

City Loneliness

A Healing Practice in Amsterdam

Actually, this is also my healing practice.

BEGINNING







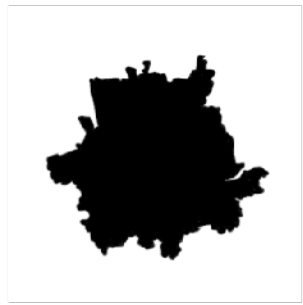
Have you ever felt lonely?

CITY LONELINESS
A Healing Practice in Amsterdam

“We are in the midst of a global loneliness crisis. None of us, anywhere, are immune.”
Noreena Hertz, The Lonely Century



LONELINESS



London
55%



New York
52%



Dubai
50%



Amsterdam
47%



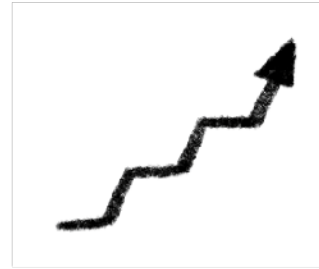
Hong Kong
46%



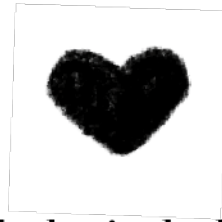
San Paulo
46%



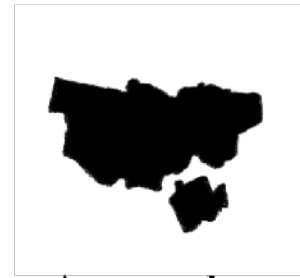
Amsterdam
47%



2008-2018
40%-47%



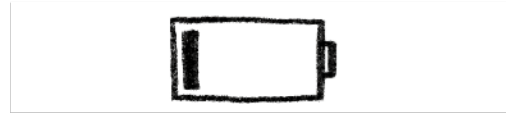
psychological theory



Amsterdam

LONELINESS

What is loneliness?

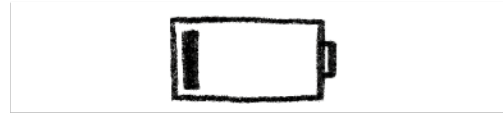


**insufficient
social connection & belongingness**

LONELINESS



individual's differences

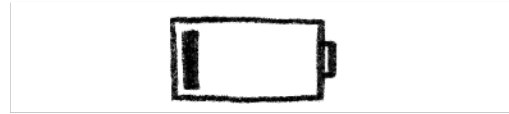


insufficient
social connection & belongingness

LONELINESS

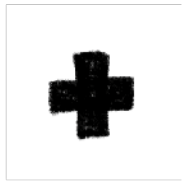


individual's differences



insufficient
social connection & belongingness

LONELINESS



personal health issue



social crisis

mental
health

body
inflammation

suicide

hostility

untrust

no empathy

indifference

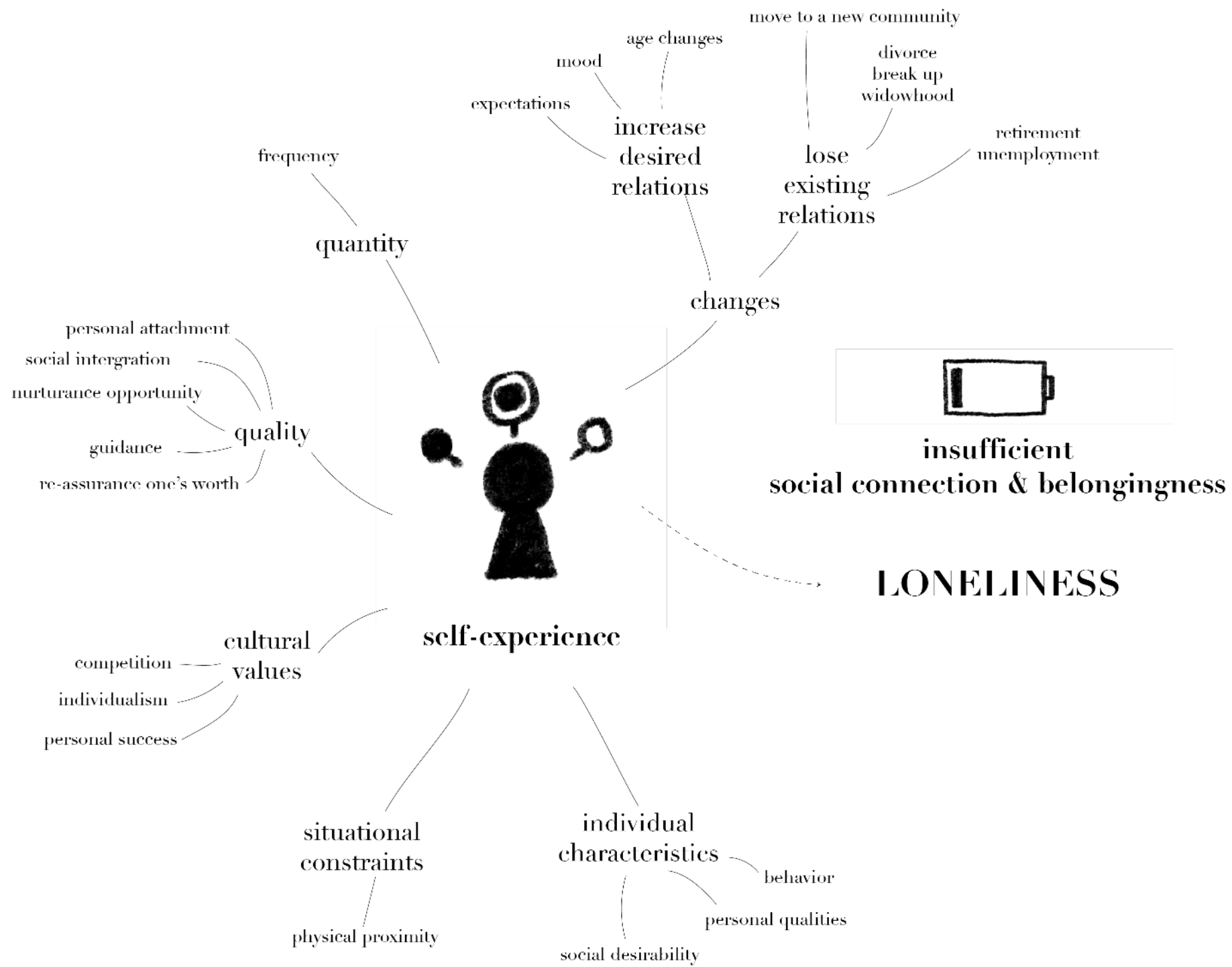
LONELINESS

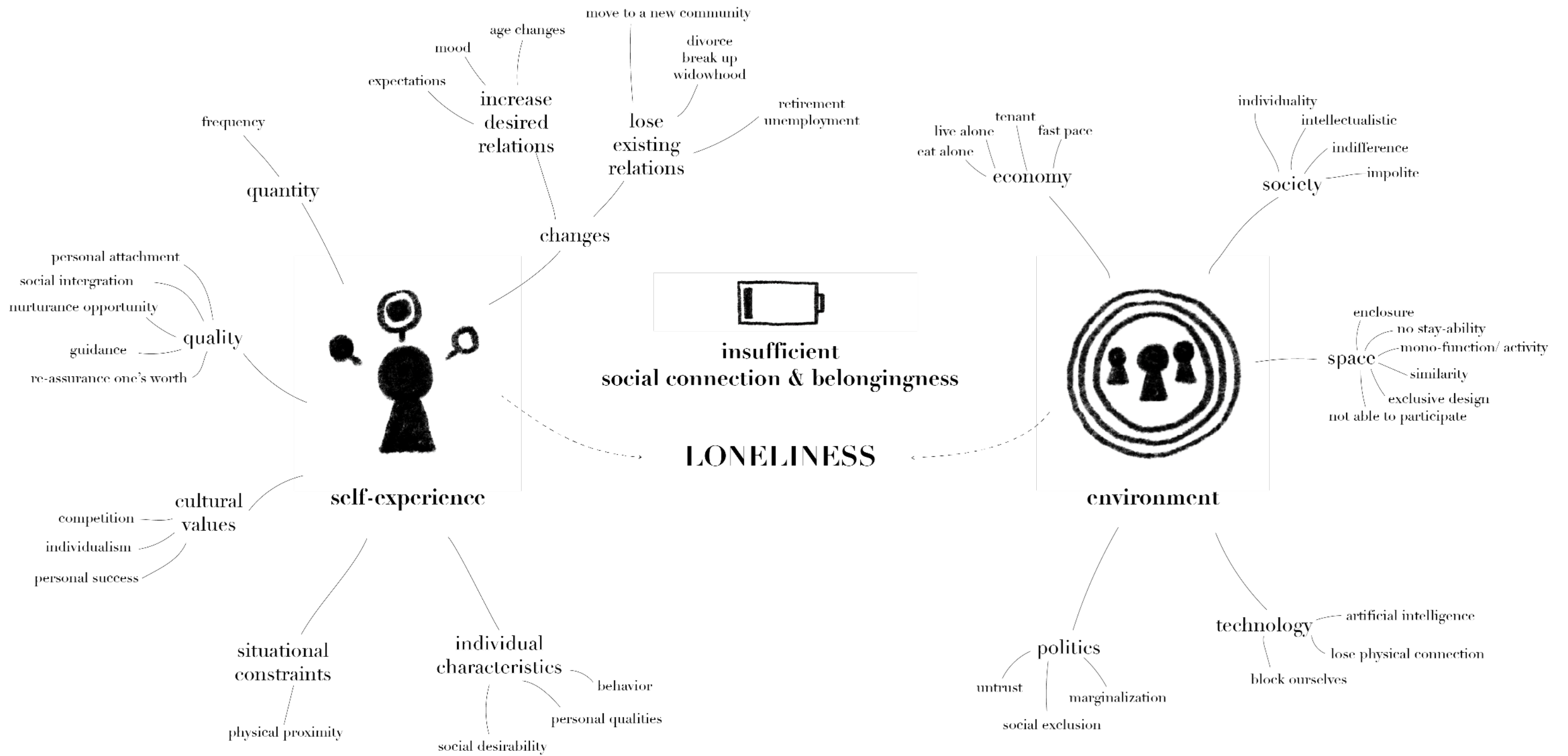
SOLITARY



insufficient
social connection & belongingness

LONELINESS

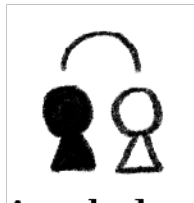




“Helping individuals to foster their sense of interpersonal connections and belonging across micro and macro social domains may well offer essential strategies to the global loneliness epidemic.”

