

I Breathe.

“I agree. That is my secret, I breathe.

I still remember my first semester in architecture school, feeling lost, depressed and worthless,
to the point that I would not want to wake up to face the day.”

“We believe that we all have experienced emotional struggles, at varying degrees.”

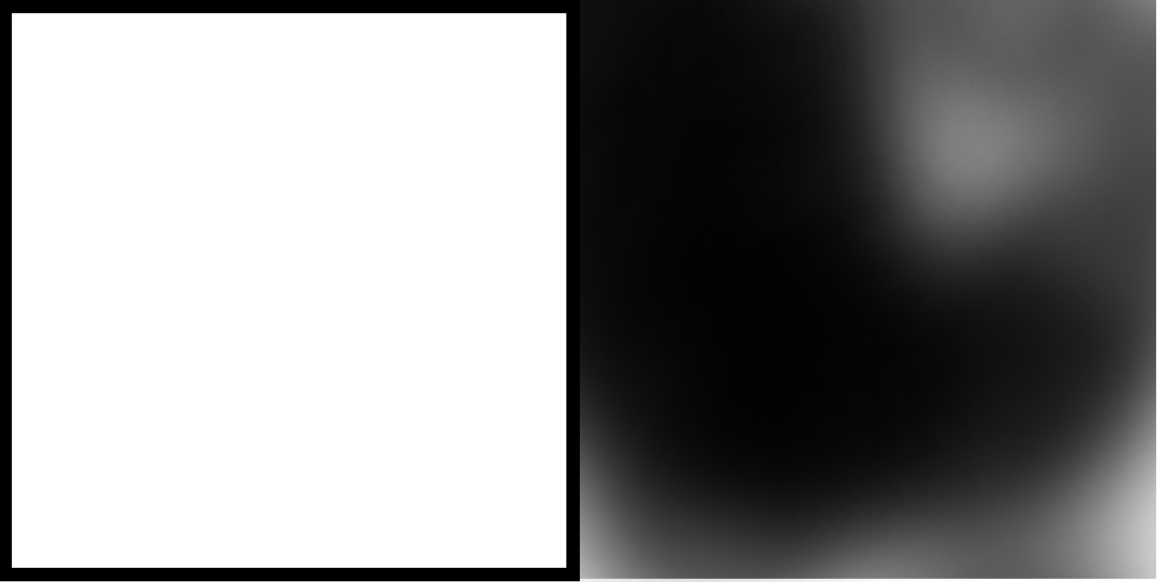


One in seven young Australians experience a mental health condition.

(Beyond Blue Australia, 2016)

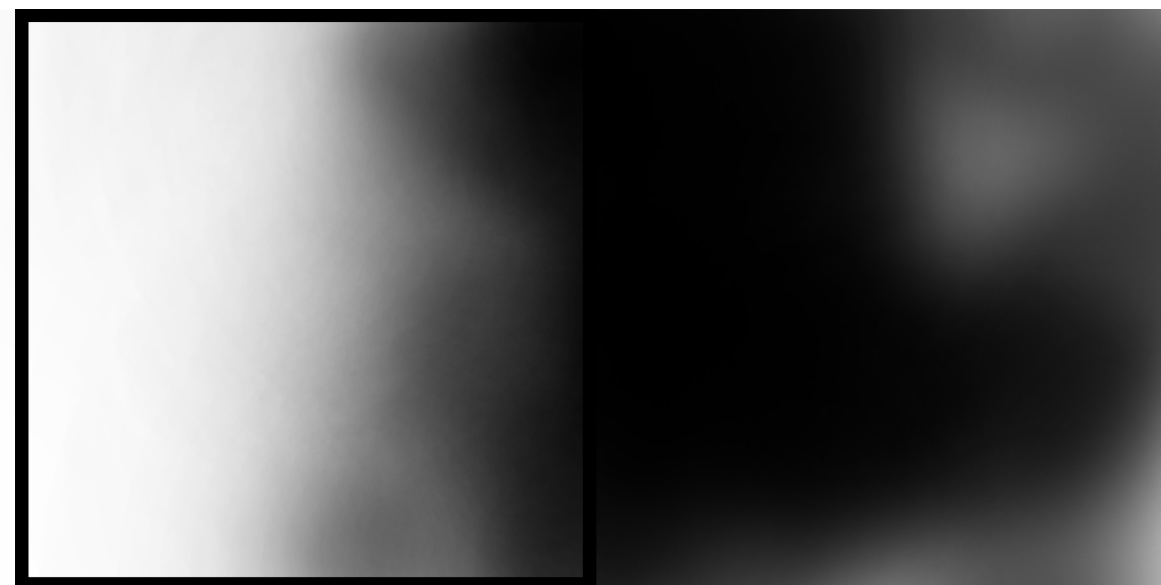
We propose a sanctuary, a breathing space built into current architecture schools of choice, one in which we can address our deepest emotions. Methods include the blurring of boundaries. between rationality and emotions, the incorporation of elements of life- water, earth, energy, and nature.

