

CHRISTOPHORUS

A CENTRE FOR RETREAT

P5 PRESENTATION

28/06/2018

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1517007

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EXHIBITION SPACE

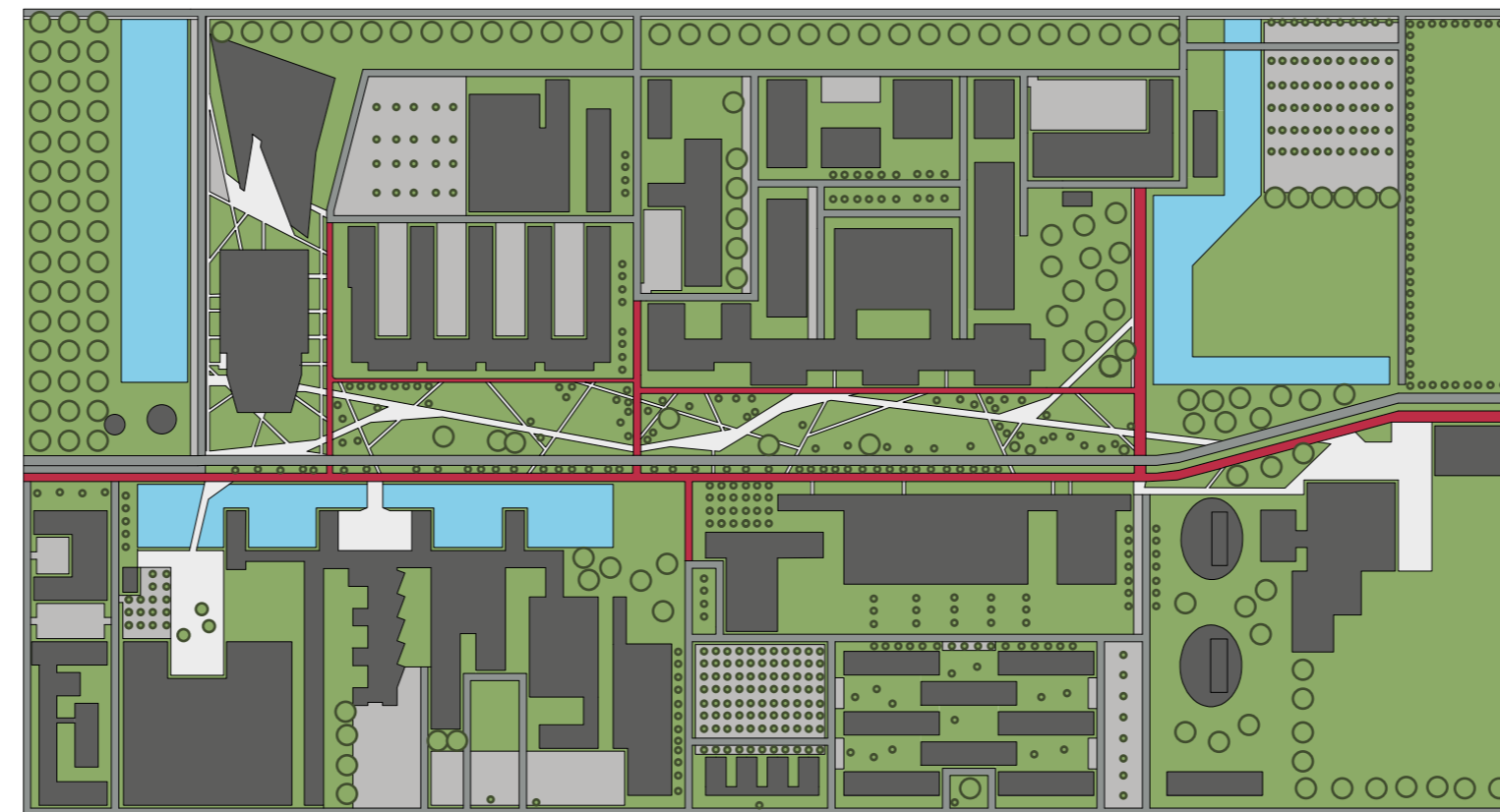
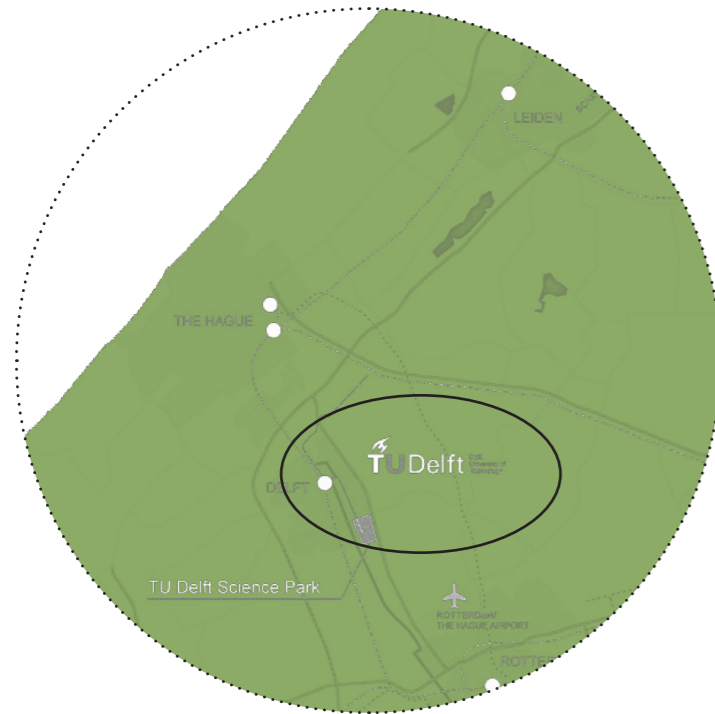
ENCLOSED GARDEN

COMMUNAL MEDITATION

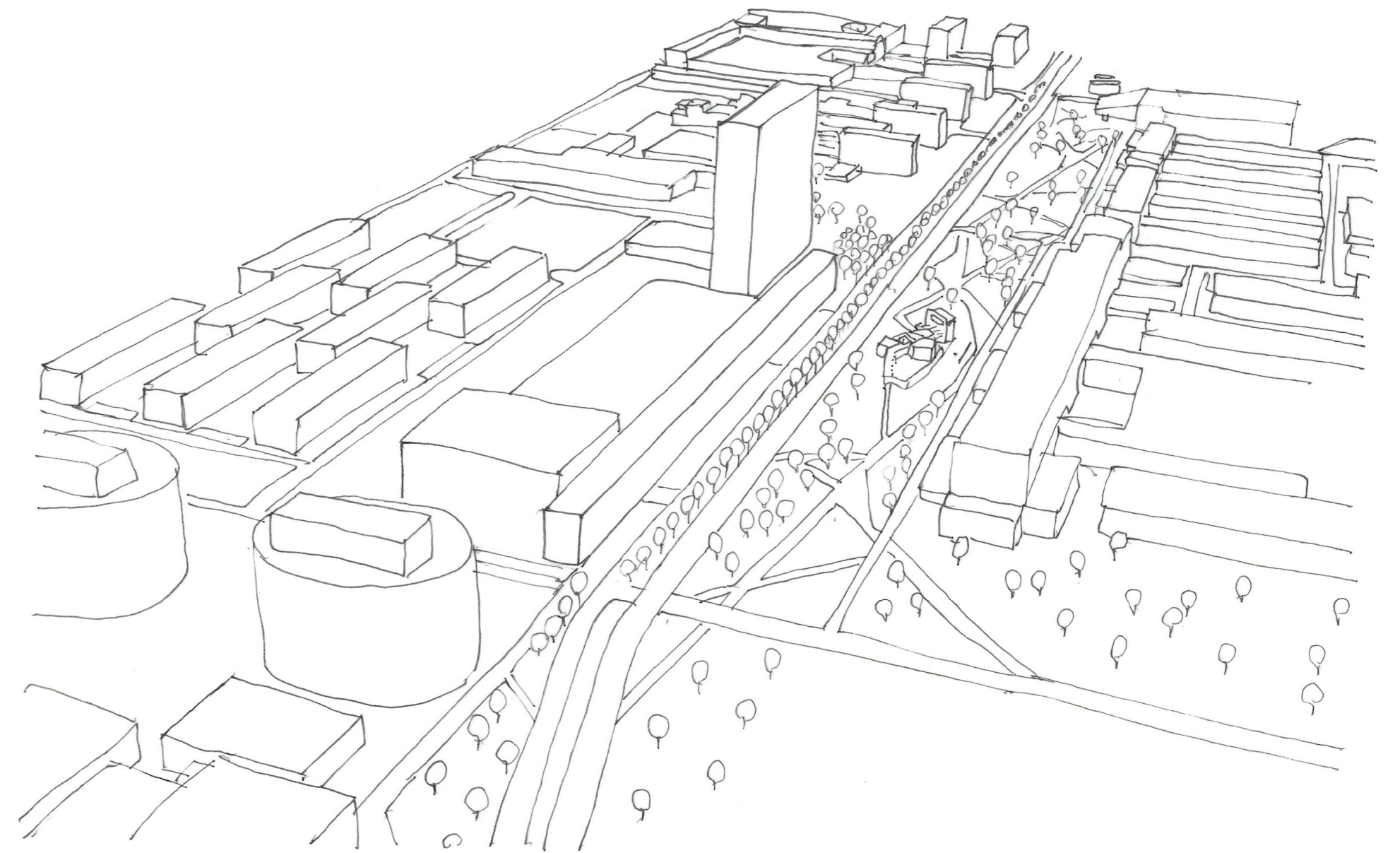
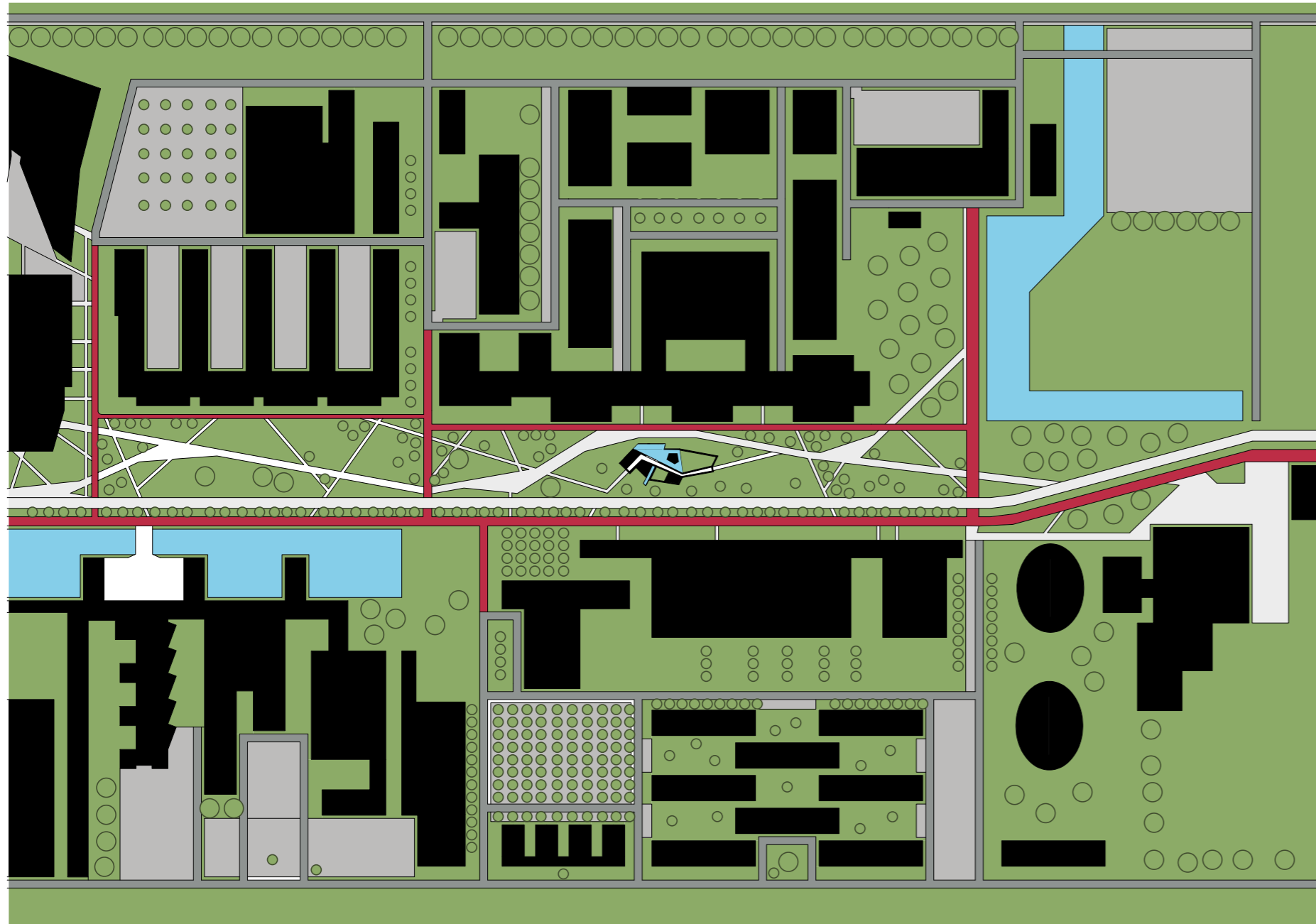
INDIVIUAL MEDITATION

LOCATION

MEKEL PARK

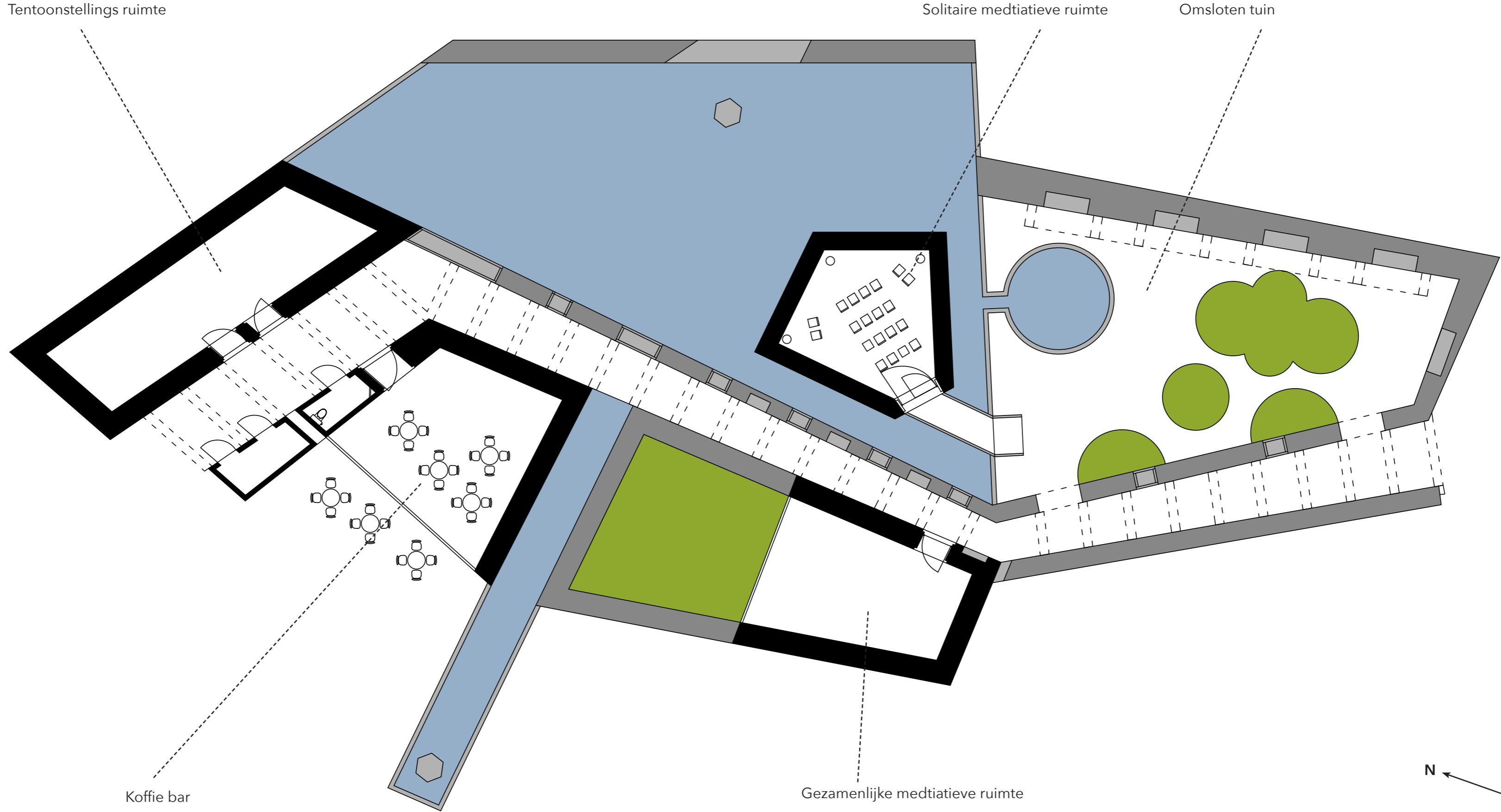


DESIGN SITE

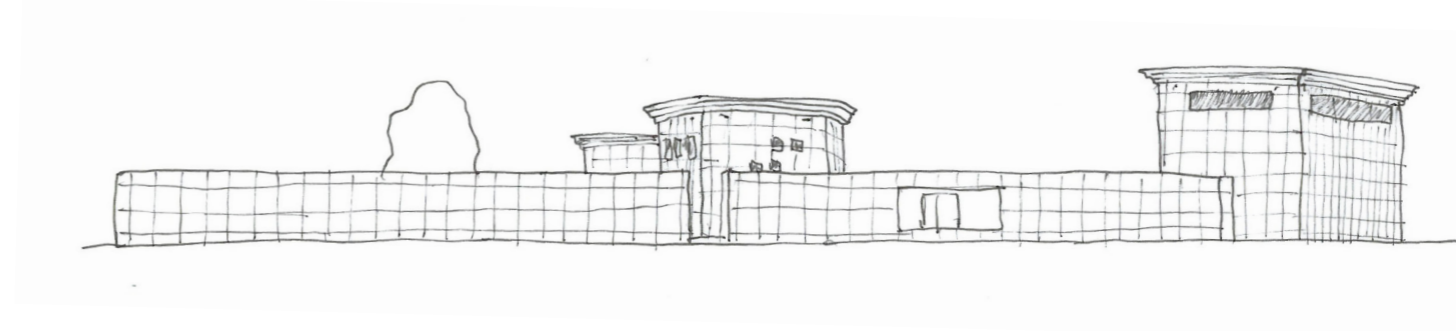
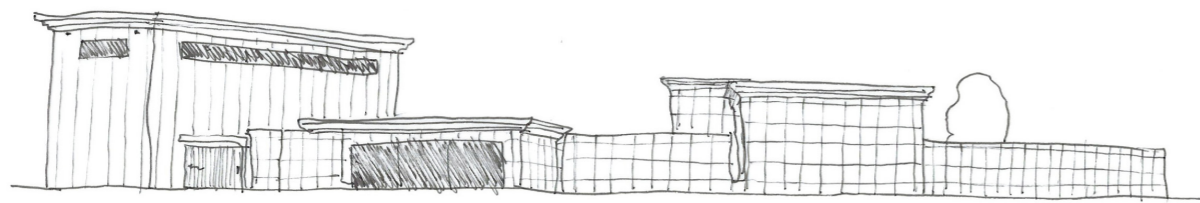
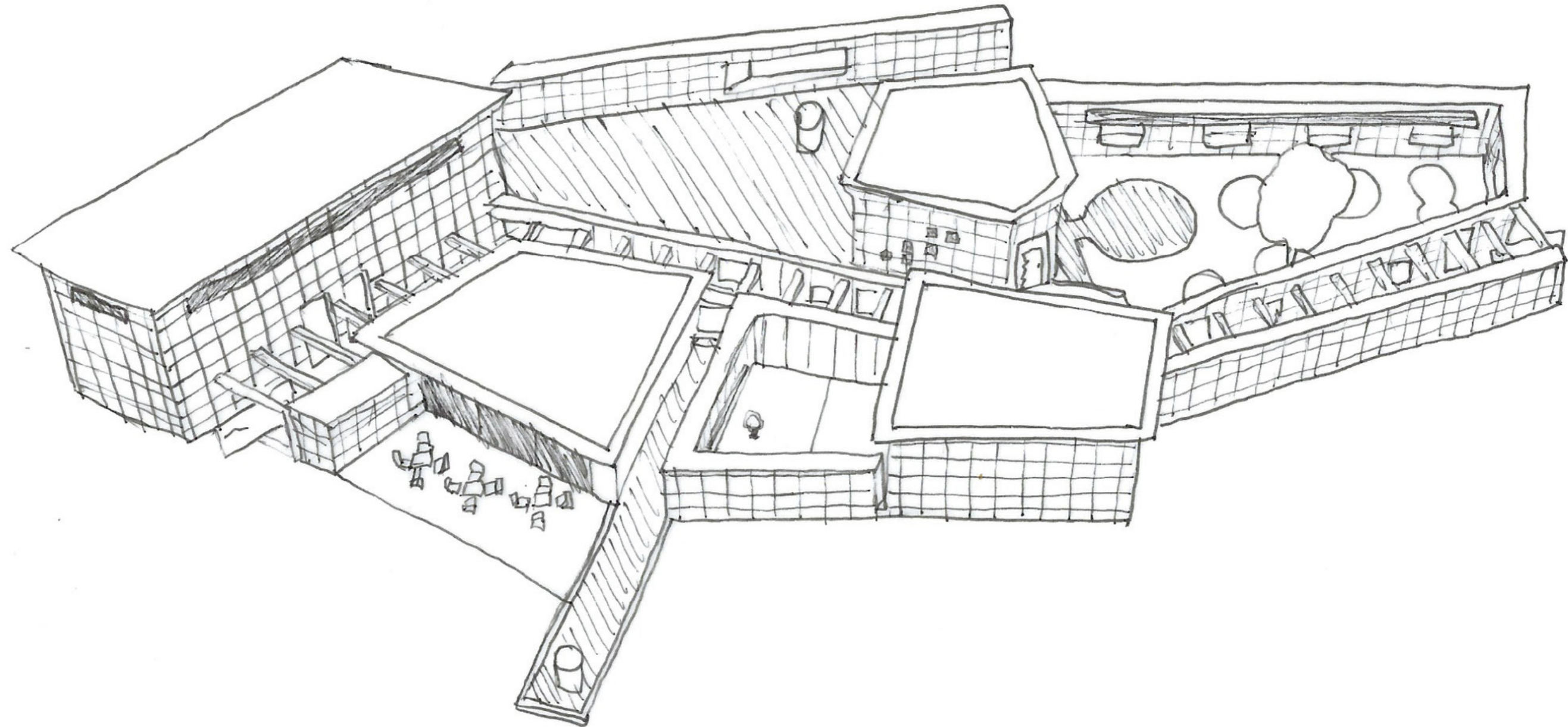