Allen & Furlong, 2021

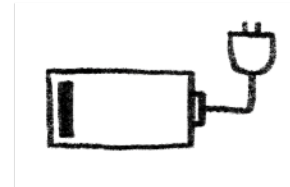
BELONGINGNESS



relation belonging
human relationship

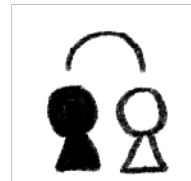


place belonging
sense of place



construction of belonging
city experience

BELONGINGNESS

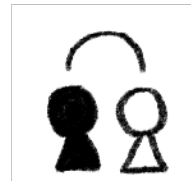


relation belonging
human relationship

Human are social creatures. Belonging to a relationship is human basic needs and provides an emotional attachment for human. Belonging to a relationship creates through qualified social connection and interaction. (John Bowlby's attachment theory)
(Maslow's hierarchy of needs)

frequent contact

foreseeable future



relation belonging
human relationship

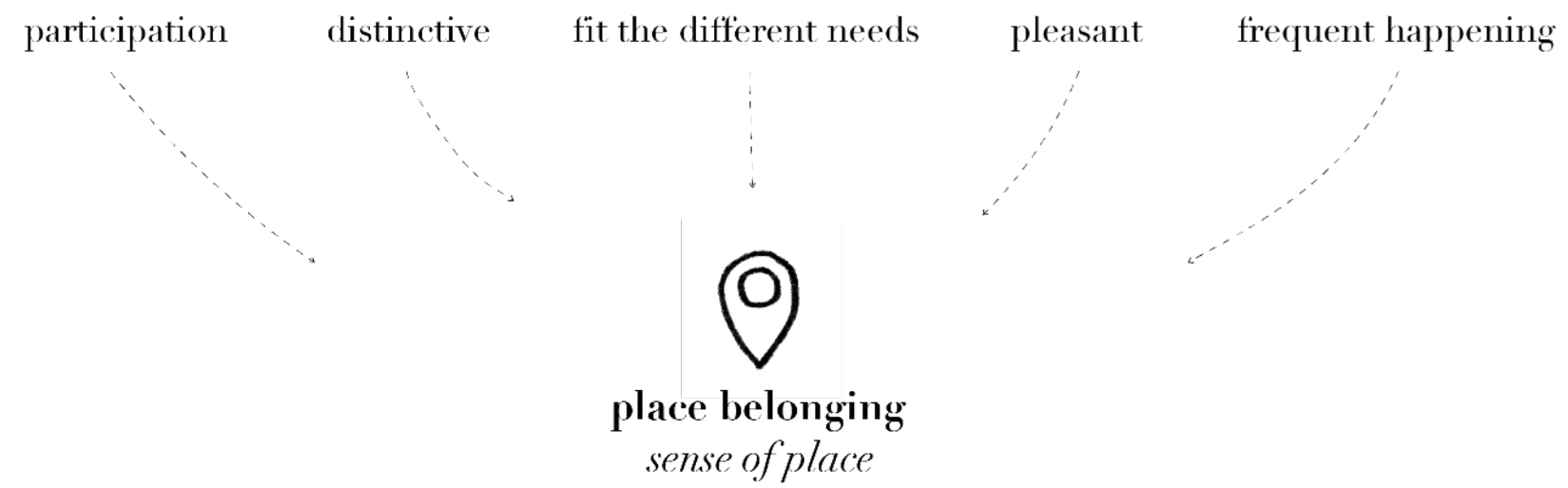
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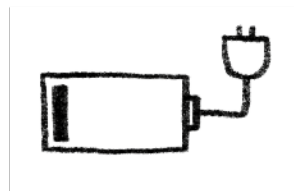
place belonging

sense of place

The concept of sense of place links closely to place belongingness and place attachment, which is a cognitive-emotional bond that individuals develop towards places with the feeling of being “at home.” (Tuan’s topophilia) (Scannell & Gifford’s place attachment)



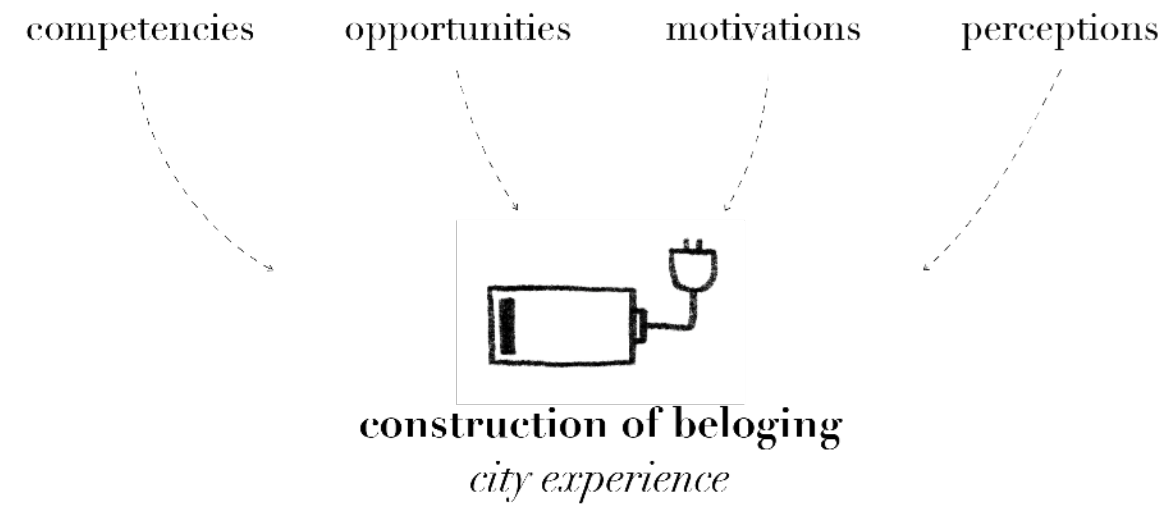
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construction of belonging

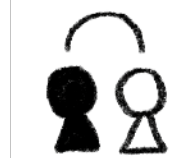
city experience

“Belonging and attachment are built here on the base of accumulated knowledge, memory, and intimate corporal experiences of everyday walking. A sense of belonging changes with time as these everyday experiences grow and their effects accumulate.” (Merleau-Ponty’s phenomenology of perception) (de Certeau’s everyday practice)



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frequent contact
foreseeable future



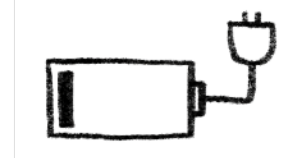
relation belonging
human relationship

participation
distinctive
fit the different needs
pleasant
frequent happening



place belonging
sense of place

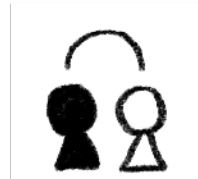
competencies
opportunities
motivations
perceptions



construction of belonging
city experience

BELONGINGNESS IN ARCHITECTURE

frequent contact
foreseeable future



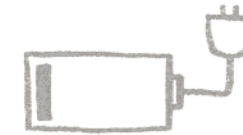
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construction of belonging
city experience

BELONGINGNESS IN ARCHITECTURE

a place for
frequent encounters
physical accessibility and stay-ability

frequent contact
foreseeable future



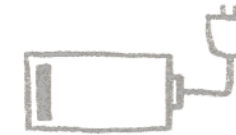
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perceptions



construction of belonging
city experience

BELONGINGNESS IN ARCHITECTURE

a place can
be easily participated
physical accessibility and spatial connectivity

a place that is
distinctive
distinctiveness

a place that is
multi-functional
activity accessibility

frequent contact
foreseeable future



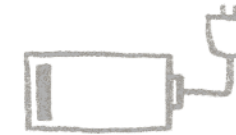
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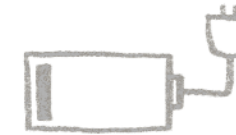
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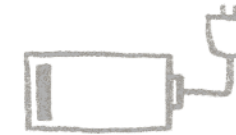
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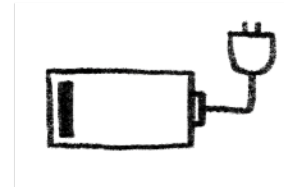
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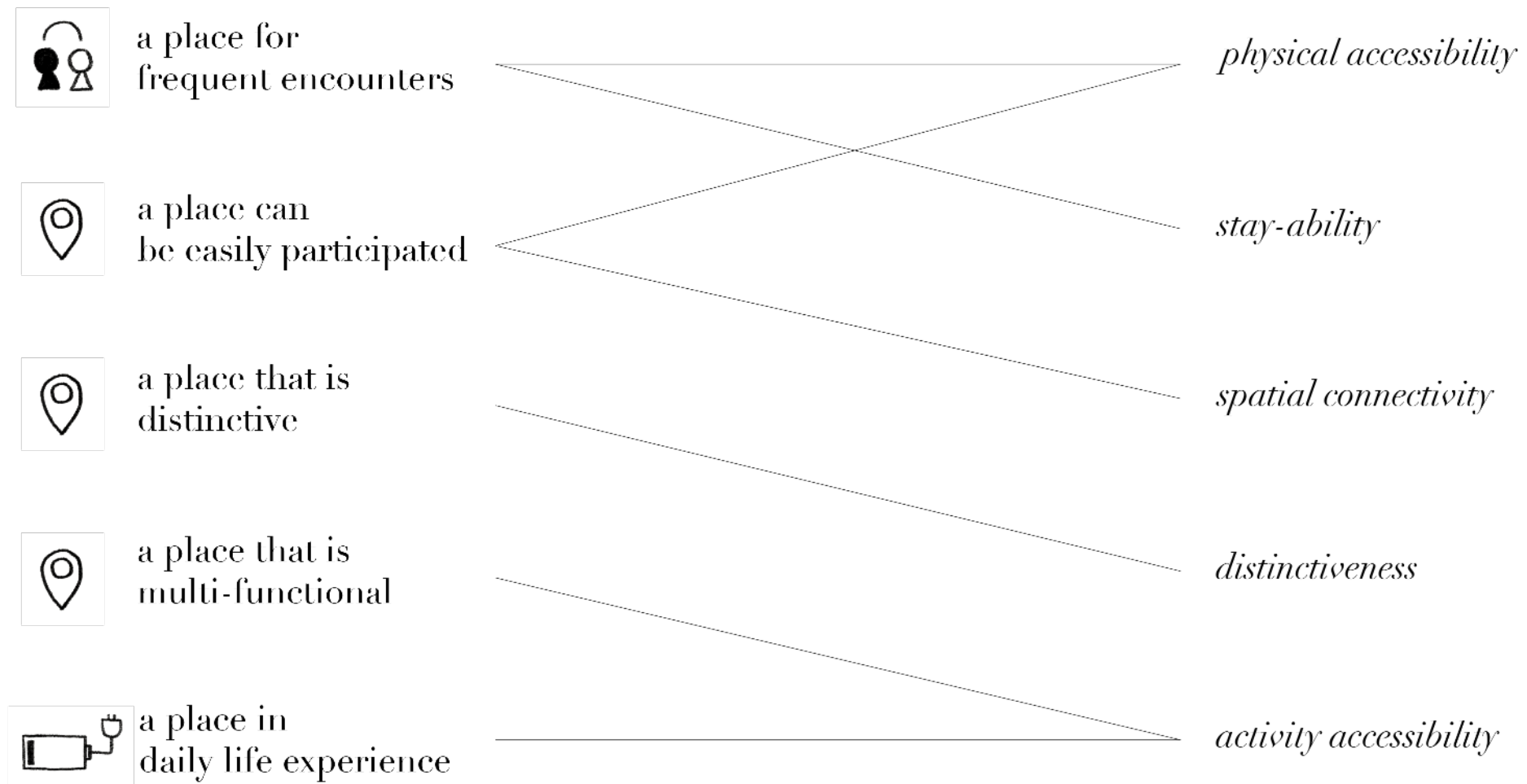


construction of belonging
city experience

BELONGINGNESS IN ARCHITECTURE

a place in
daily life experience
activity accessibility

BELONGINGNESS IN ARCHITECTURE



AMSTERDAM



(Sander Troelstr, 2019)

