

Arkitektur for velvære

PROSESS

Beate Røttingen
Diplomoppgave i arkitektur
NTNU 2020

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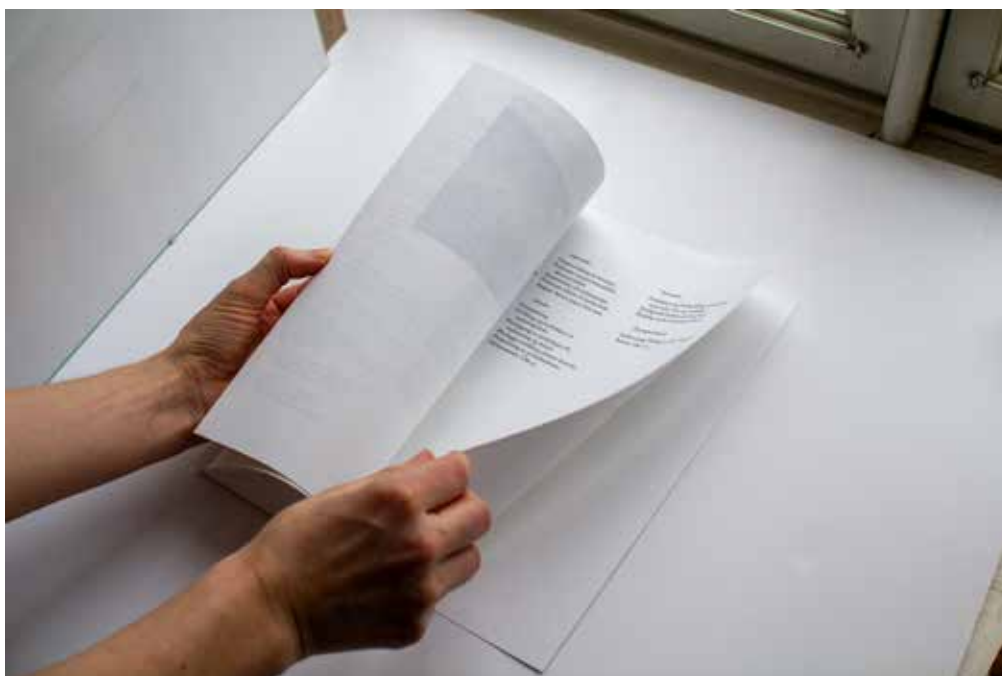
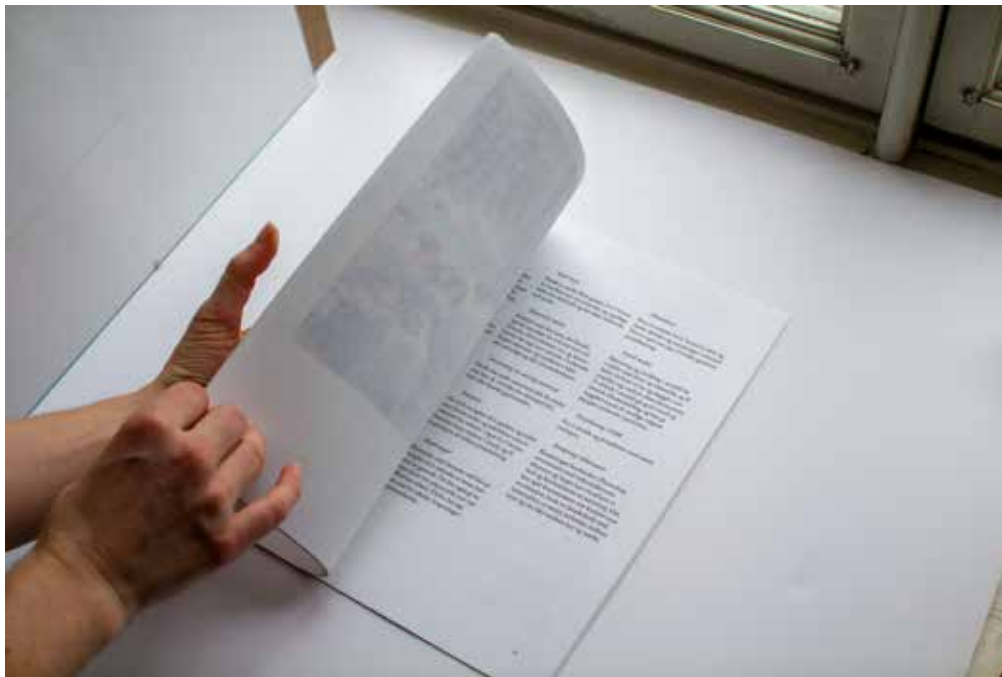
Veileder: Nina Haarsaker



Prosess

Utstilling

Å stille ut noe er å løfte frem, og opphøye. Til utstillingen var tanken å ramme inn tegninger i klipsrammer. Disse består av en fiberplate med slisser, en glassplate og metallklips til å feste med, en veldig enkel og praktisk konstruksjon. Disse rammene er på mange måter ikoniske og rene. De tar ikke mye fokus, men samtidig er de veldig brukbare og mangfoldige, og de løfter frem, opphever det man ønsker å formidle. Som en hovedregel fant jeg kun rammer på bruktbutikker rundt i Trondheim fordi disse var rimelige, og det måtte bety ulike størrelser. Derfor ville også innholdet, skalaen i tegningen, finne sin ramme.



Papir

Alle tegninger og hefter var tenkt printet på papirtypen 'Munken print white'. Denne har en dus og noe varm tone i forhold til vanlig bleket papir, men er likevel ikke gul. Den har også en matt og litt ru overflate som er behagelig å stryke fingrene på, og har en gravitas og noe antikk følelse. Denne var også tenkt i ulike tykkelser, blant annet for å få kontrast i letthet og tyngde og translusens.

Omslag: 150 gsm

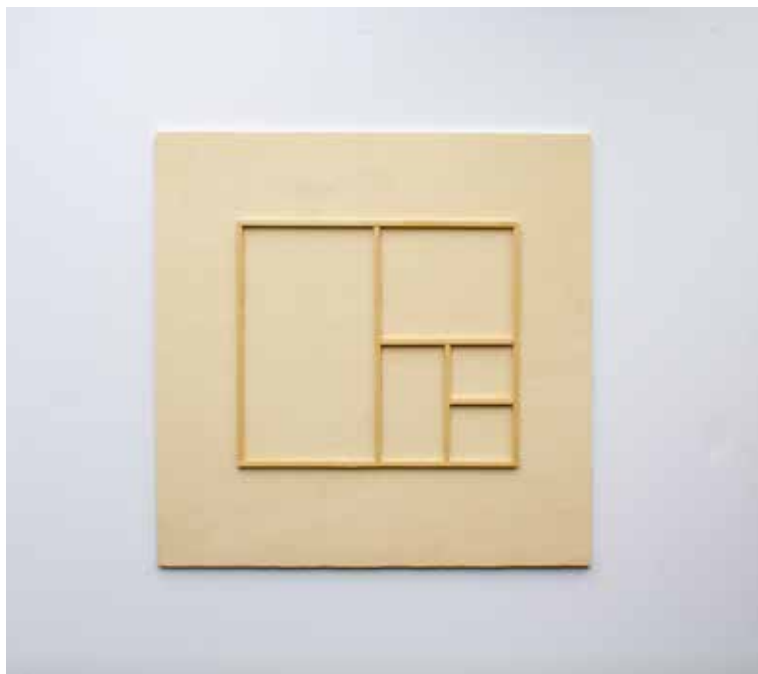
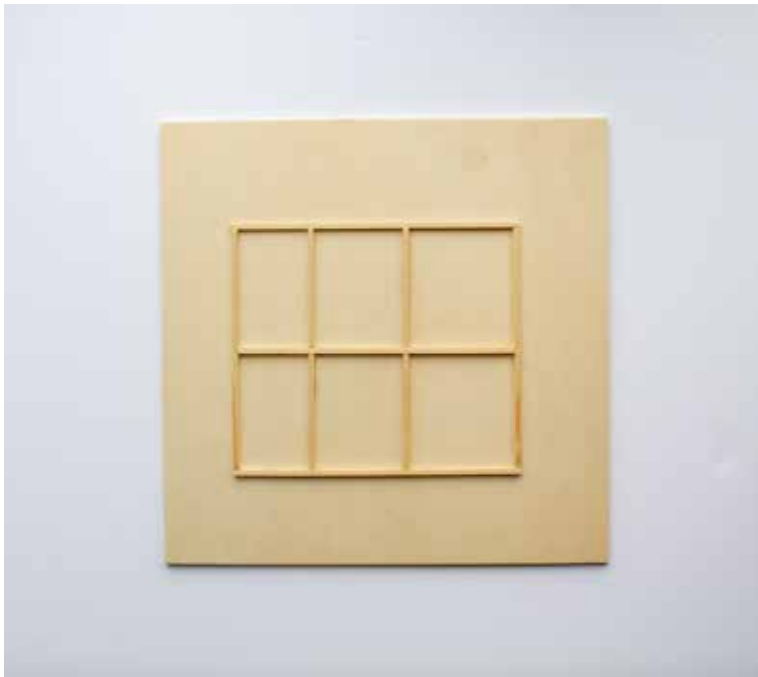
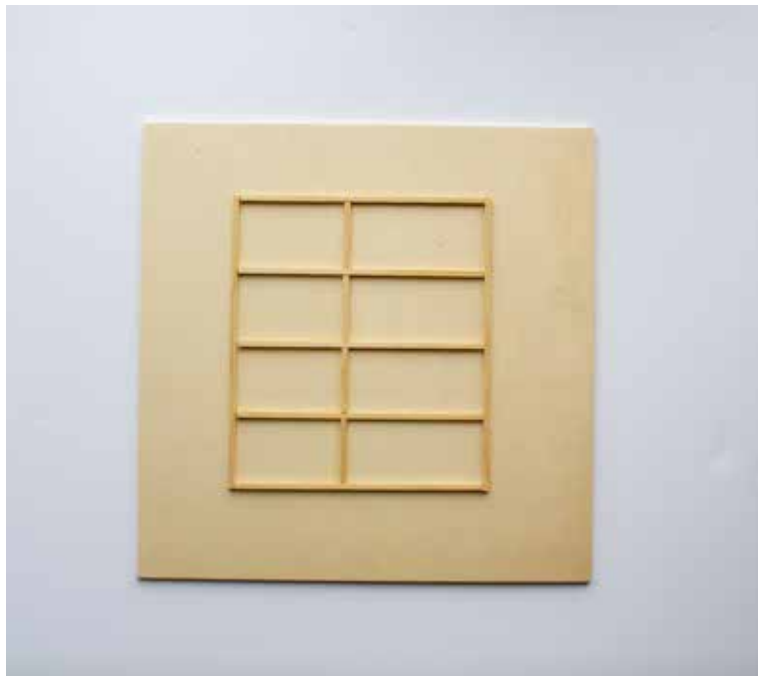
Tekst: 120 gsm

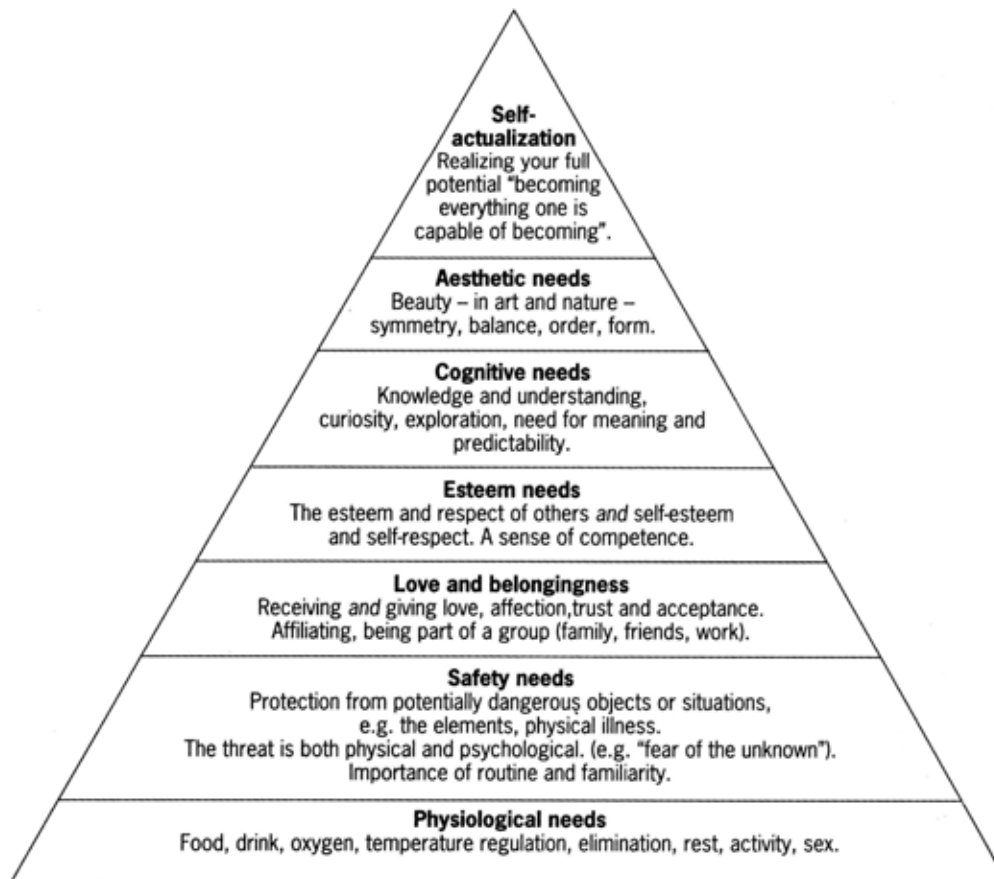
Bilder: 70 gsm

Innbinding

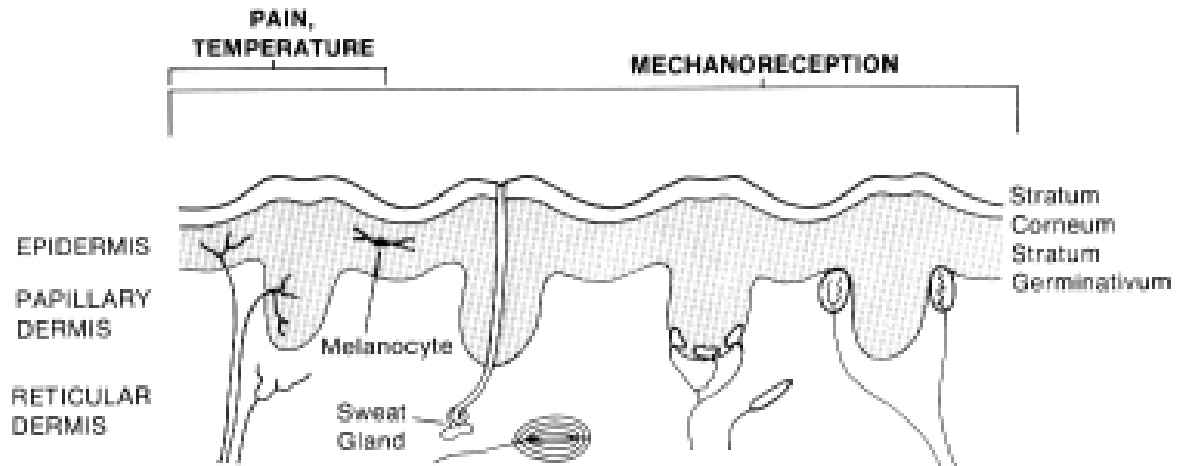
Boken skulle sys i seksjoner på 16 sider og limt i ryggen, deretter 'tapet' med et tilskåret lin-bånd







GLABROUS (HAIRLESS) SKIN



	FREE NERVE ENDINGS	PACINIAN CORPUSCLE	MERKEL'S DISCS (RUFFINI ENDINGS)	MEISSNER'S CORPUSCLE	
A-beta (6-12 μm , 30-70 m/s)	—————	Pressure, Vibration (250-300 Hz) (Tickle?)	Touch, Pressure	Touch, Vibration (30-40 Hz)	} Stimuli
A-delta (1-5 μm , 5-30 m/s)	Cooling, Pricking Pain	—————	—————	—————	
C (0.2-2 μm , 0.5-2 m/s)	Warming, Burning Pain, Itch	—————	—————	—————	
ADAPTATION	Very Slow	Very Fast	Slow	Fast	
MODALITY	Temperature, Pain	Touch-vibration (Acceleration Detector)	Touch-pressure (Velocity and Intensity Detector)	Touch-flutter (Velocity Detector)	









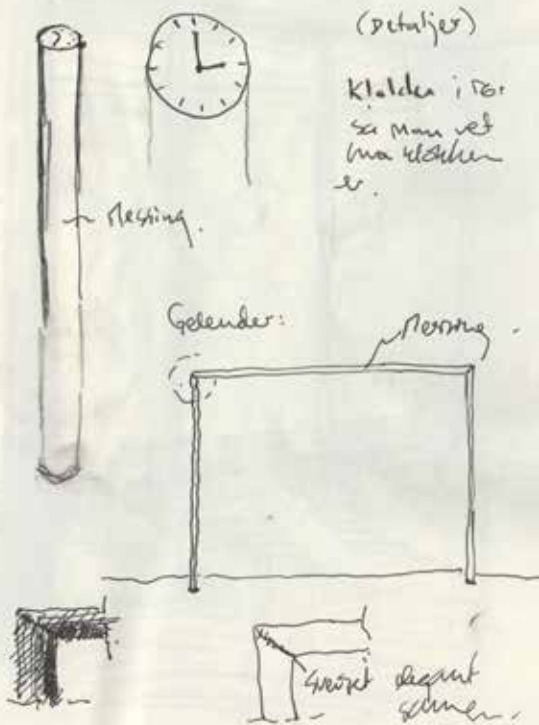
Man folke virkely varmet
 lese opp spenninger -
 Massasjederivene og det deilige
 varmet med kroppstemperatur - som

følter så behagelig - bidro til at
 stressen avtok. I starten var
 vi stresset - tiden gikk fort/
 har gått veldig fort på turen
 utrolig - men på slutten ble alt
 rolig. Vi hadde prøvd alle bad på
 tre timer - så var det bare
 steam og dir igjer - og soling
 på terrassen.

Friso-ice pool: kontrast bad -

42°C vs 14°C - Det kalde
 varmet var veldig kaldt -
 en liten skikkelighet var nok.

