

# Healing in The Third Place

*Exploring A Life-Enhancing Method from Spatial and Social Aspects for People Stressed in Daily Life*

*Human-oriented transformation  
under Gothenburg future development plan*



Yunfan Zhang

Chalmers University of Technology  
Department of Architecture and Civil Engineering

Supervisor: Emilio Da Cruz Brandao  
Examxiner: Joaquim Tarraso



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key words: human sensory/ . social stress/ life enhancing/mental healthy

Yunfan Zhang,2020  
doriszhang016@gmail.com



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EDUCATION

2017 - Present, Chalmers University of Technology  
Master in architecture and urban design

material and detail  
architectral heritage and urban transformation  
future vision for healthcare architecture

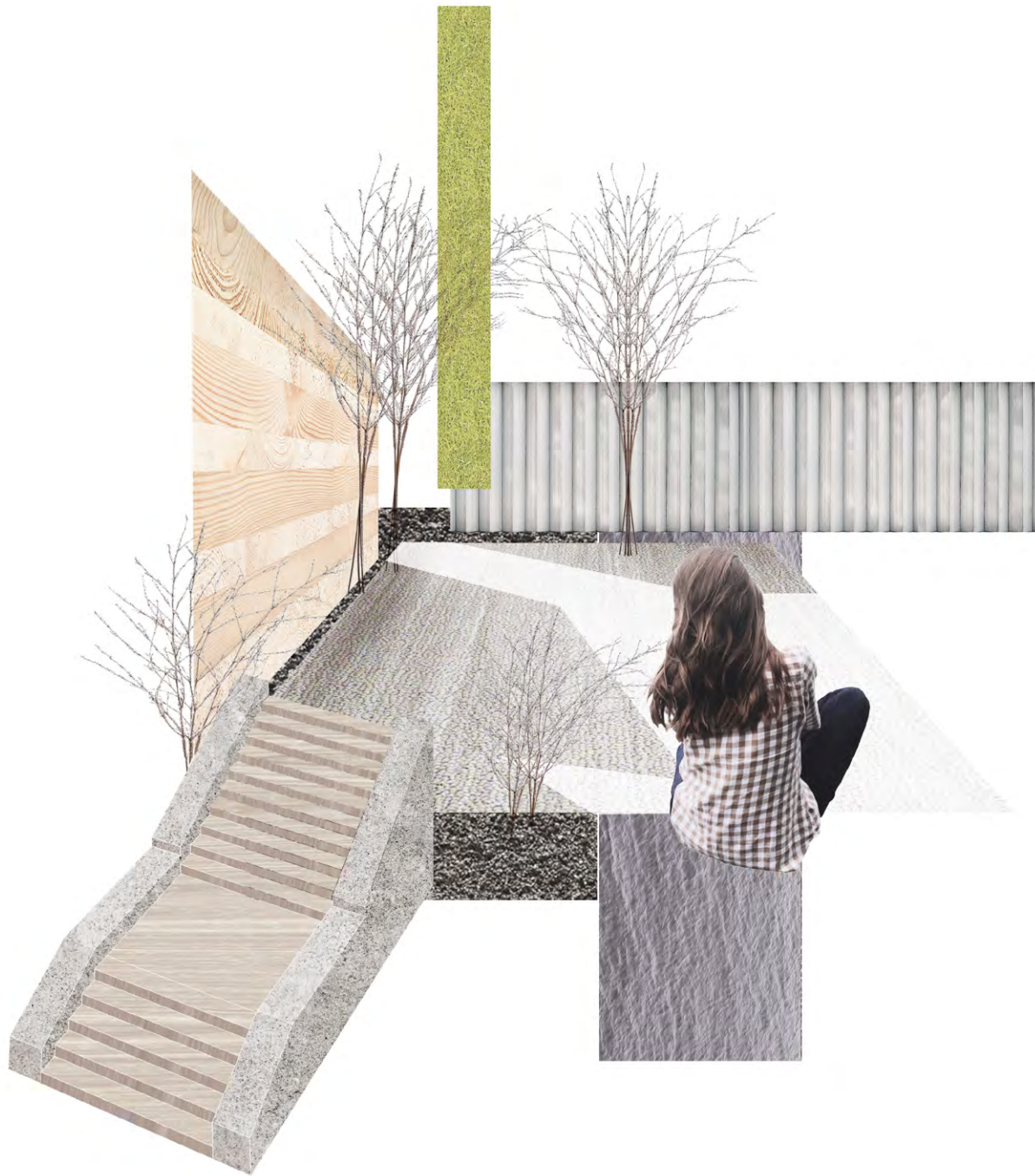
2011-2017, Fujian University of Technology, B.Arch Degree  
Department of Architecture and Planning

WORK EXPERIENCE

03. 2019- 12. 2019, Intern, C. F. Møller Architects  
Copenhagen, Denmark

06. 2018- 08. 2018, Intern, Dot Architects  
Beijing, China

06, 2016- 11,2016, Intern, SHENGYE Architects  
Fuzhou, China



## ABSTRACT

The main question is about “how to reduce social stress of humans from spatial and social aspects by the life-enhancing third place under Göteborg’s transformation context.”

Nowadays, people always suffer from social stress, which leads to anxiety, frustration, and nervousness because of the imbalance between demanding work and the ability to manage them.

*Since the mid-1990s, the proportion of people suffering from stress symptoms has risen and fallen in step with employment levels. Since the beginning of the 1980s, growing numbers of people in gainful employment have experienced their work as hectic and mentally taxing. Those facts may indicate that the balance between healthy and unhealthy factors impacting the actively employed has tilted towards less favorable conditions. (Danielsson et al. , 2012, p6)*

The social and spatial environment are the two main external factors affecting people’s moods and well-being. Human-oriented space should be the complexity of spatial orders, inter-personal programs, and psychological requirements, which can address all the senses simultaneously and help to strengthen the experience of our knowledge of being-in-reality and being self. How to achieve it? The thesis wants to explore a life-enhancing methodology as a bridge connected to human psychological needs and physical reality, build up an evaluation method from the quantity and quality aspects,

which refers to program, opening, and scale. The aiming of this master thesis is to reduce the main stress-related feeling, or instance, frustrated, anxiousness, upset, nervousness. In order to achieve the goal, the project zooms in the gap between people’s work and home as a showcase, the third-place where people have a chance to feel free from demanding duties and focus on their inside sounds.

*The third places, provides one with a sense of security, familiarity, control, and relaxation in one’s everyday life”, which involves positively experienced bonds, sometimes occurring without awareness, that develop over time from the behavioral, affective, and cognitive ties between individuals or groups and their socio-physical environment. (Hanks, 2020)*

As the consideration of the Gothenburg context, frihammen will be festival and meeting gathering place in the future in Goteborg’s future development, which is mostly empty for life living as well as the surrounding area. The chosen site is in Ringön, which has a large number of industrial assets, and it is very close to Frihammen. After the industrial revolution, the urban landscape was changing, and industrial harbors were growing along the river Göta älv. Nowadays, there are significant amounts of infrastructures in industrial-scale but would be abandon now, or a few years later, it provides a perfect opportunity for a life-enhancing methodology to test the research process and outcome.



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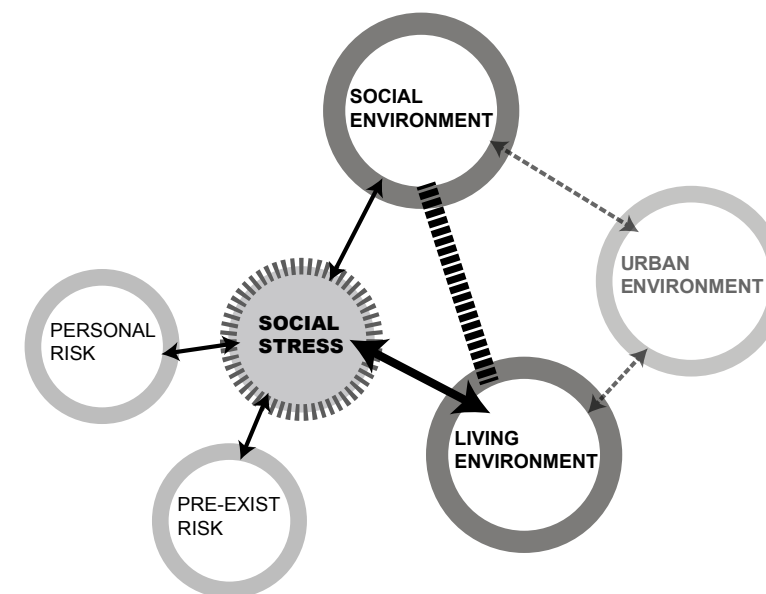
BACKGROUND

The idea starts with a realistic experience. More and more people got social stress and quit work for therapy. Actually, they had a chance to deal with it before it got worse than before, but most people ignore it and try to let time fix it, however it does not work. These kinds of situations keep rising nowadays. Many people live their lives under pressure more or less in society, often feel isolated and stuck in work and home, are not typical patients, and feel harmful when going to the formal mental health center for therapy.

As an architect student, I asked myself, is there any tool that could optimize the current situation from the professional architectural aspect? Could we deal with human social stress and psychological reaction by visible physical mechanism? What is the ultimate meaning of buildings? Only architecture? Alternatively, a space forms a person’s daily activity as well as guiding human sensation and emotion. All those questions are leading to the thesis questions.

## I. THEORETICAL FRAMEWORK

### EXTERNAL FACTORS ON SOCIAL STRESS



Three following reasons is about why people in cities may have increased mental health problems.

**Pre-existing risk factors:** Many people move to the city in search of better services, economic and social opportunities, with their existing psychological problems, for example, poverty, unemployment, homelessness, physical and mental health problems, previous trauma, personal crises, family break up, addiction, and immigration. That problem is much far beyond the architectural field.

However, here are something that has much potential to be promoted.

**Social factors:** humans are inherently social beings. Socialization, or feel disconnected to others, is an essential component of stress reduction. Social activities decrease a sense of loneliness while promoting feelings of safety, security, belonging, and enjoyment.

**Living factors:** People experience an increased stimulus from work and workplace in the city, density, crowding, noise even pollution. Providing space with a sense of safe, quiet, and comfort can increase the body's baseline levels of stress and give people relief.



## THE TARGETED GROUP

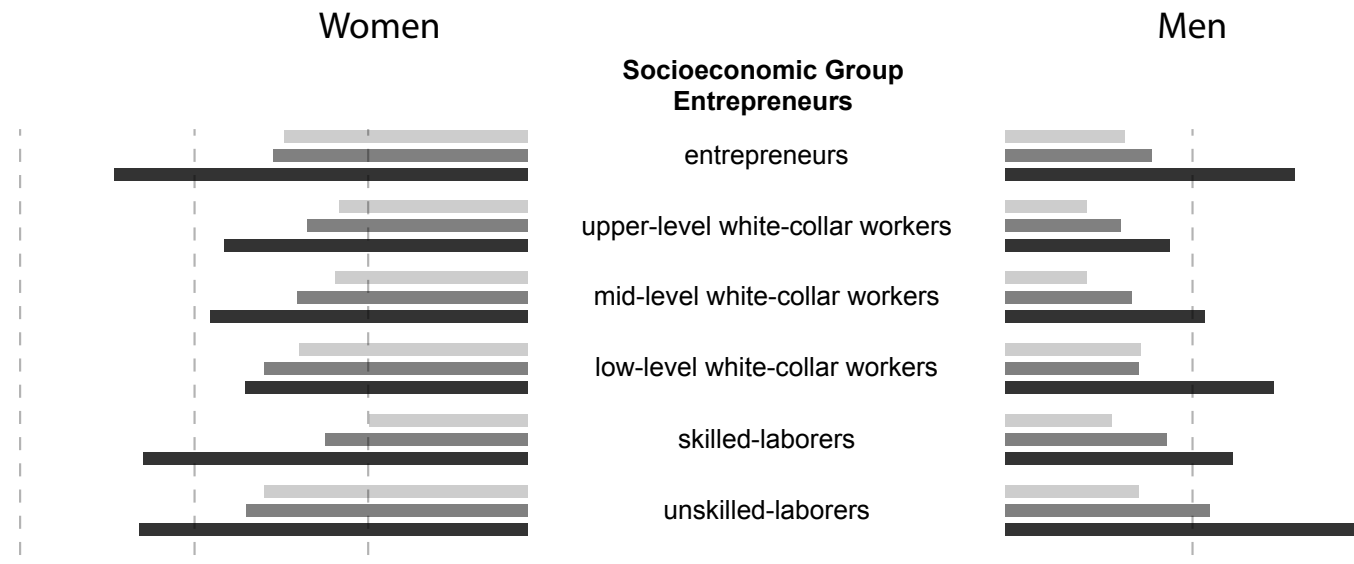


Figure 1. Stress symptoms, by level of mentally demanding work requirements (Danielsson et al. , 2012, p6). Adapted with permission.

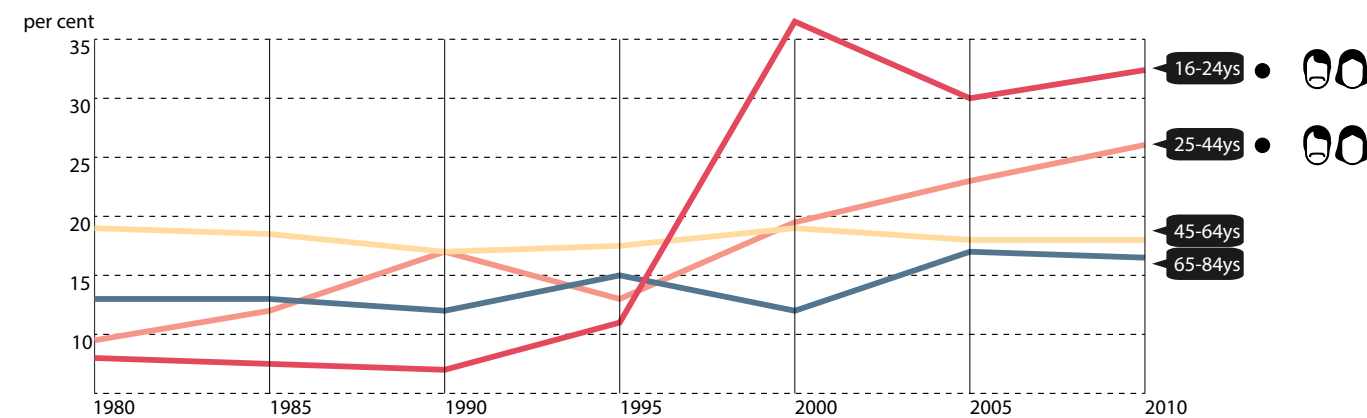


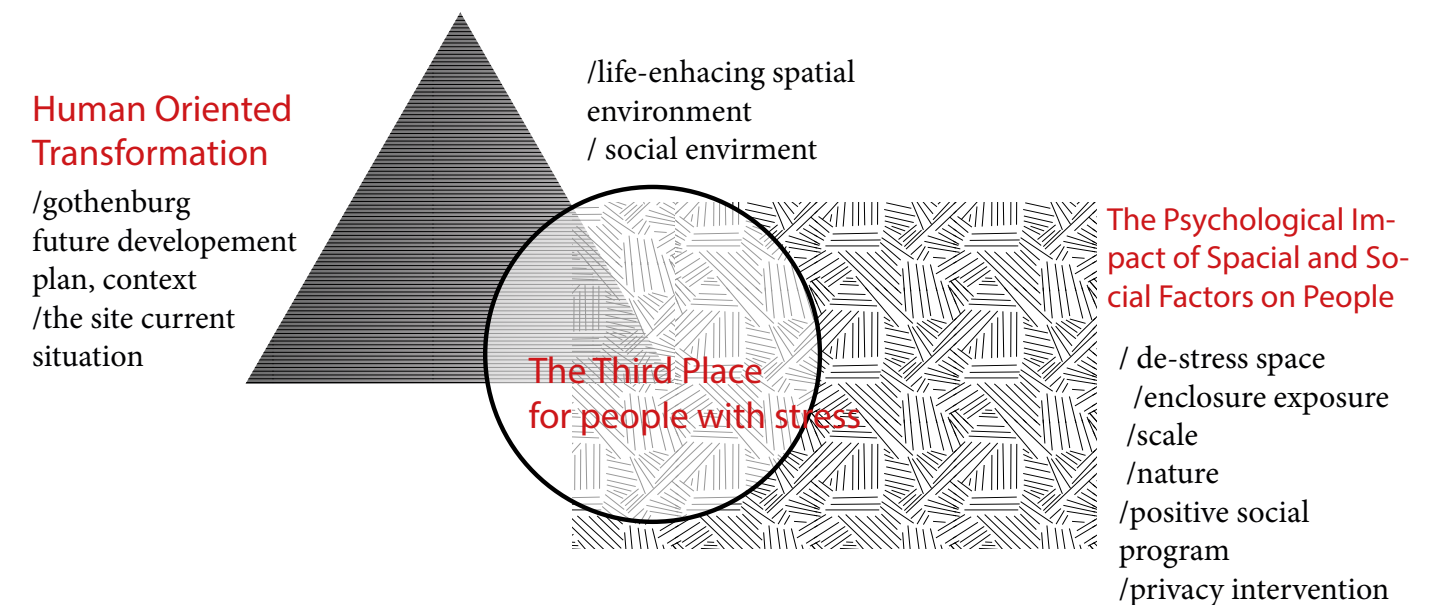
Figure 2. Stress symptoms in various age groups (Danielsson et al. , 2012, p6). Adapted with permission.

Anxiousness and nervousness are the most common stress-related symptoms. These problems have become more evident since the 1990s, except among people over retirement age. Social stress-related decreasing mental wellbeing and pain have developed in various age groups.

*Changes in employment levels in the population and the proportion of people with hectic and mentally taxing work in the last 20 years have followed a pattern closely mirroring the incidence of stress symptoms and sickness absences.* (Danielsson et al. , 2012, p6)

The working-age population has become more prevalent among younger people than among older people, from 18-44, which narrows down the research area in this thesis.

## DISCOURSE



The master thesis will mainly focus on three parts, which are “the healing third place,” “the psychological impact of spatial and social factors on people,” and “human-oriented transformation.”

“The healing third place” is the starting point of this master thesis, to narrow down the topic, the targeted group-- adult students and people in work from 18-44 has been set, which is the group with more stress.

In order to explain the first part of the discourse, stress-related negative mood should be the target object to be measured, and then the project can look at the second topic “the psychological impact of spatial and social factors on people” which includes human emotional feedback from spatial elements and social programs, and so forth.

Based on the above two topics, the last topic “human-oriented transformation,” considering the current situation and future development plan in Gothenburg, the project will apply to the site in order to test the outcome of the whole researching.

## ANTI-NEGATIVE MOOD THIRD PLACE

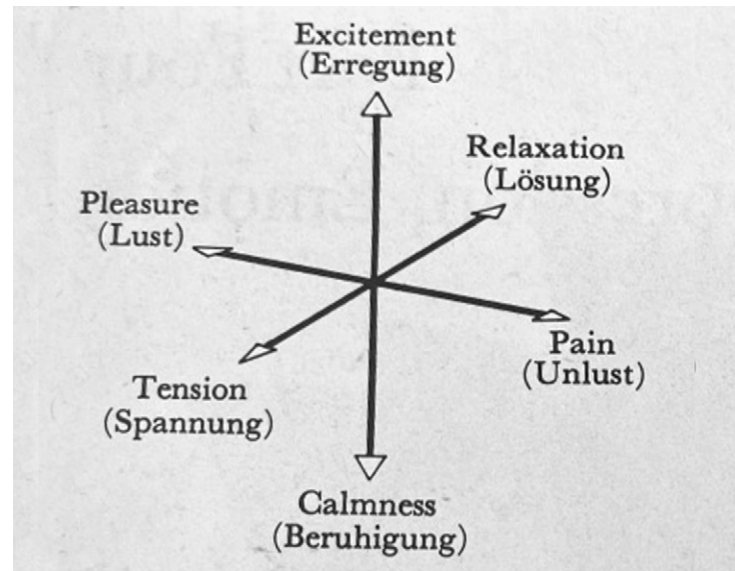


Figure 3. Three- dimensional graphic of emotions (Wundt, 1911, p201). Reprinted with permission.

frustrated	●	●	calm
anxiousness	●	●	relaxing
upset	●	●	pleasure
nervousness	●	●	excitement

The social stress usually shows as frustrated anxiousness, upset, and nervousness. On the contrary of those negative moods, Calm, Relaxing, pleasure, and excitement could counteract them.

So helping people perceive calm, relaxing, pleasure, and excited feelings, which could decrease those negative moods, is the criteria parameters in the research project.