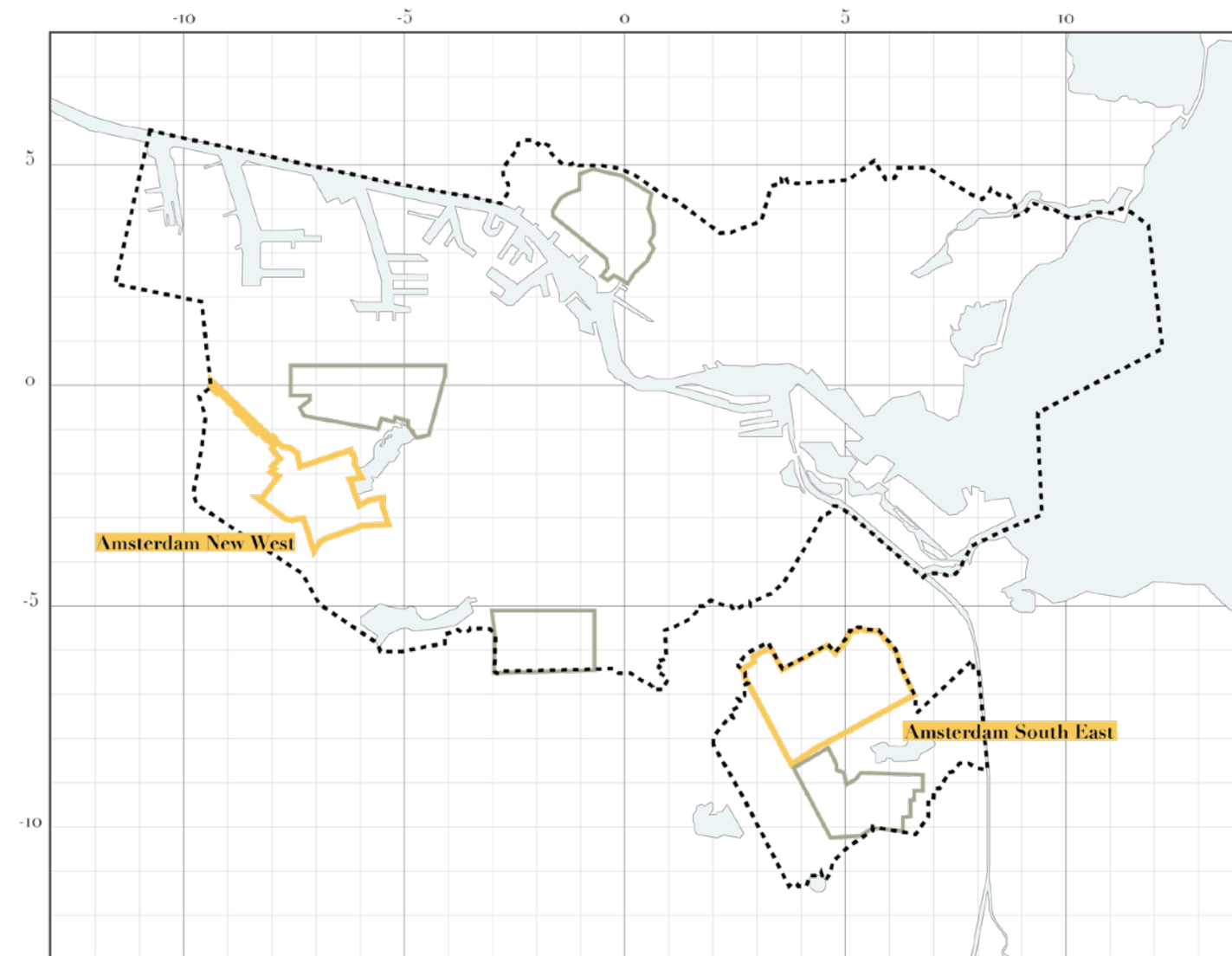


(Sander Troelstr, 2019)

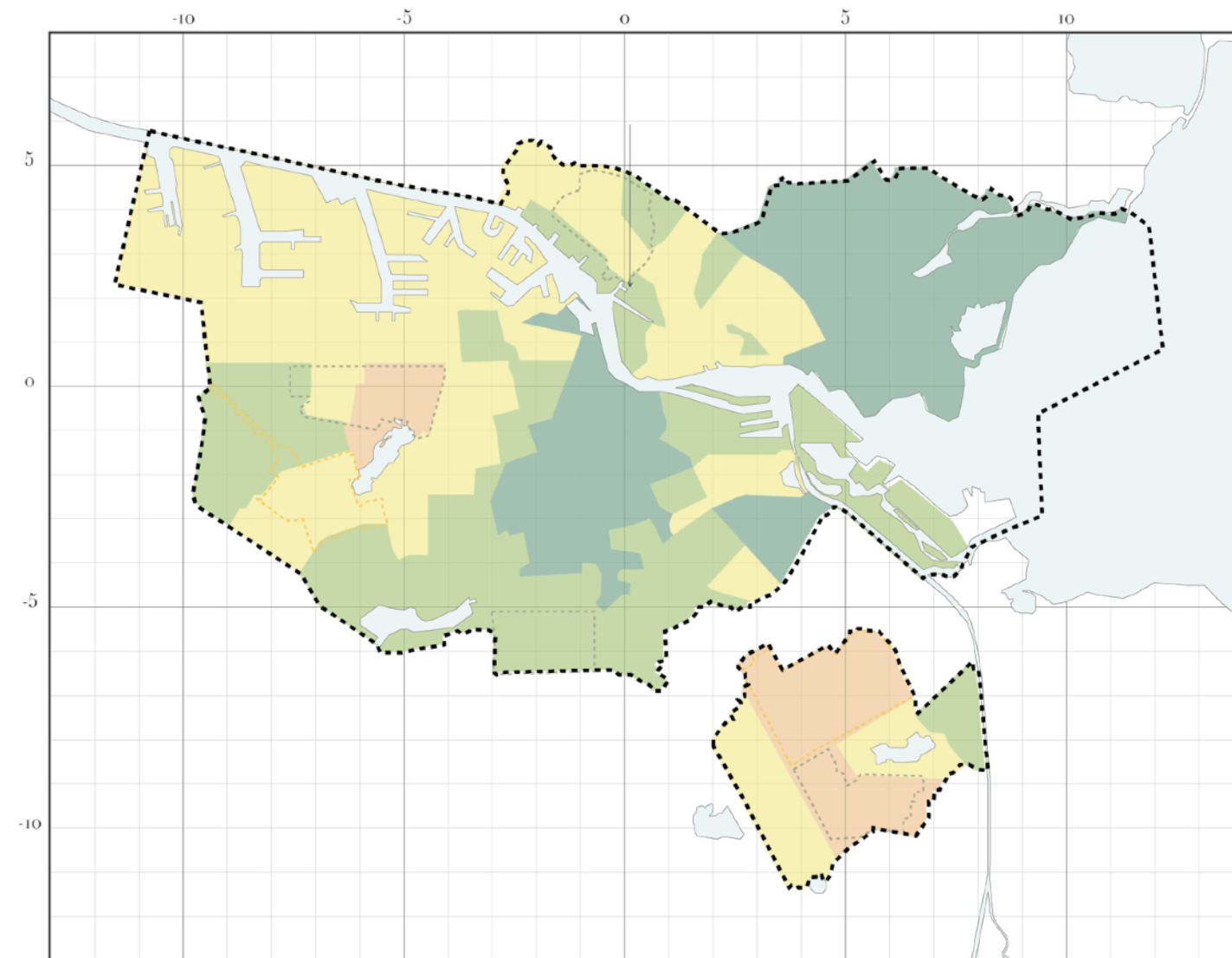


(Sander Troelstr, 2019)

“When Amsterdam slowly awakes, the last few of the previous night still wander through the streets. Most of them going home...” (Troelstr, 2019)



Loneliness in Amsterdam
(OIS Municipality of Amsterdam, 2018)



Life satisfaction
(<https://www.leefbaarometer.nl/kaart/#kaart>)



(<https://failedarchitecture.com/the-story-behind-the-failure-revisioning-amsterdam-bijlmermeer/>)



(<https://failedarchitecture.com/amsterdam-bijlmermeer-a-reputation-blown-to-smithereens/>)



*Dutch Surinamese arriving in the Netherlands in 1975
(<https://99percentinvisible.org/episode/blood-sweat-tears-city-future-part-2/>)*



*Boeing 747 crashed on the flats in the Bijlmermeer in 1992
(<https://dirkdeklein.net/2016/10/04/el-al-flight-1862bijlmer-the-forgotten-disaster/>)*



Renewal of the Bijlmer in the 1990s
(<https://failedarchitecture.com/amsterdam-bijlmermeer-a-reputation-blown-to-smithereens/>)



Renewal in Bijlmermeer, 1999

(<https://failedarchitecture.com/the-story-behind-the-failure-revisioning-amsterdam-bijlmermeer/>)













“They have a distorted image of the people from the Bijlmer, especially people of colour from the Bijlmer.” (persona)



“I saw the deterioration of the neighbourhood, with the influx of more African residents, who in his experience ‘don’t even greet you’.” (persona)



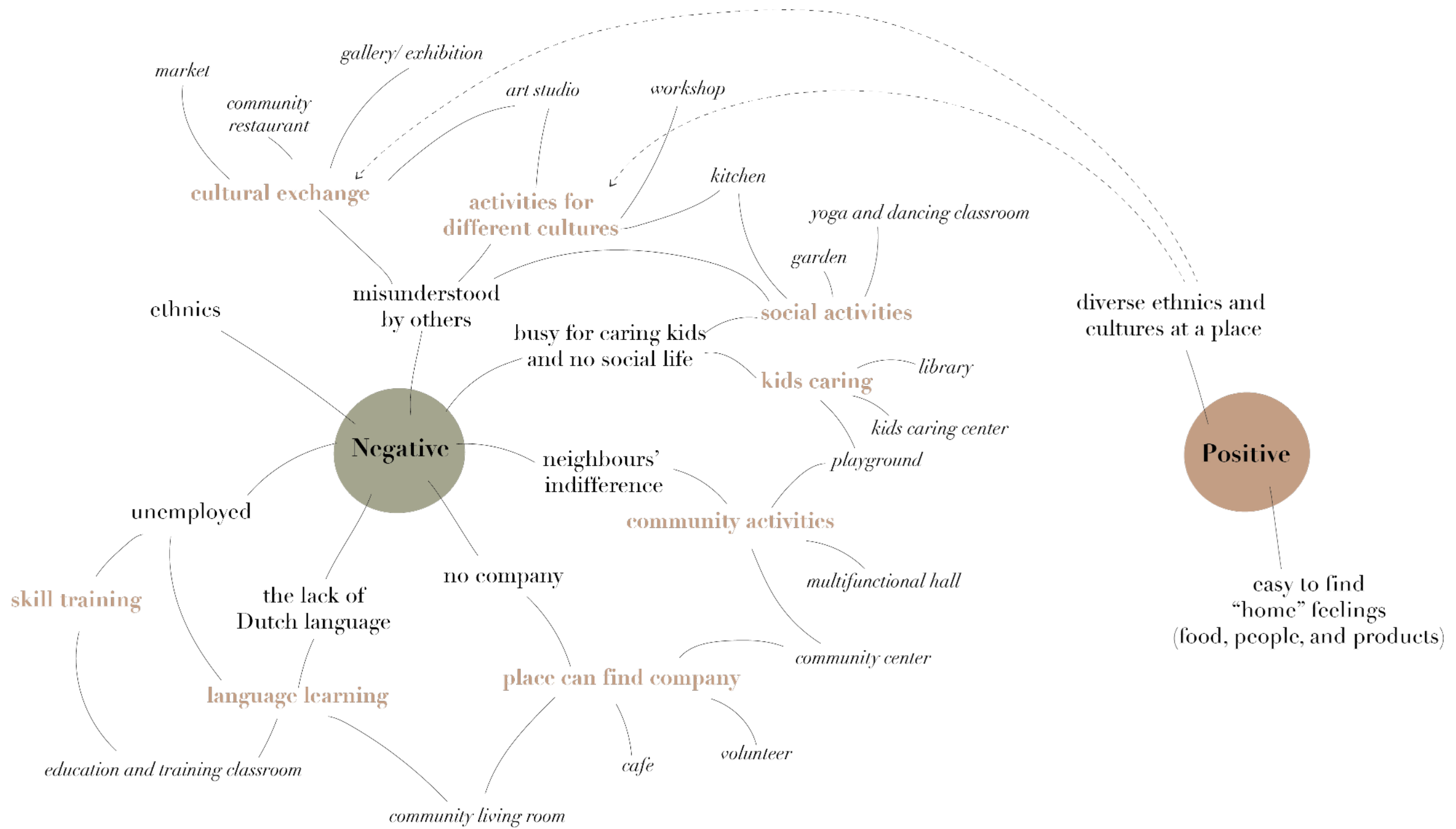
“I like the possibility to learn about different cultures without having to travel somewhere else.” (persona)



