

Pause

Designing spaces for contemplation

<https://competitions.uni.xyz>



Img_1: Change in the pace of people's life due to multitude of reasons

Premise

We live in the age of media overstimulation and overconsumption, accelerating the pace of our lives. **With ever shifting need to fulfil social and economic requirements, the battle with stress is becoming harder.** Since young adults have had constant access to media and technology, they are the ones who are most affected by a multitude of stressors. According to mental health organisation 60% of 18-24 years olds and 41% of 25-35 year olds are struggling with **stress induced to to pressure to succeed.**

Hard pressed life has become the current norm while attention to self - to think and contemplate is often considered useless and disregarded. Taking time to return to one's inner self, digging deep into thoughts and 'just being' can help untangle complexities and contribute towards mental wellbeing.



Img 2: Positive impact of nature on people

Thinking Spaces

Meditation has long been associated with mental well-being. **It is a way of life that is independent of place and time and has a direct effect on health, happiness, sleep and longevity.** In modern dictionary meditation is defined as 'contemplation'. It enables an individual to put a pause on negative thoughts and be present mentally and spiritually.

One of the most significant elements in the healing process is the physical surrounding. It's a common belief that meditation can be practised almost anywhere with mere concentration. **But even concentrating on an object is not truly meditating because one is still connected to the outside world.**

Designing places that enhance healing properties through green design would be multi beneficial; both for the planet and individual's health. A natural environment is essential for promoting a healing space and it needs to be properly integrated with the built. **Nature is a great resource to provide a space with a feeling of being in a different area.**



Img_3: Individual oppressed by constant negative thoughts and concerns

Issue

People have been trying to integrate built with nature for a long time now. In 1984, a science magazine explained having large windows next to a patient's bed contributed towards speedy recovery. As we approached 20th century the focus move towards treatment of the disease and inventing new technologies to improve healing process. **Hospital and clinics provide treatment for diagnosed diseases but fail to help those who are looking for mental well being.**

Today, meditation is mostly practised in groups, however it is a very personal and individual process and is more effective when practiced in solidarity.

In the modern world where **different spaces are designed for variety of activities, there are very few devoted to thinking.** These spaces can make a better life for humans by providing happiness and quietness as its main features.



Img 4: How would a structure made for construction look?

Brief

Can the primary function of a space be contemplation? Is it possible to build a mental and spiritual utopia? Can city's fast life be disguised with the help of nature? Is it possible to create a peaceful environment amidst the hustle bustle of the city? Is it possible to achieve a perfect balance between individual and group meditation?

The aim is to **design a place for contemplation where an individual can escape from all the stress and anxiety through meditation.** It should also provide overnight spaces for people coming from afar.

Since the program and its effectiveness is **dependent on physical surroundings**, the designed complex should **blend in with nature.** Creating a human-made natural complex.



Integrated

The designed structure should be perfectly blended with nature and should act as it's part.



Quaint

Creating an environment that is peaceful and filters out the city life.



Interior

Achieving a calm and peaceful design scheme enhancing the process of meditation.



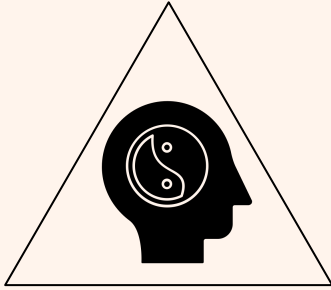
Open

The design scheme should run on the principles of creating open spaces.

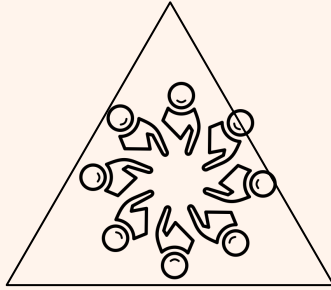
Objectives

The designed structure should have the total capacity of 350 - 400 people.
Stayover facility should be provided for 80-100 people.