Design Methods



Rationality

Emotion



Blurring of Boundaries

Elements of Life

According to psychological research, people who suffered from depression and anxiety need more accompany and comfort. Cheering them up with bright colours and extreme emotions make them worse. Meditation, accompany and helping them to get involved with physical exercise and enjoy the nature is the best cure. As a result, we involved four elements of life into our design to create four atmosphere in our sanctuary.



Water



Earth



Energy



Nature

Atmosphere

“In a society that celebrates the inessential,
architecture can put up a resistance,
counteract the waste of forms and meanings
and speak its own language.”

- Peter Zumthor



Acknowledgement

Humans as social beings seek comfort in knowing that their situation is shared among others. The element of water blurs the boundaries of human barriers, where we can confess and share our emotions without the fear of being judged.



Amen, Come, Lord Jesus

Come, Lord Jesus

Self-expression

Our desire for solitude amongst the hustle of the technological era. The freedom of expressing oneself with just a single scream, or a paint of the walls. Mass, earth, giving the feeling of security.



Expansion

Where one can swim or explore a labyrinth, allowing oneself to reflect and forget about the troubles. Here, programs allow one to engage with one’s bodily connection.



Beauty

The appreciation of our surrounding environment is what makes us grateful for what we have.

Acknowledgement



Expansion



Self-Expression



Beauty



These four atmospheres, are the guiding principles of our sanctuary,
that can be placed in any school of choice.

Application



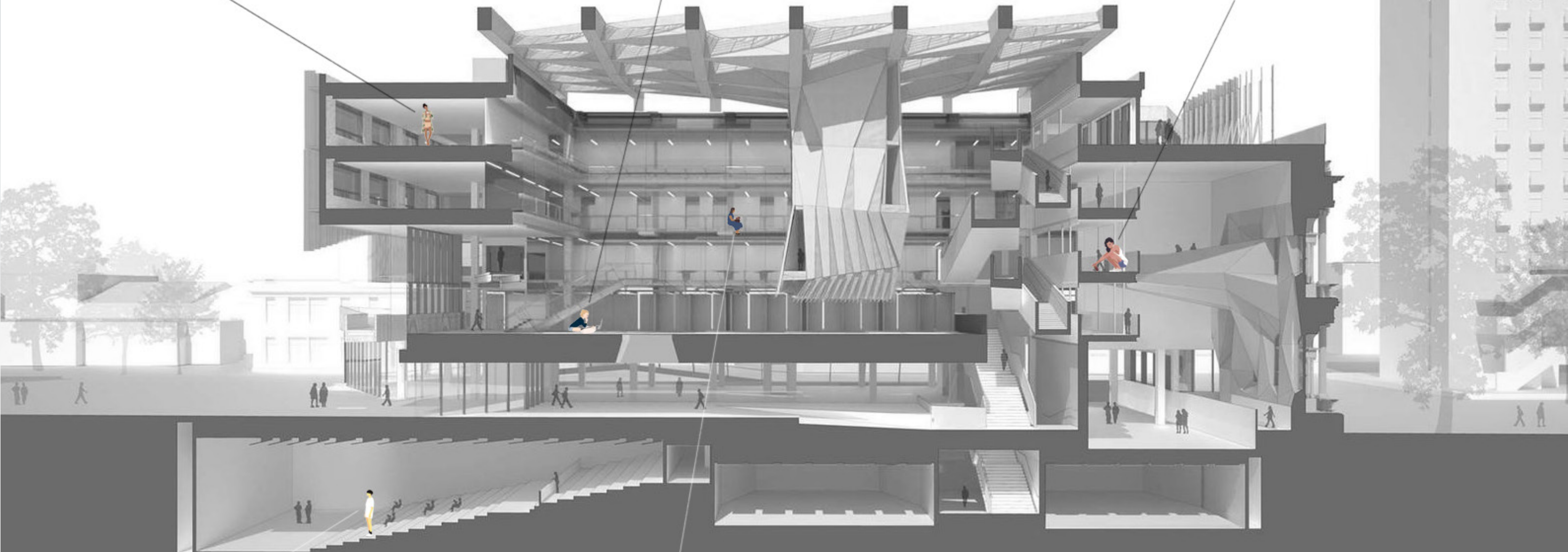
After a whole day in front of computer,
I need some space to relax.