“Here is like Africa, Suriname or Morocco. It has nothing to do with Dutch, really. [...] You have African food, African supermarkets, fried African food, Surinamese fried food, everything made, everything.” (persona)

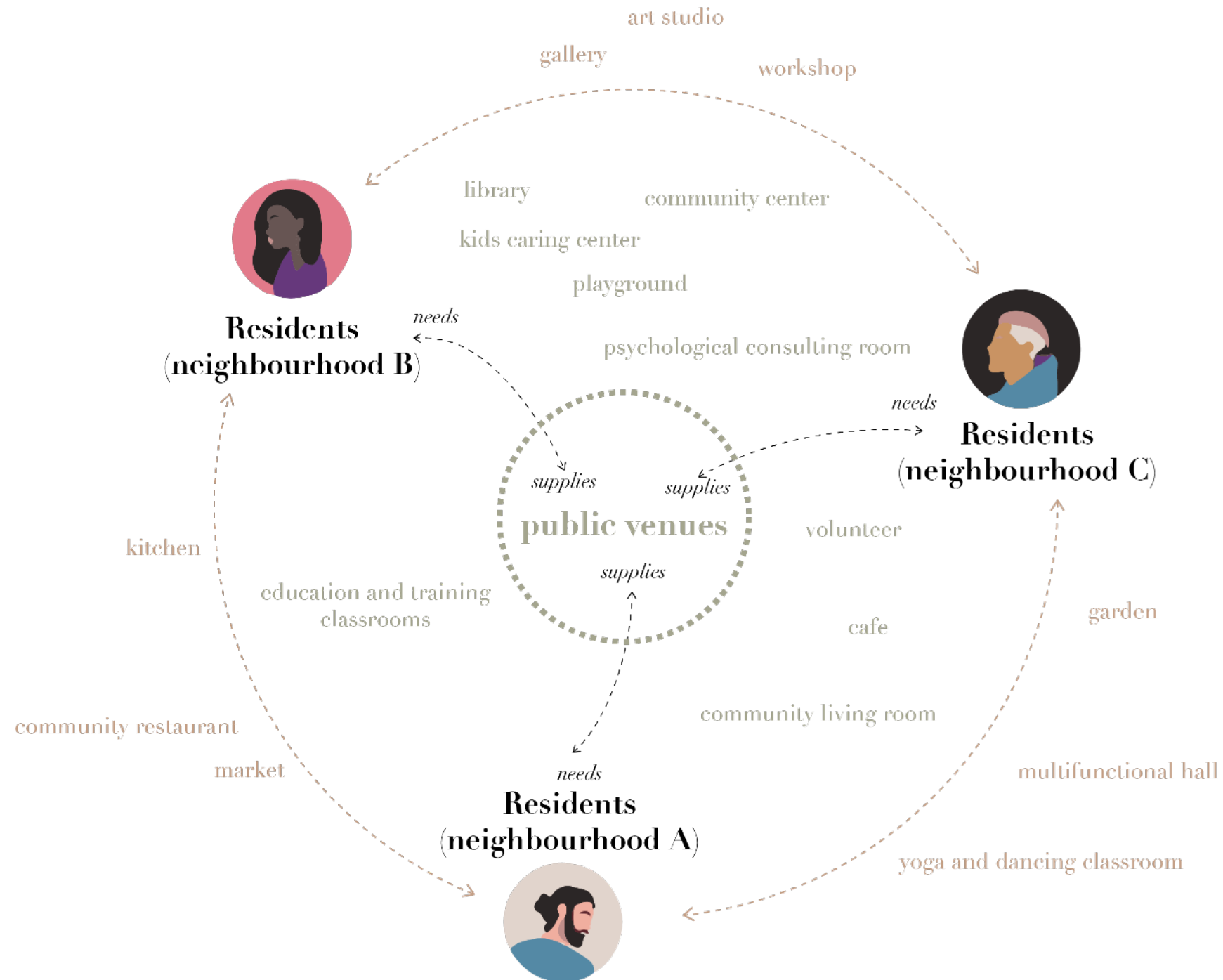
SOLUTIONS and PROGRAMS

Negative thought / Neutral or Positive thought



PROGRAMS

needs and supplies exchange/ cultural exchange



scale 1:3000 in A3

railway company

new housing development area
(holland park)

city park
(urban natural area)

SITE

urban farm

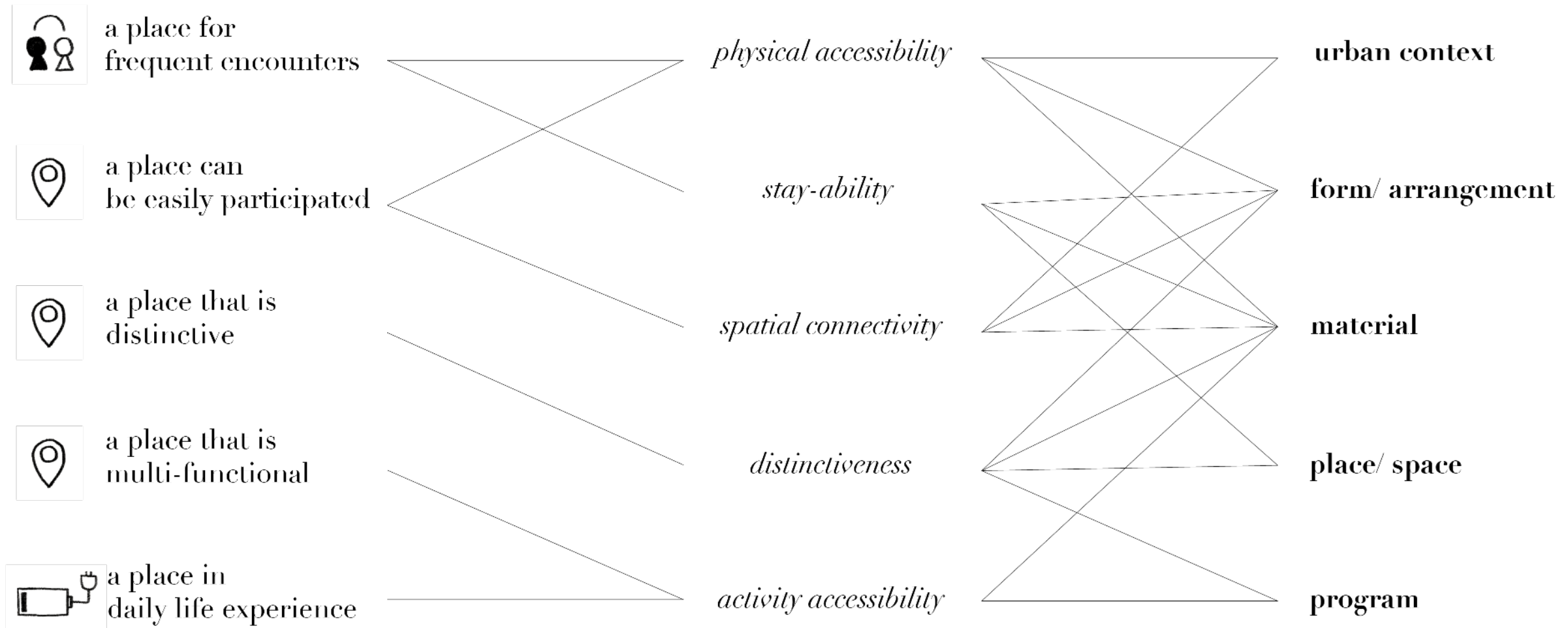
school

- bicycle route
- housing
- facilities
- ⌚ plaza
- ⊙ playground
- ⊙ outdoor sport
- metro station
- bus station





RESEARCH TO DESIGN



DESIGN

new developed housing area

natural area

Master Plan

bridge
shopping district

metro station

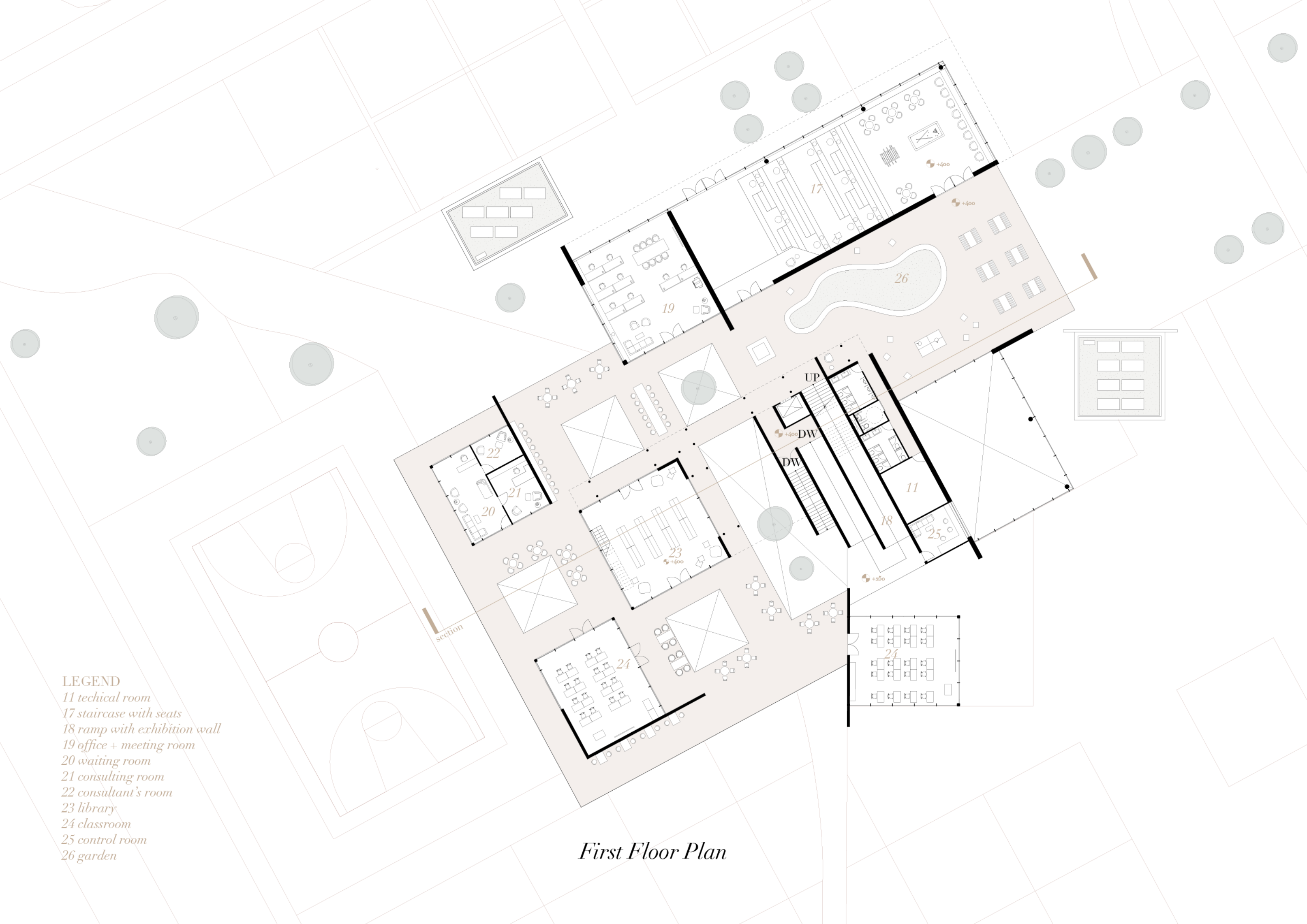


LEGEND

- 01 wood craft workshop
- 02 volunteer's room
- 03 drawing workshop (for kids)
- 04 playground
- 05 library (for kids)
- 06 kids caring
- 07 terrace
- 08 information
- 09 coffee bar
- 10 storage
- 11 technical room
- 12 dressing room
- 13 multifunctional hall
- 14 pottery workshop
- 15 open kitchen
- 16 dancing and yoga room
- 17 staircase with seats
- 18 ramp with exhibition wall

