

The background is a watercolor-style illustration of a forest. Tall, thin, greyish-brown tree trunks are scattered across the scene. In the lower center, a person is depicted in a dark silhouette, sitting in a meditative pose on a large, horizontal log. The ground is dark and textured, with some white, sketchy lines suggesting grass or small plants. A large, light-colored circle is positioned on the left side, partially overlapping the text. Another smaller, semi-transparent circle is located in the bottom right corner, containing the text.

Dynamitka

ATELIER SITTA - CHMELOVÁ
FA CTU IN PRAGUE
WINTER SEMESTER 2023



ABOUT THE AUTHOR

KAROLÍNA MOLÍKOVÁ

age: 24 y. o.

study: 2nd year of Master's degree in Landscape Architecture

hobbies: nature, graphics, travel, art of all kind, culture, reading, podcasts, sports

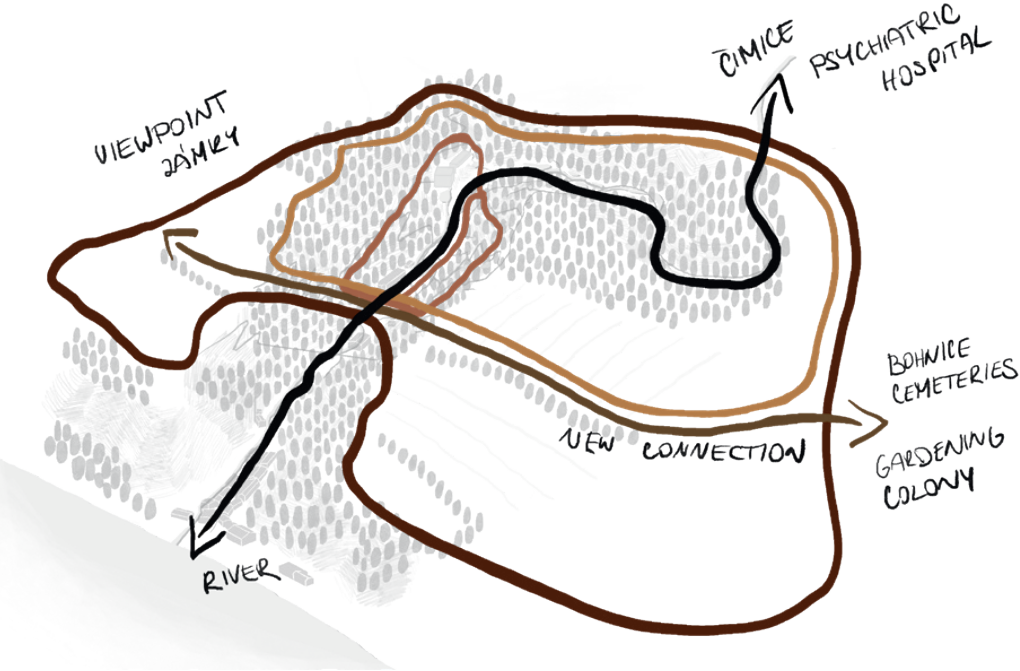
mail: k.molikova@email.cz

CONCEPT

ANALYSES SUMMARY



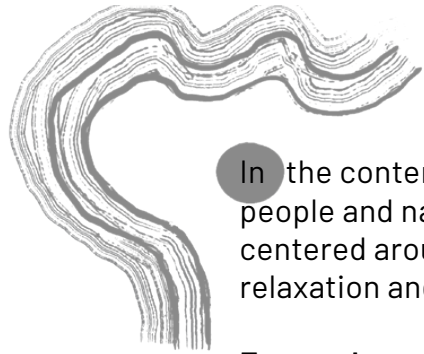
CONNECTIONS



CURRENT STATE



(FOR)REST MEDITATION



In the contemporary modern world, the relationship between people and nature is often distant and objectified, either centered around resource extraction or simply seeking relaxation and recreational activities.

Forest therapy is a way to utilize our profound biological and historical connection with nature for healing ourselves and fostering a healthier relationship between humans and nature.

Generally, it involves spending time in the forest or nature, offering numerous health benefits such as stress reduction, strengthening the immune, cardiovascular, and hormonal systems, leading to deep calmness, full experience of the present moment, and a state of „**mindfulness**“.



forest bathing
process of relaxation. The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way.



PRINCIPLES



Phase 1 - Purify Landscape:

Phase 2 - Reintroducing Water to the Landscape:

