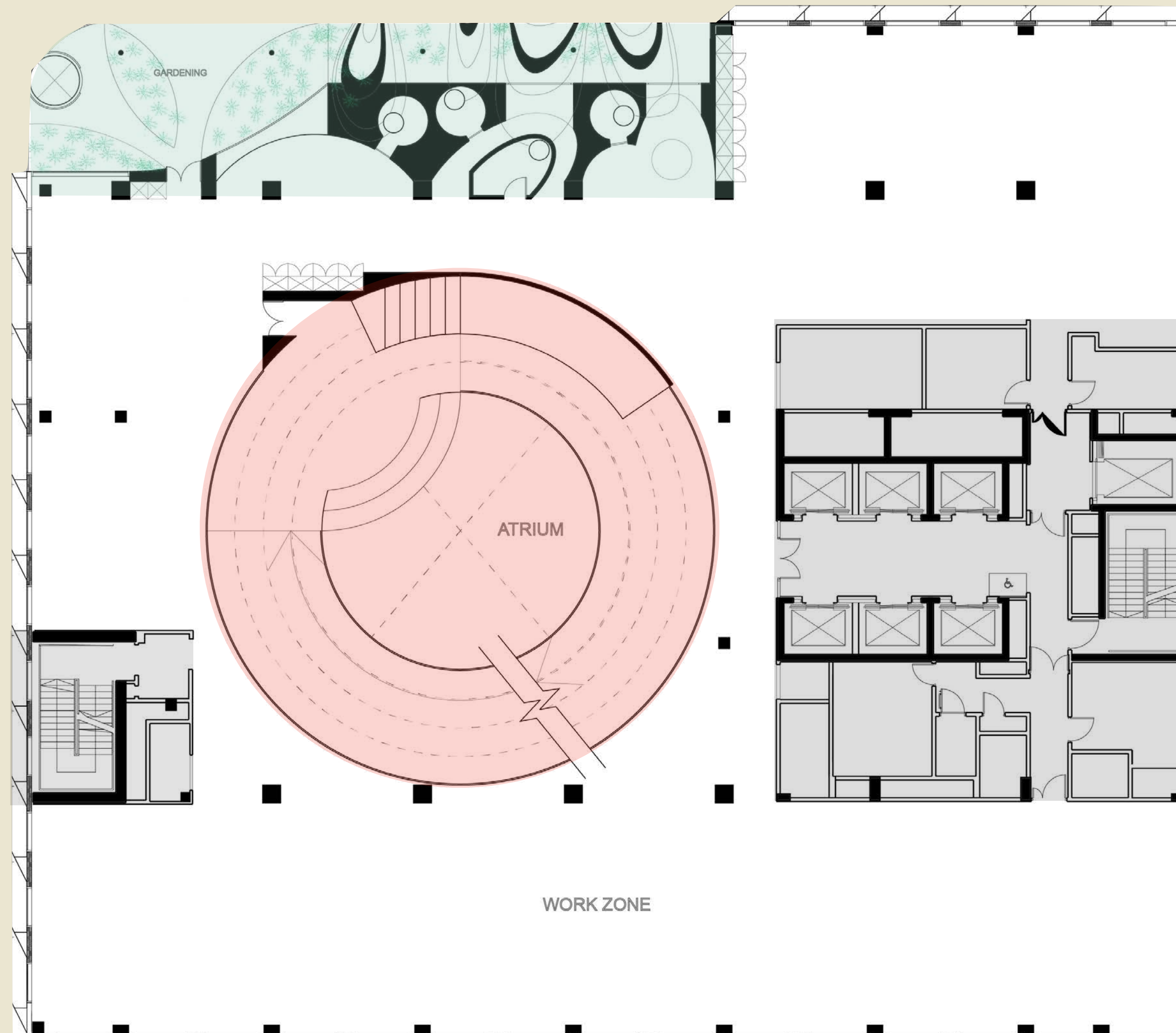
OH ↓

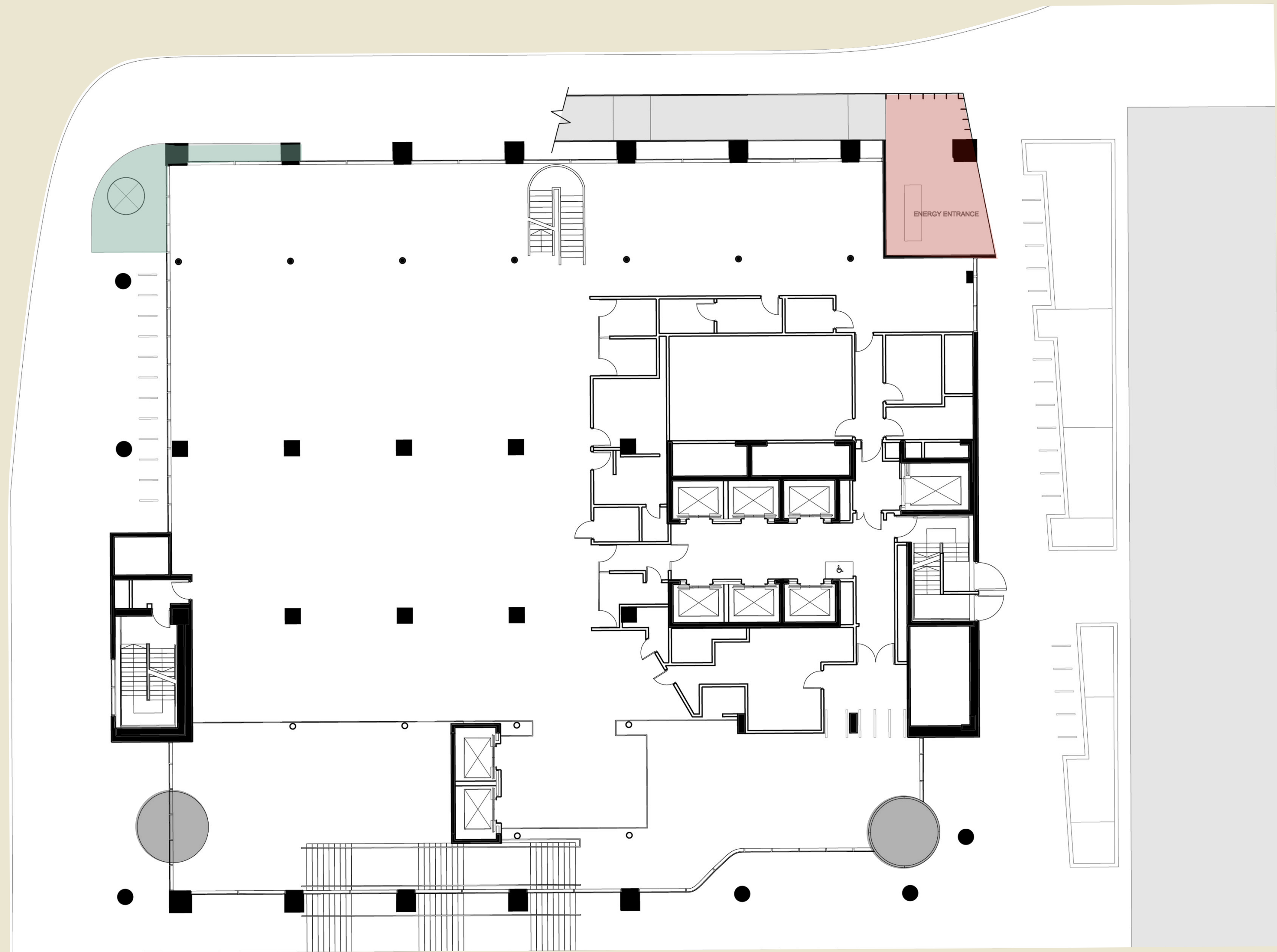