TYRME I VALS



(detaljer)

Kloden i tårn
 så man vet
 hva klokken
 er.

eller i "RO"

- Nær luft (Dijet)
- ordentlig uttrykket.
- sitte litt lunt.
- trøst. Betong, mur, og.
- varme vannlender. 100 poeng.
- dyper nær badet. store uvent.



smått:



MINIKAPPEL

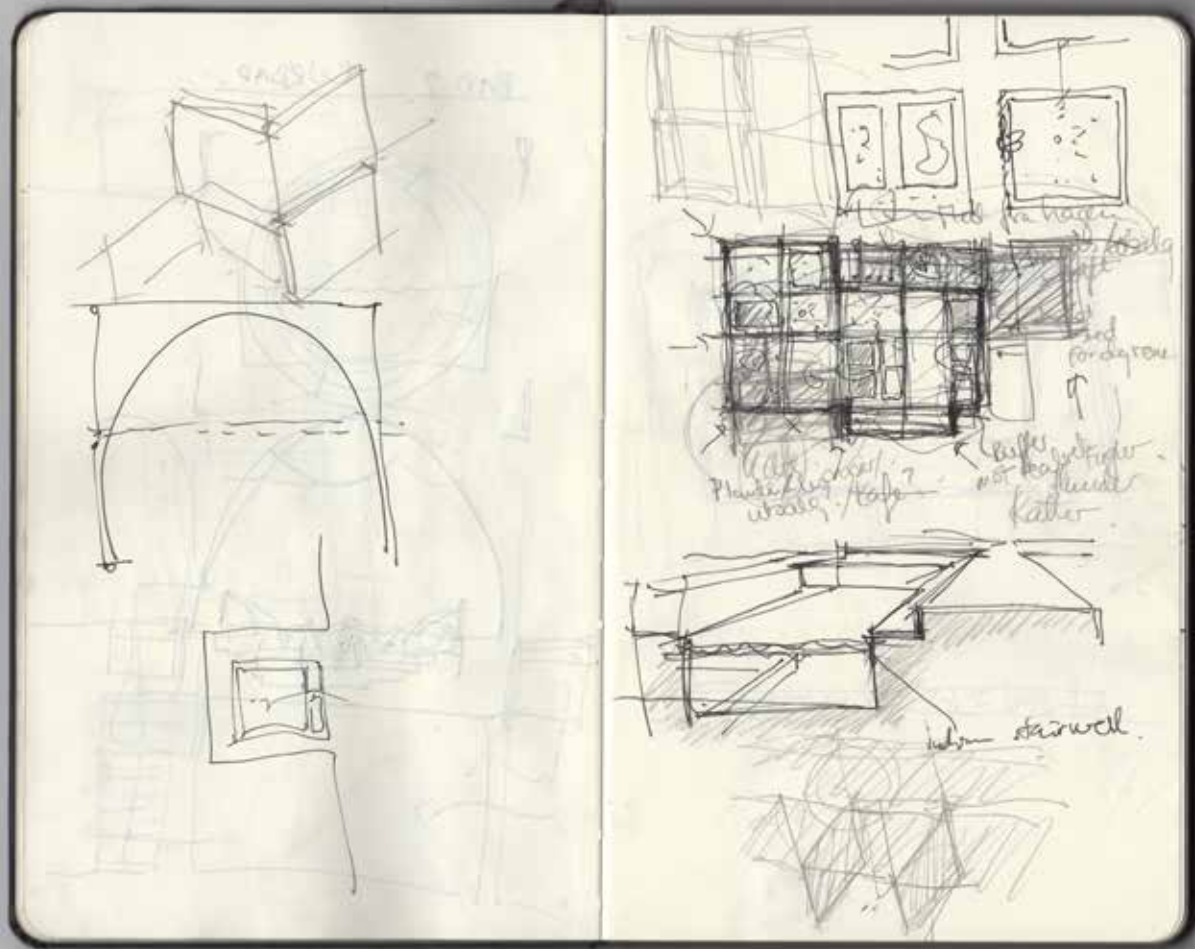
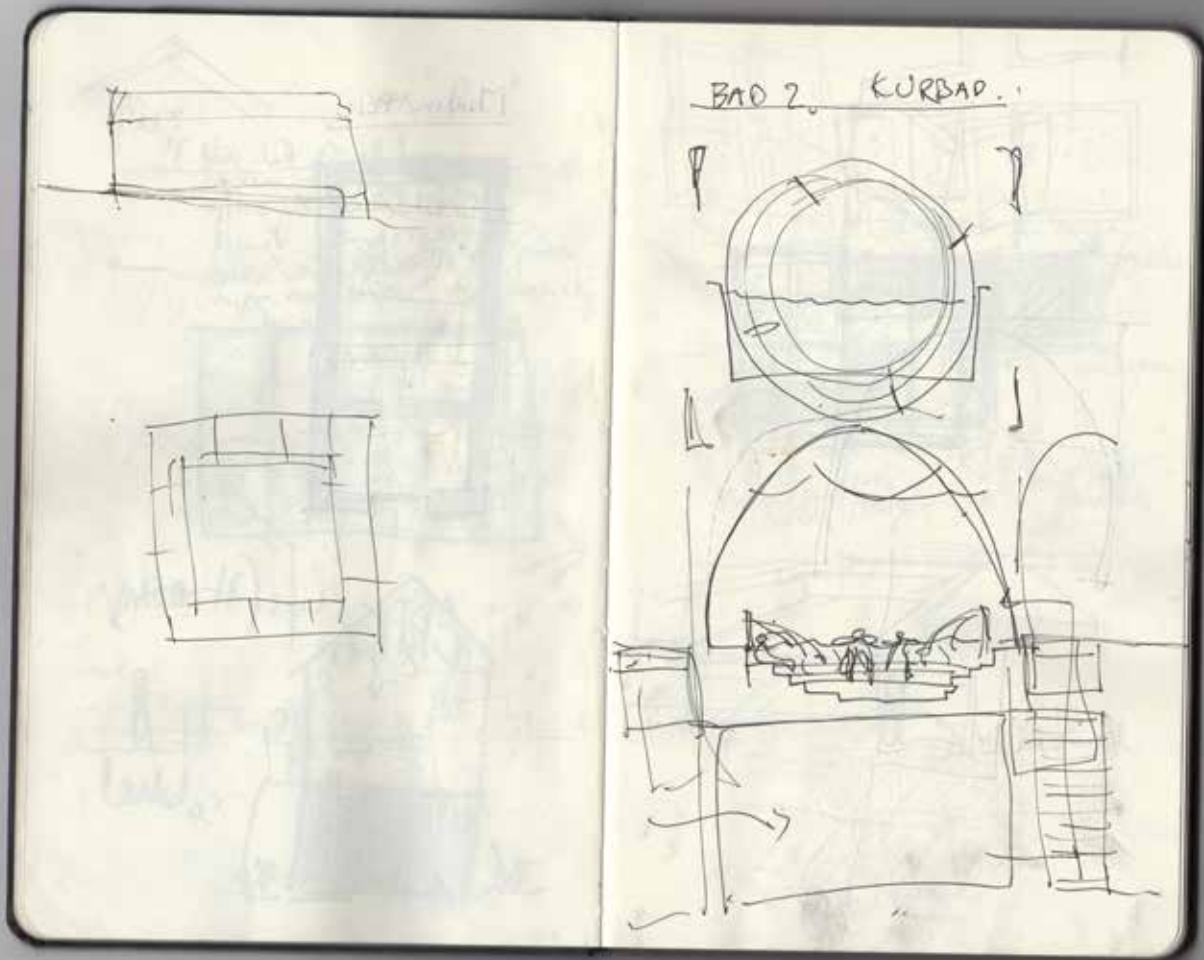


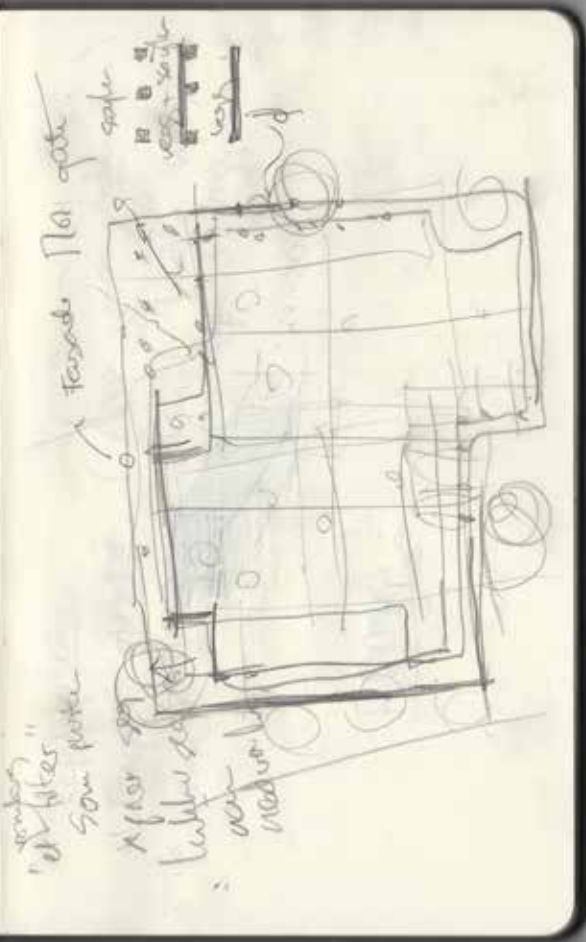
(kanskje en veg.)

Lysfilt-reing.

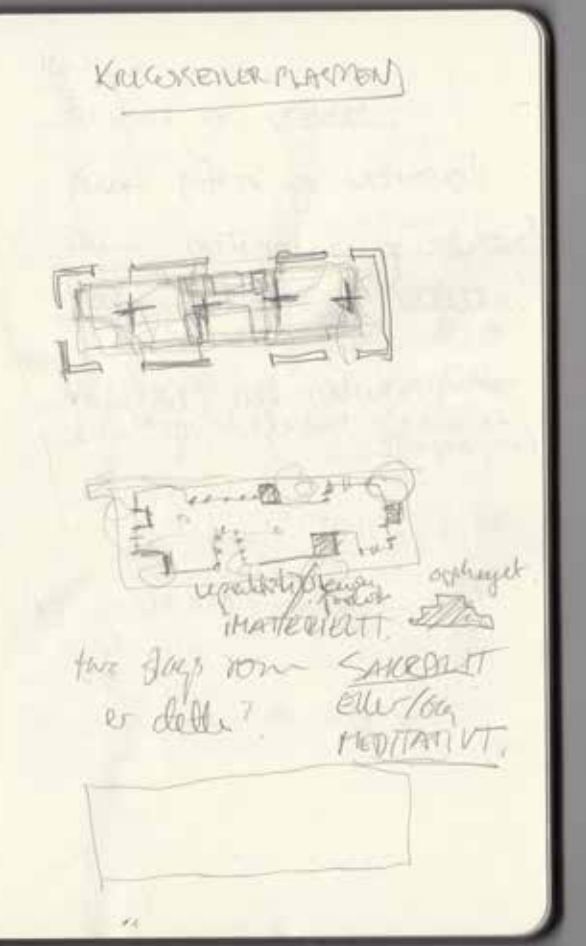


sekkel

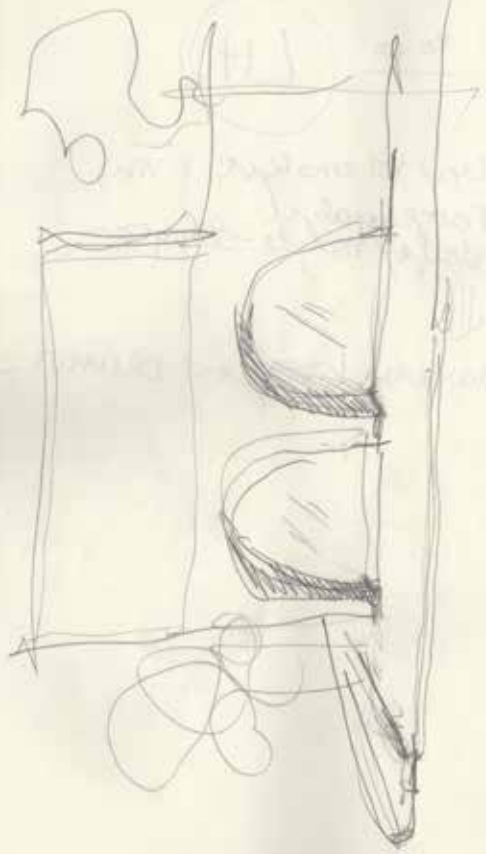




...
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 ...
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 ...
 ...
 ...
 ...
 ...



April. 01-2400
Rugby?

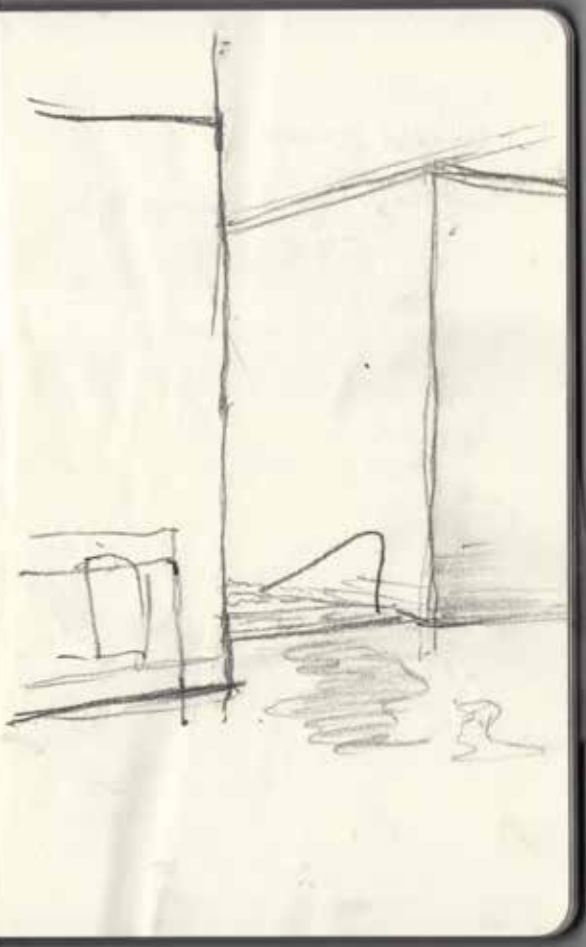


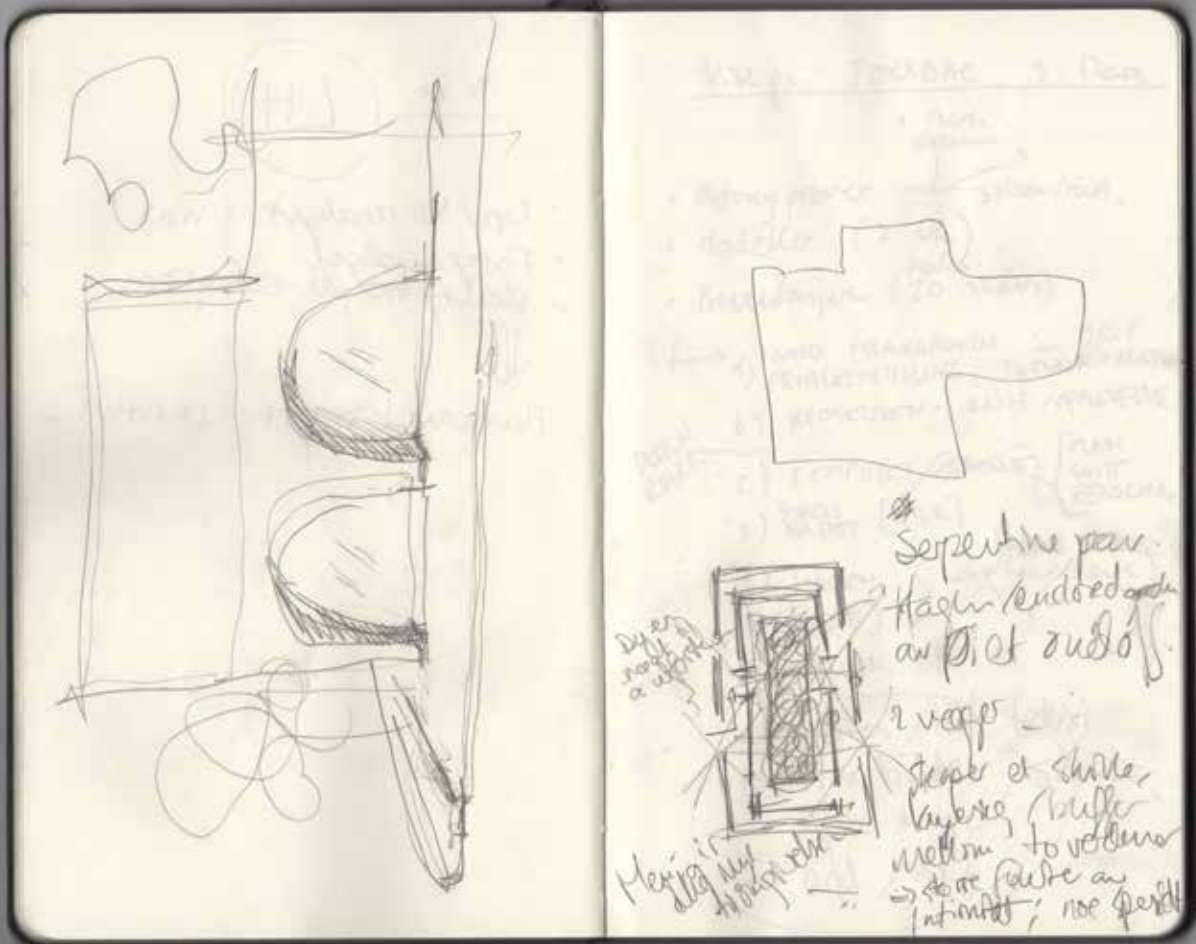
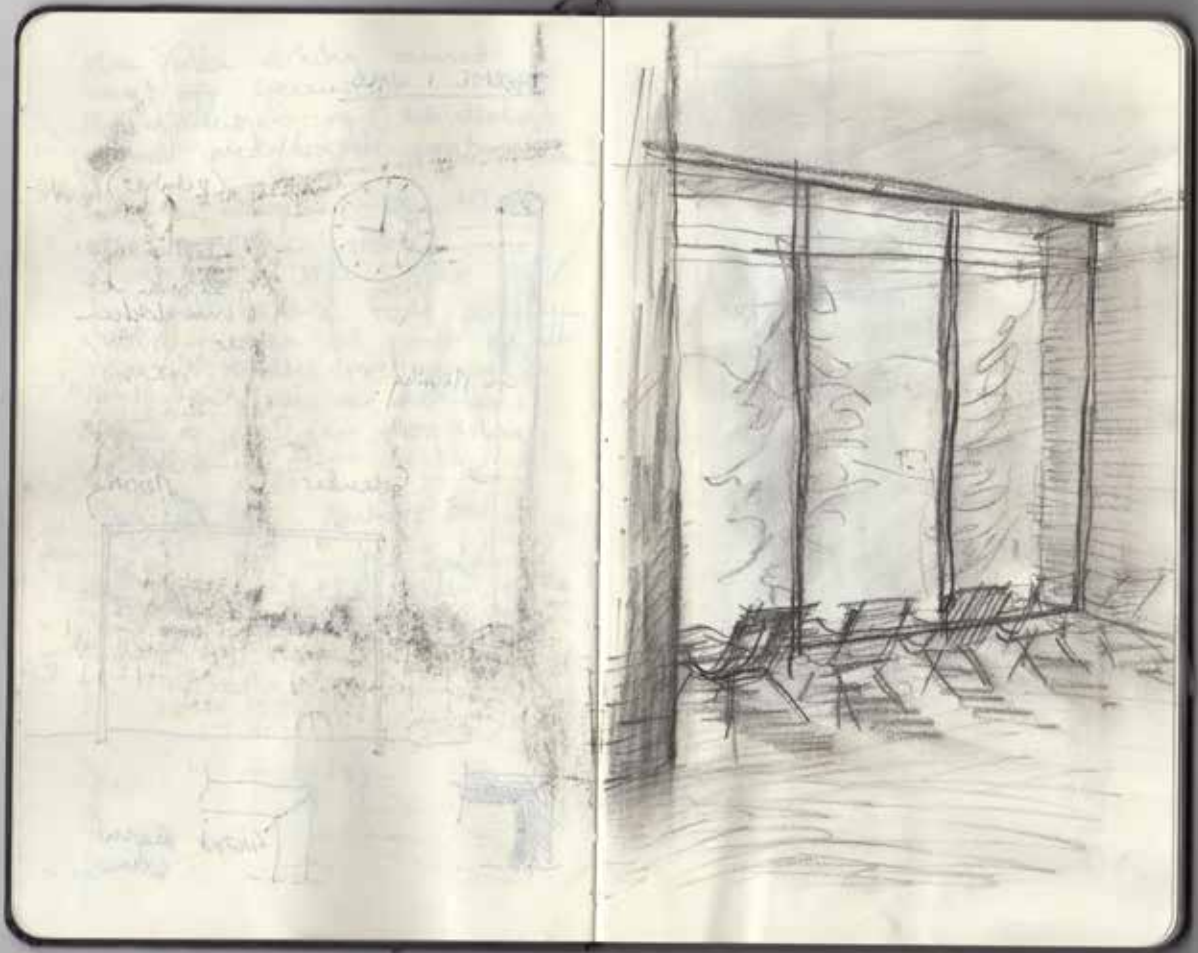
Notes: ...