Ground Floor Plan

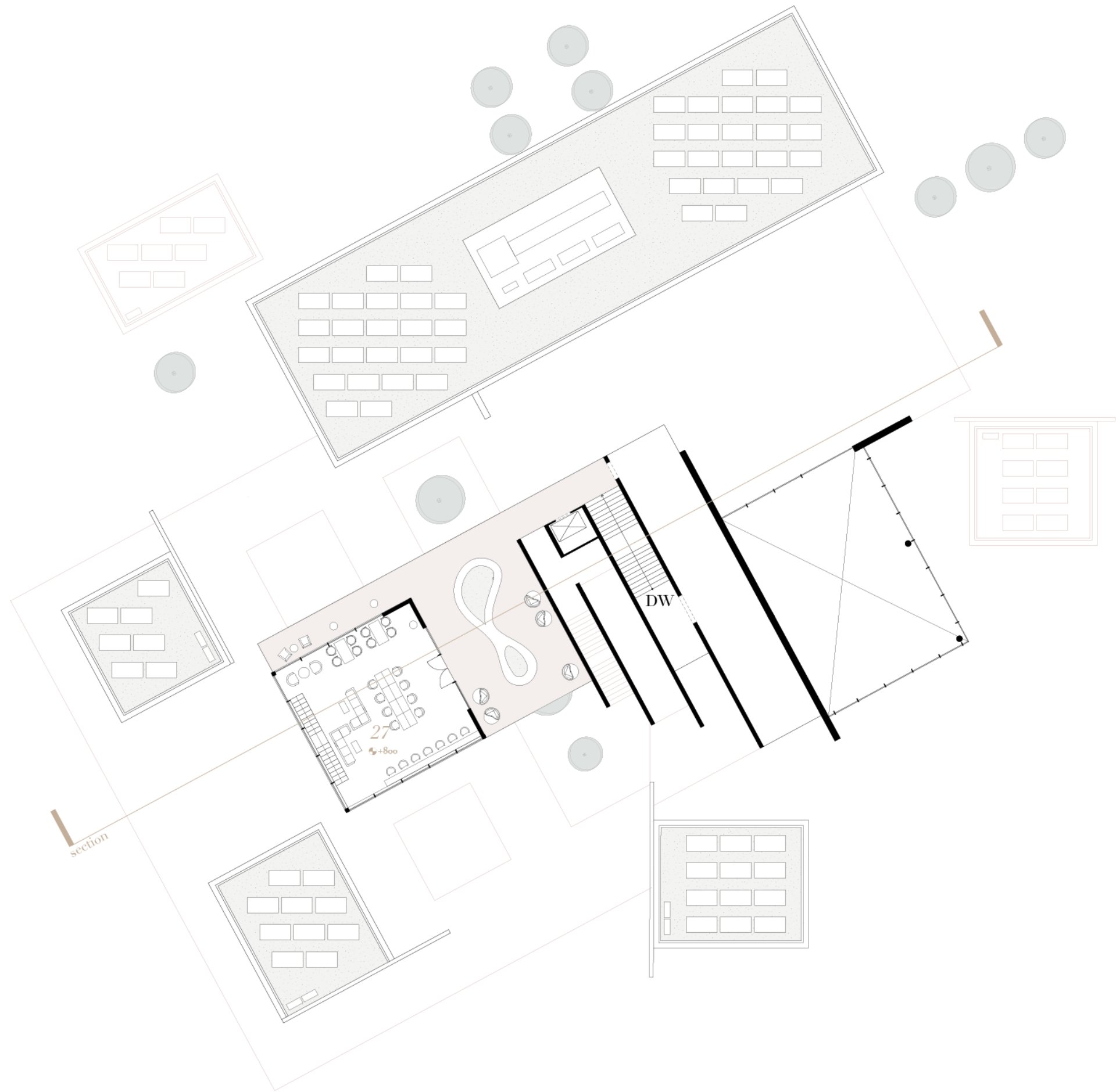




LEGEND

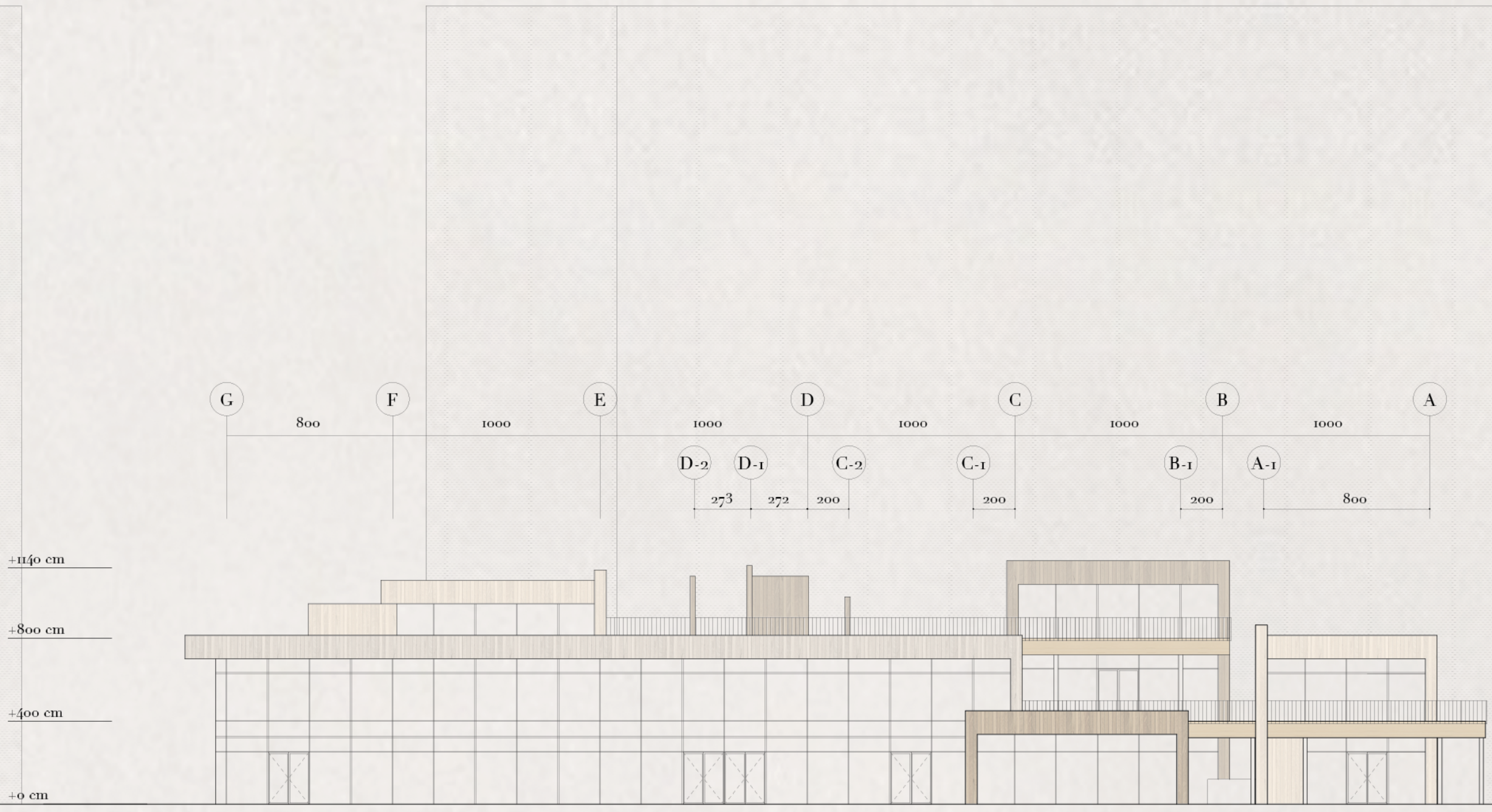
- 11 technical room
- 17 staircase with seats
- 18 ramp with exhibition wall
- 19 office + meeting room
- 20 waiting room
- 21 consulting room
- 22 consultant's room
- 23 library
- 24 classroom
- 25 control room
- 26 garden

First Floor Plan

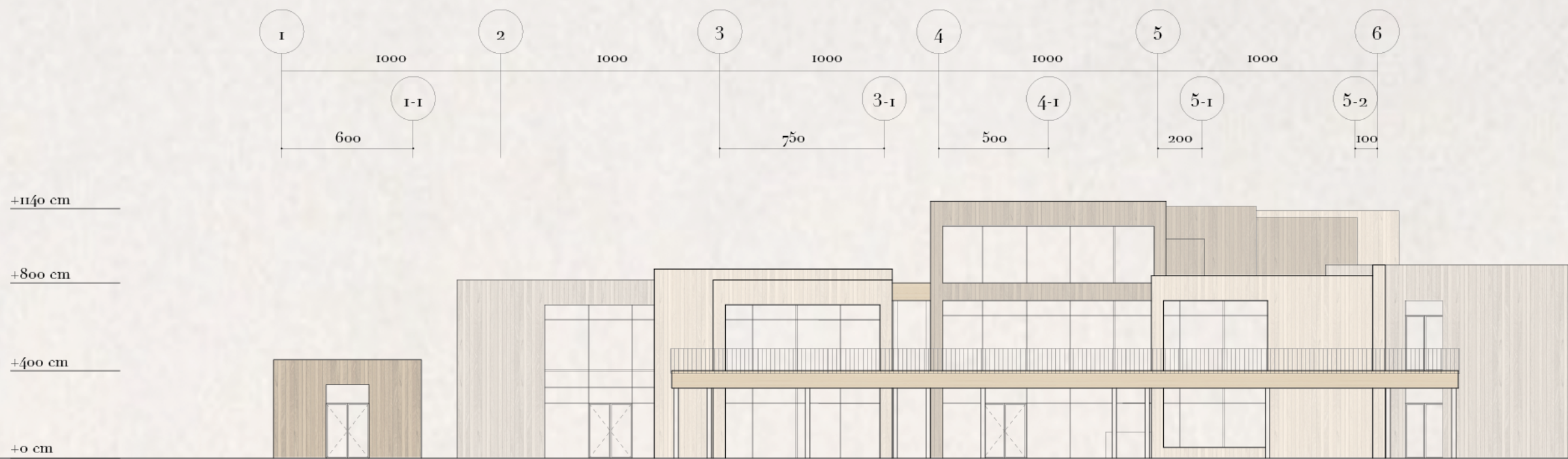


LEGEND
27 library (for reading)