PRO ↑

INV. ↑

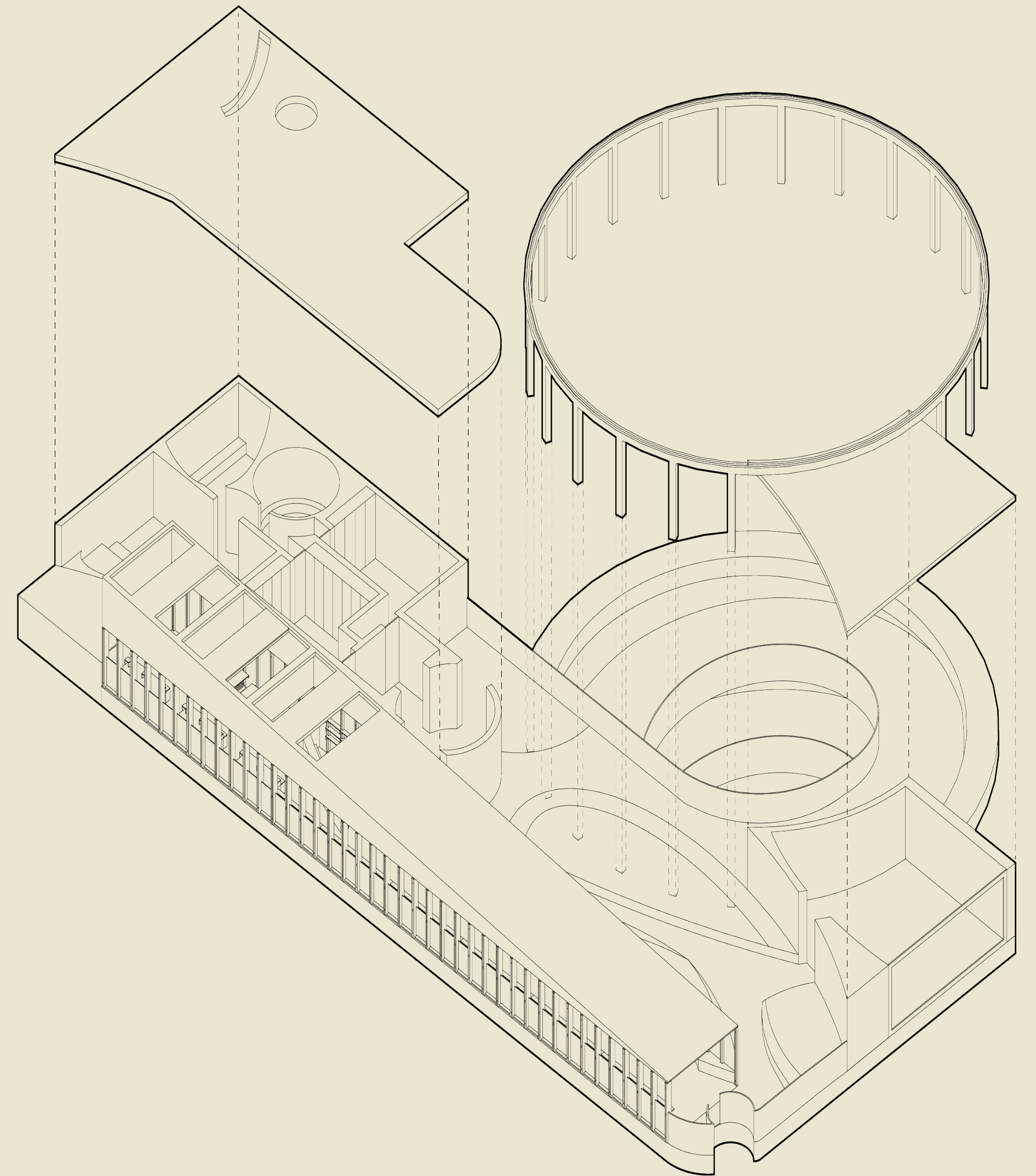
