

FINAL MAJOR PROJECT



ADB611
EMILY LEWIS
Q16035437

CONTENTS

1.0 INTRODUCTION

1.1 REPORT INTRODUCTION.....	1
1.2 PROJECT BRIEF.....	1
1.3 CLIENT.....	1
1.4 URGENCY.....	2
1.5 USERS.....	3
1.6 MARKET RESEARCH	3
1.7 CONSTRAINTS AND OPPORTUNITIES.....	4

2.0 SITE

2.1 SITE.....	4 - 6
2.2 SURROUNDING AREA.....	6
2.3 TRANSPORT LINKS.....	7
2.4 SITE ANALYSIS/ SUN PATH.....	7
2.5 CURRENT REVIEWS.....	8
2.6 AIR QUALITY.....	8
2.7 HUMIDITY.....	8
2.8 TEMPERATURE.....	9
2.9 CURRENT FLOOR PLANS.....	9 - 10
2.9.1 EXTERIOR SITE SECTION.....	11
2.9.2 CURRENT INTERIOR IMAGES.....	11 - 12
2.9.3 PHOTO SITE ANALYSIS.....	12
2.9.4 EXTERIOR IMAGES.....	13

3.0 PLANNING

3.1 GANTT CHART.....	14
3.2 ADJACENCY DIAGRAM, ACCOMODATION SCHEDULE.....	14

4.0 DESIGN RESEARCH

4.1 DESIGN INTENTION.....	15
4.2 DESIGN GOALS.....	15
4.3 BIOPHILIC DESIGN.....	15
4.4 WELL v2.....	16
4.5 CASE STUDIES UNIT B612.....	16
4.6 CASE STUDIES FLOW Hostel.....	16
4.7 FEASABILITY STUDY.....	17

5.0 DESIGN

5.1 CONCEPT.....	17
5.2 MATERIALS.....	18
5.3 FURNITURE, FIXTURES, EQUIPMENT.....	19 - 20
5.4 MOODBOARDS - LOUNGE/ENTRANCE.....	20
5.5 MOODBOARDS - PUB/CAFE.....	21
5.6 MOODBOARDS - TERRACE.....	21
5.7 MOODBOARDS - SENSORY ROOM.....	22
5.8 MOODBOARDS - BEDROOM.....	22
5.9 MOODBOARDS - KITCHEN.....	23

6.0 SPATIAL

6.1 SPATIAL RELATIONSHIPS.....	23 - 24
6.2 CIRCULATION.....	24
6.3 BUBBLE DIAGRAMS.....	25
6.4 FINAL GROUND FLOOR PLAN.....	26
6.5 FINAL FIRST FLOORPLAN.....	26
6.6 RENDERED FINAL GROUND FLOORPLAN.....	27
6.7 RENDERED FINAL FIRST FLOOR FLOORPLAN.....	27

7.0 FINAL DESIGNS

7.1 ENTRANCE RENDERS.....	28 - 29
7.2 PUB/CAFE RENDERS.....	30 - 31
7.3 SENSORY ROOM.....	31
7.4 DINING ROOM RENDERS.....	32 - 33
7.5 SELF- CATERING KITCHEN.....	34
7.6 ACCESSIBLE SHOWER/BATHROOM.....	34
7.7 ACCESSIBLE BEDROOM.....	35
7.8 (3) PERSON BEDROOM.....	36
7.9 (4) PERSON BEDROOM.....	36 - 37

8.0 EVALUATION.....

REFERENCES.....	39
IMAGE REFERENCE LIST.....	40 - 42
APPENDICES	43 - 50

1.0 INTRODUCTION

1.1 REPORT INTRODUCTION

This report explores my project proposal for YHA (Youth Hostel Association), a renovation project for one of their popular hostels located in Windermere, in the Lake District. Throughout the report, I will break down the project objectives, backed up by independent research, that explores the urgency for the project. I will explore the location and provide a detailed analysis for why this location and brand has been chosen. A balanced evaluation will be provided throughout the report, reflecting on the design process and its alignment with the YHA brand and ethos.

1.2 PROJECT BRIEF

This is a commercial project with aims to reconnect young people with the YHA brand alongside the great outdoors. The project's main intention is to create a space that young adults want to engage with. It is however, not limited to young people. Youth hostels provide a safe haven for all, from young children coming along with schools, to young families and older generations. Thus, I will need to consider a wide range of accessibility needs in line with building regulations and ergonomic requirements, for all users when designing the space. Key areas for design include the entrance lobby which also works as a lounge, the pub/café area, dining space, self-catering kitchen, a sensory room and a selection of bedrooms to cater for different numbers. YHA would like to incorporate an accessible room with additional accessible bathroom facilities on the ground floor. The new design for the youth hostel will help YHA rebrand their style to become more appealing to the new generation of travellers.



Figure 1: YHA Logo (Peak District Kids, 2025)

1.3 CLIENT

YHA (Youth Hostel Association) are a charity, operating in England & Wales, established in 1930, (see appendix A, page 43). Their mission is to help all, especially young people of limited means, to gain a greater knowledge, love and care of the countryside and appreciation of the cultural values of towns and cities. Not only do people get to experience recreational hostel fun, hostels also improve physical health, mental wellbeing and life skills (YHA, 2025). YHA provide hostelling experiences for all within unique, historical settings across the UK. Their hostels provide a range of facilities such as reasonably priced food and drinks and a safe, inexpensive space to stay with communal areas, which is where the magic of hostelling really happens. The hostels are welcoming to all, with group trip offerings from schools or full hostel hiring for special events. YHA are passionate advocates for nature, education and community and they focus on sustainable tourism, as such, it is important for me throughout my design to reflect YHA's strong values, (see Figure 2, page 2).

1.0 INTRODUCTION

Sustainable Tourism through Hostelling



Figure 2: Sustainable Tourism (Hostelling International, 2017)

1.4 URGENCY

In 2023, YHA announced it would be selling twenty of its one-hundred-and-fifty hostels, with the possibility for a further thirty in the next three years. Reasons for this include pandemic shut-downs, the cost of living crisis and steep inflation (Harris, J, 2023). Youth hostels are more than just accommodation, they are safe havens for people, offering the potential for a new insight into life and adventure. During the pandemic forty-seven YHA hostels were given over to housing homeless people, families escaping domestic abuse and key workers (Harris, J, 2023). Not only do they offer a place of respite for less advantaged young people, they have become key pillars to the community through hard times. YHA properties are at risk of sale, as such it is imperative to design a space that is fresh, whilst still in line with the YHA brand whilst also offering something new, exciting and appealing to the younger generations. Independent hostels are on the increase, showing great popularity, thus proving that hostels are indeed still relevant, (see Figure 3, page 2). However, independent hostels do not offer the same charity ethos as YHA, leading to future generations and already well-established communities losing out on the vast benefits that hostels have to offer.