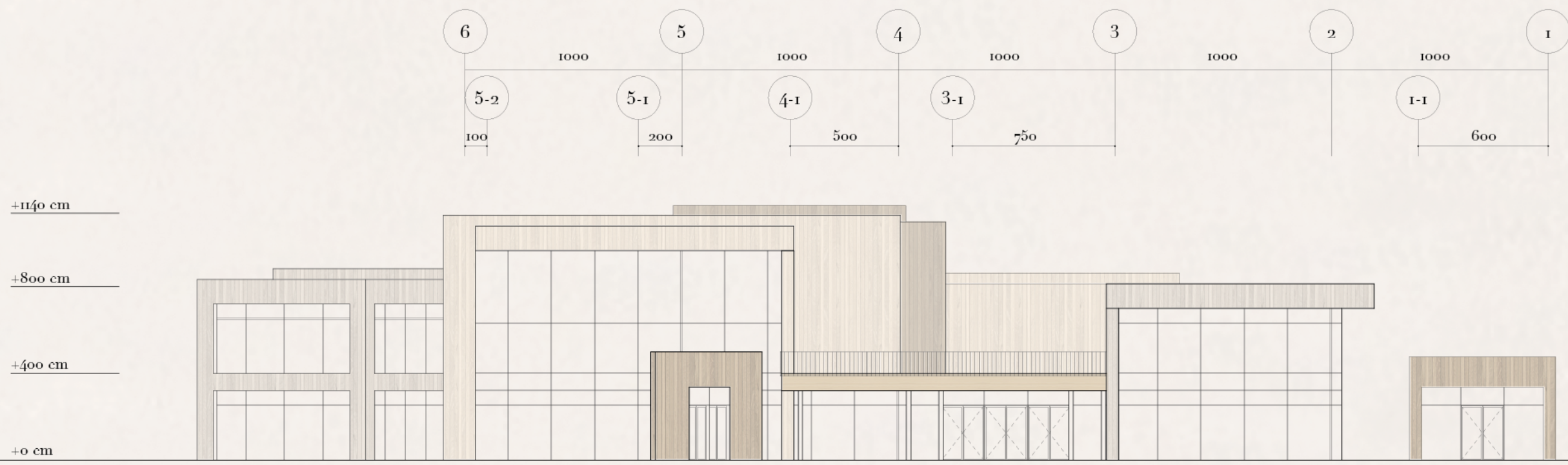
Second Floor Plan



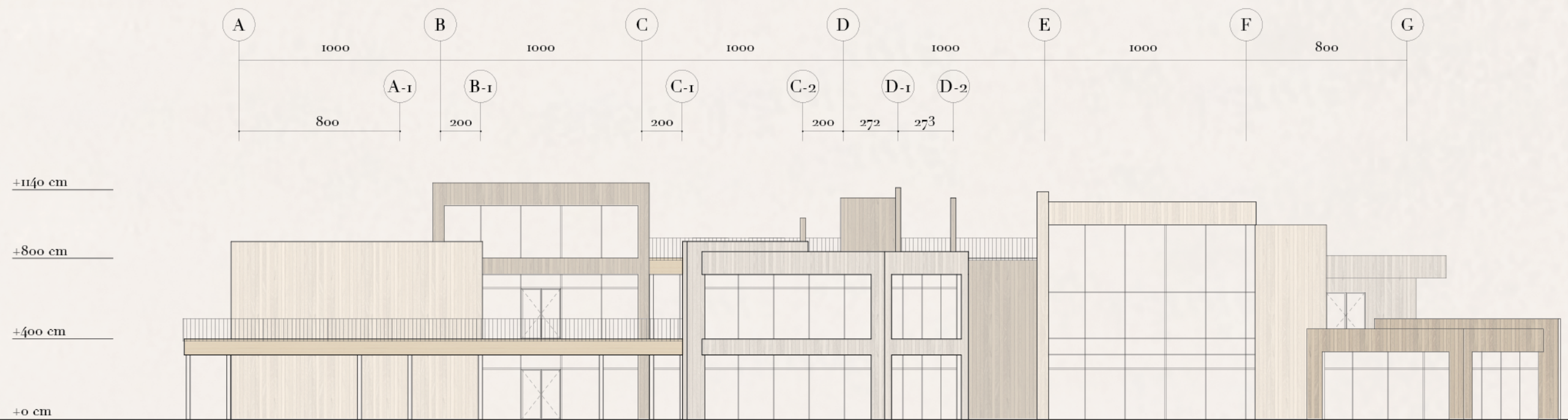
Northwest Elevation



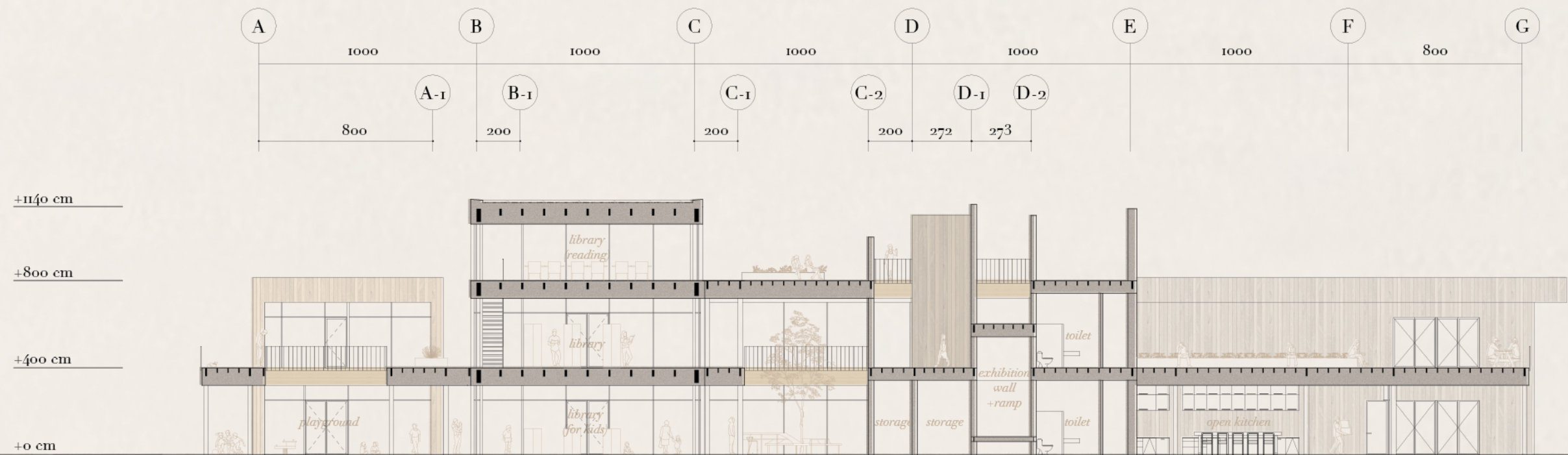
Southwest Elevation



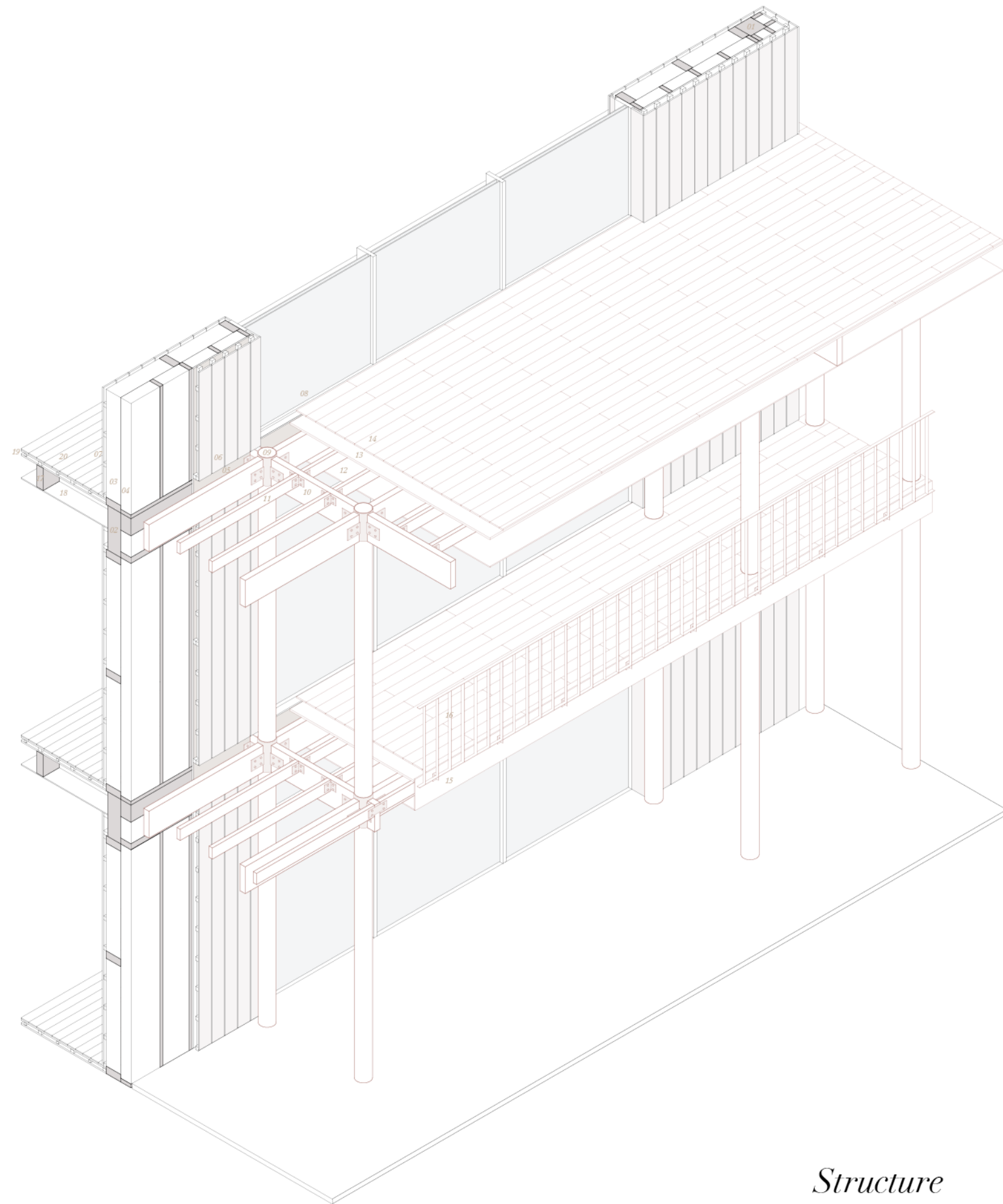
Northeast Elevation



Southeast Elevation



Section



VOLUME'S WALL

- 01 main timber column, 250x250mm
- 02 main timber beam, 200x600mm
- 03 wood fibre insulation, 250mm
- 04 secondary structure + wood fibre insulation, 135mm
- 05 wood fibre insulating board, t=18mm (air tight)
- 06 exterior: wood cladding, t=12mm, with horizontal and vertical battens
- 07 interior: wood cladding, t=12mm, with horizontal battens
- 08 fixed double glazing with aluminium frame