Phase 3 - Reintroducing Wildlife

Phase 4 - Opening Nature to the Public

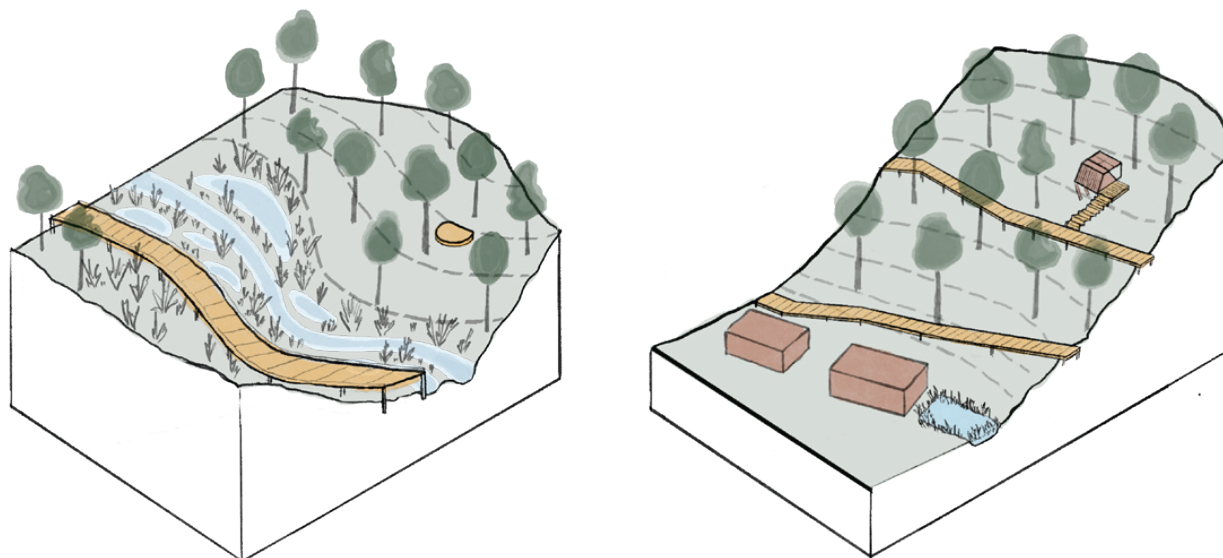
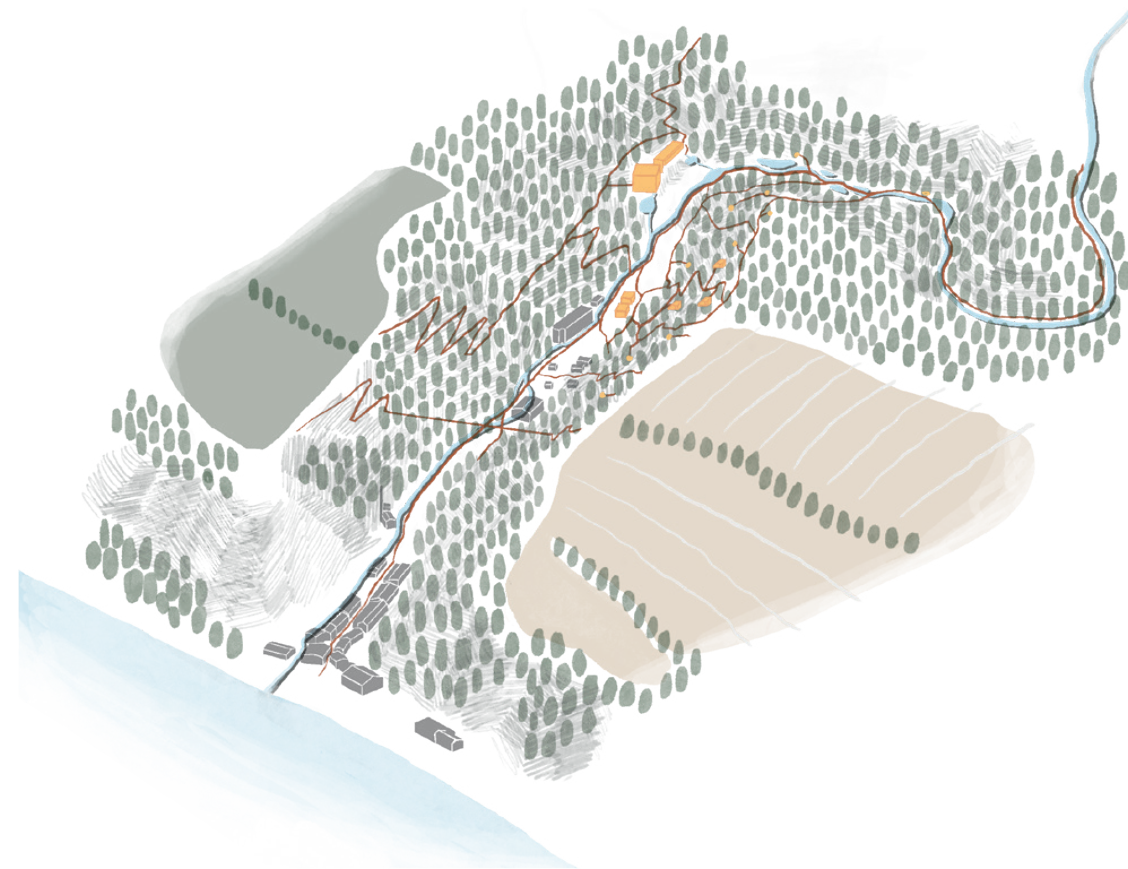
Phase 5 - Reusing building for community activities

The entire project is focused on the restoration of a contaminated area and its transformation into an ecologically and culturally valuable location. It is designed to combine ecological restoration with public accessibility and cultural activities.

FUNCTIONS



CONCEPT SCHEMES



PATHS AND STOPS

Paths weaving through the forest and others leading visitors to various stops.



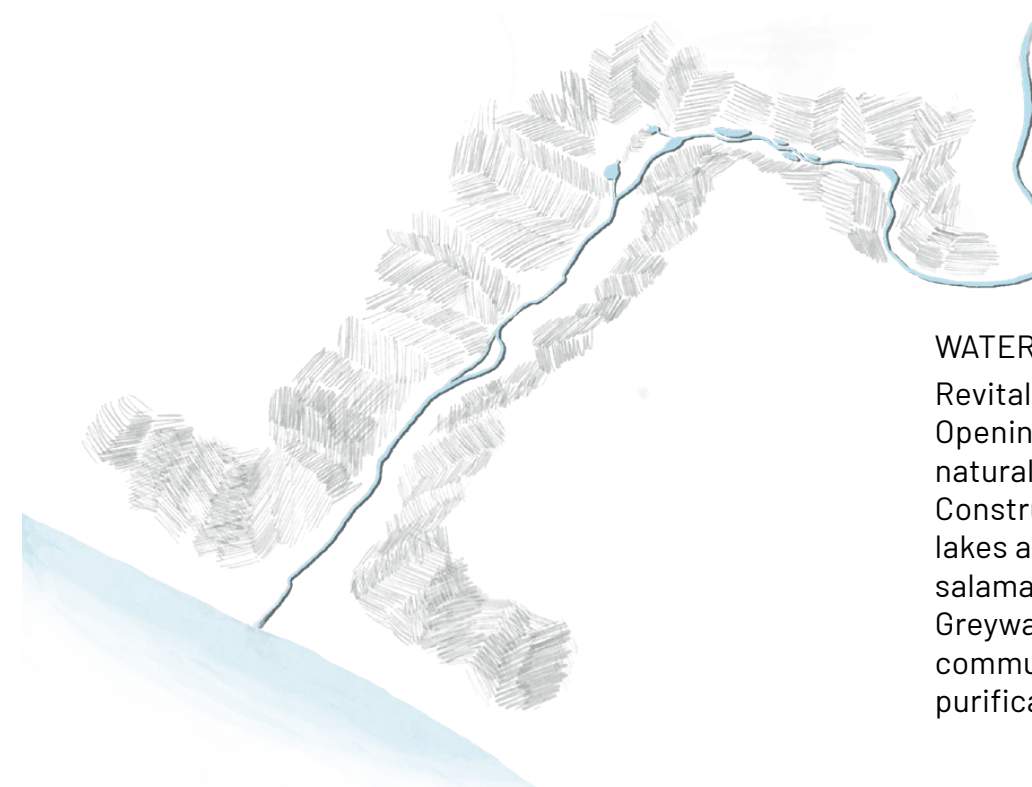
BUILDINGS

Reconstruction of existing structures into a community center. Equipping the center for meetings, education, and support for participants in forest therapy.



VEGETATION

Forest treatment, removing unhealthy individuals, fallen and dangerous trees to the surroundings. Planting the surroundings of the stream with wetland plants and establishing a permaculture garden.



WATER

Revitalization of the Čimický stream: Opening the stream bed, designing natural banks. Construction of ponds and small lakes as a habitat for the spotted salamander. Greywater recycling from the community center through a root purification system.

SITE PLAN

1.

COMMUNITY CENTRUM
2.