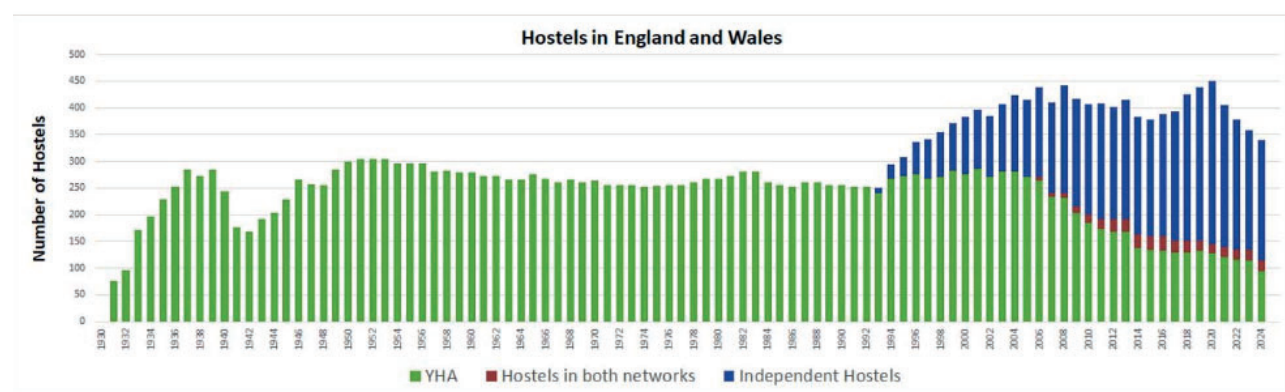
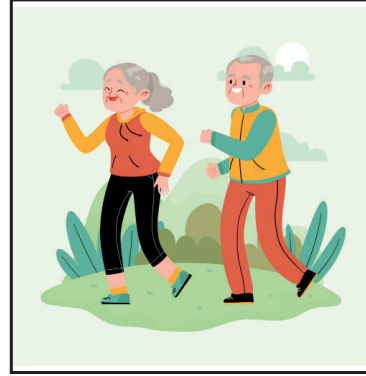
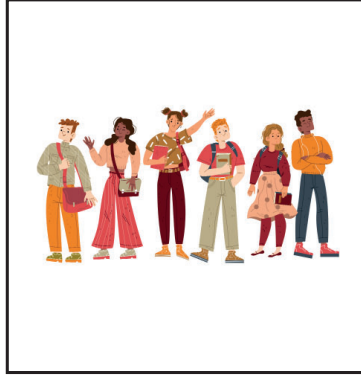
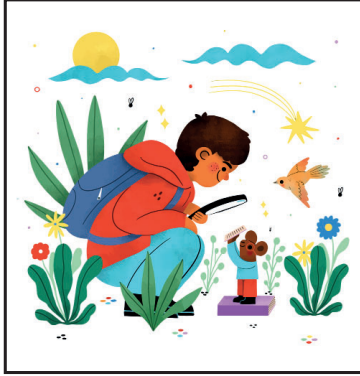


Figure 3: Hostels in England and Wales (Independent Hostels, 2023)

Furthermore, the newer generations are exposed to social media more than ever before which is only increasing mental health challenges. This can impact younger generation's resilience and self-confidence, both positively and negatively (MHFA, 2025). YHA hostels foster communal activities, becoming spaces that nurture self-confidence, independence and growth. This stresses the sheer importance of maintaining as many youth hostels as possible under the YHA brand, but through a fresh design lens that engages with the younger generations.

The Wildlife Trusts states that children from disadvantaged background are known to have been disproportionately affected by the pandemic through lack of green space. (The Wildlife Trusts, 2021) YHA can be a bridge to young children and young adults successfully accessing green spaces and experiences which may potentially set them on a new path for life.

1.0 INTRODUCTION



1.5 USERS

YHA provides a fun space for all. In their 2022-2023 annual report it stated that nearly half of its guests were under twenty six (see appendix I, page 50). Through my own experience of visiting several YHA hostels within the Lake District, I have noted that a variety of users inhabit the spaces: from young families, right through to adults ranging from ages 21 - 65+. Therefore, the proposed design will consider ergonomic factors that accommodate as many people as comfortably as possible. I will aim to bring the space up to date through providing new accessible facilities for people impacted by disabilities, including design considerations for neurodiversity. Whilst nearly half of YHA users were under twenty six, our aim is to increase this figure even further, for young people are the future of YHA and our planet.

1.6 MARKET RESEARCH

Reports show that globally Youth hostels will grow its profits from \$4.26 billion in 2024 to \$4.61 billion in 2025, a compound annual growth rate of 8.3%. Key attributions to this include a growing environmental consciousness, with an increasing demand for green hostels (The Business Research Company, 2025). Hostel World recently conducted a study, which showcases how the importance of décor within people's decision to stay at hostels has risen by 44% (Hostel World, 2019). After staying in YHA hostels, most are in desperate need of refurbishment to be brought back up to the present age. I aim to design a space that can reflect the new generation for YHA hostels. Additionally, employment status whilst traveling has changed, meaning 1% of users are current students studying online which is predicted to increase to 5% in the future (Hostel World, 2019). In consideration of our changing world and technology advancements, my design for the hostel will consider options for including additional charging points and smaller bar tables for people to hot spot if working whilst traveling.



Figure 4: Girls in a Tree House (RDNE Stock Project, 2021)

The Wildlife Trust found that spending time in nature has a huge positive impact on children's health and wellbeing with 84% of people feeling that they were capable of doing new things when they have tried them and 79% reporting better relationships with their classmates (The Wildlife Trusts, 2021). With overwhelmingly positive benefits to be gained through bridging the gap to making nature more accessible, it is not only imperative for young people's mental health, well-being and physical health, it is a necessity for the future of our planet and all its inhabitants.