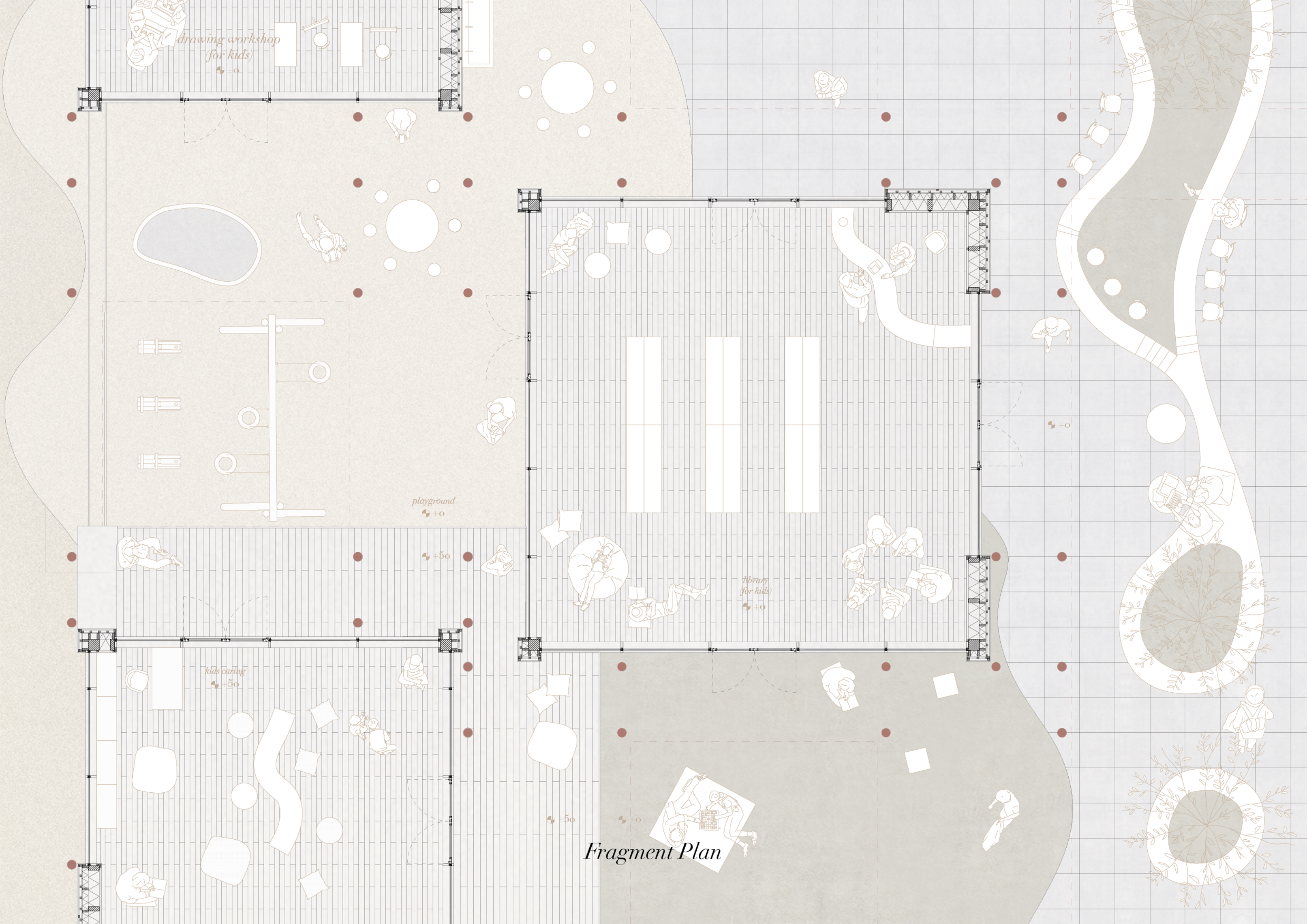
PLATFORM

- 09 timber column, $\varnothing=200\text{mm}$
- 10 main timber beam, 80x360mm (fixed to the wall with steel plates)
- 11 secondary beam, 50x150mm
- 12 plywood board, t=12mm
- 13 plywood board flooring, t=25mm
- 14 decking board finishing, 18x150x2400mm
- 15 plywood panel, t=12mm
- 16 steel railing

INTERIOR FLOOR

- 17 secondary beam, 100x300mm + wood fibre insulation, 300mm
- 18 plywood board, t=12mm
- 19 radiant tube
- 20 floor finishing: plywood, 18x120x1000mm