MULTIFUNCTIONAL HOUSE/SPACE
3.

WASTE WATER SYSTEMS
4.

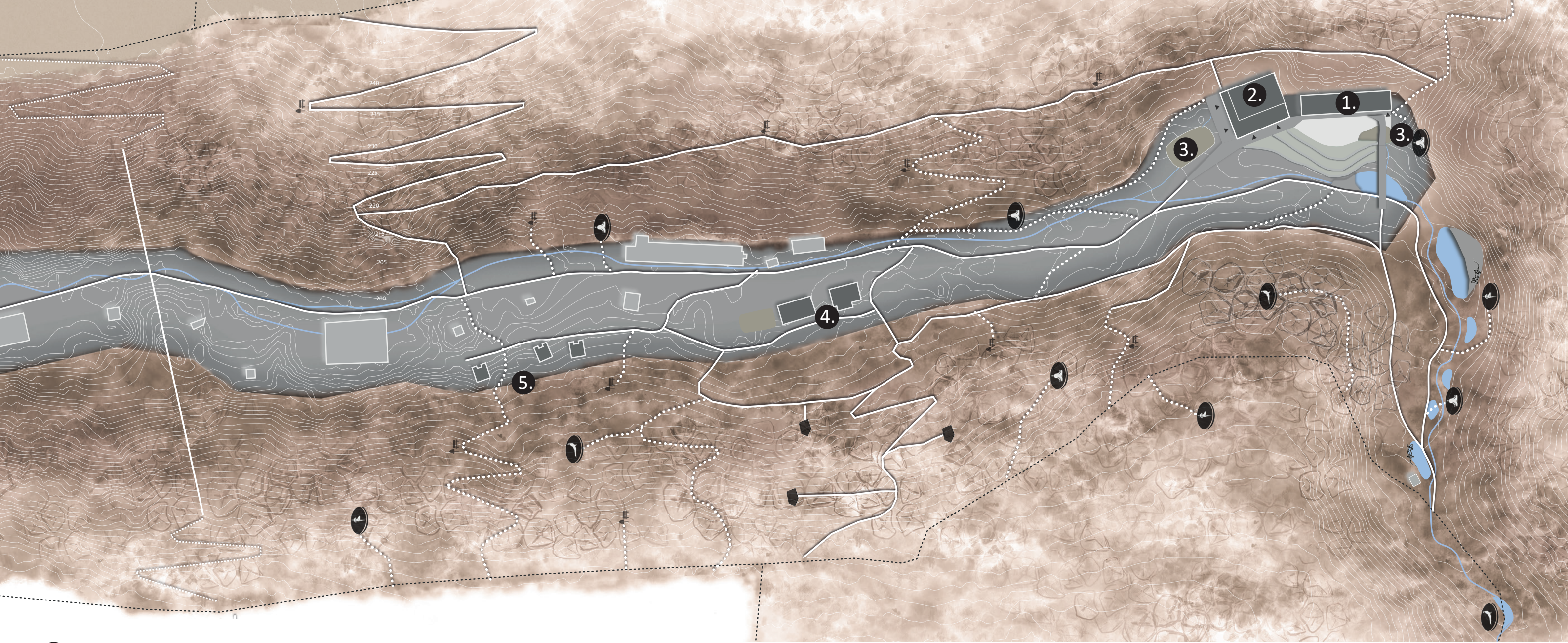
REUSE TOILETS/KITCHEN
5.

SLEEPING IN THE BUNKER

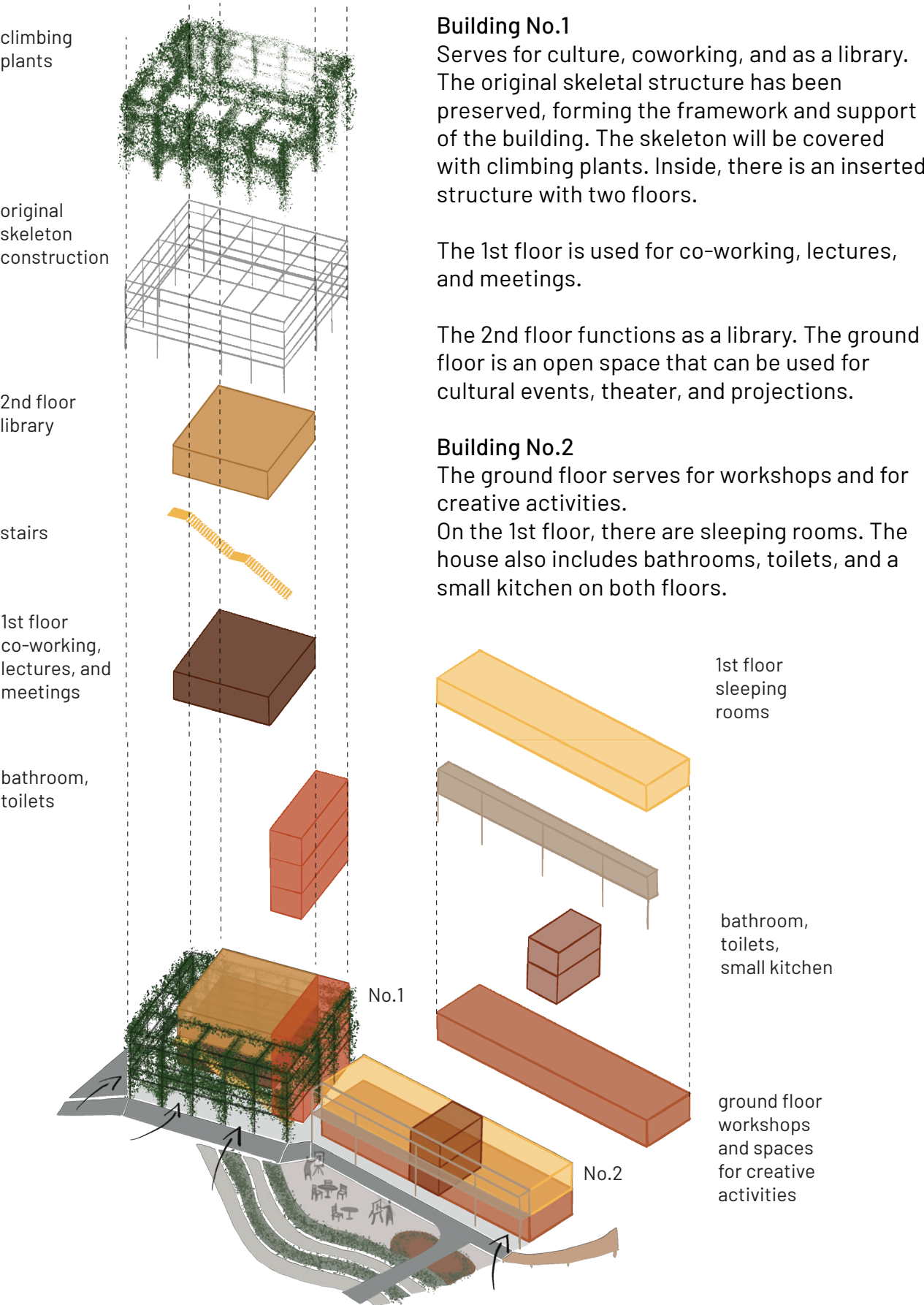
LEGEND

- forest
- greenary
- industrial zone
- original buildings
- designed buildings
- water
- waste water treatment