1.0 INTRODUCTION



Figure 5: The Sustainability Centre, Petersfield (Author's own image)

1.7 CONSTRAINTS AND OPPORTUNITIES

Nature does incredible things to our wellbeing and when times get tough it provides a nurturing environment that grounds us back to the present moment. During a visit to The Sustainability Centre, Petersfield in 2024, workers there informed me of the huge benefit nature has had on young adults who may be struggling within a traditional school setting. They had seen huge transformations in individuals own wellbeing, with 1-2-1 support students flourishing in their learning capabilities, choosing new paths that would set them up for a lifetime. Hearing of the incredible benefits that nature informed education can have, the YHA ethos still stands strong today, holding a worthy place for not only the past, but the present and future. Offering a new vision for YHA hostels, gives them a new chance to make their presence known, strengthening their roots and providing the nurturing soil it needs to thrive in our ever-changing world. Further opportunities include making the YHA Windermere more accessible, offers more people the opportunity to engage with YHA, creating lasting memories. Having an accessibly considered design that functions for a broad range of users, allows people to have a comfortable experience that makes them want to come back. Possible constraints for the project include a limited budget, I will consider using a smaller range of products but a larger quantity if necessary, to minimise carbon footprint impact.

2.0 SITE

2.1 SITE

The site is located two miles from the central Windermere town, and three miles from Ambleside within the Lake District, (see figures 6-9, page 5). The property is a 1920's building that was initially built as a private guesthouse for clergy, before opening as a hostel in 1935 (YHA Windermere, n.d.). The building structure is made of solid concrete: This decision was made due to the previous building being made from timber that was destroyed by a fire in 1915 (YHA Windermere, n.d.). The building has two floors and four acres of woodland, with additional camping facilities, including airstreams to tipis. At present the building does not offer accessible rooms or bathroom facilities. The nearest rail station is in Windermere which is two miles from the site. Although there is no direct transport to the site, the nearest bus station is at Troutbeck Bridge which is half a mile away. Access is steep and narrow so could prove difficult for a wheelchair user. The back of the building features panoramic views of Lake Windermere, Claife Heights, Coniston Fells and Langdales Pikes (YHA Windermere, 2024).

2.0 SITE



Figure 6: YHA Windermere (Dronald/BaizadaDeITURO, 2022)



Figure 7: YHA Windermere (Google Maps, 2025)



Figure 8: YHA Windermere (Dronald/BaizadaDeITURO, 2022)

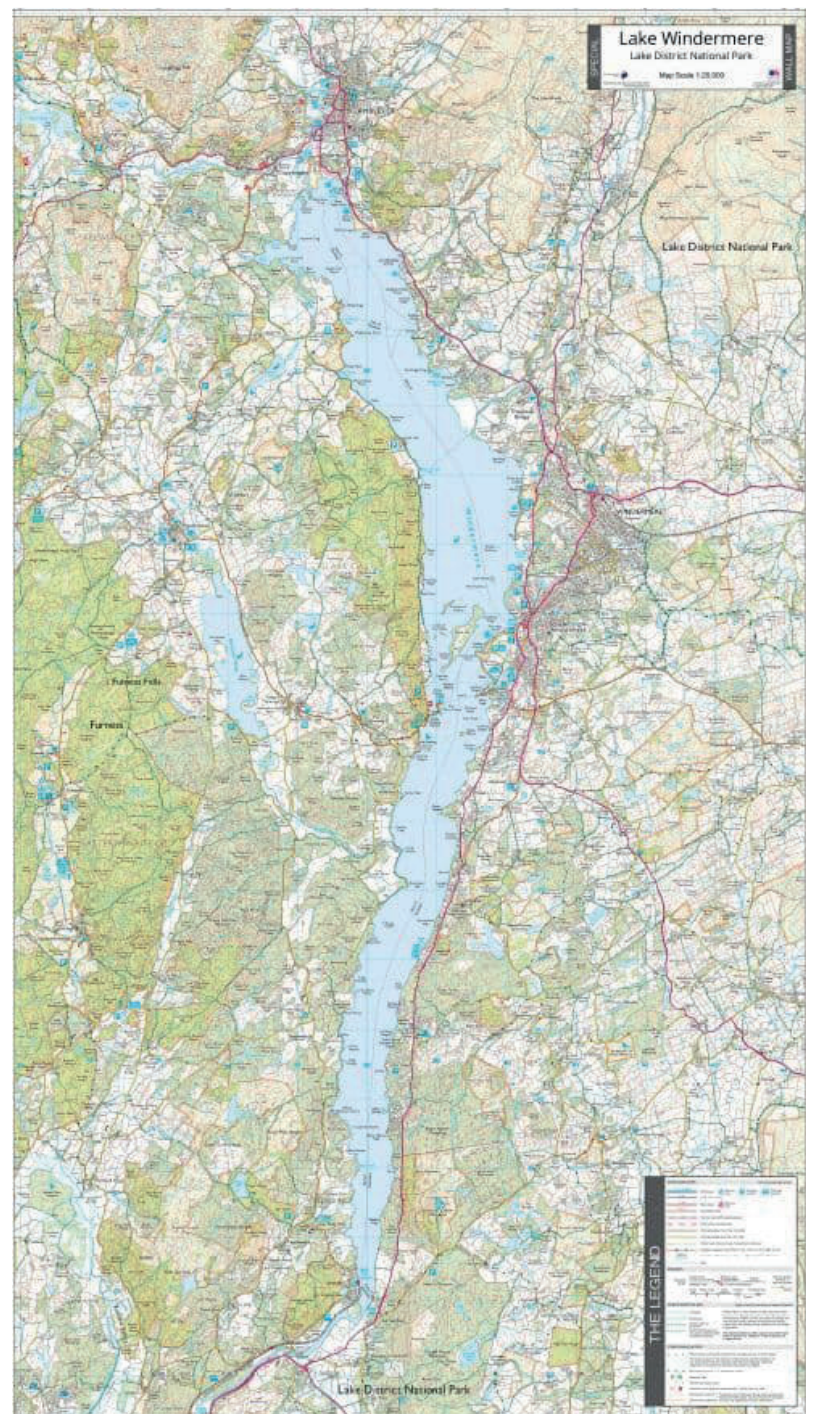
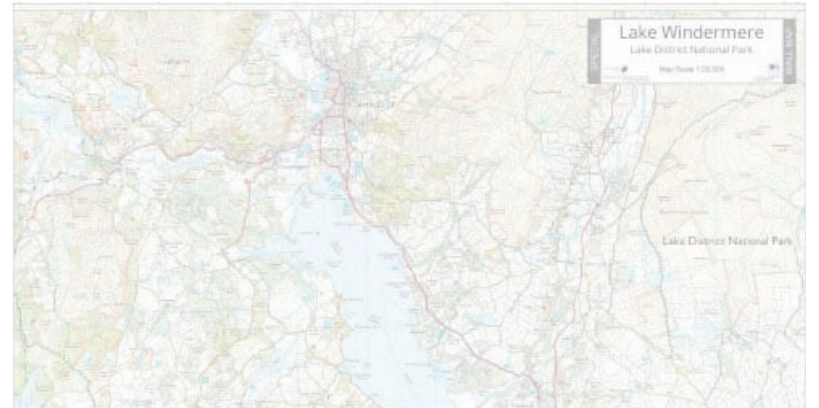
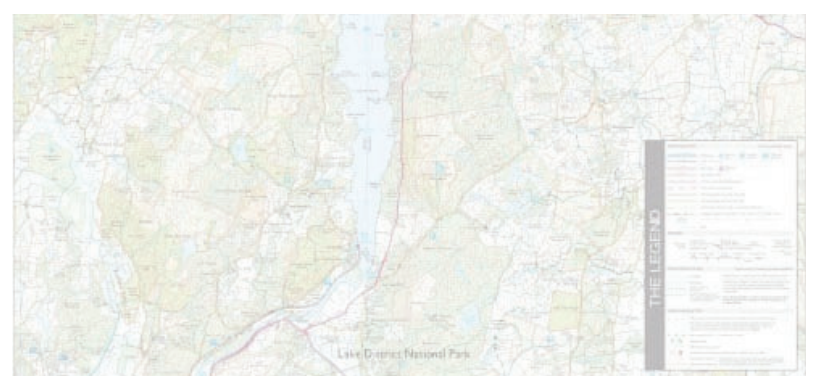


