

# WELL-BEING

Jul 2023 - 2024

Theme eight



01/09/2023

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# ISSUES OF TOMORROW

Our world is changing fast, while ambitions and challenges match in importance. In this context design can play a huge role. How do we imagine the world to be? What range of possibilities we haven't discovered yet? What could architecture become for a world in crisis? What is not architecture yet? In 2020 we started a second phase of competitions to address the **issues of tomorrow**.

In line with our style we propose 9+2 themes – eleven critical topics to work on. They come with a framework to make sure that each theme is explored from different design angles. Rather than a program, a **research ecosystem** composed of various competitions running in parallel and exploring the same theme from multiple perspectives.

Our exploration journey continues now with theme eight, a special step in our research program: **Well-being**.

# Theme eight: WELL-BEING

In the pursuit of holistic well-being, the impact of our built environment cannot be underestimated.

Architecture plays a crucial role in promoting physical and mental health, fostering healthy lifestyles, encouraging sports and physical activities, and supporting a harmonious work-life balance. By creating spaces that prioritize human well-being, architects have the power to positively influence our daily lives, contributing to a healthier and happier society.

Creating spaces that prioritize human well-being, architects can facilitate healthy lifestyles. Incorporating design elements that encourage physical activity and good health practices, such as ample natural light and ventilation, architects can enhance productivity, mood,

and overall well-being. Additionally, incorporating staircases prominently and designing pedestrian-friendly environments inspires individuals to embrace physical activity and reduce sedentary behavior.

Sports facilities, recreational areas, and green spaces are important components in promoting public health and well-being. Well-designed parks, playgrounds, and sports facilities that are easily accessible encourage regular exercise and an active lifestyle. Architects have the opportunity to create environments that cater to people of all ages and abilities, offering a diverse range of options for physical activities.

The design of workplaces plays a crucial role in supporting work-life balance and the well-being of employees. By integrating elements such as natural lighting, green spaces, and well-designed break areas, architects contribute to enhanced productivity, reduced stress levels, and the establishment of a healthy work environment. Flexible and adaptable spaces that facilitate collaboration, creativity, and relaxation further encourage a better equilibrium between work and personal life.

Moreover, architecture has a profound impact on mental health. By incorporating features of biophilic design, which emphasizes the connection between humans and nature, architects have the ability to create environments that foster calmness and decrease stress levels. Through the integration of nature, natural materials, and soothing colors, architects can cultivate a supportive and serene atmosphere, ultimately enhancing mental well-being. Attention to factors such

as acoustics, privacy, and spatial layout further contribute to a sense of security and tranquility.

To maximize the benefits of architecture on overall well-being, a holistic approach is indispensable. Collaboration among professionals from various fields, including architects, urban planners, psychologists, and health experts, is crucial in developing environments that foster well-being. Thoughtful city planning that incorporates walkable neighborhoods, accessible public transportation, and a balanced mix of residential, commercial, and recreational spaces promotes active living, reduces stress associated with commuting, and facilitates social interaction.

Additionally, architecture plays a pivotal role in promoting community engagement. Through the design of public gathering spaces, cultural centers, and community gardens, architects actively encourage social connections, combat feelings of isolation, and

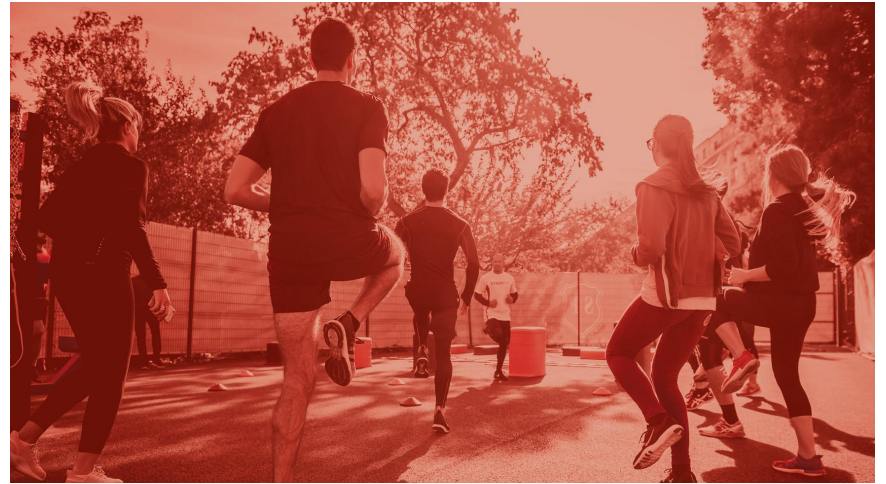
strengthen the bonds within communities. These spaces serve as focal points for sports activities, cultural events, and shared experiences, fostering a profound sense of belonging and happiness.

