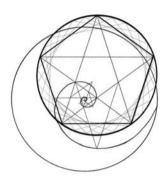
Urban Walk explores the ways in which interior design can respond to the mental health issues that impact students' daily lives. It investigates the theories of biophilia and renewing human connectedness to nature within a built environment which can positively impact students' well-being and improve their overall mental health.

The proposal is for a multi-functional student centre for relaxation, where students will be able to participate in a variety of activities such as yoga, meditation, gardening or simply relax with friends or in private. Evidence suggests that these are the most natural methods in helping prevent stress and developing issues related to mental health that students experience after starting University.



Concept Diagram







7 George Square, Edinburgh

Obtaining a university degree is a big milestone for many people. But the process of securing this degree can have a huge impact on the mental health and wellbeing of students.

In 2019, a survey conducted by Randstad UK where they asked over 1800 students highlights interesting results

Over a quarter of UK students (37%) are experiencing their state of mental wellbeing changing for the worse since starting higher education

64% of respondents claim that their studies and university lifestyle impacts state of wellbeing negatively

The new report also discovered that over half (88%) have considered leaving their

42% of participants were accessing counseling support

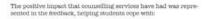
Students considering leaving their course

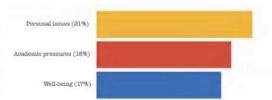


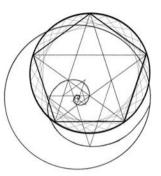
The main solution that the University had to help students with their mental health was counseling. Yet, it seems that it was not always successful and more students were needing support each year. There needs to be another way to help students that will be more effective, and one that will prevent people from suffering rather than healing already existing issues.

I did my own survey finding out what exactly students are doing to relax so I could design interior space that will allow those activities.

How can interiors enhance relaxation?



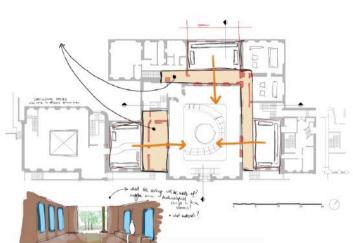


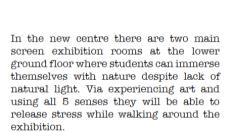


Survey conducted for this project research purposes asking students on how they like to relax, how they manage preventing stress and where

Q1: in terms of relaxing: would you rather- relax in a vibrant, energising yet oalm space that's unlike University setting to put your mind off your streams or would you rather relax in a neutral, whitch, mindral, quiet space that is quite similar to Uni buildings?	Qc: What would you like to do in this space that would help you relax? except from having soften and food (group activities with french and other students? oratte and arte? Just sit by yourself in peace? socialise? organ meditalism? other workshope?)	QSi Do you feel more comfortable in open spaces or more enclosed and private spaces?	Q4. What do you usually do to relax?	Qii Bush sentre will be open 24/7 to accom- modate various needs. I'il be an indoor garden with vibraut yet oulming interior design. What she would make you help relax in such centre?
- Transport and service and se	1. Hike alone 2. Six by myself in peace 3. Just set by myself and do meditation or assend yeas 4. Meet case and arche them 8. Six in peace, socialize, meditate, yeas, arcs 6. Oroup activities with friends 7. Relax sool laires to musio 8. Six by myslef 9. Just six by myslef in peace 10. Yega 11. Meditate and six by myslef with non- putdement, be able to see the sky from this space for a more peaceful experience. 12. Meditation 13. Probably read a book, I would like there to be loss of comfy things like pillows and blankets. 14. Socialize 16. Meditation, dancing, read the books 16. Meditation, and play borut games, Lie under bamboo trees.	Posit WOS	1. Read novels 2. I read a book 3. Yoga, moditation, read, listen to music 4. Read, watch YouTube 6. Read, paint, draw, maditate, listen to music 6. Sleep 7. Cook and listen to imusic 6. Sits with a coffee in my room 9. Yoga 10. Read a book, meditate 11. Read, play video gamen, watch south of a books, meditate 12. Lie down 13. Lie down 14. I do not do snything to realt, never thought of fr. 16. In need books, listen to music 17. Read books, listen to music 18. Read books, listen to music 19. Read books, listen to music 19. Read books, listen to music 19. Read books, listen to music 19. Read books, listen to music 19. Read books, listen to music 19. Read books, listen to music 19. Read books, listen to music 19. Read books, listen to music 19. Read books, listen to music 19. Read books, listen to music 10. Read books, listen to music	1. Probably painting 2. Closed, anti-noise rooms to put a mind at ease 3. Water and relaxing imusic 4. Clast, engying the sound of run ning water outdoors, looking a plans, literating to bird single, in Sone sense of security (no having people coming and going around) 6. Swimming people coming and going around 6. Swimming pool 7. Watching a big screen linked to inverved the world 8. Privacy - individual space 9. Sieep 10. Lave music, but once a weel maybe, unconventional music amounds to help unwind. Privac bookings, unconventional music amounds to help unwind. Privac bookings, unconventional music amounds to help unwind. Privac bookings, unconventional music amounds to help unwind. Privace bookings of the control of the seconds of the second of the se