Figure 9: Lake Windermere (The Map Centre, n.d.)



2.0 SITE



Figure 10: The Lake District (Author's own image)

2.1 SITE

The Lake District has always been a popular destination for holiday makers to visit, which saw figures increasing after the Second World War (Hayes, Rob. 2024), and each year they continue to rise (see appendix B, page 44). The Cumbria Visitor Survey conducted a report in 2022, which showed that 65% of visitors to Cumbria were between 25-59 years of age, previously 45% in 2018 (Cowley, R, 2022). That is a whopping 20% increase in younger adult visitors, (see appendix I, page 50). This further adds to the urgency for creating a space for the changing range of visitors.



Figure 11: Blackwell House (Lakeland Arts, n.d)



2.2 SURROUNDING AREA

Windermere itself offers a variety of activities, but focuses on outdoor activities such as boat hire, boat cruises, swimming, hiking, walking and cycling. Additionally, there are a few historical houses and museums offered, including Beatrix Potter's Hill Top House and Blackwell, The Arts & Crafts House. There are a range of cafes and restaurants in Windermere including a few night time offerings such as cocktail bars and pubs. Accommodation includes a wide range of higher end hotels, lodges and bed and breakfasts. This puts YHA Windermere in a beneficial position as there are limited affordable accommodation options for younger crowds even families, showing there is a gap in the market and an opportunity for YHA to grow within the budget hospitality sector.

2.0 SITE

2.3 TRANSPORT LINKS

The Lake District covers nine-hundred-and-twelve square miles in total. As it is a rural, mountainous setting, some areas can be inaccessible. With my intention to create a more accessibility friendly hostel, Windermere offers the best solution. Not only is it the most popular choice for holiday makers, it also has transport links via train, regular buses and taxi services.