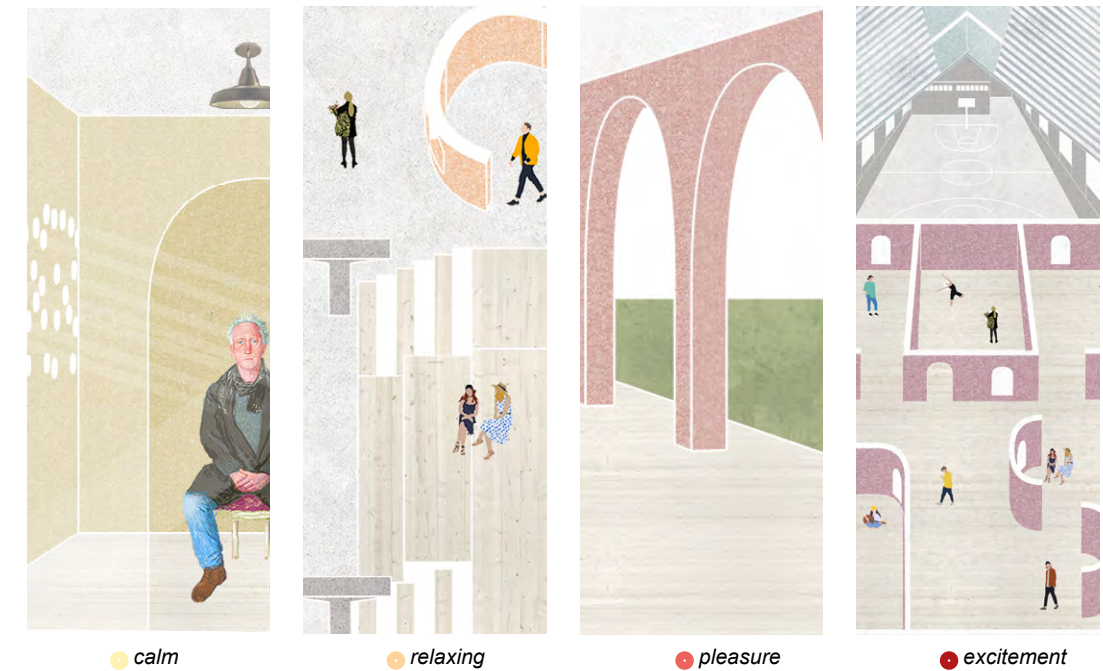
How to let people penetrated with targeted mood by surrounding environments?

The human being' mood is mostly determined by human sensory. The five Aristotelian senses: smell, sight, touch, taste, and hearing.

*Here is a hierarchical system from the highest sense of VISION down to touch. Among all senses, sight and touch are the most sociable sense related to the physical atmosphere, the sense of touch as the unconscious of vision—our eyes stroke distant surfaces, contours, light, and edges, which provided by surrounding environments. (Pallasmaa, 2012).*

So this project will start to do profound research based on the four main positive moods.

## HEALING IN THE THIRD PLACE



The social stress usually shows as frustrated anxiousness, upset, and nervousness. On the contrary of those negative moods, Calm, Relaxing, pleasure, and excitement could counteract them.

*A third place (Oldenburg, 1989).* is an open hybrid and welcoming supportive incubator across time or space that has immense healing power by cultivating essential social experiences for various like-minded people and strengthen connections to outside environments. People are connected by third place and feel immersed into the society and more empathy for others. It is the perfect gathering filter belongs to users themselves between the work and home.

“Healing” under this topic has direct expressions in many ways: improve stress levels, lessen symptoms of depression, reduce anxiety lower blood pressure, heart rate, muscle tension are the quantitative signs for the above objects.



## DELIMITATIONS/ METHODS

The study focuses on spatial and social ability to enhance daily human life by affecting their moods.

While it covers spatial qualities related to vision, including activities, human sensory, and distance, architectural qualities referred to the other sensory will not be considered due to time-limited.

In the end, the proposal will apply to a plot in Ringön in Gothenburg under consideration of future development plans and current context. The meaning is providing a life-enhancing proposal from social and spatial aspects under Gothenburg industrial context when users change from vehicle to human. However, the project will not go further in architectural, technical detail.

Programs in this project will be determined by the psychological needs of the targeted group.

The project is a composition about the third place for a limited group of people, while other age groups are welcomed to join.

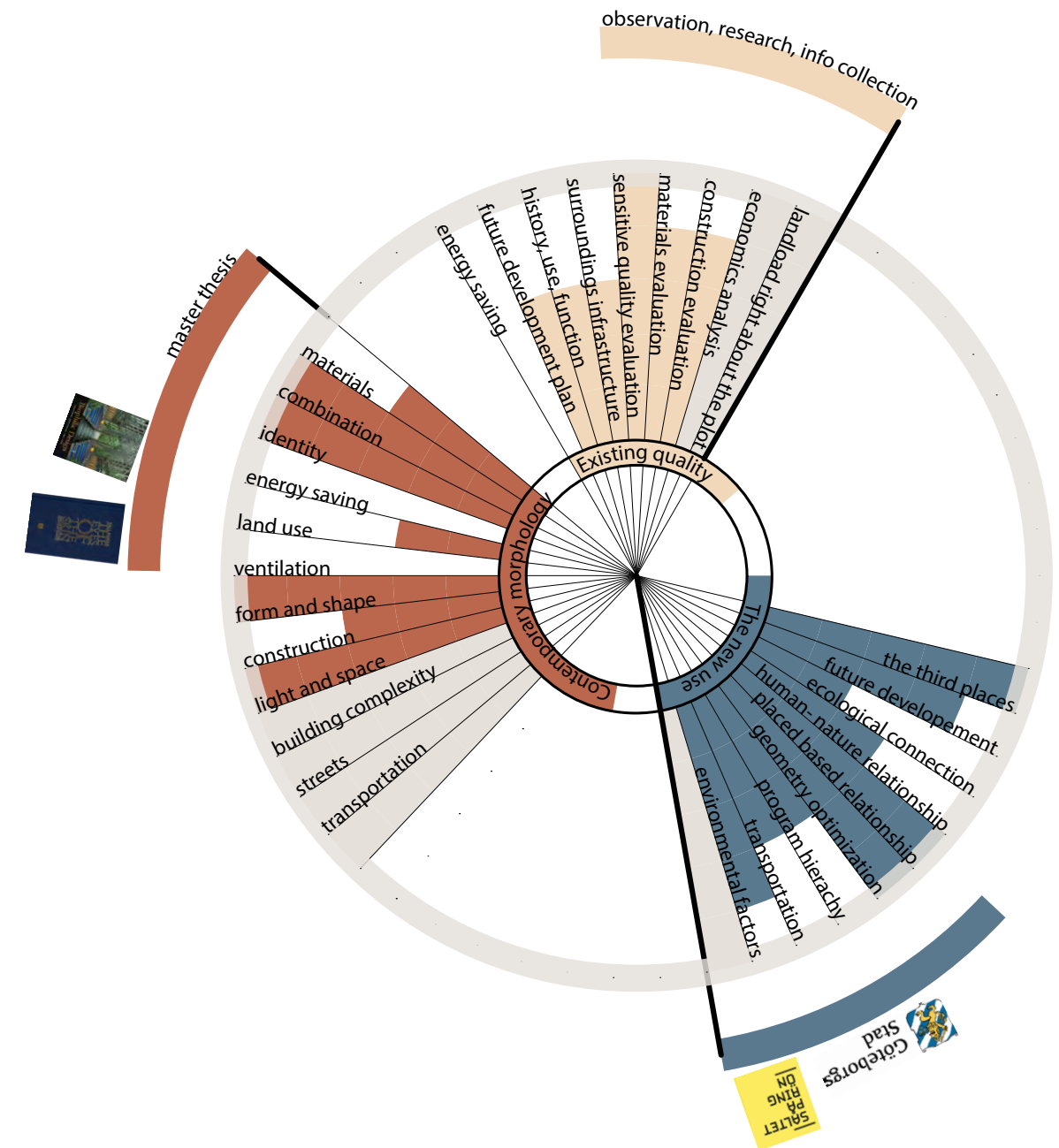
**collecting**

**case study**

**Interview**

**researching**

**designing**



## CASE STUDY

SUPERKILEN TOPOTEK 1 + BIG ARCHITECTS + SUPERFLEX



Figure 4. Superkilen, Copenhagen (Baan, I et al.. 2009). CC-BY.



### Agents

urban fabric  
the citizens  
existing properties

### Parameters

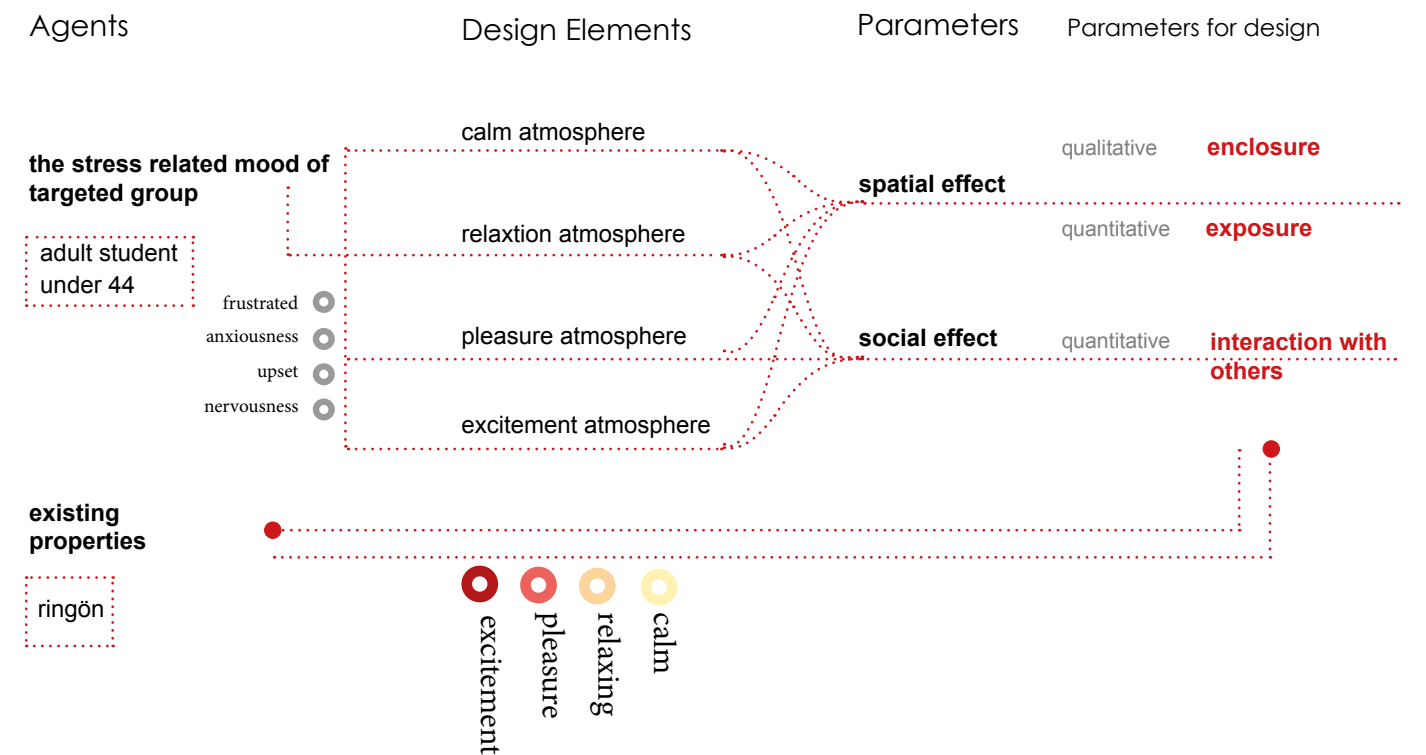
lines  
colors

### Elements

space quality  
user feeling  
social interaction accessibility

The project is a multifunctional urban living room with great divisions of lines, edges, and colors. Both pedestrians and traffic agree with the rules naturally. The different surfaces and colors integrate to form a natural new, dynamic gathering spot for the locals.

## SYSTEM GENERATION





## DESIGN PRINCIPLE- QUALITY

How urban design can support better mental health from The British design council in THE CREATING HEALTHY PLACES PROGRAMME for that city-dwellers, which sets out to tackle preventable diseases shaping the built environment so that healthy activities and experiences are integral to people's everyday lives. They are combining with the theory in CITIES FOR PEOPLE. These documents present the following critical points for describing the mental health cities from the human perspective. (The British Design Council, 2020).



### ACCESSIBILITY TO GREEN

Greenspace has associated with the reduction of depression and stress, and improved social and cognitive functioning (including for attention deficit hyperactivity disorder, or ADHD).



### INTEGRATION OF ACTIVITY IN PEOPLE'S DAILY ROUTINES

Physical health is a tendency to be an intervention. Activity is one of the essential design opportunities for mental health. Exercise can be just as effective as anti-depressant medication for mild and moderate depression.



### CREATING PRO-SOCIAL PLACES

Mental health is closely associated with secure social connections and social capital. It is crucial to create features within projects that facilitate positive, safe, natural interactions amongst people and foster a sense of community, integration, and belonging.



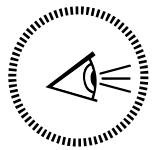
### SAFETY AND SECURITY

A particular feature of urban living that impacts people's mental health is a feeling of insecurity in the course of a person's daily life. In the city, constant low-level threats can keep the body in an unnatural habitual state of preparation, which can affect mood and stress in the long term.



### HUAMN MOBILITY AND SENSE

The human mobility and the human senses provide the biological basis for activities,

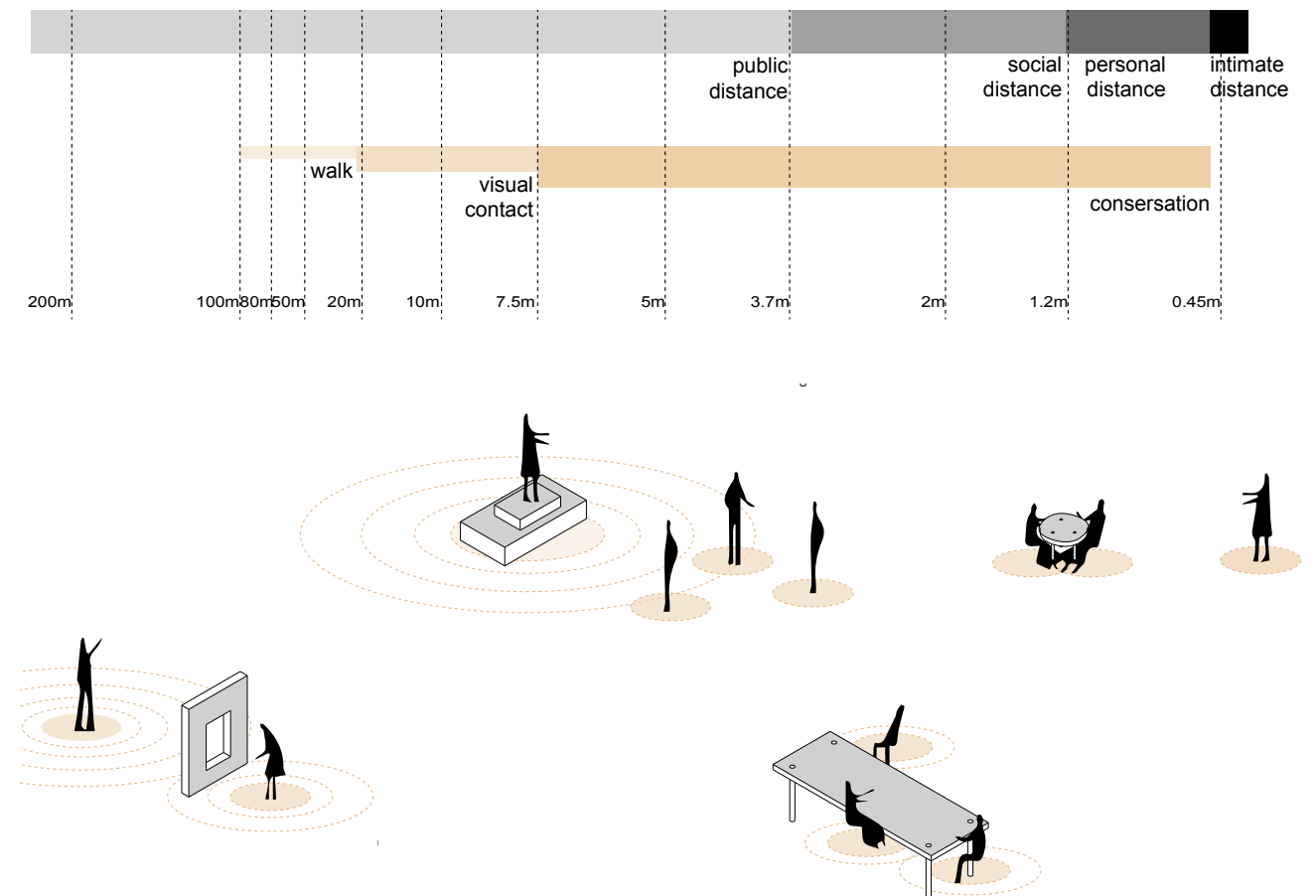


### DESIGNING AT EYE LEVEL

The places for people should be with soft edges up close and at eye level. Have a significant influence on activity patterns and the attractiveness of city space.

## DESIGN PRINCIPLE - QUANTITY

### HUMAN SENSORY- DISTANCE



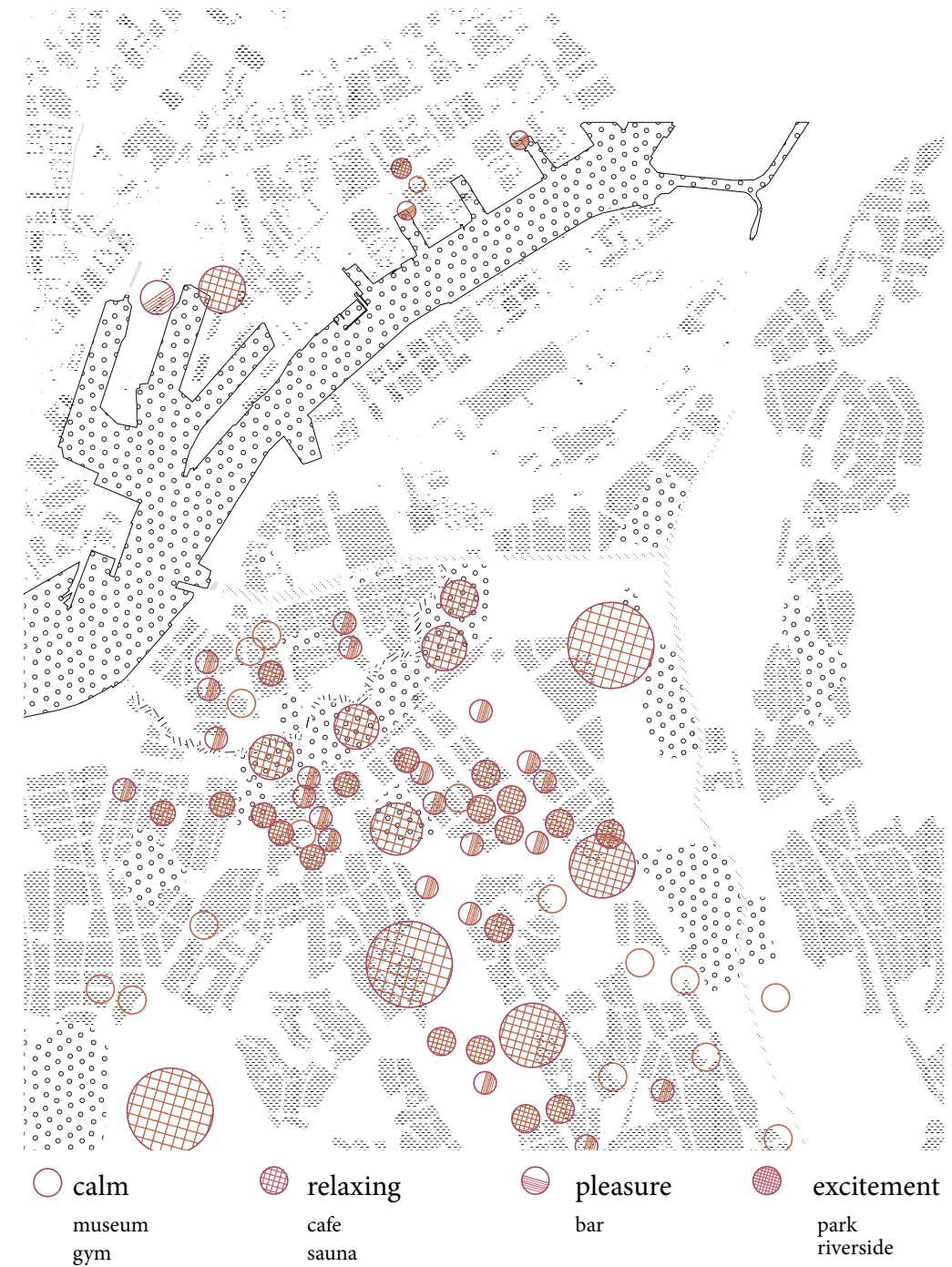
Sensory can be classified into the "distance" senses: seeing, hearing and smelling, and the "close" senses: feeling and tasting, which are related to the skin and muscles and thus the ability to feel cold, heat, and pain as well as texture and shape. In contact between people, the senses come into play at profoundly different distances.