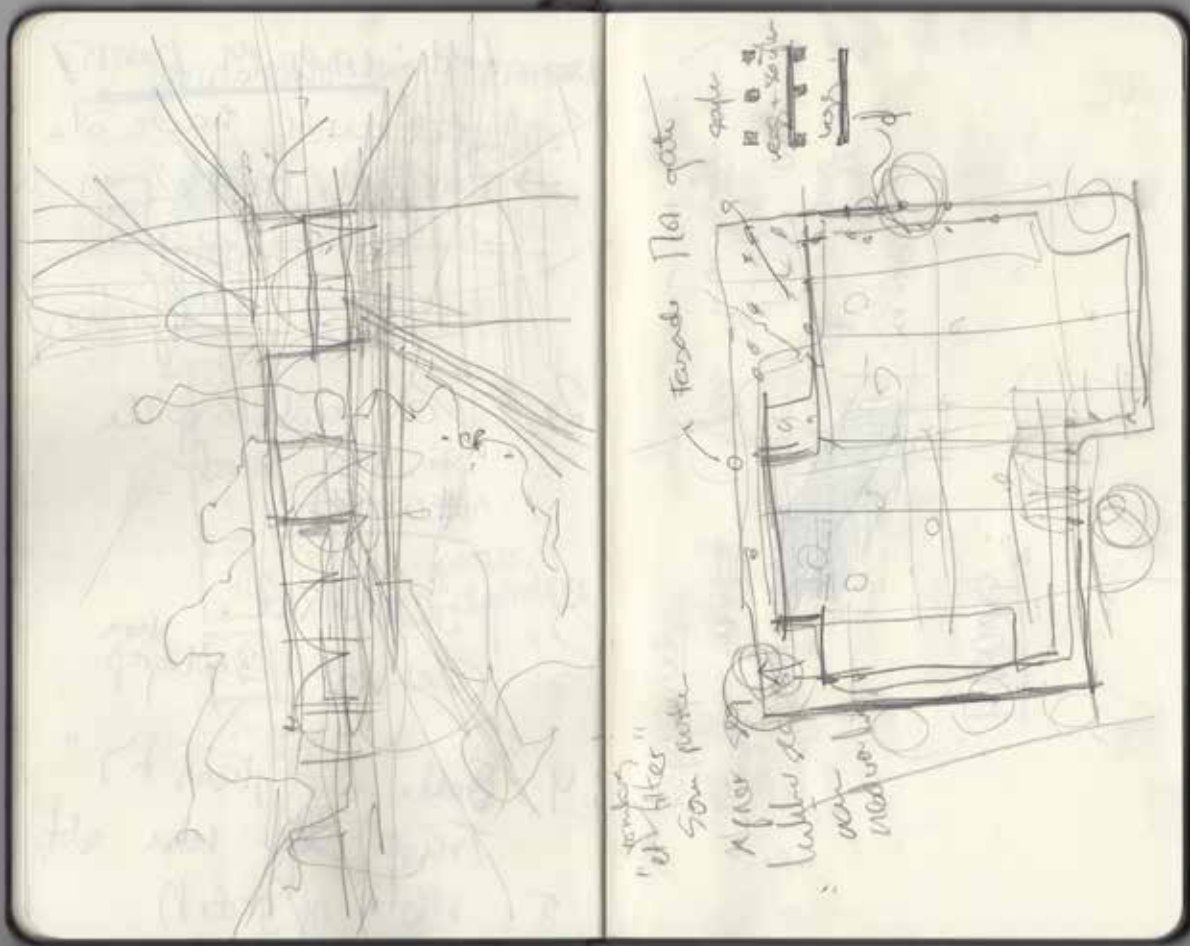
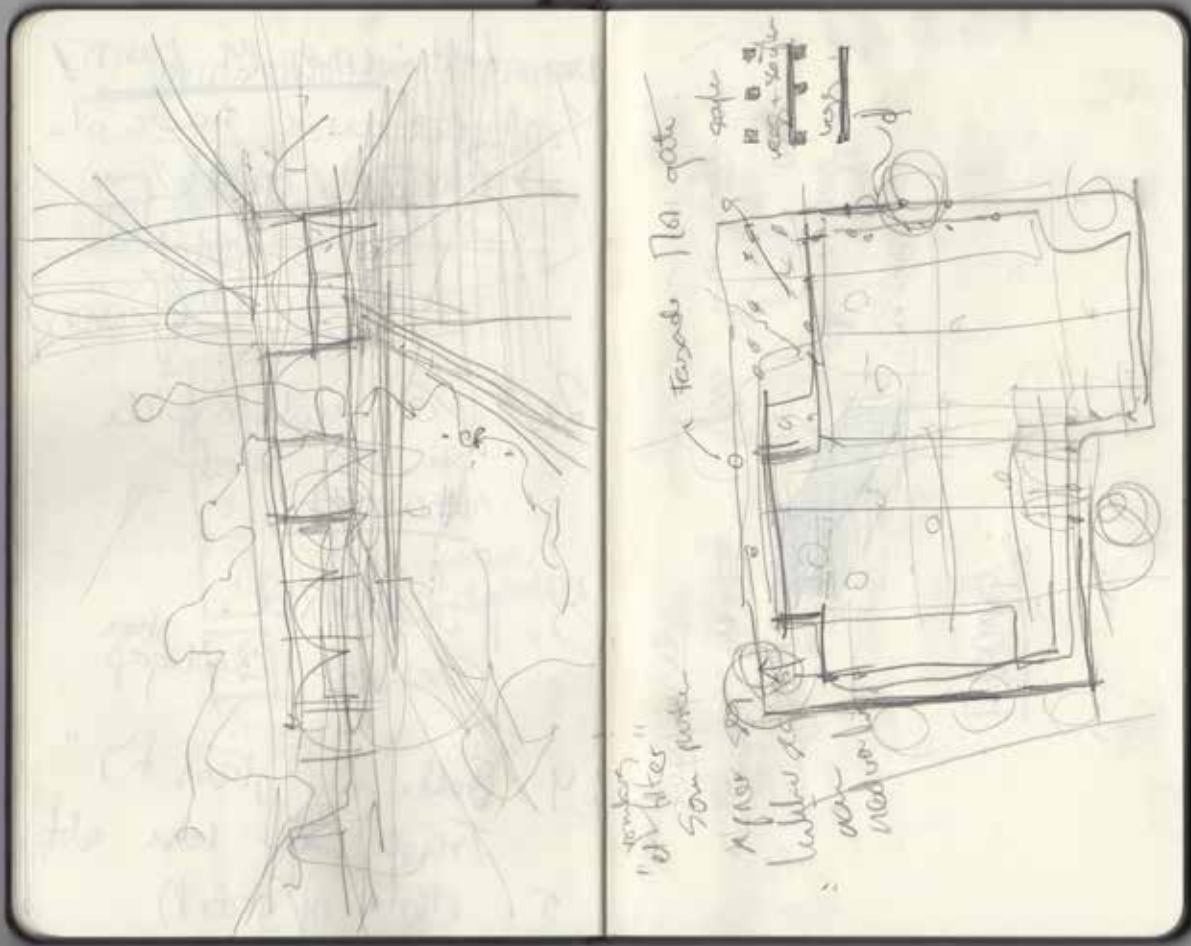


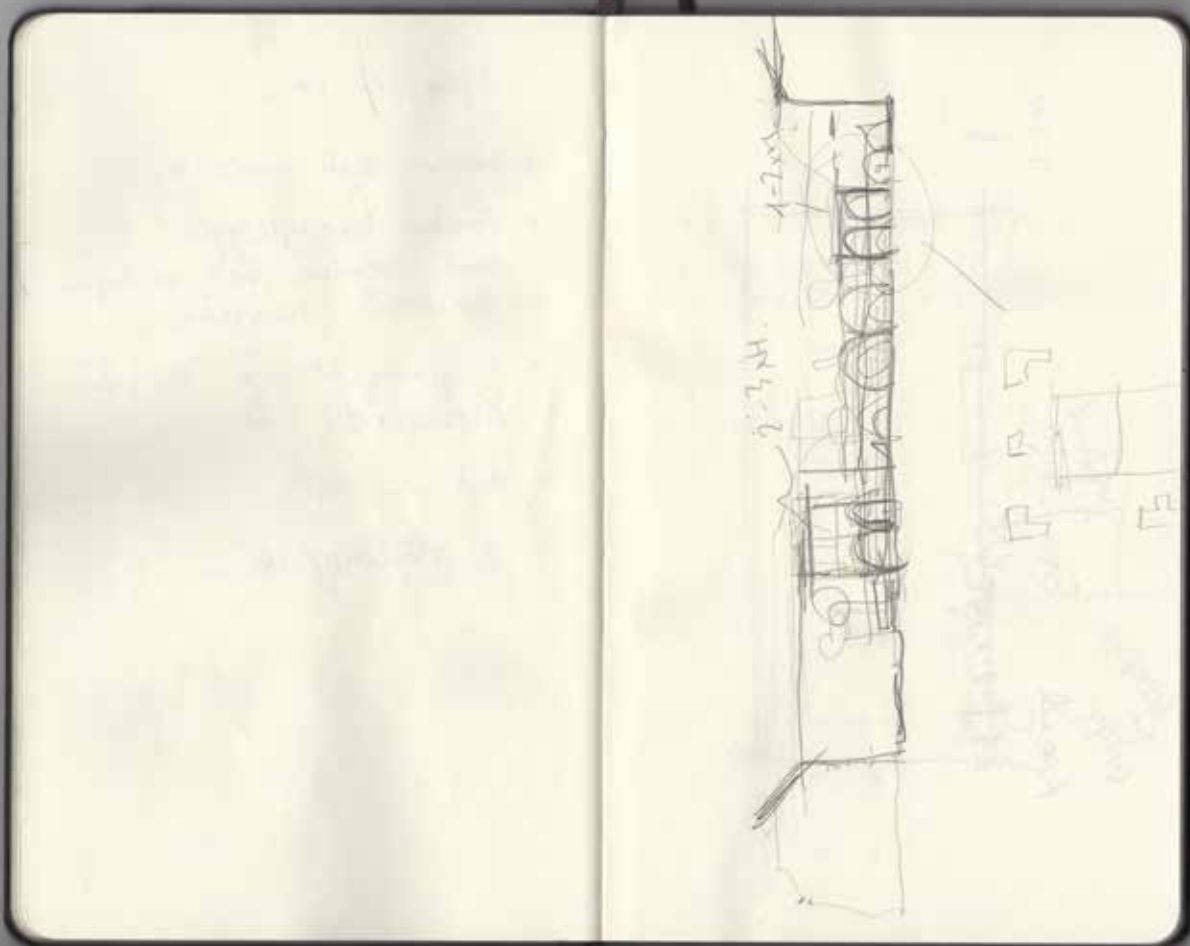
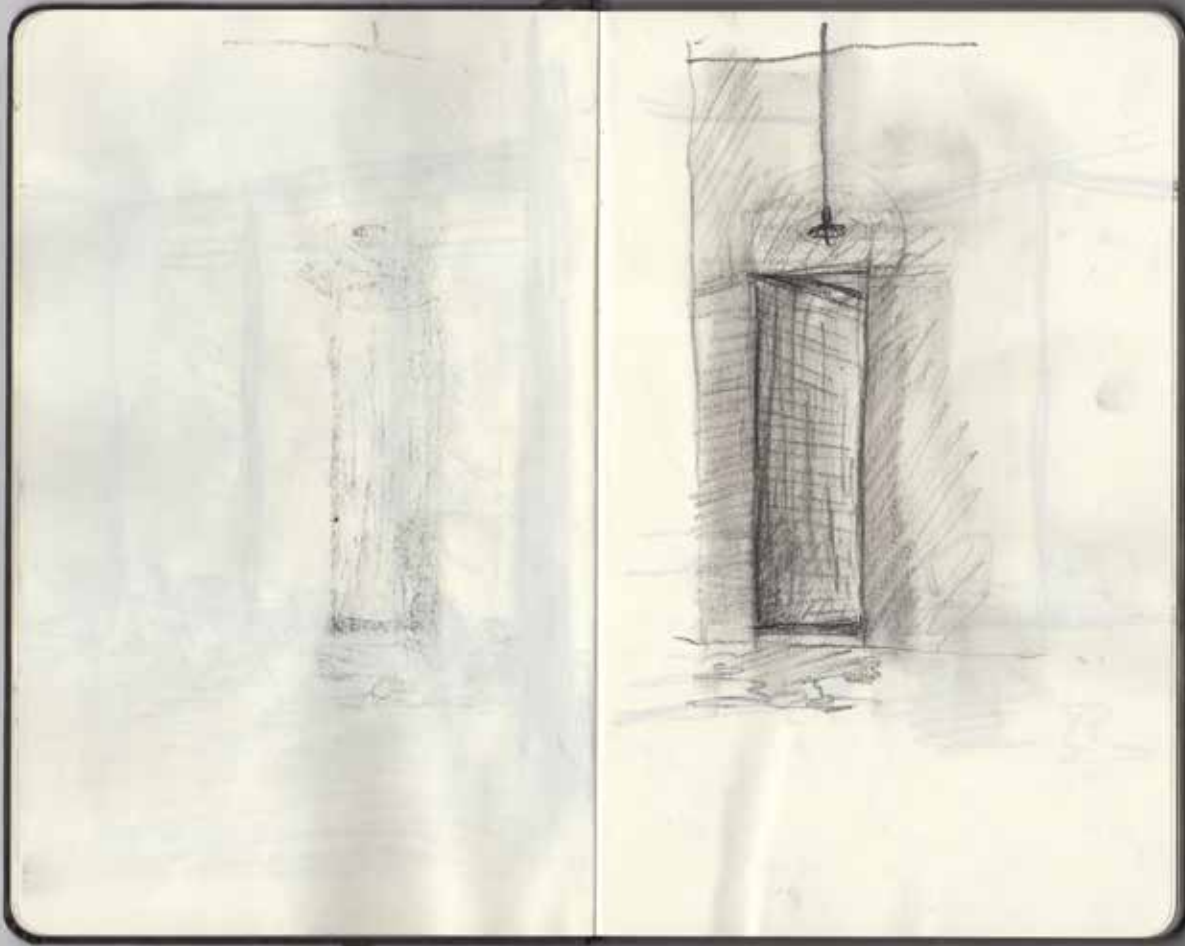
* Serpentine pav.
Has a curved arch
on the outside.
2 vases
Keeps a shell,
Kubera, bull
mellon to volume
→ de ne fable as
intimist; noe perdit

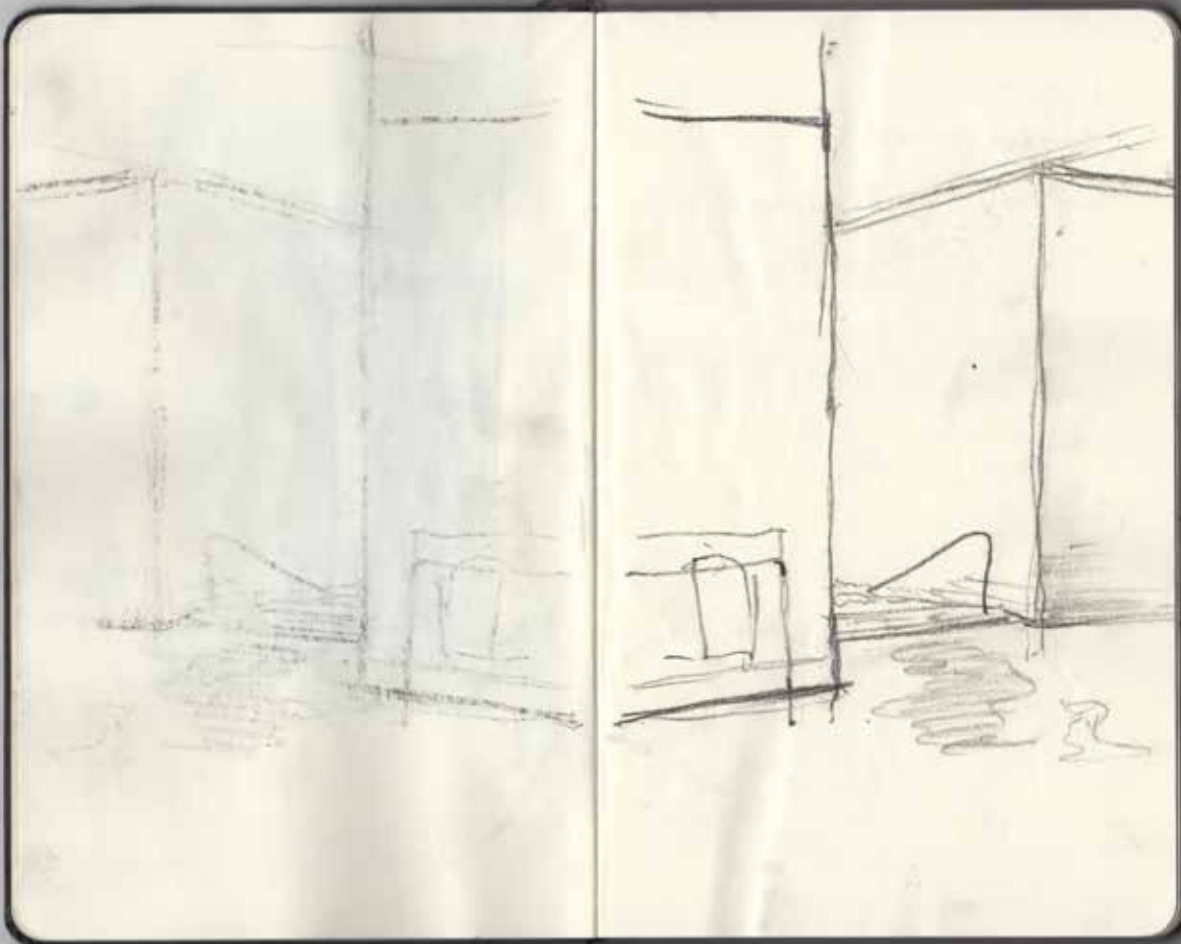
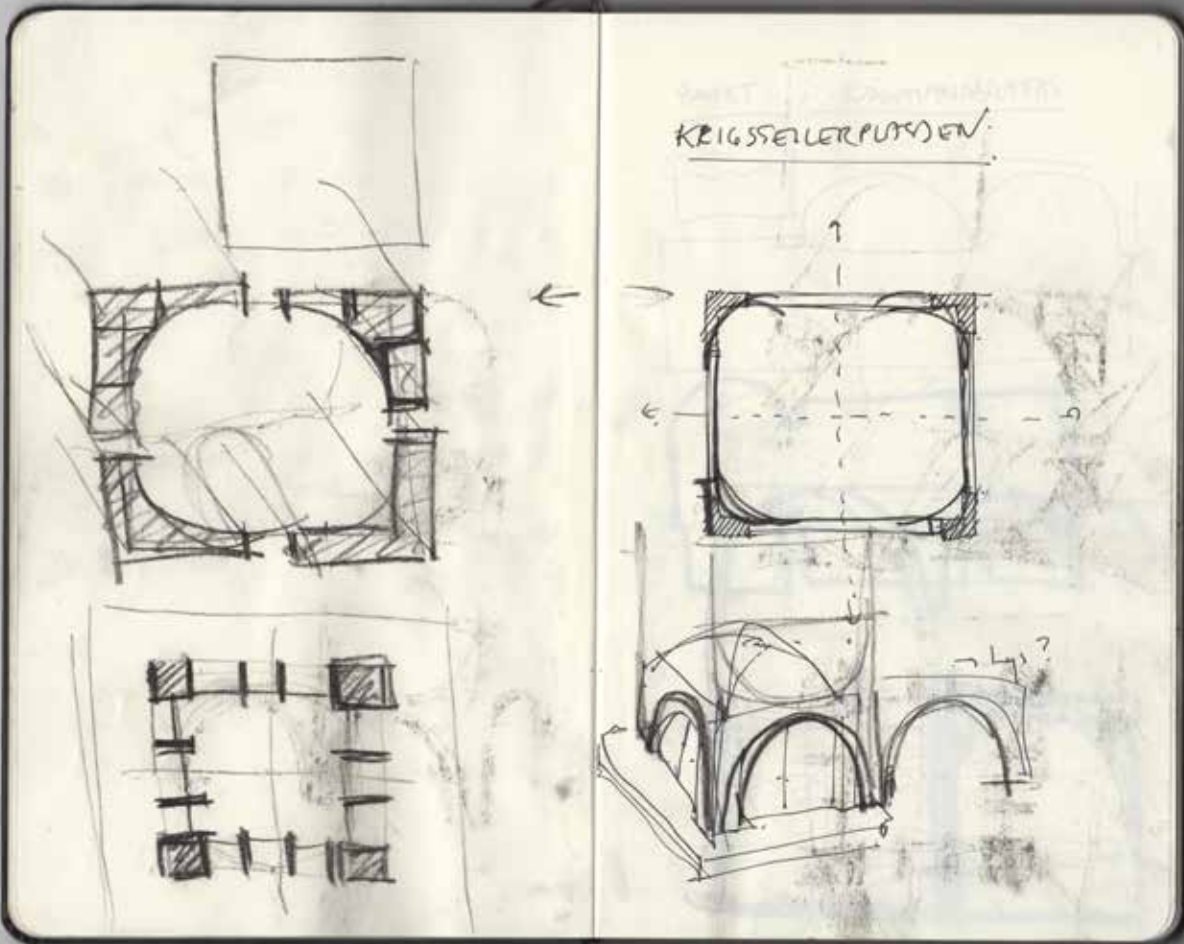
Spent. 09-2400
Right?