+2% INT. EXTRA!

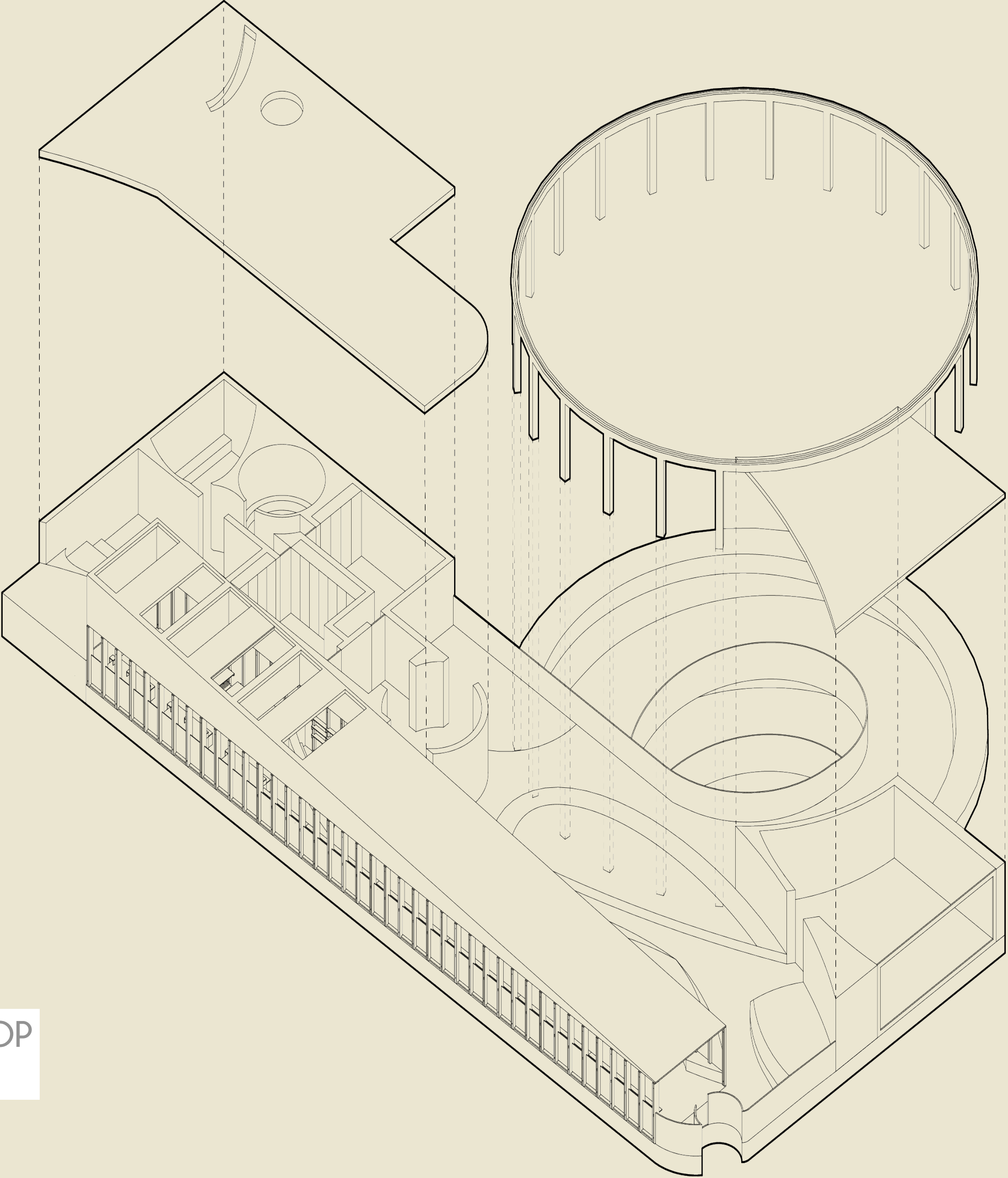