- original paths
- designed paths
- wooden steps
- enters
- meditation platform
- glamping
- biotope for salamander
- benches



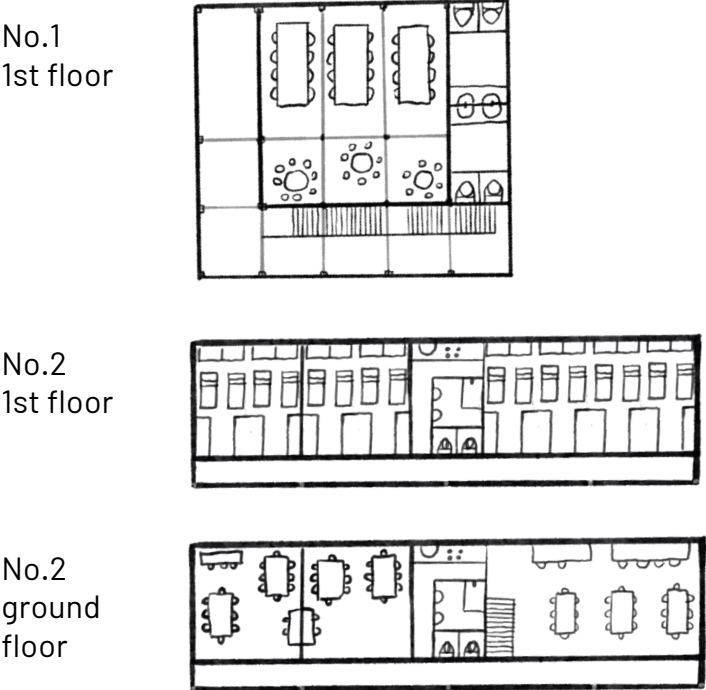
CONCEPTUAL DESIGN AND CONTENTS OF BUILDINGS



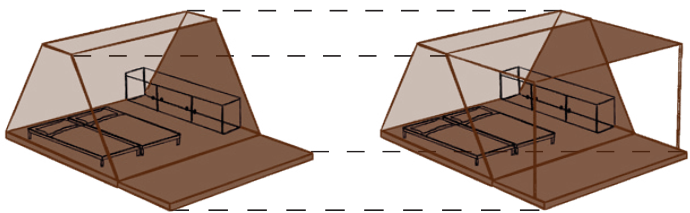
BUILDING USAGE



FLOOR PLANS



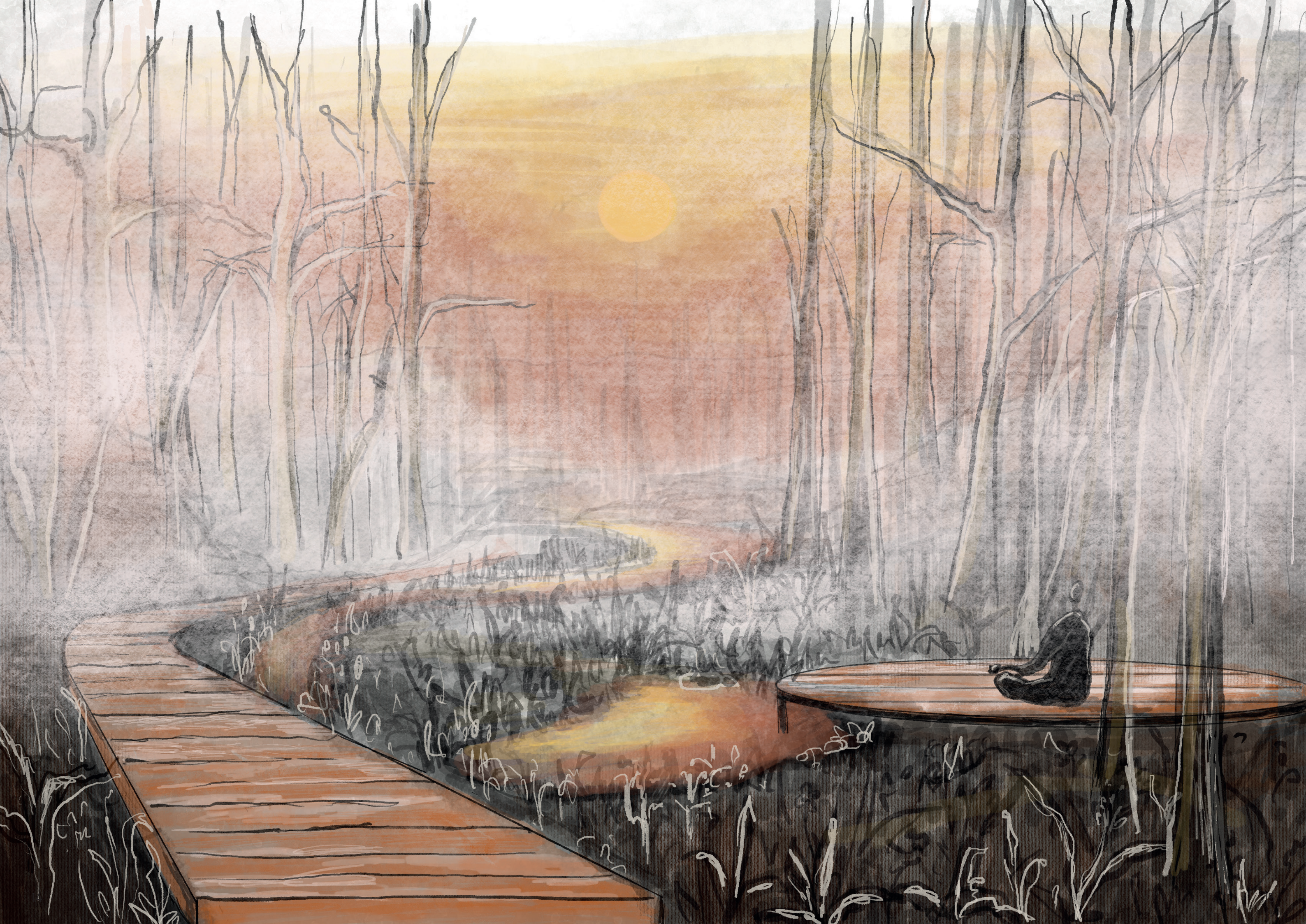
GLAMPING



EDUCATION AND AWARENESS

Implementation of programs and workshops focusing on forest therapy, environmental consciousness, and sustainability.