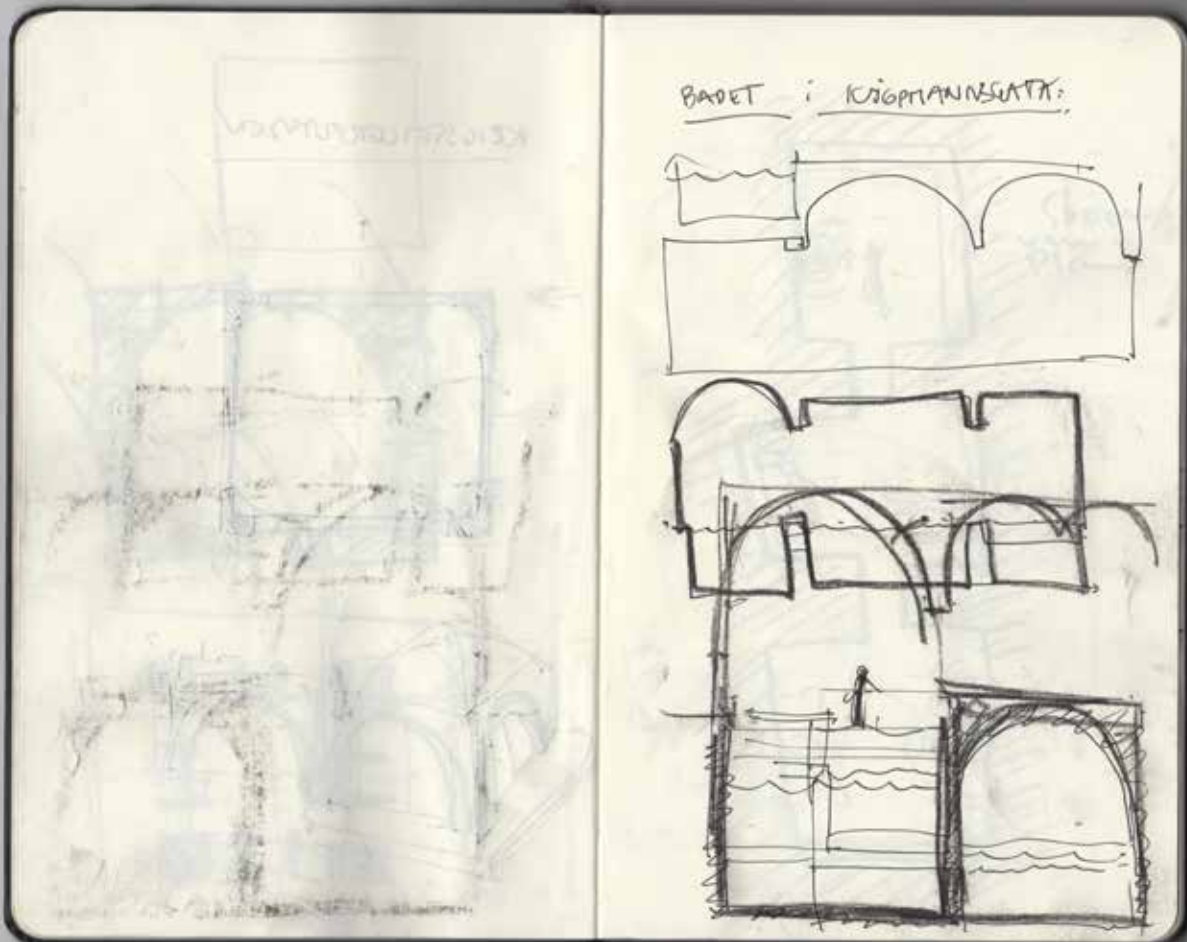
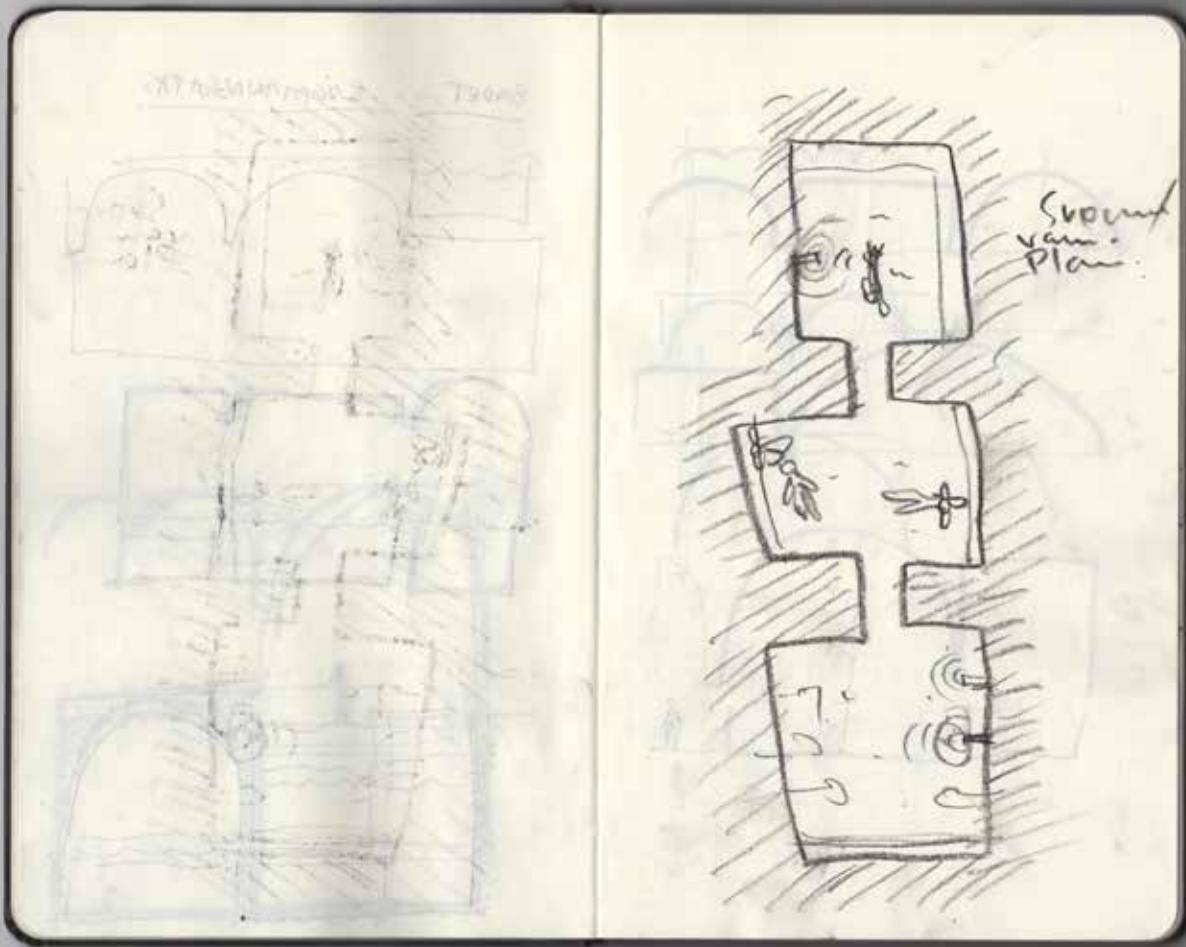


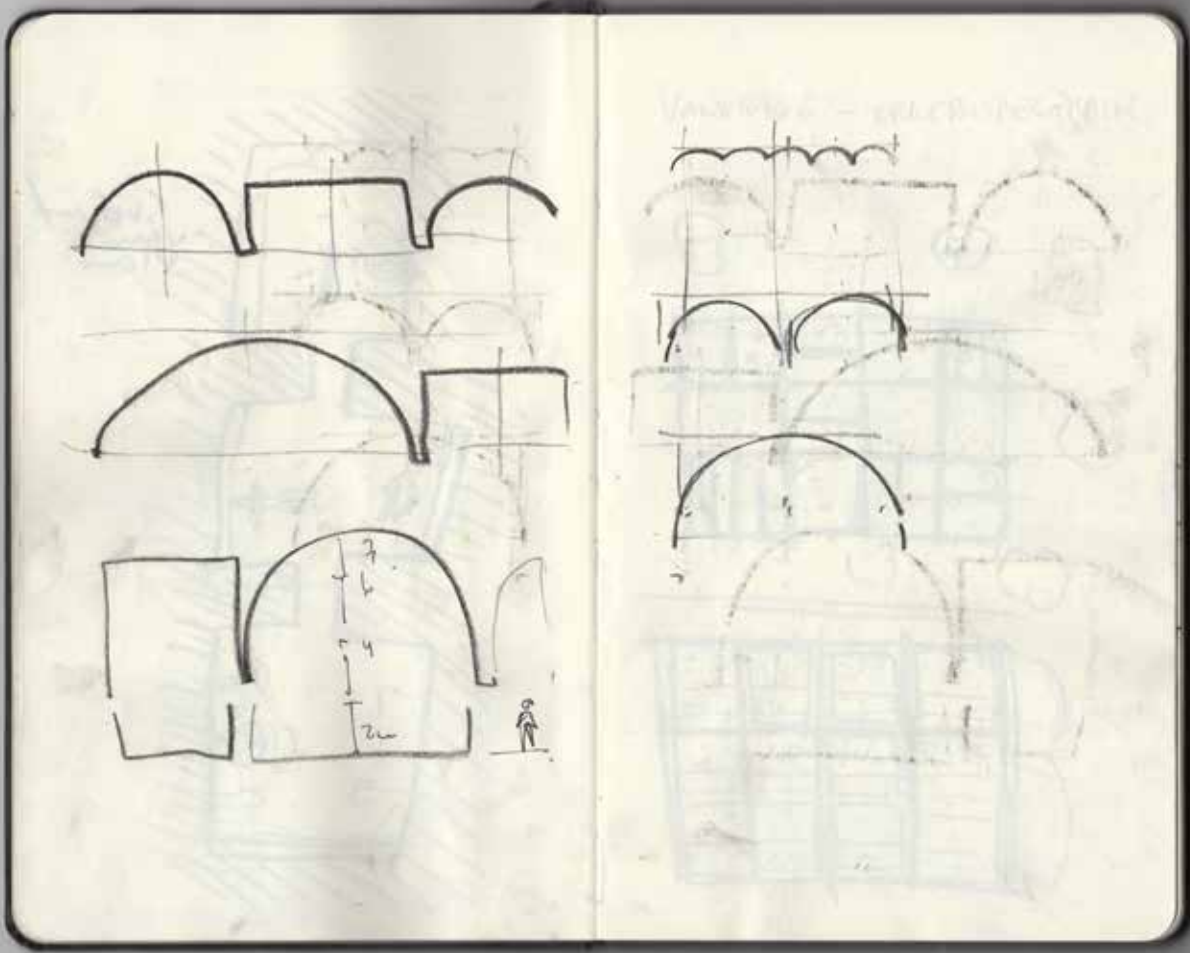
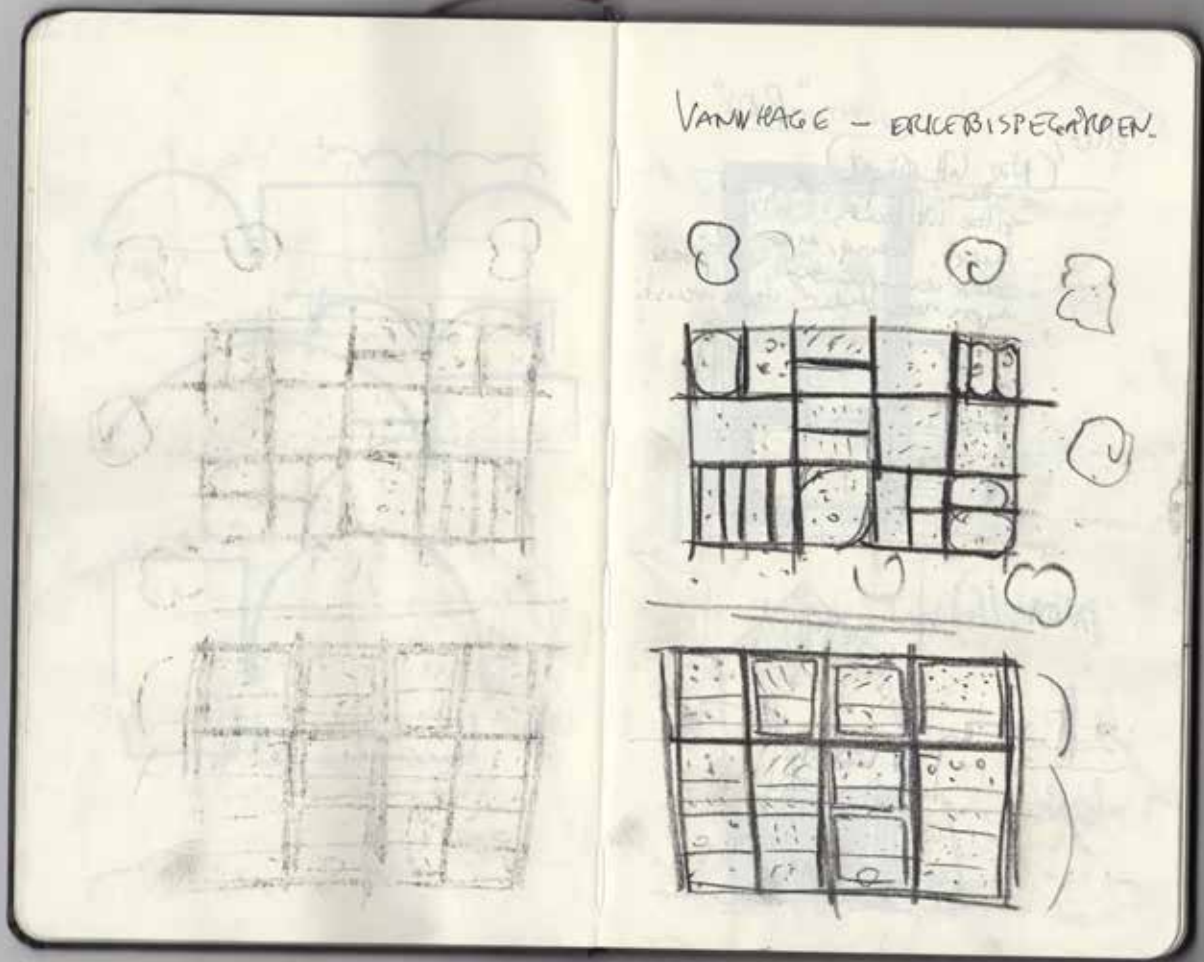












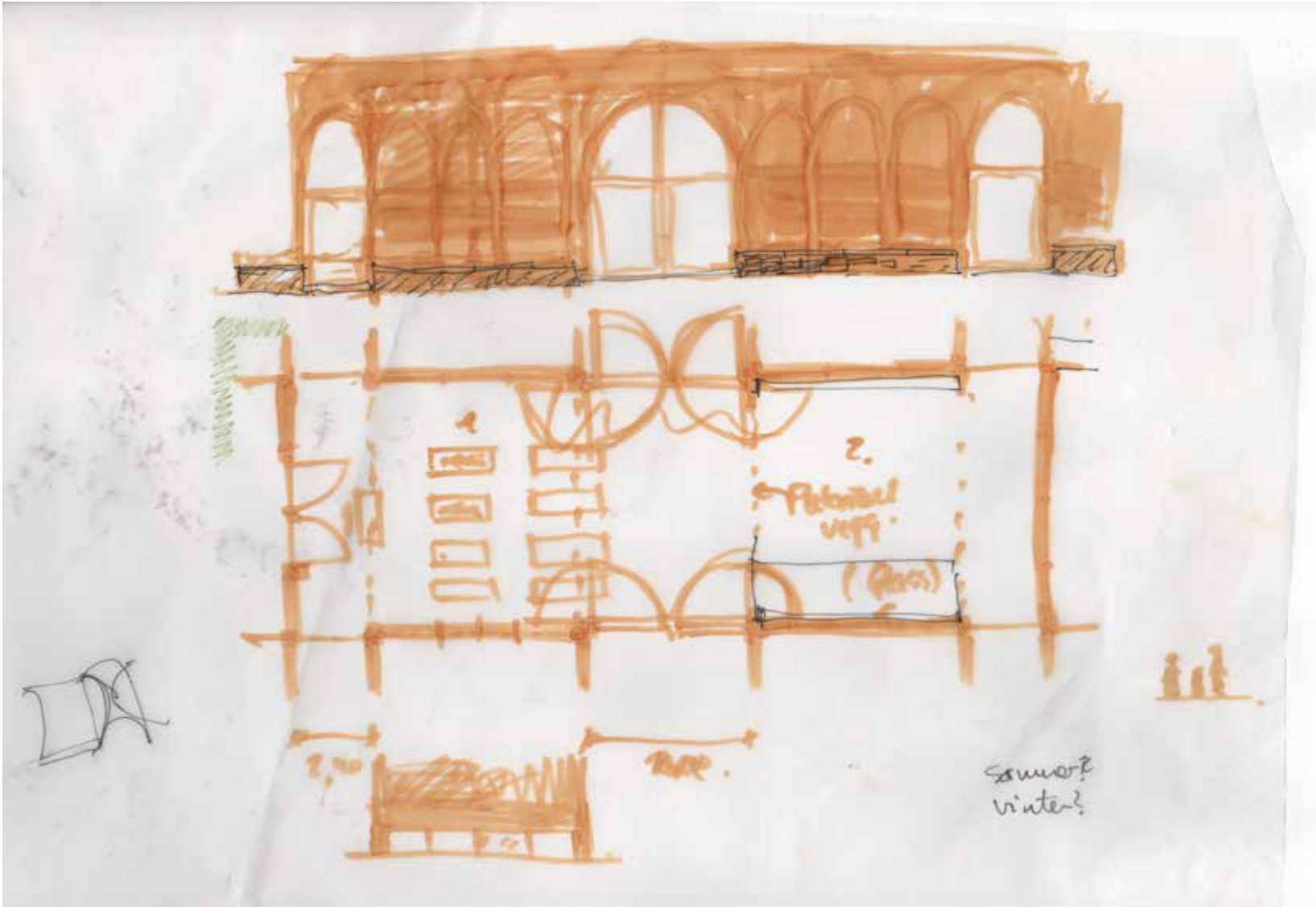
[Faint, mostly illegible handwritten notes on the left page, possibly including a list or schedule.]

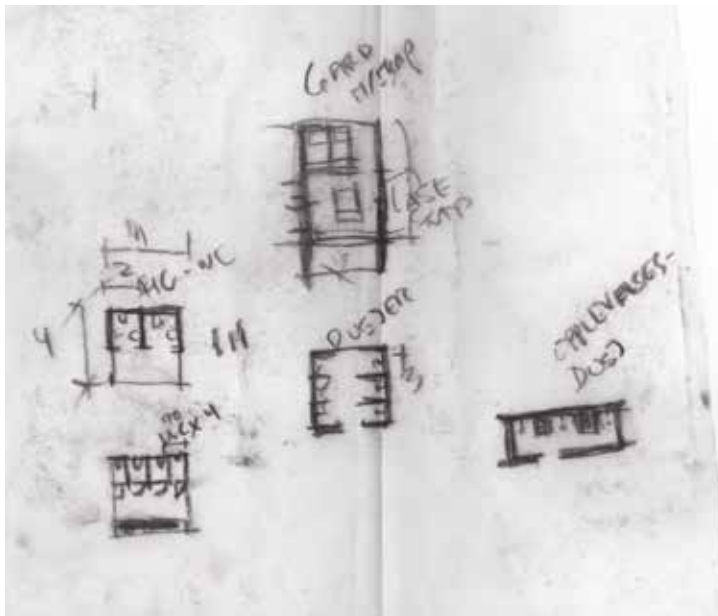
SPA:
 Hvor skal jeg begynde? Tiden har
 begyndt i går, såhå igen.