Structure



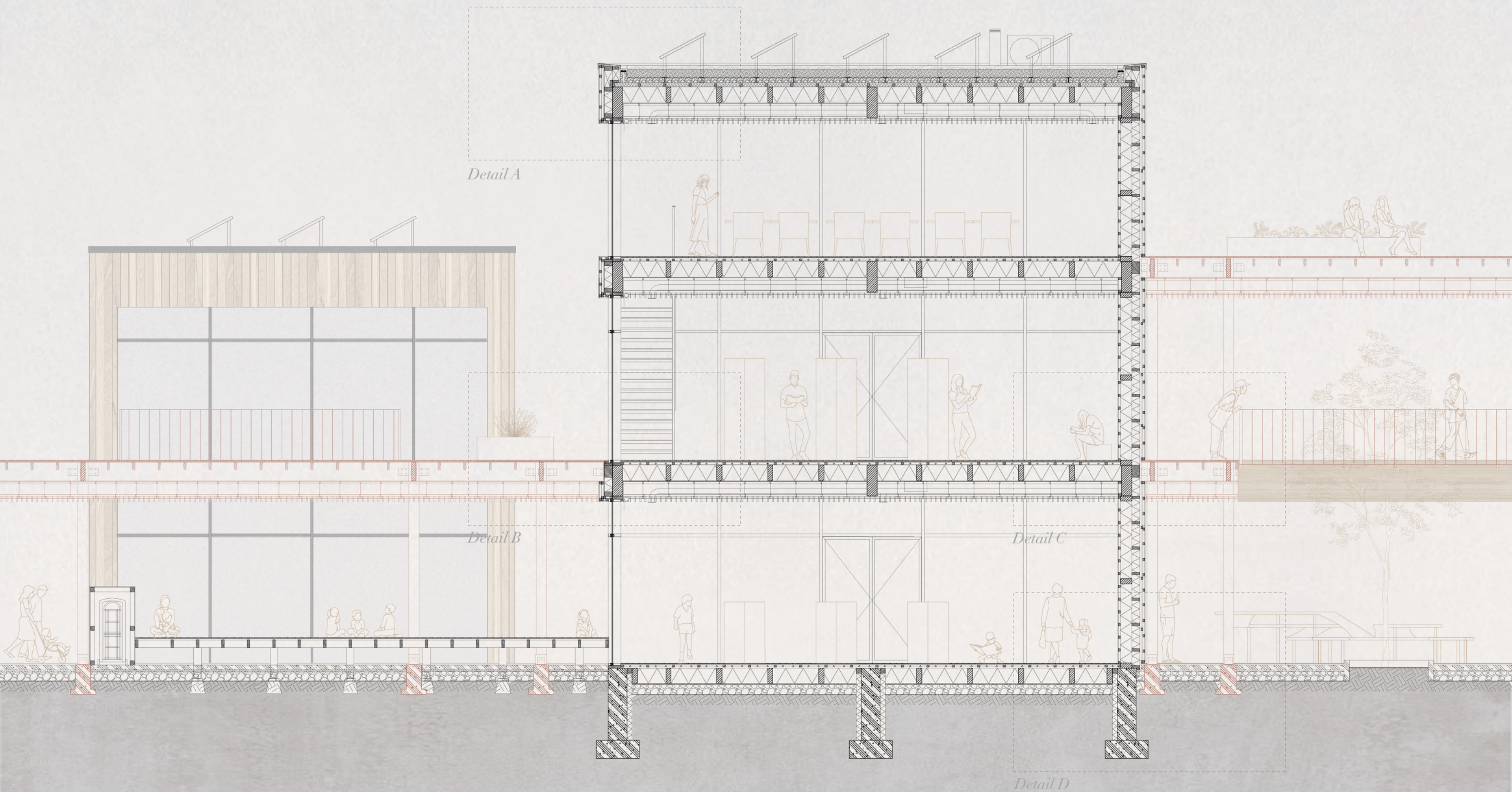
*drawing workshop
(for kids)*

playground

*library
(for kids)*

kids caring

Fragment Plan



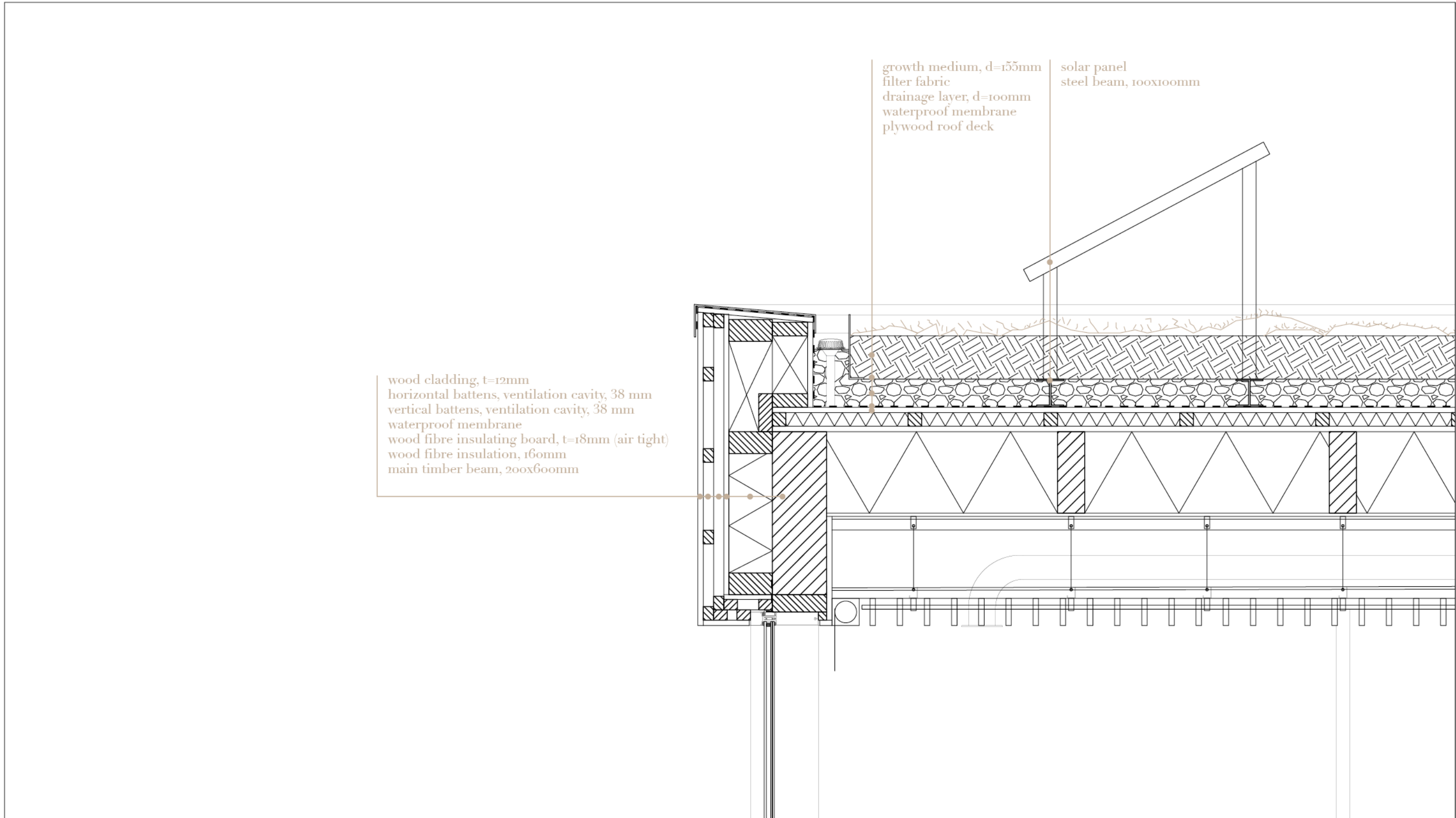
Detail A

Detail B

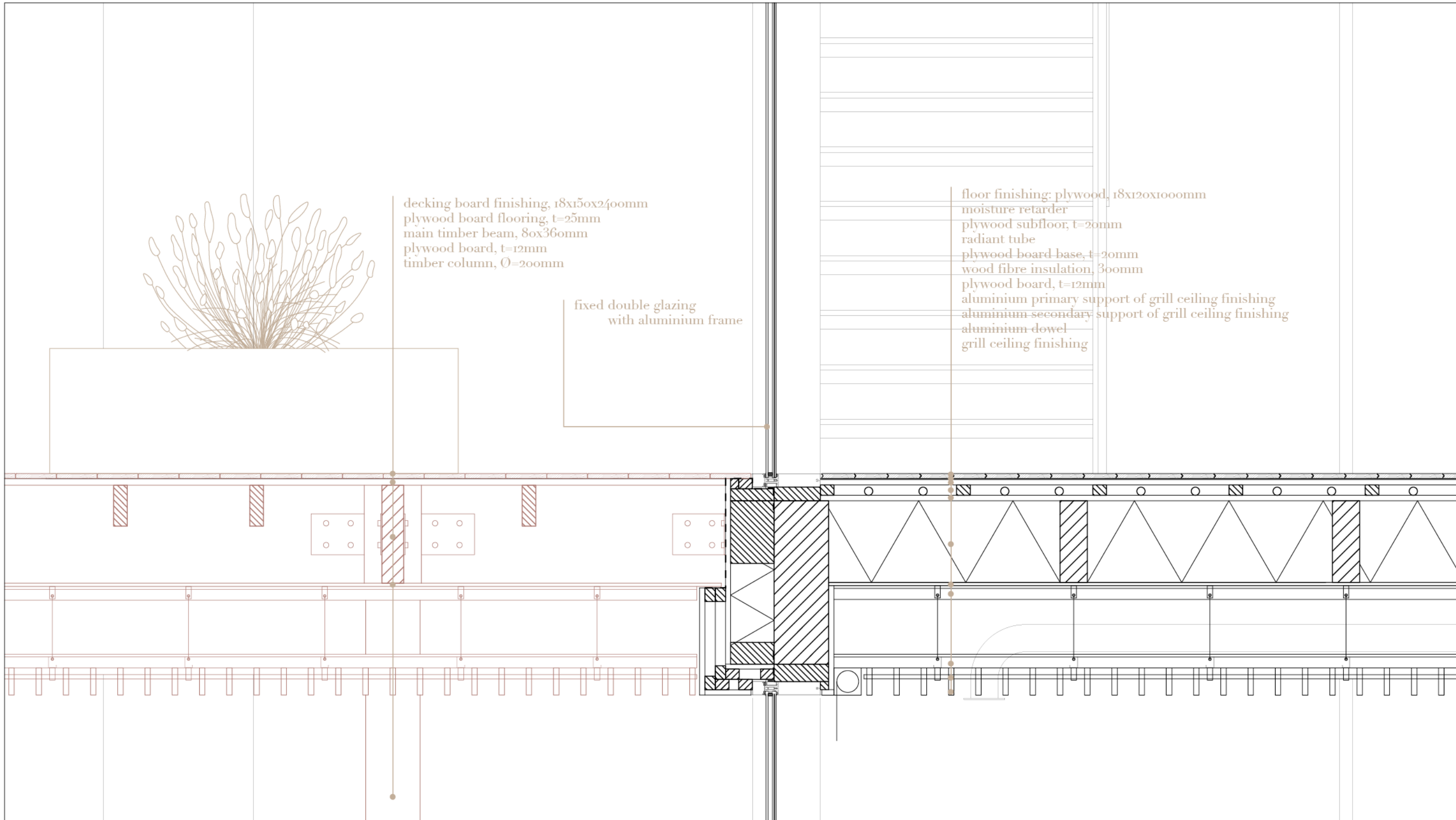
Detail C

Detail D

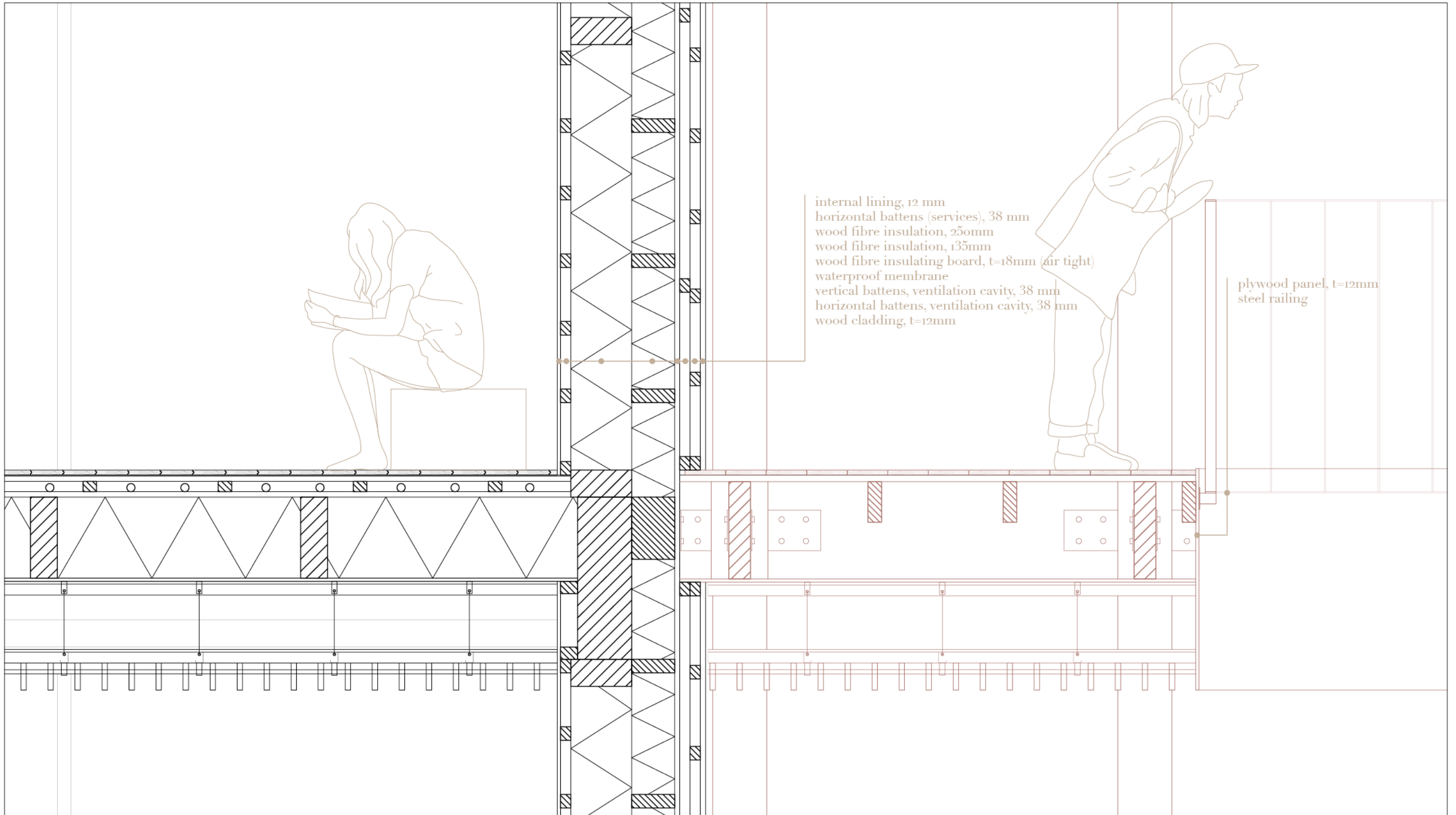
Fragment Section



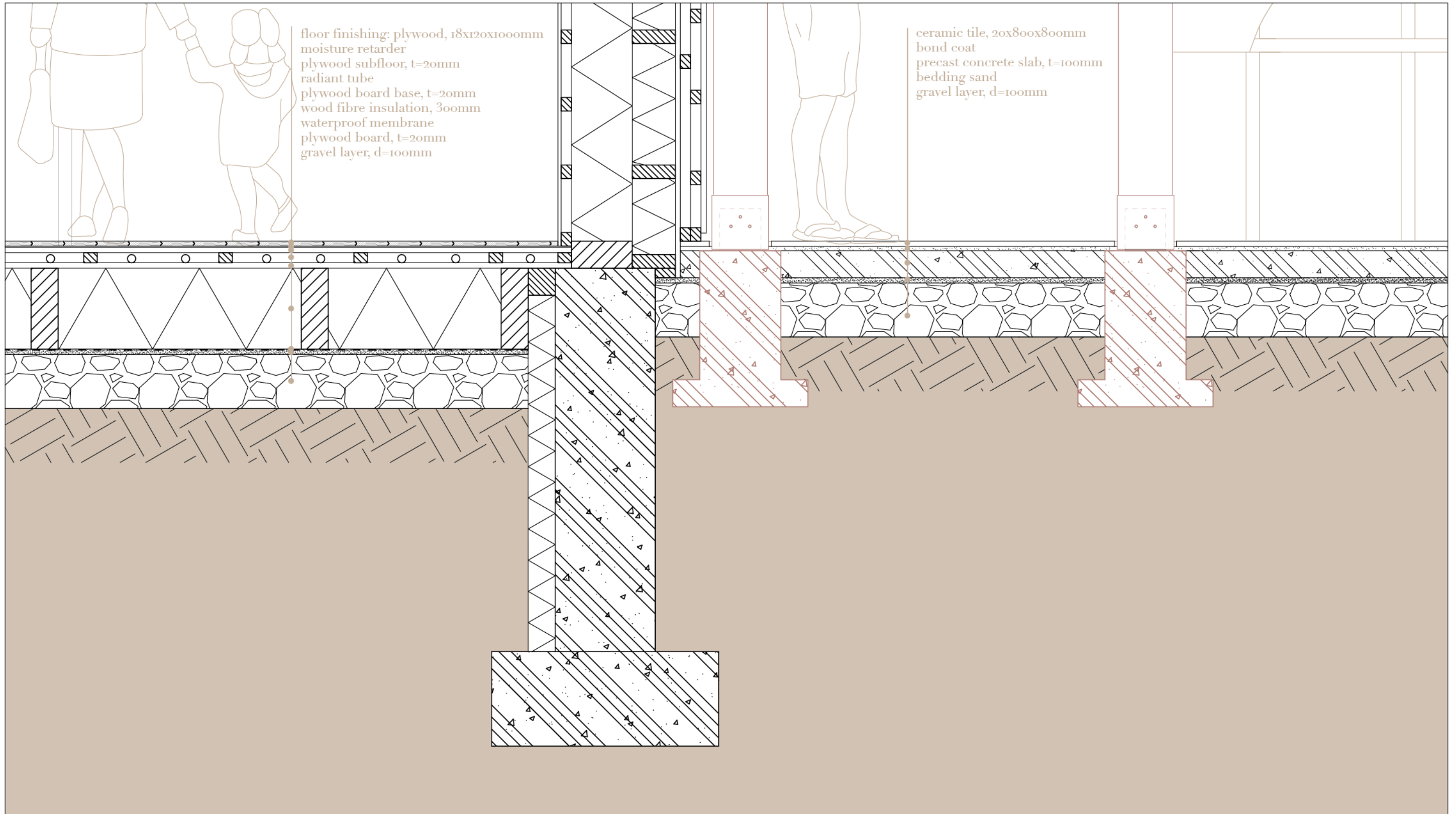
Detail A



Detail B



Detail C



Detail D

Have you ever felt lonely?







“We shape our buildings; thereafter they shape us.”
Winston Churchill