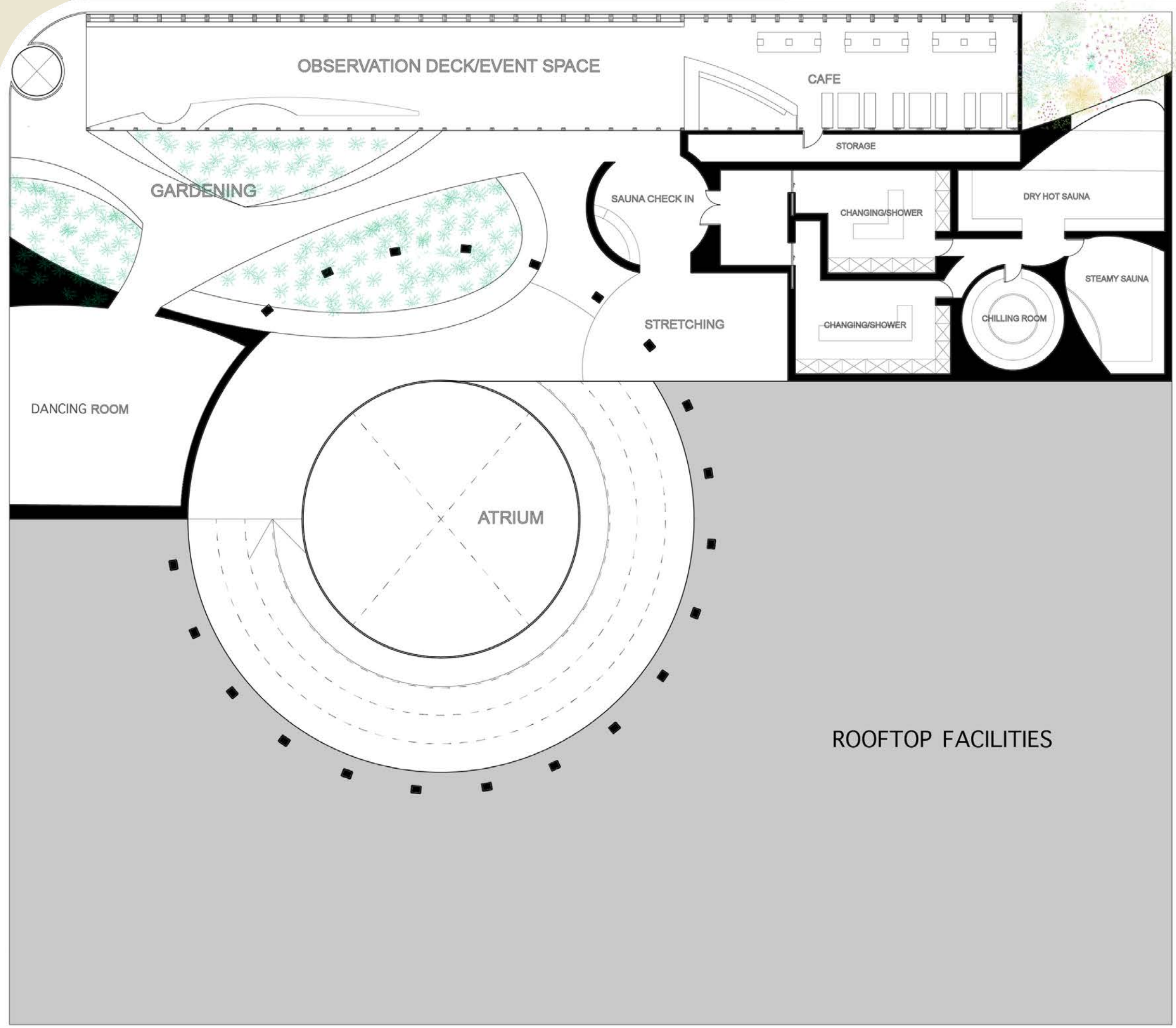
OVERHEAD -2%!





JOINT ZONE

