(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" .



CONNECTIONS

FUNCTIONS

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CONCEPT SCHEMES



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

WASTE WATER REATMENT - RD

BUILDINGS Reconstruction of existing

VEGETATION

VEGETATION Forest treatment, removing unhealthy individuals, fallen

and dangerous trees to the

surroundings. Planting the surroundings of the stream with wetland plants and

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







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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.











climbing

original skeleton construction

2nd floor

library

stairs

1st floor

toilets

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plants

variegatus

planted in crares, selected to remediate the groundwater

CONCEPTUAL DESIGN AND CONTENTS OF BUILDINGS

Building No.1 Serves for culture, coworking, and as a

library. The original skeletal structure has been preserved, forming the framework and support of the building. The skeleton will be covered with climbing plants. Inside, there is an inserted structure with two floors.

The 1st floor is used for co-working, lectures, and meetings.

The 2nd floor functions as a library. The ground floor is an open space that can be used for cultural events, theater, and projections.

Building No.2 The ground floor serves for workshops and for creative activities. On the 1st floor, there are sleeping rooms. The house also includes bathrooms, toilets, and a small kitchen on both floors.



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.

AT5 WINTER SEMESTER 2023

KAROLÍNA MOLÍKOVÁ ATELIER SITTA – CHMELOVÁ

DYNAMITKA