

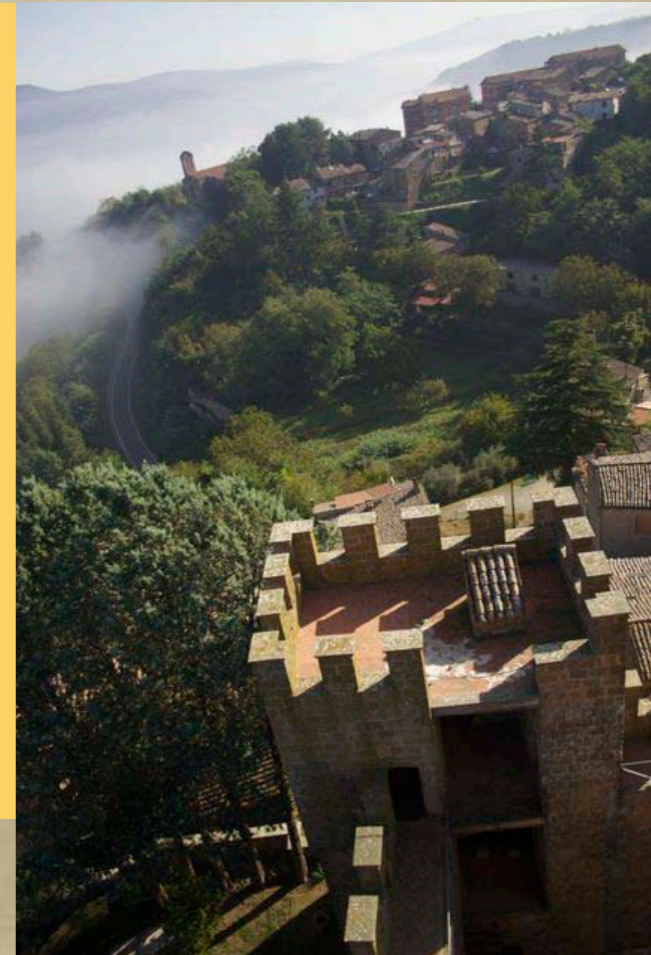


Architectural Decisions Impacting the Well Being of Inhabitants



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Outline

- Introduction
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- Seven key characteristics
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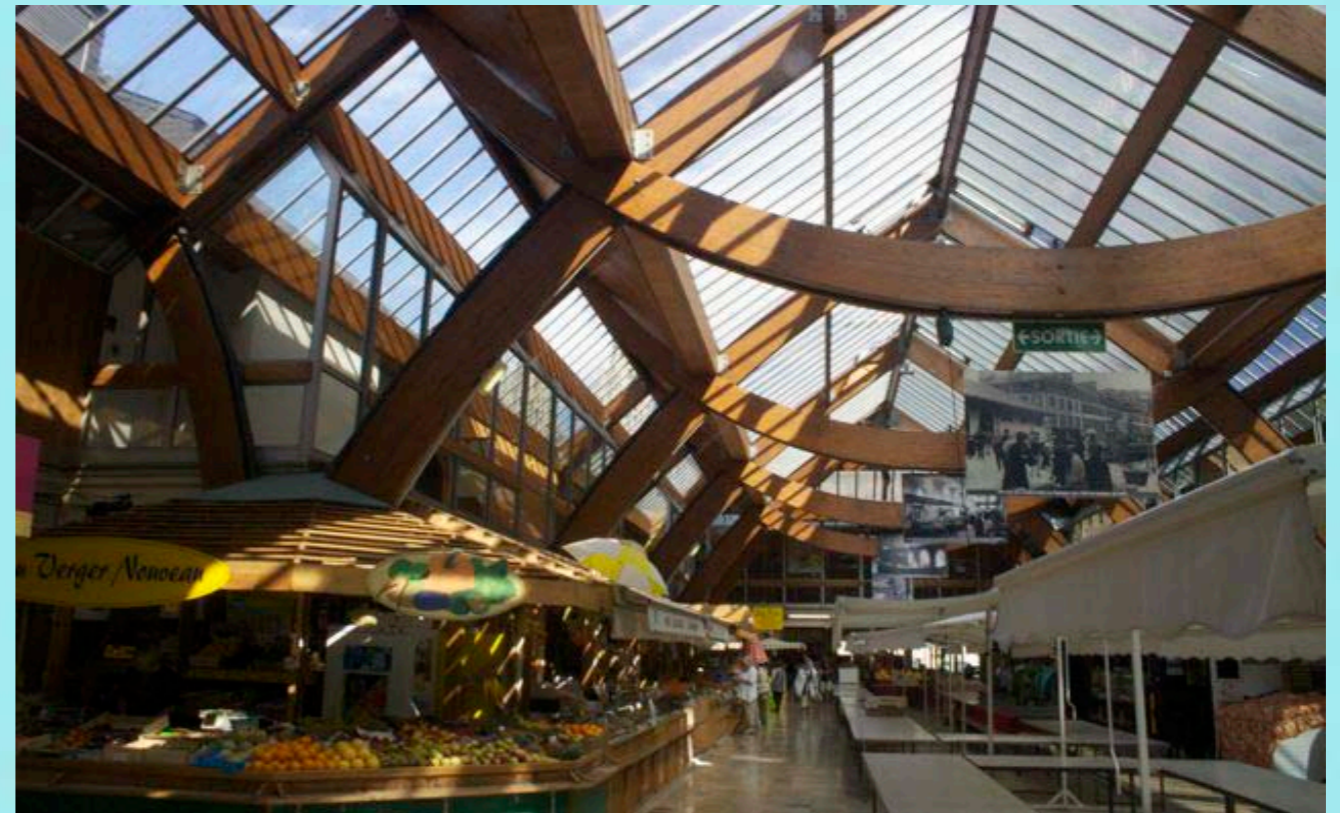
Introduction