DESIGN FLOORPLAN



DESIGN

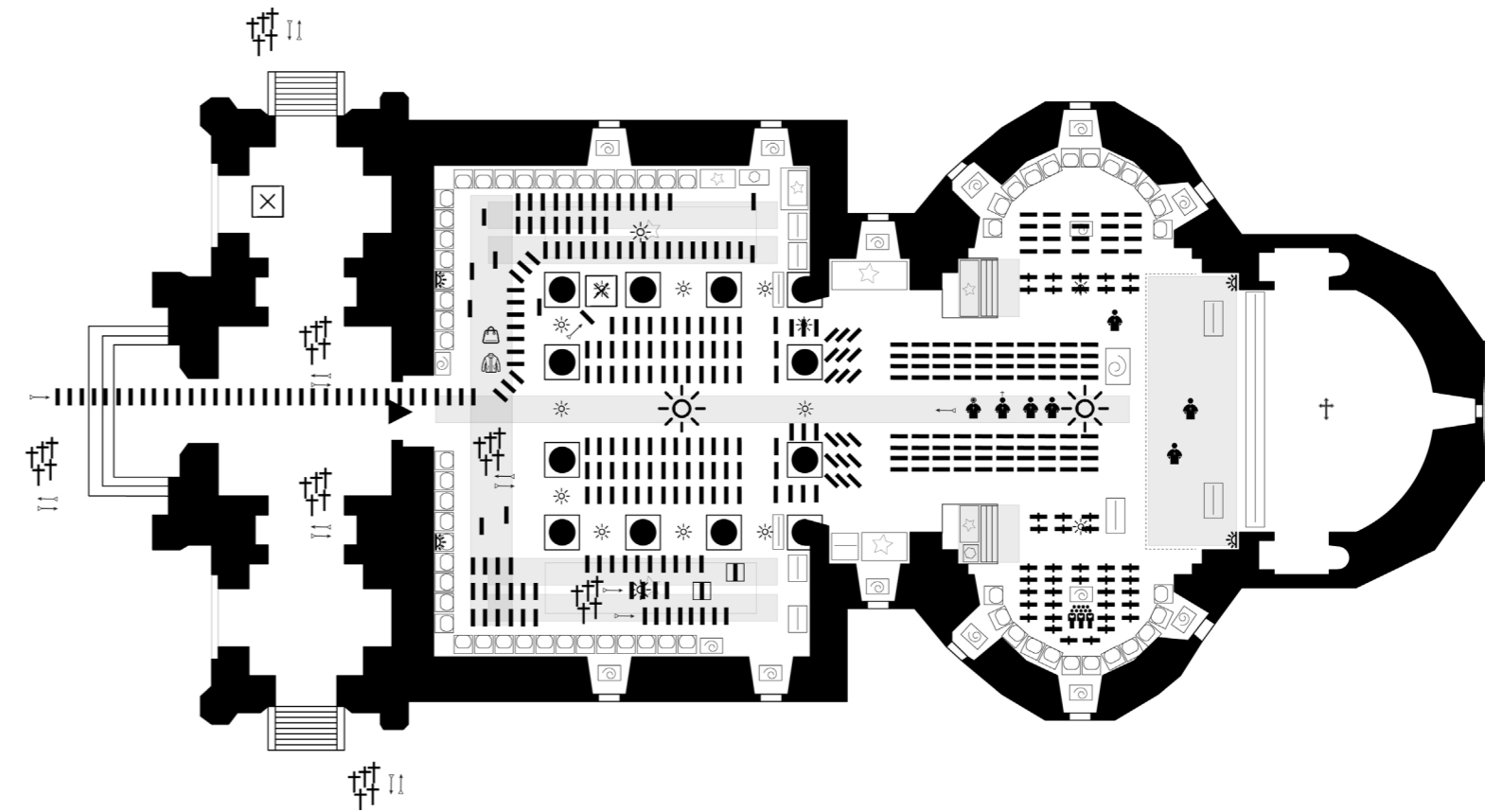


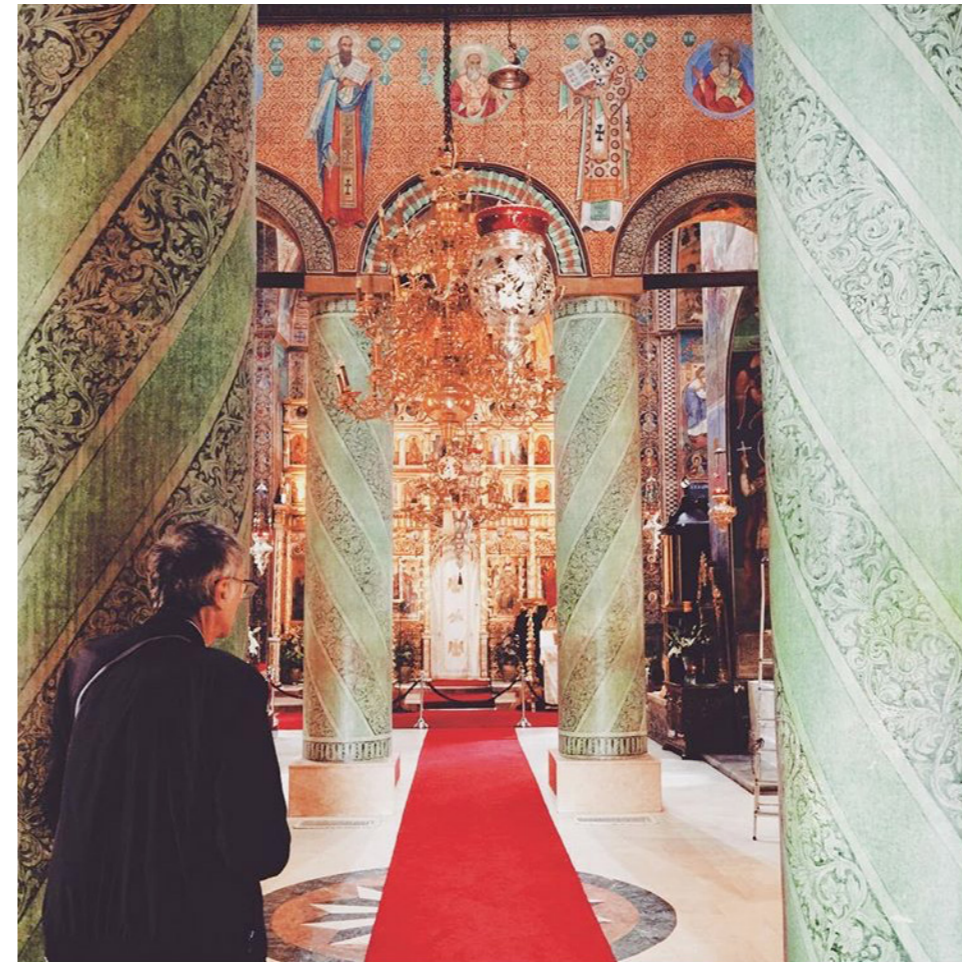
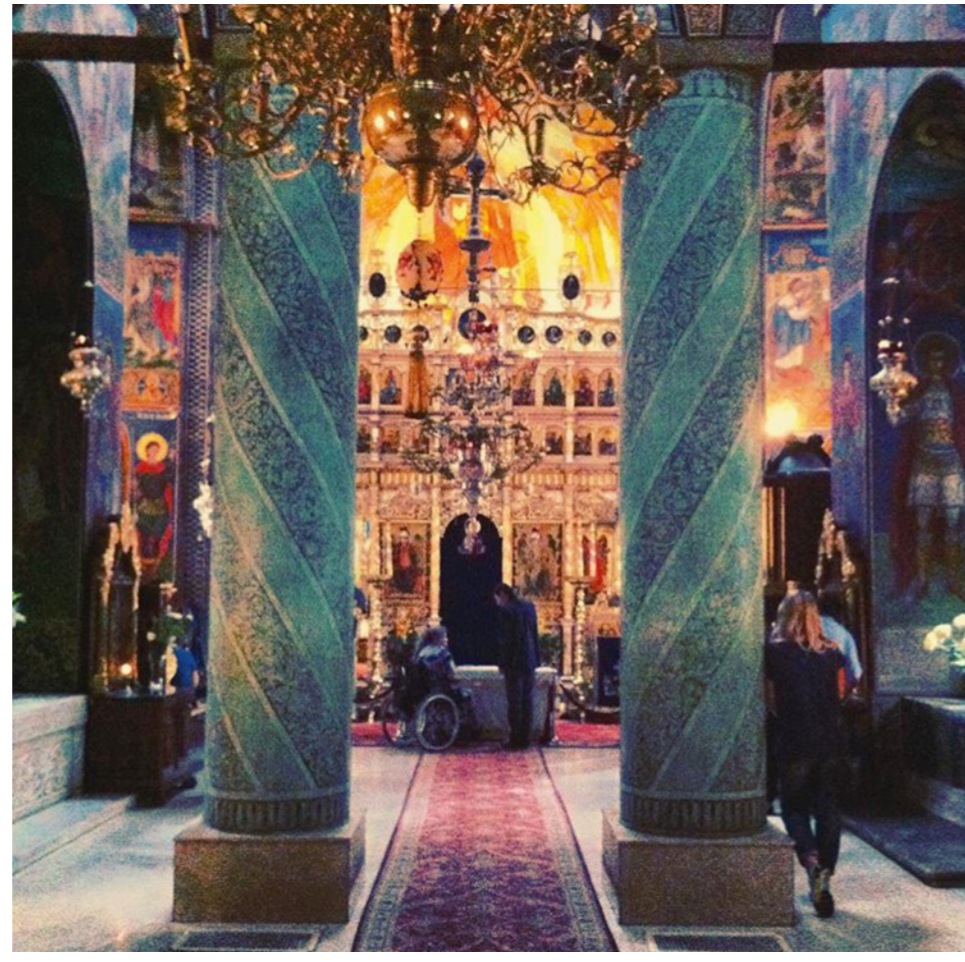
FASCINATION

VISITS TO ROMANIA



RITUALS GOT MY ATTENTION





RESEARCH

RESEARCH QUESTION: HOW CAN UNDERSTANDING OF RITE HELP TO CREATE PLACE FOR STRESS REDUCTION?

DESIGN GOAL: A CENTRE FOR RETREAT

LOCATION: MEKELPARK TU DELFT CAMPUS

METHOD

1

INITIATION

Fascinations
Relevance and problem statement

2

PREPARATION THEORETICAL RESEARCH

Literature scan
Research question

3

THEORETICAL RESEARCH

History
Current state
Definitions and elaboration
(ritual, ritual space, place, behaviour,
emotion, stress and experience)
Solution for problem statement

4

PREPARATION FIELD RESEARCH

Notational method development
Existing techniques
Preparation
(site drawings, site scanning)

5

FIELD RESEARCH

Case Study Radu Voda Bucharest
Case Study Espresso Bar Sterk Delft

Participant observations
Interviews
Questionnaire
Sorting

6

PREPARATION DESIGN

Conclusions
Report
Leads for design and qualities
Location research
Sketch design

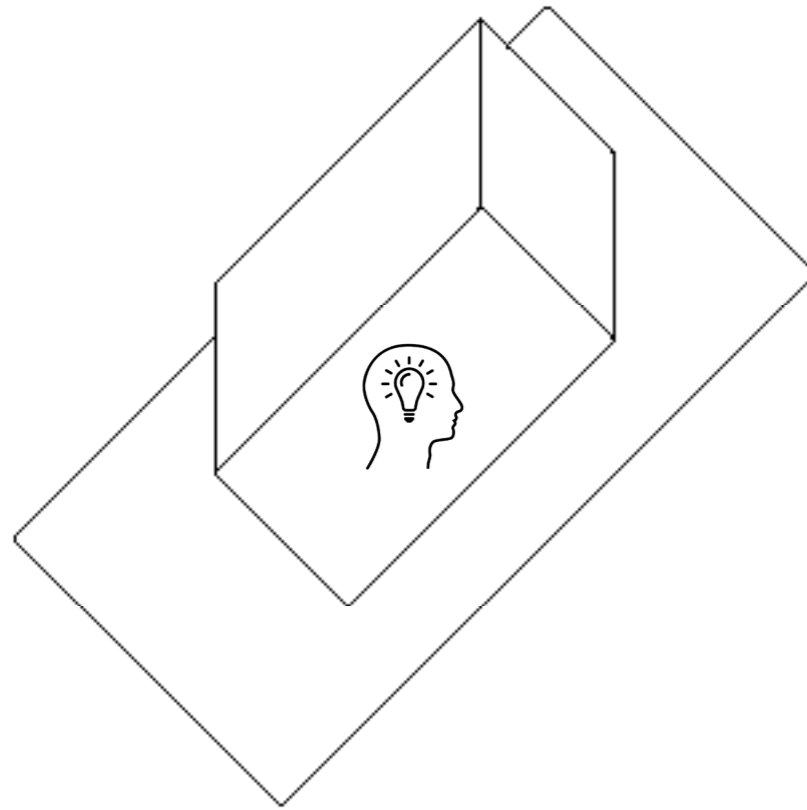
7

DESIGN

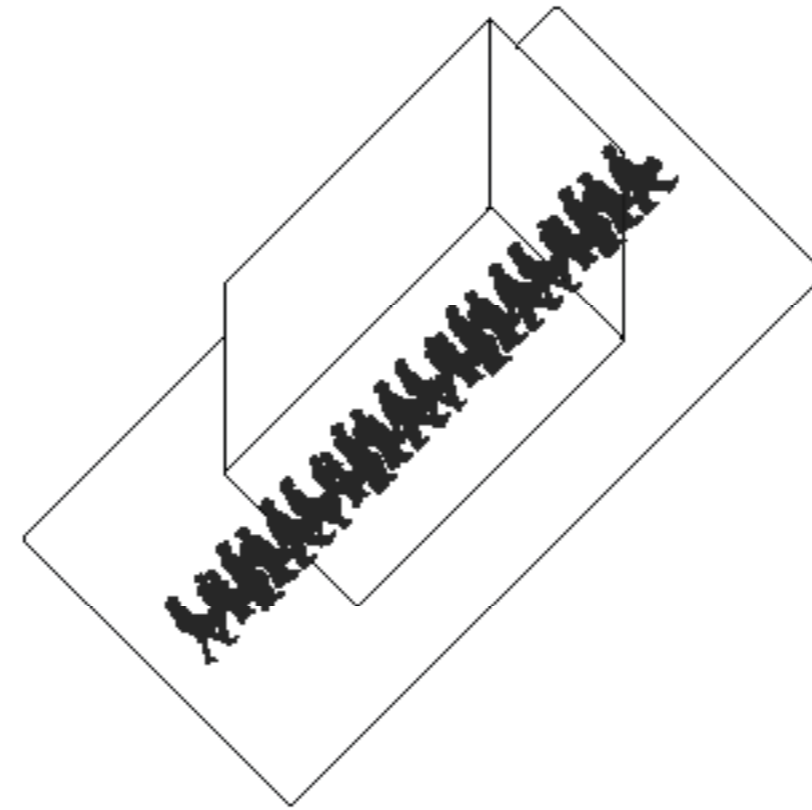
Concept
Design brief
Preliminary design
Final design
Presentation

RESEARCH

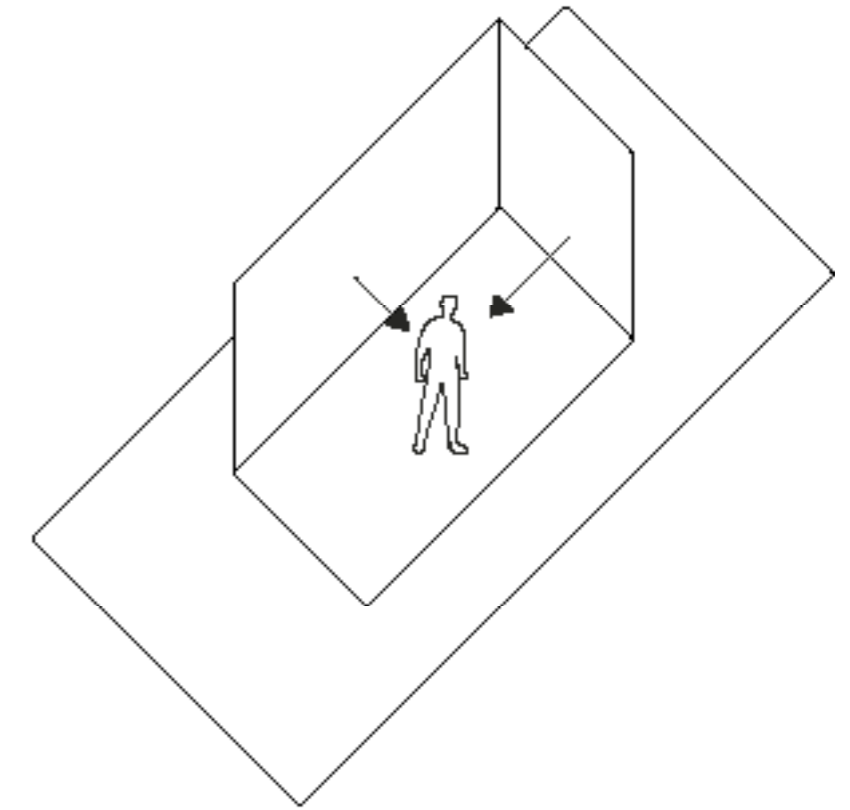
CONCRETIZED AND MATERIALIZED IDEA



DISTINCT PATTERNS OF ACTIVITIES



'INSTRUMENT' OF RITE AND STRESS REDUCTION



"SOME BUILDINGS ARE EXPLICITLY BUILT FOR RITUAL, BUT THE REPETITION OF ANY ACTIVITY, EITHER MUNDANE OR RELIGIOUS, TENDS TO RITUALS THEM, AND BY FACILITATING THIS, AN ARCHITECTURAL STRUCTURE CAN TURN GRADUALLY - SOMETIMES EVEN UNNOTICEABLE - INTO AN INSTRUMENT OF RITUAL"

DEFINITIONS



Ritual is a change of emotion, before you start with the ritual you have another emotion than afterwards.

Six basic emotions to balance



Rite is a ritual without a destiny (like praying to a God), but one still does the acts and gestures (like the Dutch carnival). A lot of daily rituals are rites.

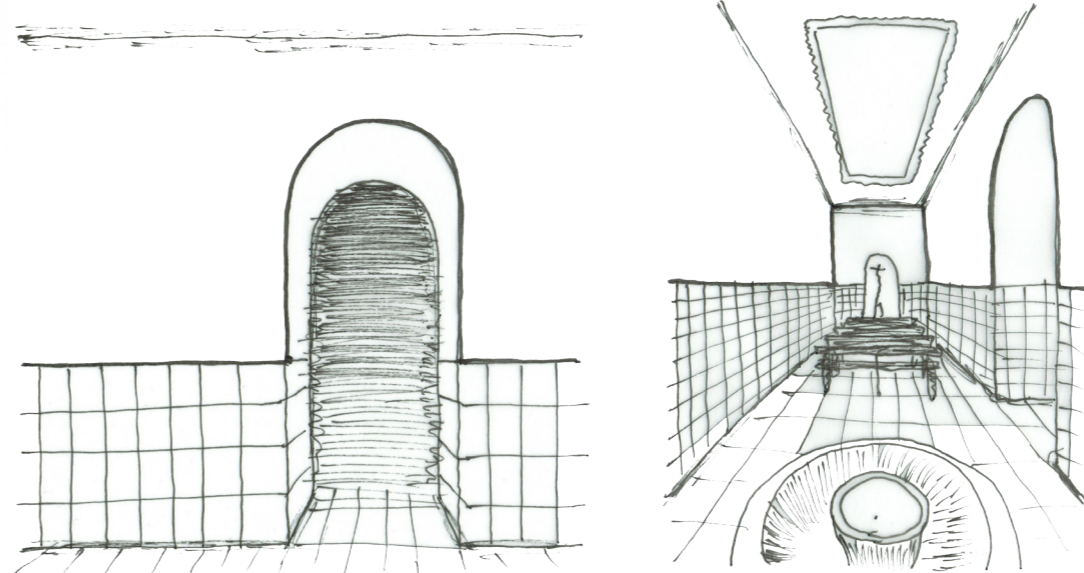


How can understanding of rite help to create place for stress reduction?



Place is a cognitive construct, or differently said, a special feeling linked to space.

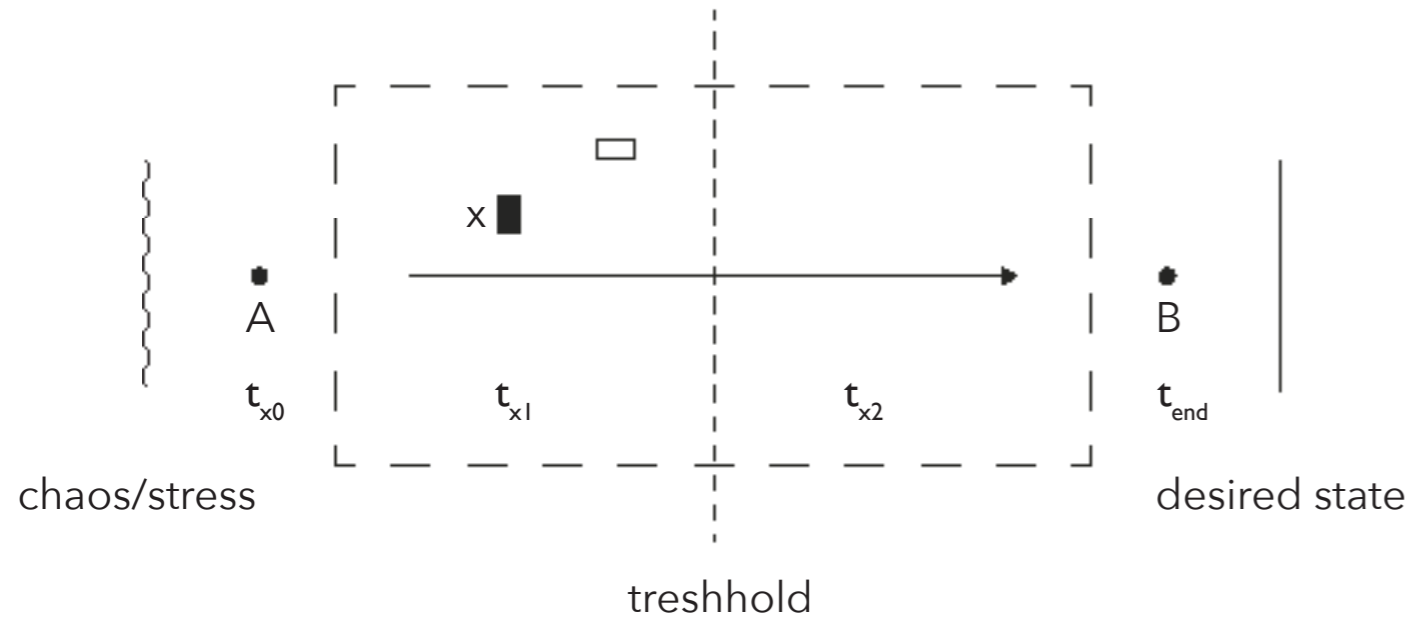
My **design goal** is a Centre for Retreat at the TU Delft. After entering you alter an emotion into a desired emotion.



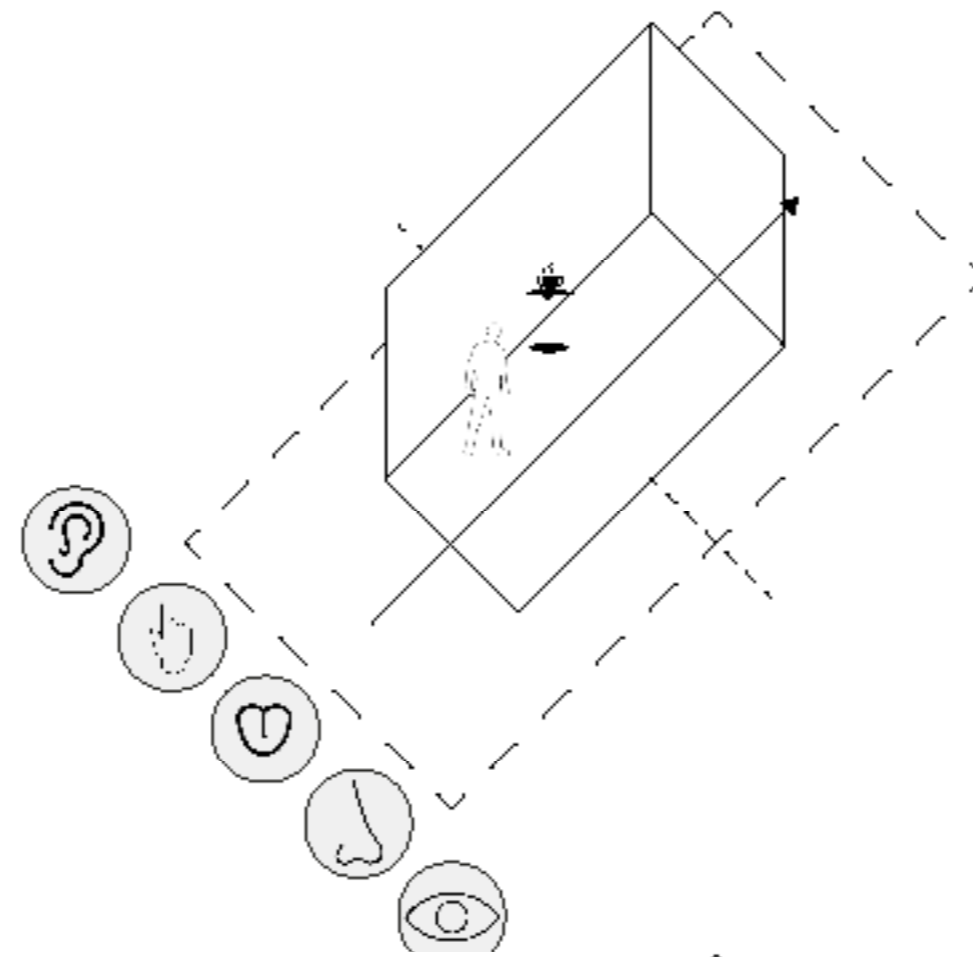
Rite can be a practice for difficult moments like a presentation. The design should guide and enhance a desired emotion.

RITE

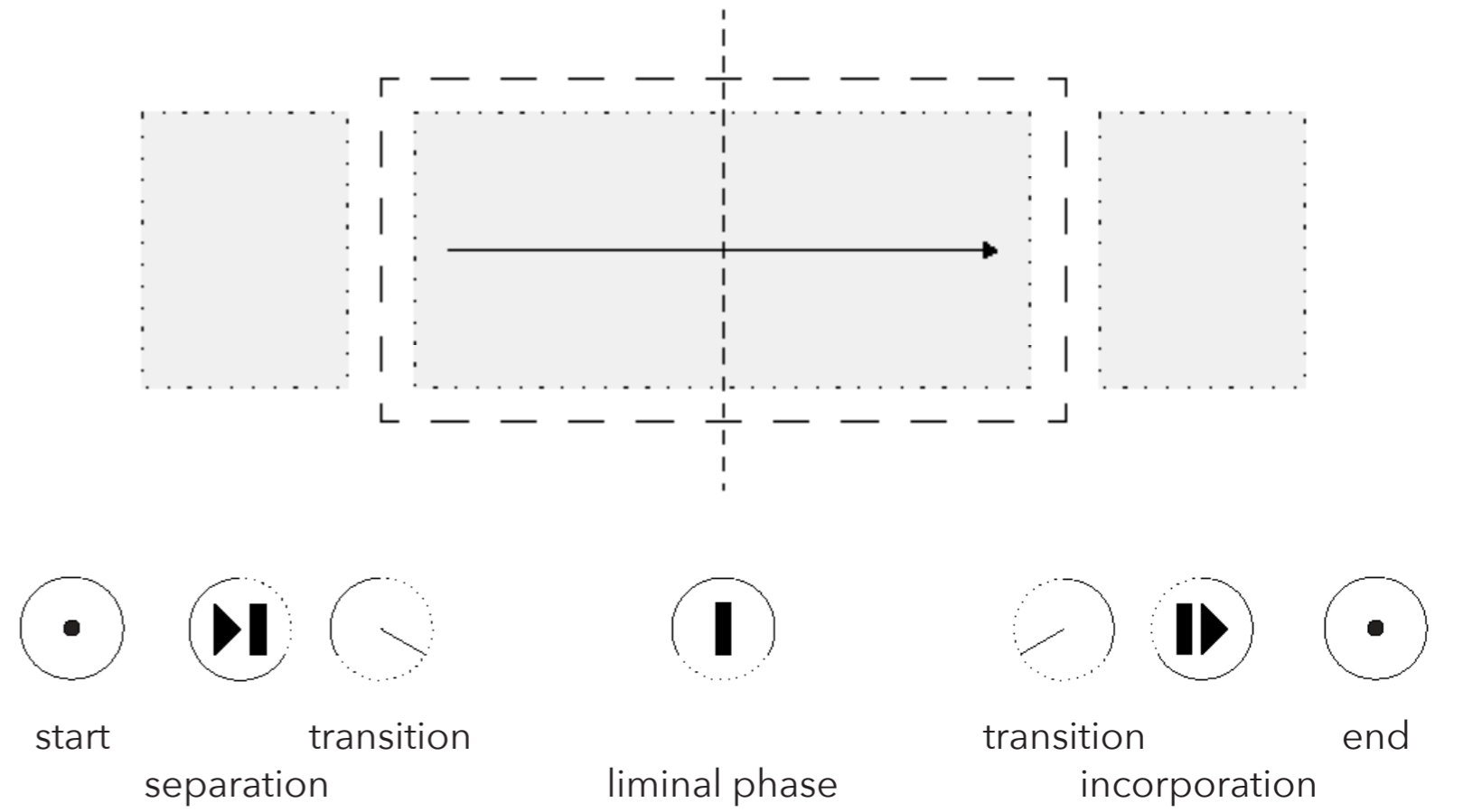
RITUAL SPACE



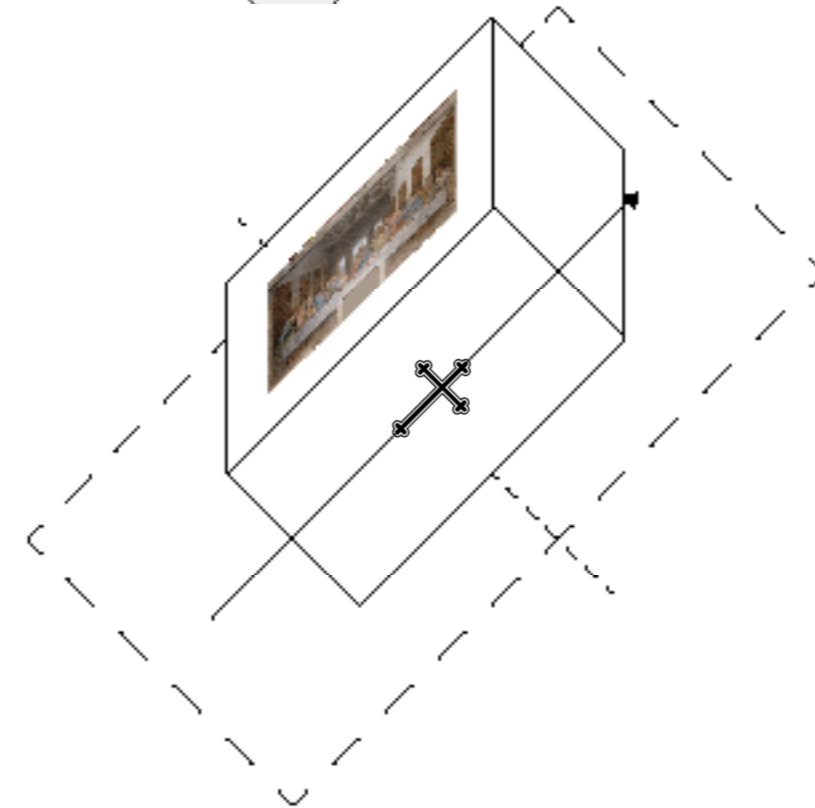
A (start)	x (person)
B (end)	y (object)
f (function/relation (x,y))	--- boundary
t (time, position x)	→ path followed