Depending on the background and light, one can identify people as human rather than animals or mushes at a distance of 300-500 meters.

When the distance has reduced to about 100 meters, people can see movement and body language in broad outline. Hair color and specific body language can be recognized at somewhere between 50-70 meters. At a distance of about 22-25 meters, people can accurately read facial expressions, and people can exchange a short message. Only within 7.5 meters, the genuine conversation is possible, the shorter the distance in the range from 7 meters to 0.5 meters, the more detailed and articulated the conversation can be. (Gehl, 2013).

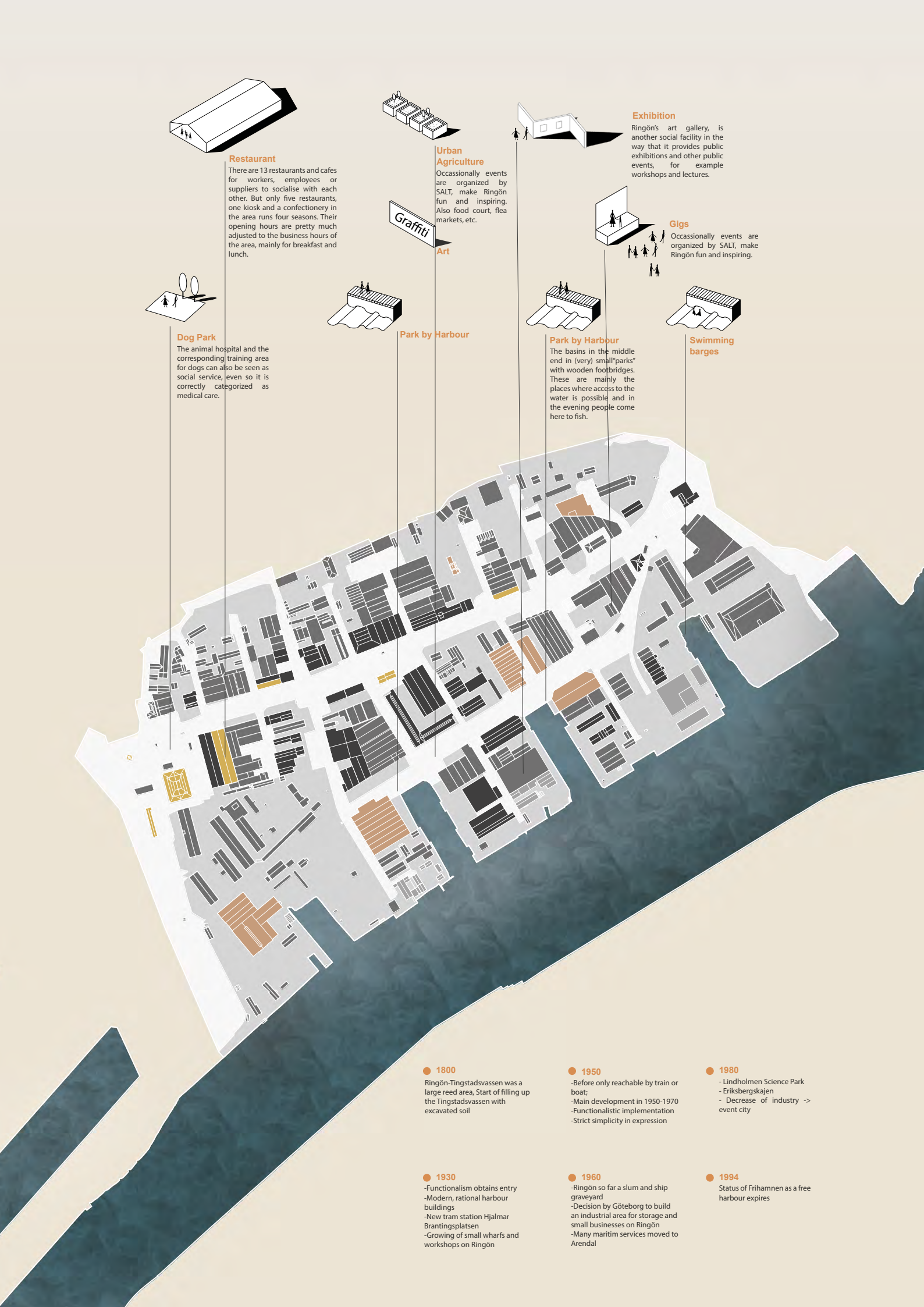
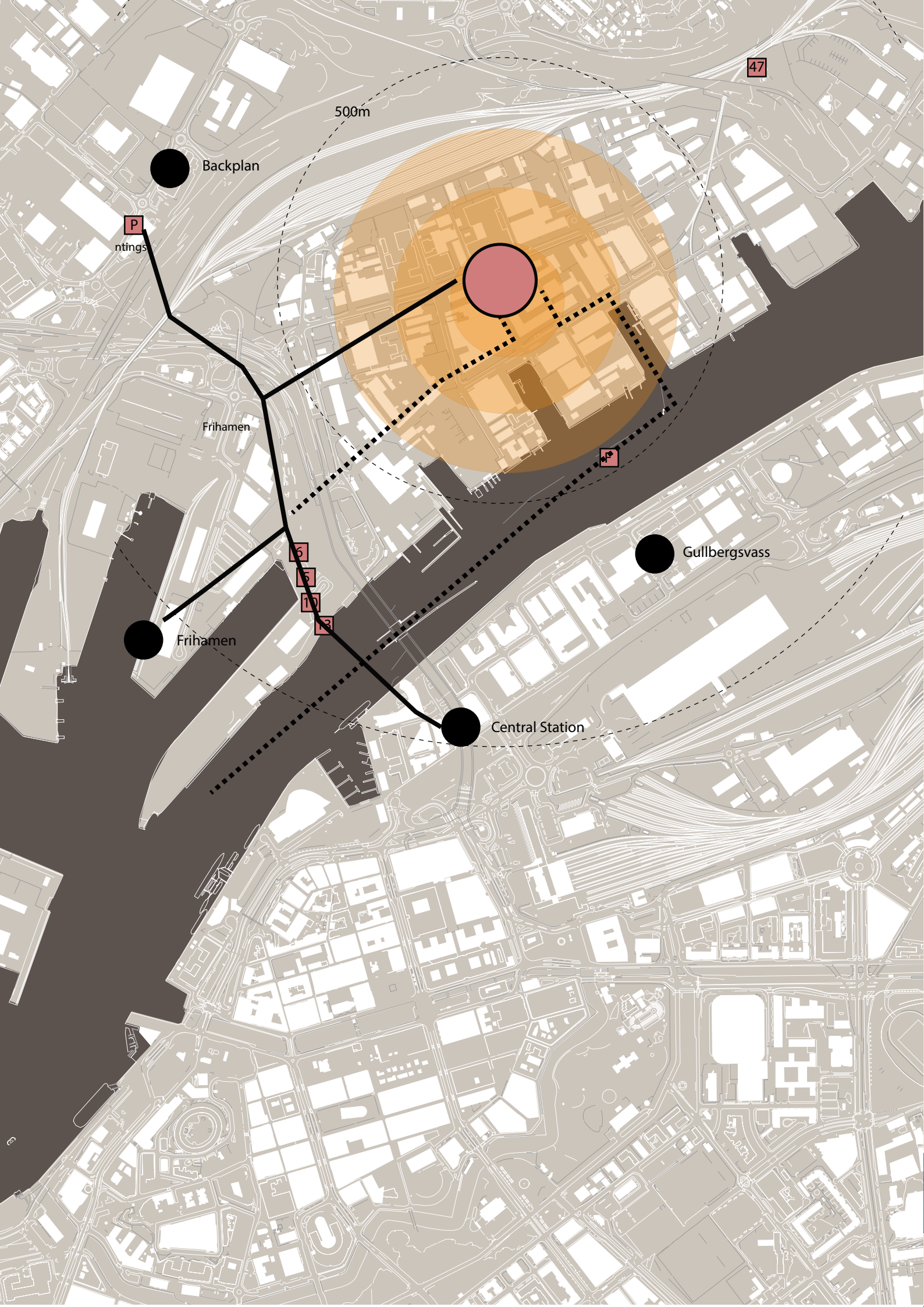
## THE THIRD PLACE IN GÖTEBORG

### II. CONTEXTUAL ANALYSIS



Currently, the third place in Gothenburg gathered in old town mainly. A few places are in Frihammen and Ringön. Among them, peri-personal and social actions are divided into four categories depending on active extents. It is apparent that they scat in the city and uneven.







## THE LIFE IN RINGÖN

Ringön is an industrial area near Gothenburg, located on the northern riverbank of the Göta Älv on Hisingen. Göta Älv. After 1960, the maritime industry became decreasing, and many of them moved to Arendal. Nowadays, there are vast areas that became available for the city's development and planning.

Ringön is filled with vivid life and activity by people working, passing, and interested here. They have managed to create a sense of community and be open-minded about different companies that may coexist in Ringön. This area is an asset for the whole of Gothenburg that should be protected and strengthened. Most properties belong to the government and only for rent. The lease term is five years, which provides opportunities for a low cost and short-term experimental showcase. For obvious reasons, the connection between the new bridge over to Hisingen will have an impact on the current development and the enterprises in the surrounding area.

Several innovative initiatives have been implemented, such as creating a more creative environment along Järnmalmmsgatan, the art gallery Järnhallen, the art festival "Hall of Fame" and the project "Saltet på Ringön" with their island party which had over 12,000 visitors in 2017. all events are temporary and seasonal, so most time, ringön is still quite dead and empty.



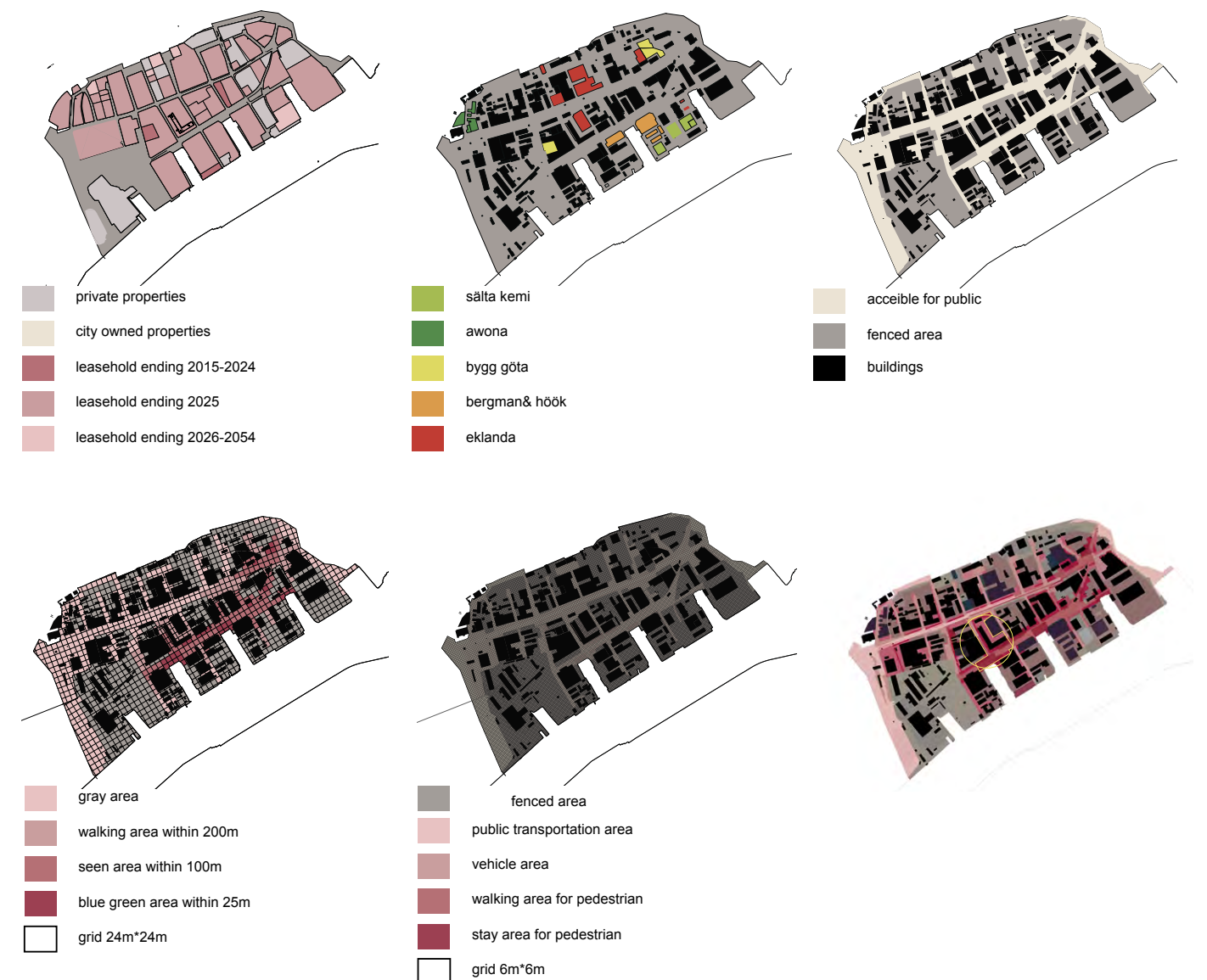
Figure 5. Events on Ringön  
(Saltet på Ringön, 2017). CC-BY.

## NARROW DOWN TO THE SITE

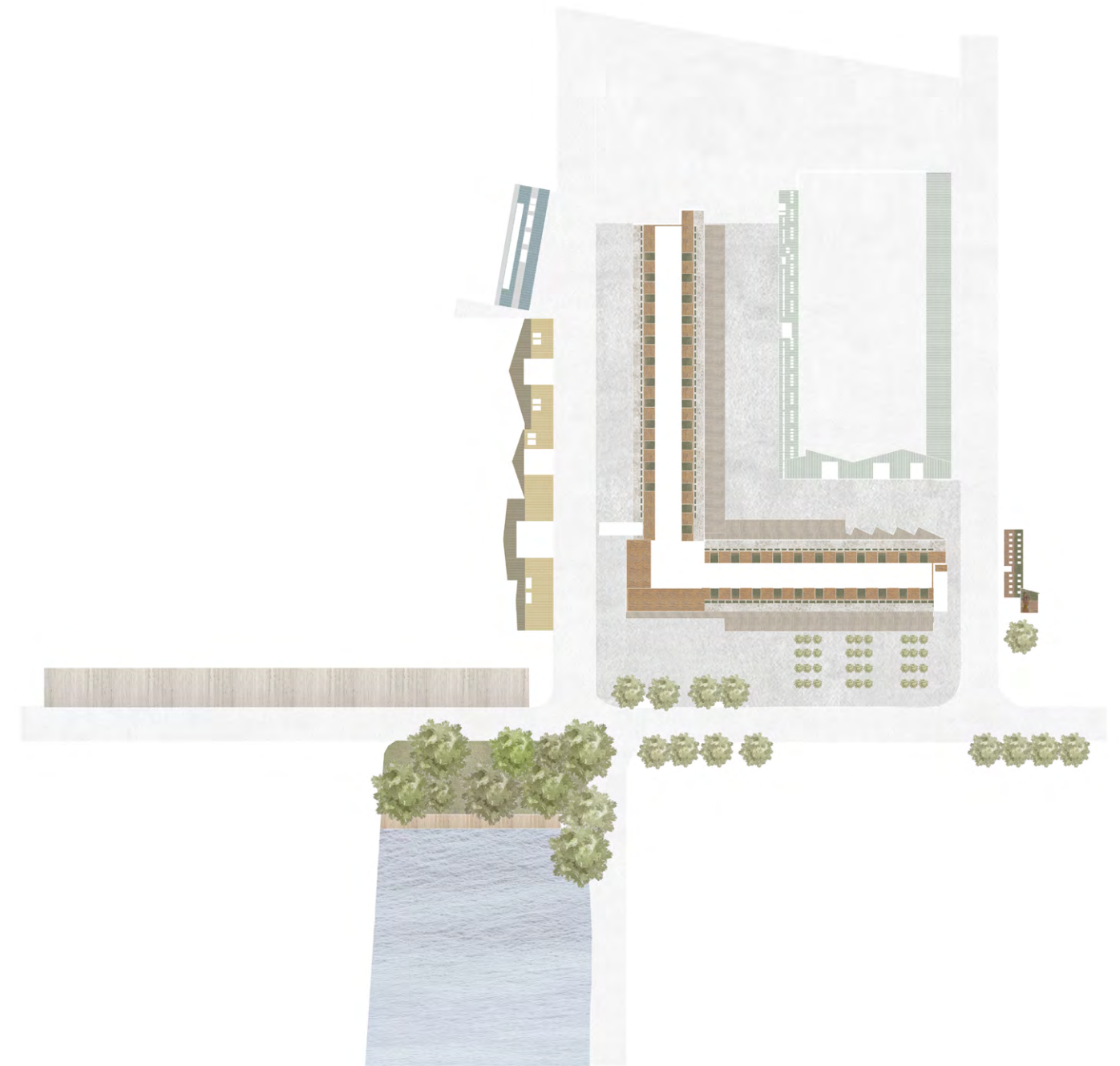


The scale of most areas and buildings in Ringön is for vehicles, and pedestrians often do not feel belonging and safe.

Much potential space is waiting to be explored and transformed. Considering the future planning and economic and sustainable aspects, multi factors involved in the narrowing down of the site help propose to become more human-oriented and realistic.