- * Architects organize the spaces of inhabitation of the built environment by means of design decisions that determine the placement of physical structures enclosing occupants.



Introduction

- * Dwellings impact the well being of the inhabitants.



Introduction

- * Ideal aim (and premise of this presentation) => to organize space to nourish the well being (optimal health) of its inhabitants.



◆ Definitions

ARCHITECTURAL DESIGN DECISION

- ◆ a division of space that determines the volume and nature of the place in which persons live, work, and actively pursue their daily activities



❖ Definitions

WELL BEING

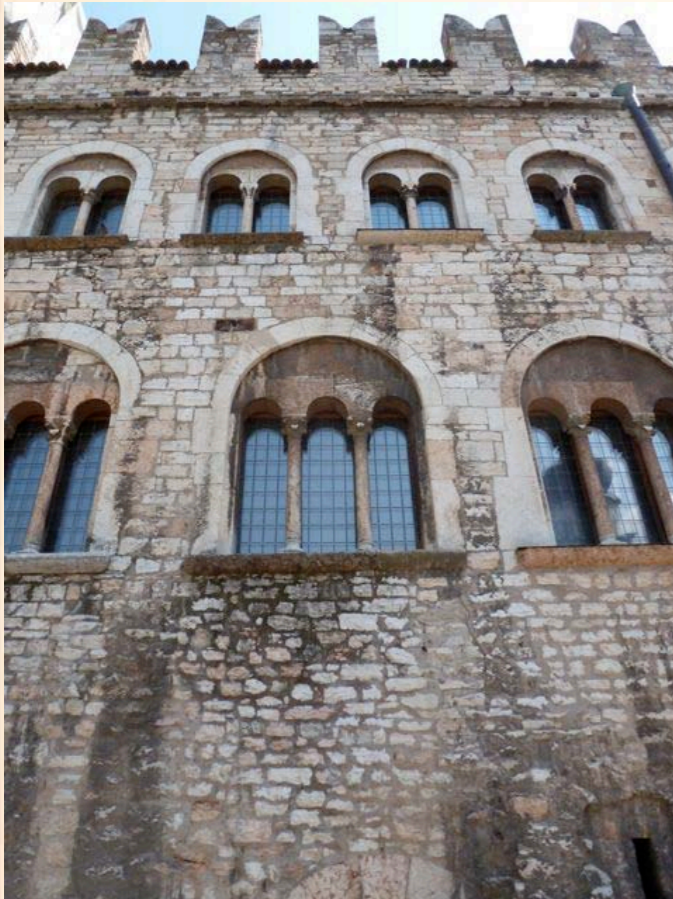
- ❖ optimal health enabling one to live, work, and pursue one's daily activities