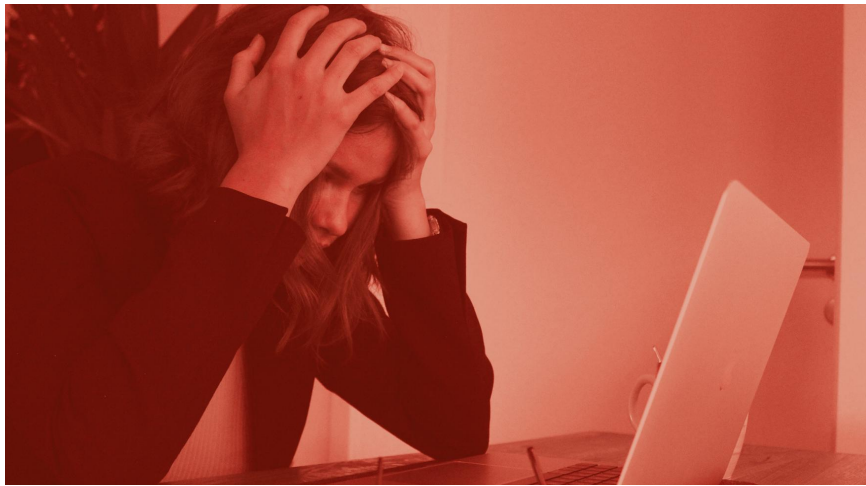
Architecture possesses the transformative power to shape our physical and mental well-being by prioritizing health, sports, work-life balance, and mental health in the built environment. By incorporating principles of sustainable design, biophilia, and community engagement, architects have the ability to positively influence our way of life, work, and interaction with our surroundings. Embracing the potential of architecture can pave the way for a brighter future, where well-being takes center stage.

Well-being series of competitions are in line with the United Nations Sustainable Development Goals (SDG) number 3,6,8,11 and 16. While most SDG might look distant from design, others are directly dependent from it.

How can architecture be designed to promote physical activity and healthy lifestyles within built environments? How can architectural design contribute to creating workspaces that foster a healthy work-life balance and support the mental well-being of employees? In what ways can architecture incorporate elements of biophilic design to promote calmness, reduce stress, and enhance mental health? How can collaborative efforts between architects, urban planners, psychologists, and health experts maximize the positive impact of architecture on well-being?

Well-being is a compilation of design challenges that aim to rethink our built environments, elevate human experiences, and prioritize the holistic health and happiness of individuals.





# 30 KEYWORDS

The question now is what are the possibilities of future architecture and space design when dealing with the ever-evolving needs of well-being, healthy lifestyles, sports, work-life balance, and mental health. In view of this, we are promptly questioning our lifestyle and the framework designed to support it. Non Architecture and its partners want to play their part by involving the design community in a series of explorative initiatives. By reflecting upon specific topics, we aim at generating dialogue and mutual inspiration for ideas.

In particular, Non Architecture and all the supporting organizations collaborated in identifying a range of 30 design issues related to the theme of Well-being.

In relation to the **Ecology**:

1. Ecosystem revitalization,
2. Endangered species protection,
3. Arid environment survival,
4. Grassland ecosystem,
5. Aquatic life wellness,
6. Mountainous habitat harmony,
7. Forest preservation,
8. Wilderness restoration,
9. Sustainable agriculture.



In relation to **Society & Culture:**

- 10. Sustainable living,
- 11. Community wellness,
- 12. Hunger eradication,
- 13. Environmental stewardship,
- 14. Public health enhancement,
- 15. Conscious consumption,
- 16. Circular economy,
- 17. Community development.

In relation to **Architectural Design:**

- 18. Green architecture,
- 19. Vertical gardens,
- 20. Biodiversity-focused interior design,
- 21. Therapeutic outdoor spaces,
- 22. Indoor ecosystems,
- 23. Restorative structures,
- 24. Eco-conscious design.

In relation to **Climate Change**:

25. Resource conservation,
26. Greenhouse gas reduction,
27. Climate resilience,
28. Carbon footprint minimization,
29. Global warming mitigation,
30. Sustainable lifestyle choices.

For more insights on these topics you can subscribe to our [newsletter](#) or visit our [online journal](#).

Designers can address one or more of the aforementioned topics through different competitions. Each competition frames a specific design approach. The Non Architecture Competitions for the theme of Well-being are the following:

- HIMALAYAN THERMAL BATHS
- CYCLIST HOUSE

# HIMALAYAN THERMAL BATHS

In this competition, we invite participants to come up with visionary concepts for a Thermal Bath in Himalaya - only 1 drawing, with absolute freedom of scale.

This competition aims to create innovative and sustainable designs for a Himalayan Thermal Bath, seamlessly integrating it into the surrounding landscape and respecting the natural environment while providing a unique and rejuvenating experience for visitors.

Participants are encouraged to think about the challenges and opportunities of designing a thermal bath in the mountainous and remote region of the Himalayas.

How can the design minimize the environmental impact while maximizing the benefits for visitors? What materials and technologies should be used to create a sustainable and efficient structure? How can the thermal bath be integrated into the existing landscape and local culture?

**Himalayan Thermal Baths** aims to answer those questions with a particular focus on well-being.

**Deliverables:** one image (presentation image)

**Timeline:**

**Registration Period:** 01 Jul - 31 Oct 2023

**Submission Period:** 15 – 31 Oct 2023

**Winners Announcement:** 27 Nov - 01 Dec 2023

# CYCLIST HOUSE

In this competition, we challenge participants to propose innovative housing solutions not only to accommodate cyclists, but actively promote and celebrate the cycling lifestyle - only 1 drawing, with absolute freedom of scale, site or program.

This competition aims to reshape conventional home design thinking and contributing to healthier, more sustainable lifestyle choices related to cycling.

Participants are encouraged to think of cycling to be more than just a mode of transportation, to be a lifestyle. Consider factors like storage solutions, ease of access, safety, and how the design can encourage non-cyclists to adopt this lifestyle.

How can homes be designed to encourage and facilitate cycling as an integral part of daily life? How can architectural innovation and design aesthetics come together to create a space that promotes cycling as an integral part of daily living?

**Cyclist House** aims to answer those questions with a particular focus on well-being.

**Deliverables:** one image (presentation image)

**Timeline:**

**Registration Period:** 01 Sep - 31 Dec 2023

**Submission Period:** 15 – 31 Dec 2023

**Winners Announcement:** 22 - 26 Jan 2024

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