Inclusion of „therapy gardening“ in the program, with the establishment of terraced planters near the community center.

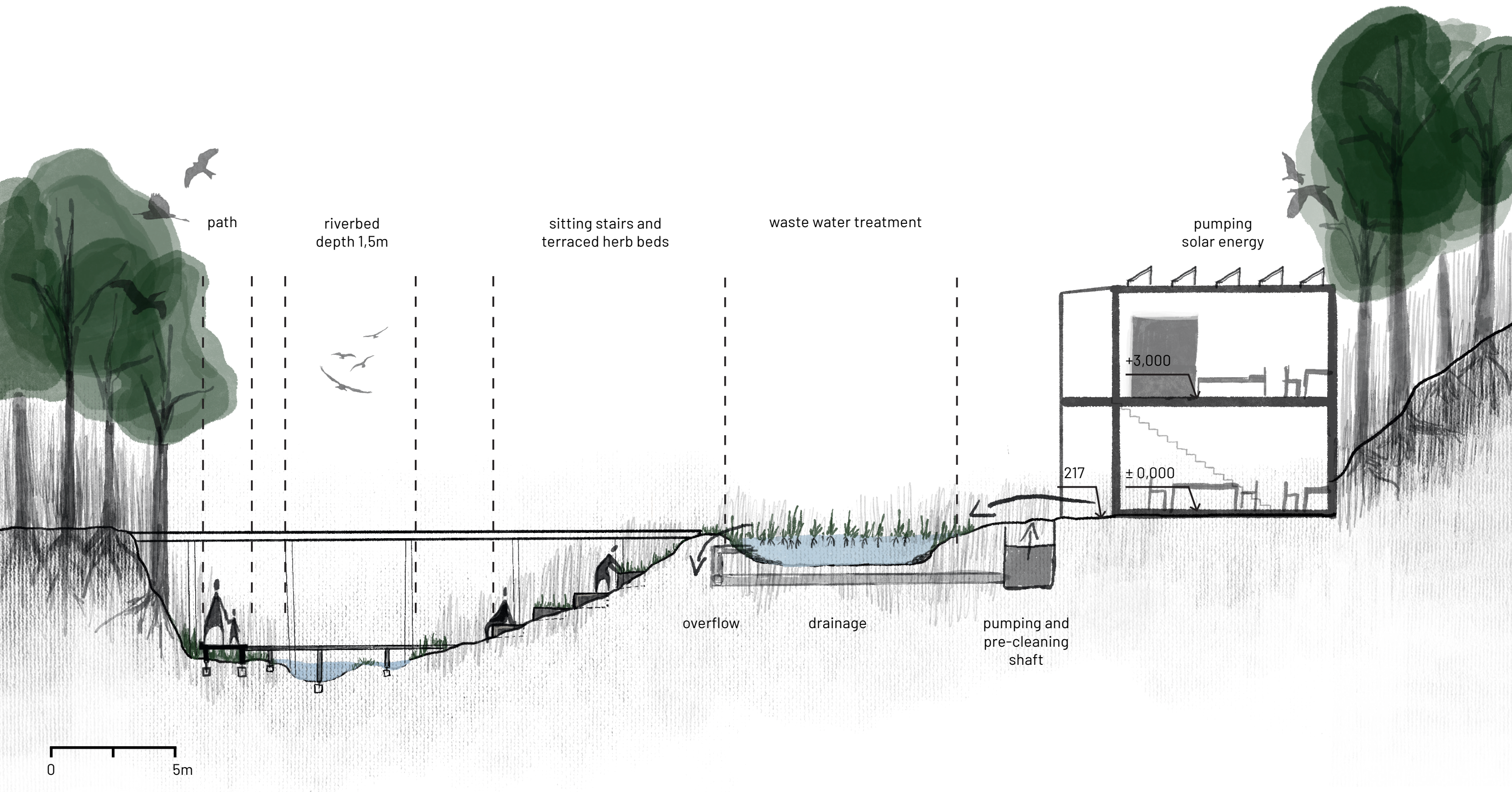




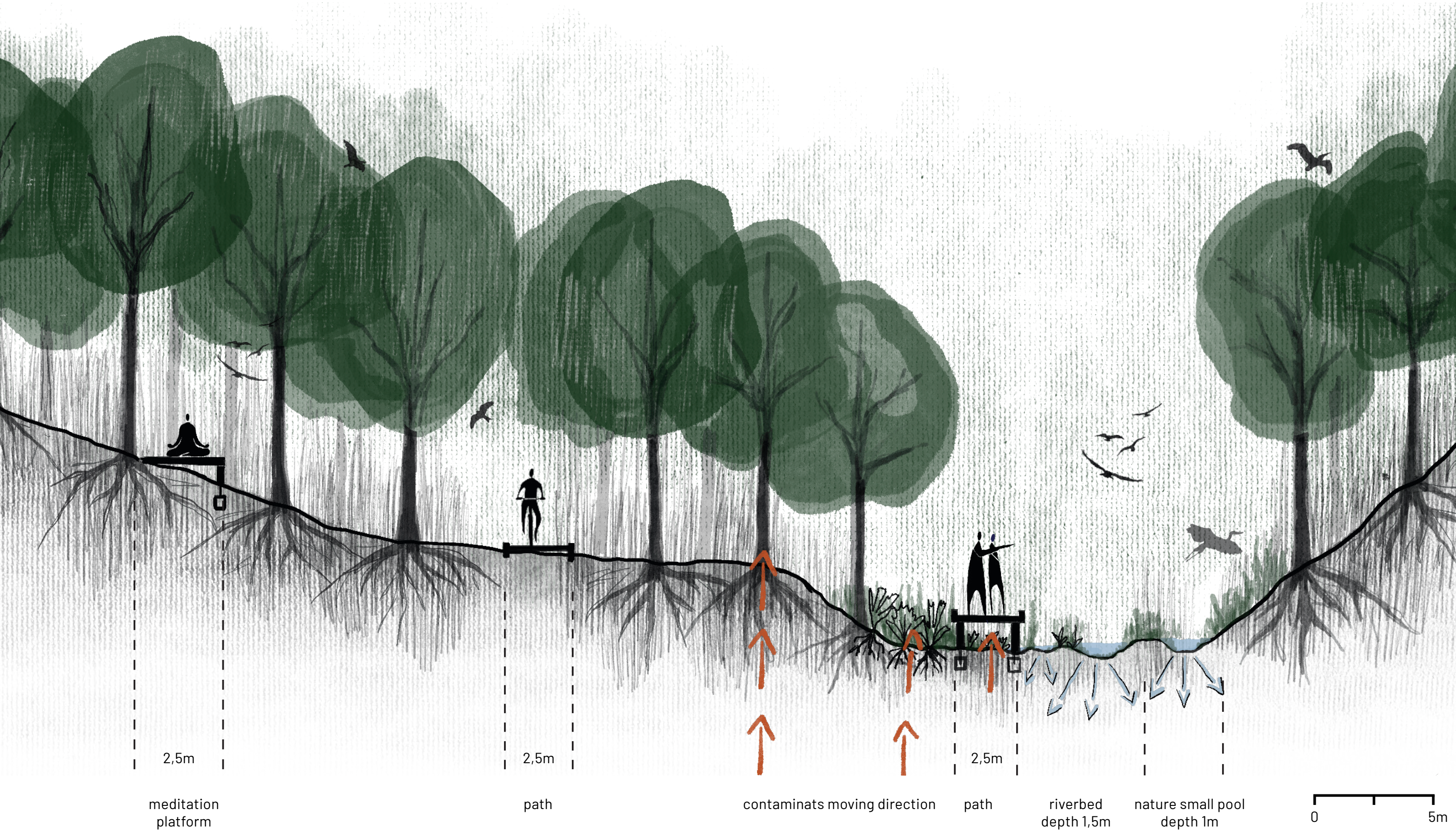


DESIGN

SECTION A - A'



SECTION B - B'



WATER MANAGEMENT



BIOTOPES

The spotted salamander occurs in the area. Habitats for the salamander and other amphibians are designed in the plan.

Suitable conditions for inhabited habitats (environment):

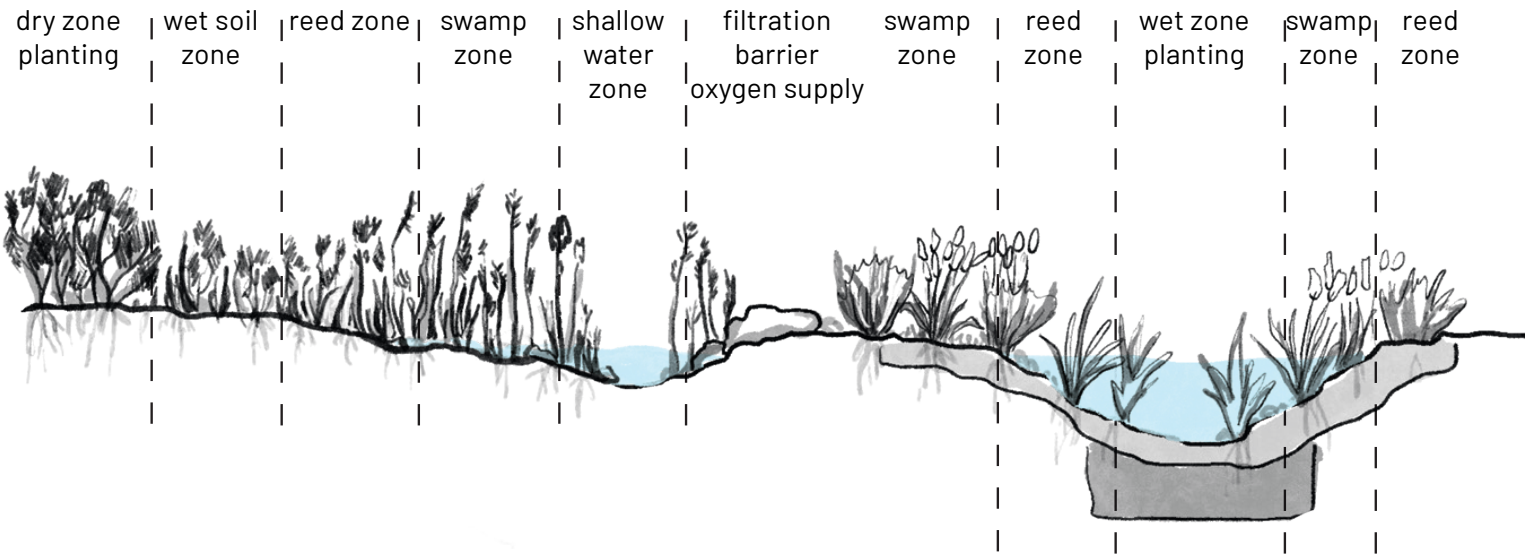