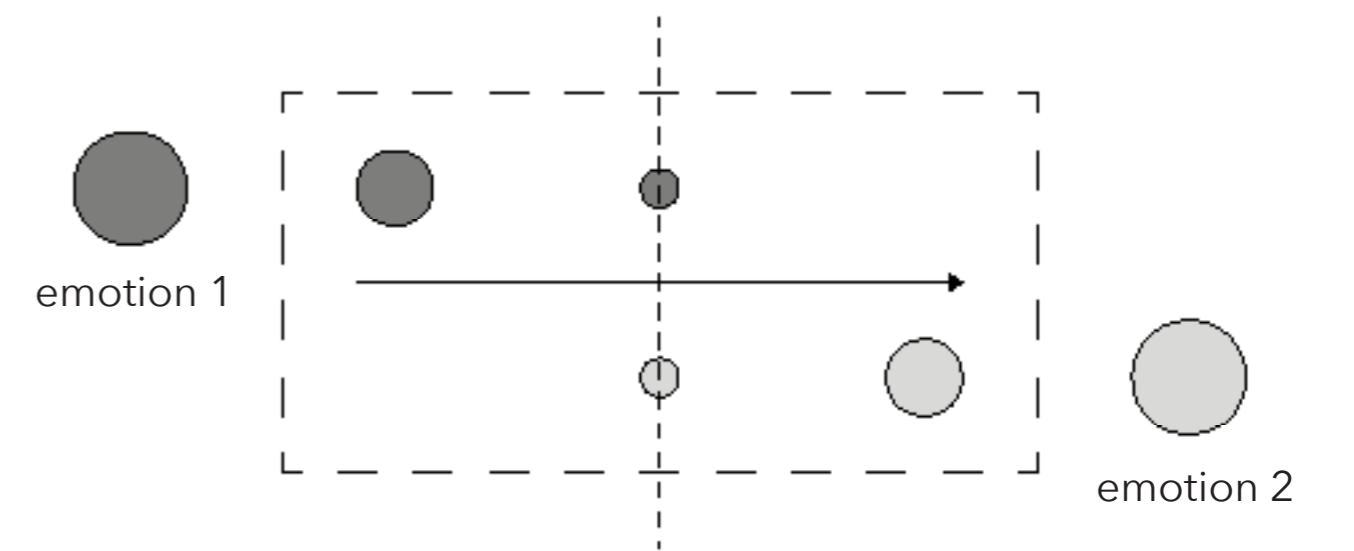
RITUAL MOMENTS



INTERPLAY

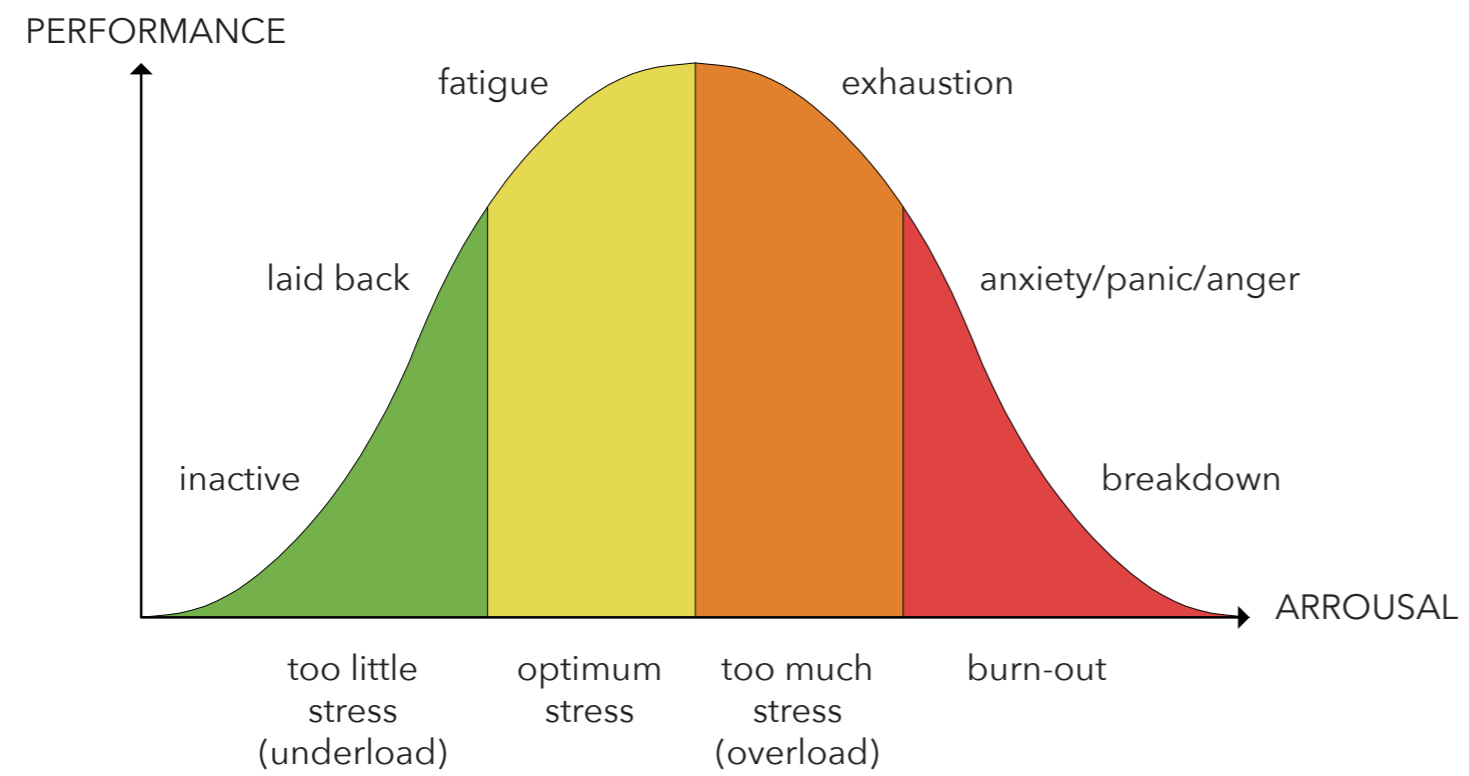


EMOTIONS

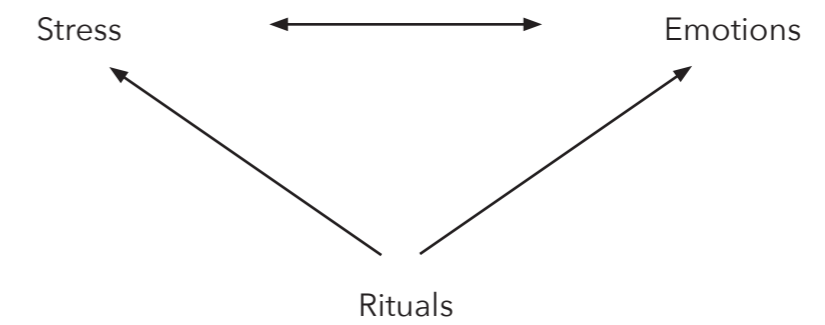


STRESS

YERKES-DODSON LAW



RELATIONSHIP



WHEEL OF EMOTIONS

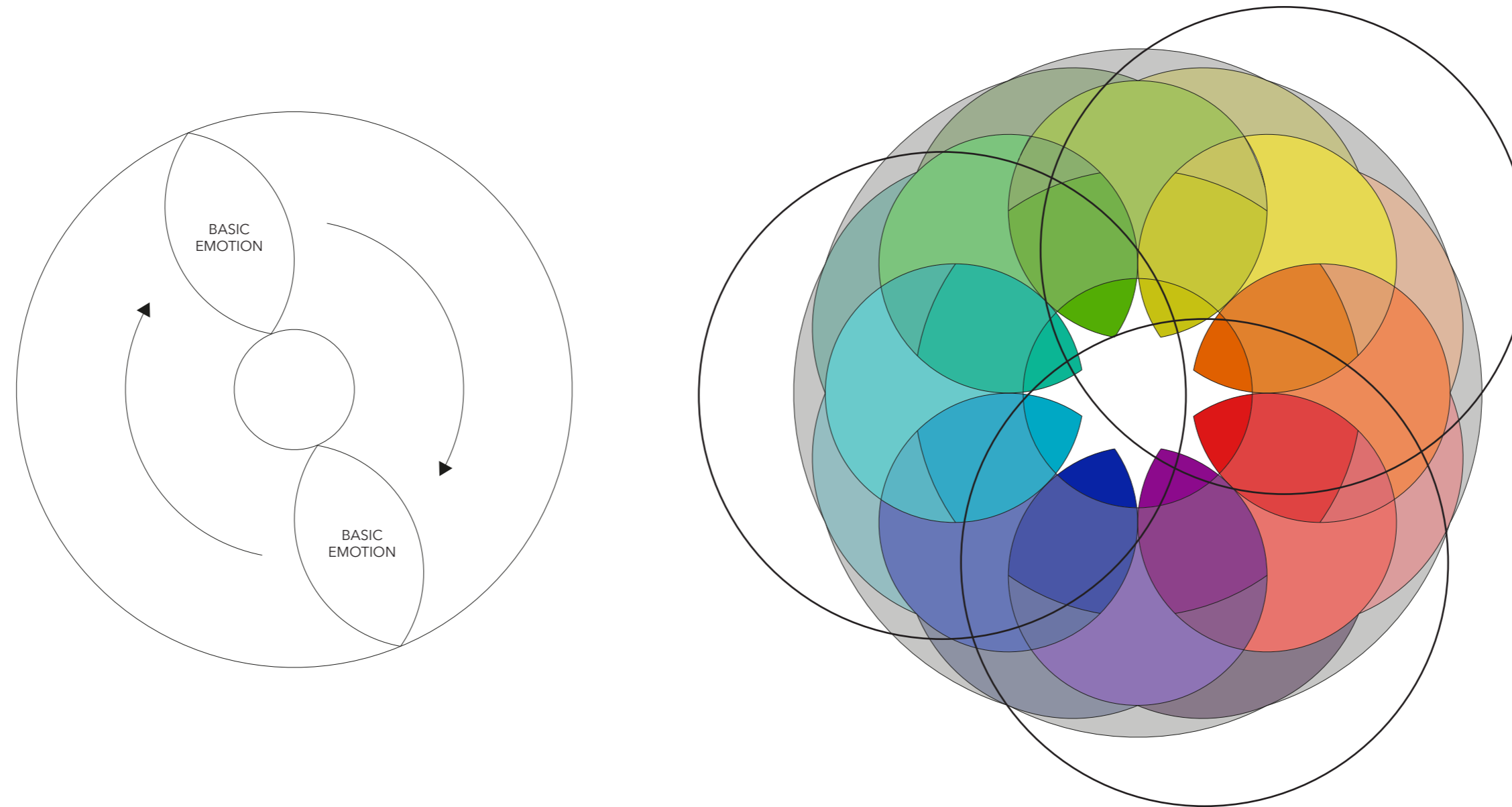


- ECSTASY** overwhelming or great happiness, or joyful excitement
- JOY** pleasure and happiness - 'glad'
- SERENITY** being calm, peaceful, and untroubled
- VIGILANCE** keeping careful watch for possible danger or difficulties
- ANTICIPATION** regarding an event, person or object as probable, expectable or predictable - 'expected'
- INTEREST** wanting to know or learn about something or someone
- RAGE** being violent and having an uncontrollable anger
- ANGER** annoyance, displeasure, or hostility - 'mad'
- ANNOYANCE** mild anger caused by a nuisance or inconvenience
- LOATHING** intense dislike or disgust or hatred
- DISGUST** revulsion or profound disapproval aroused by something unpleasant or offensive - 'bah'
- BOREDOM** being weary because one is unoccupied or lacks interest in one's current activity
- GRIEF** deep sorrow
- SADNESS** sorrow or being unhappy - 'sad'
- PENSIVENESS** being engaged or involved into something, or reflecting deep or serious thought
- AMAZEMENT** great surprise or wonder
- SURPRISE** a feeling of the unexpected, astonishing or shock - 'wow'
- DISTRACTION** being unable to concentrate because one's mind is preoccupied
- TERROR** extreme fear
- FEAR** being afraid while someone or something is regarded as dangerous, likely to cause pain, or a threat - 'afraid'
- APPREHENSION** anxiety or fear that something bad or unpleasant will happen
- ADMIRATION** respect and warm approval
- TRUST** firm belief in the reliability, truth, ability, or strength of someone or something - 'sure'
- ACCEPTANCE** agreement with or belief in an idea, opinion, or explanation
- OPTIMISM** hopefulness and being confident about the future or the successful outcome of something - 'will be fine'
- AGGRESSIVENESS** preparedness or likeliness to attack or confront - 'I am going to hurt you'
- CONTEMPT** a person or a thing is beneath consideration, worthless, or deserves scorn - 'bad'
- REMORSE** deep regret or guilt for a wrong commitment - 'sorry'
- DISAPPROVAL** something or someone is unfavourable - 'not good'
- REVERENCE** deep respect - 'awe'
- SUBMISSION** accepting or yielding to a superior force or to the will of an authority - 'I do what you want'
- LOVE** deep affection and strong attachment - 'I love you'
- FATALISM** the belief that all events are predetermined and therefore inevitable
- PRIDE** deep pleasure or satisfaction
- CYNICISM** an inclination to believe that people are motivated purely by self-interest
- ENVY** discontented or resentful longing aroused by someone else's possessions, qualities, or luck
- REVULSION** disgust and loathing
- DESPAIR** complete loss or absence of hope
- CURIOSITY** A strong desire to know or learn something
- GUILT** culpable of or responsible for a specified wrongdoing
- DOMINANCE** power and influence over others
- MORBIDNESS** sickness
- PESSIMISM** lack of hope or confidence in the future
- OUTRAGE** extreme anger, shock or indignation
- SHAME** humiliation or distress caused by the consciousness of wrong or foolish behaviour
- SENTIMENTALITY** excessive tenderness, sadness or nostalgia
- DELIGHT** great pleasure
- ANXIETY** worry, nervousness or unease

WHEEL OF EMOTIONS

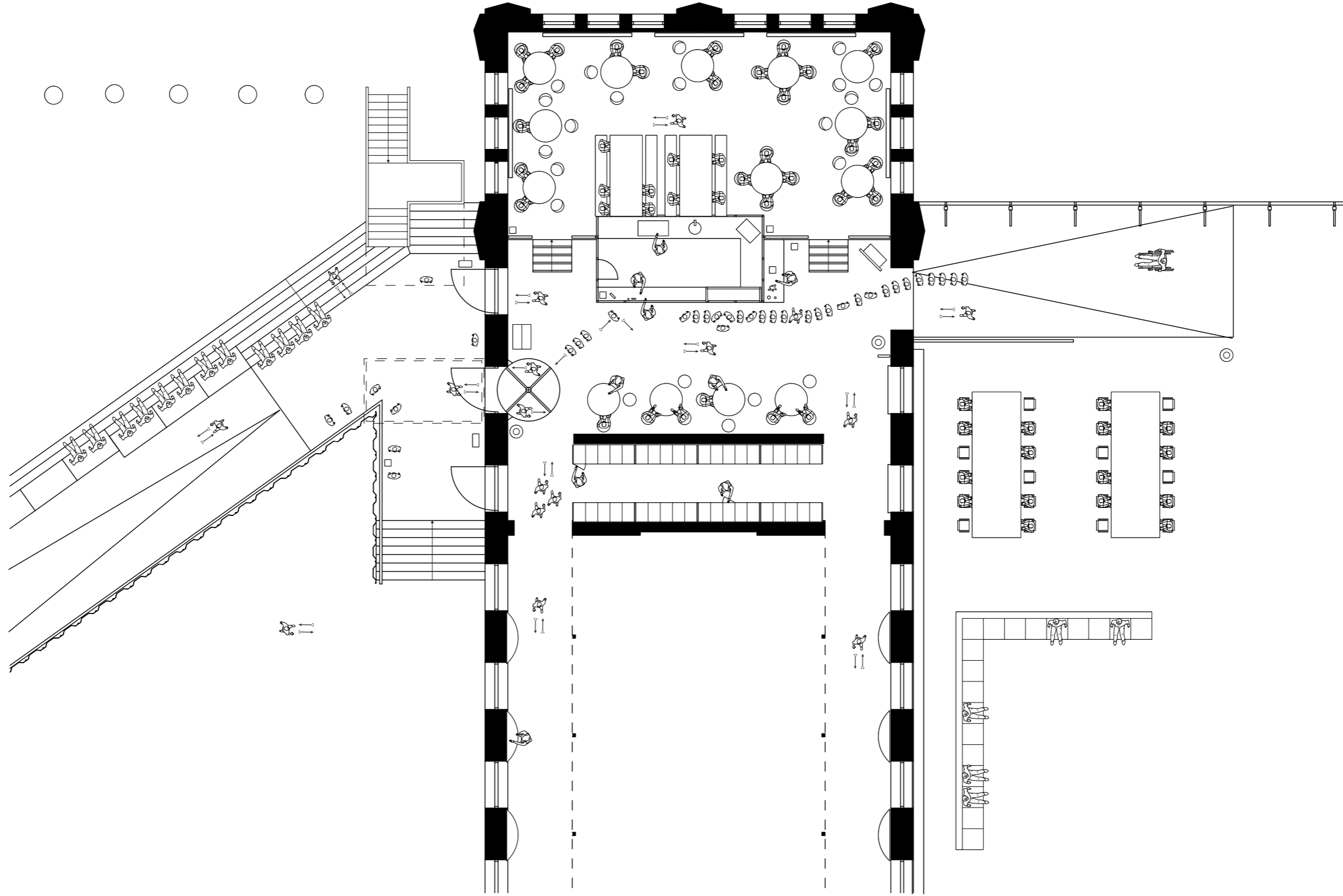


WHEEL OF EMOTIONS



Using opposite emotions to counter balance the felt emotion

PARTICIPANT OBSERVATIONS



INTERVIEWS

QUESTIONNAIRE

Graduation questionnaire 'emotions and rituals'

Explorelab 24 

Within the context of a research on emotions and rituals, I would like to ask you to complete the following questionnaire. The information will be used to complement a report on stress prevention within buildings. All given information will be treated as anonymous. This questionnaire contains 11 questions. Completing the questionnaire will take approximately seven minutes. Circle the right answer(s).

note: For this research we discern 8 emotions in different intensities, as can be seen in figure 1 and 2. Use these emotions for the following questions.

D1 What is the purpose for your visit to/presence in this space? (multiple answers possible)

hunger thirst meeting someone an appointment to work to study waiting crossing
 smoking exhibition at BK expo getting inspiration reloading energy relaxing leisure
 other, please specify: _____

D2 For which purpose(s) mentioned above would you sit at the high tables and when at the low tables ?
 _____ _____

D3 Emotions can be evoked by physiological needs, social contact and space. Can you describe in a few words the feeling(s) that is (are) evoked by this space?

D4 Before your visit to/presence in this space, did you feel one or more of the emotions (use figure 1)?
 yes no if yes, which emotion(s)? _____

D5 Did that (these) emotion(s) change during your visit to/presence in this space?
 yes no if yes, what new emotion(s) did you feel? _____

D6 a Can you indicate in the floor plan where you felt certain emotions (use figure 1)? Please include the name of the emotion. (multiple answers possible)

D6 b Can you indicate the intensity of the emotion(s) in the floor plan (use figure 2)? Please use one of the following numbers: intense [1-2-3] not intense

D7 Did you come to this space because you wanted to evoke certain emotions or precisely because you already felt them?
 to evoke emotions because of felt emotions differently: _____

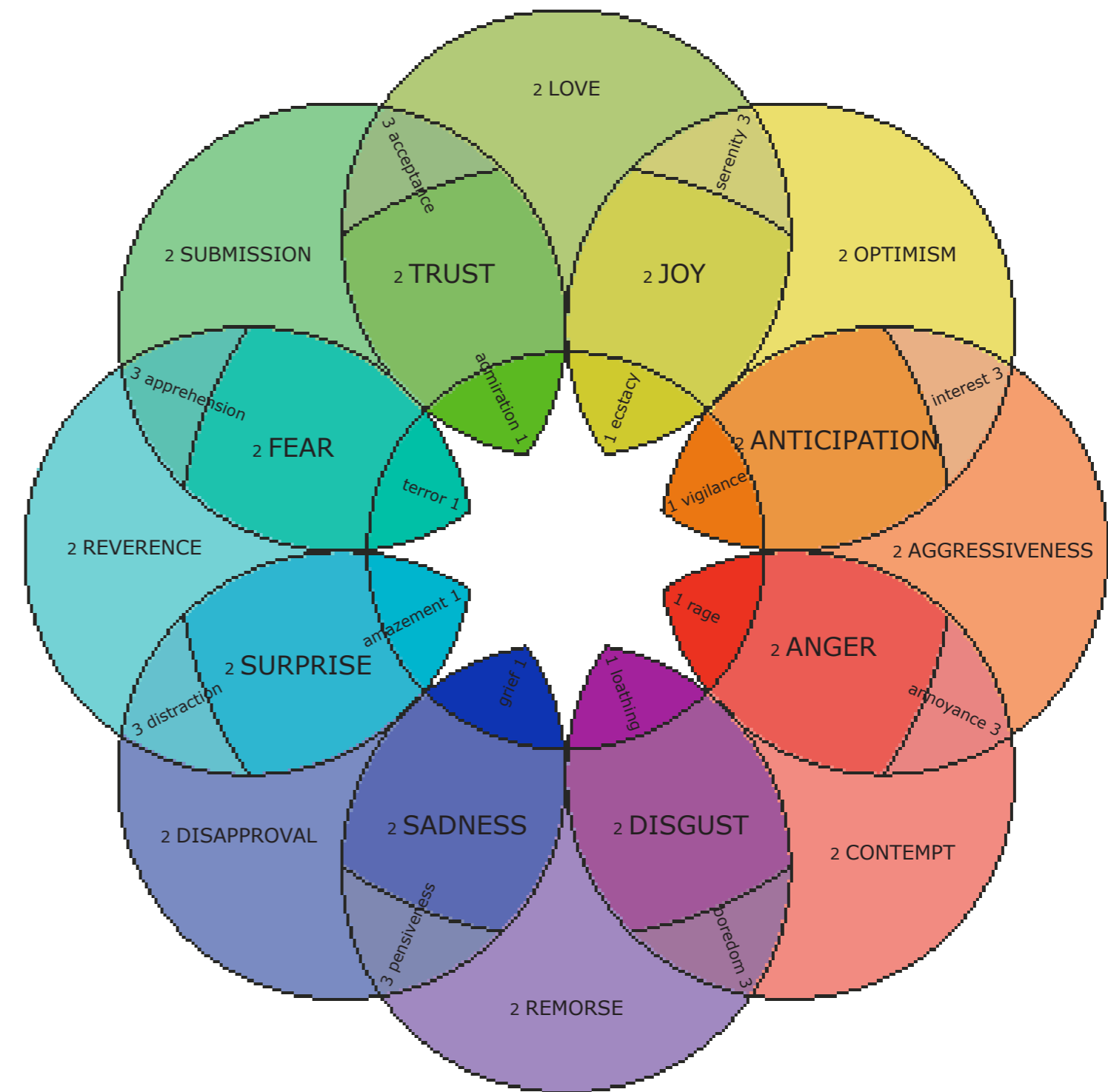
D8 Do you visit this space more often to get into a certain mood or to evoke (a) certain emotion(s)?
 yes no if yes, which mood or emotion(s)? _____

D9 Did you get inspiration or energy by visiting this space? (multiple answers possible)
 more inspiration more energy neutral less inspiration less energy

D10 Would you say that visiting this space is part of a (daily) ritual?
 disagree [1-2-3-4-5] agree

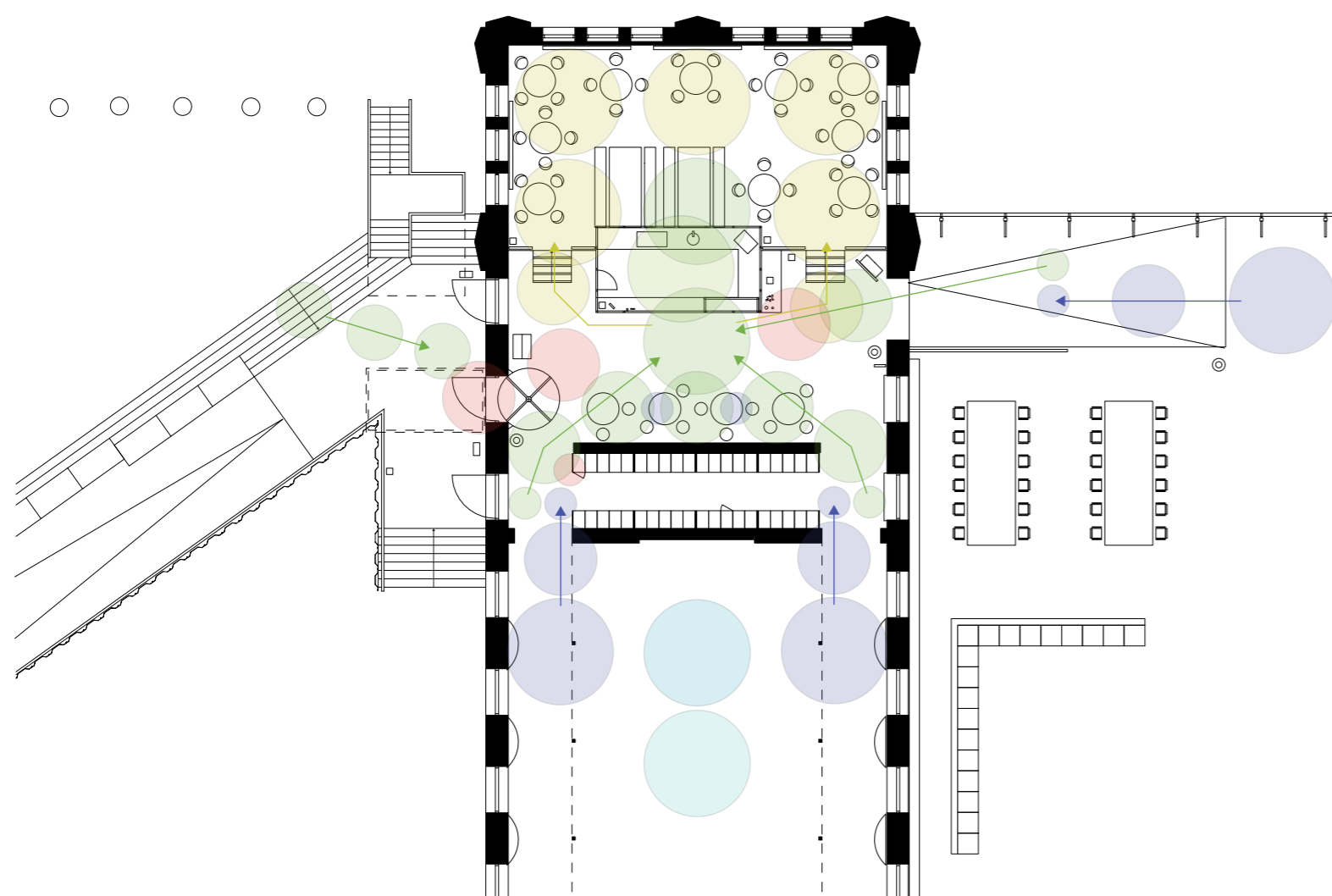
D11 Would you like to see something changed in this space? _____

Thank you for participating. All given information will be treated as anonymous. Do you want to be kept informed, enter your e-mail address: _____