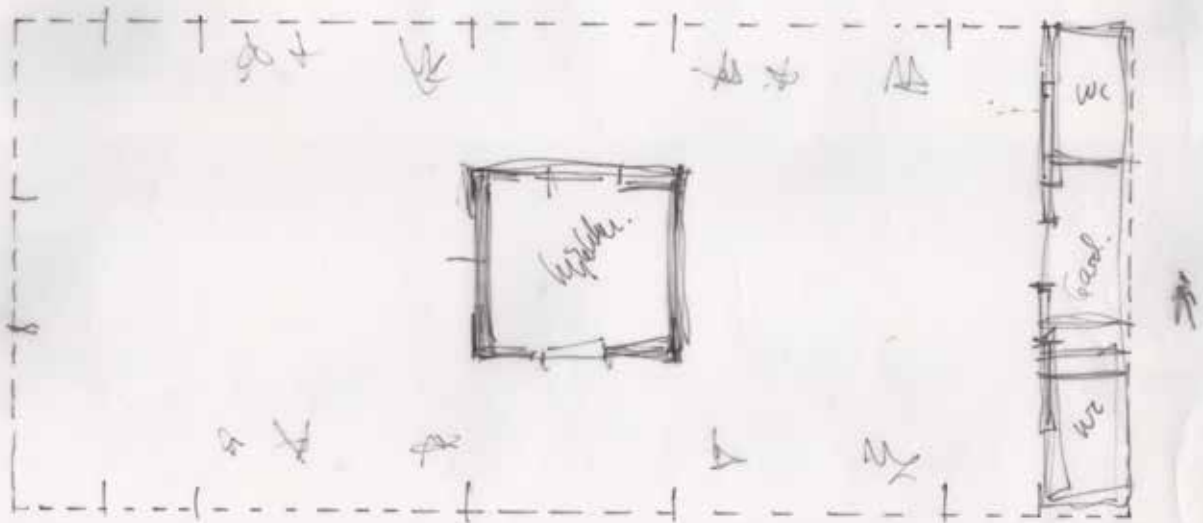
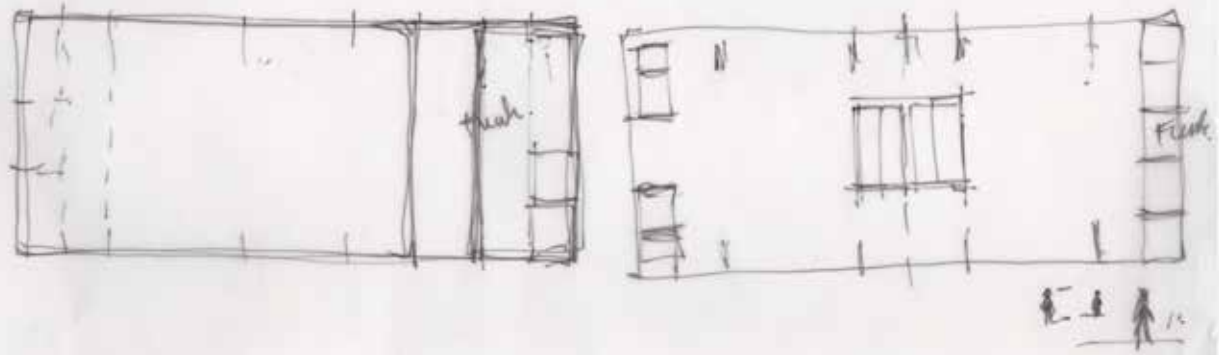
BASSINERNE:

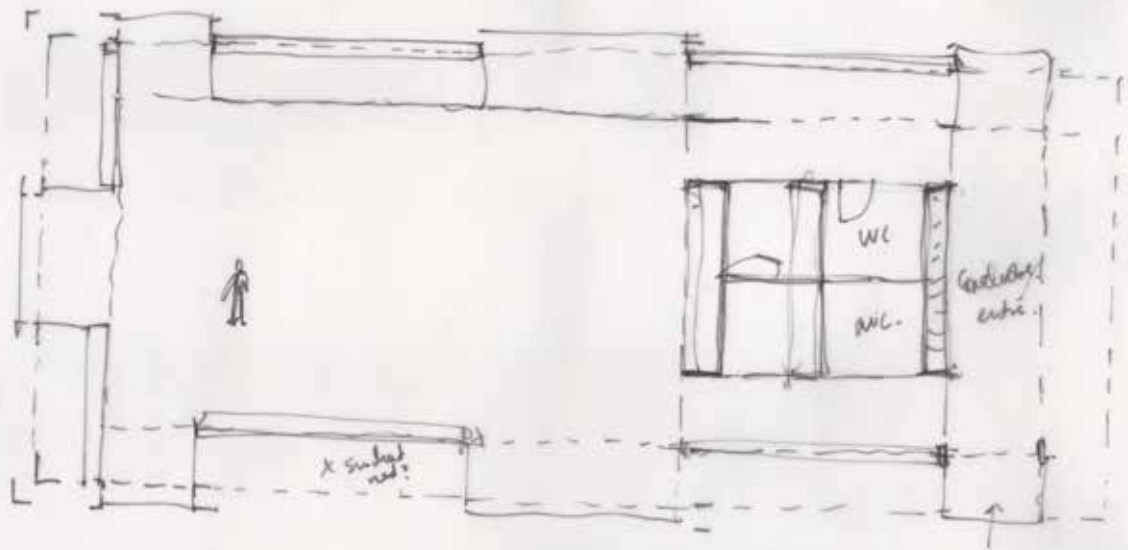
- 'indoor pool' ved 32°C. Mineralvann, for sig som bader på kroppen, der ligger i og flod lunge ved i selve vore under vandflaten, ble alle lyder stæft ute - næsten bare under vandet.
- 'Outdoor pool' - 30°C (sommer) / 36°C (vinter) - 33°C. Skal gøres ved en trappe på højre side, og en under vandt-ramppe for sig, med i midten og til venstre en "sluse" med kjetting / under vandt-ramppe hvor man kan komme svømme ut - (Lid varmere enn indoor pool - (virkelig det som) -



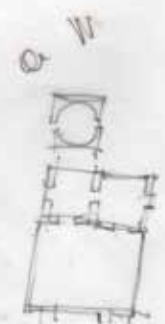
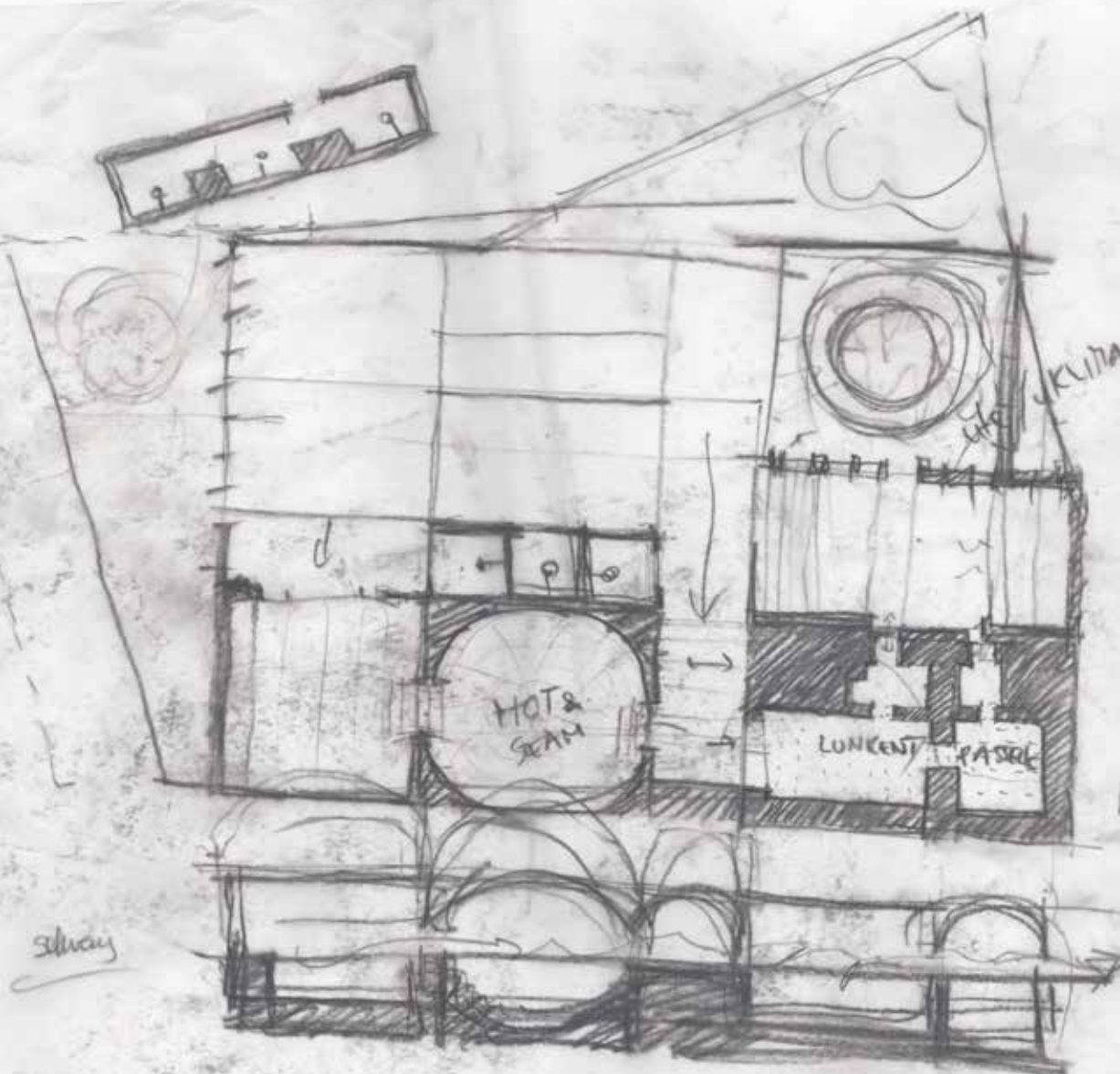






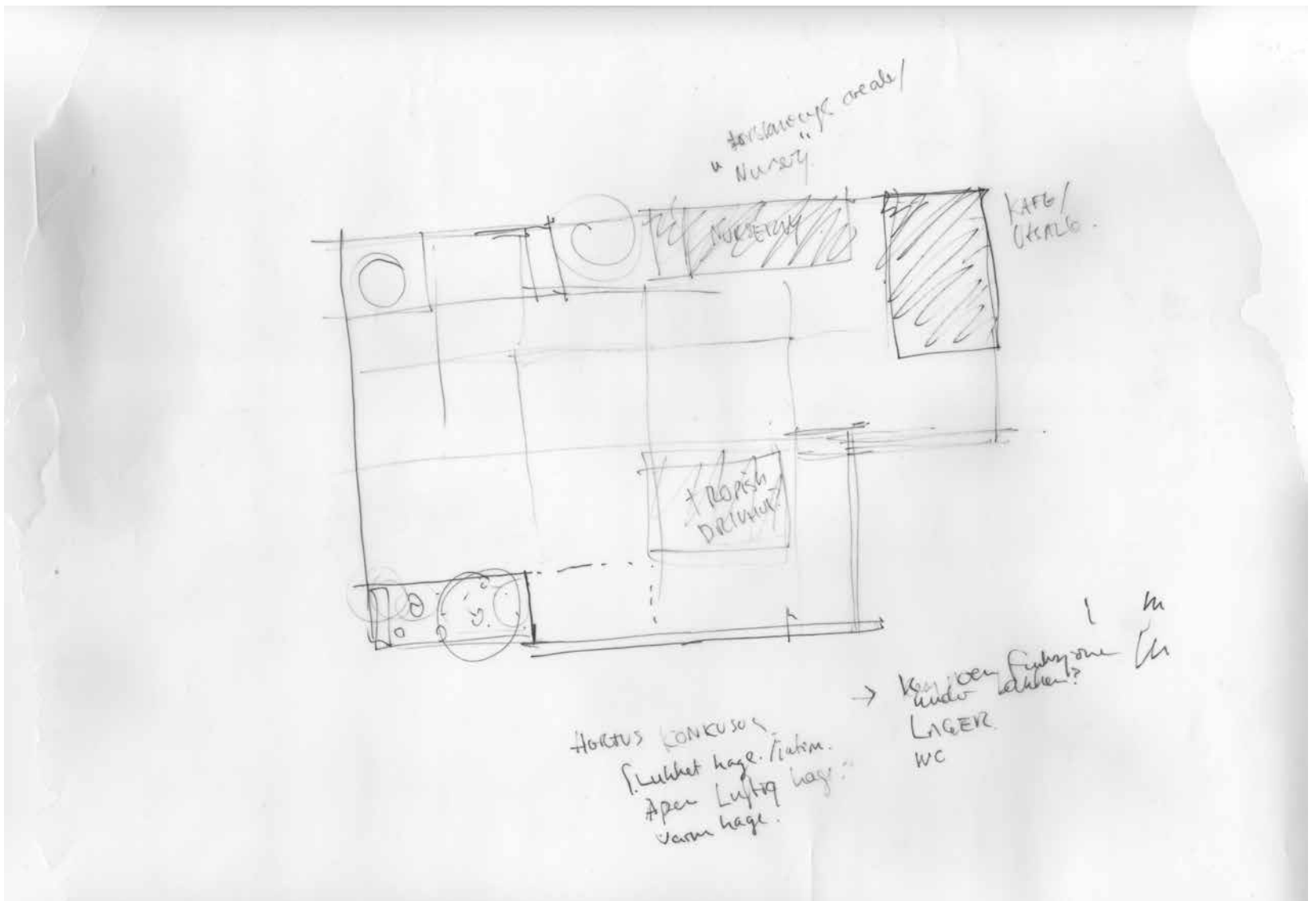
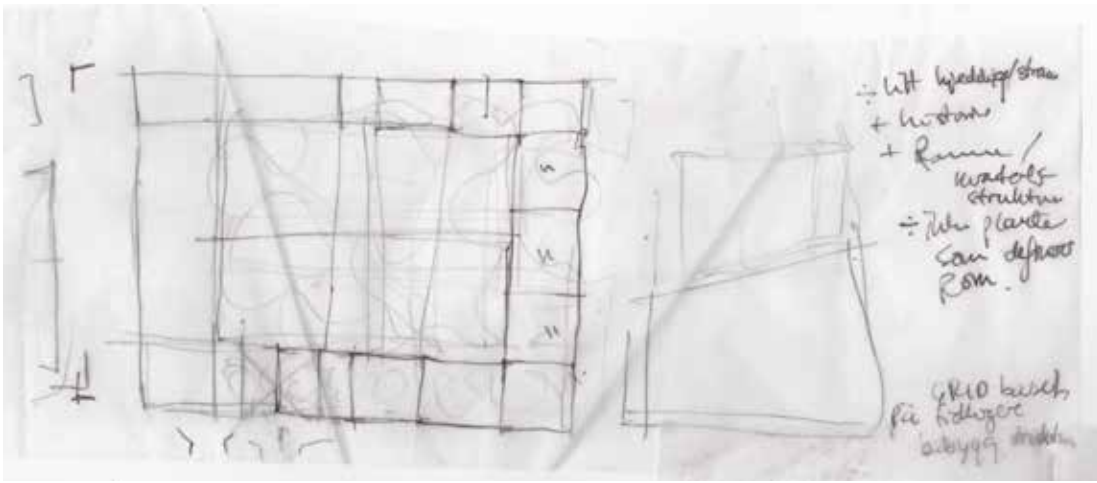


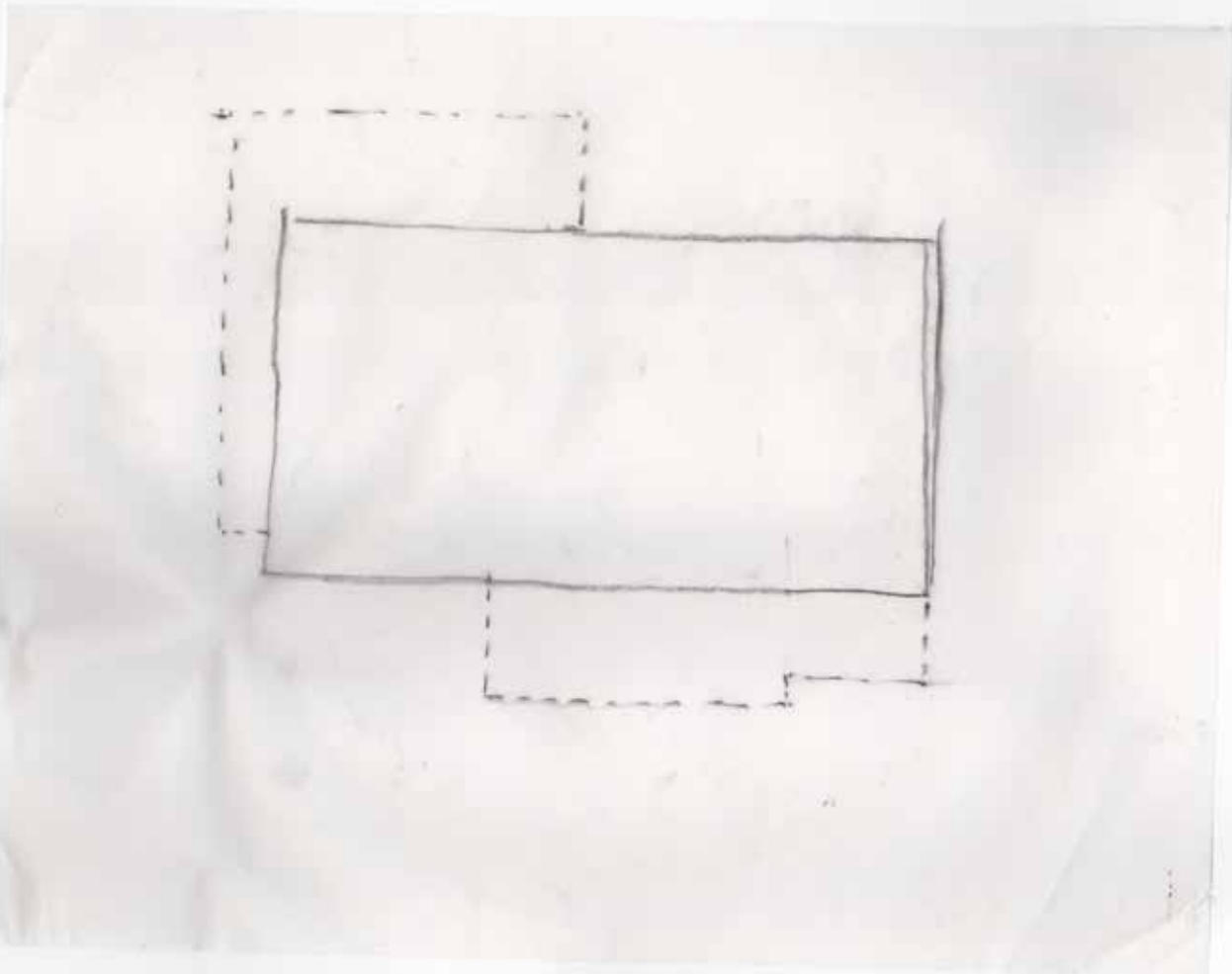
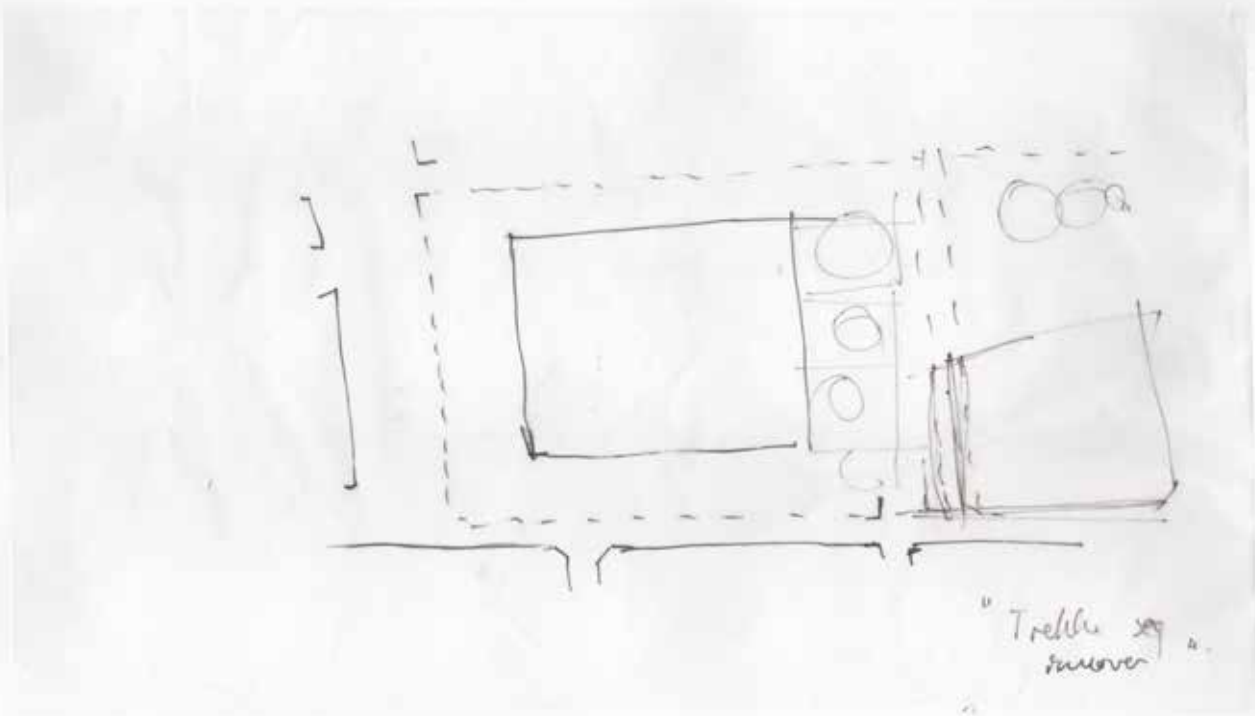




- fra ROME → kaldt. Vind → varme.
- Vejledej: Her er man ligger skovene med naturale materialer.
 - ALLE ligger på VET i runde.
 - de behandlede alle som pastell → men til en levende form → med volds i sig selv. som inspiration.
- ROTT
- Gæstgæver: plan til \$10 per søngeser?