It predominantly inhabits deciduous and mixed forests with abundant herbaceous understory and food. Often, these are forests with significantly incised smaller valleys; they prefer steep slopes with rocky debris and a sufficient amount of decaying woody and leaf litter.

The essential condition for their occurrence is the presence of small streams, springs, and wells with clean water for larval development.

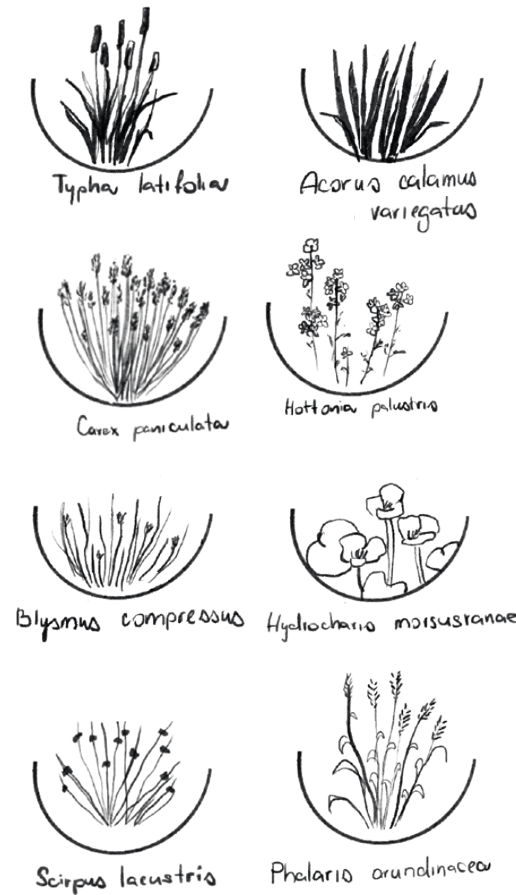
Design: construction of a small dam and above it, a deeper and more extensive pond suitable for amphibians, along with shallow pools along the stream.