The Atrium is too crowded and noisy.
I need a quite space to focus.



The presentation is not sucessful.
I need to release.

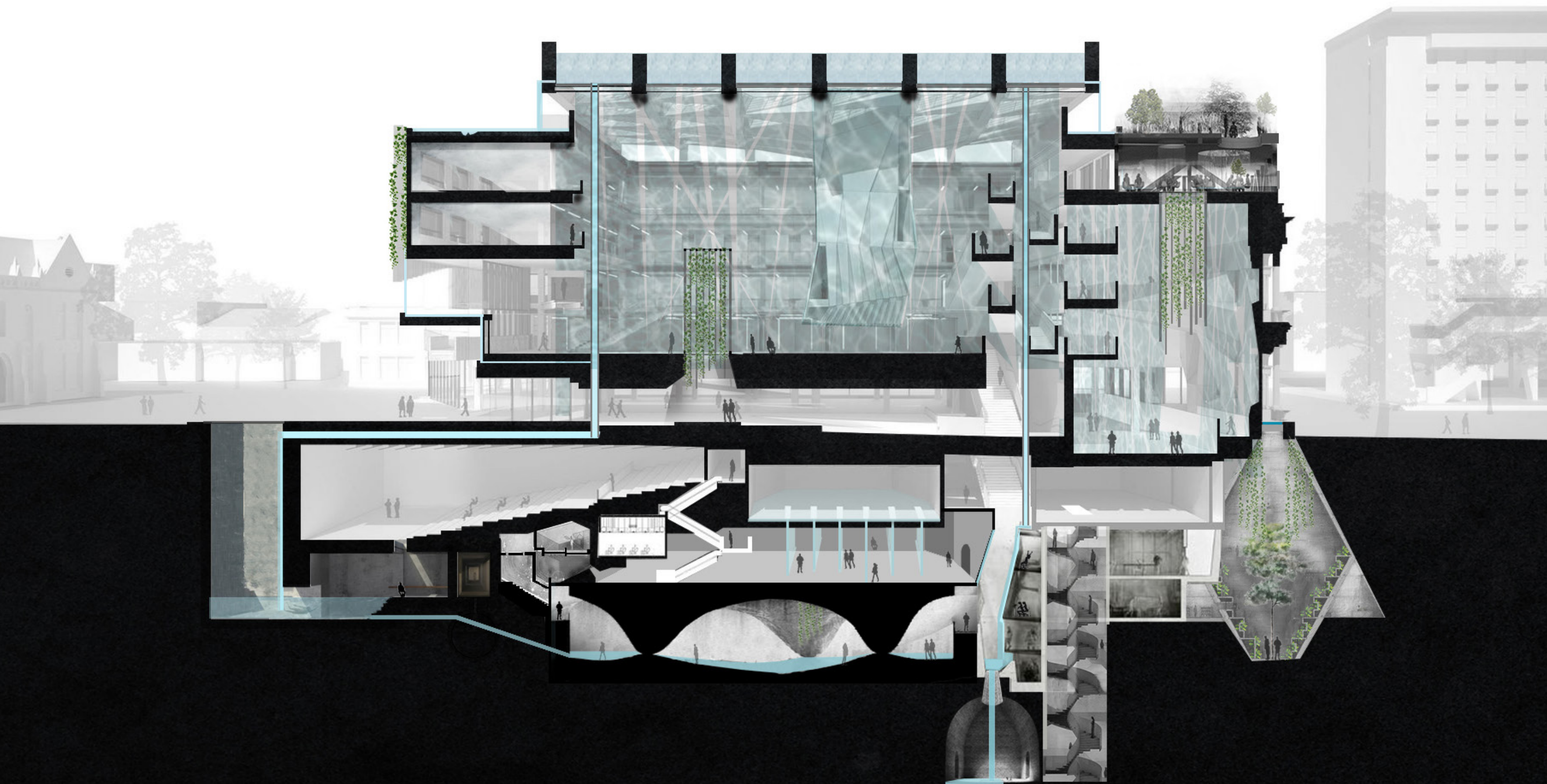


The lecture is overwhelming.
I need some space to calm down.



After a day in libary,
I need some exercise to refresh.

Melbourne School of Design.
Through the lens of students, we use the
daily senarios to place the above atmospheres
into the school.