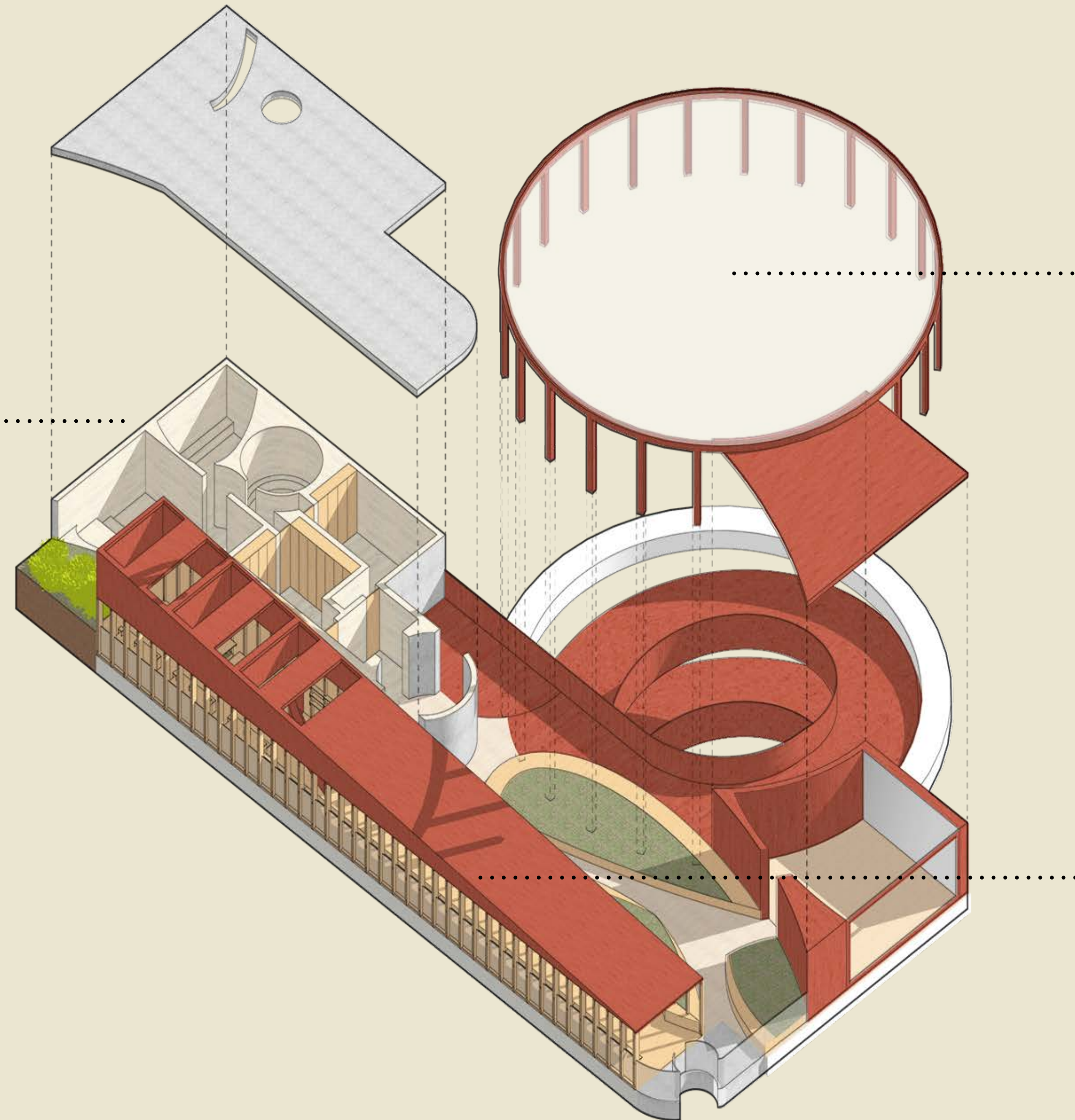




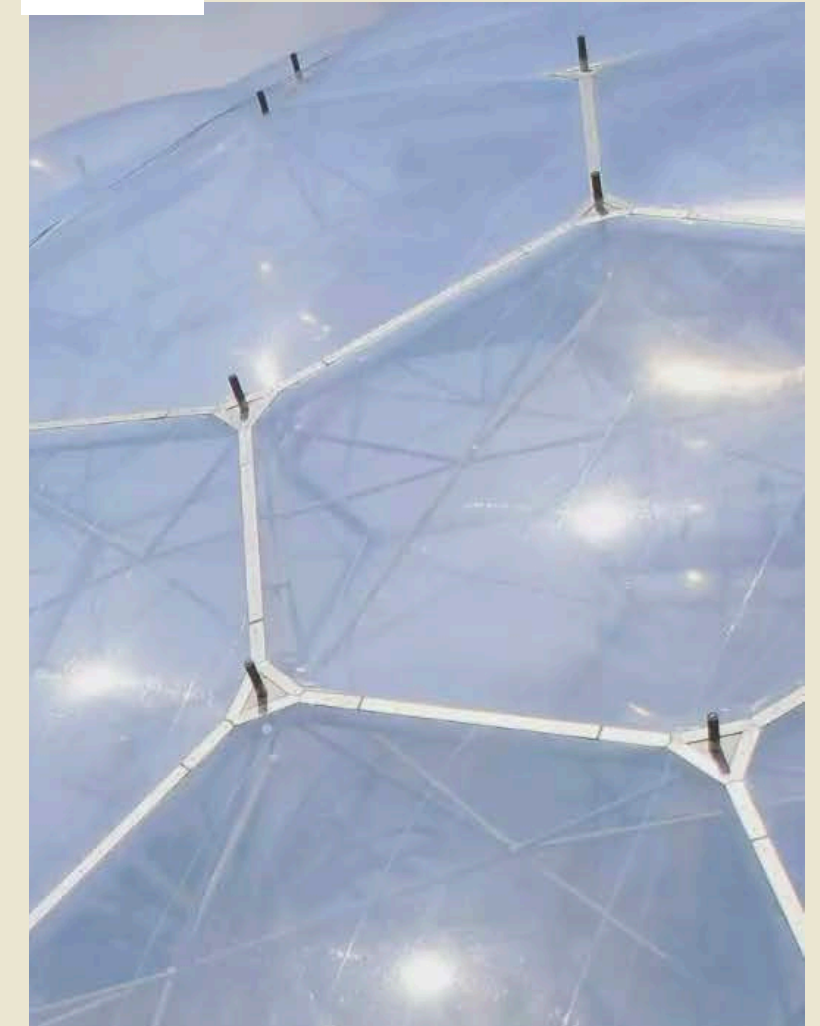