SITE ANALYSIS DIAGRAM

YHA WINDERMERE

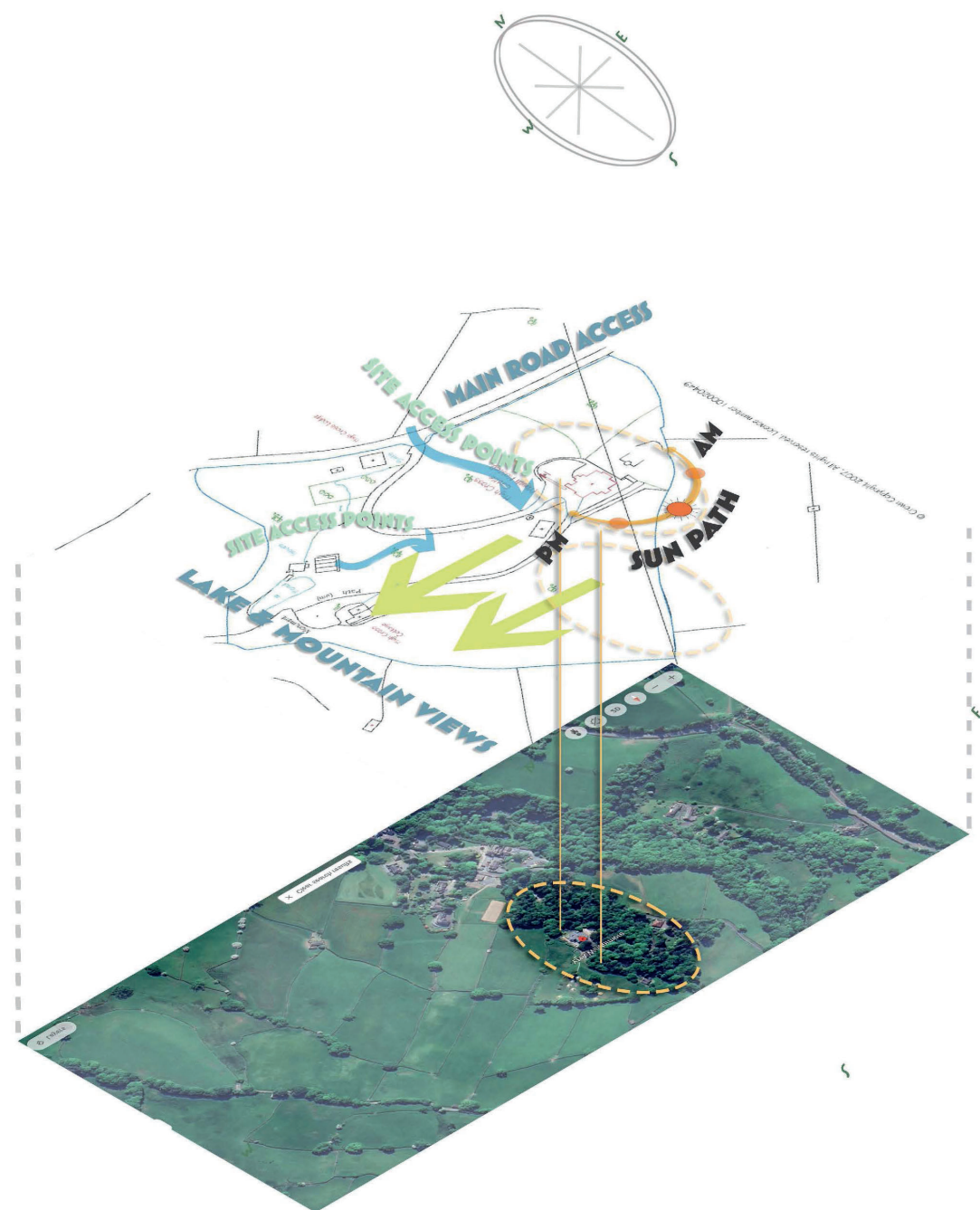


Figure 12: YHA Windermere Site Analysis Diagram (Author's own image)

2.4 SITE ANALYSIS/SUN PATH

The sun rises on the east front of the building, moving around the heavily forested south side of the building. The sun then travels around to the back of the building where it receives west afternoon light starting from around 15:00. This offers an ideal setting for the hostel as the forest will provide nice shading during summer months, with the sun rise being ideally positioned so it that is most beneficial for guests' wellbeing and circadian rhythm if staying in the east front of the building. Whilst the east front of the building receives the most morning light, it may get dark within the main communal lounge later on in the day, therefore I will explore design opportunities to increase light from the westward side through room dividers. Panoramic mountain views are offered from the west of the building. To make the most of the views and connect the guests to the landscape, I will add additional windows to the space towards the back of the property.

2.0 SITE

2.5 CURRENT REVIEWS

Current Tripadvisor reviews for YHA Windermere indicate the majority of guests have a positive experience and are overwhelmingly satisfied, with key attributes being location, rooms, value and cleanliness. The lowest rating is for sleep quality. In consideration of this being a hostel setting, I propose small touches such as bunk bed privacy curtains, night lights and shelves that may improve people’s level of comfort whilst staying.

2.6 AIR QUALITY

Looking into air quality within the area, I was surprised to find that the quality was rated predominantly fair, making it acceptable for most individuals, however this was not as high as I had expected for such a rural area surrounded by trees. In consideration of WELL v2 standards, I will implement ventilation systems that ensure optimum guest comfort and health, reducing exposure to any potential polluted air and airborne hazards.

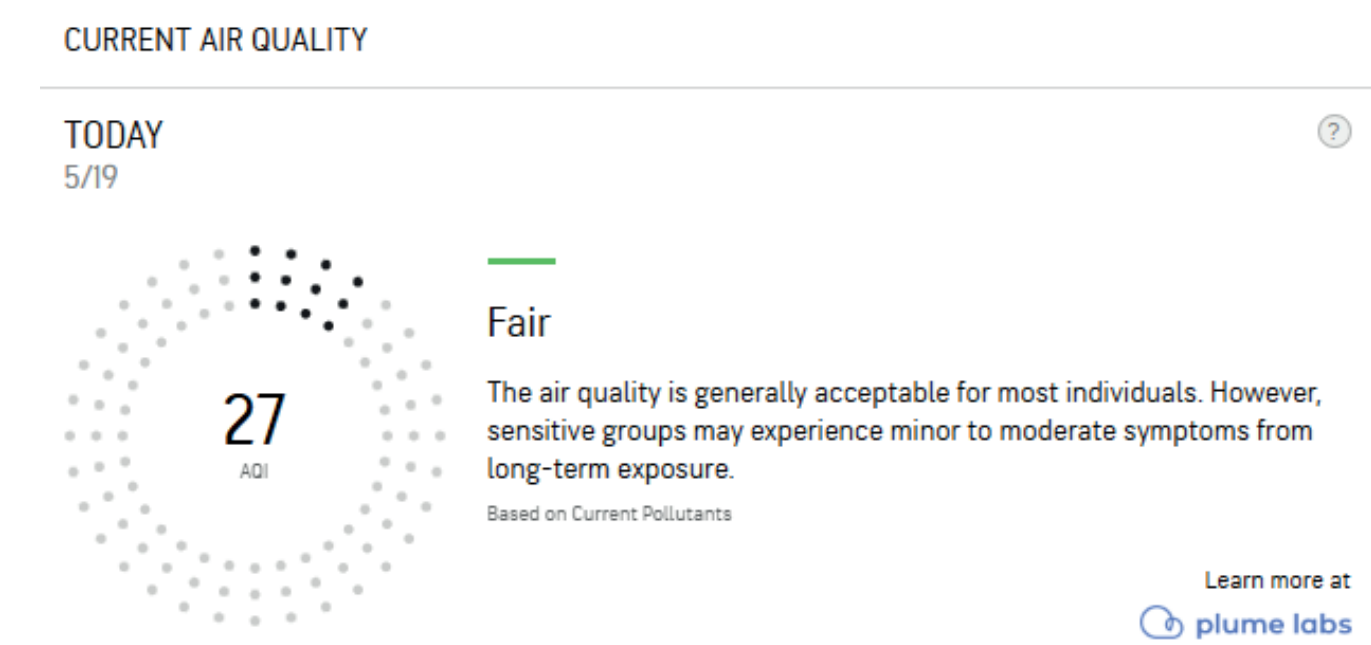


Figure 13: AccuWeather, Windermere, Cumbria (AccuWeather, 2025)



Figure 14: Vent-Axia Lo-Carbon Sentinel Kinetic BH Heat Recovery Ventilation (MVHR) Unit 443319 (The Air Shop, n.d.)