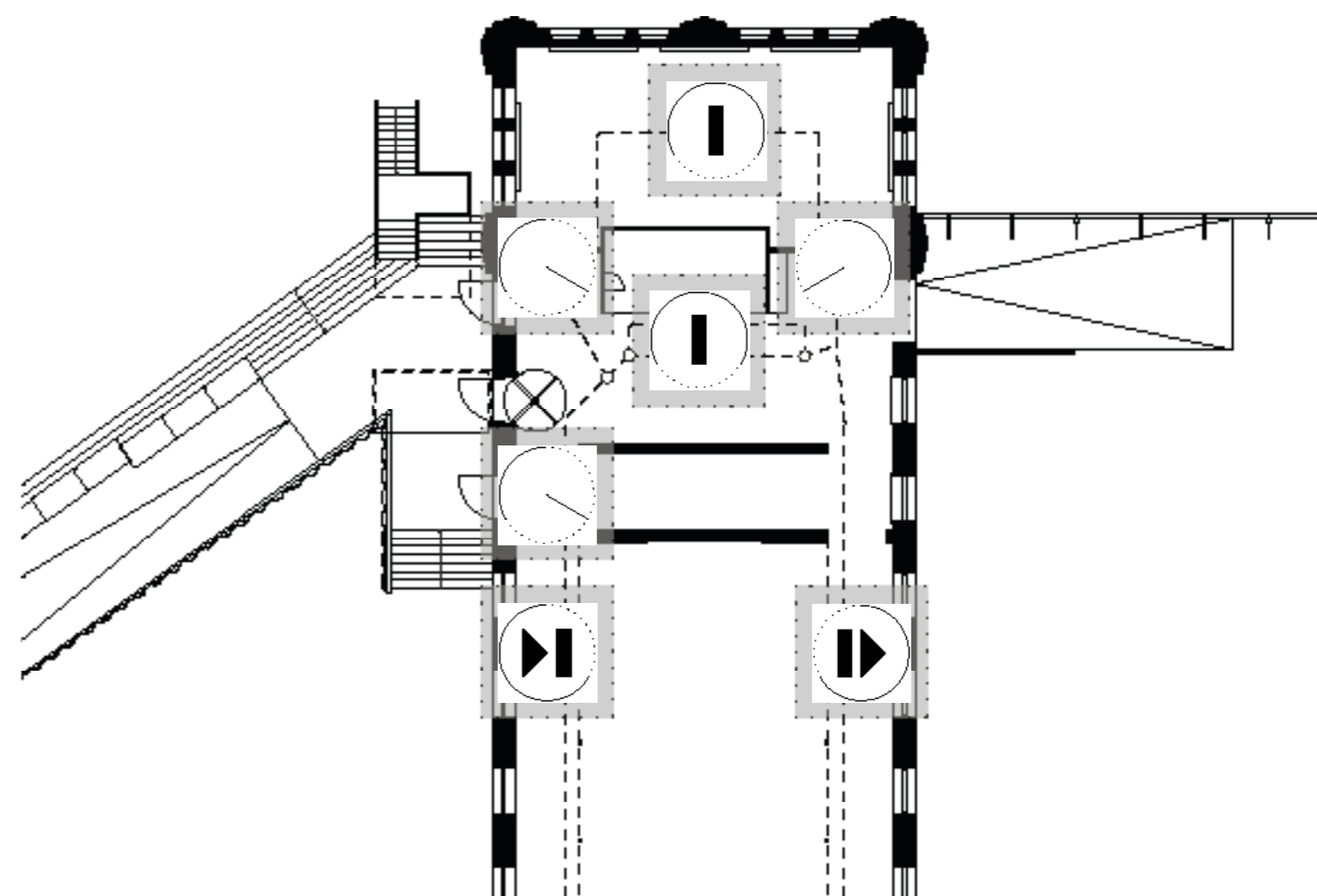


INTERVIEWS RESULTS

EMOTION CHANGE

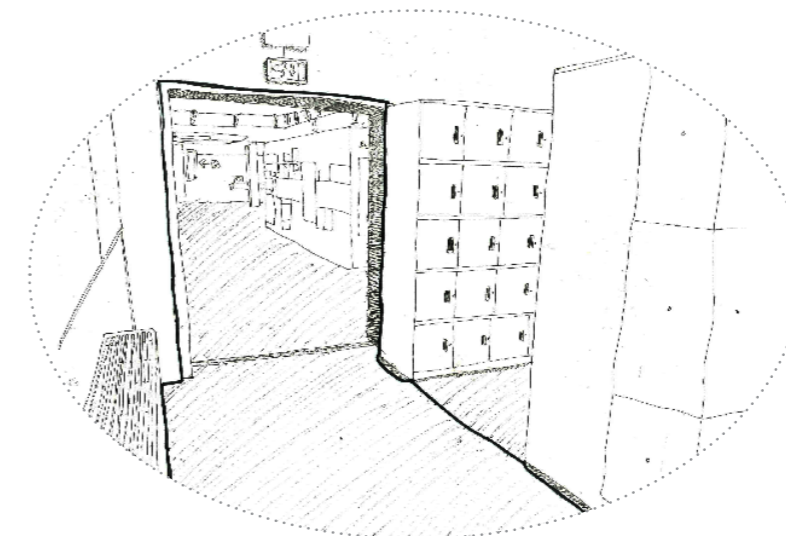
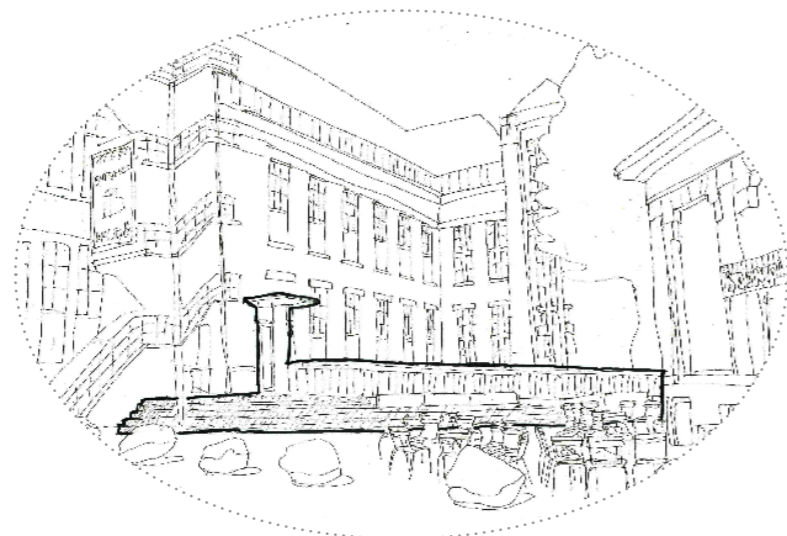
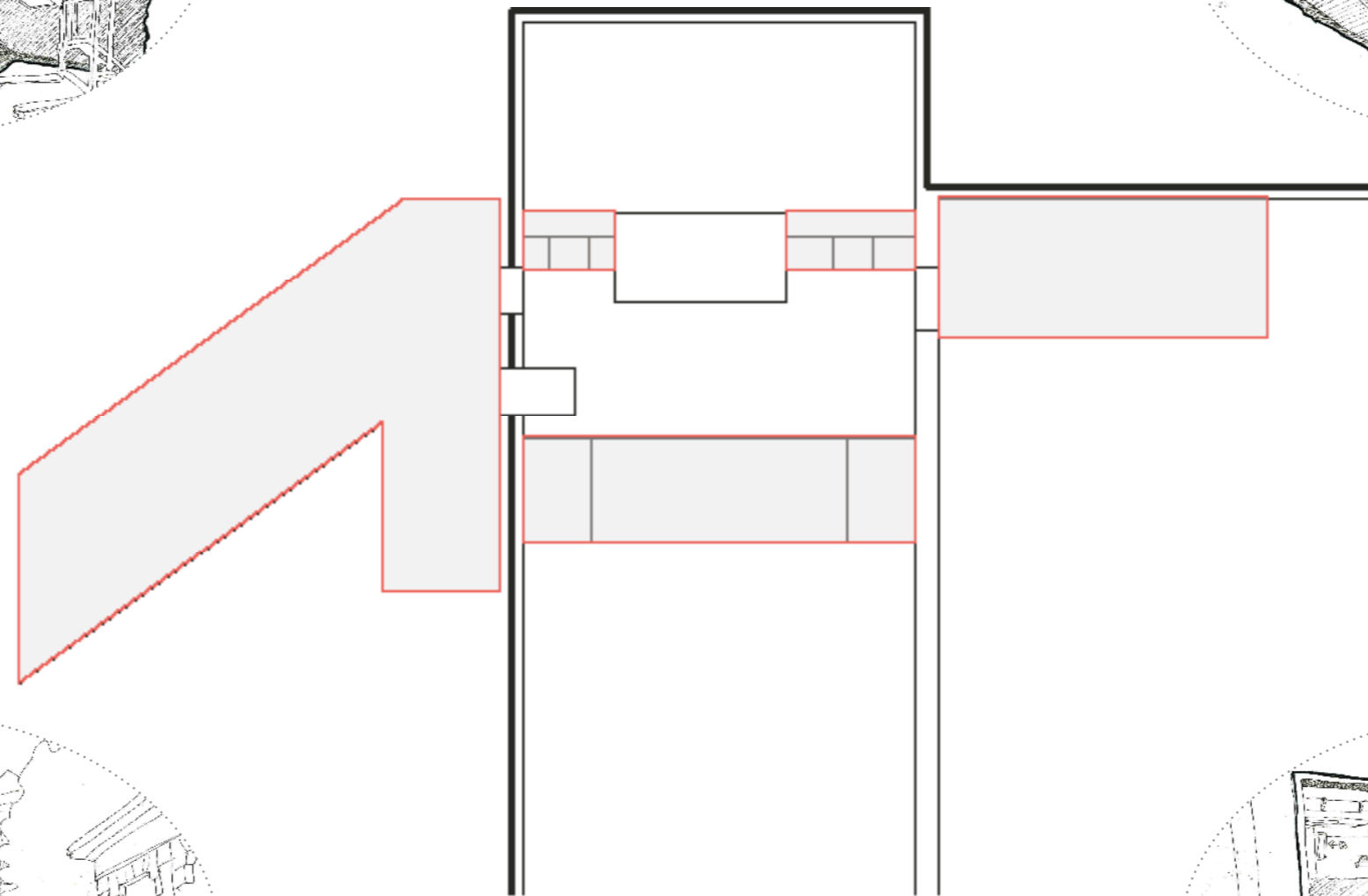
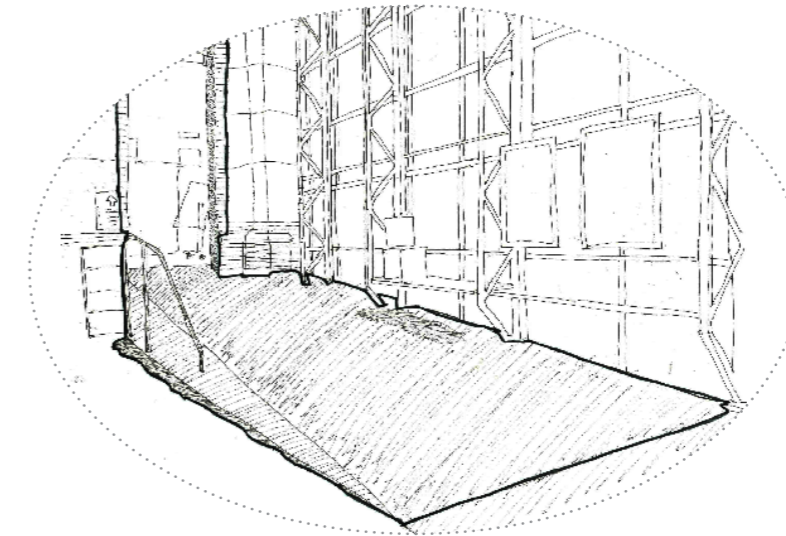
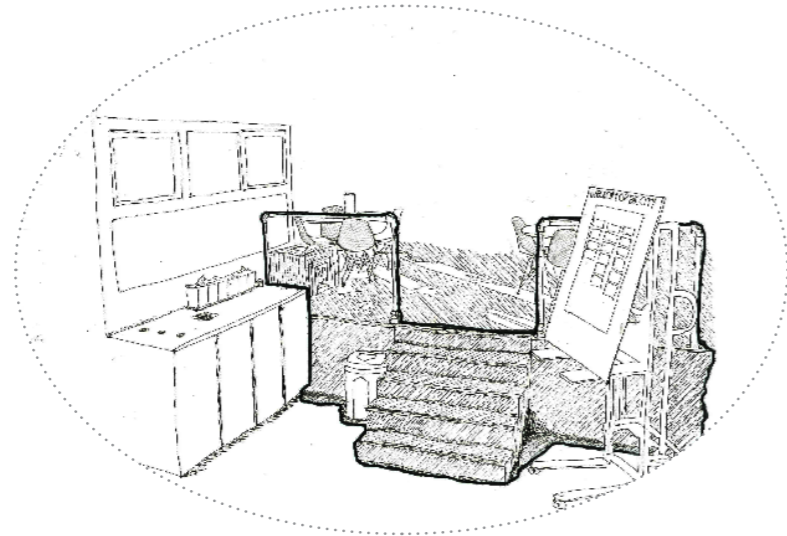


RITUAL STRUCTURE



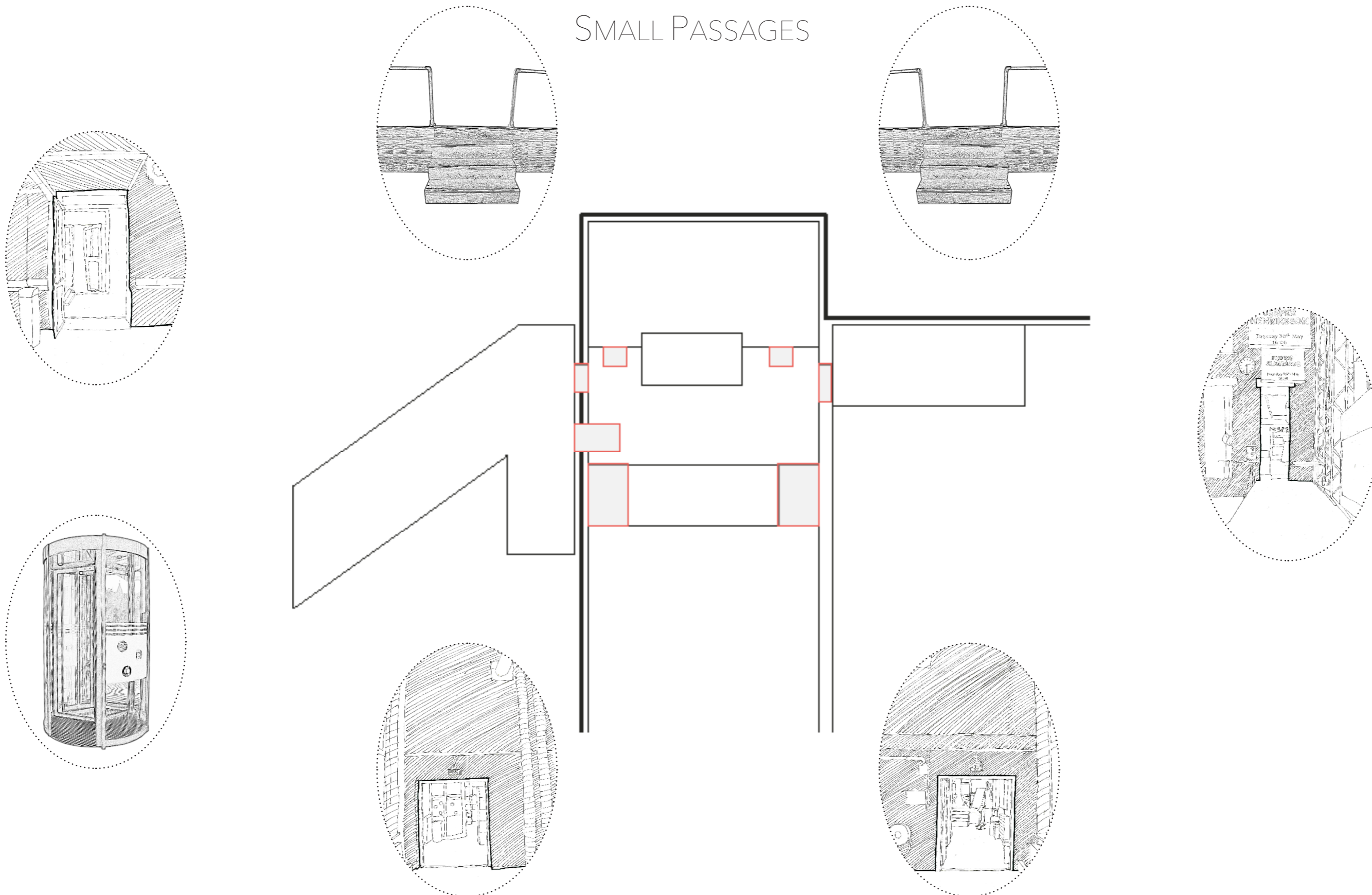
SPATIALITY

ARTICULATED TRANSITIONS



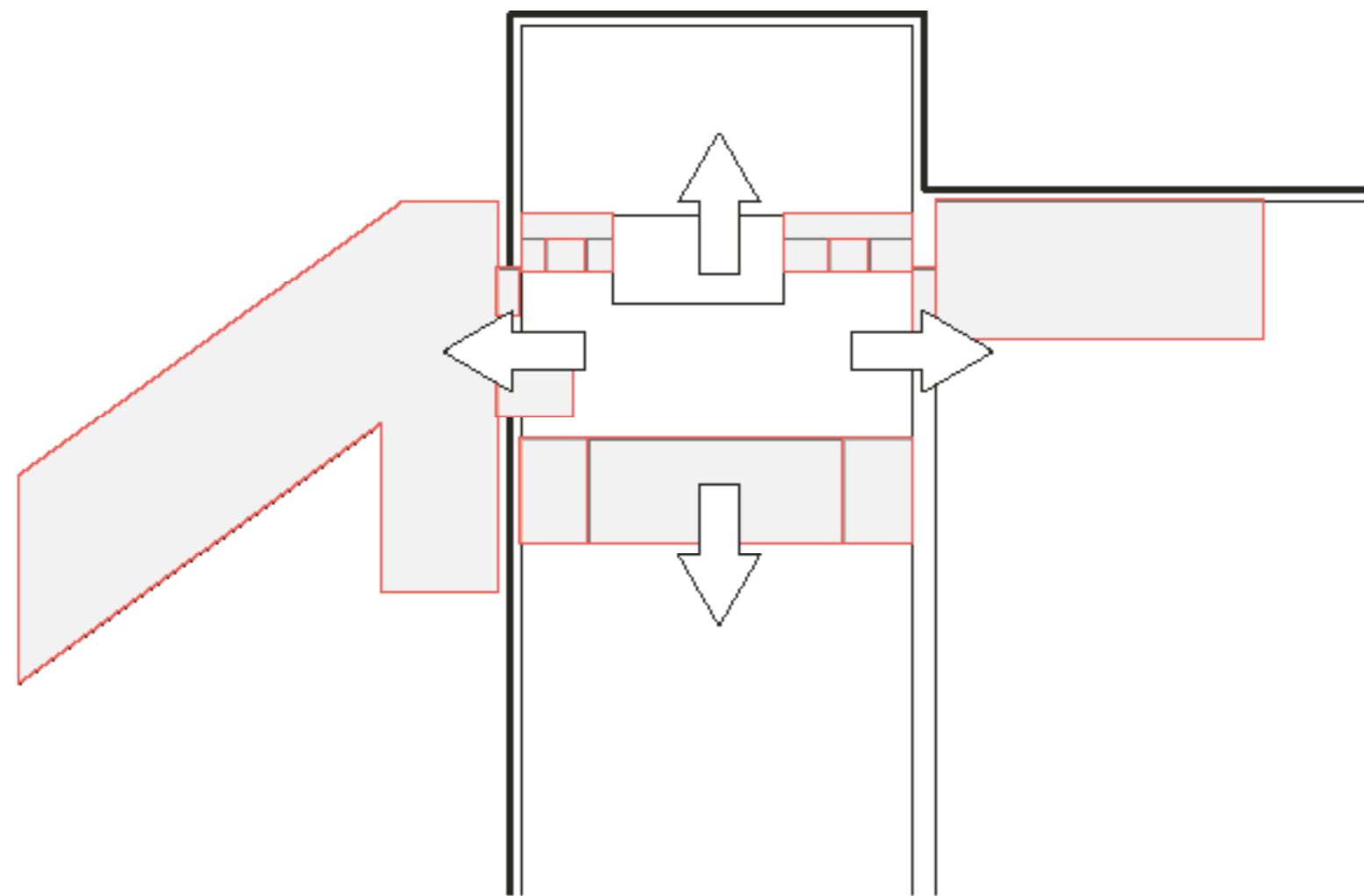
SPATIALITY

SMALL PASSAGES

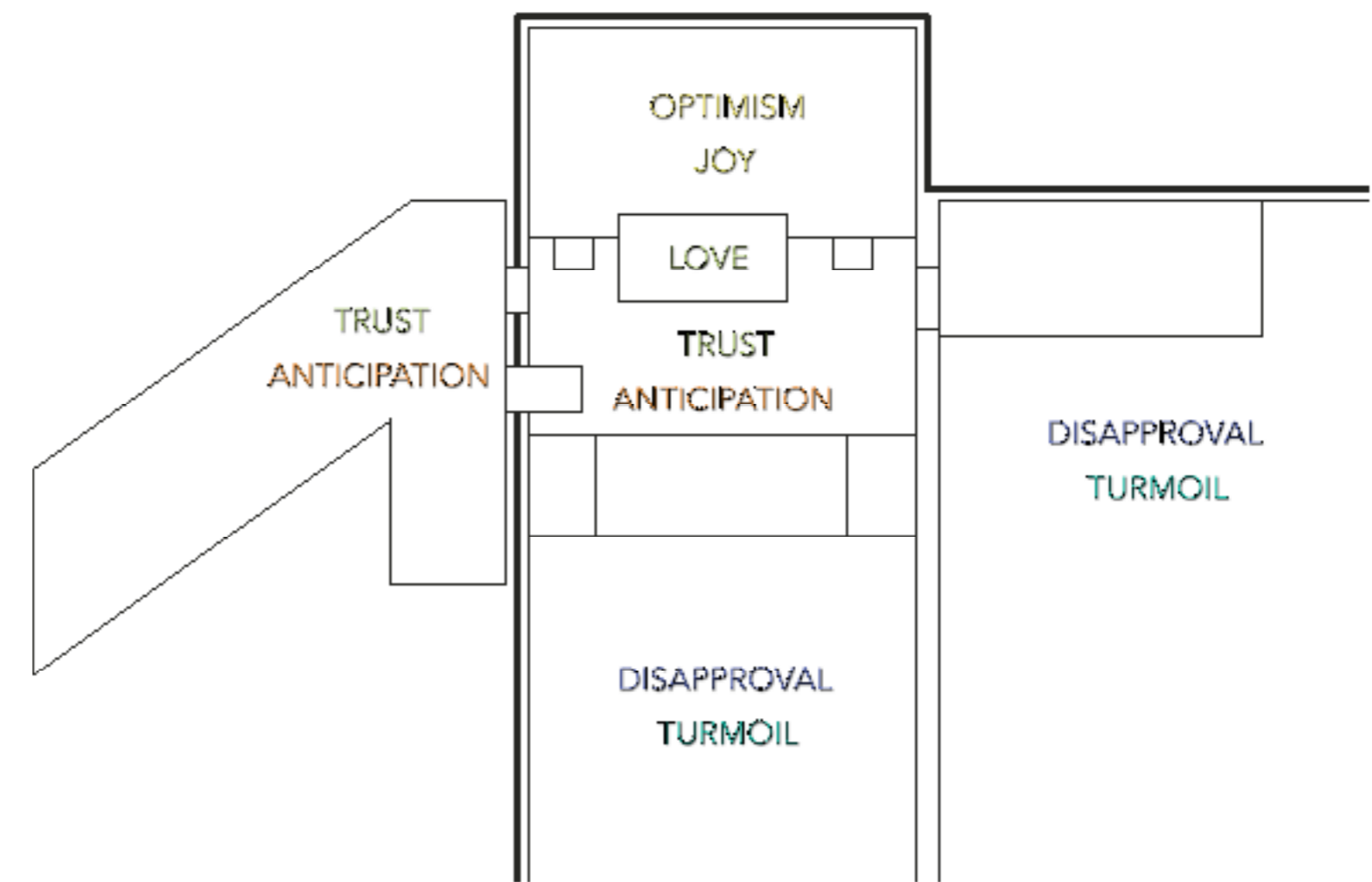


SPATIALITY CONCLUSIONS

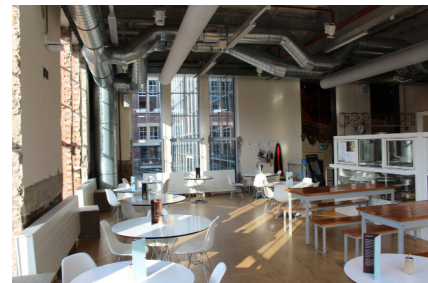
CONTRASTED SPACES



EMOTION CHANGE AT TRANSITIONS



INTERVIEWS 2 RESULTS



JOY
OPTIMISM



ANTICIPATION
TRUST



DISAPPROVAL
TURMOIL



the colour red evokes the least optimism and is considered mostly detesting



the colour blue evokes slightly more optimism



the colour white is considered the most neutral colour



the material wood evokes optimism



the colour is grey is considered neutral



the colour brown is considered too dark for this spot



dark coloured floors evoke most negativism



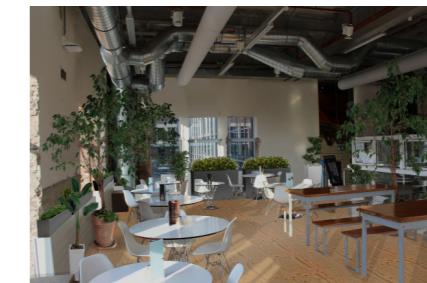
light coloured floors evoke most optimism



extreme colours evoke a wide range of emotions, however most people detested this situation



greenery is calming and relaxing



less light is less optimism



people have no preference for a wall material but a lot of texture is less neutral



this spot is not considered a place of residence



this worksetting is considered to evoke an active attitude

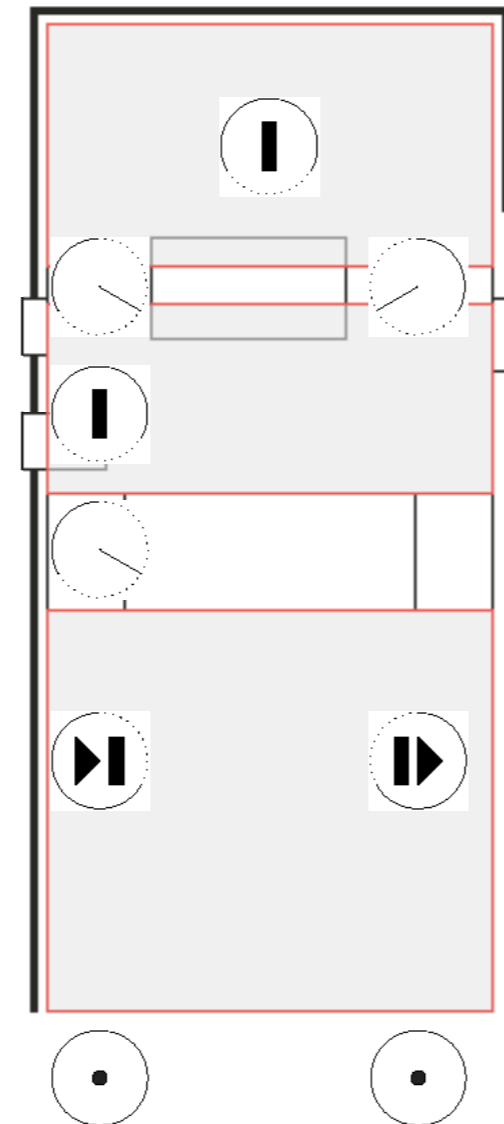


this worksetting is considered to evoke an inactive attitude

FIELDWORK CONCLUSIONS

JOY
OPTIMISM
ANTICIPATION
TRUST

DISAPPROVAL
TURMOIL



this space evoked **positive emotions** but these could easily be **enhanced**



the **negative emotions** evoked by the space **did not match the desired emotions** and more symbolism is possible in this part of the rite



the **transitions are articulated** but can be designed in a way that they can enhance the change of emotions



the **negative emotions** evoked in this space **matched** the 'before' part of the rite (which can make one think about the quality for other purposes in this space)

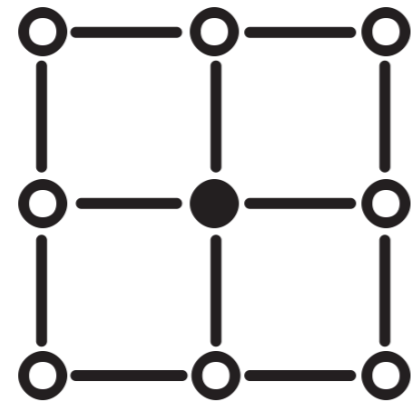


there is actually **not really an after space designed** to return (and prepare) to go the 'before' mental state