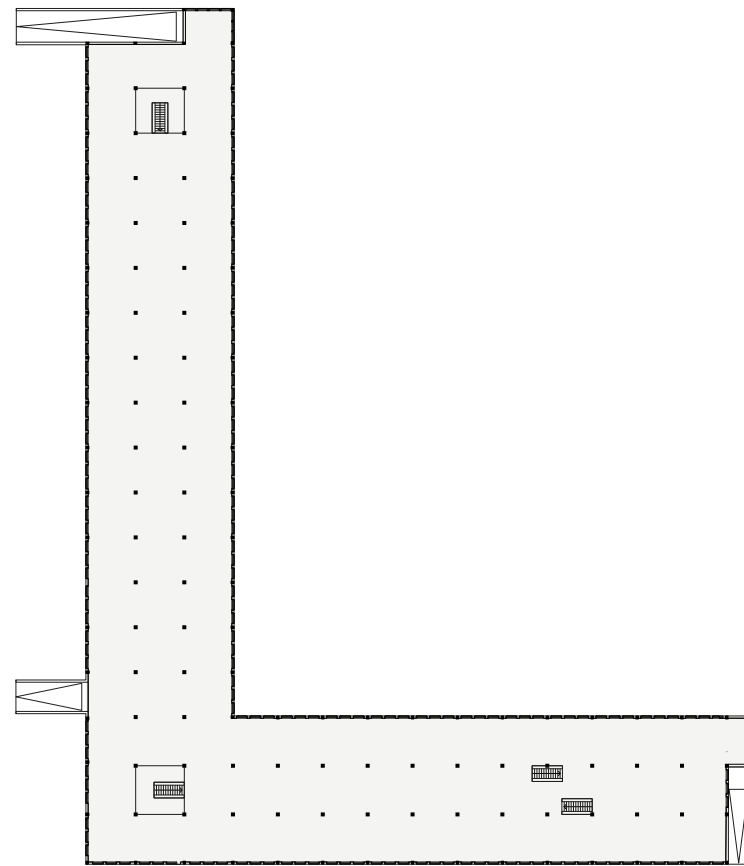


### III. DESIGN STRATEGY



*intervention area*



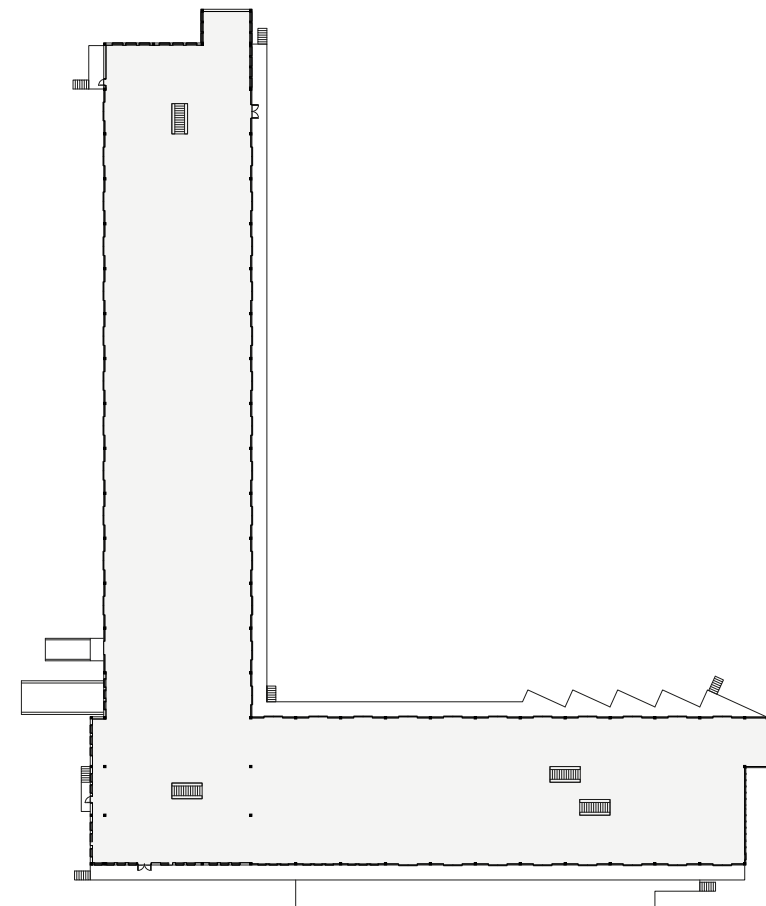


basement plan 1:1000

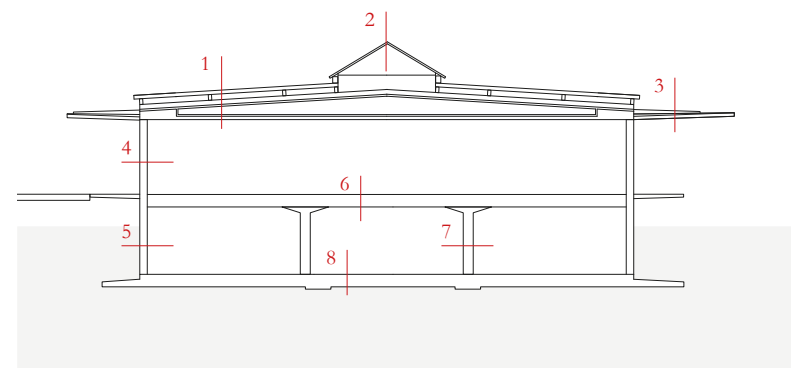


facade photo

This building on the western part of the property, Tingstadsvassen 19:3, is surrounded by the streets Ringögatan, Kolgruvegatan, and Järnmalmsgatan. It was built in 1954 as a warehouse with rail connections as well as loading ramps for trucks. The building has a semi-basement of concrete with two rows of 40x40cm piles and transversal concrete beams that carry the ceiling. The first floor is constructed as a concrete skeleton with a red brick infill. Partly the infill is punctuated with ribbon windows or cargo doors. 12m pre-stressed concrete beams carry the roof. (Endemann, 2015)



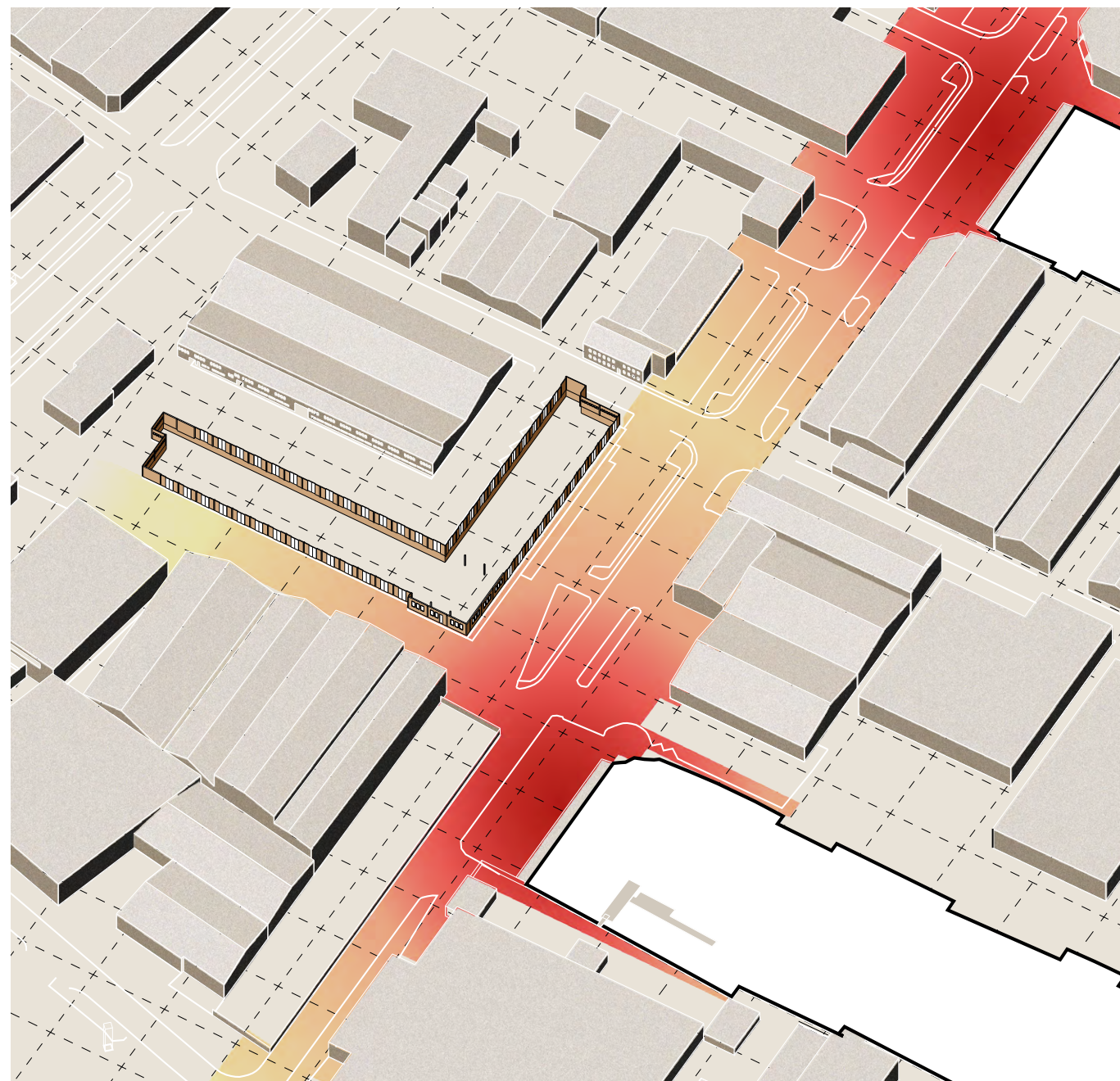
groundfloor plan 1:1000



section 1:300

- |   |   |   |  |   |   |
|---|---|---|--|---|---|
| 1 | double coverage<br>11.8cm lightweight concrete slab<br>pretressed concrete<br>string concrete beams | 3 | chopped aluminum<br>welded sheet metal beam      | 6 | 3cm steel<br>grinding<br>13cm concrete slab       |
| 2 | 20cm lightweight concrete<br>galv sheet exterior  | 4 | 1/2 stone facade tile<br>30*30cm pillar concrete | 7 | 40*40cm pel concrete                              |
|   |   | 5 | 25cm concrete<br>30*40cm pillar concrete         | 8 | 3cm grinding layer<br>8cm concrete<br>10cm gravel |

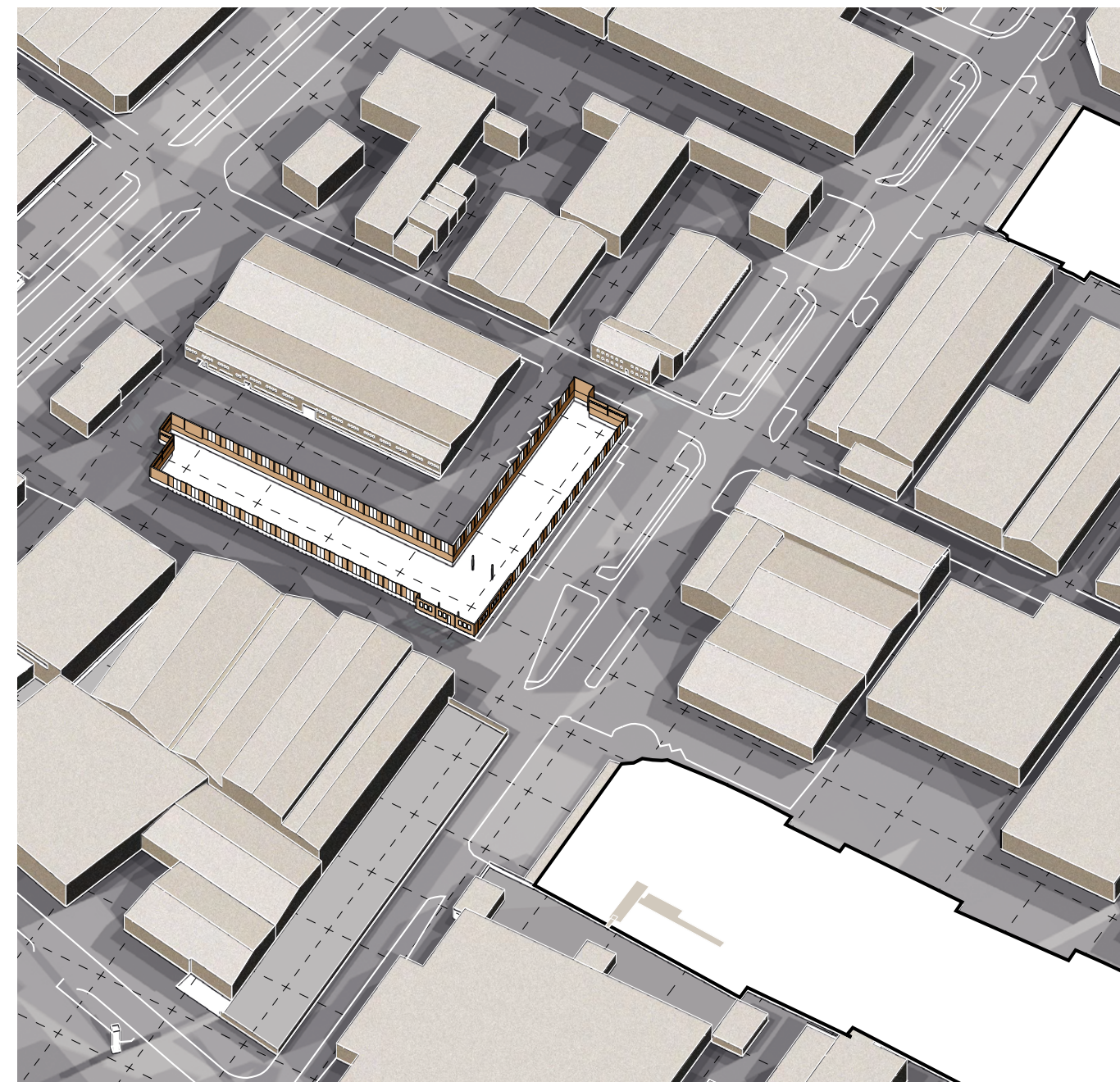




### WALKING DISTANCE TO GREENSPACE

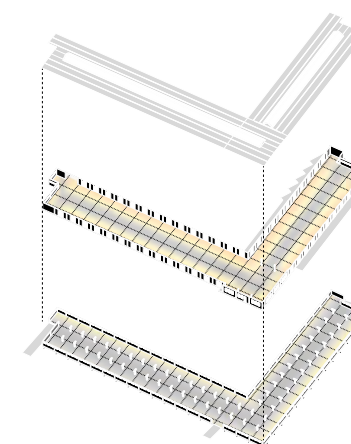
A comfortable walking distance for humans is 24m in social occasions. In order to users are accessible to, insert garden or pockets garden by radiation range of 24m.

Walking distance  
Max: 24 m

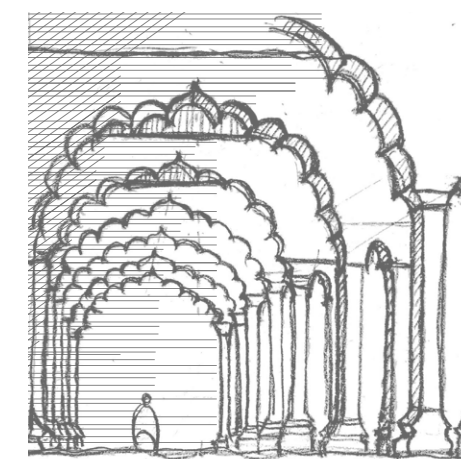


### BRIGHT-GREY SAFTY BUFFER

The buffer zone and grey space will decrease the unsecured feeling area. Also, demolish large old roofs and break the ground floor to invite daylight into the basement floor.

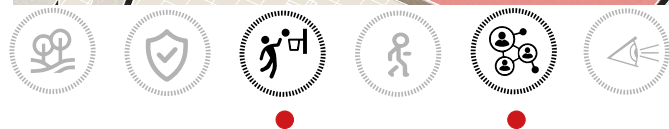
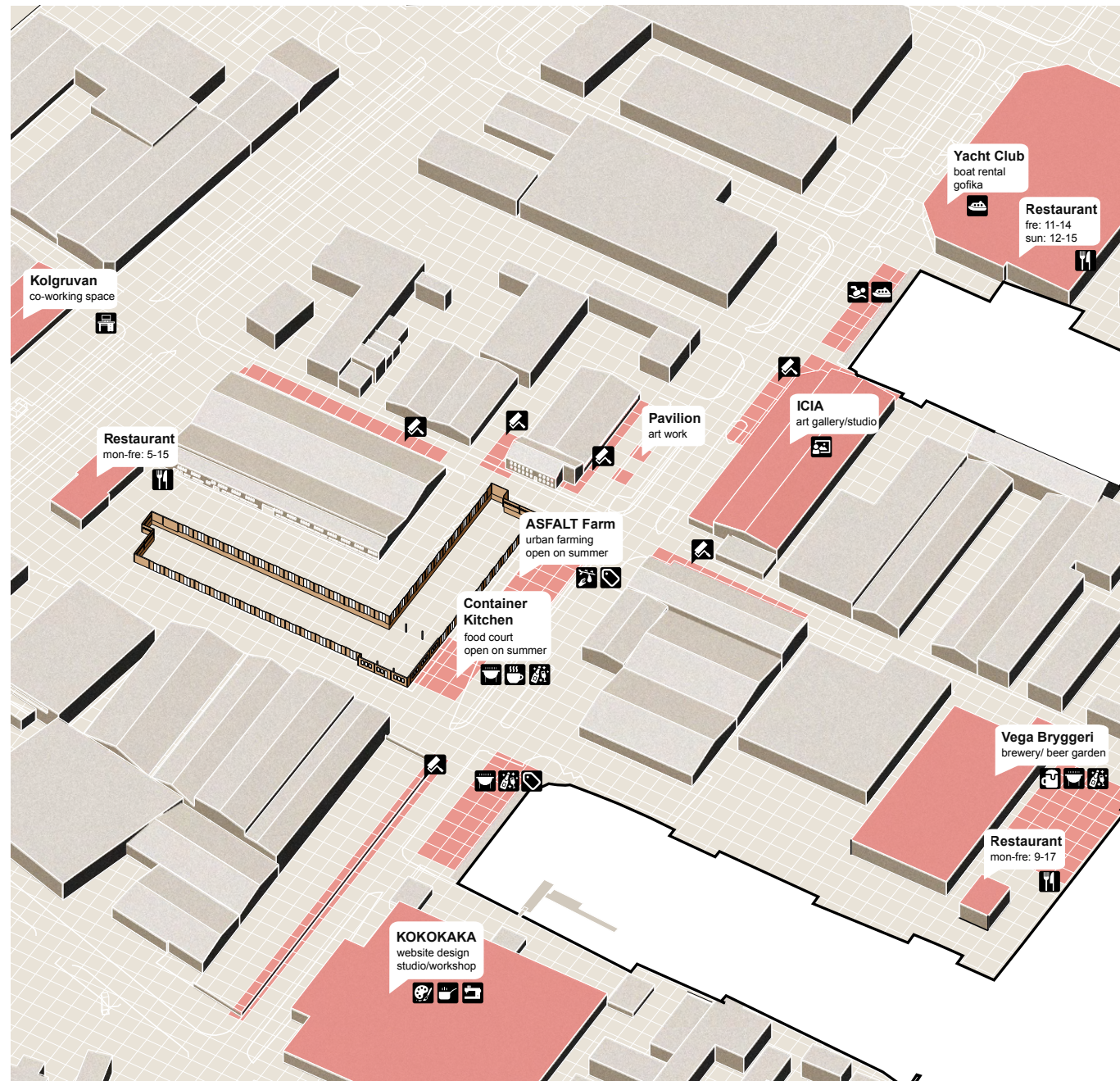


Shadow condition  
exsiting buiding



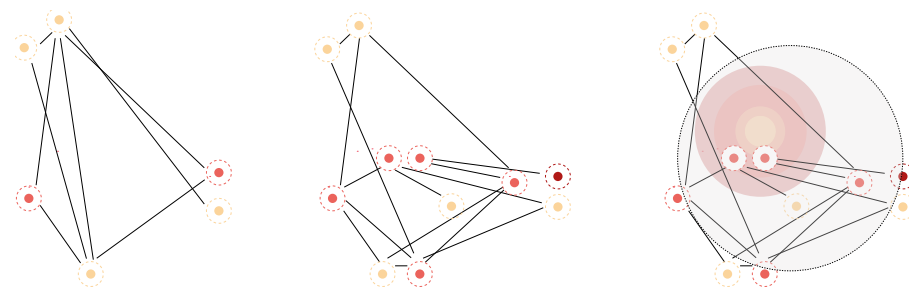
Shadow condition  
Agra Fort, India





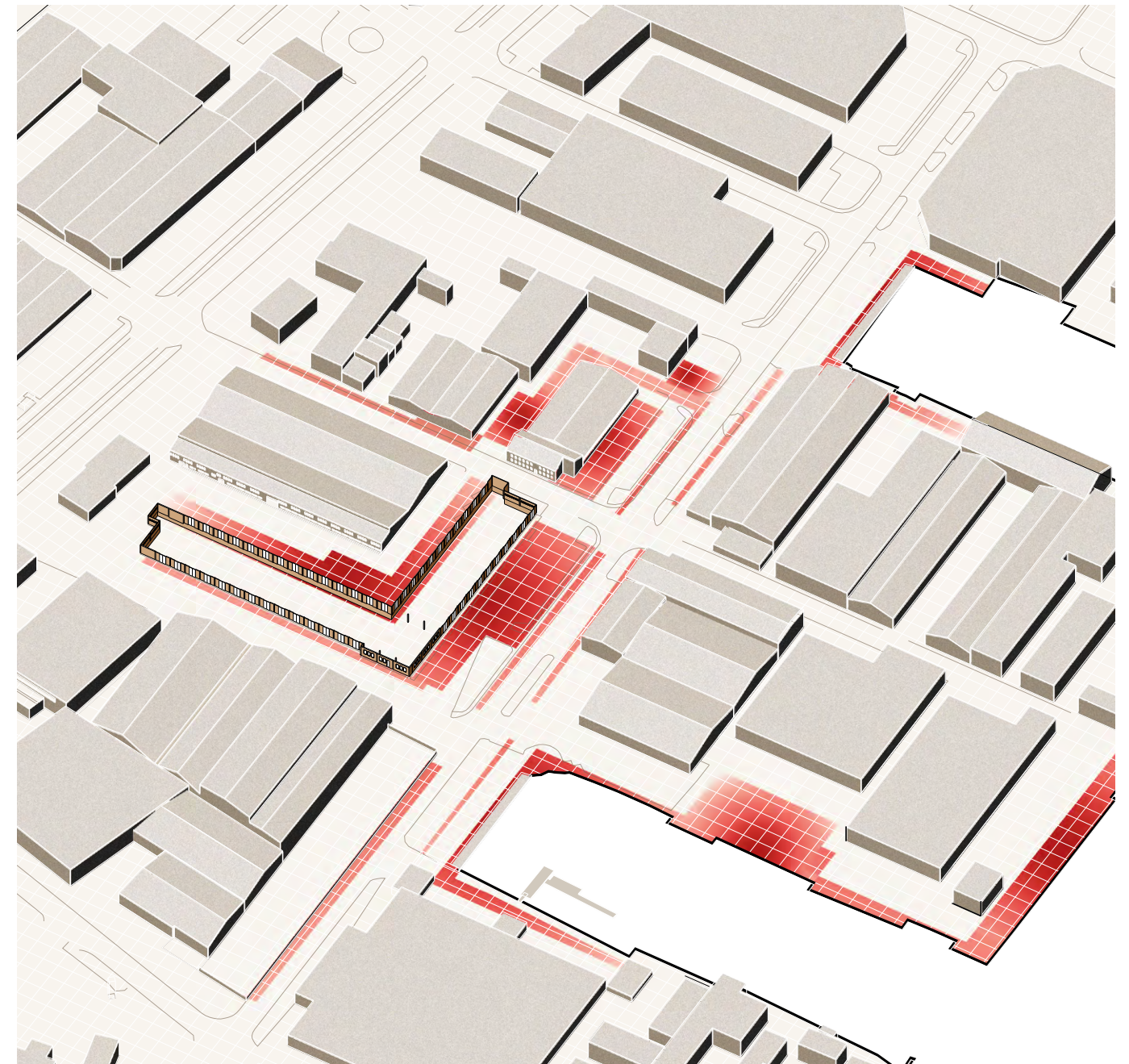
### ACTIVITIES LINKED

Provides space without seasonal limitation—Inserts new programs with various emotional atmosphere requirements organically and dynamically combined with existing programs.