ROOFTOP
PLAN



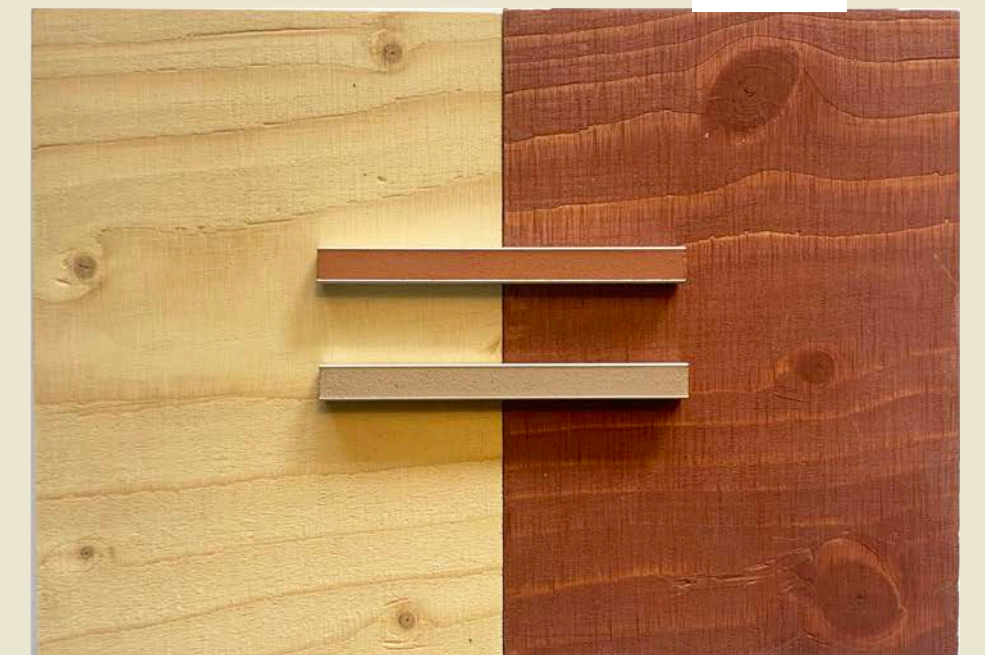