STARTING POINTS



CENTRE FOR RETREAT



CENTRE OF MEKEL PARK



PAVILION STRUCTURE



CLEAR PROGRAMME



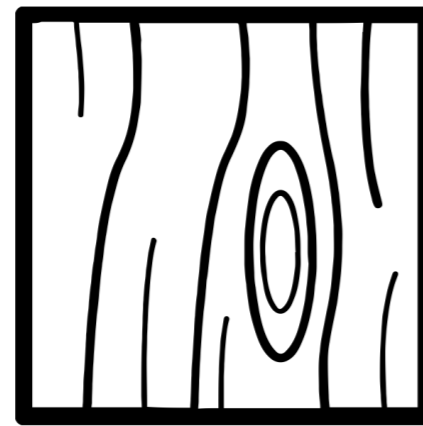
EASY ACCESSIBLE
INVITING



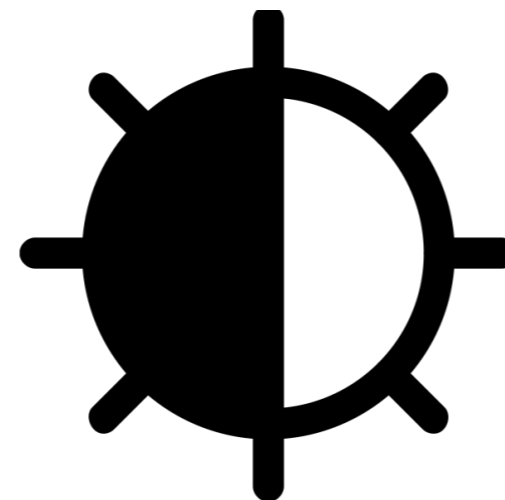
PLACE AND NOT SPACE



PREVENTIVE FOR
STRESS



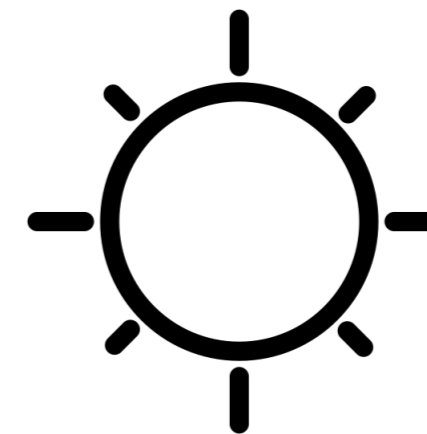
NATURAL MATERIALS



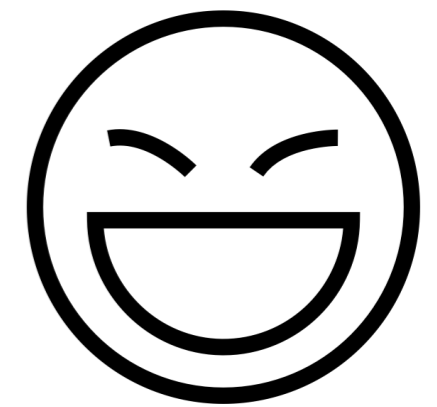
NOT TOO BRIGHT
COLOURS



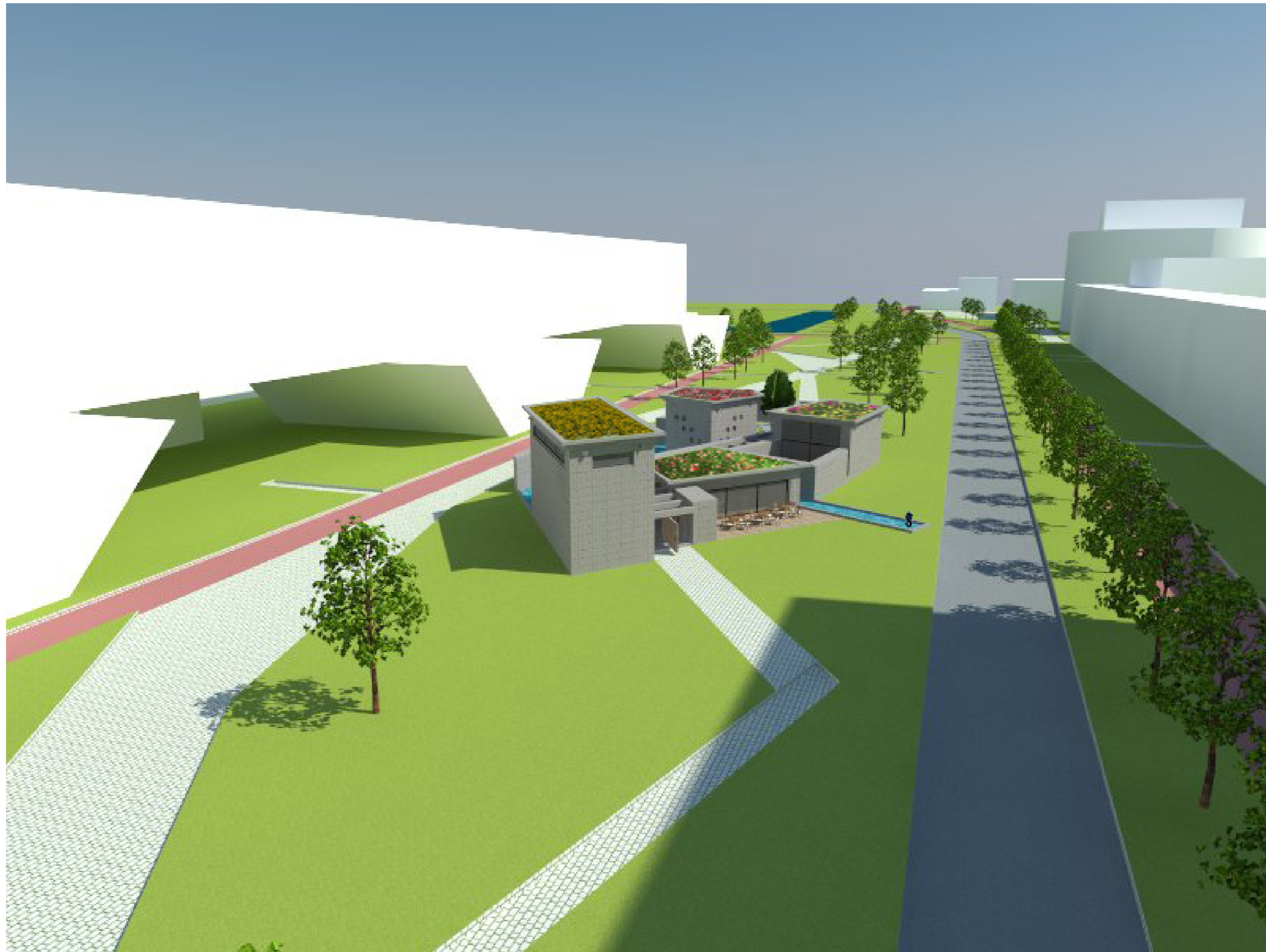
ENOUGH PLANTS



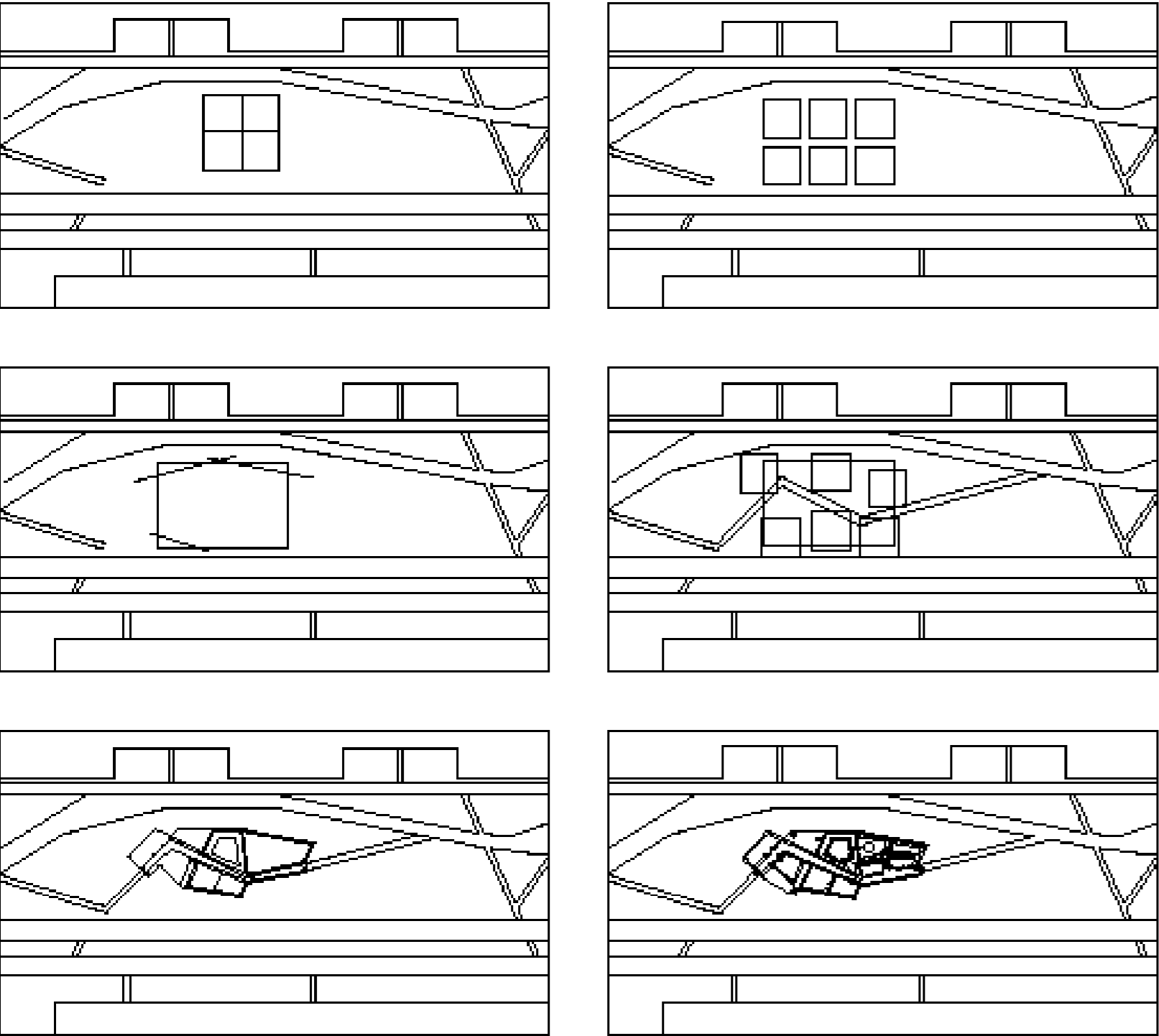
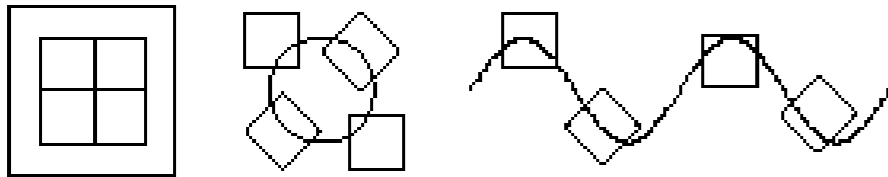
ENOUGH DAYLIGHT
INSIDE/OUTSIDE



FOR DEALING WITH
EMOTIONS



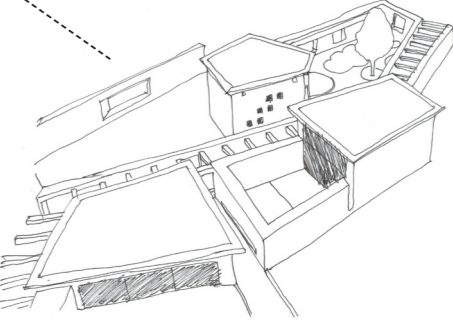
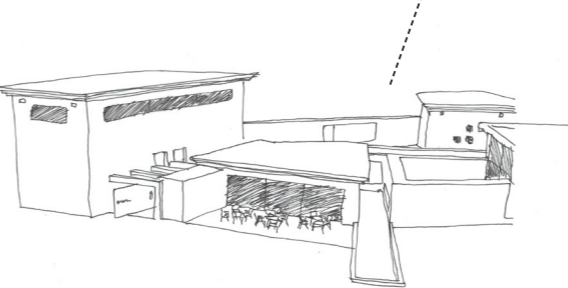
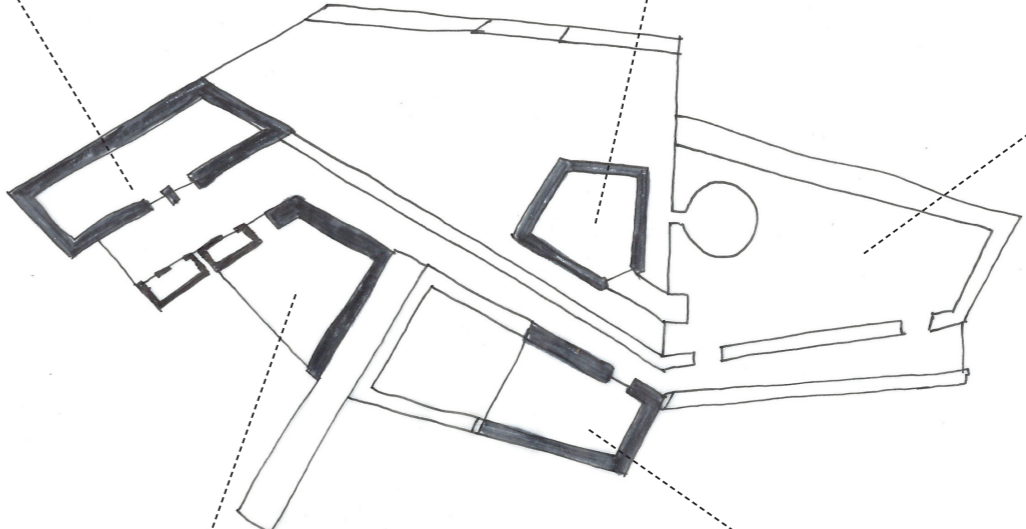
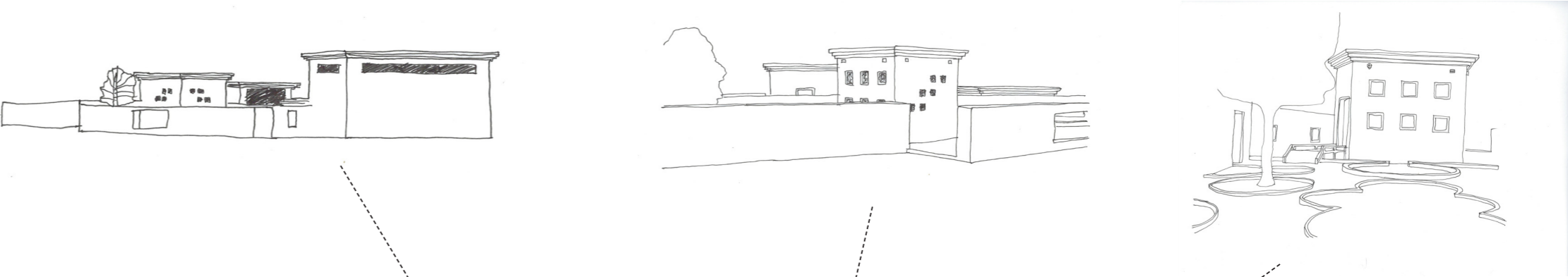
DESIGN CONCEPT



Tentoonstellings ruimte

Solitaire meditatieve ruimte

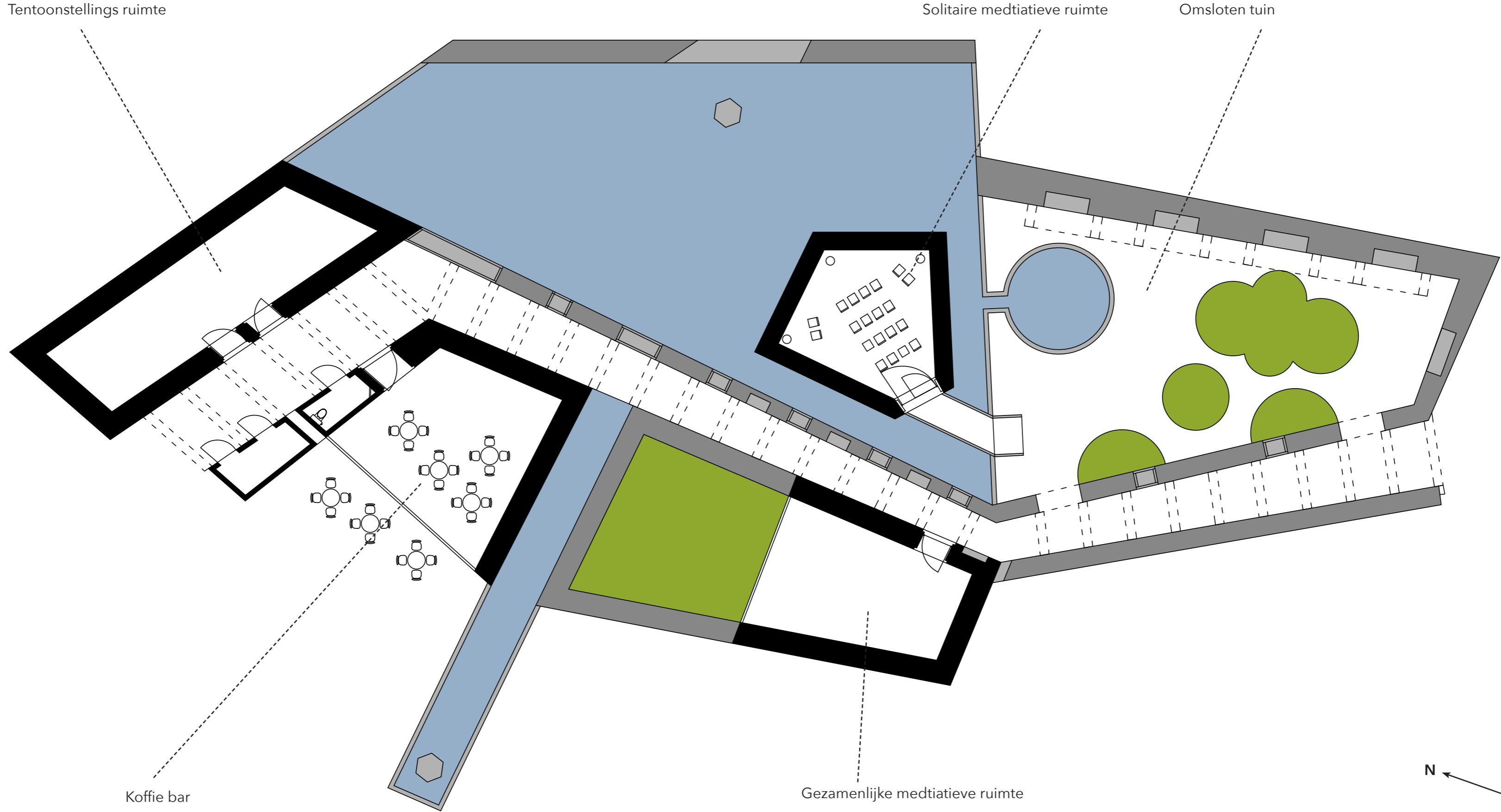
Omsloten tuin



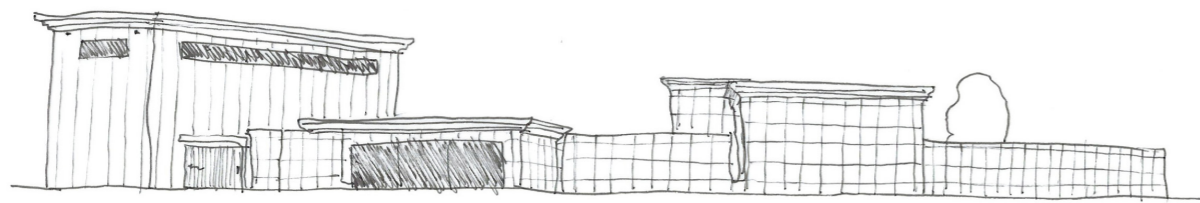
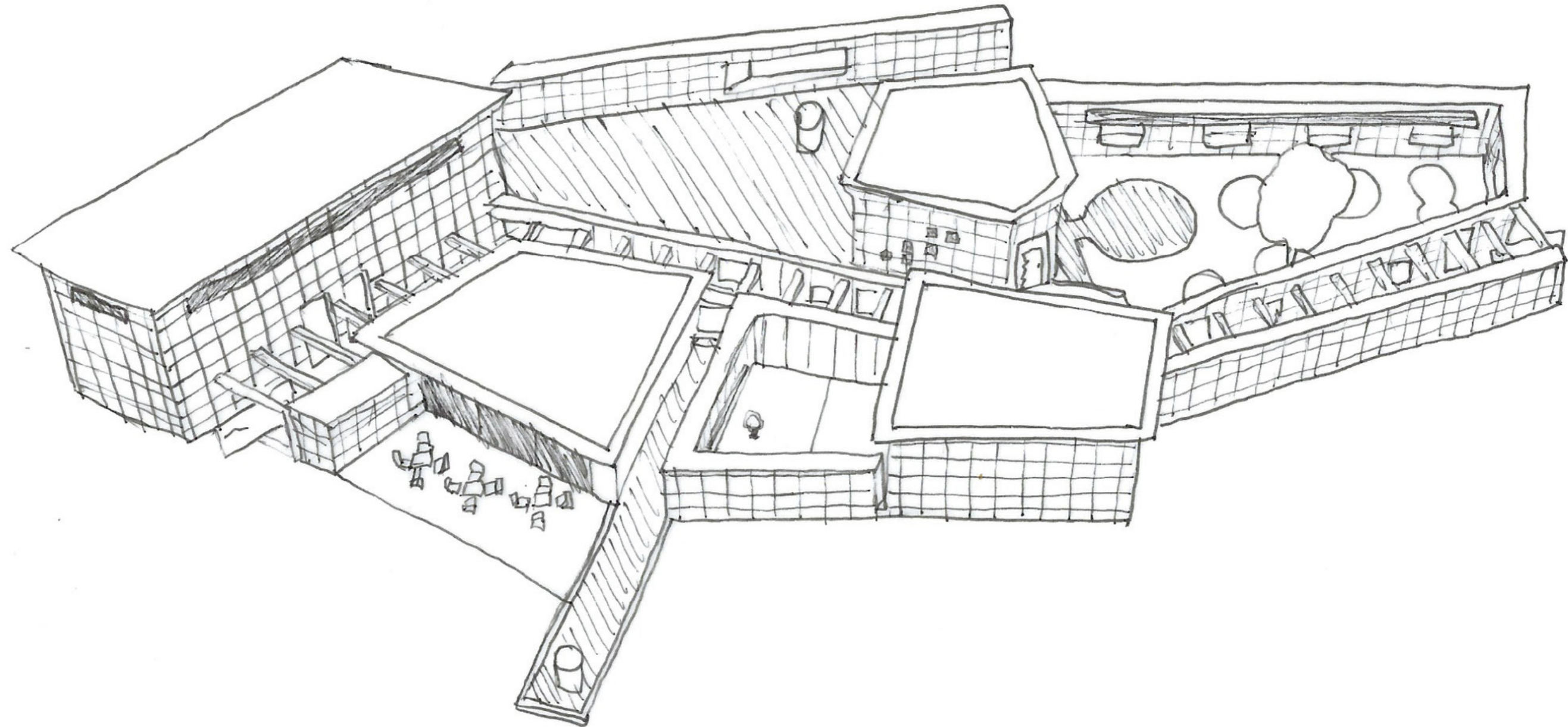
Koffie bar