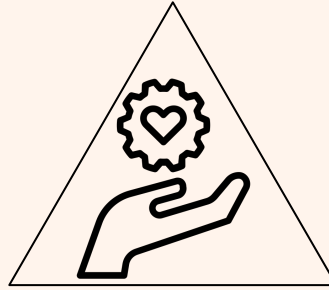
Public Areas- 75%



Meditation
Space for personal
contemplation



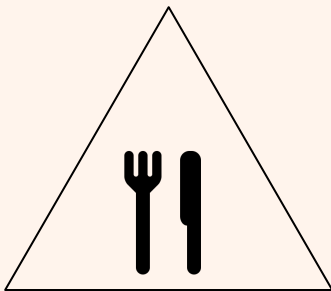
Group Meditation
Space for group
meditation



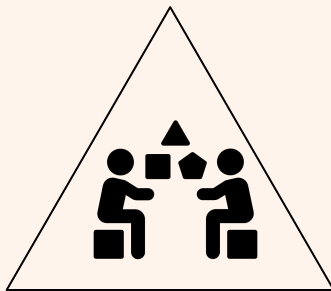
Facilities
Washroom, kitchenette,
storage space



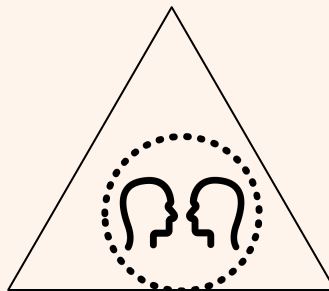
40%
Healing



Eateries
Restaurant and cafes



Workshop
Space to conduct and
attend seminars

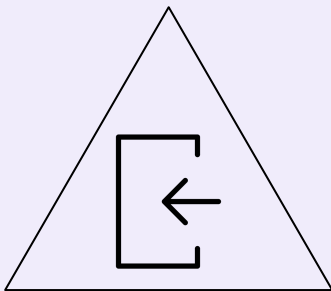


Interaction
Communal spaces that
promote interaction

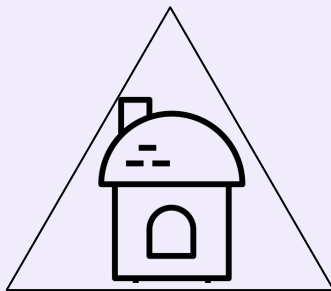


35%
Community

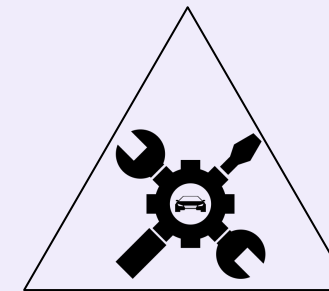
Private Areas- 15%



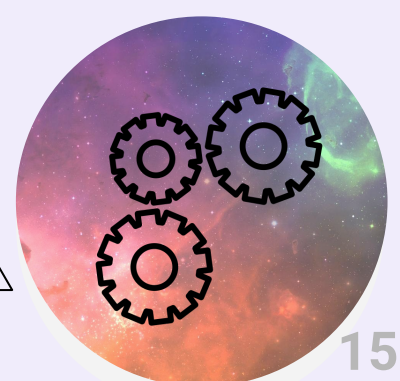
Entrance
Entrance porch,
reception, lounge/lobby



Living
Space for people
staying overnight



Services
Storage room, electric room,
linen room etc.



15%
Staypods

Programmatic Outline

Given guidelines are outlined for the ease of designing. Participants are encouraged to add new functions according to their design requirements. The ratio between public and private spaces needs to be maintained.

An aerial night photograph of a densely packed Japanese city, likely Tokyo. The image is dominated by a sea of blue and white lights from numerous skyscrapers and high-rise buildings. A prominent feature is a multi-lane highway with bright orange and red light trails from cars, curving through the urban landscape. The overall atmosphere is one of intense urban activity and modern infrastructure.

Japan

Japan, island country lying off the east coast of Asia. Complexity and contrast are the keynotes of life in Japan—a country possessing an intricate and ancient cultural traditions.

Japanese workplace conventions which was once boon to productivity have begun to have a perverse effect. According to a government report over a fifth of Japanese employees are at risk through working more than 80 hours of overtime a month.