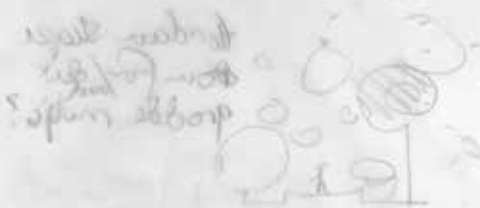
Silway





* NAVEZ
 * FORTI
 * VANDERS
 * COLI

* NAVEZ
 * FORTI
 * VANDERS
 * COLI



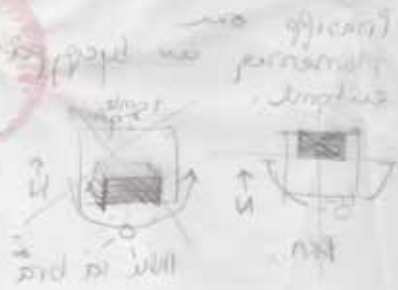
* NAVEZ
 * FORTI
 * VANDERS
 * COLI



Principes / 10

- NIVEAU BEHEU IN AMORE
- FORTI WIEP IN GAST
- VANDERING WC E-10
- ROM

hordan sloper
down for
grodde melle?



Hvor store blir trær?

L: 200



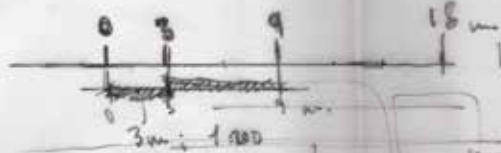
Bushes /
Små trær.
F. eks
Rhododendron.



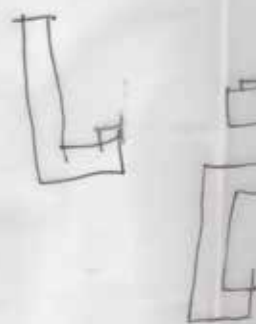
Middels
store trær,
rester



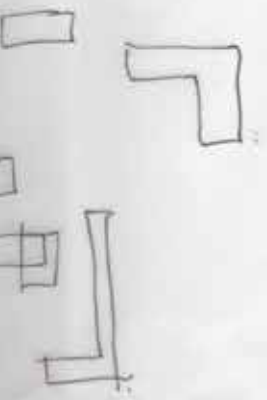
Store
trær \approx 20m h.
f. eks Eik,



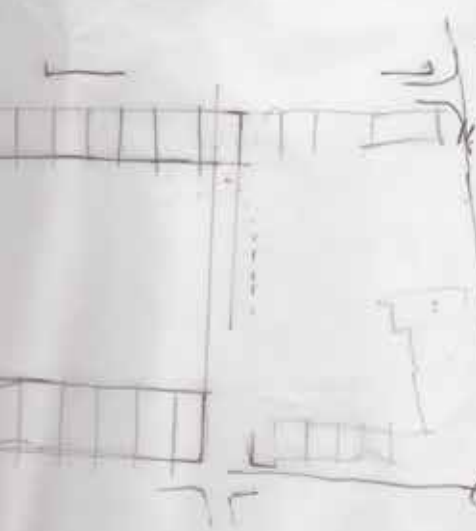
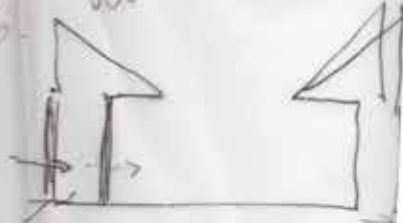
Første (P4577) utvise



15/ BERBYGGE - STRUKTURER



By, natur og masse/struktur
Natur og masse/struktur
begge multiple/strukturen

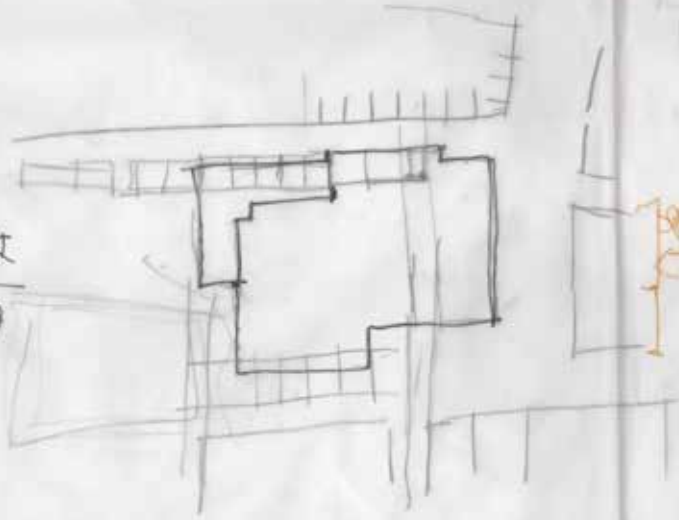


Her
Gangvej
Gangvej
Gangvej
Gangvej
Gangvej

"The enclosed garden"
(Separate Gallery
Zurich)

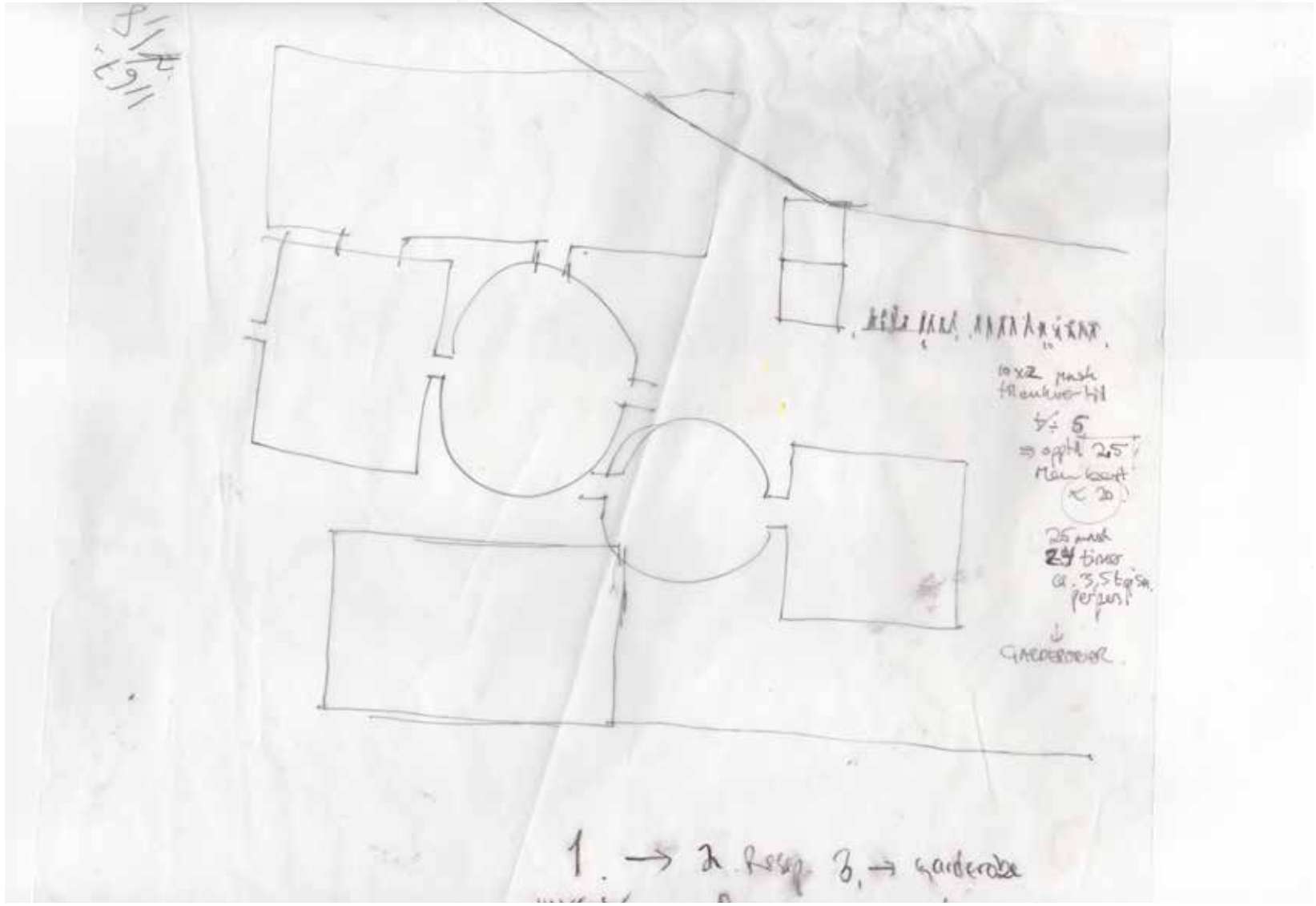
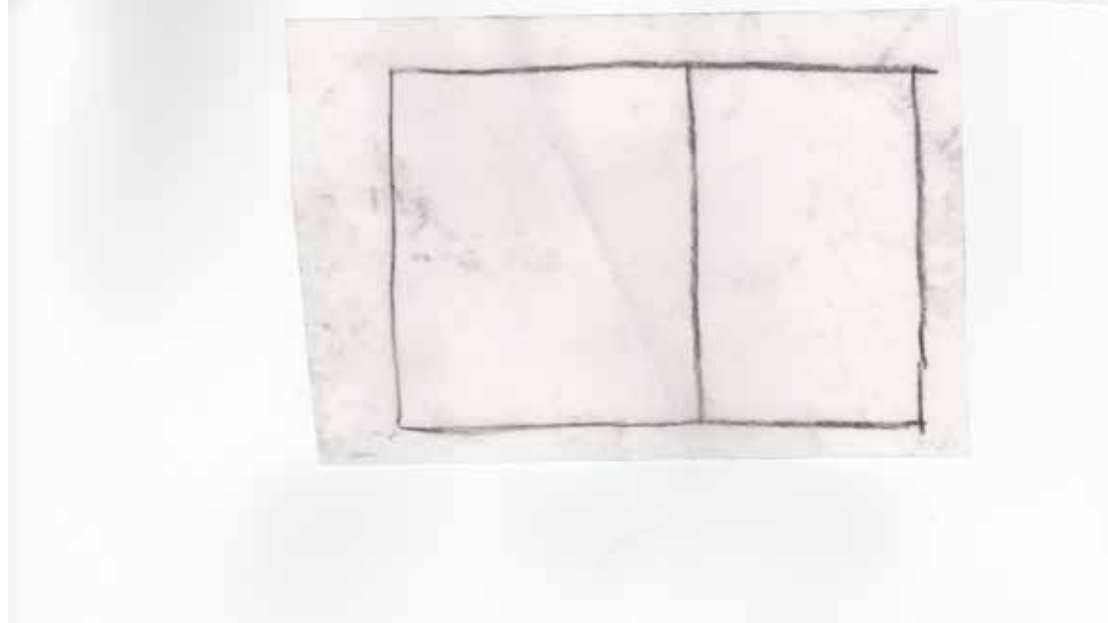
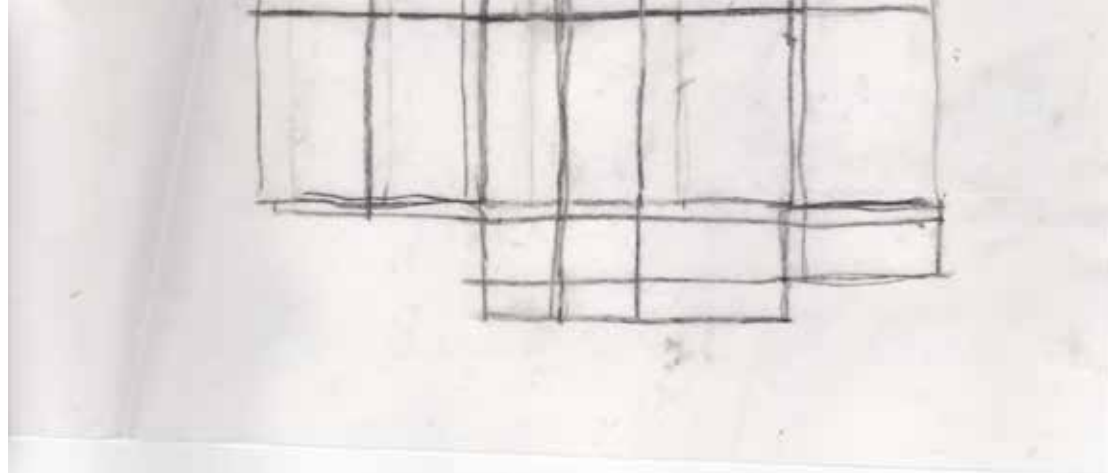
kommerhøvel

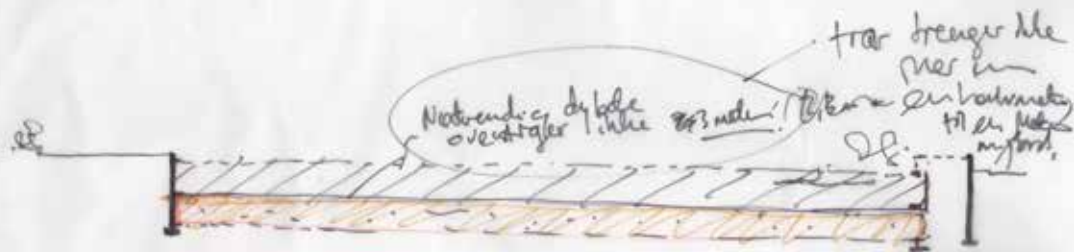
hvis man har
9
for
for
for



fyldt på
væggen
↓
Hørens
conclusor
d
uten at
det blir
for dyrt

Hvis TREKKE
EN BOKSOM
HAGE?





Overeenkomstig
 bestaande situatie
 "Wolven" klasse.

Buik
 van
 de
 boom

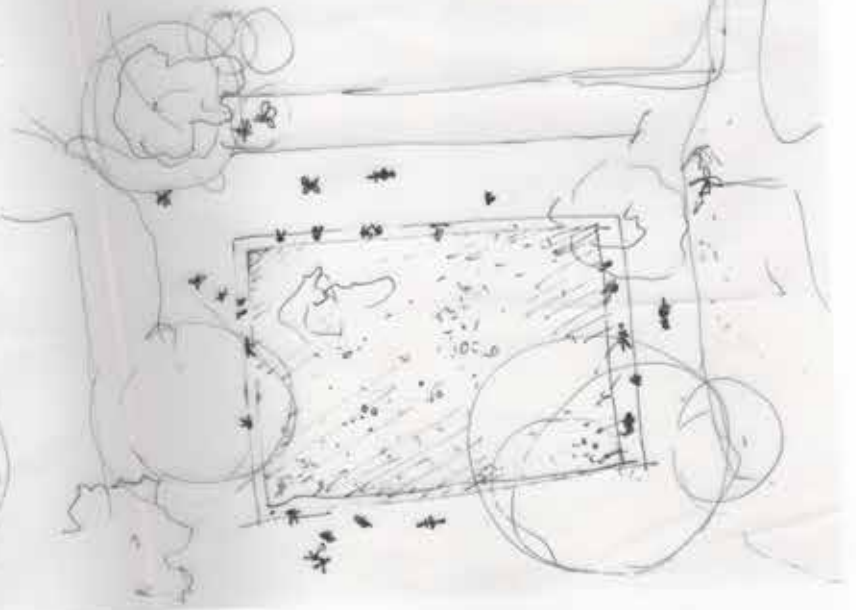
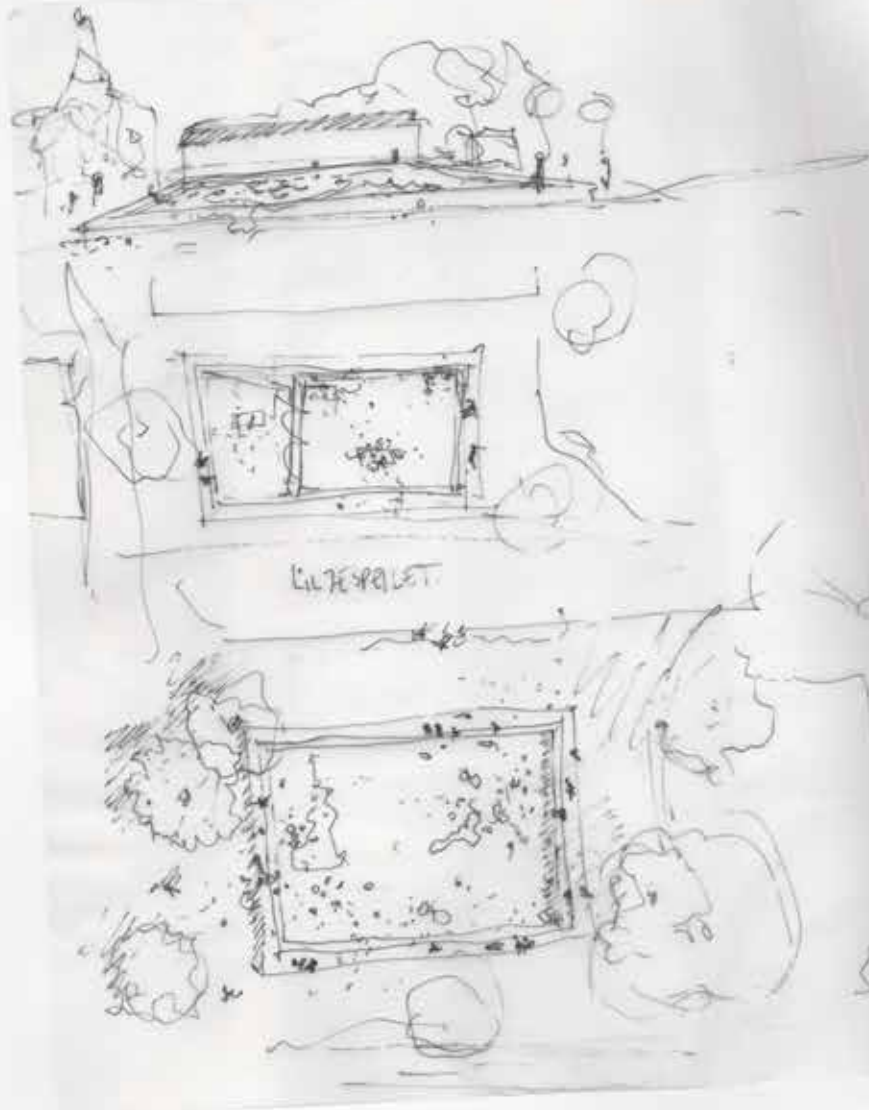
voor mijn plan hi refter?