Gezamenlijke meditatieve ruimte

DESIGN FLOORPLAN

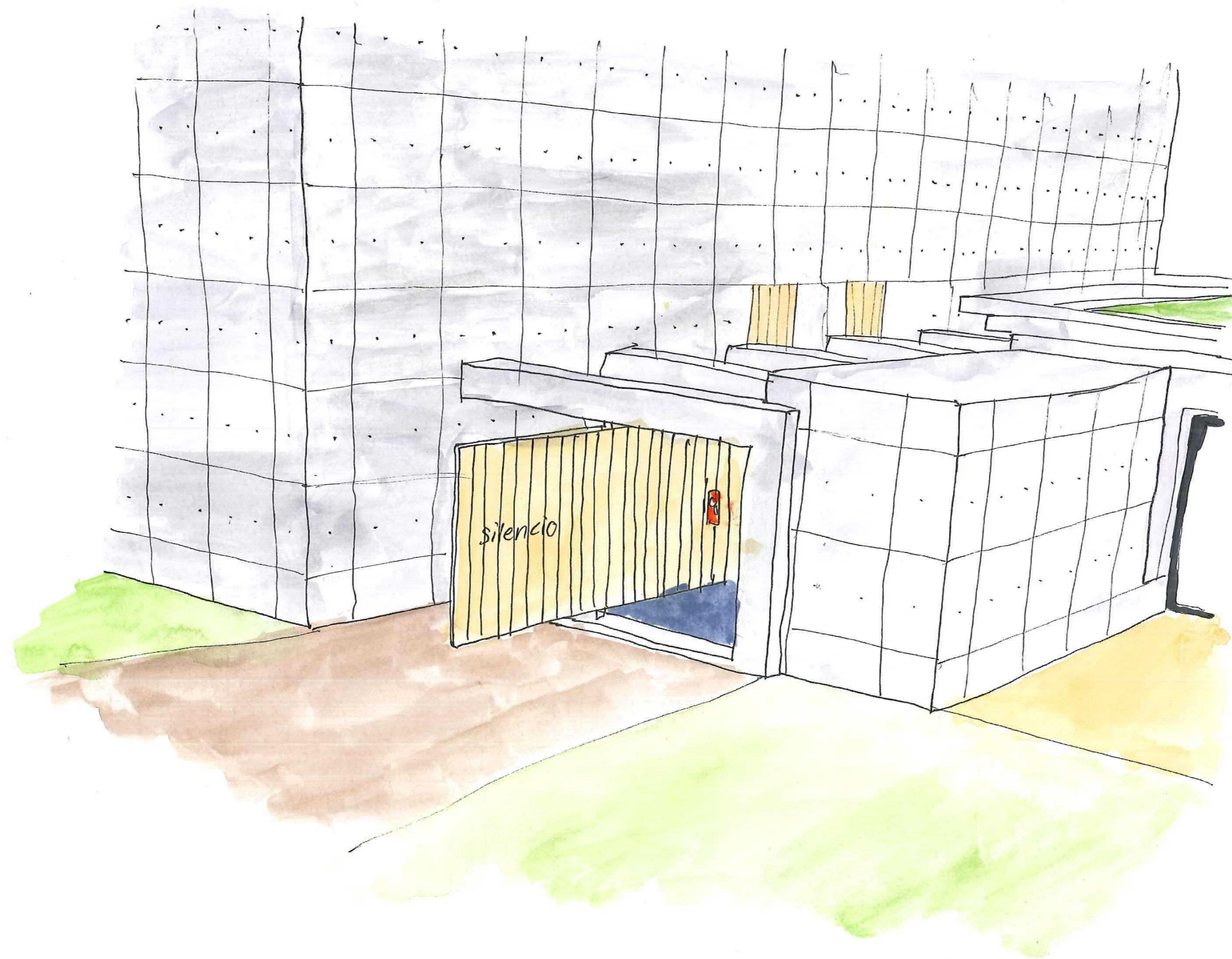


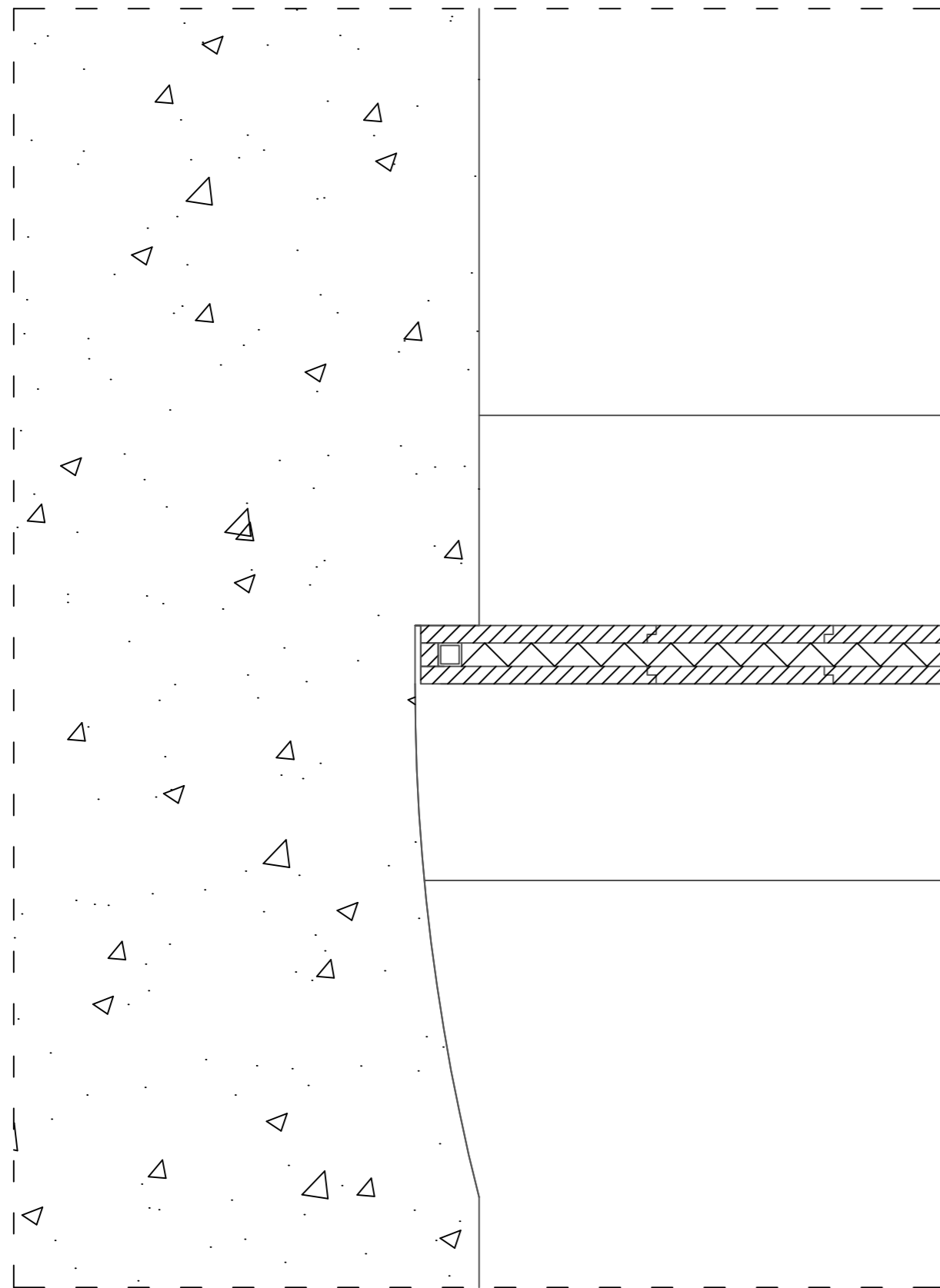
DESIGN

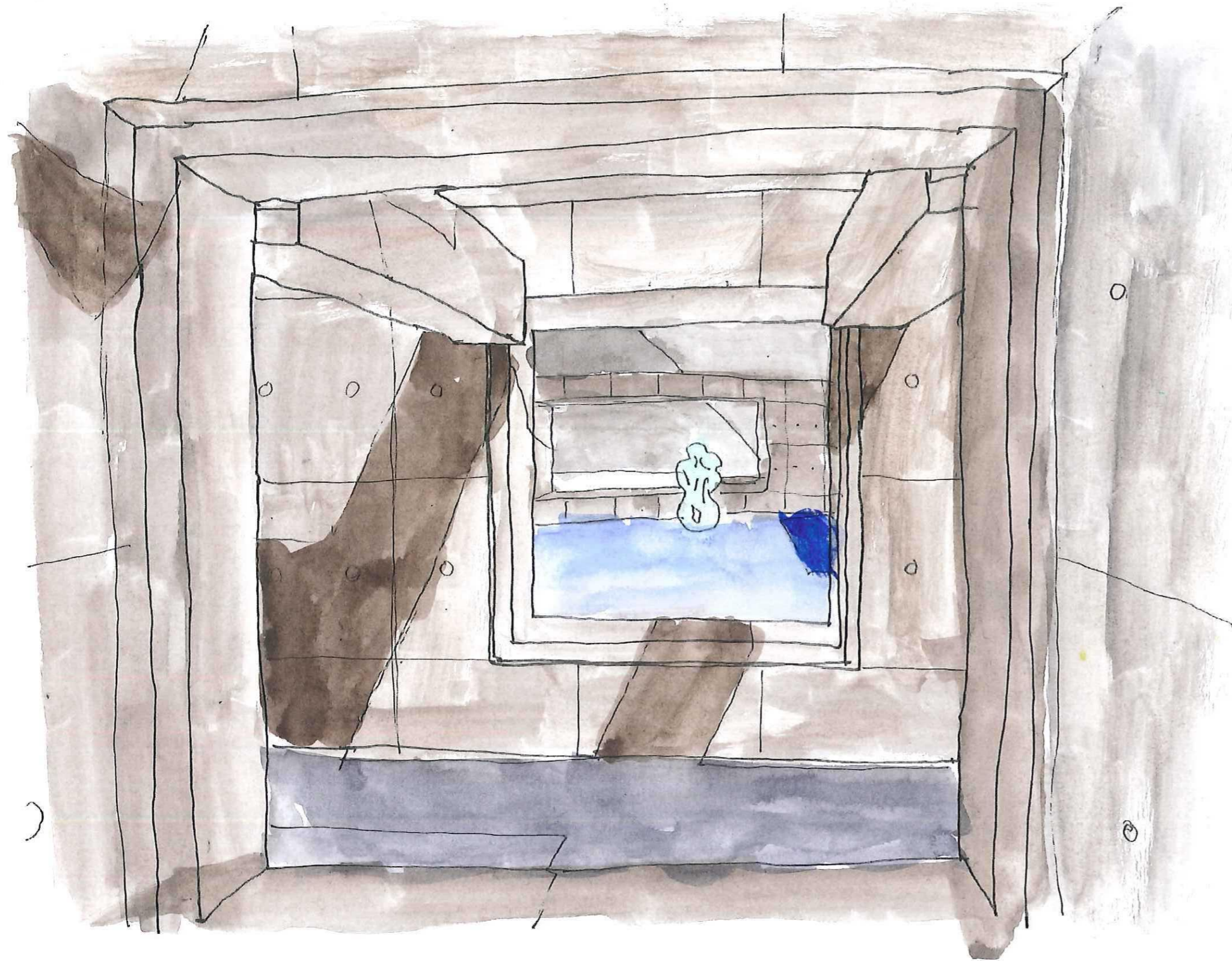


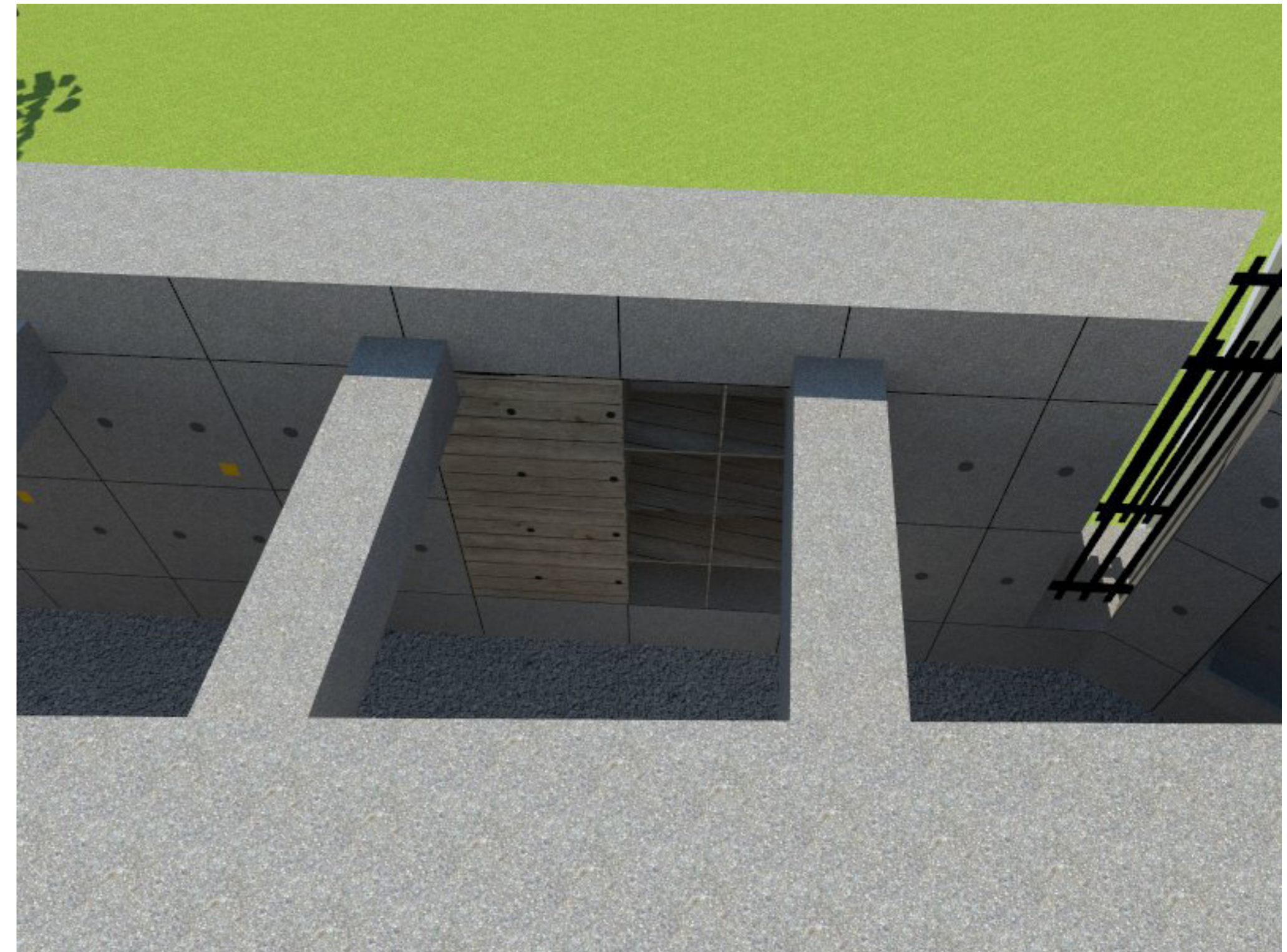
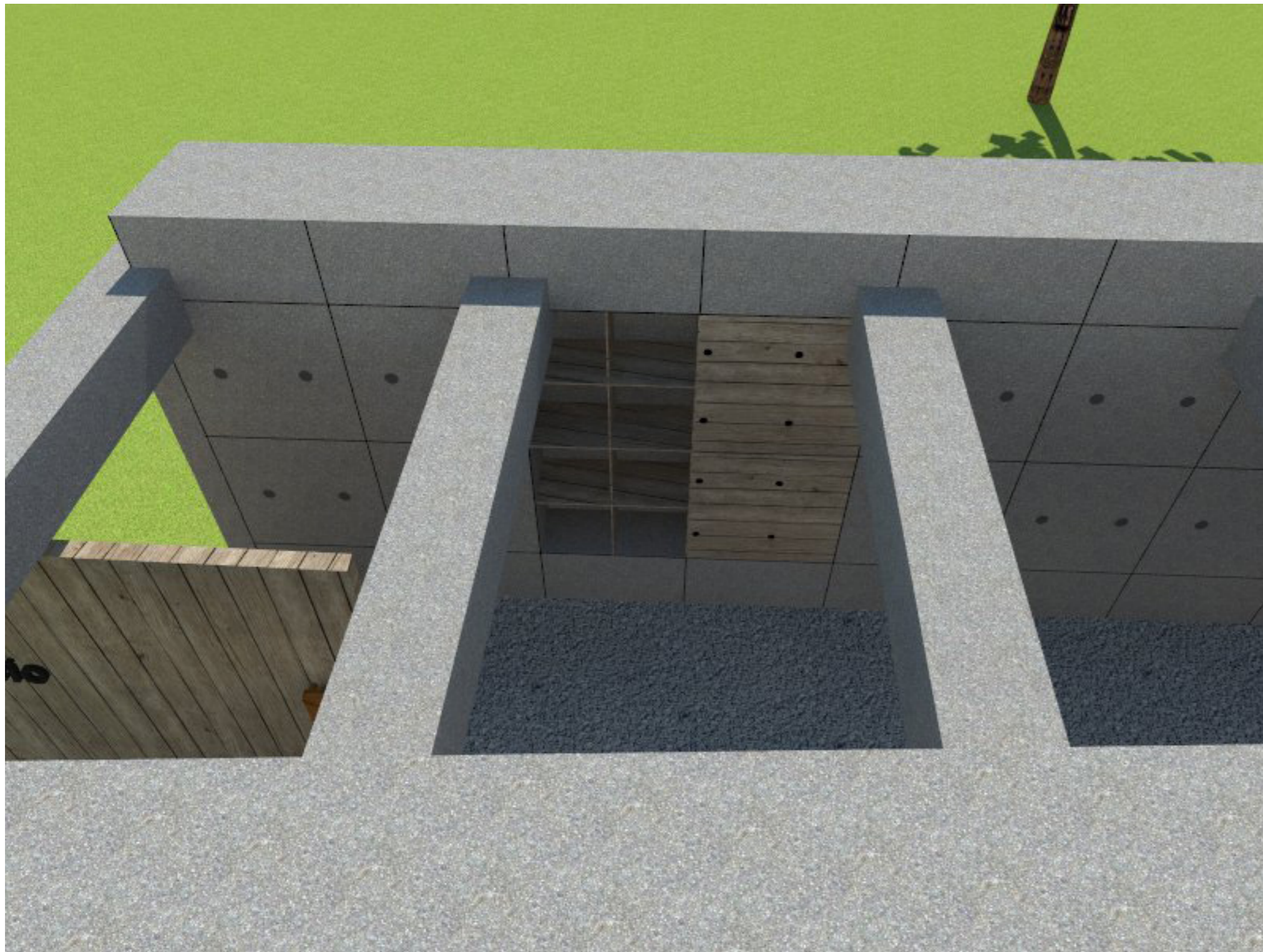
CORRIDOR



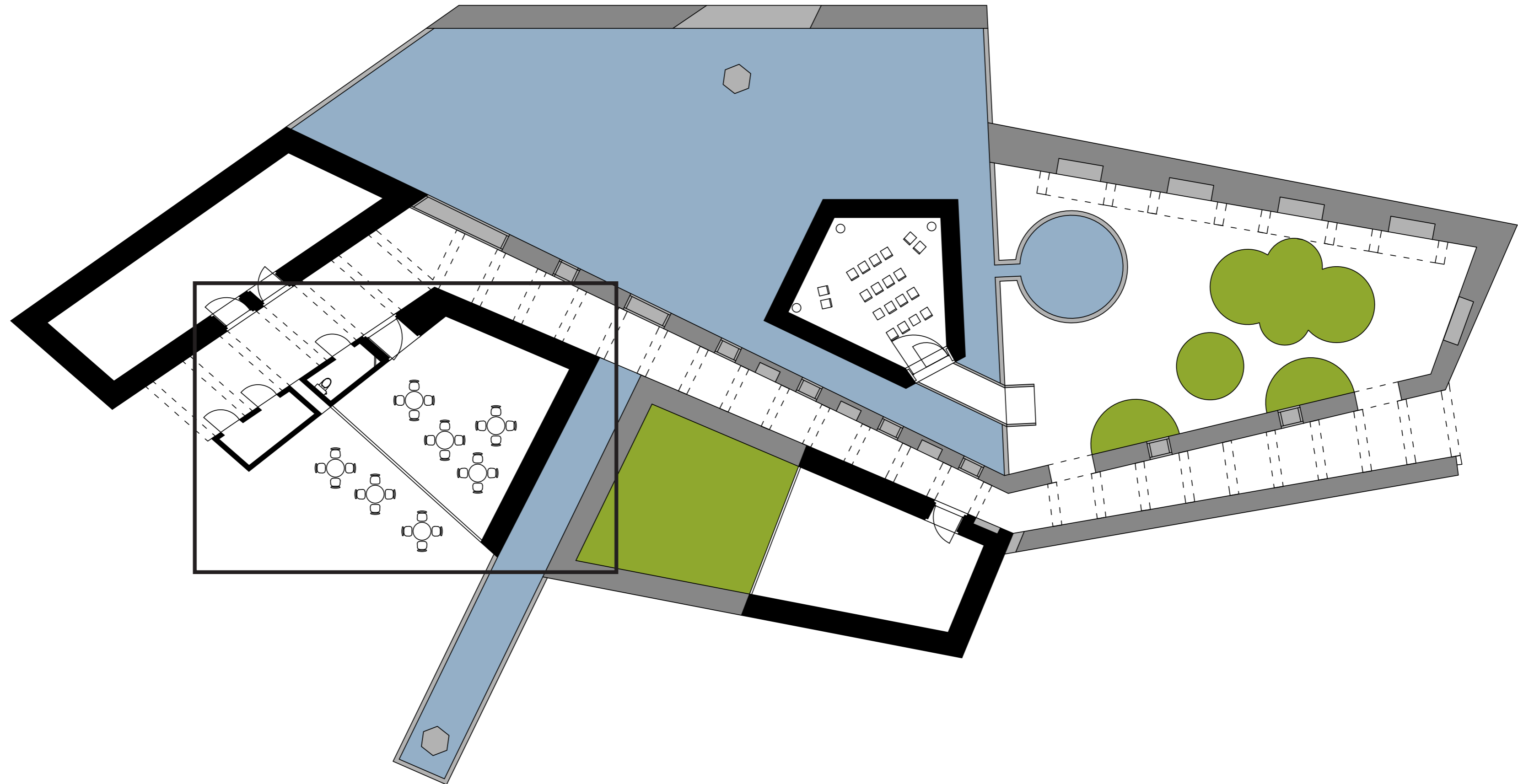


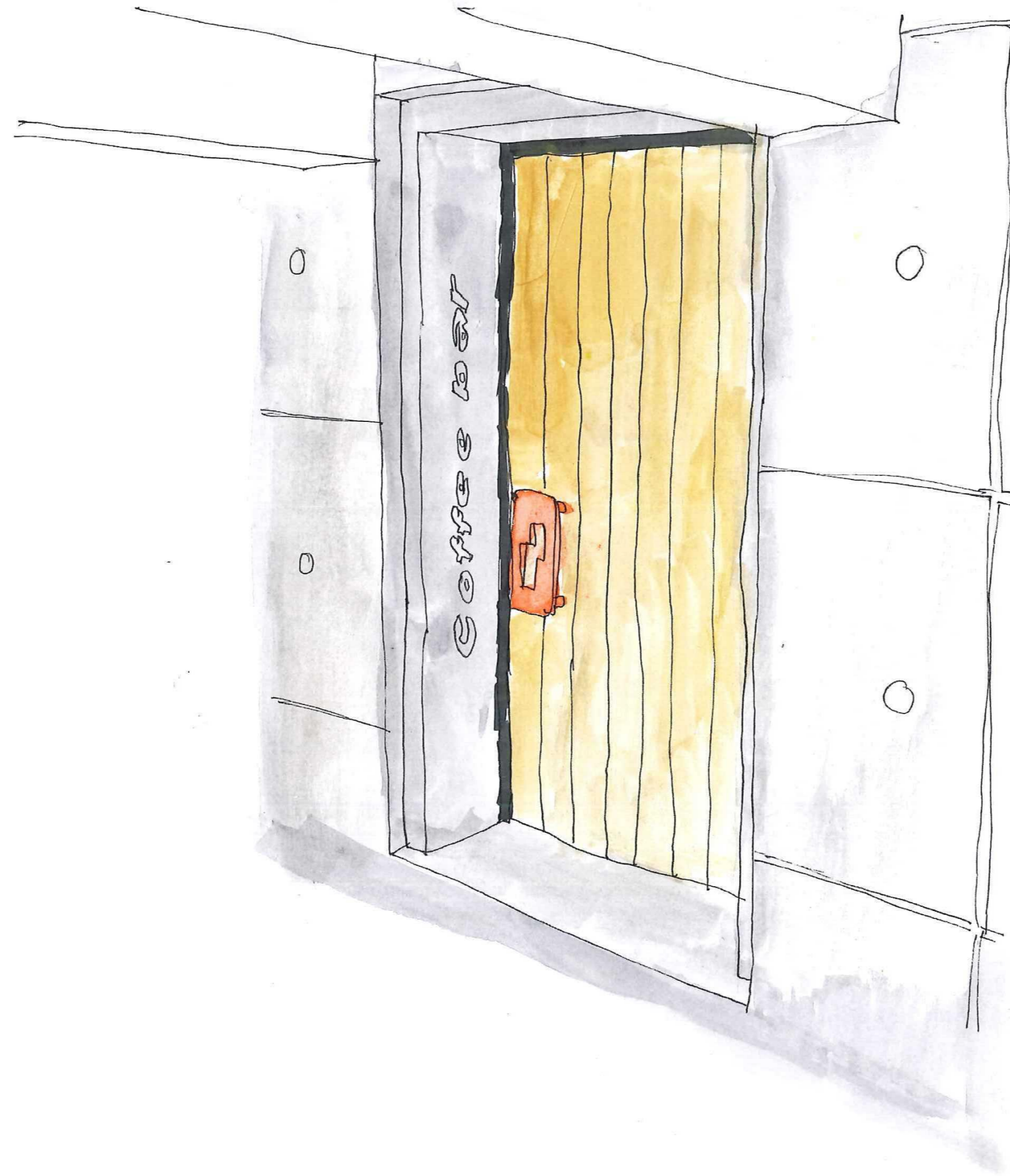


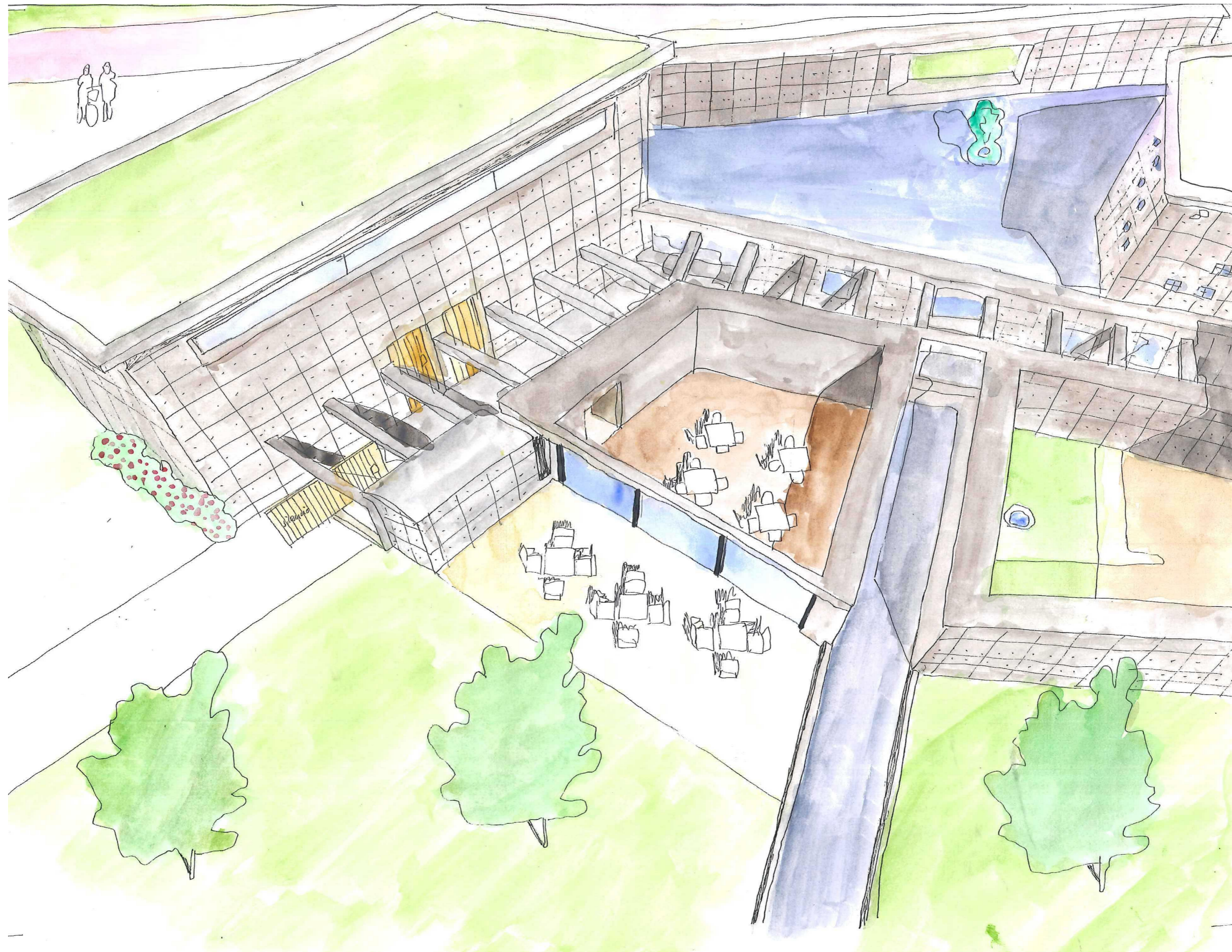




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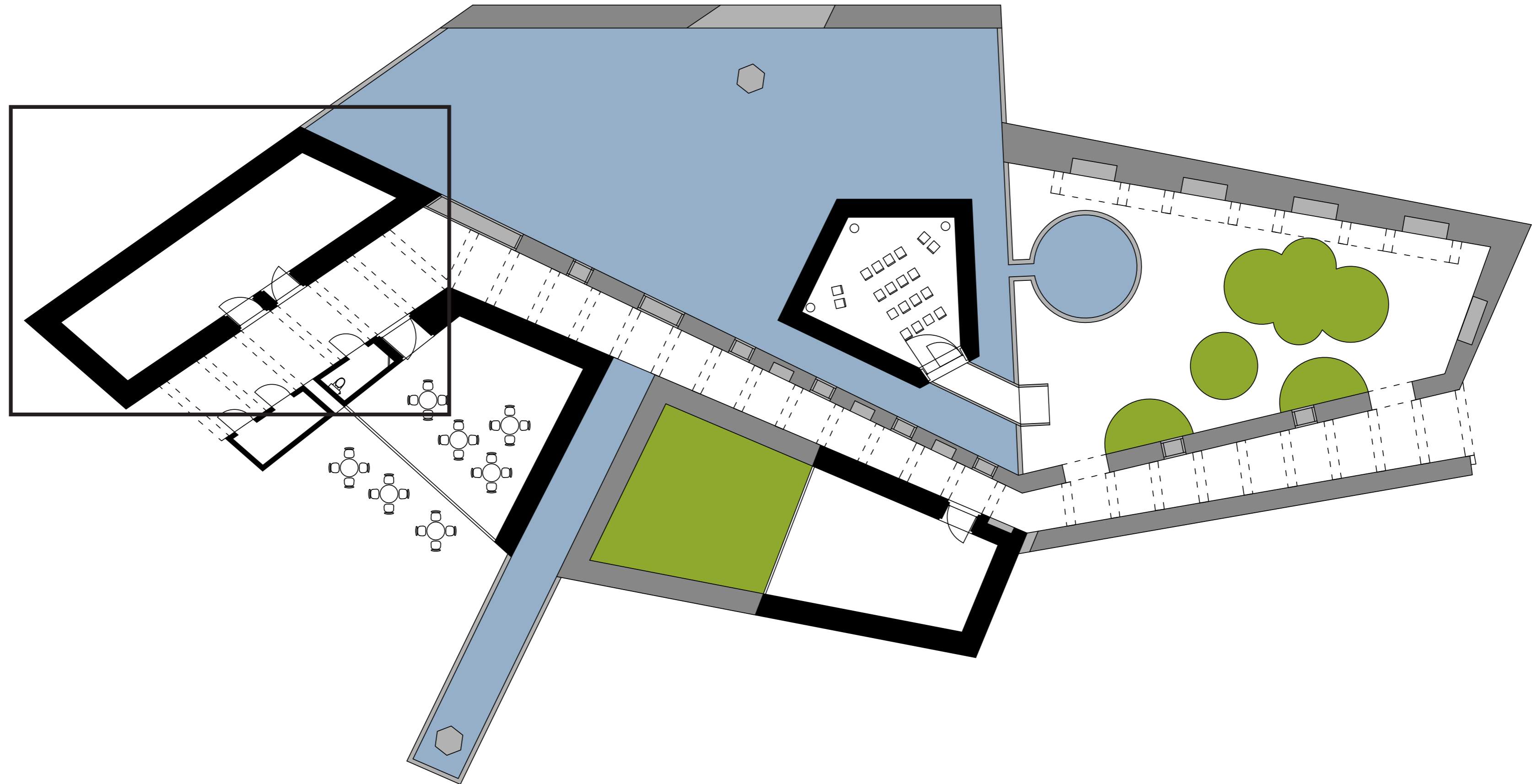