❖ Definitions

KINDS OF WELL BEING

- ❖ Physical and Psychological (mental) also relevant => Social and Economic



Seven Key Characteristics of the Built Environment Bearing on Well Being



FIRST Key Characteristic

WINDOW



- key characteristic -

WINDOW

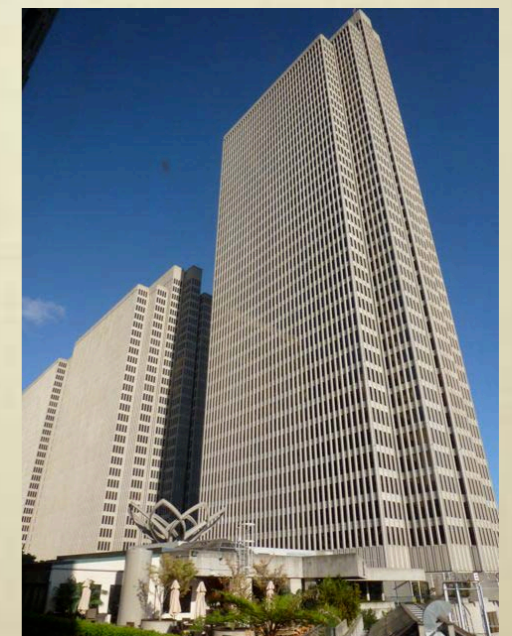
- ● Definition: Experiencing transparency between inside and outside



- key characteristic -

WINDOW

- Extremes: Rooms with no windows (e.g. complete separation and isolation) \Leftrightarrow Transparent walls exposing inhabitants to the variances of the outside environment (e.g. contrary to the idea of shelter and protection from all adverse outside conditions that may threaten well being and survival)



- key characteristic -

WINDOW

- ● Metaphor and embodiment: Openness



- key characteristic -

WINDOW

- ● Wellness: Experiencing affirmation of one's place relative to other forces that may potentially threaten one's existence



SECOND Key Characteristic

HORIZON



- key characteristic -

HORIZON

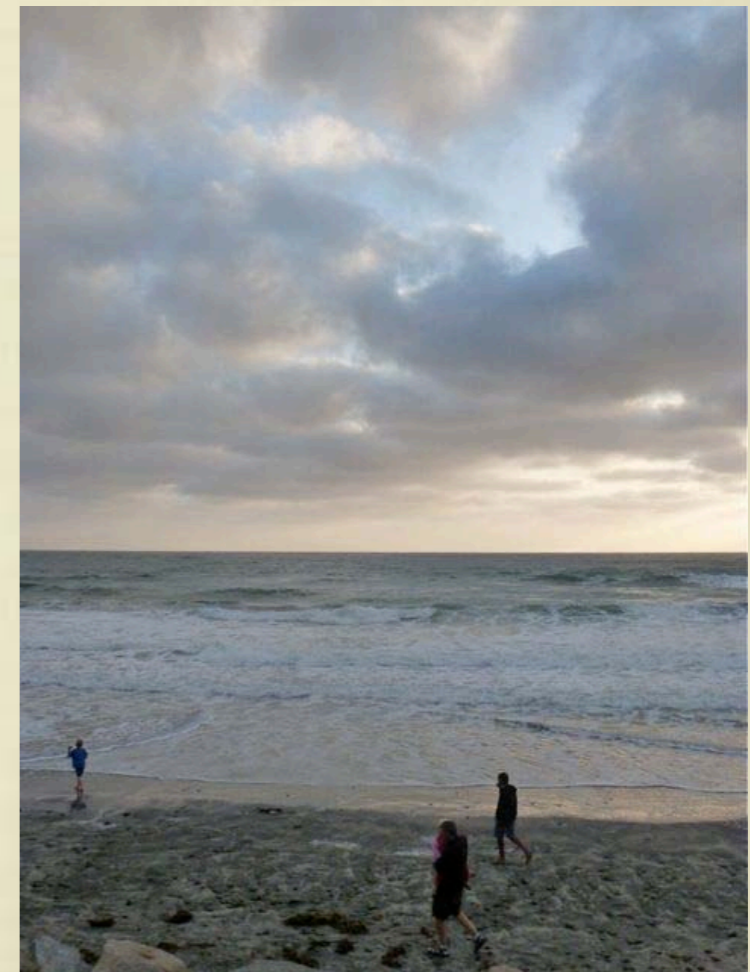
- ● Definition: Experiencing one's grounded and relative position in relation to distance