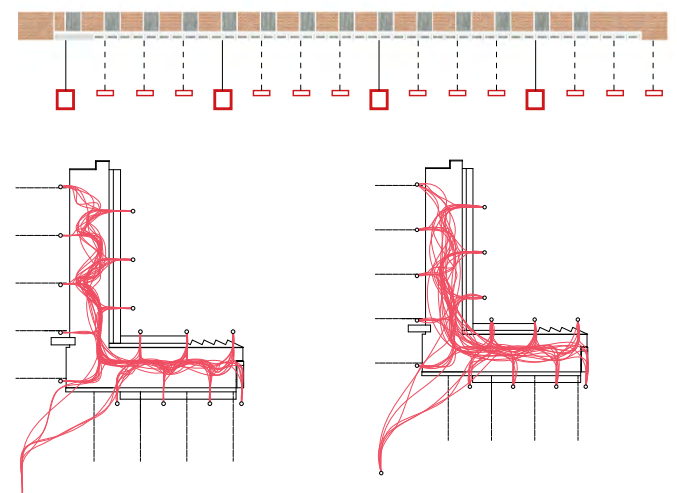
Activities  
except summer

Activities  
summer



existing attractors (graffiti, nature)

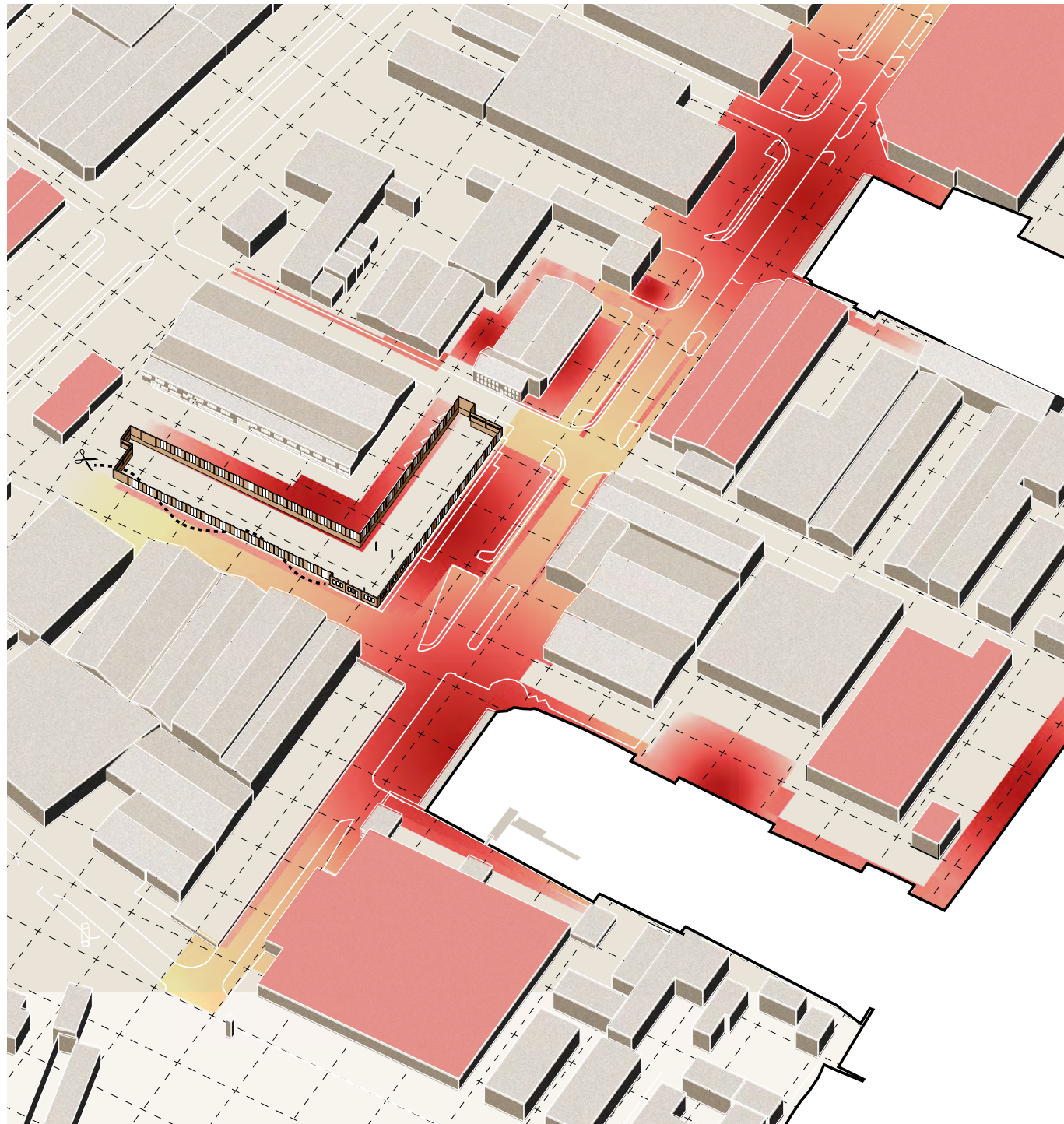
### WALKING ENCOUNTER ATTRACTORS



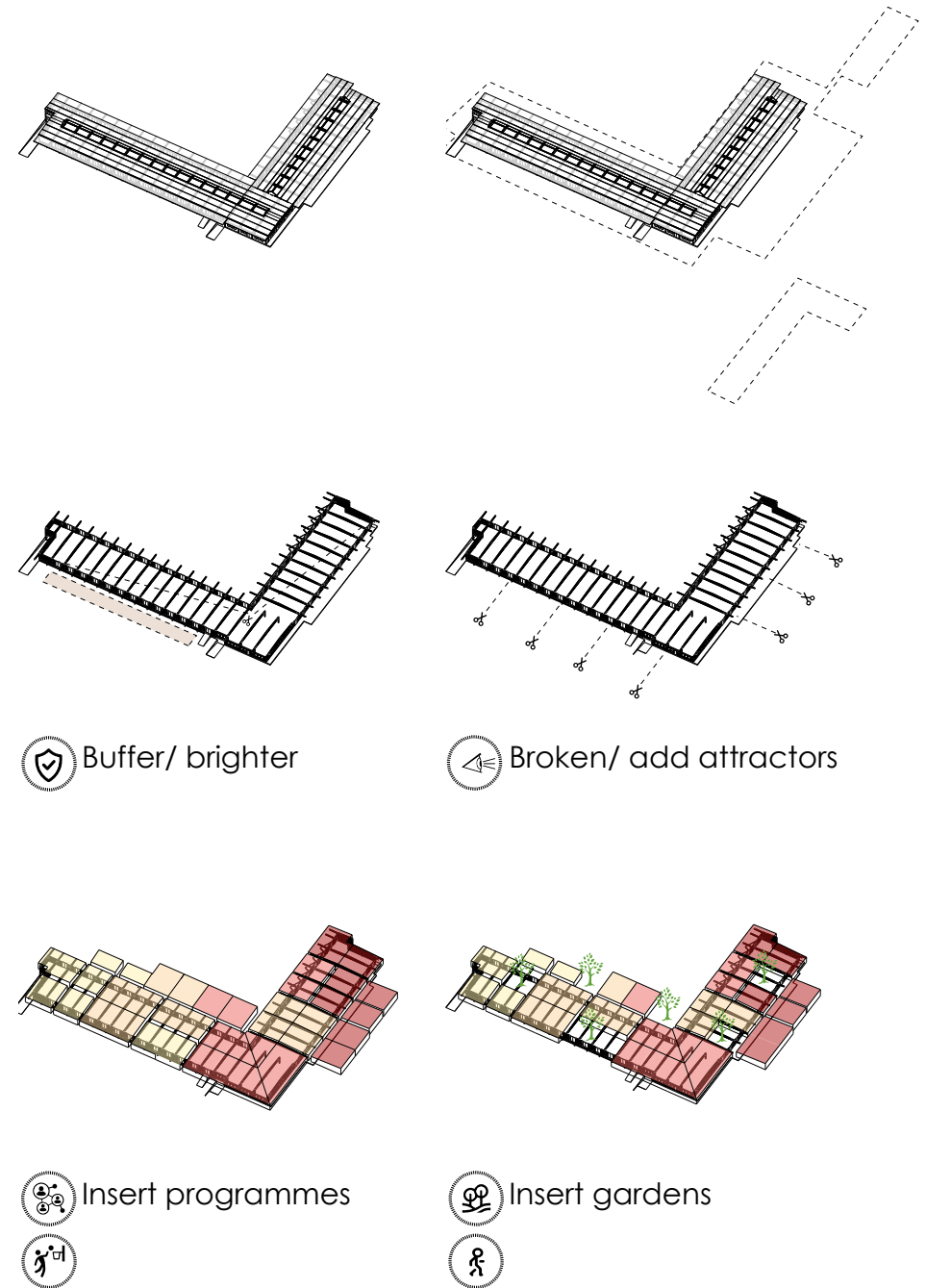
Cities for people shows that the senses of people need stimulation at reasonably short intervals of five seconds. The chances of seeing and understanding what people see greatly diminish at speeds higher than walking or jogging. According to 5km/h of walk speed and 18km/h jogging speed, the facade, as well as street space, are divided into 5s distance. It means there should have an attractive point every 7 meters (walk 5km/h) and have a more extensive scale sight attractors every 24 meters.



## OVERLAPPING



## DESIGN STRATEGY





IV.  
INTERVENTION RESEARCH

REFERENCE

THE VIDAR CLINIC  
*Erik Asmussenm, Ytterjärna, Sweden*

It is an anthroposophical healing center. The design is especially to act as a turning and therapeutic environment, which, through its space, form, color, and materials, it would help patients regain health by bringing into account their faculties of thinking, feeling, and willingness. Asmussen thinks the boundary between inside and outside has thus largely ceased to express the nature of the forces they mediate with a much more richly nuanced continuum between enclosure and exposure.

(Coates, 1997)



Figure 6. The Vidar Clinic (Coates, 1997). Reprinted with permission.

ROSKILDE FESTIVAL FOLK HIGH SCHOOL  
*cobe architects, roskilde, denmark*

The school is an example of the Danish system of folk high schools that deliver a “non-formal adult education” following the concept of “lifelong learning.” These functions are arranged into three zones: some host pursuits of the mind, including writing, thinking, debate, and leadership; others are focused on students’ use of their bodies, including dance and music functions, while the third zone hosts activities focused on the hand, including visual arts, architecture, and design.

(Archdaily, 2019)

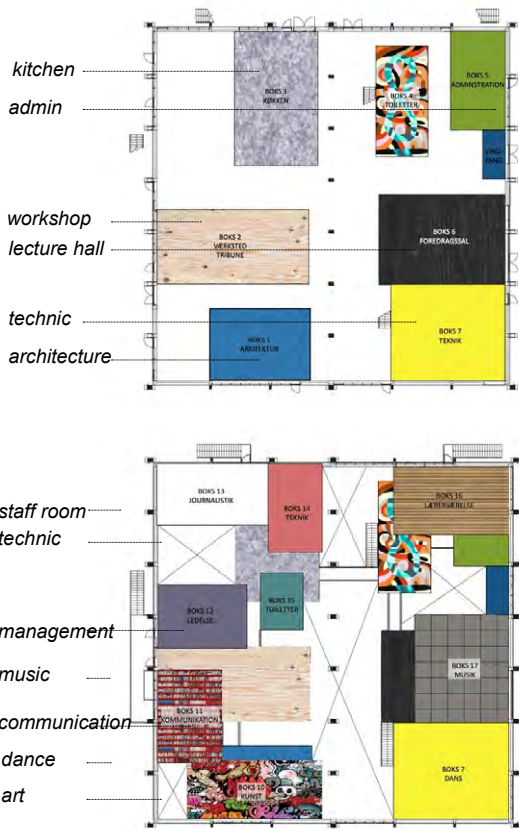
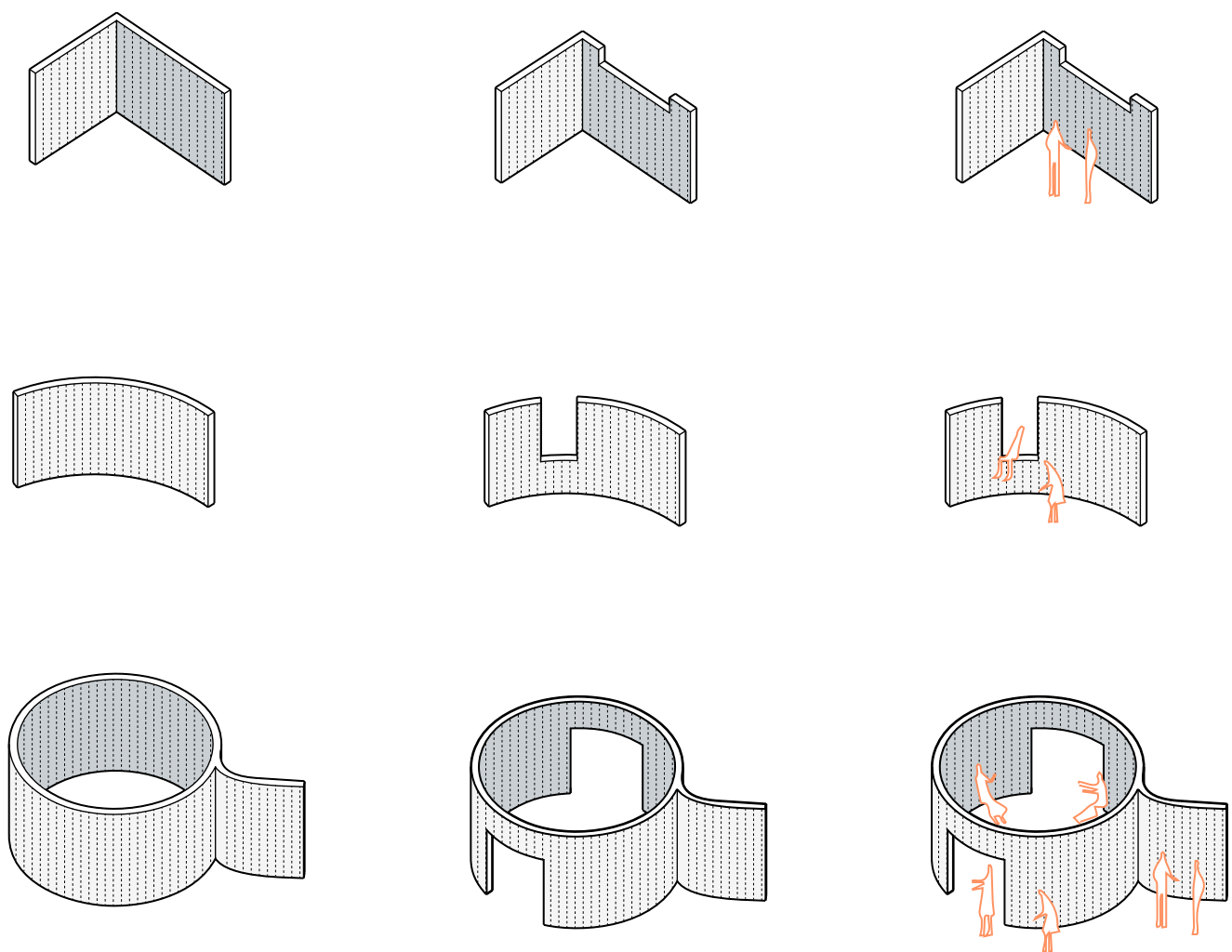


Figure 7. Plan Diagrams (Archdaily, 2019). CC-BY.

**DESIGN INSPIRATION-- A LIVING WALL**  
**ERIK ASMUSSEN, SWEDEN, REF P20**



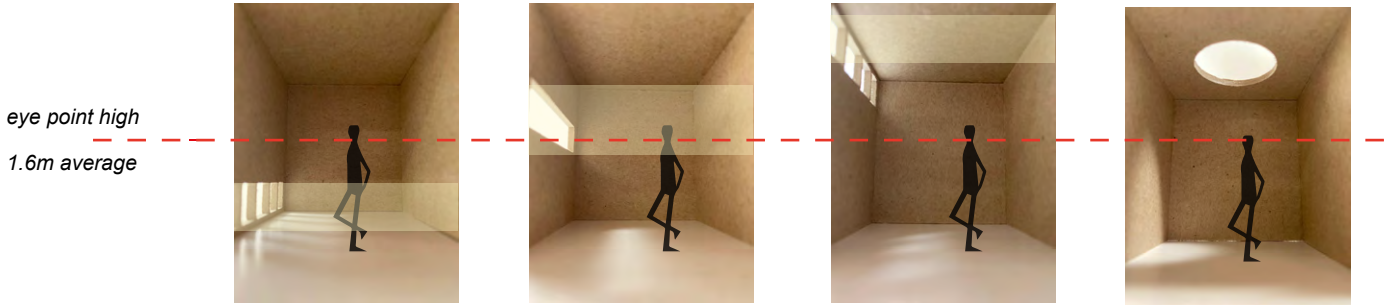
Erik Asmussen attempted to create plastically continuous walls as living membranes that reveal the play between up and down, inside and outside.

Nowadays, the boundary between inside and outside has become reduced to a simple conception of open or closed, robust

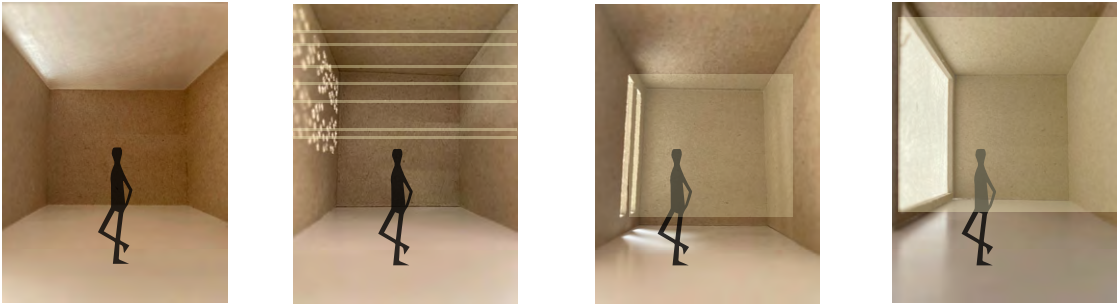
or transparent. Walls and windows have thus largely ceased to express the nature of the forces they mediate.

Apart from limiting space and providing views, they also strengthen a sense of dwelling and place, which requires a much more sensory between enclosure and exposure.

