

LUCRECIA PARMA

GLAZED CONNECTIONS

A design strategy to promote wellbeing & social interaction within glazed spaces in residential buildings



Northern countries are challenged by extreme weather conditions, social vulnerability and health related issues caused by stress and loneliness. Glazed spaces in multi-family dwellings counts with the benefits of climate protection, increased daylight, gardening possibilities, promoting participatory and collaborative activities, provide social support and enhance closeness with nature, surroundings and people. These geometries also influence wellbeing and social interaction which helps to build up social support. This influences physical and mental health, helps build trust among residents, lower crime levels and creates a stronger sense of community. The purpose and aim of this thesis seeks to explore how glazed geometries can promote wellbeing and social interaction among residents of multifamily houses?

Based on findings from literature research, analysis of different glazed spaces (charts), study visits and interviews with residents, this thesis provides a design guideline together with a design proposal. The findings were focused on best practices for promoting social interaction and wellbeing among residents of multifamily housing with integrated glazed spaces. The proposal aims to contribute to a sustainable housing debate. By ex-

posing and suggesting the inclusion of relevant design elements for promoting social interaction, it intends to help set up sustainable communities. During the design proposal process, the guidelines were put into practice. Emphasis was set on providing maximum opportunities for contact among residents to help create social networks. The proposal is focused towards the individual, the community and the context to promote social sustainability. This thesis is a collaboration together with architects and engineers from Chalmers and Sweco within the project Spaces.

Keywords : glazed spaces - wellbeing - social interaction - social sustainability

HOUSING

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