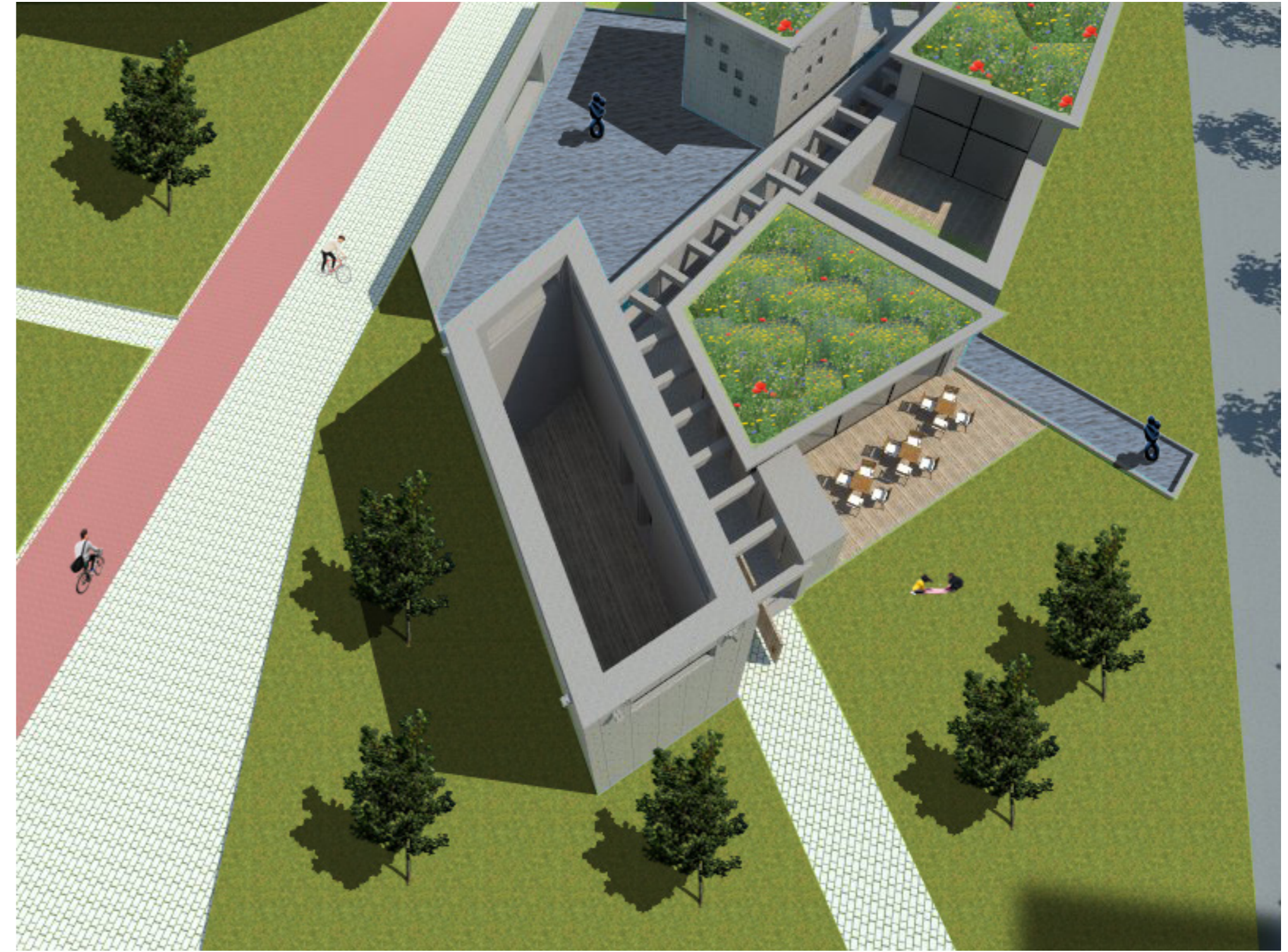




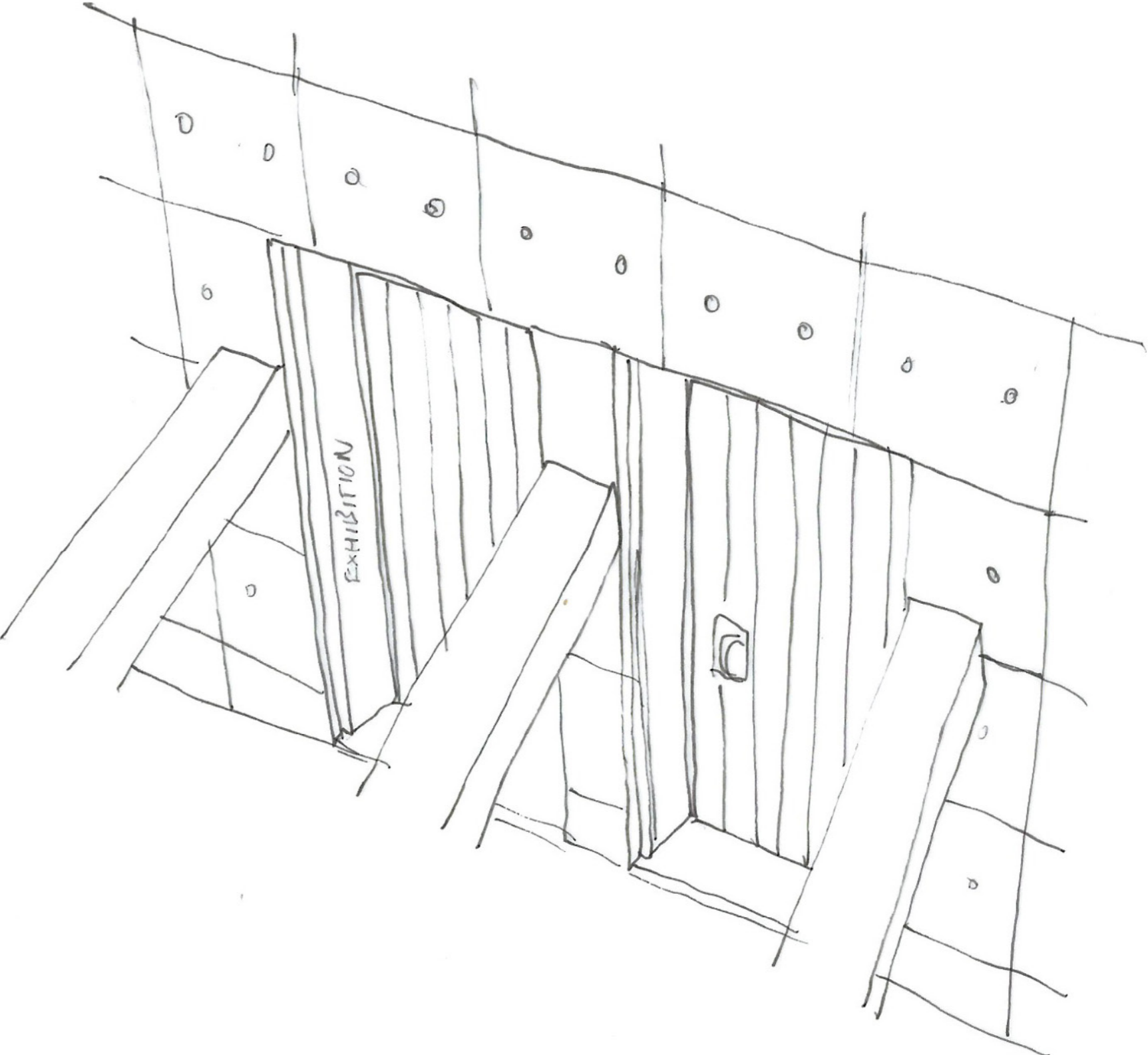
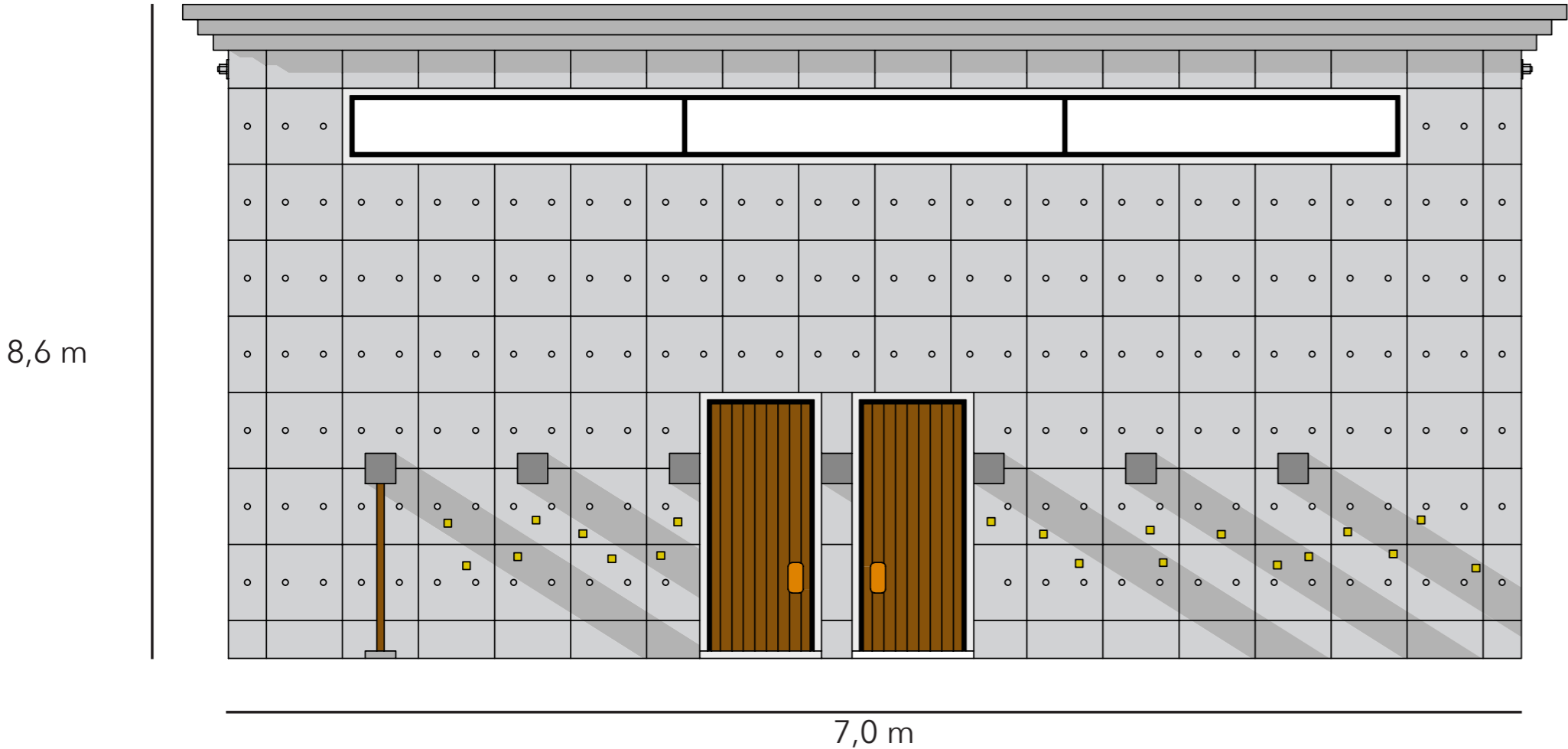


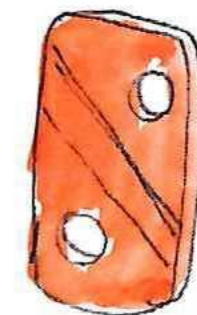
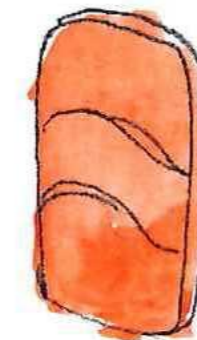
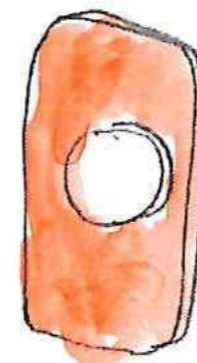
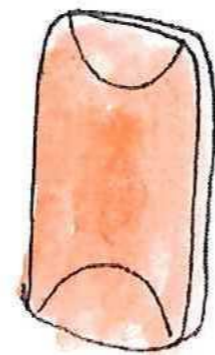
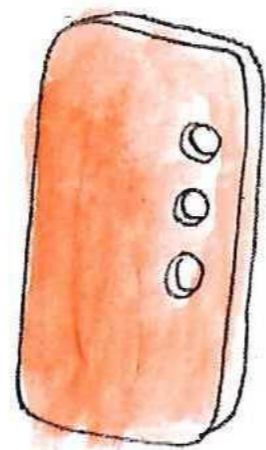
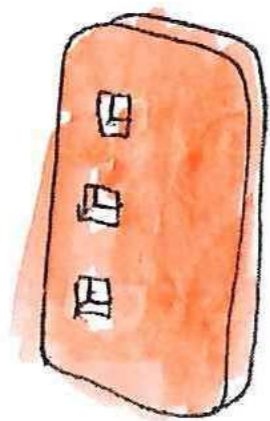
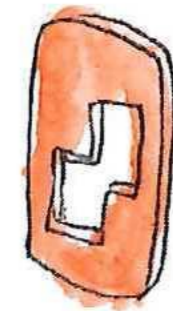
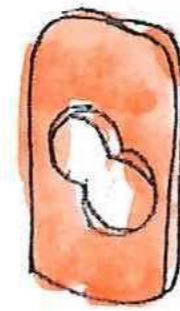
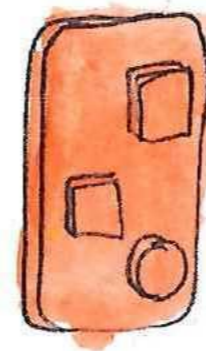
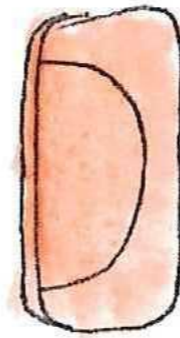
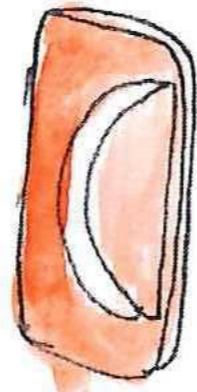
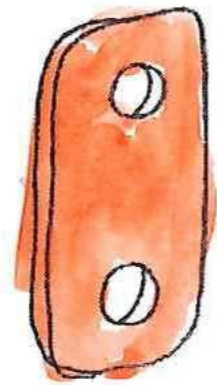
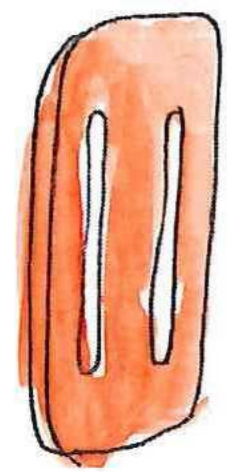
EXHIBITION SPACE