**EXPOSURE RESEARCH**



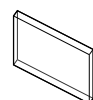
opening position	low, < 1.6m	parallel, = 1.6m	high, > 1.6m	high, above head
visibility	low, seen a bit near the ground	medium most view, short conversation	none, daylight can go much further	none
privacy	high, impossible to be recognized	low, lying could avoid from windows	super high	super high, get sort of spiritual sense



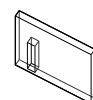
opening size	super small,	super small, dot	medium	large, full wall
visibility	none	none-super low	medium	maxium
privacy	super high	super high-high	medium, have right to choose	super low, exposed to outside

## ENCLOSURE RESEARCH

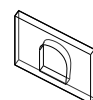
exposure+



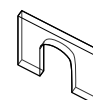
close



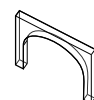
see



sit



divide

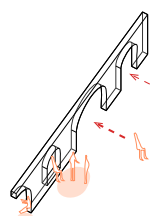
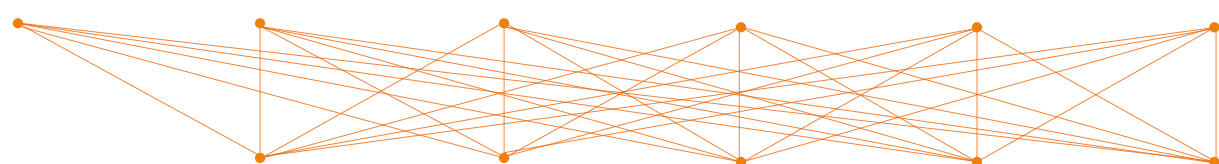


gate

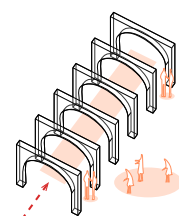


soft flow

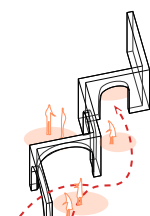
exposure+++



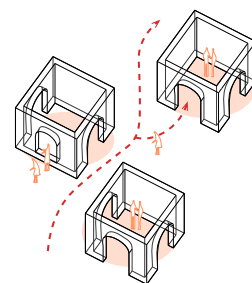
linear



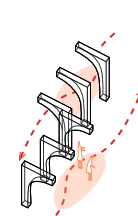
repeat



angled

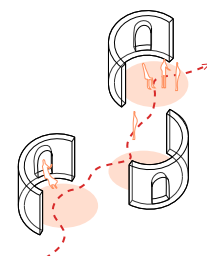


closed

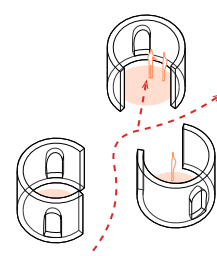


semi-opened

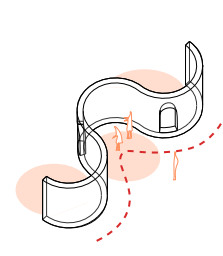
configuration  
flow intervention  
spacial zooming



semi-opened



semi-closed



curved

configuration  
flow intervention  
spacial zooming

high

low-medium

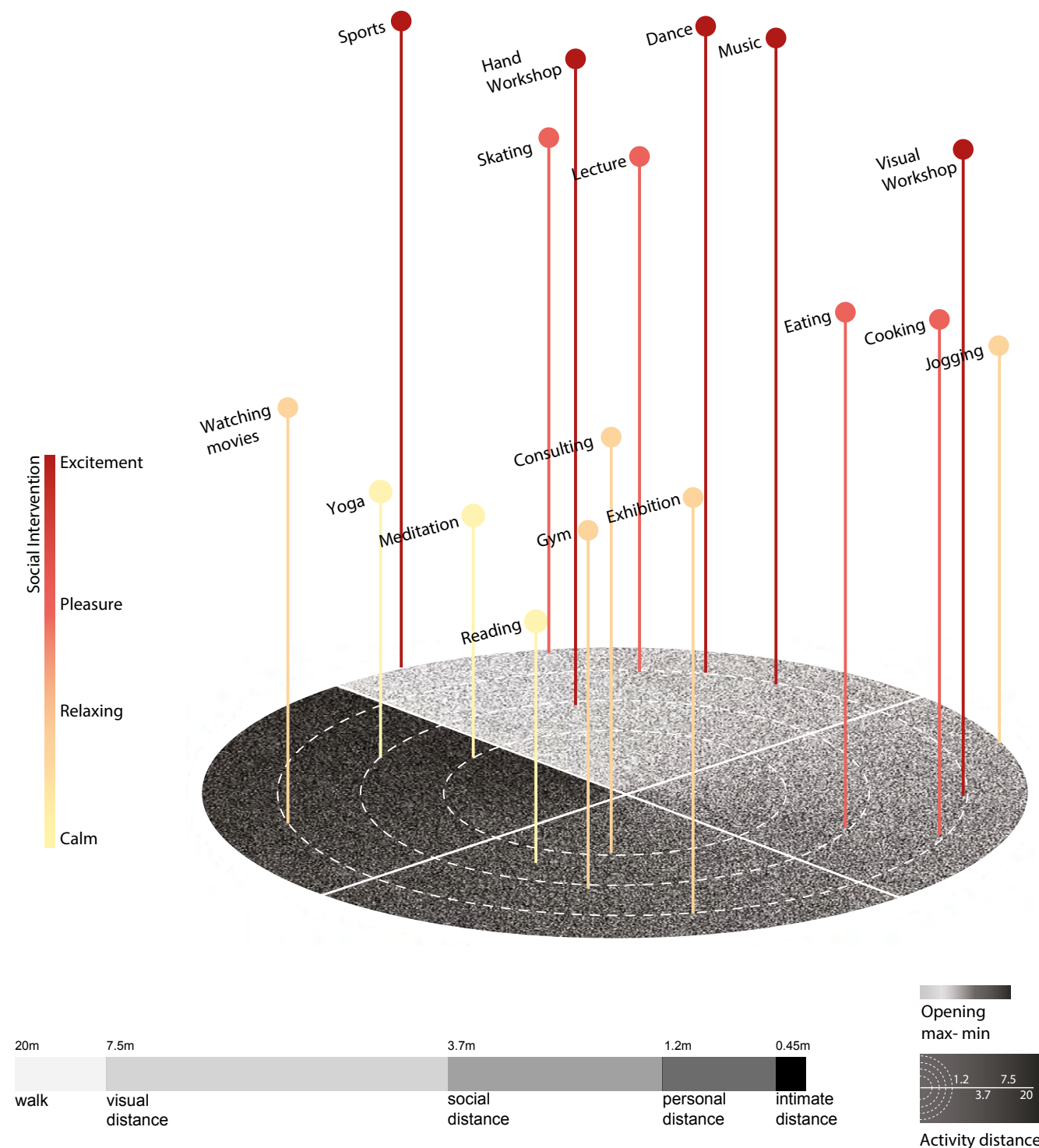
medium

medium-high

medium-high

low-medium

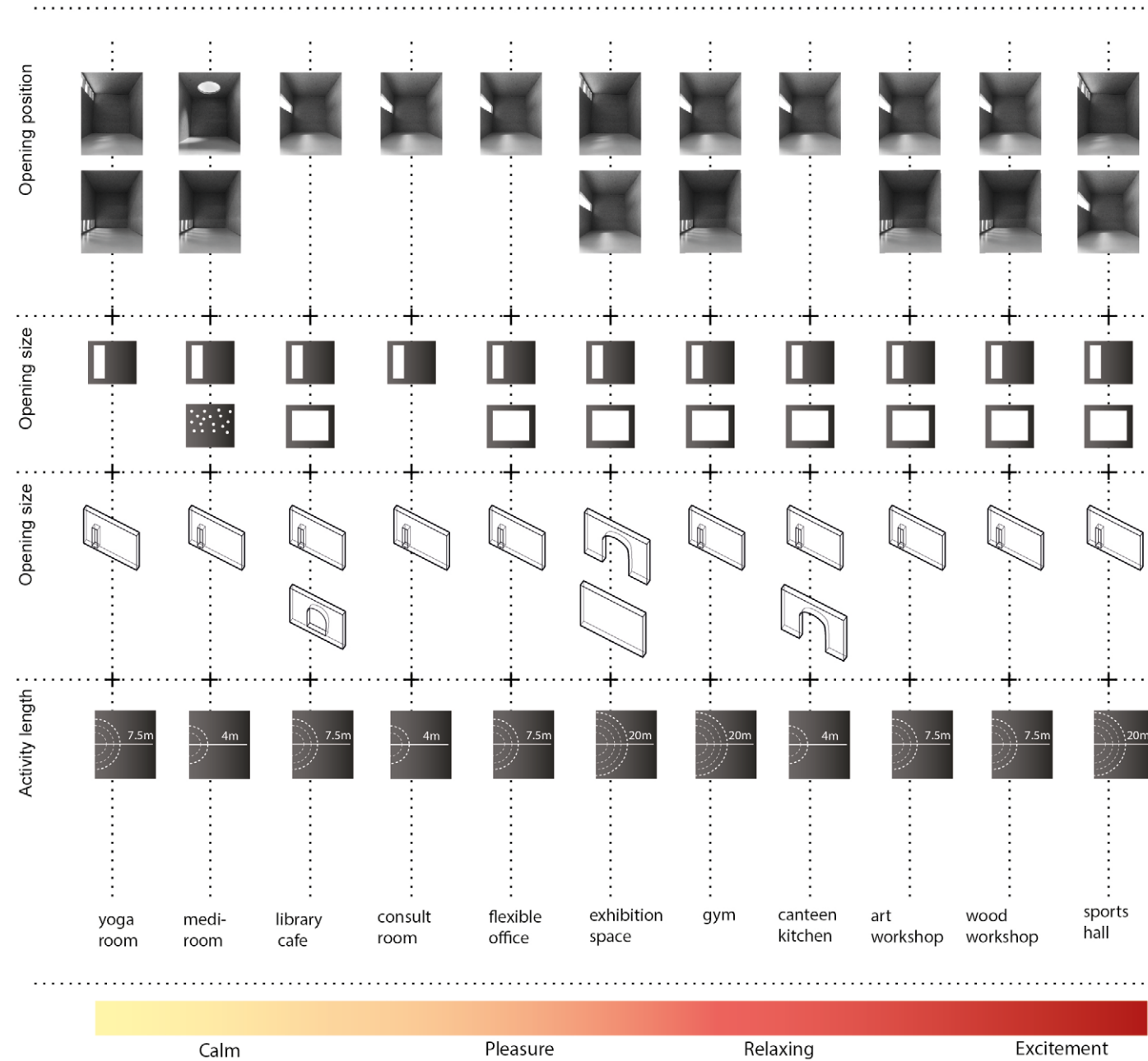
## LINK SPATIAL AND SOCIAL FACTORS



1.2m, 4m, 7.5m, 20m corresponds to personal distance, intimate social distance, visual social distance, and walking social distance. Four different mood atmosphere will apply for both social and spatial aspects according to the conducted research about enclosure and exposure.



## INTERVENTION METHOD- SPACES IN 4 MOODS

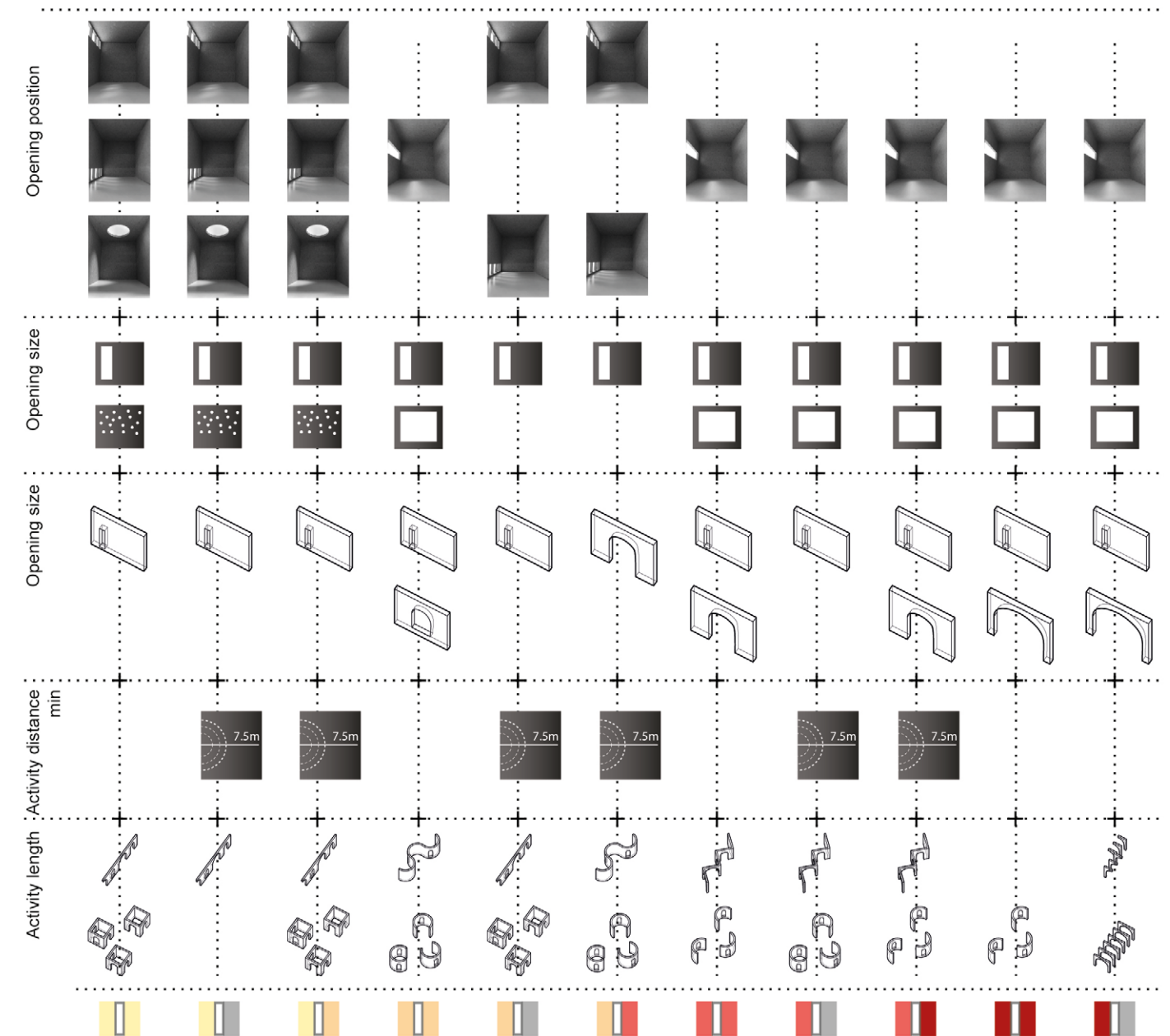


From calm to excitement, atmosphere, which are both for spatial and social aspects, tend to less privacy and more intervention with controlled parameters of exposure and enclosure.

The connection for spaces in 4 moods was analyzed with four parameters: the exposure extent, the exposure extent, and the action happening on the

tool. Wall ( affect the sign that people would get); activity distance. All of them reveal how much privacy and intervention users should get, and finally, space contains activities in different moods that should be corresponded to those parameters based on social stress-related negative mood.

## INTERVENTION METHOD-- SPACE IN BETWEEN



Spaces between the four atmosphere, for instance, shared space, staff room and storage room, and so on. They play a crucial role in users' experience in spatial and program conversion.

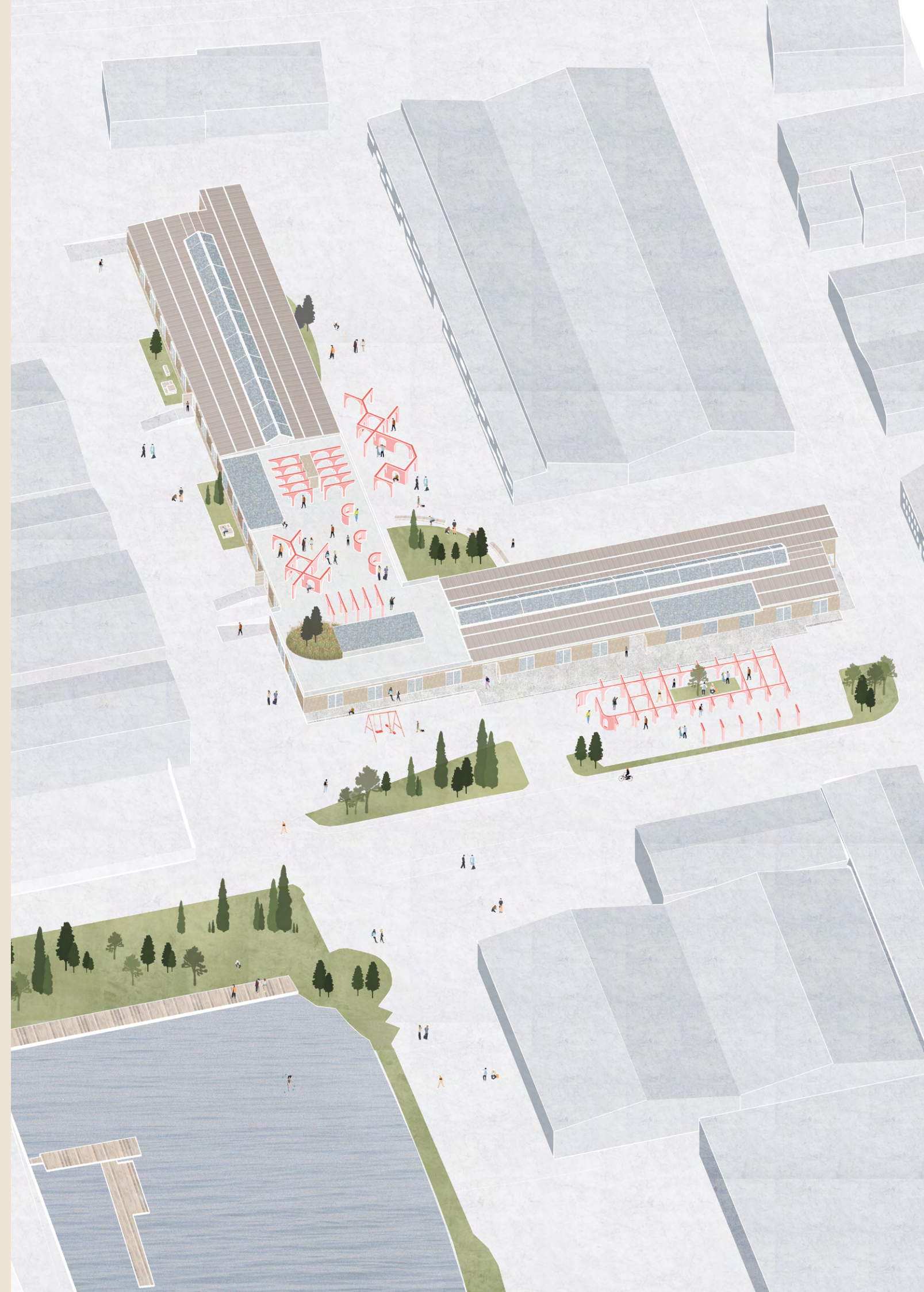
The in-between spaces follow the rules conducted by four same parameters and two extra parameters: flow intervention and spatial zooming. In that case, the

in-between spaces should obey to quieter space since users are more vulnerable than users inactive spaces.

Naturally, a gradient hierarchy of spatial configuration and social program are formed based on these parameters.