2.7 HUMIDITY

Humidity levels run high for Windermere due to being in the north of England, thus experiencing heavier rainfall. I have decided to source a Heat Recovery Ventilator, to introduce fresh, filtered air to the space whilst also removing excess moisture, which will reduce humidity levels within the hostel. As YHA Windermere has high percentage of the outdoor community enjoying its space, I will be keeping the dry room, as this remains a crucial space for drying clothes and shoes after wet weather.

2.0 SITE

2.8 TEMPERATURE

Homes are most comfortable when heated between 18-20 degrees (Vaillant, n.d.). Temperatures within Windermere remain low, averaging 6.83 degrees per month. When proposing the new extension this will be constructed using sustainably sourced sheep's wool, which will provide the space with greater insulation properties.

2.9 CURRENT FLOOR PLANS

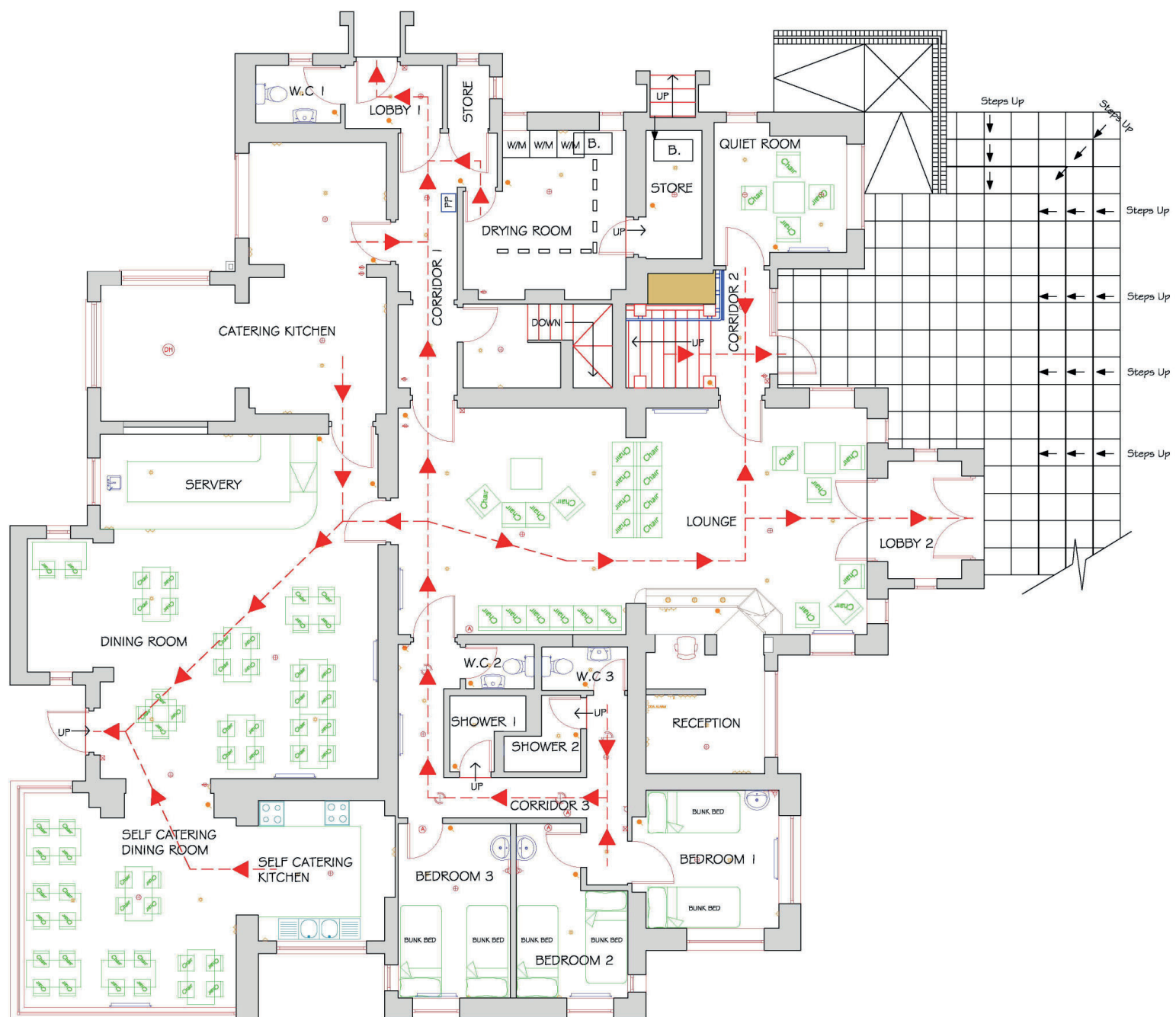


Figure 15: YHA Windermere - Ground Floor Fire Plan (YHA Windermere, 2009)

The current Ground Floor Plan (Figure 15, page 9) features three bedrooms, which sleep up to four people. Each bedroom features a hand wash basin and mirror, in addition to two single bunk beds per room. The current main communal areas include a small lobby, which leads onto the main lounge area. At present this includes a range of lounge chairs, old faux-leather sofas, small coffee tables and book shelves (Figure 20, page 12). Connected via a standard size door with a single window panel, the lounge leads into the main dining room, which also doubles as the bar and reception (Figure 19, page 12). Leading on from the dining room is the newer self-catering dining room and connected self-catering kitchen. Through my site analysis, I believe that the lounge could have a greater flow whereby it provides a natural leading path from one room to another, without the need for large, impractical furniture. Additionally the current dining room and self-catering dining room are too compact, potentially impacting guest comfort and flexibility for movement within the space (Figure 18, page 11). At present, the ground floor offers no accessible rooms nor bathroom facilities, which limit the potential for providing an inclusive space for a wider range of guests.

2.0 SITE

2.9 CURRENT FLOOR PLANS

The current First Floor Plan (Figure 16, page 10) features a wide range of sizeable rooms, each offering a single bunk bed arrangement (Figure 18, page 11). In consideration of changing times, my proposal for the first floor spatial arrangement would be minimal, however offering double bunk bed facilities in smaller rooms may provide a better solution for families or couples entering the hostel. Whilst an accessible bathroom has been provided on the first floor, this is not accessible for all guests as the current building does not offer a lift facility. Additional proposals include functional, bespoke storage cabinets which will feature wheels to adapt to each guest and their requirements.