- key characteristic -

HORIZON

- ● Extremes: Surroundings that block all sense and view of the horizon \Leftrightarrow
Topographical markers that enable one to define one's relation to the horizon



- key characteristic -

HORIZON

- ● Metaphor and embodiment: Rootedness in space (proximal to distal points of reference)



- key characteristic -

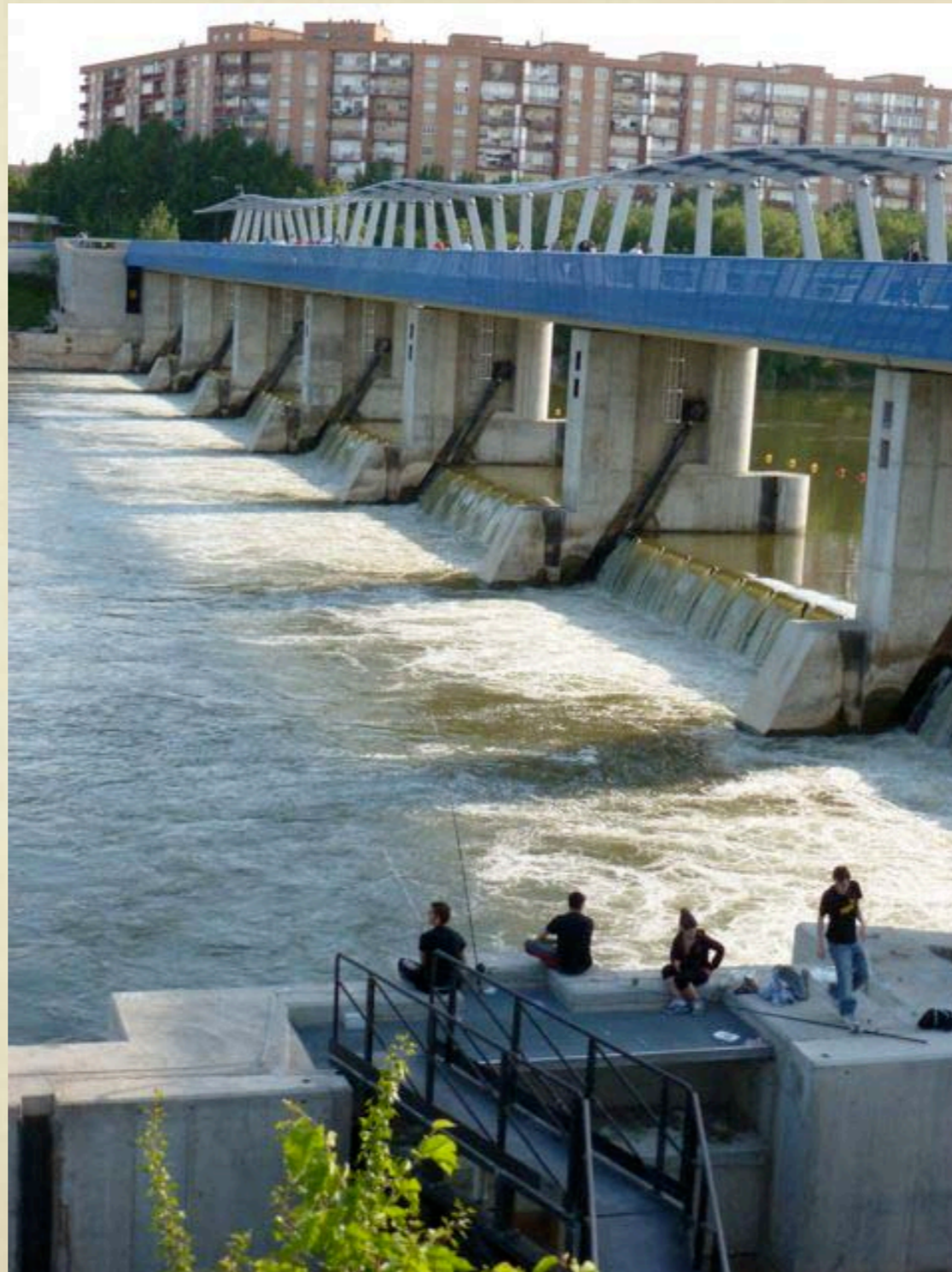
HORIZON

- ● Wellness: Experiencing affirmation of one's existential orientation of geographic location (longitude and latitude) in one's world



THIRD Key Characteristic

LOCATION



- key characteristic -

LOCATION