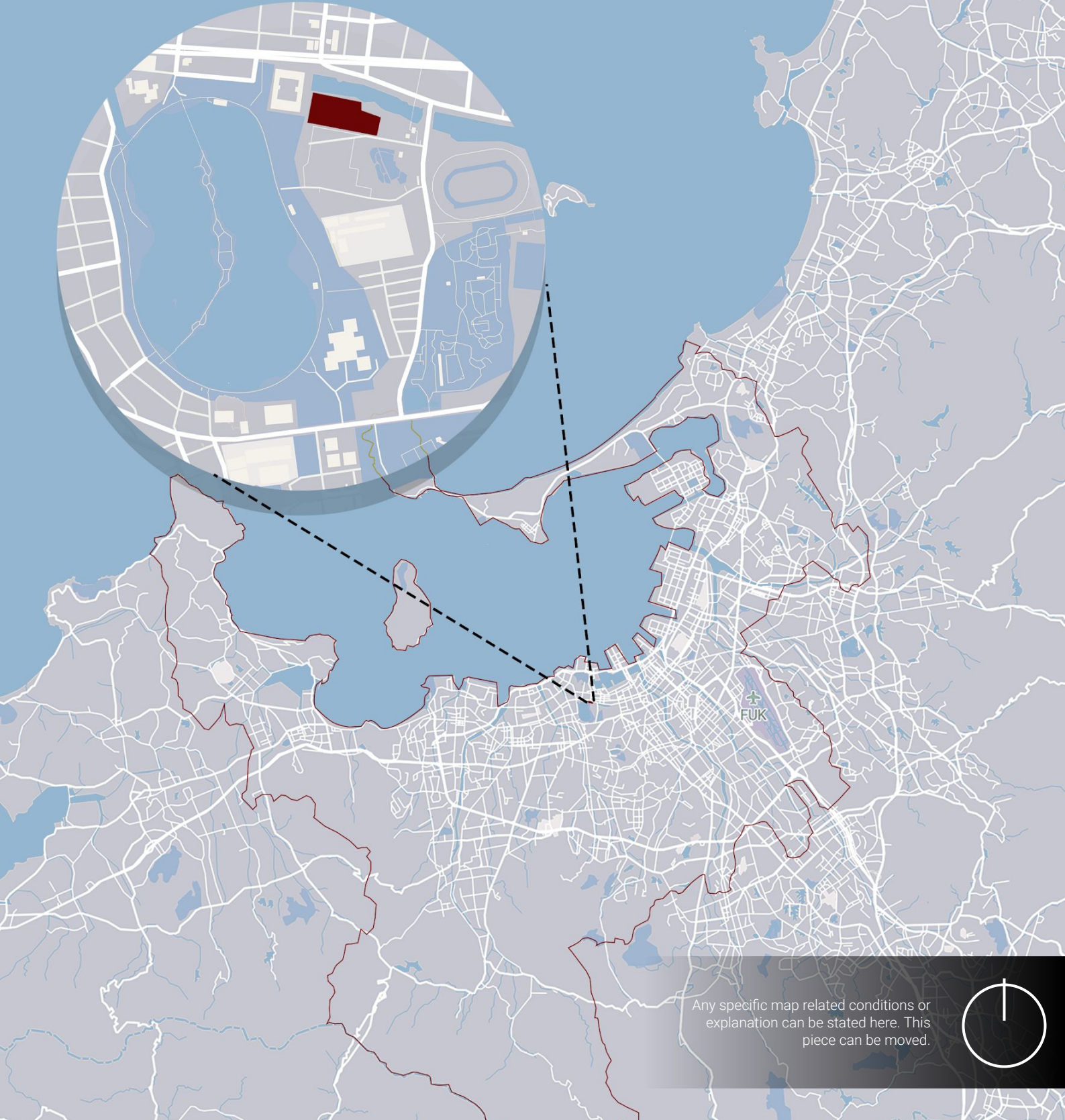


Img.1: World in conflict - 18th and 19th Century

Fukuoka, Japan

Fukuoka, capital of Fukuoka Prefecture, sits on the northern shore of Japan's Kyushu Island. Fukuoka is the fastest growing city in the country, and has the highest proportion of young people. The city comprises of number of multinational corporation and budding startups as well. The city is assumed to take over Tokyo, the city IT Parks in the coming years.[\[1\]](#)