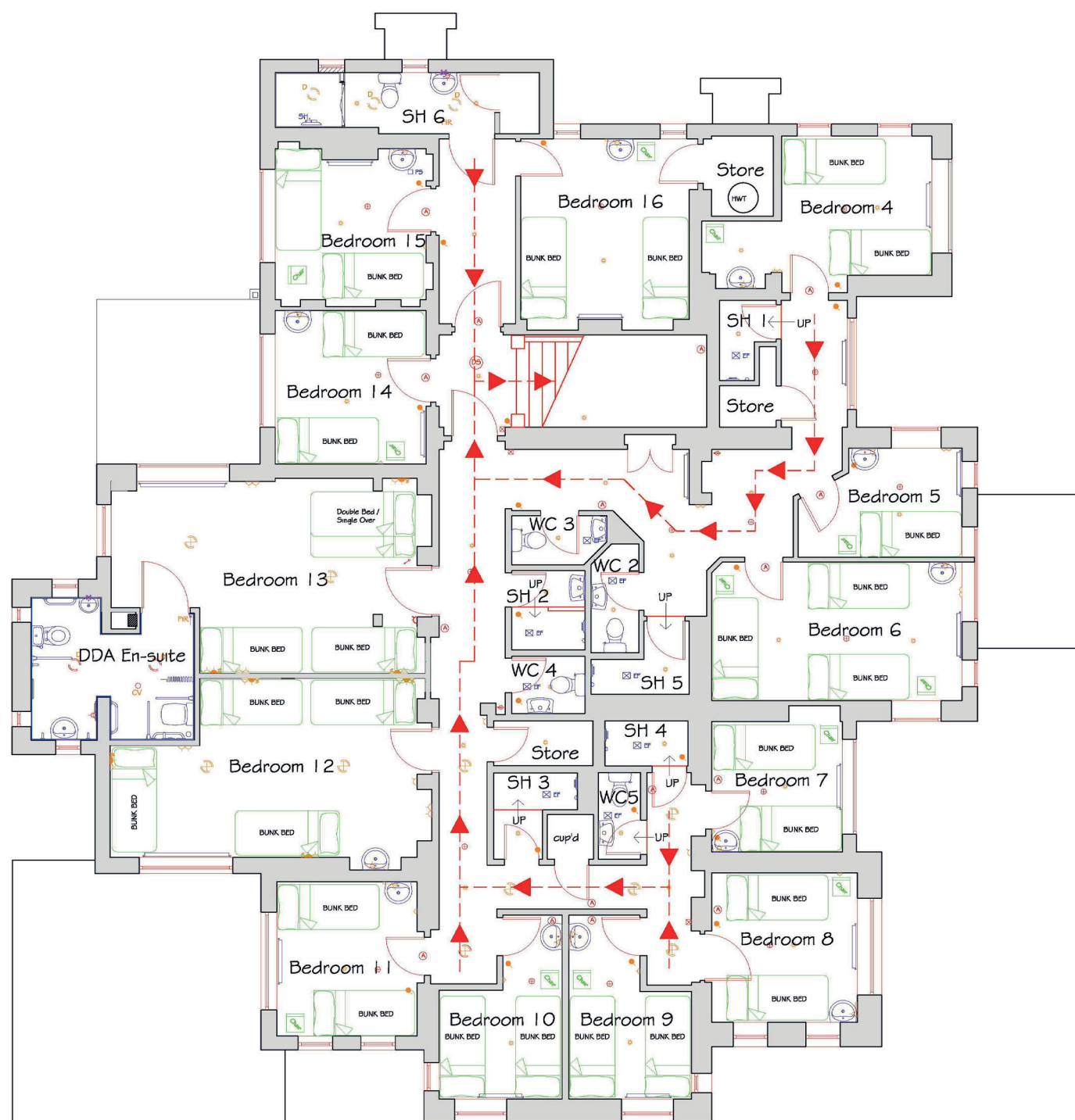


Figure 16: YHA Windermere - First Floor Fire Plan (YHA Windermere, 2009)

2.0 SITE

2.9.1 EXTERIOR SITE SECTION



Figure 17: YHA Windermere - Elevations (Lake District National Park, 2008)

2.9.2 CURRENT INTERIOR IMAGES



Figure 18: YHA Windermere: Top left and bottom left features current first floor 4 person room. Top right photo of current dining room. Bottom right photo showcases current self-catering dining room (YHA Windermere, n.d.)

2.0 SITE

2.9.2 CURRENT INTERIOR IMAGES



Figure 19: YHA Windermere (YHA Windermere, n.d.)