SECTION - WETLAND



WETLAND VEGETATION



wetland topsoil depth to be determined by requirements of vegetation for shrubs and herbaceous, for grass/wildflower

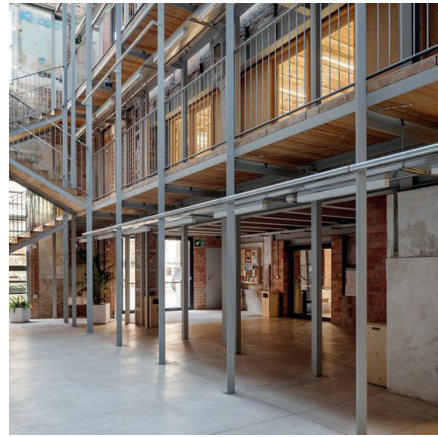
grasses and ferns remediate top soil, and can be easily collected after extracting the contaminants

deeper water plants planted in cranes, selected to remediate the groundwater

INSPIRATION MATERIALS

wood, steel, aluminum, glass

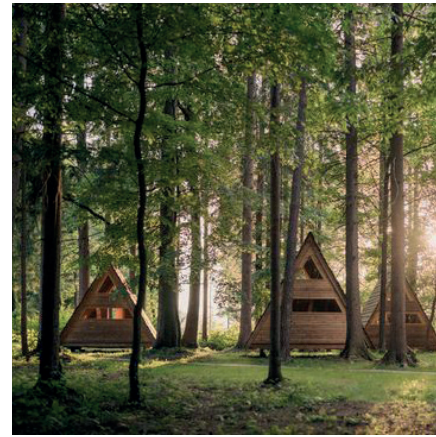
multifunctional centrum



community centrum



glamping



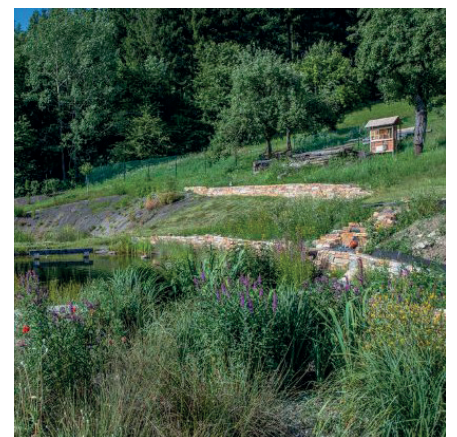
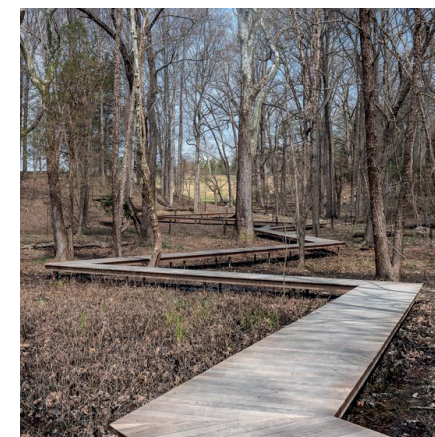
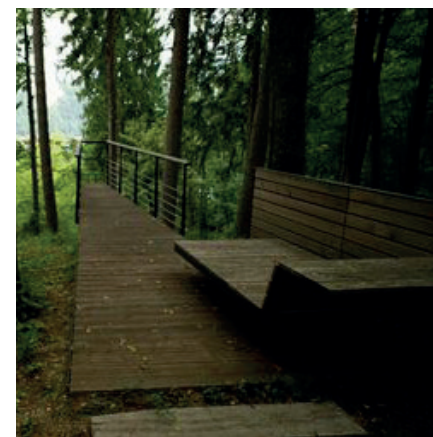
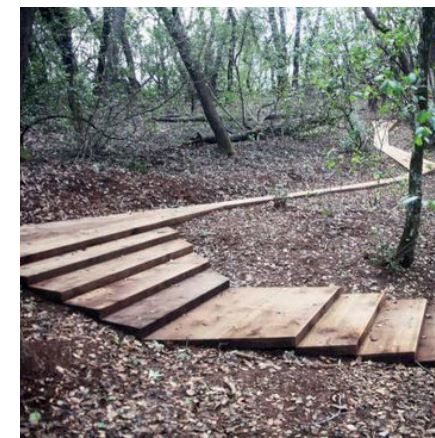
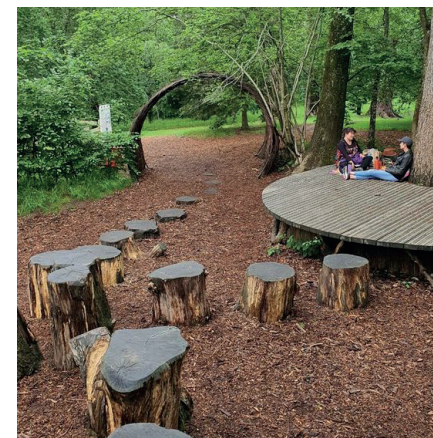
meditation place