The city is blessed with natural scapes as well and provides a solemn place for the construction of a contemplation village.



img_1: Site Location

Site Plan

The site is strategically selected in the core of the city for easy accessibility and convenience. The area is surrounded by tall trees and presence of water body near the complex makes it an ideal site for mental and spiritual healing. **Since the site is located in a park, creating spaces that are open and accessible to all should be of essence here.**

Maximum ground cover: 30% | Site Area | Coordinates [33°35'20.0"N 130°22'46.1"E](#) | Height restrictions - 16m , Set backs of 10m on all 4 sides,

Guidelines

You have to deliver an architectural outcome on the following site, based on the given outlines.

- Recommended number of sheets/presentation images/boards:

5 (Five) of size [**2362px x 3544px**] or [**400mm x 600mm in 150 dpi**] in portrait digital format (**JPEG only**).

Minimum 3 (Three) & No maximum sheet limit. Each image should be less than **15MB**. (Do not submit PNG format)

Minimum requisite submission are sheets/boards + Cover image containing:

- Site plan (Compulsory)
- Key conceptual sections x 1 (Minimum)
- 3D views x 4
- Cover image / Thumbnail of size 2000px x 1000px or larger in aspect ratio 2:1.
- Answering 6 FAQ's #
- This is the link for new file sizes, [here](#).

#The FAQ's have to be answered as instructed in the FAQ document in the 'additional resources folder'.

Deadlines

Discover the competition schedule and deadlines on the competitions page or on this link - [Schedule](#).

Resources

This competition contains additional resources that contains a set of files useful to complete the competition submission. This folder is made available on your profile dashboard automatically as soon as you register.

This additional resources folder of this competition contains: Submission Format files in PSD | AI | InDD, FAQs, High Res maps, and CAD file of the site plan.

Rules

- + The competitions is open for **students and professionals** from all the disciplines of design.
- + The team limit for this competition is **4 members maximum per team**.
- + You can register more than one team but they have to be registered separately.
- + Ensure that the final sheets submitted **do not include your name or any other mark of identification**. Your submission is linked to your user account which stands as your identification.
- + This is a design **ideas challenge only**. There is no built commission/realization associated with the problem.
- + In case of publication in yearbook we will reach out separately for selected entries.

Pro-Tips

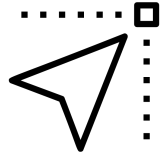
- + Use exploded views to discuss multi levelled conceptual models better.
- + Mention sheet number on corner of every sheet.
- + Plagiarism of any idea / form / design / image will be disqualified with a notice.
- + All the sheets or images will be viewed on a digital device. **e.g.** Laptop screen or projector. Uploaded sheets or images will not be physically printed for evaluation. The submission hence should be prepared for digital viewing only.
- + Submit JPEG images only. (PNG will not function)
- + Learn



Awards

Grants of up to a total of **20,000\$** can be won on this challenge. Learn more about the full conditions on the competition page [here](https://competitions.uni.xyz).

The entries will be judged by an international jury of the competition on the following criteria:



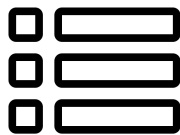
Presentation

The fundamental to a good entry is a good presentation.



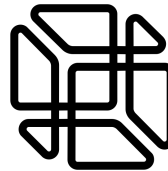
Concept/Idea

Quality of thought and intent in pre-design phase.



Spaces/Programme

How the spaces are calculated and ordered.



Design Outcome

The final architectural outcome of the solution.

Judging Criteria

The judging panel can also add other criteria based on their internal discussions - which will be in line with the problem statement. Participants are advised to fulfil above given criteria first in their design.

About

UNYT

Unyt serves as a part of UNI in the realm of typological discoveries. It intends to break the fusion of traditional design barriers and methodologies by making it a platform for experimentation. It embarks on mobilizing ideas where creators can elementally question the buildings we create. It is a research initiative dedicated to providing opportunities for designers from all domains to explore ideas that go beyond the restrictions of usual architectural discourse.

Queries: support@uni.xyz

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Watching, listening and
meditating

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