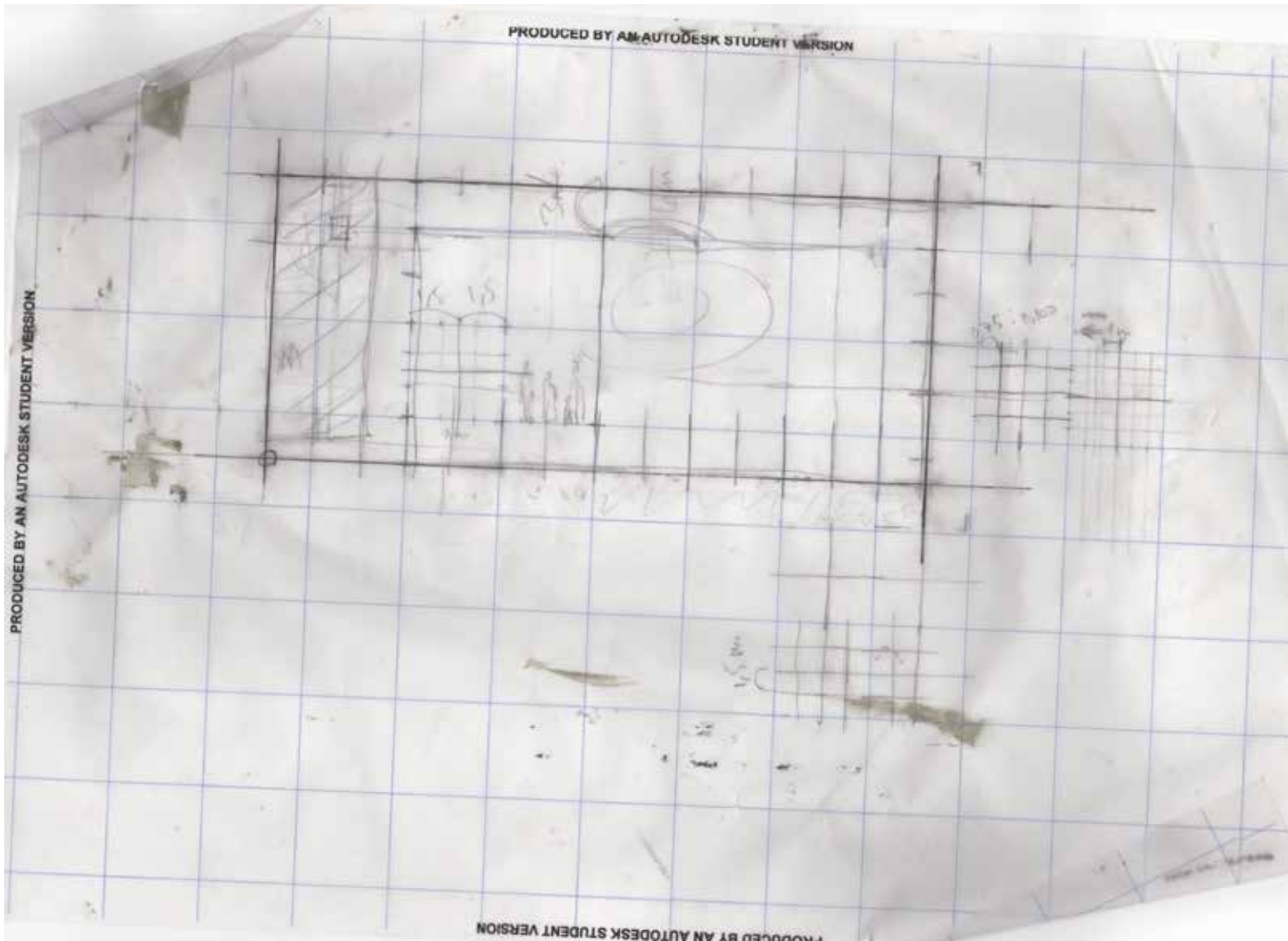
→ Over 2-3 m
 verhoogde: hout.

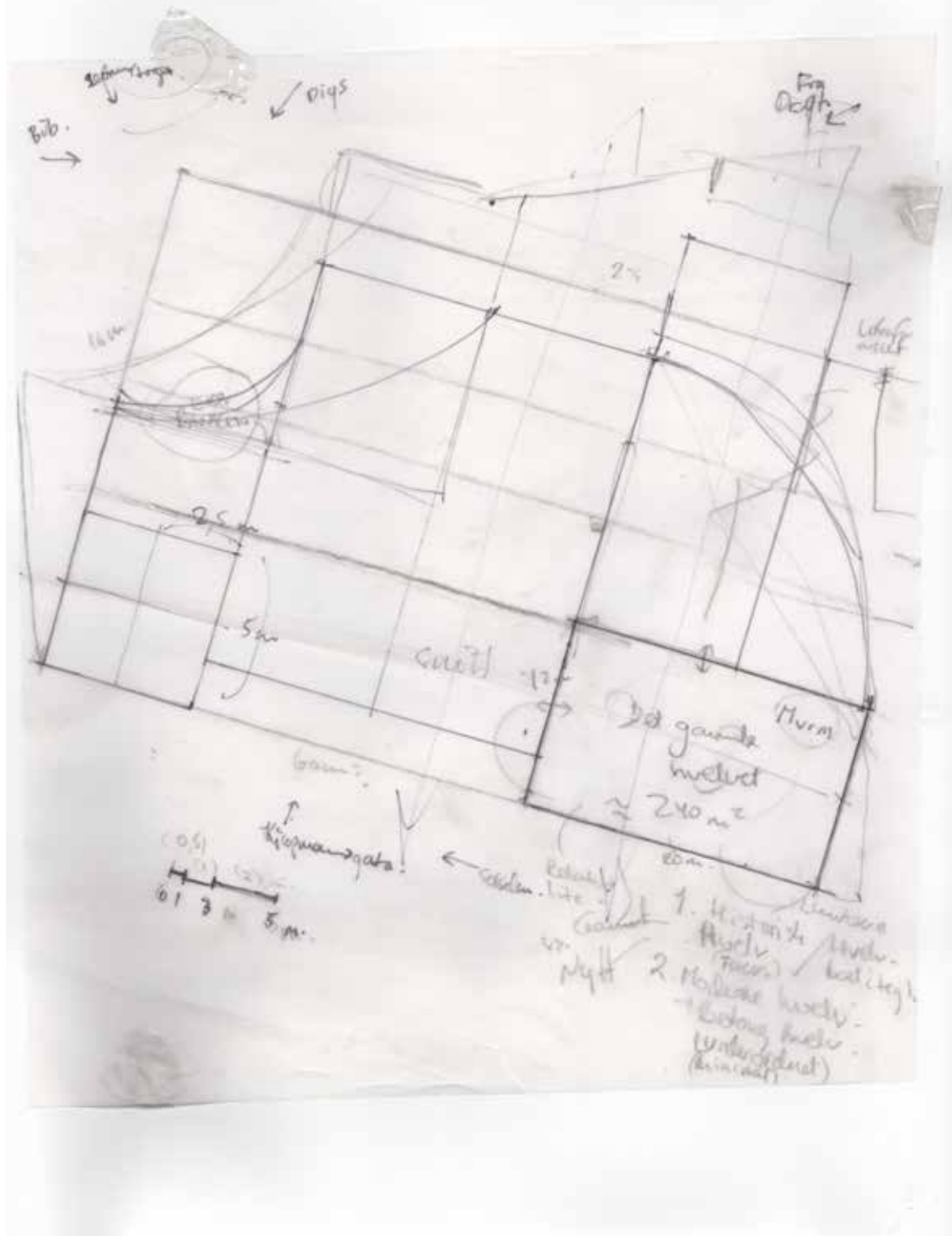
→ De beste tree voor een
 is tussen 9 - 21 meter hoogte.

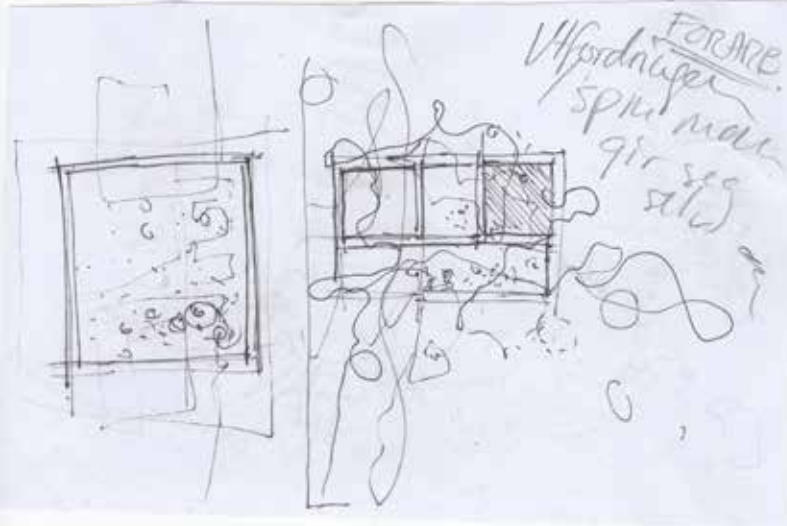
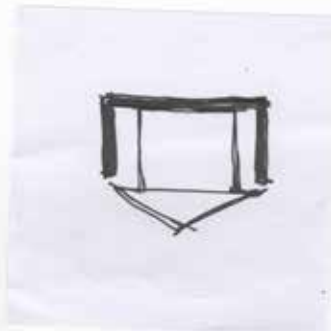
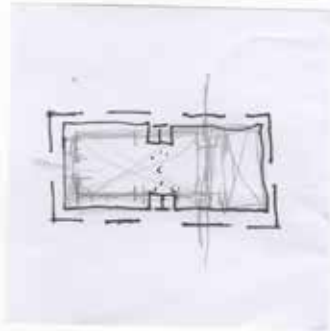
- "Small": $2.5 < 5$ m.
- "Medium" tree: 7 - 14 m.
- "Large": 14 → 50 m!

Tree kan bli 100 jaar...
 1000 m hoog -









Striper / skåner

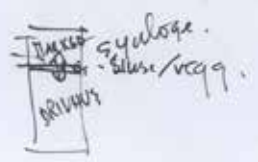


display design

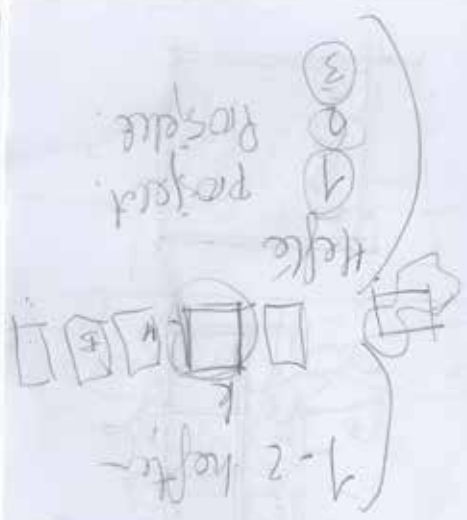
ORANG ERIET.
OG UTSALGSSTED
(ent/MARKED)



Selvregulerende
av. temperatur



sylogose.
silur/vagg.