GLAZED
LAVASTONE/
MARBLE

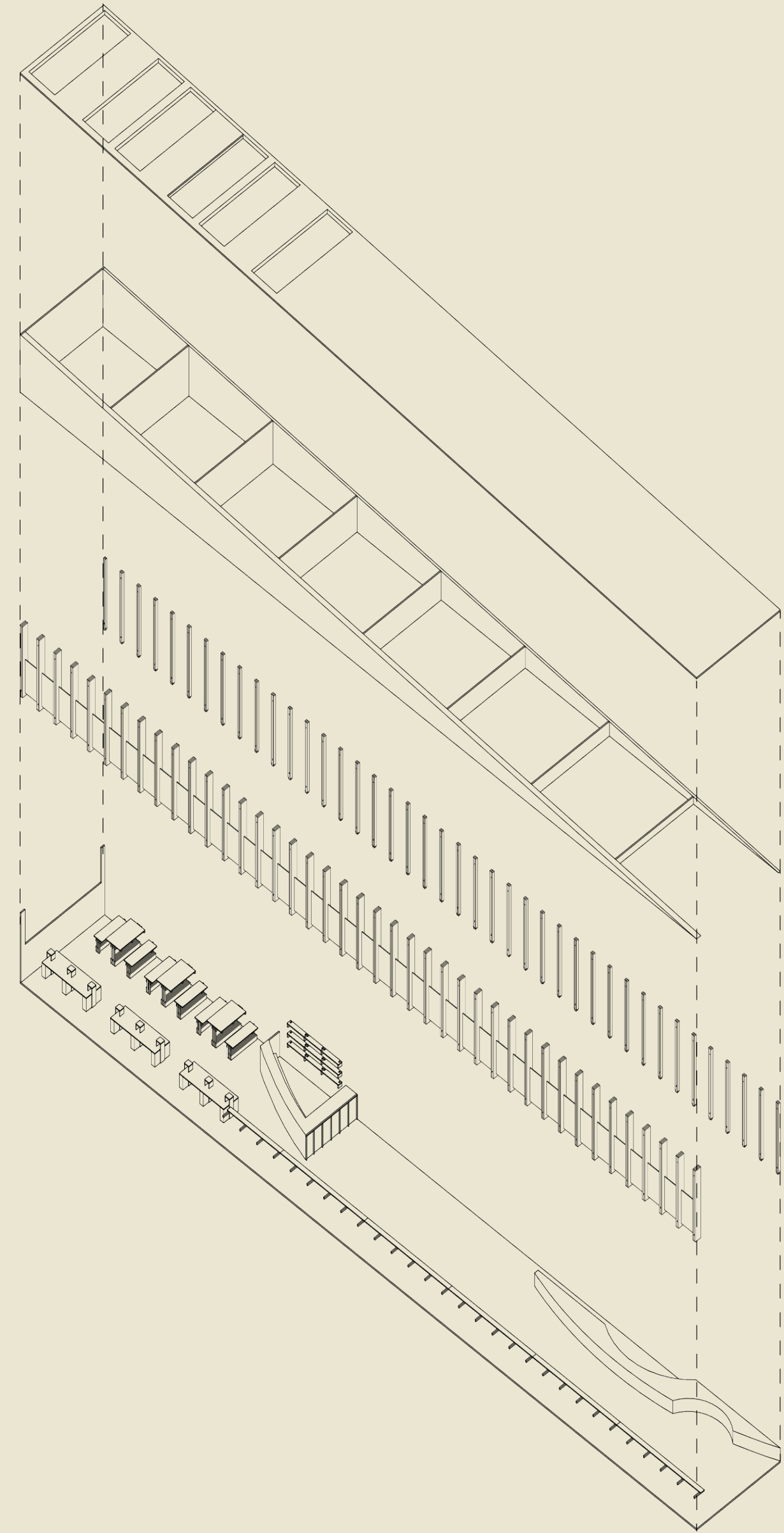