- ● Definition: Experiencing the place one inhabits as safe, that one is safely located geographically in relation to other dwellings and objects of the context



- key characteristic -

LOCATION

- Extremes: Familiar and recognized surroundings \Leftrightarrow unfamiliar and ambiguous spacious surroundings.



- key characteristic -

LOCATION

- ● Metaphor and embodiment: Discerningly situated in space and time; the safety of location



- key characteristic -

LOCATION

- ● Wellness: Experiencing affirmation of safety and protection in place



FOURTH Key Characteristic

GREENERY



- key characteristic -

GREENERY

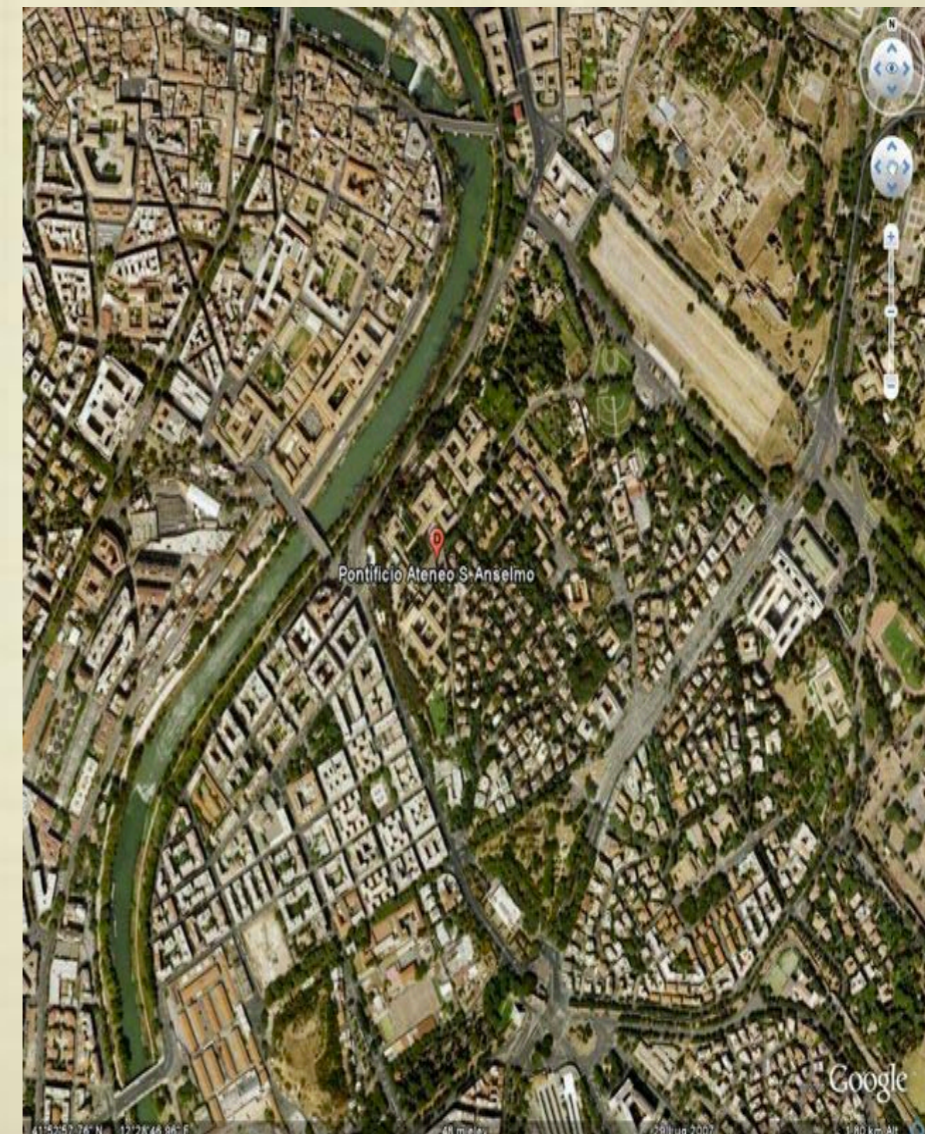
- ● Definition: Experiencing being among other living beings