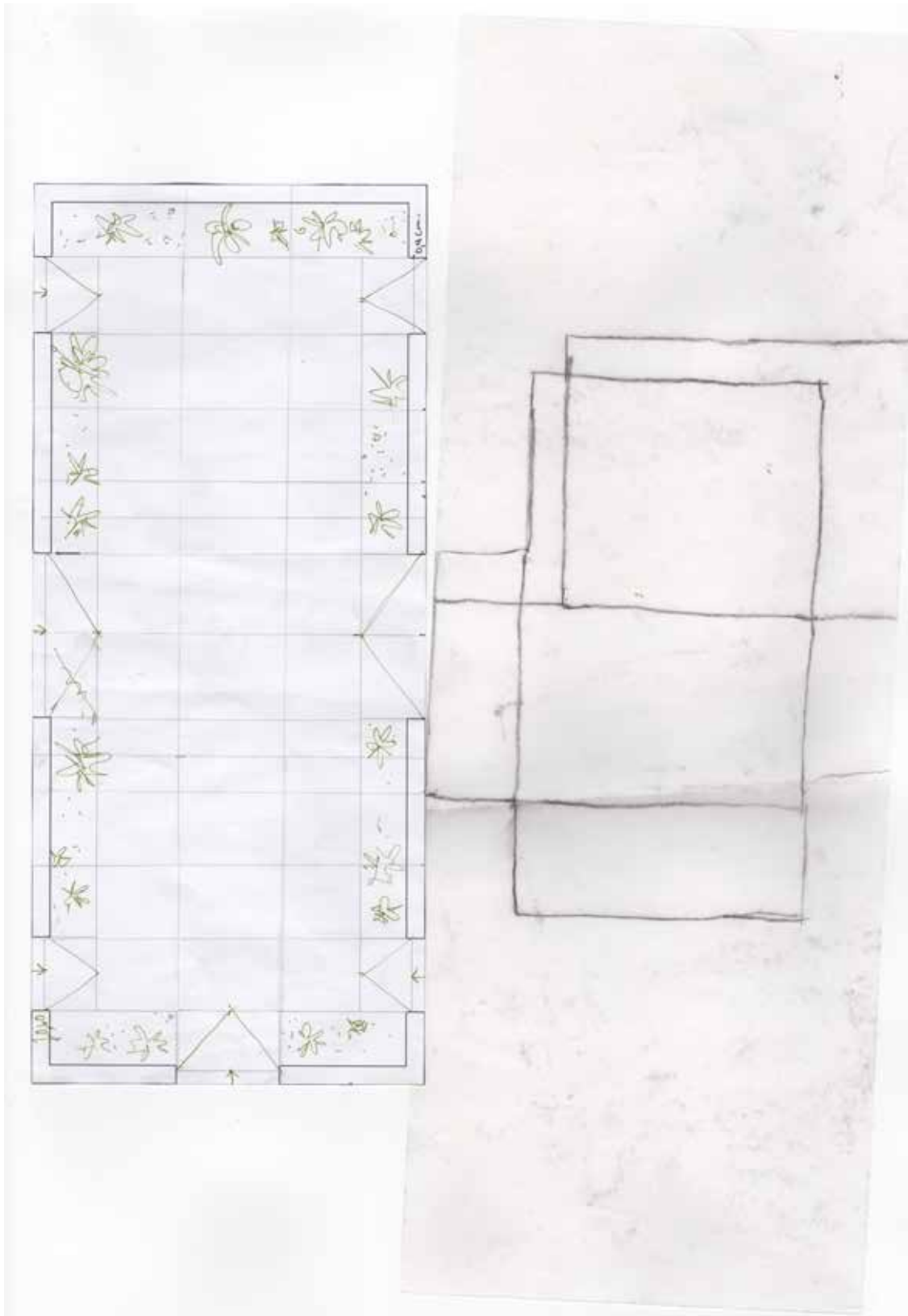


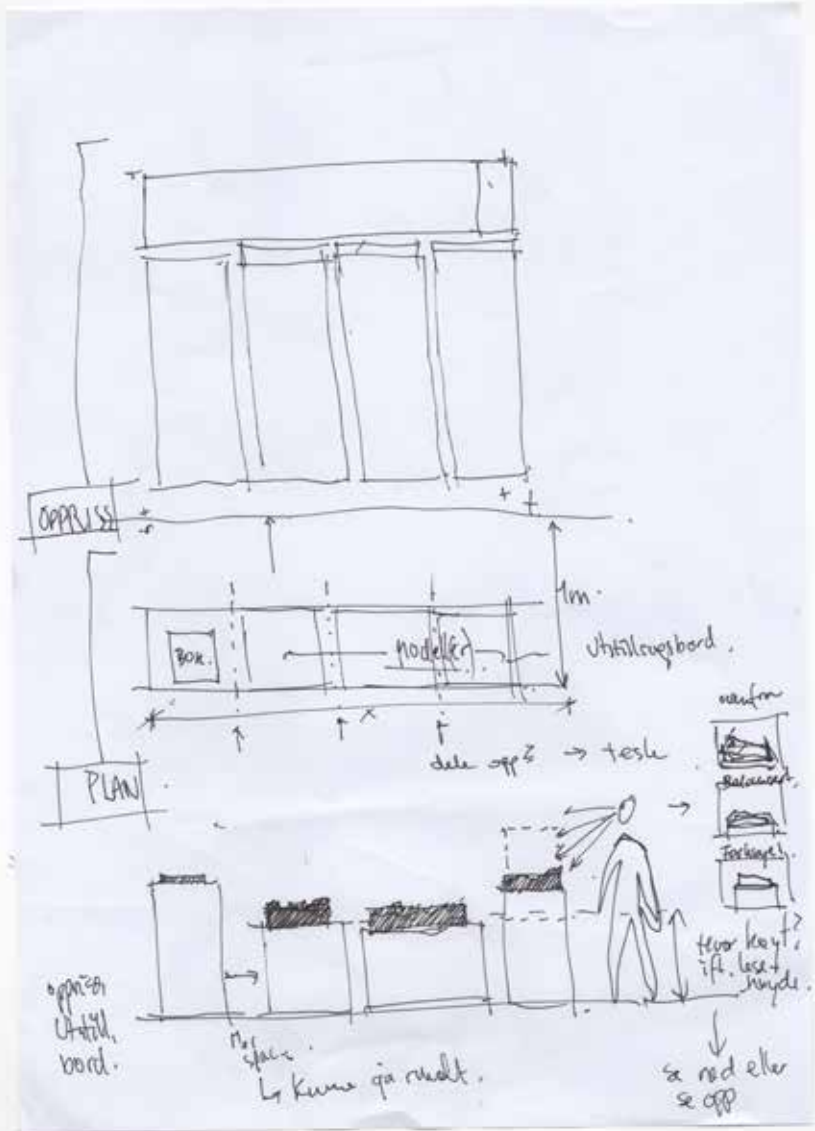
prosjekt
prosjekt

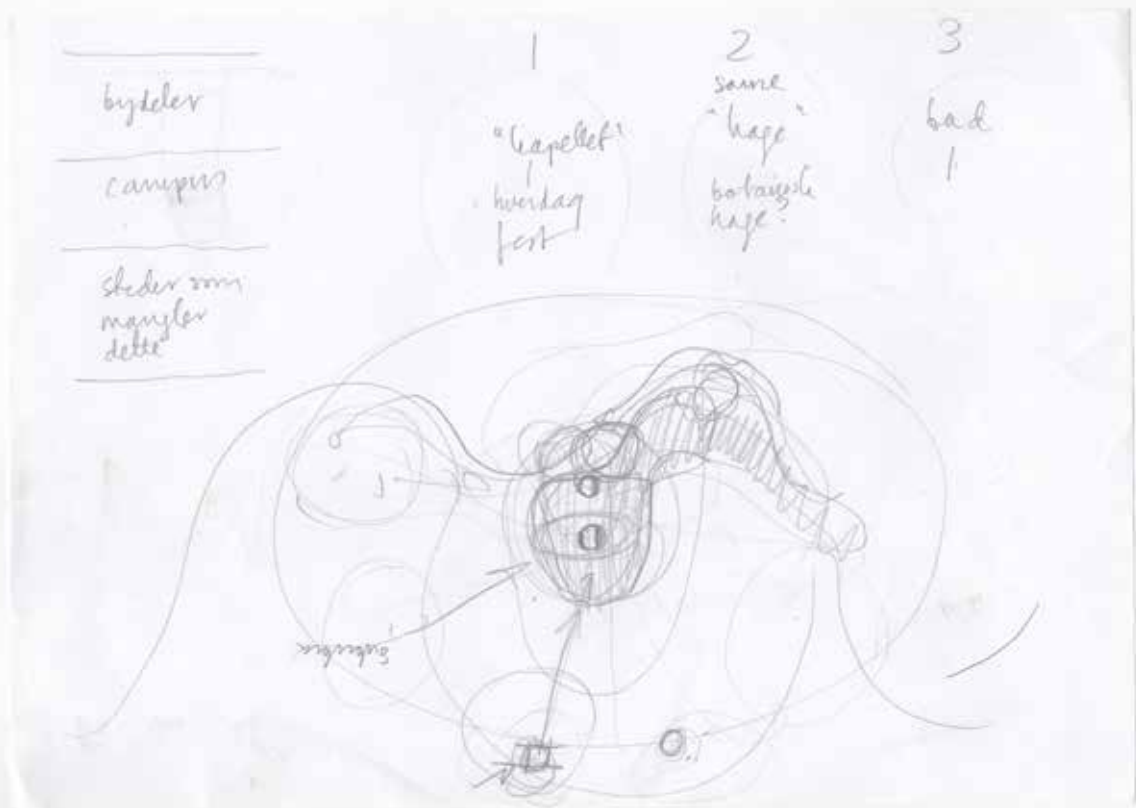
tefte

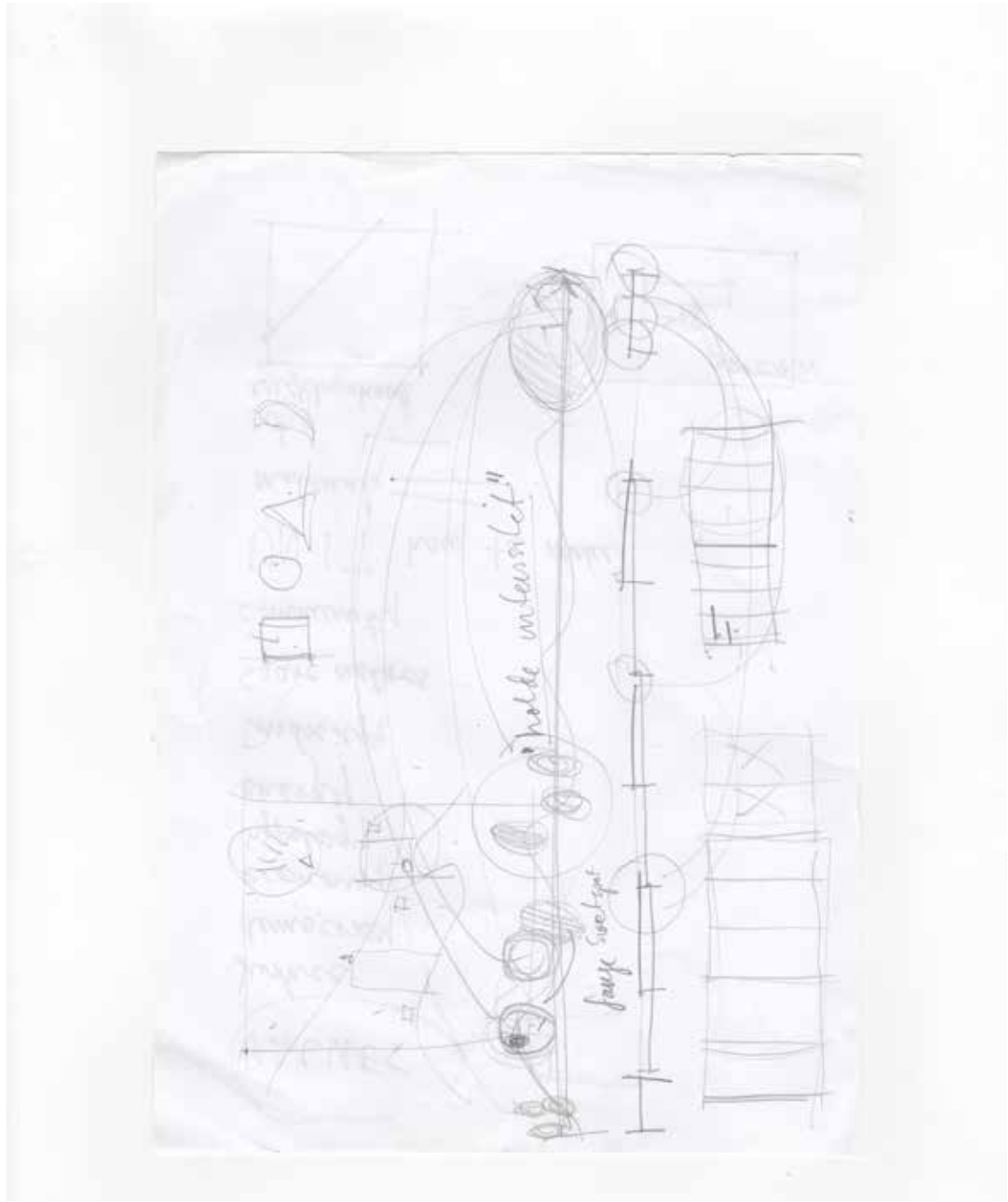
1-2 hefte

+
sunde planer
i gen. hefte
midtlige

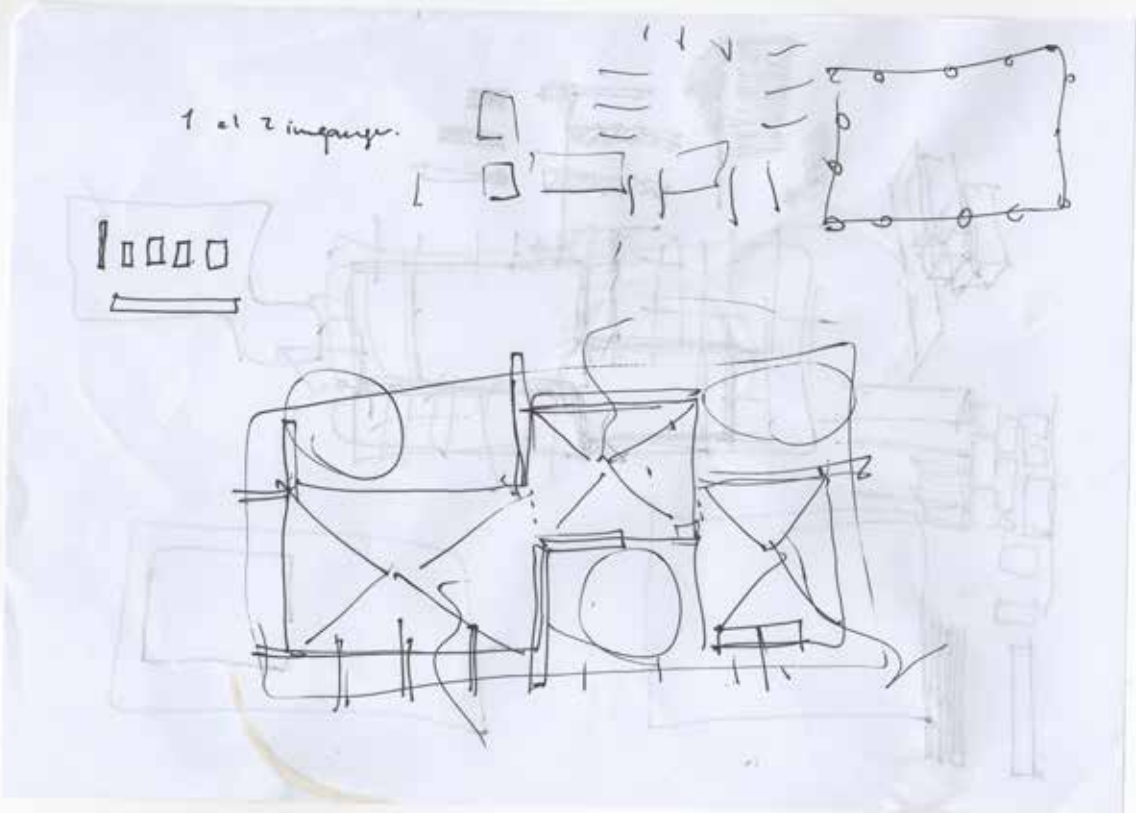








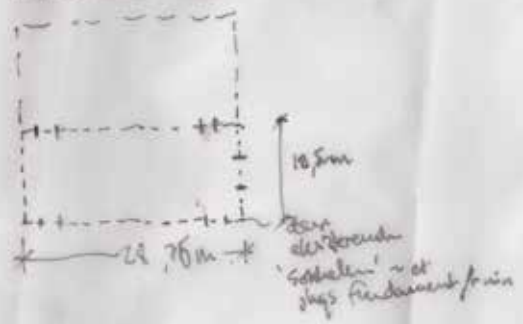




Terrasse 1.500

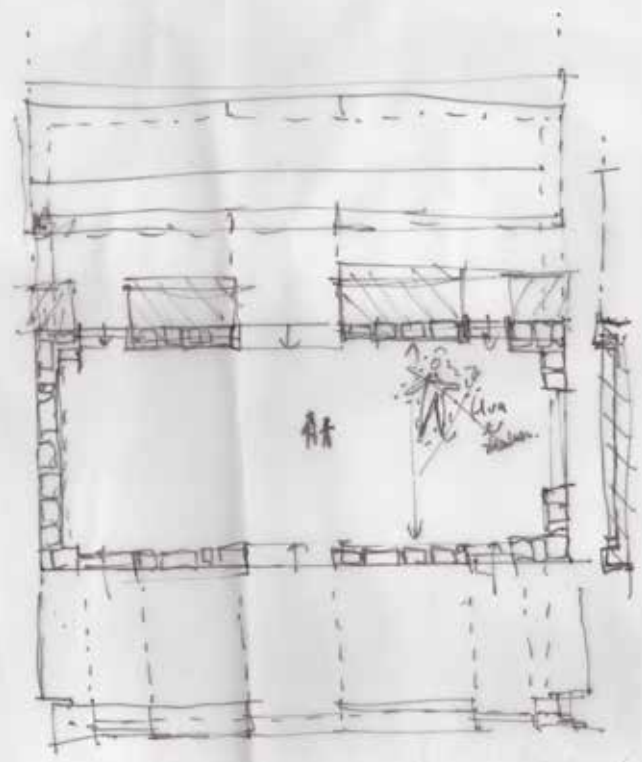
1:200

ERIGSELETERPLASSER;



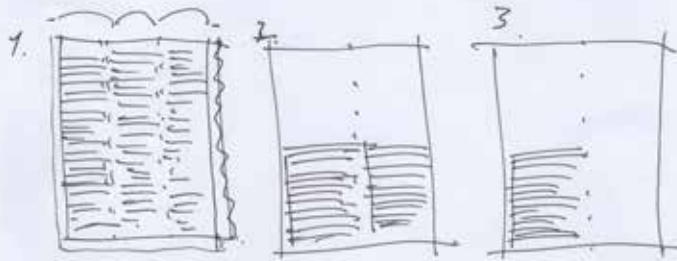
General:

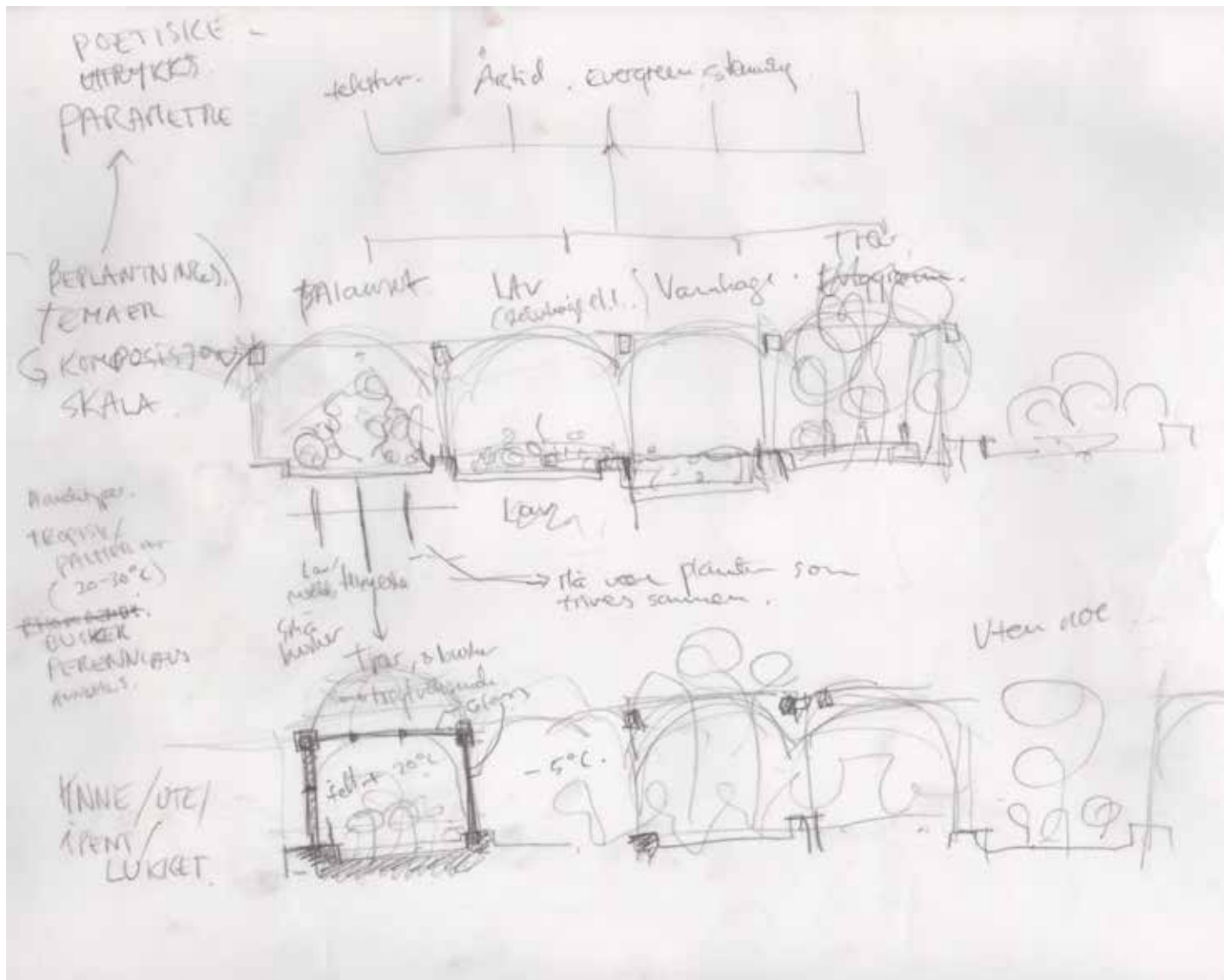
□ OPTIMALING PÅ STED 1:1

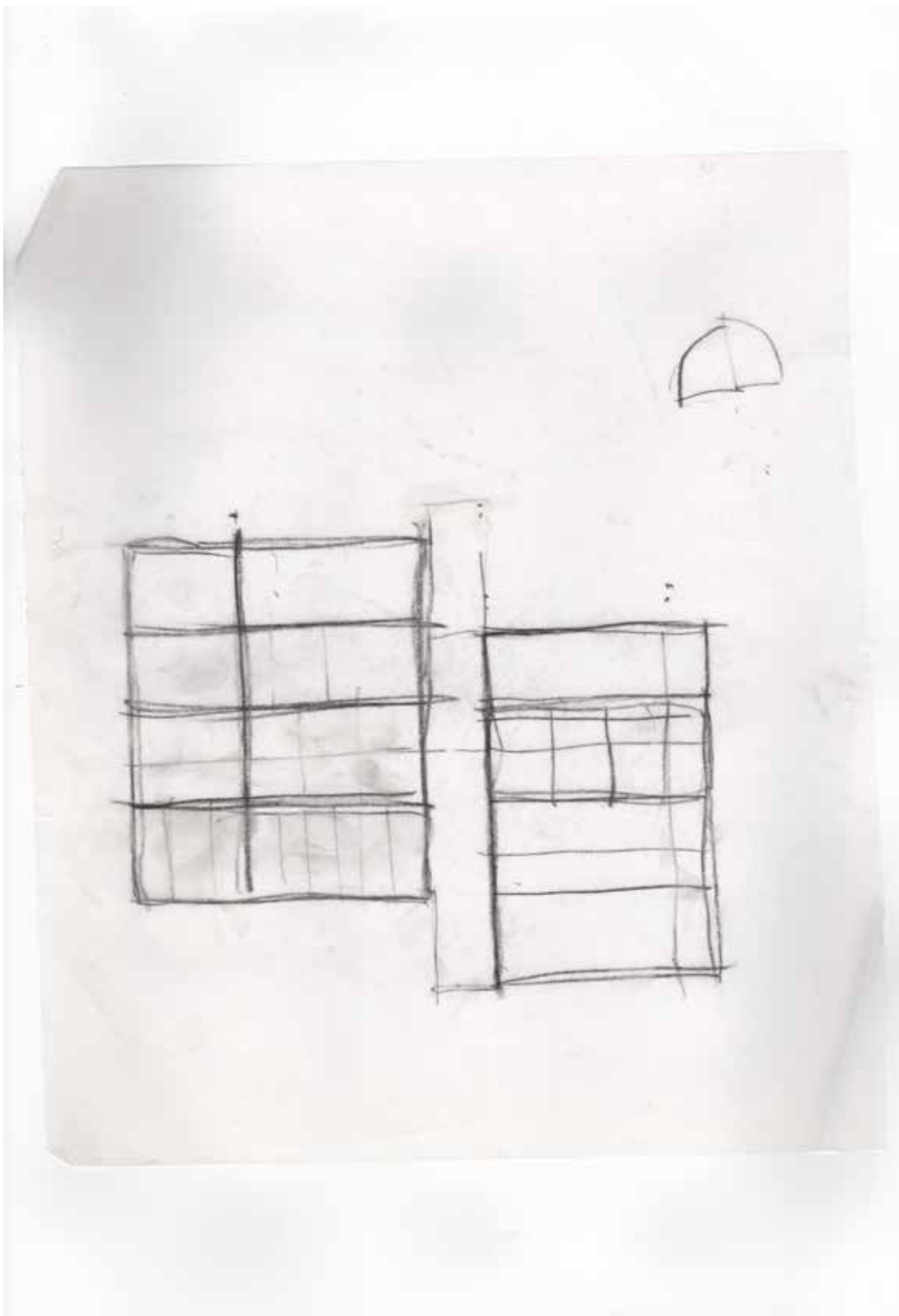


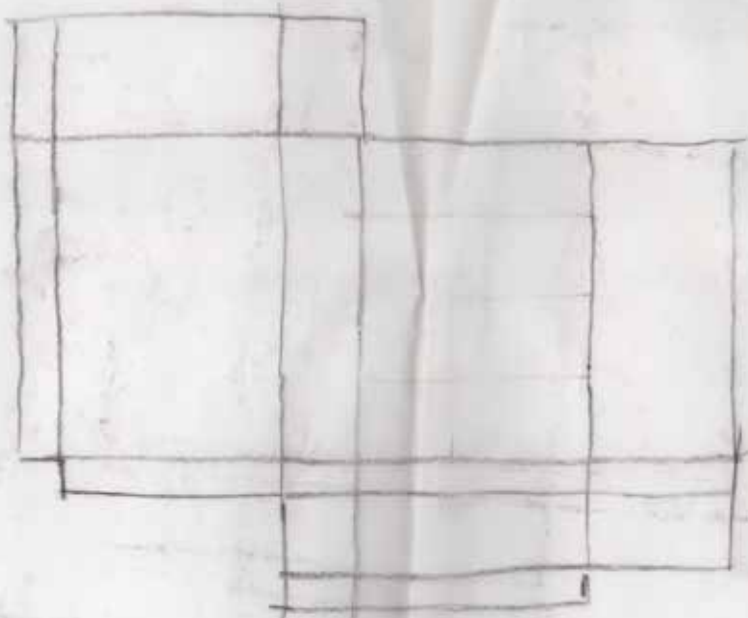
- ET SOLT ROM
- NOEN STÅ ROM (WC, MINIKOK) (GARDEROBE)
- Flammes vegger
- sikkerhet.
- lokale interklusjon (Ruin)

→ Boken
TEKST - OPPSLAGSEKSEMPLER



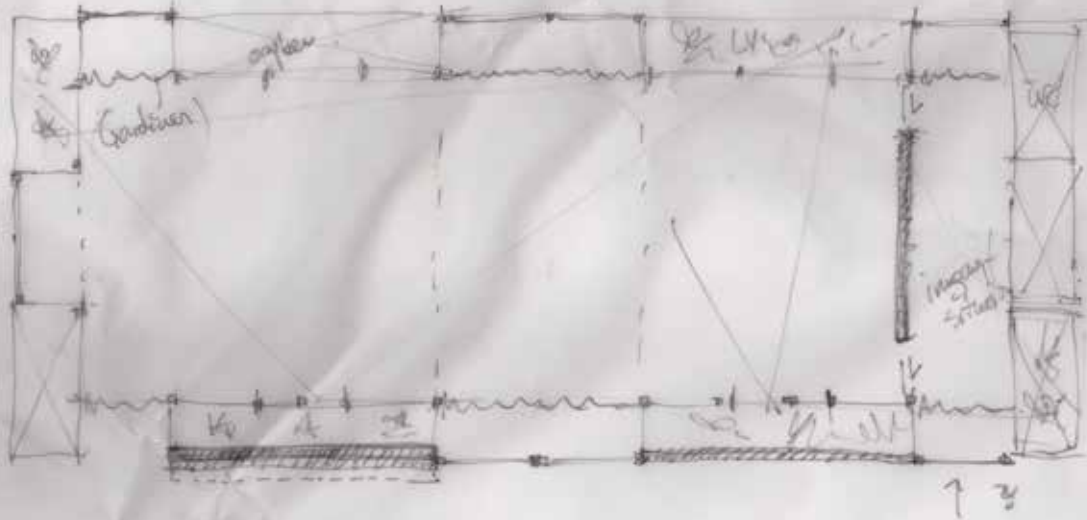
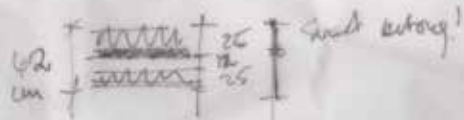






62cm

- Max
- Buil
- Flat / beam
- Boring



Prod
Sti
for change -



bar



Machine
Moved -
it



su



Steel
Sti for
1-2
engines



1.5m



Her intent...
trees been
whisk away;