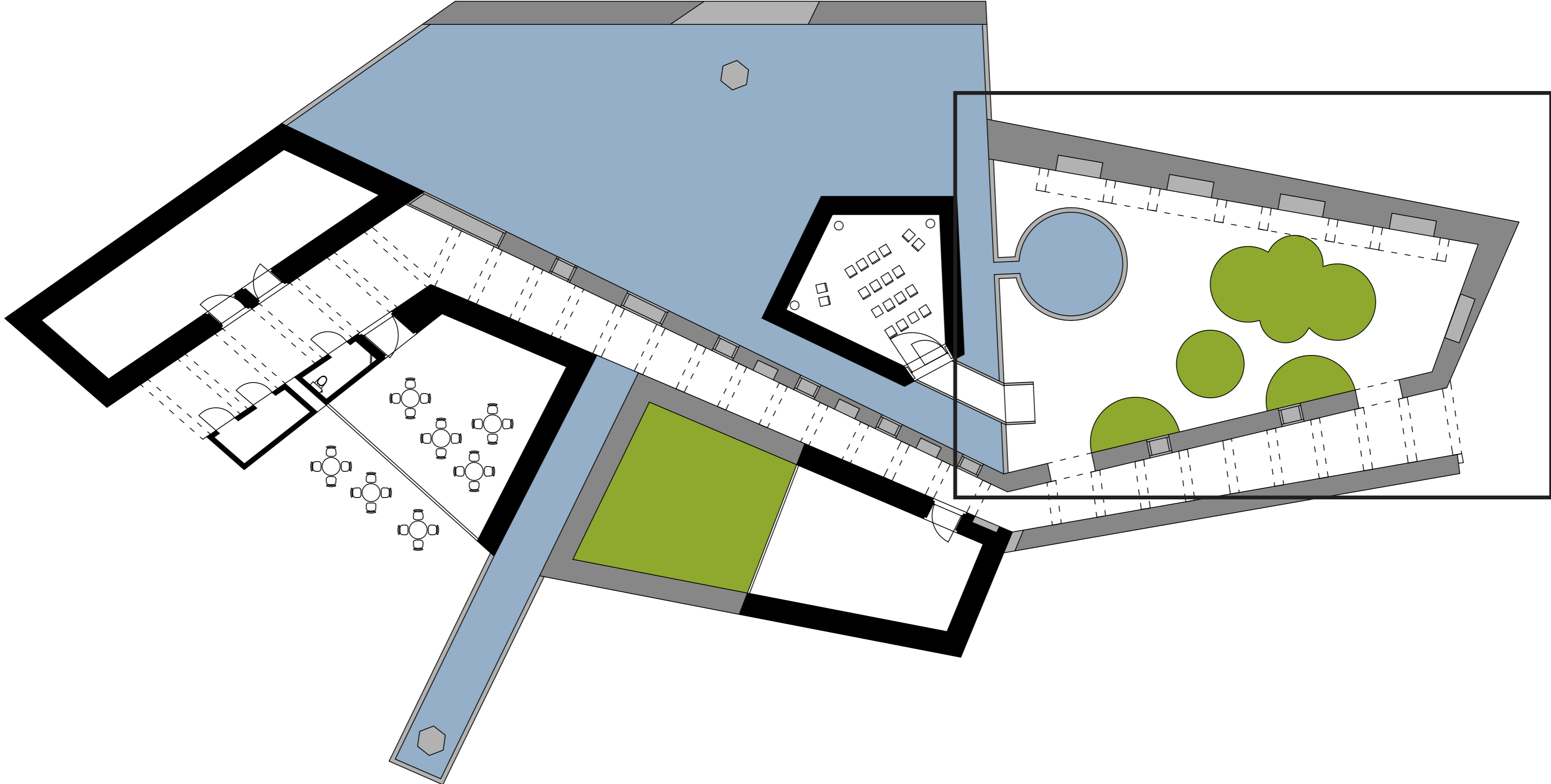


DETAILS EXHIBITION



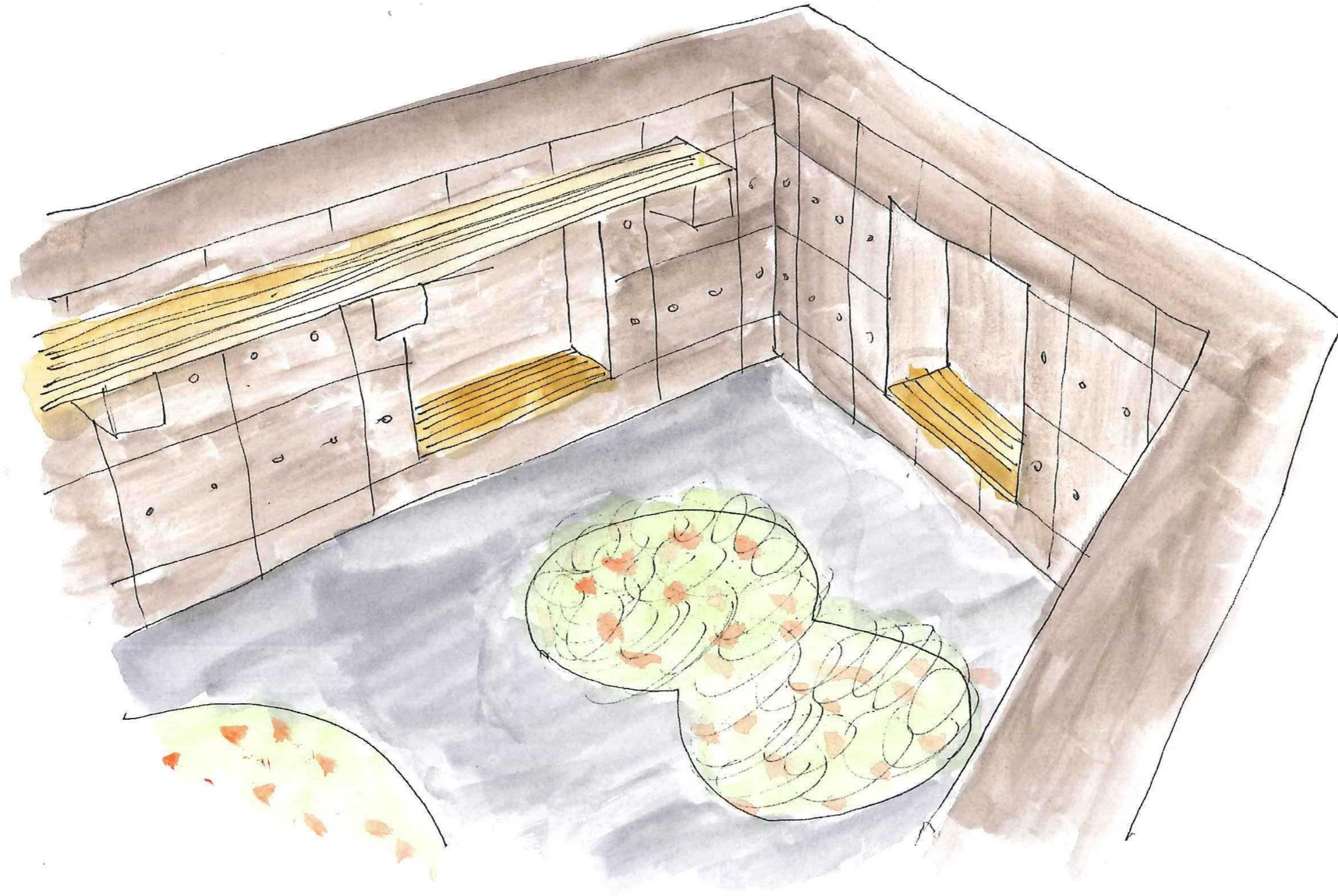


ENCLOSED GARDEN

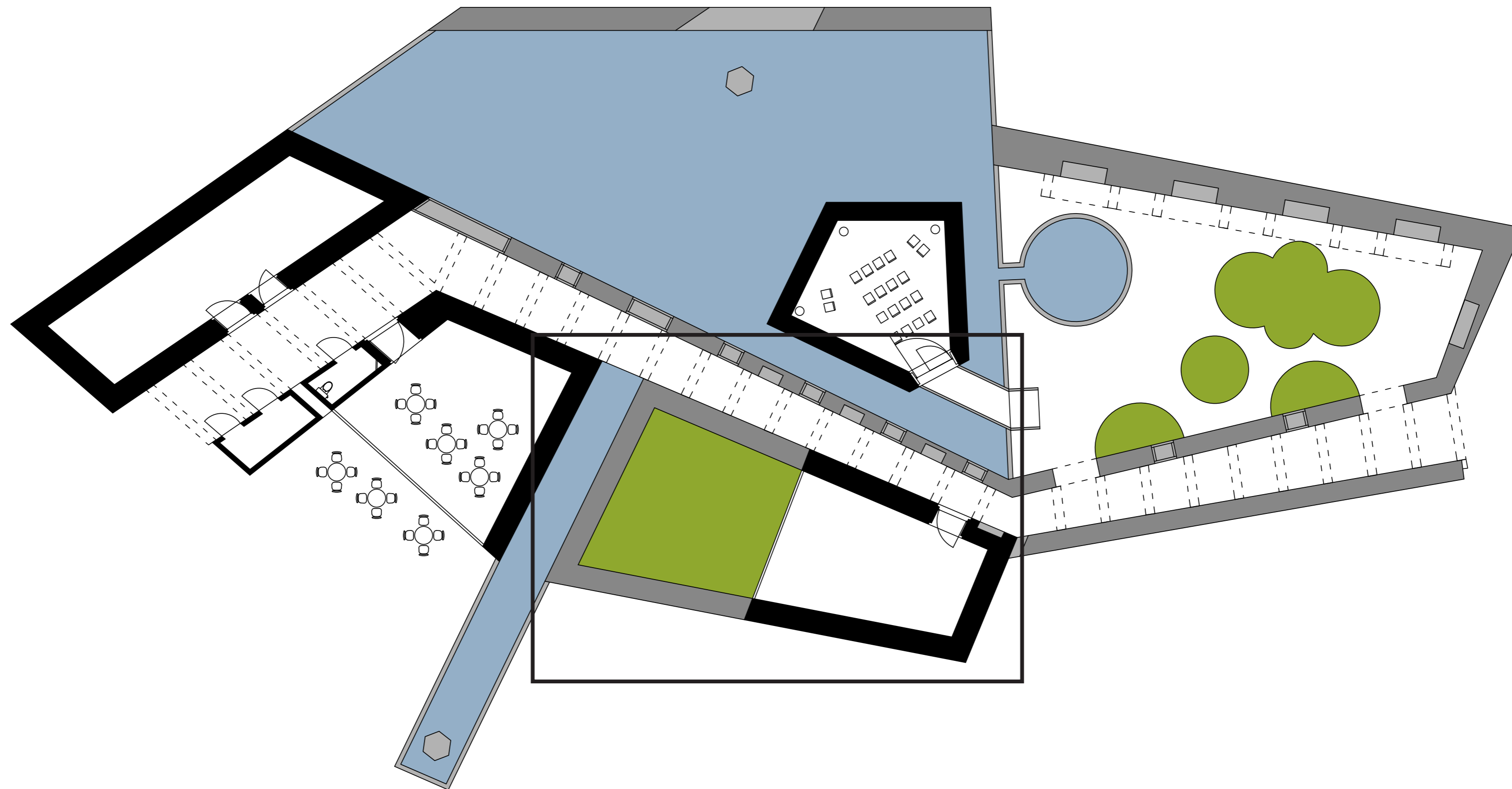


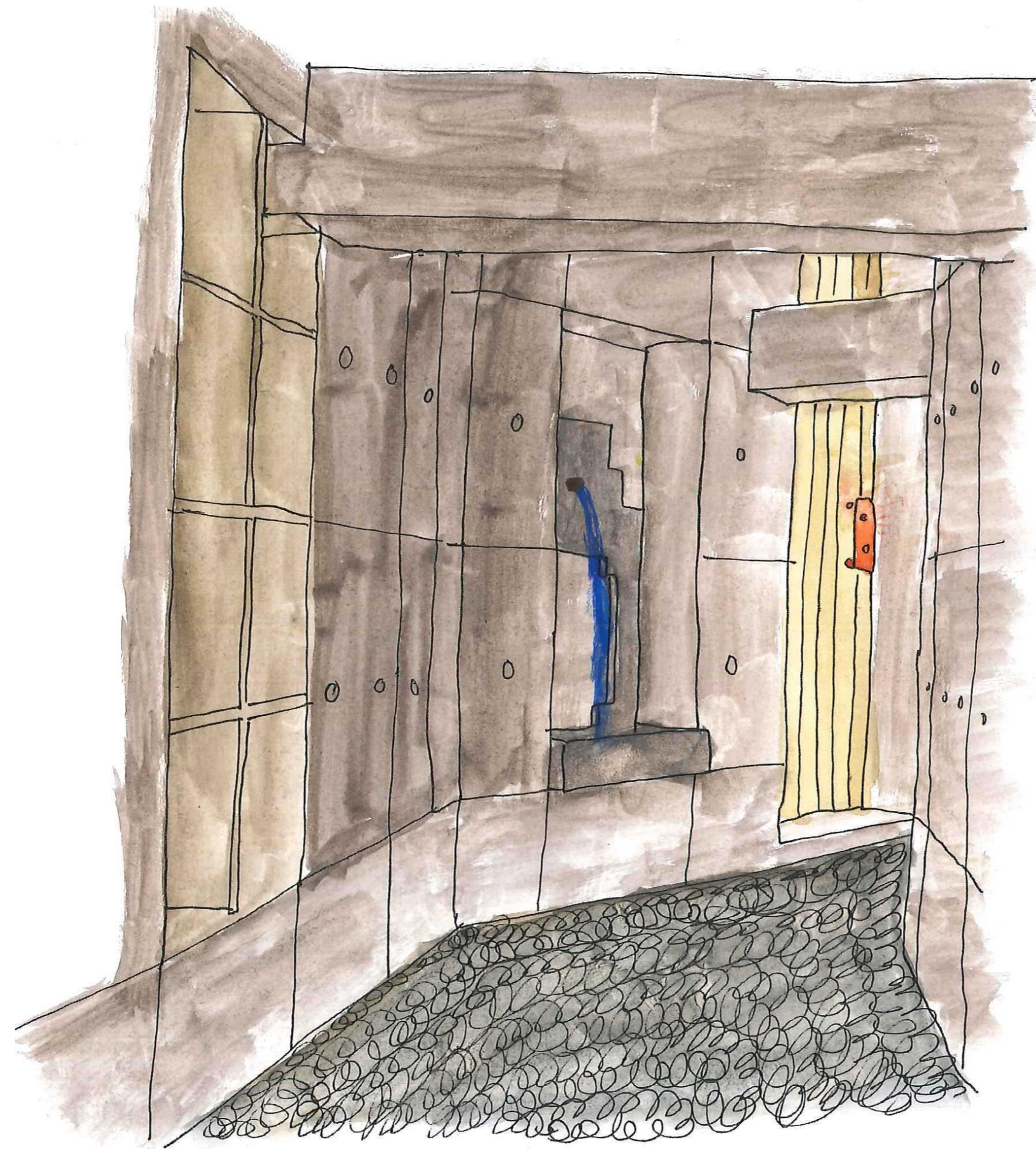


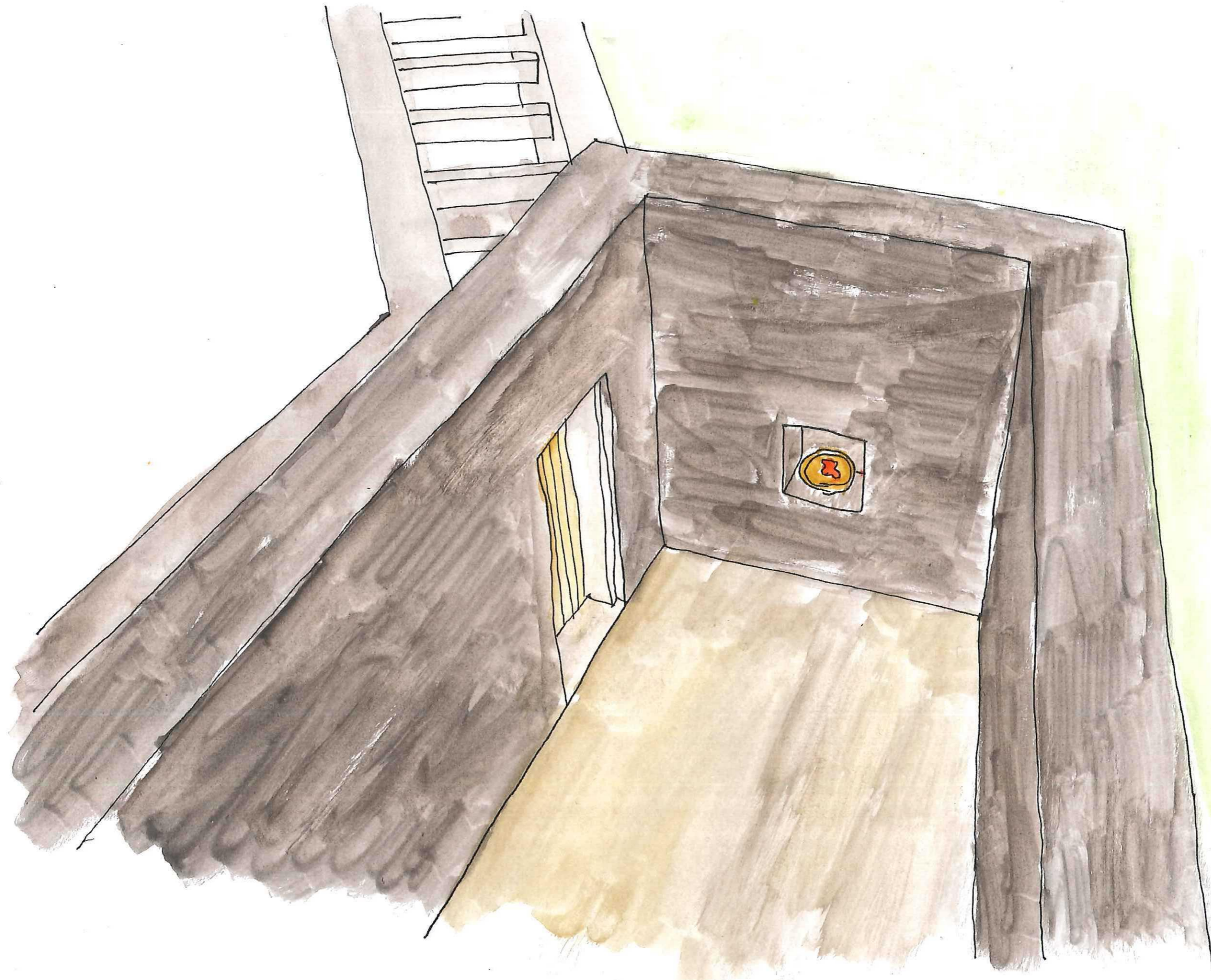


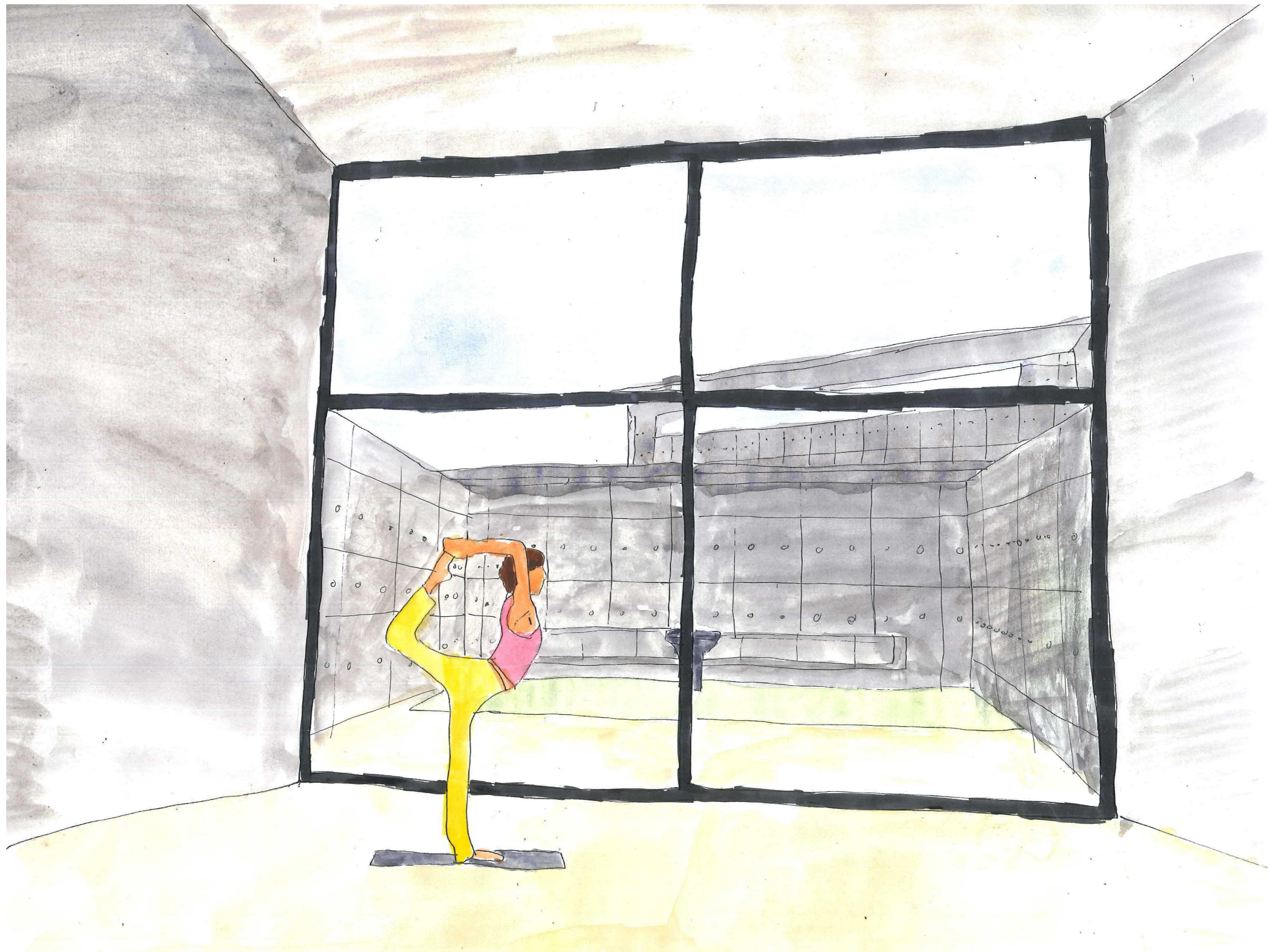


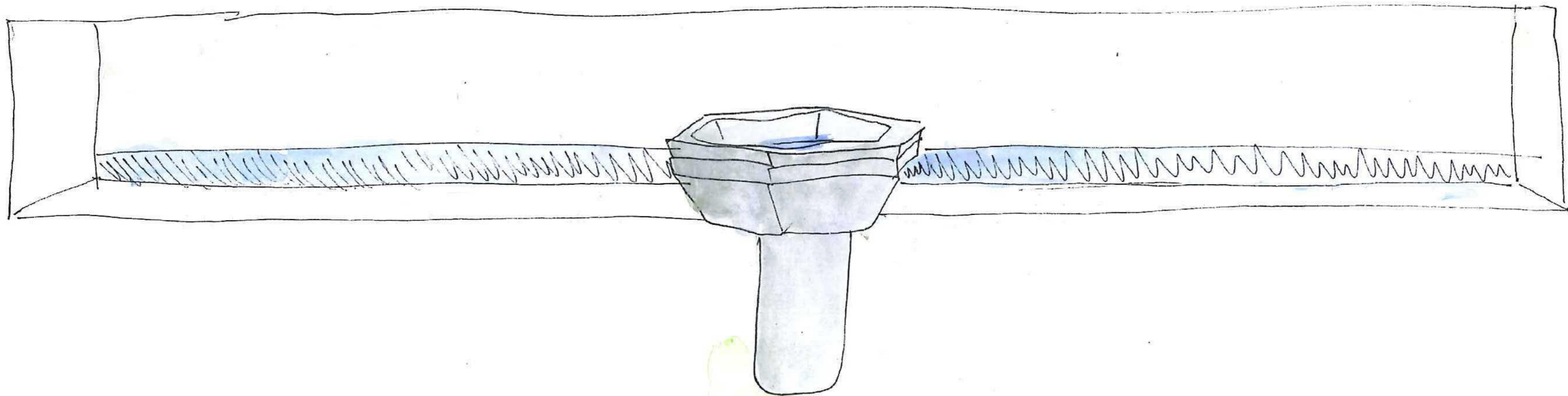
DESIGN COMMUNAL MEDITATION



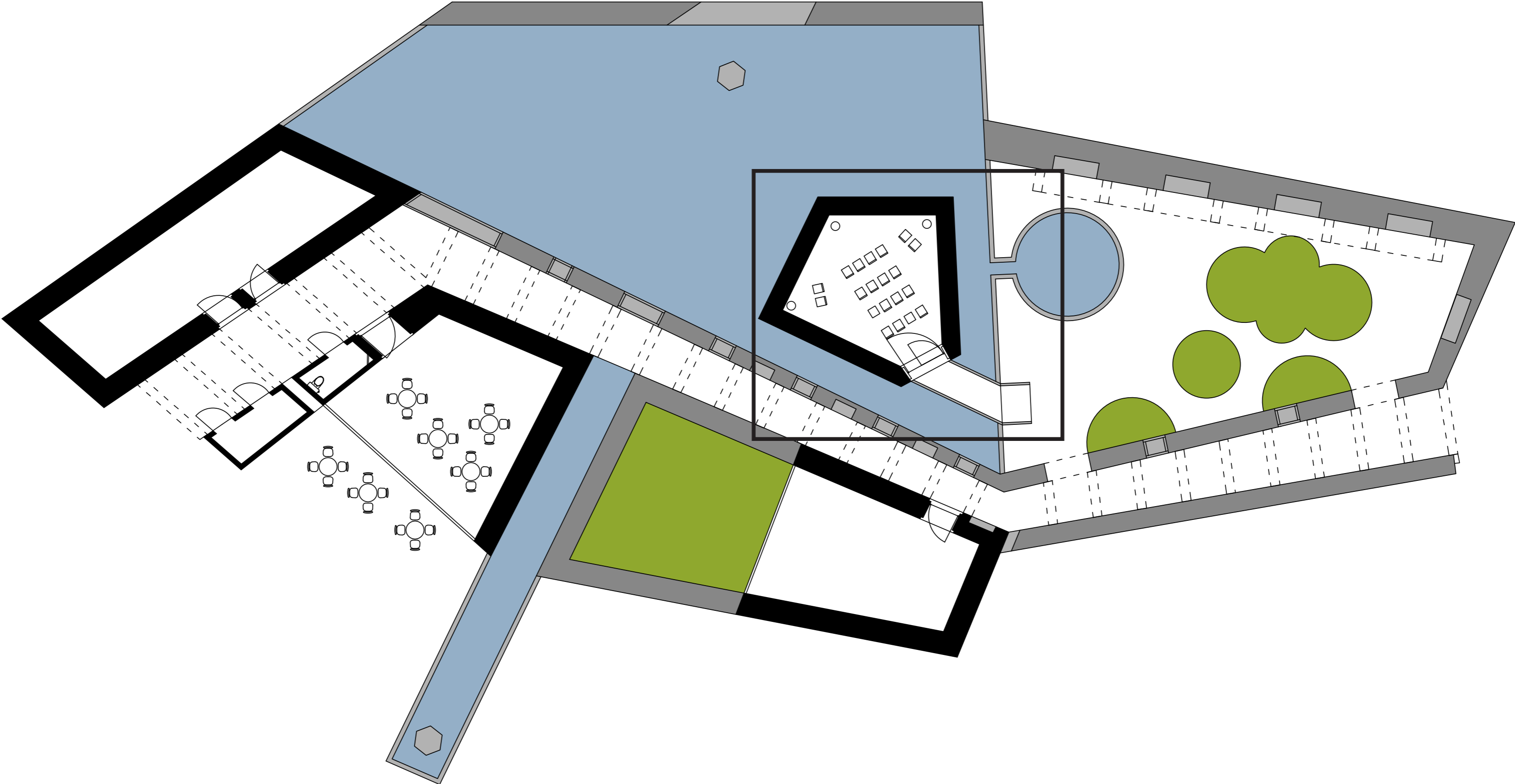


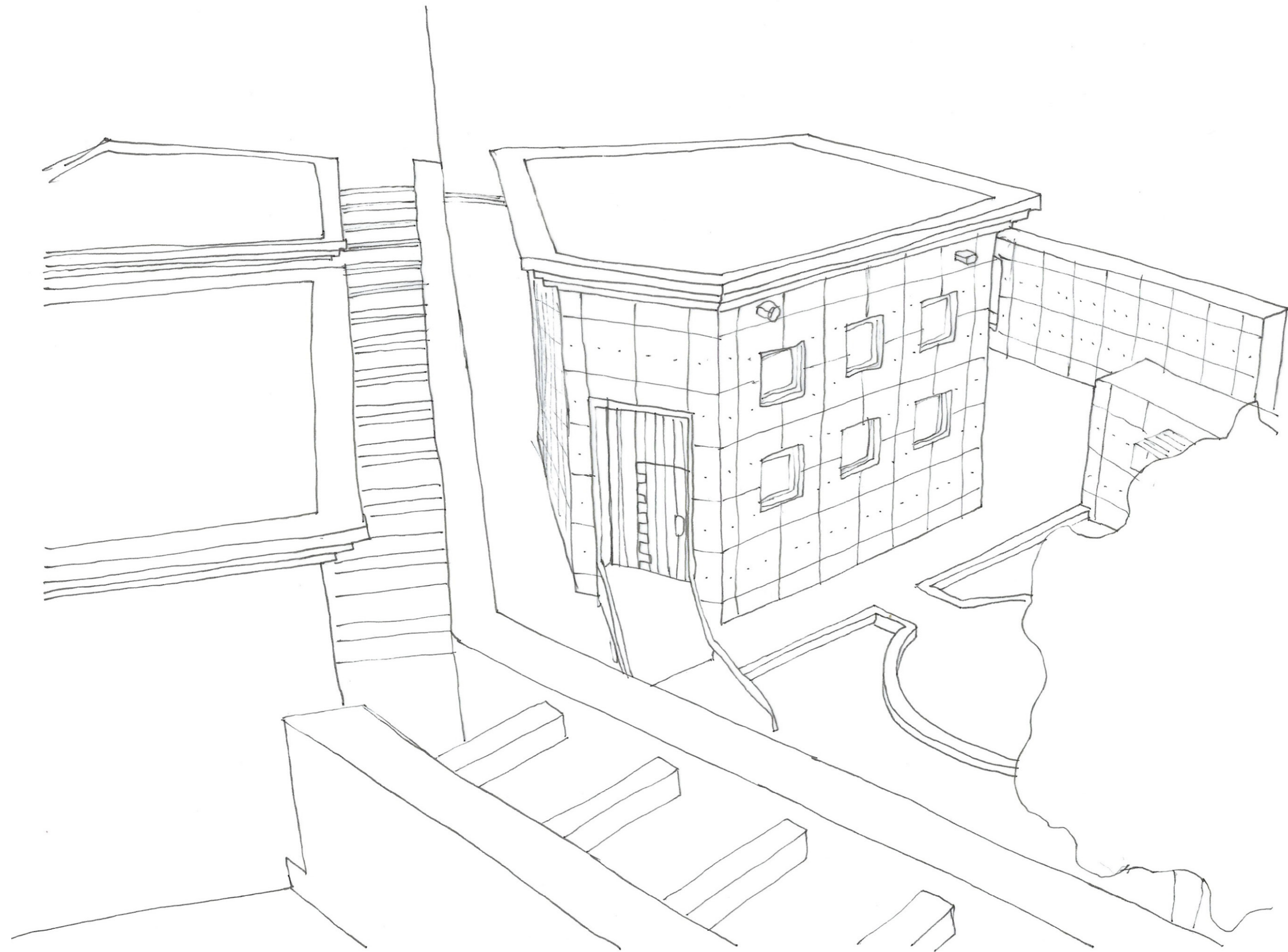






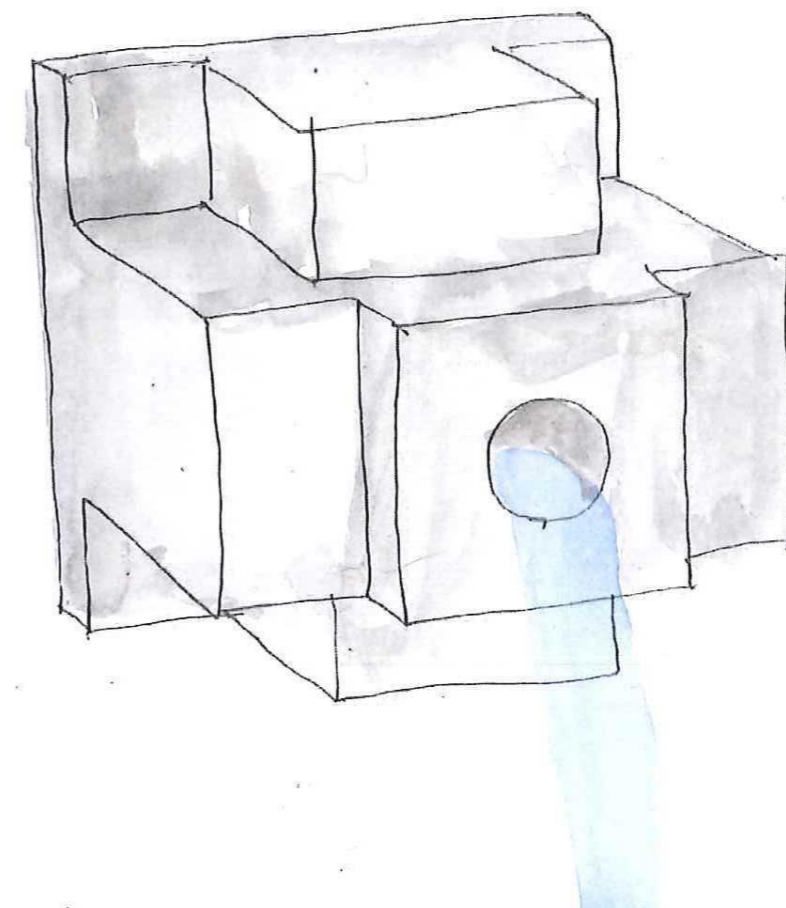
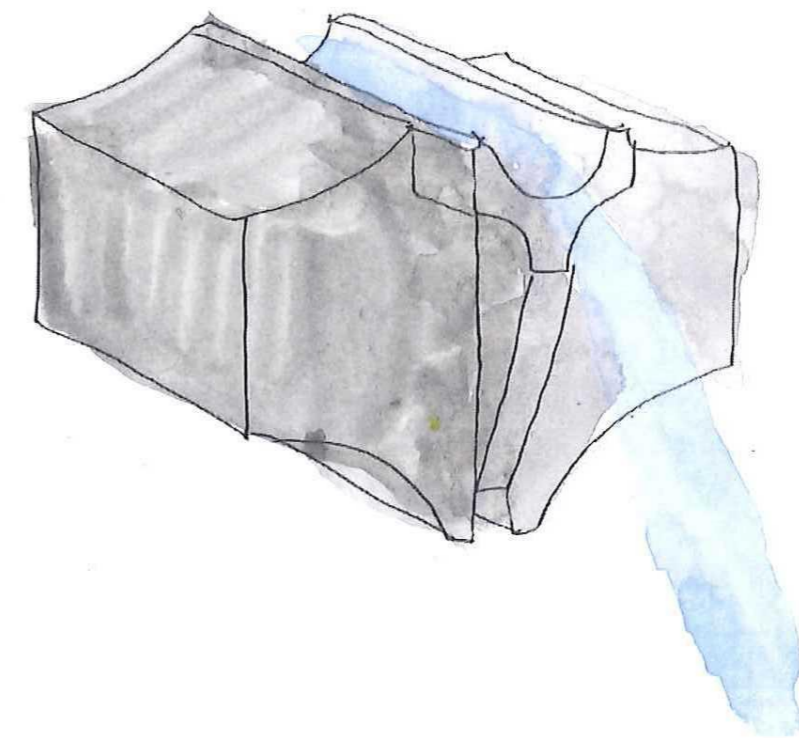
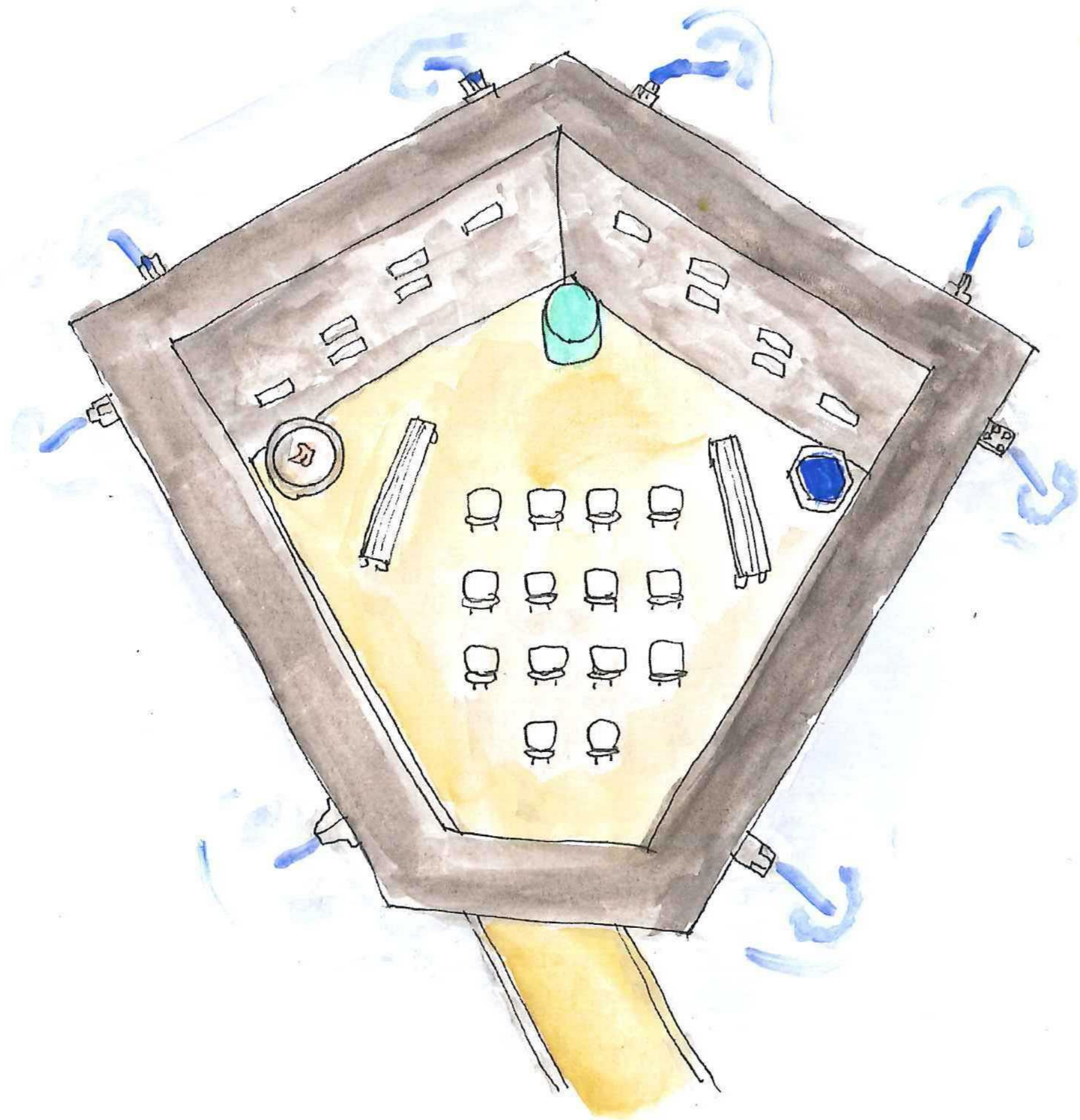
INDIVIDUAL MEDITATION











END