- key characteristic -

GREENERY

- ● Extremes: Sterile enclosures devoid of any other living beings than the occupant \Leftrightarrow over abundant presence of other living beings (e.g. high population and eco-niche densities, crowded conditions)



- key characteristic -

GREENERY

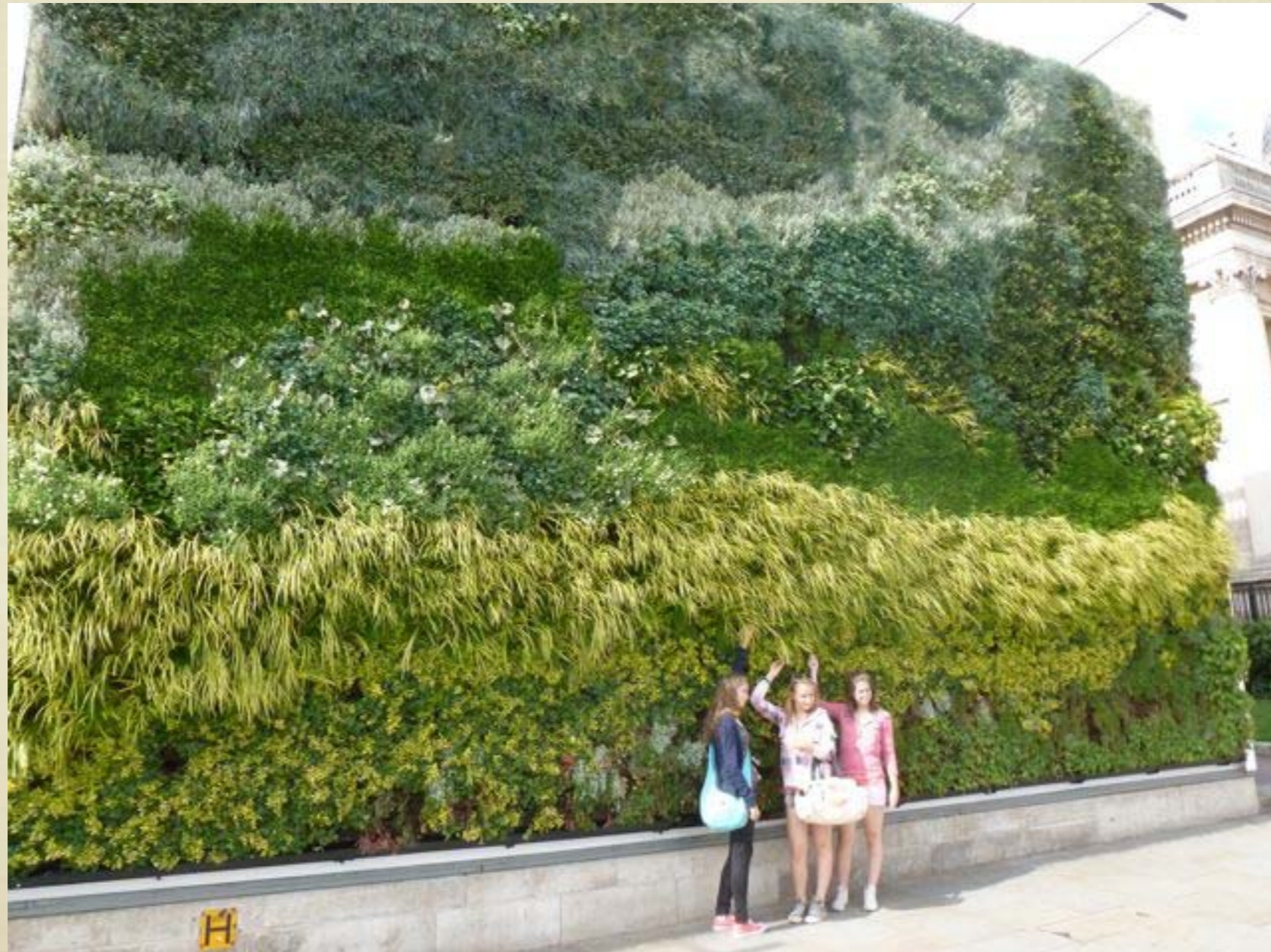
- ● Metaphor and embodiment: Being in and with nature