Based on original Melbourne School of Design building section

“The atmospheres penetrating deep into the school, blending and changing the quality of space within,
creating a new typology.”

Expansion

The rooftop pool, casts shadows into the atrium space.

Beauty

Roof top garden provide natural space for student to relax

Acknowledgement

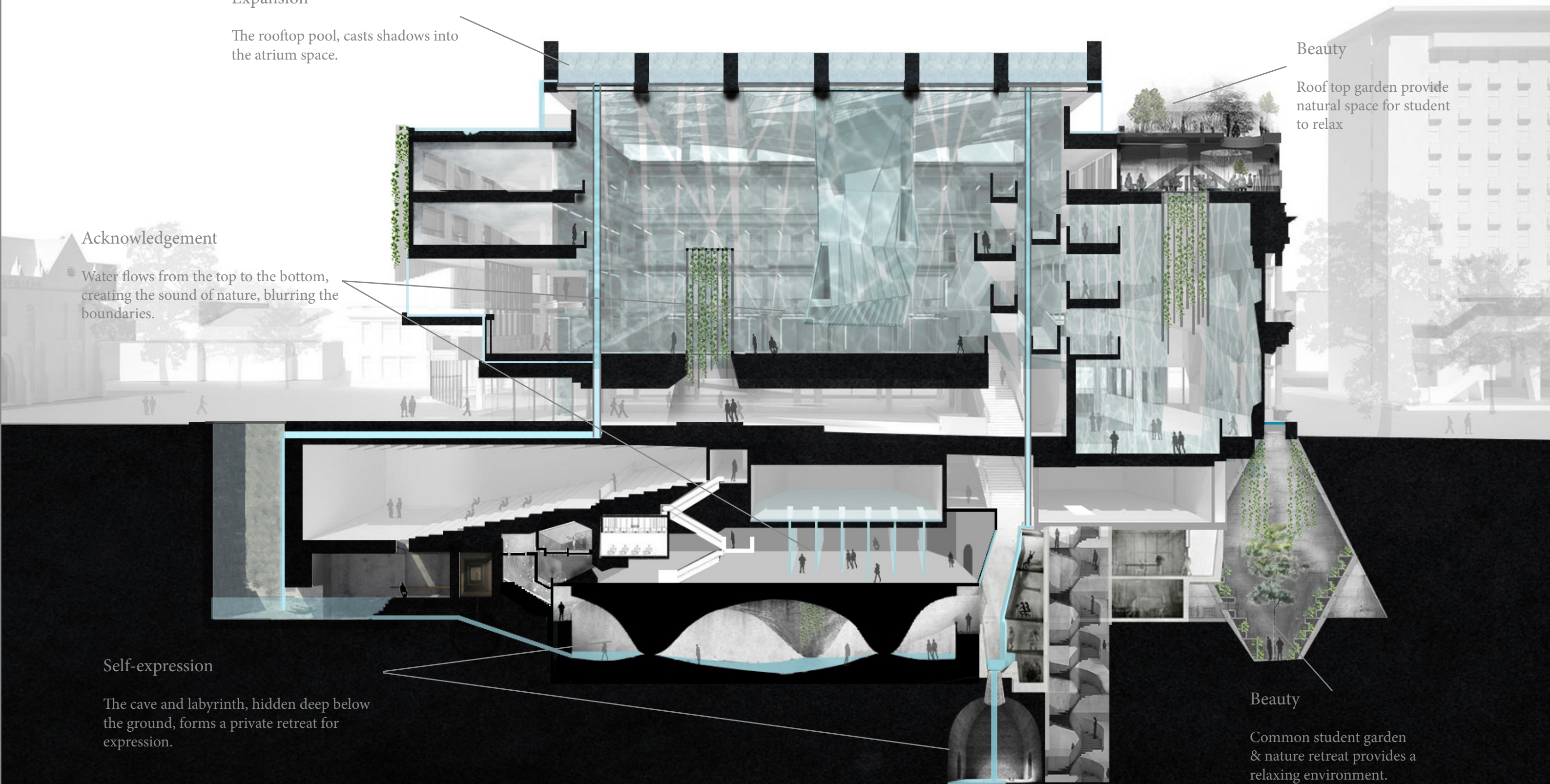
Water flows from the top to the bottom, creating the sound of nature, blurring the boundaries.

Self-expression

The cave and labyrinth, hidden deep below the ground, forms a private retreat for expression.

Beauty

Common student garden & nature retreat provides a relaxing environment.



“Architecture space should be the extension
of human body
and the mind.”

Thank you.