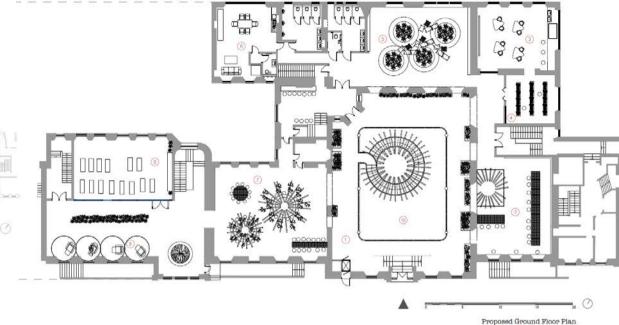
Total participanta: 17 students of Edinburgh University from various fields





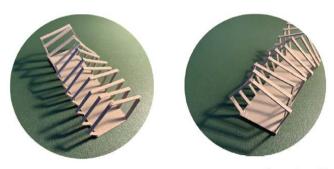
On the ground floor there are similar screens mounted on walls in some of the rooms like: socialising / relaxing room (see visual below) and study room. It won't be as effective as in the rooms on the level below because of natural light in those spaces. However, they will display slow motion nature inspired images that will help in putting students in a more calm and relaxed state and to help them focus. Also, they will reveal what is happening further into the space and guide students where exhibition rooms are.

Moreover, this socialising area is a result of Refuge / Prospect study. Students will feel protected under glulam tree construction while they will be able to observe flowers and plants in the space that will allow them to fully relax.

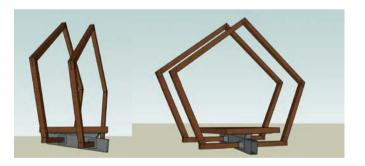


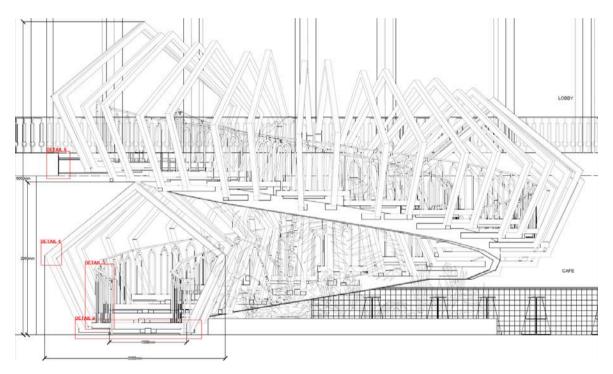


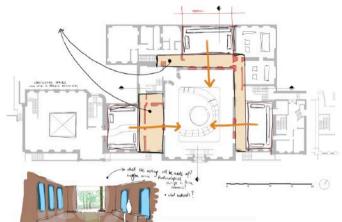
0 5 10 15



Concept model







Layout idea inspired by patterns 11 Prospect. An unimpoded view over a distance, for surveillance and planning, and 12 Refuge. A place for withdrawal from asvironmental conditions or the main five of advirty, in which the individual is protected from behind and overhead.

There were three 'refuge' spaces in the building and next to them I wanted to design indoor gardens a "prospect' areas. I wanted to make windows in floors all the way up to the roof to bring more light so plants could grow in those areas but it routh make people feel uncomfortable to walk on a transversition.

In the new centre there are two main screen exhibition rooms at the lower ground floor where students can immerse themselves with nature despite lack of natural light. Via experiencing art and using all 5 senses they will be able to release stress while walking around the exhibition.

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