- key characteristic -

GREENERY

- ● Wellness: Experiencing affirmation of being alive and vital, recognizing one's kinship with other living beings



FIFTH Key Characteristic

CONNECTEDNESS



- key characteristic -

CONNECTEDNESS

- ● Definition: Experiencing feelings of relationship with other human beings, whether by witness (watching, observation) and/or interaction



- key characteristic -

CONNECTEDNESS

- Extremes: Minimal to no interactions with another human being \Leftrightarrow hyper stimulation and demands from others present in great numbers



- key characteristic -

CONNECTEDNESS

- • Metaphor and embodiment: Communion and belonging
 - (Extended to other than human living beings)



- key characteristic -

CONNECTEDNESS

- ● Wellness: Experiencing affirmation of one's sense of vital existence and social standing among other living beings



Sixth Key Characteristic

HOME



- key characteristic -

HOME

- ● Definition: Experiencing comfort and ease of the space one inhabits, in which one is contained and separated from the natural environment, locating one's domicile in relation to all other places of the built environment



- key characteristic -

HOME

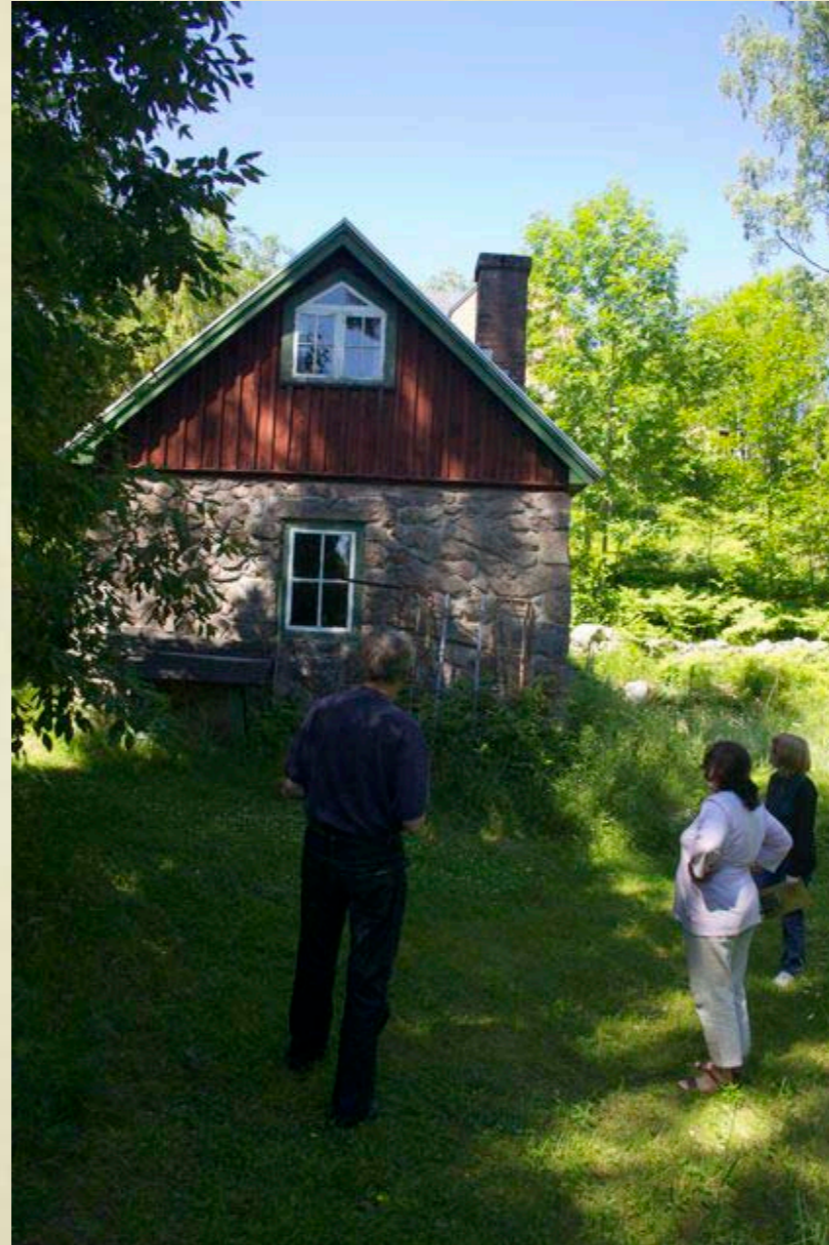
- • Extremes: Claustrophobic enclosures \Leftrightarrow Excessively spacious surroundings inside and outside



- key characteristic -

HOME