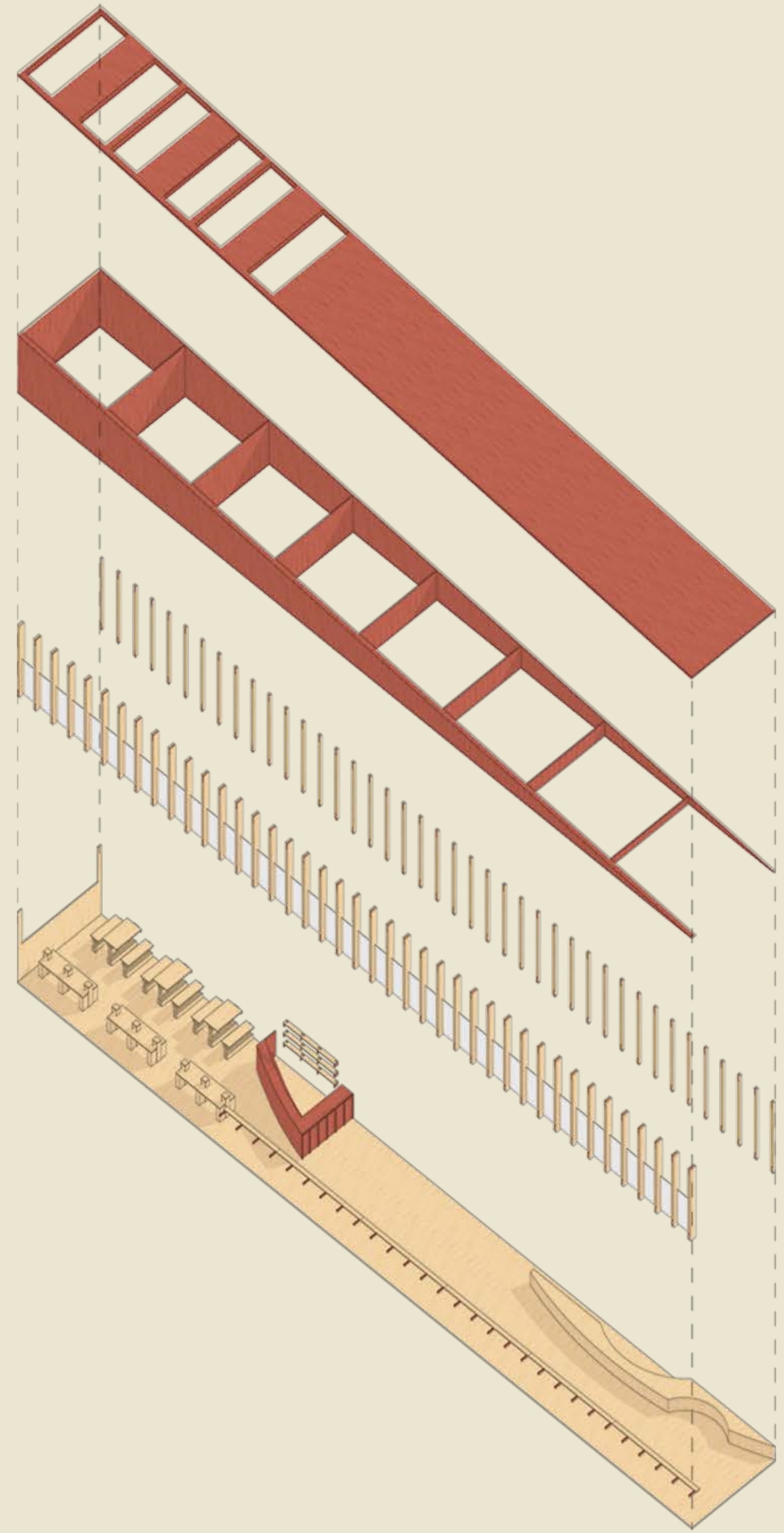
ETFE



CLT











Thank you