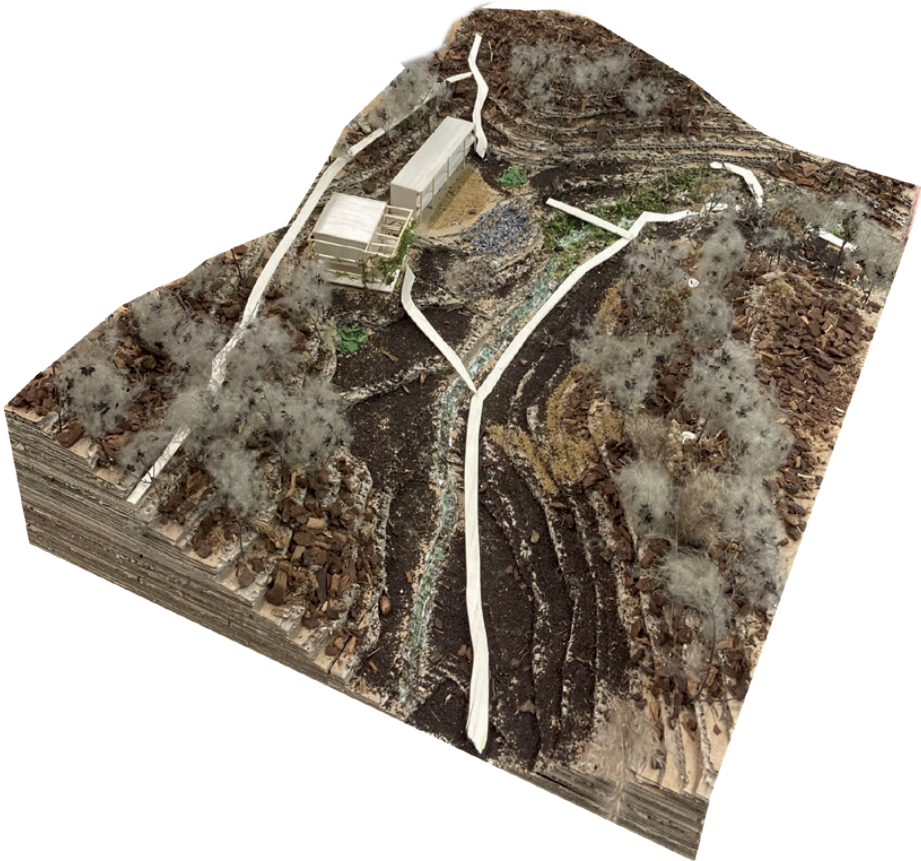
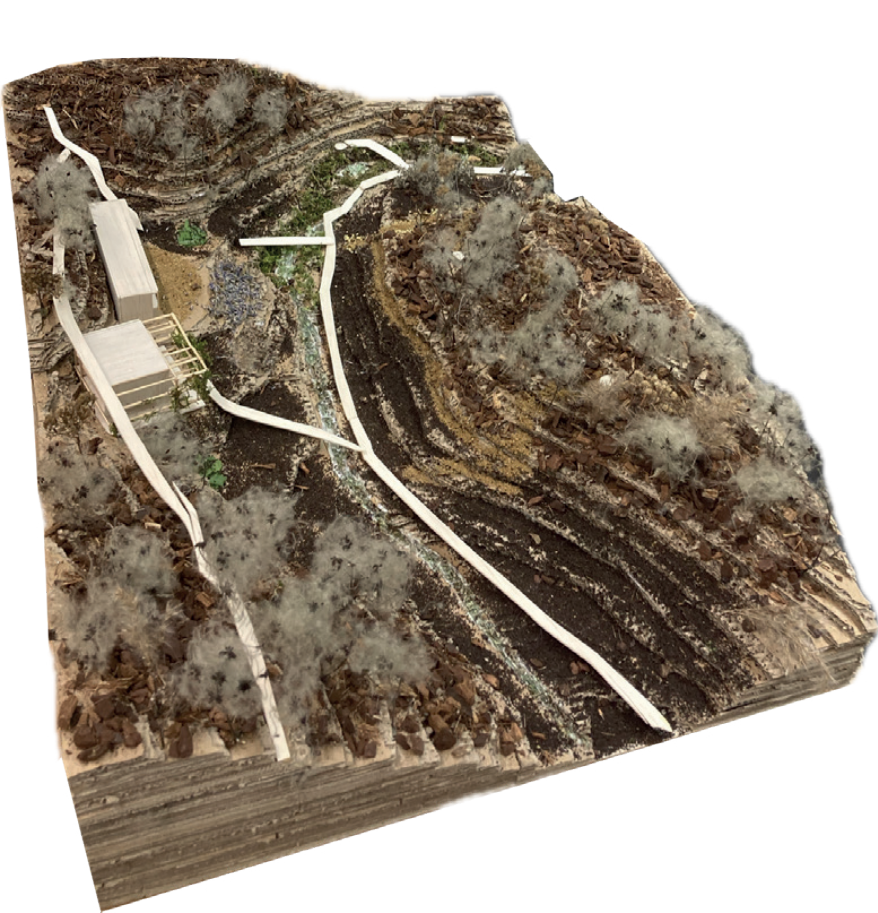
paths

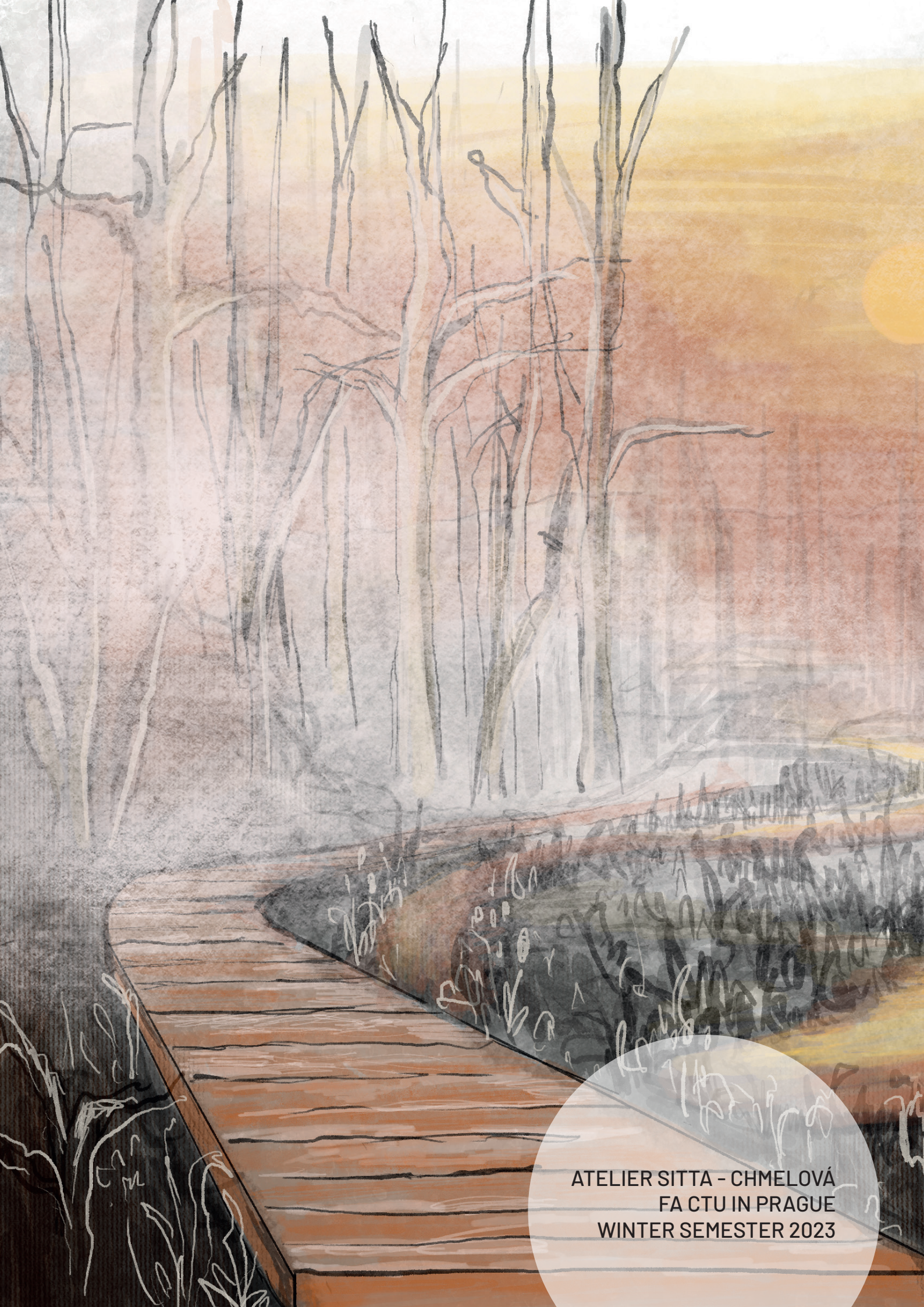


waste water treatment



MODEL





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