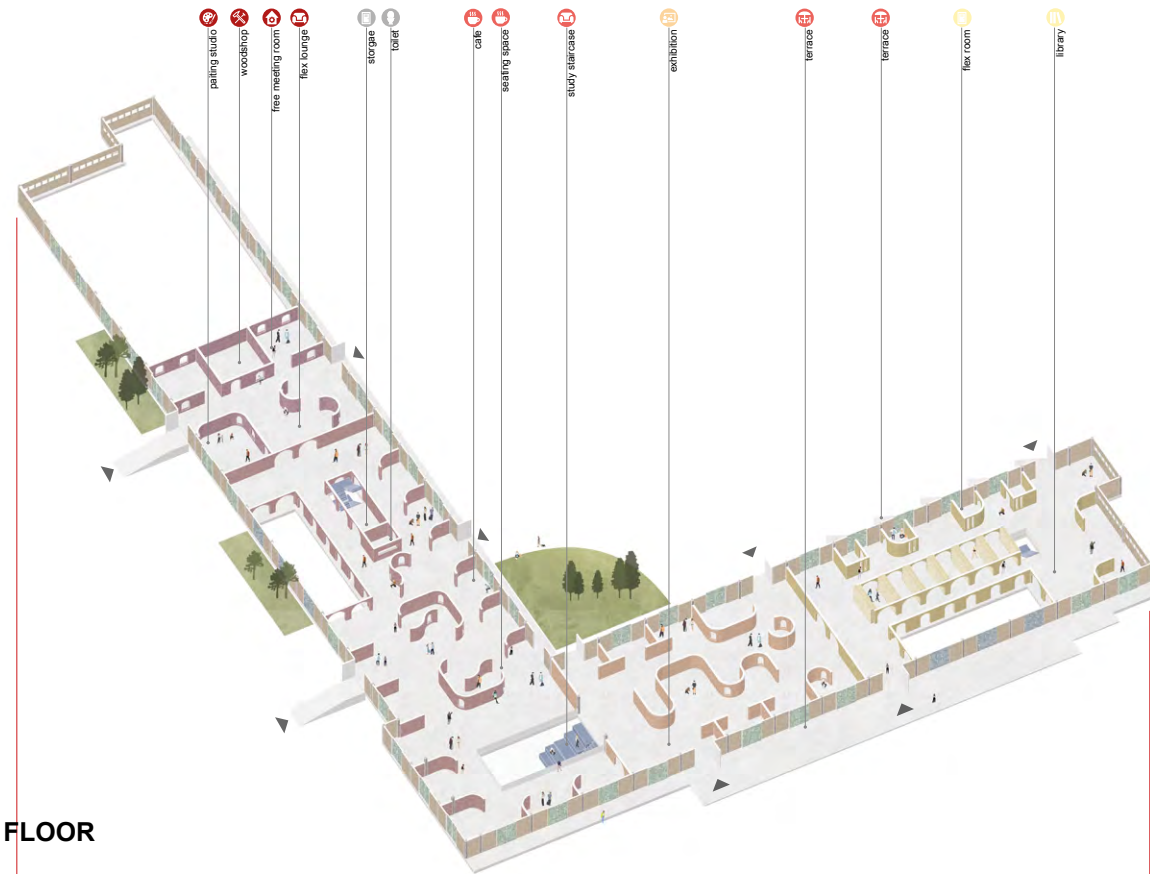


V.  
PROPOSAL

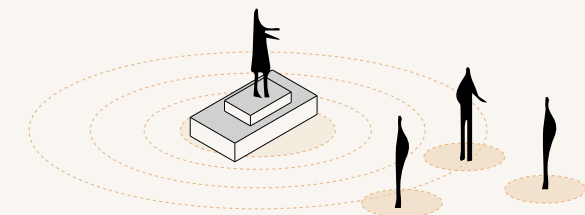
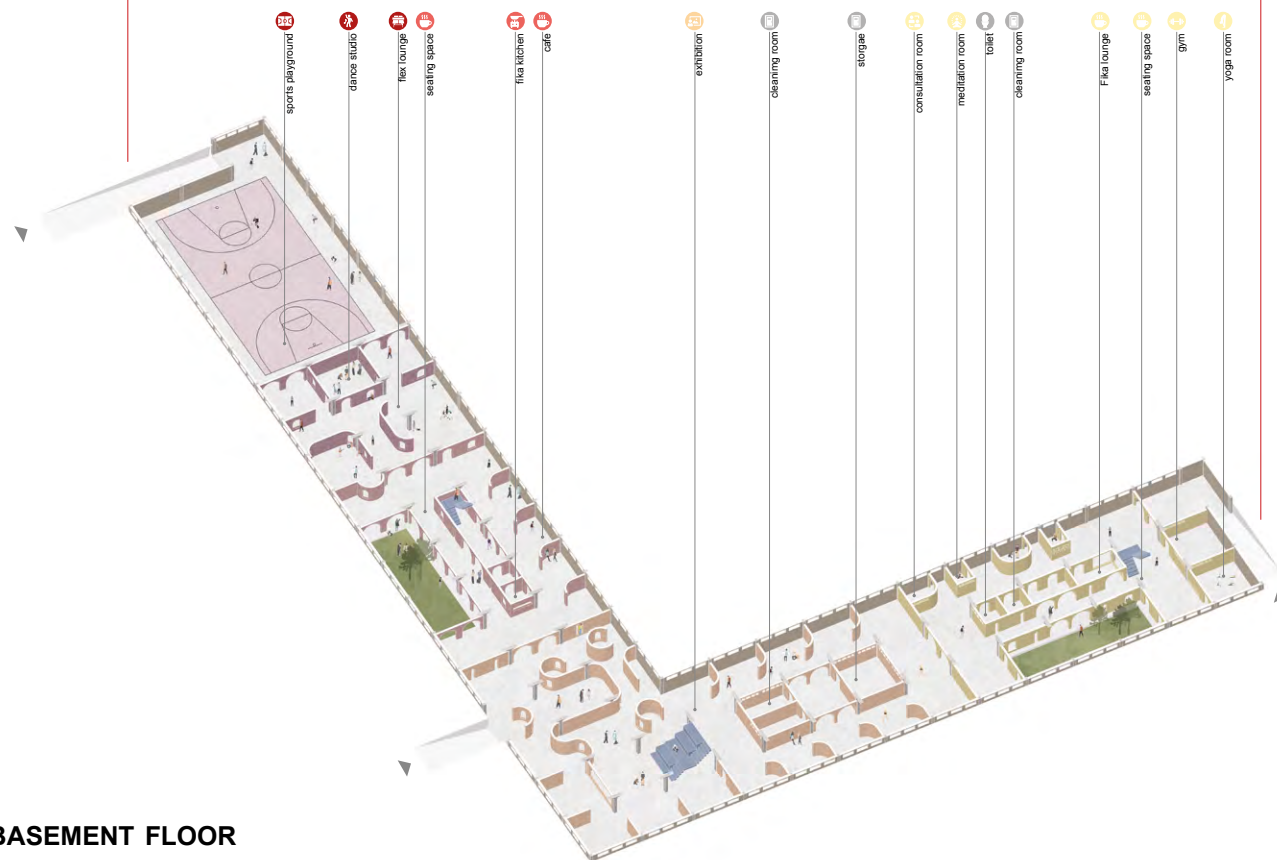




GROUND FLOOR

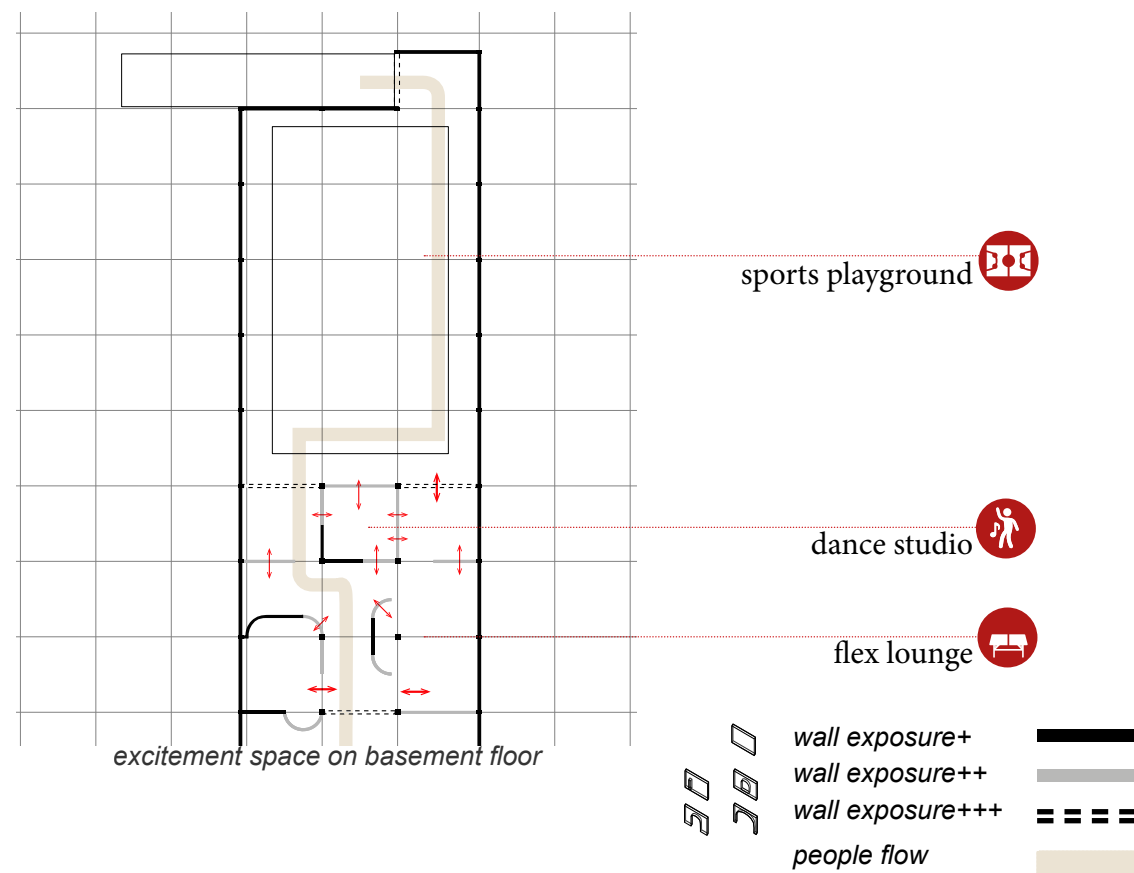
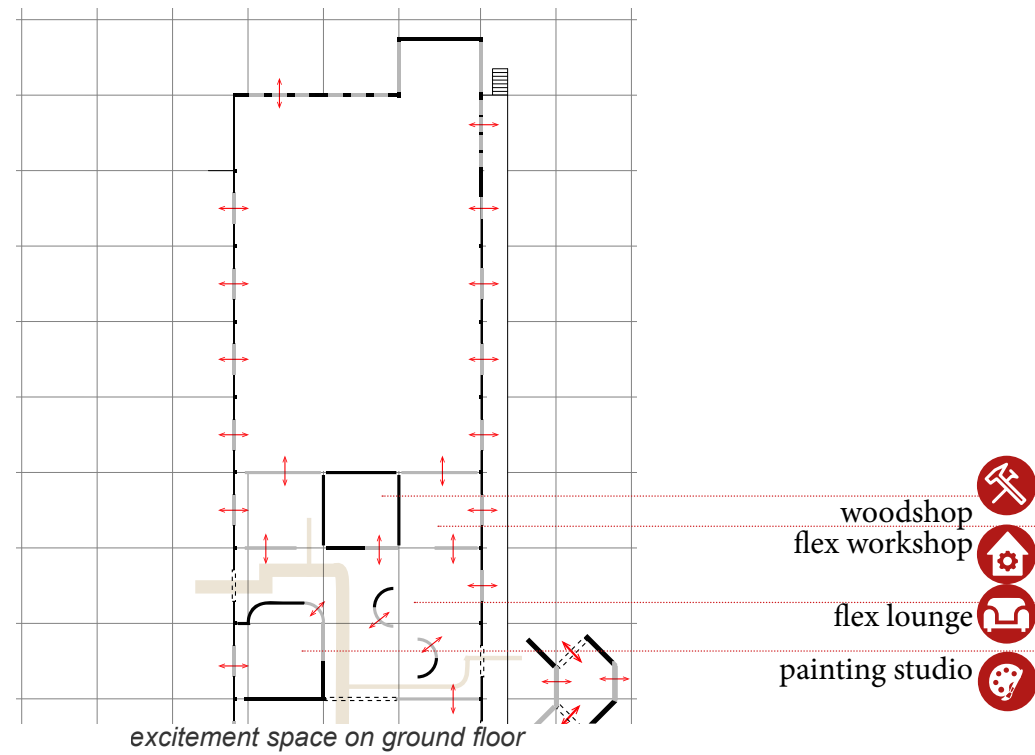


BASEMENT FLOOR



● ATMOSPHERE IN EXCITEMENT





It is a space that might occur the most frequent social action. It is at the edge of the building and close to the nearby office. Various and more massive exposures reveal glimpses and attraction into the surrounding programs. It is an open vibe lounge that everyone can be merged into the whole community.



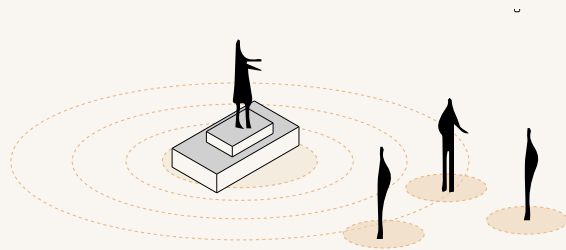
look at basketball area from groundfloor



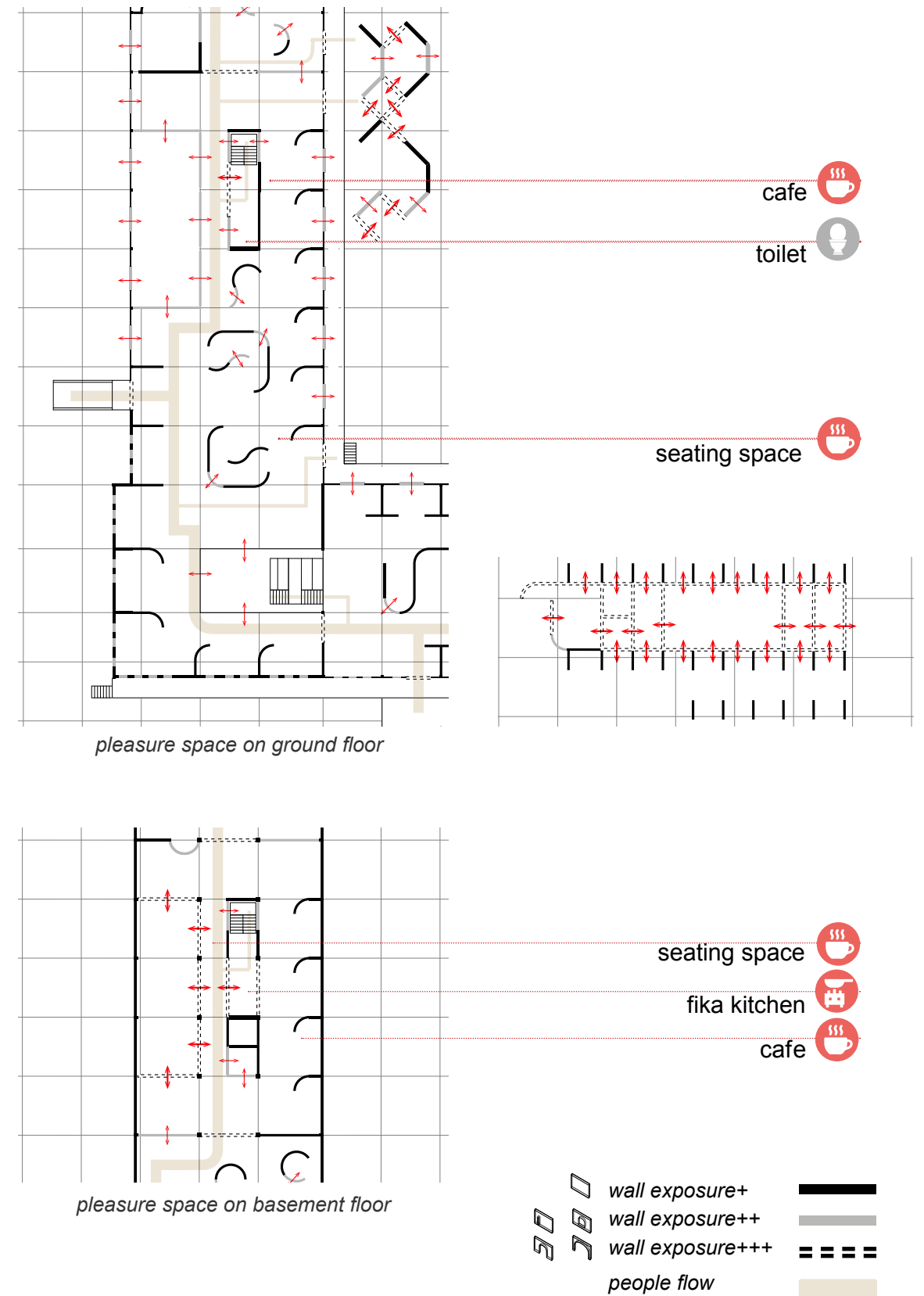


NS section perspective





## ● ATMOSPHERE IN PLEASURE



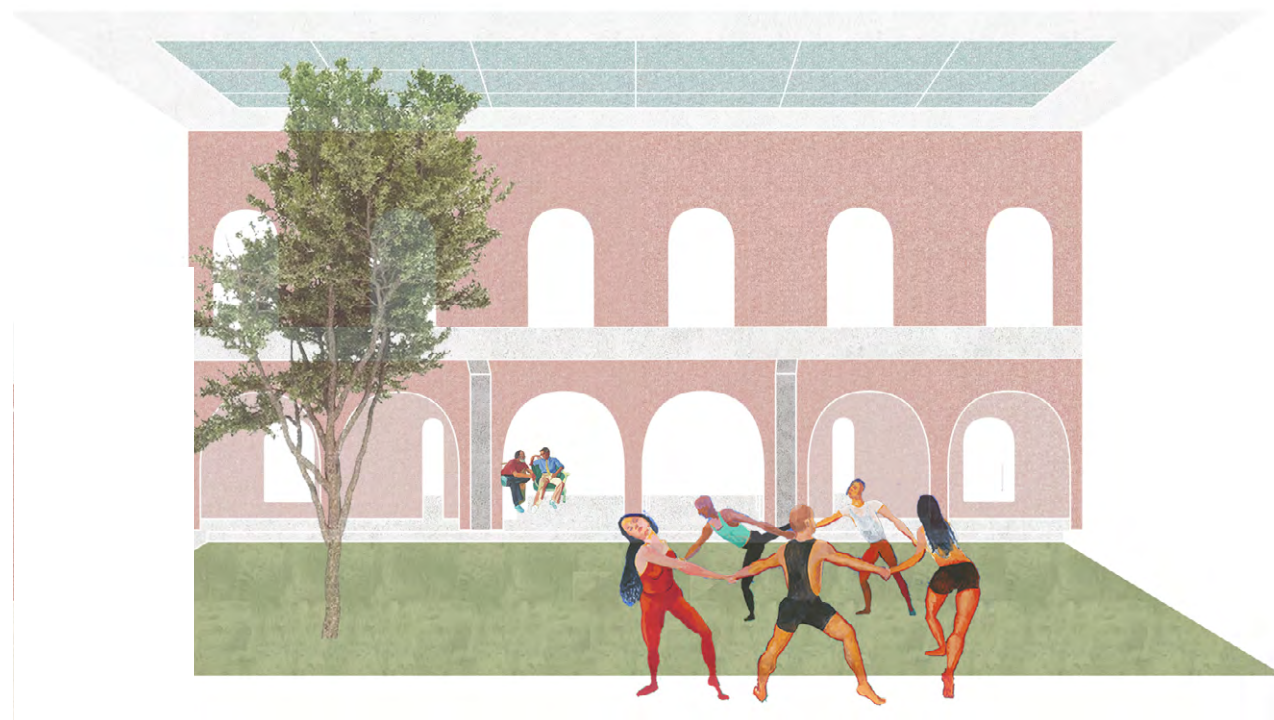
Connected with excitement space, It is at the core of the volume with more considerable expansion on the ground floor and connects to nearly all of the programming and rooftop. Cause the pleasure space might be the most commonly used area. More extensive exposures around pocket garden encourage users to encounter. Meanwhile, smaller zooming and lower exposure for people join small group chat, cook, and relaxing.