- ● Metaphor and embodiment: Situated personal space and lebensraum (room to live)



- key characteristic -

HOME

- ● Wellness: Experiencing affirmation of having place to be and locate one's sense of home



Seventh Key Characteristic

CONSTANCY



- key characteristic -

CONSTANCY

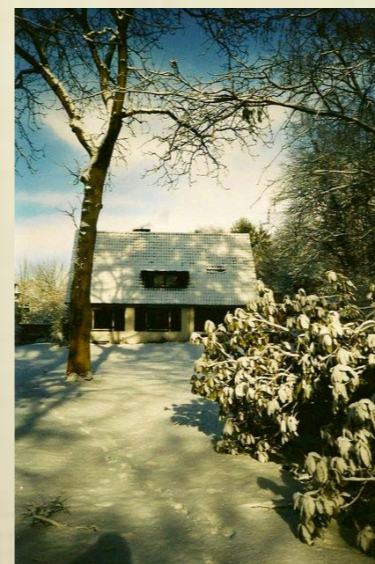
- ● Definition: Experiencing comfort and ease of the space one occupies over time (e.g. repeated occasions of being in the space), in other words, the space is stable, enduring, structurally sound, and experienced as permanent



- key characteristic -

CONSTANCY

- Extremes: Spaces maintained within a known, predictable, and reliable volume \Leftrightarrow Spaces constantly in flux (expanding and contracting), such that one cannot depend on their stability when occupied



- key characteristic -

CONSTANCY

- Metaphor and embodiment: The dimension of temporality that becomes stabilized through the fixed structural organization of space, such that space appears stable and not constantly changing



- key characteristic -

CONSTANCY

- ● Wellness: Experiencing affirmation of having place that is known, secure, and dependable



Conclusion

[eu = good, beneficial, wellness promoting]

EUPLACE (euspace) =
window + horizon + location + greenery +
connectedness + home + constancy =>
optimal health (wellness)





Questions and Discussion

The End