*EW section perspective*





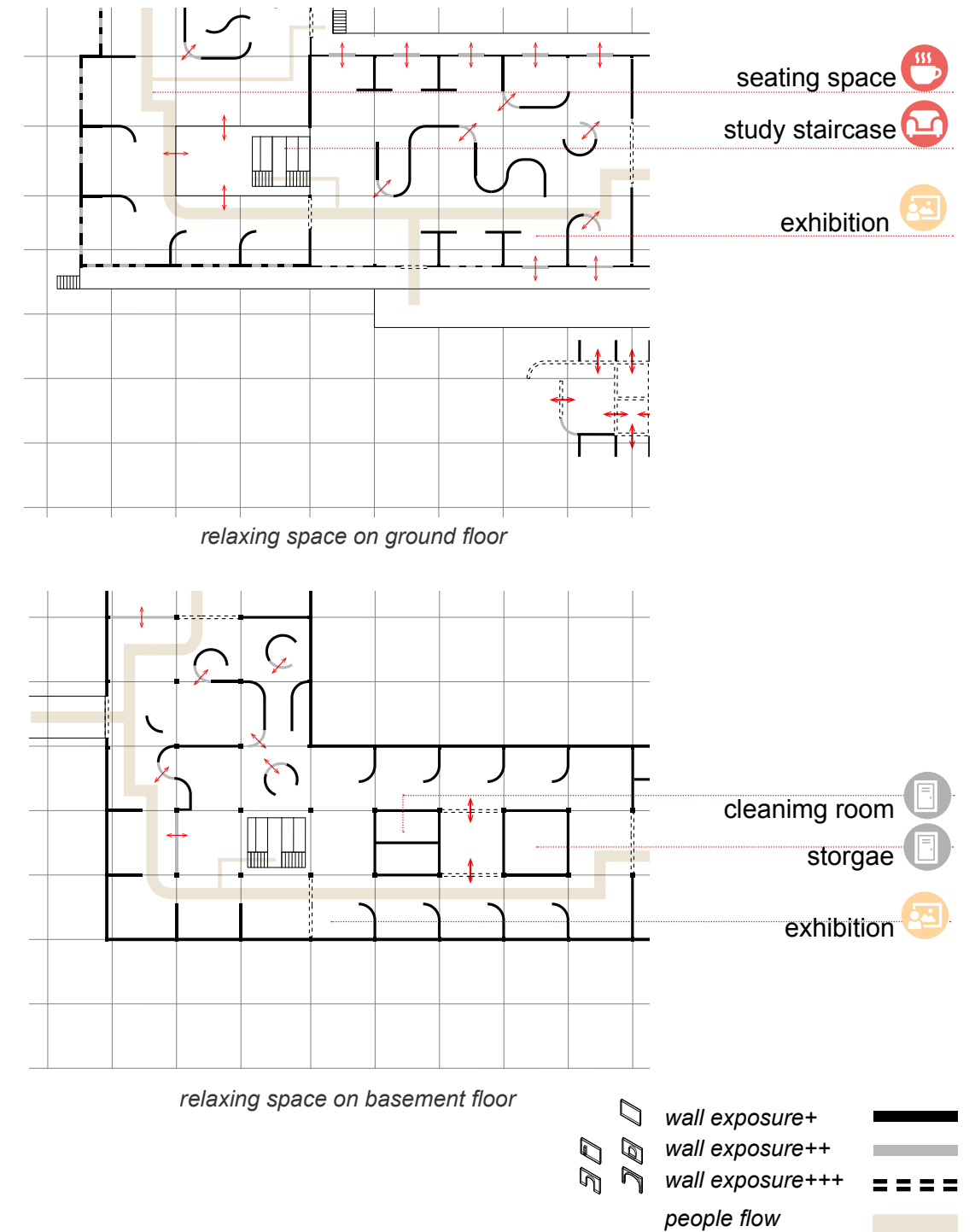
*pocket garden in relaxing*



*fika area around garden*

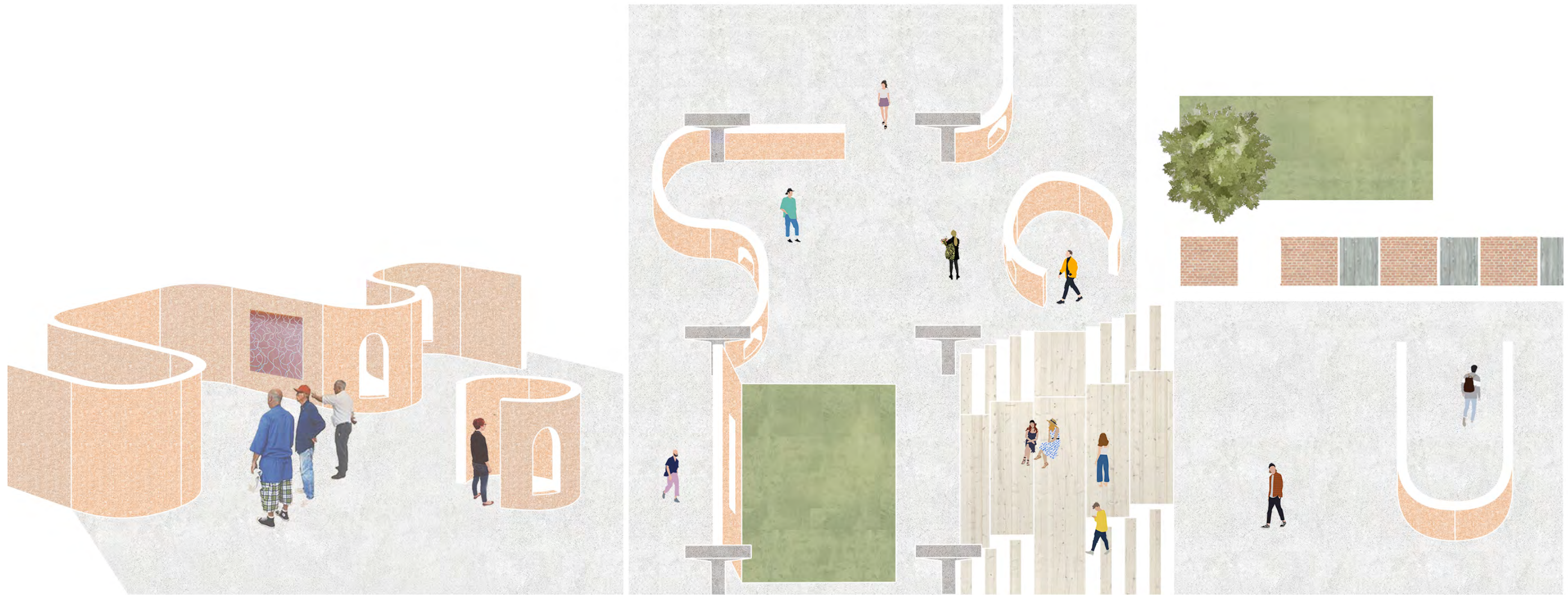


## ● ATMOSPHERE IN RELAXING



In relaxing space, activities tend to have higher privacy, curved pieces of wall guided people flow without too much intervention, single curved wall limits high privacy space but still open. In the center of the building, a staircase appears to be a shared space for transportation and relaxing, which provides a mixed atmosphere. Along facades, the existing wooden door turns to be close, open, or semi-open based on activities' requirements.

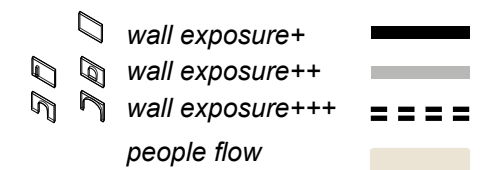
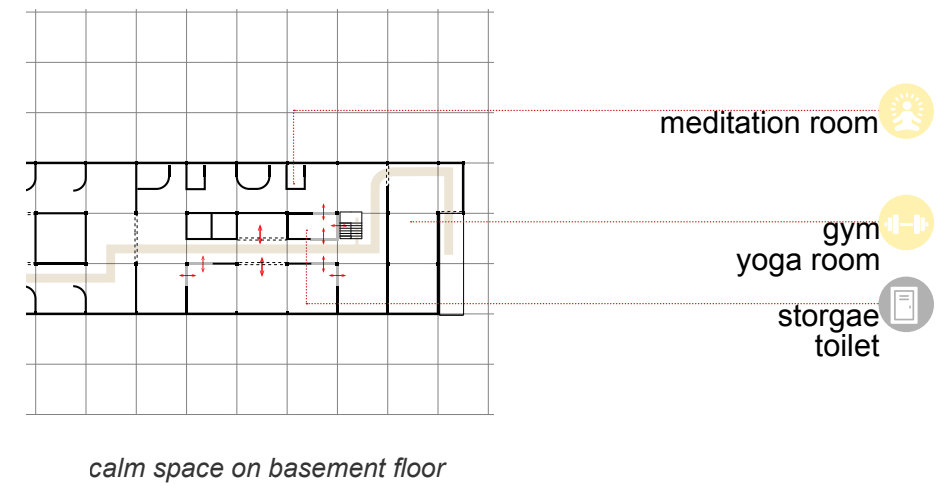
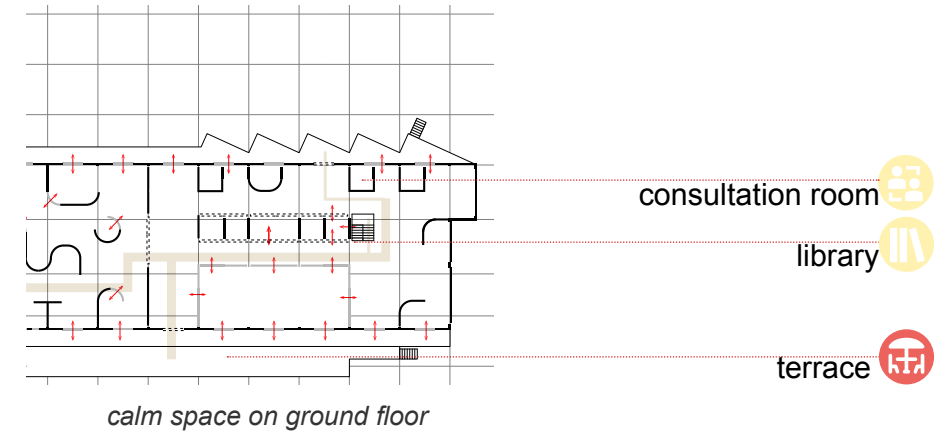




axo view for staircase



## ATMOSPHERE IN CALM



The calm space locates on the other edge of the volume and close to river. Users have the right greenery conditions and a separate entrance without any distraction. Moving to this part, exposure on each wall changed much lower, and event-based smaller sized room are long facade or pocket garden. The strategy in a calm garden is vital so that users could get moderate visibility and privacy. The Whole space guides people with a particular flow in order to avoid unwelcomed intervention for users.





*pocket garden in calm area*



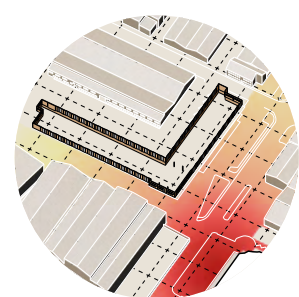
*library area on groundfloor*



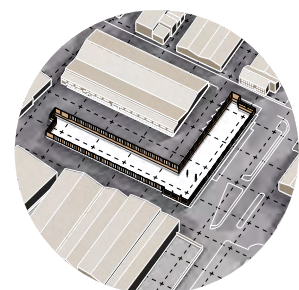
*meditation space in basement floor*

## VI. FINAL COMPOSITION

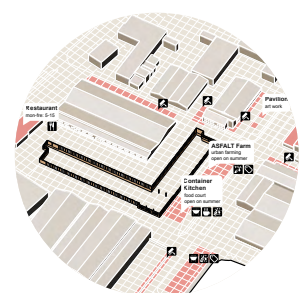




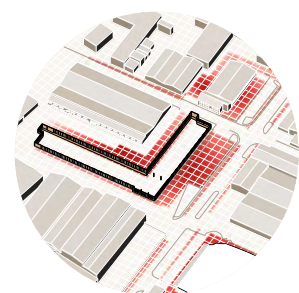
Access to greenspace



Safety buffer



Activities linked



Attractors on the journey



**+ quality principle**

design strategy

**+ quantity principle**

visibility privacy

flow intervention spatial zooming

**+ social intervention**

connection of space and activity

connection with intervention tools

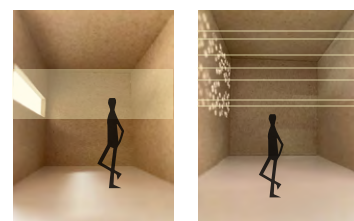
**+ apply on the site**

third place in 4 moods

DISTANCE  
HUMAN SENSE

ENCLOSURE

EXPOSURE



opening position

opening size



close



see



sit



divide



gate



soft flow

component activity



configuration

configuration

configuration

configuration

configuration

configuration

configuration

configuration

configuration

configuration

configuration

configuration

configuration

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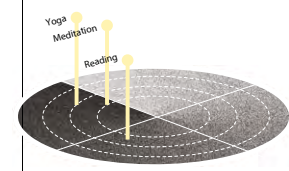
configuration

configuration

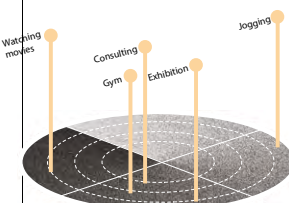
configuration

configuration

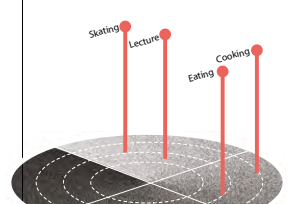
configuration



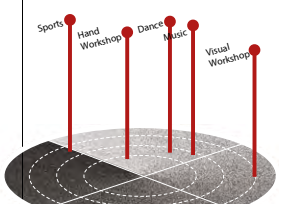
calm



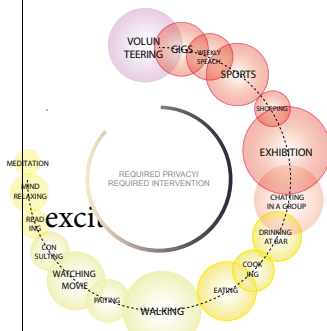
relaxing



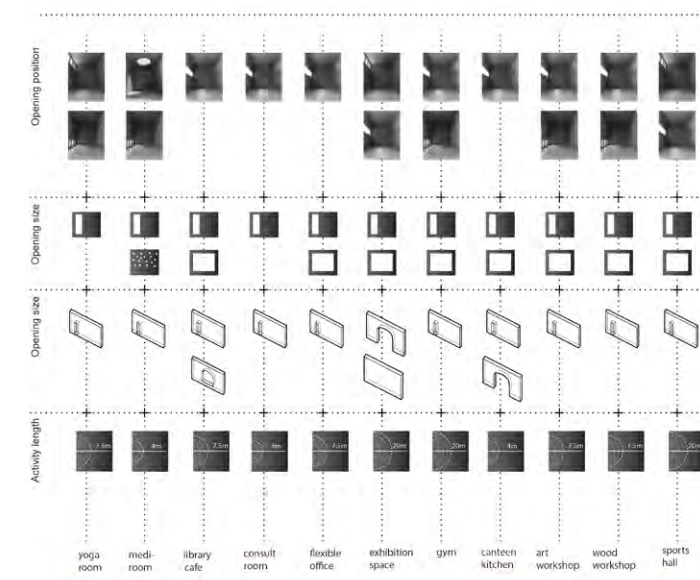
pleasure



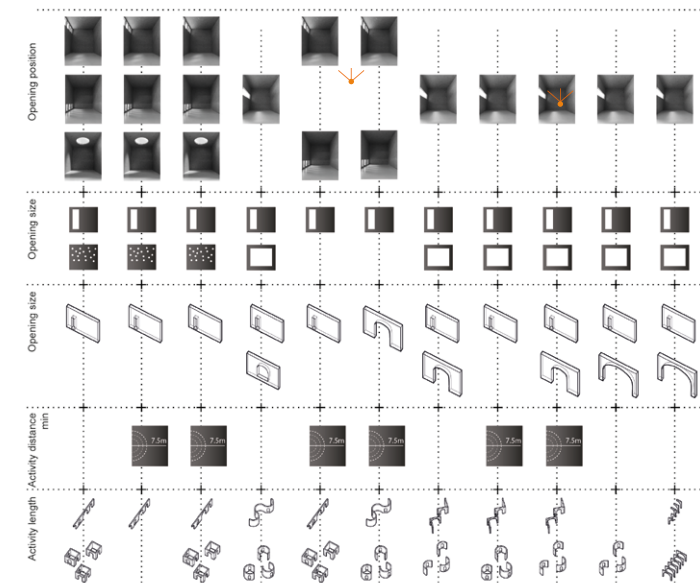
excitement



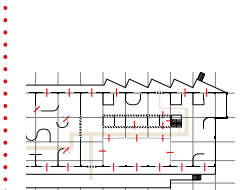
connection of space and activity



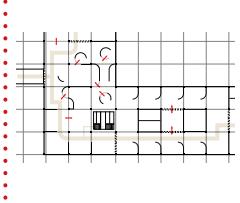
space in 4 moods



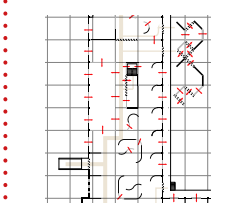
space between 4 moods



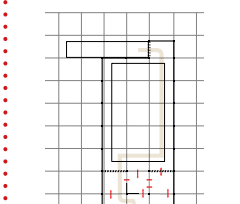
calm



relaxing

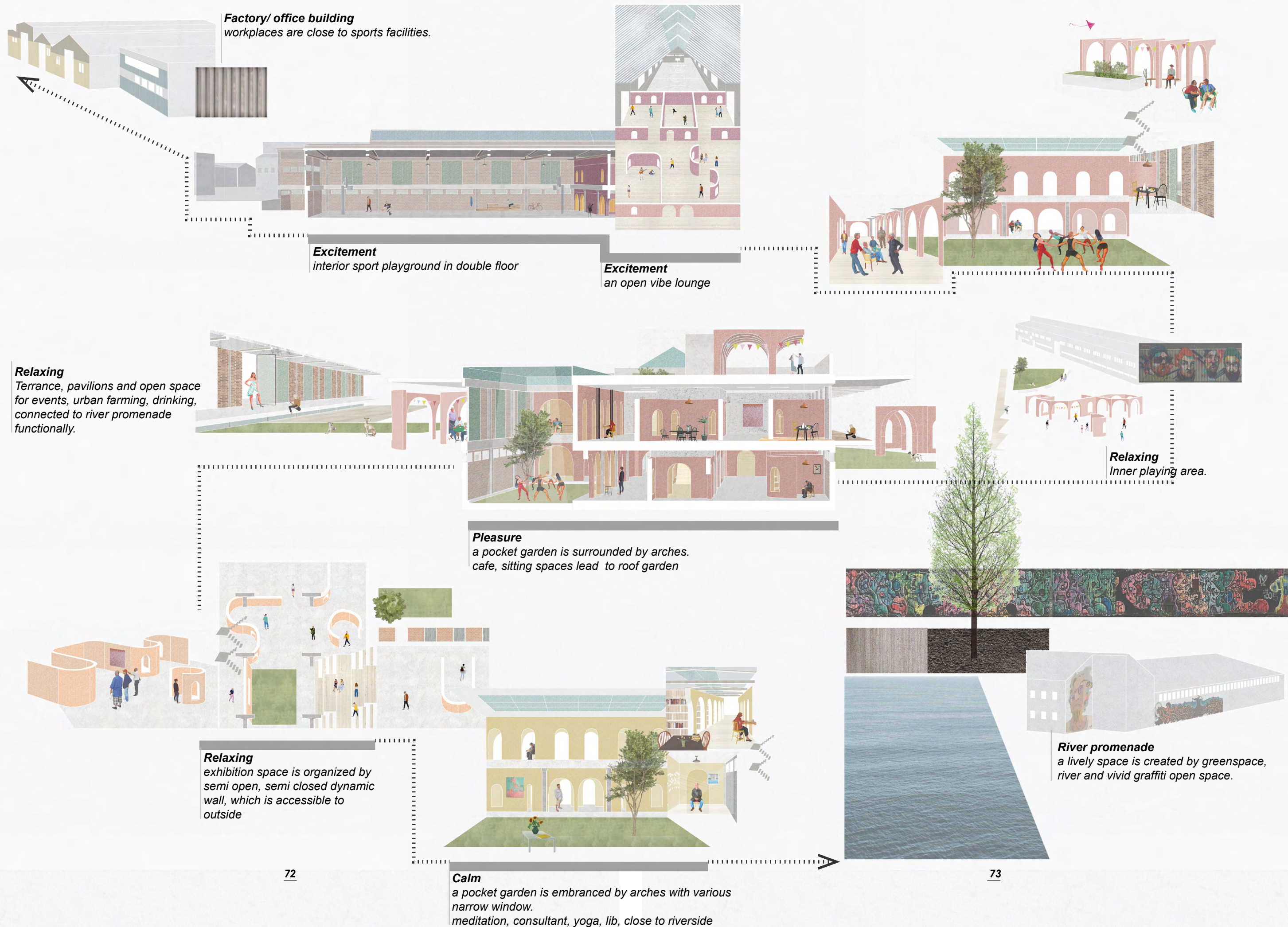


pleasure



excitement







# REFLECTION

The master thesis revolved around “social stress,” which is usually underestimated and in an awkward position between “patient” and “healthy people.” Nevertheless, social stress is a vast and multidisciplinary topic, so the project tries to narrow it down from main external factors, which are social factors and environmental factors. Then the topic tends much more realistic and approachable, especially for an architect response.

The crucial part is to find the bridge between external factors and human social stress and set up an evaluation methodology from quantity and quality aspects. As a human being, people want to stay in a quiet space alone when they feel anxious and upset. When they are in a happy mood and want to go to a bar, they have a drink with others sometimes. Conversely, joining a chat in bars make people feel much positive than staying in corners alone. What if thinking external environment as influencers instead of destinations. What if the external environment has an emotional atmosphere, which could permeate into people’s moods. Then the methodology is exploring a positive atmosphere in order to reduce social stress-related negative moods.

All research and design processes are undertaken based on human sensory, which is different from typical urban direction projects, but it does not mean this project stop steps on a particular scale without social responsibility. Research and design are being down with the consideration of urban and social fact simultaneously, including literature reviews, interviews, context analysis, conducting, conceptual definition. And methodology and outcome

Walls and windows are simplified to modules as boundary and opening for entrance, daylight sadly. Furthermore, activities are functions inserted in spaces. The potential influence of spatial enclosure and exposure on human psychological feelings is underestimated to be walls and windows in the norms.

In Gothenburg’s future development, Ringön becomes the plot in this master thesis, which contains many potential opportunities and a strong identity. For now, there are some events and social organizations about developing life living in Ringön are going on. Refer to government level, here are management systems about Ringön but rarely something defined for future development. The discourse was using current context and infrastructure to start to intervene plot while combing programs and events to providing a consistent life net in the city. The master thesis’s target is conducting a proposal about a life-enhancing methodology that could be applied in other social circumstances.

Nowadays, during the epidemic, the vision for the future has radically changed., social distance and remote working becomes necessary human behaviors, Architecture used to foster social interaction by co-working, co-living trends. How can we continue to address this need and provide these spaces under a balance between health and safety and social support?

As for the urban aspect, during weeks of quarantine, the whole city is divided into pieces of micro-environments nestled, greenery and social gathering become a luxury dreams. Some spaces are under function and low efficiency due to social distancing. It brings we think about the efficiency, adaptability, flexibility, and scales of spaces from the users perspective. In the end, this thesis’s scope is tremendous that will change the way we live and improve the quality of human experience. Furthermore, I hope to be part of that.



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## Image reference

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