2.9.3 PHOTO SITE ANALYSIS

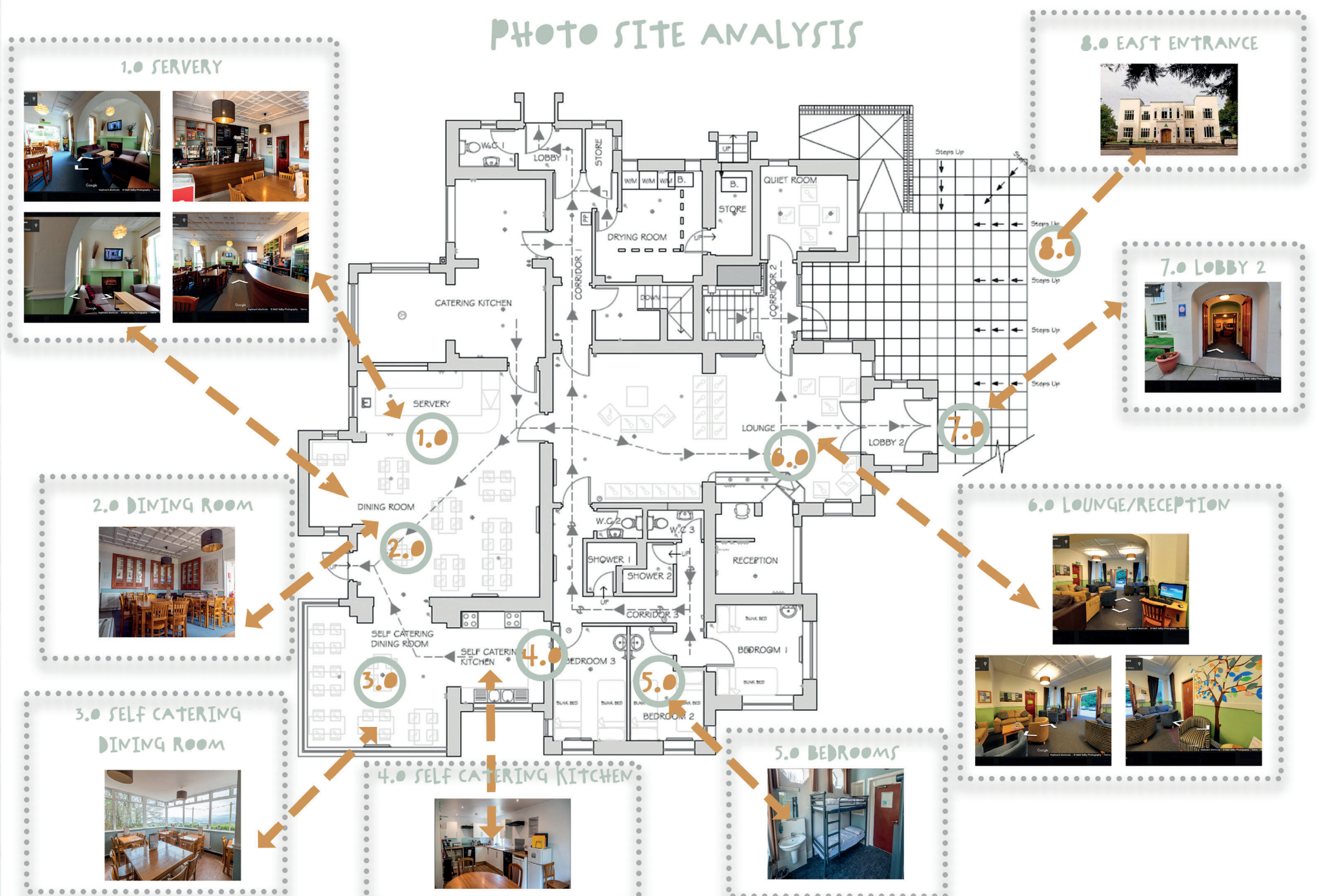


Figure 20: Photo Site Analysis, YHA Windermere (Lewis, E, 2025, Matt Selby, n.d.)

2.0 SITE

2.9.4 EXTERIOR IMAGES

Surrounded by nature, from trees, fields, lakes and mountain peaks, a fully immersive connection to nature.



Figure 21: YHA Windermere Exterior (YHA Windermere, n.d.)

3.0 PLANNING

3.1 GANTT CHART

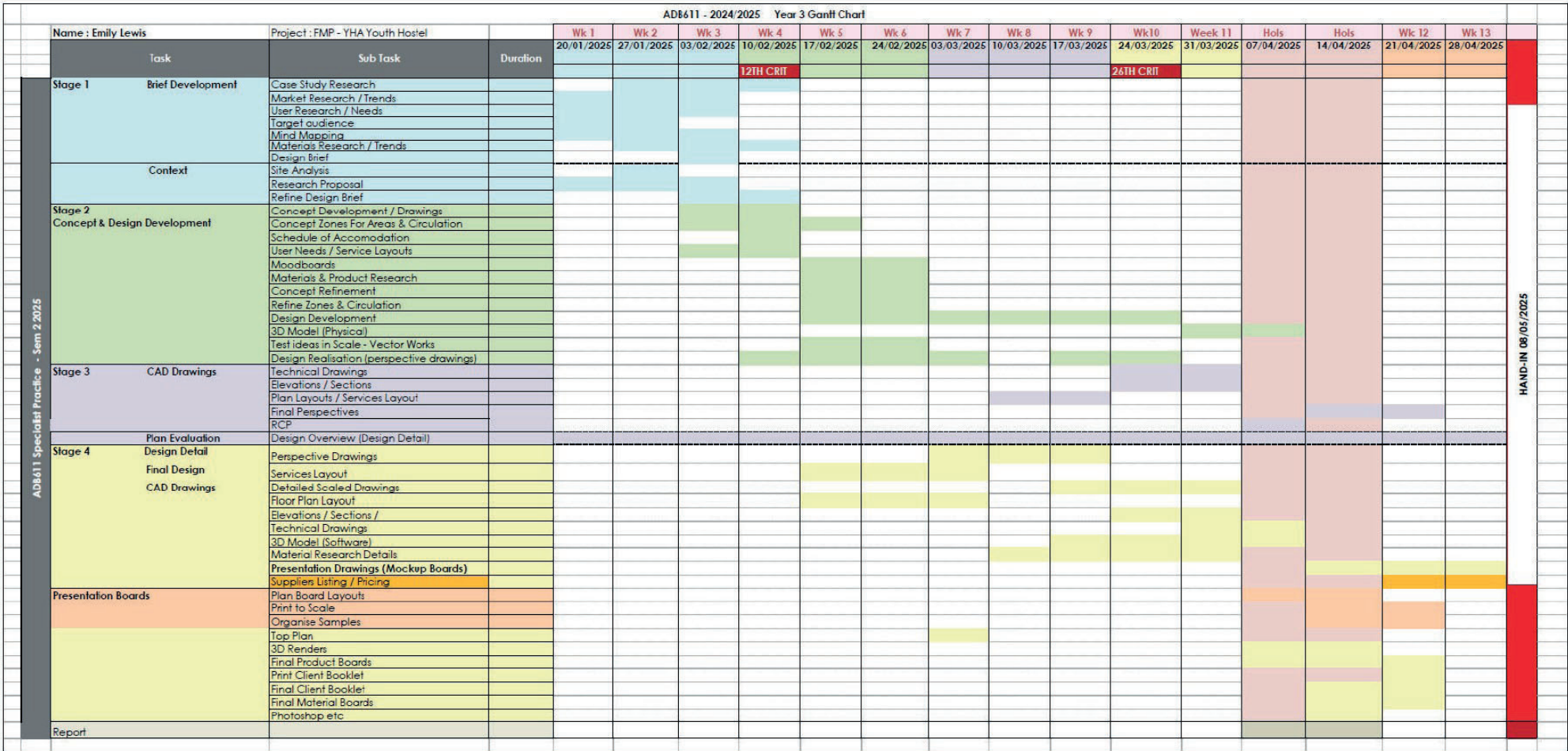


Figure 22: Gantt Chart (Author's own image)

3.2 ADJACENCY DIAGRAM AND ACCOMODATION SCHEDULE

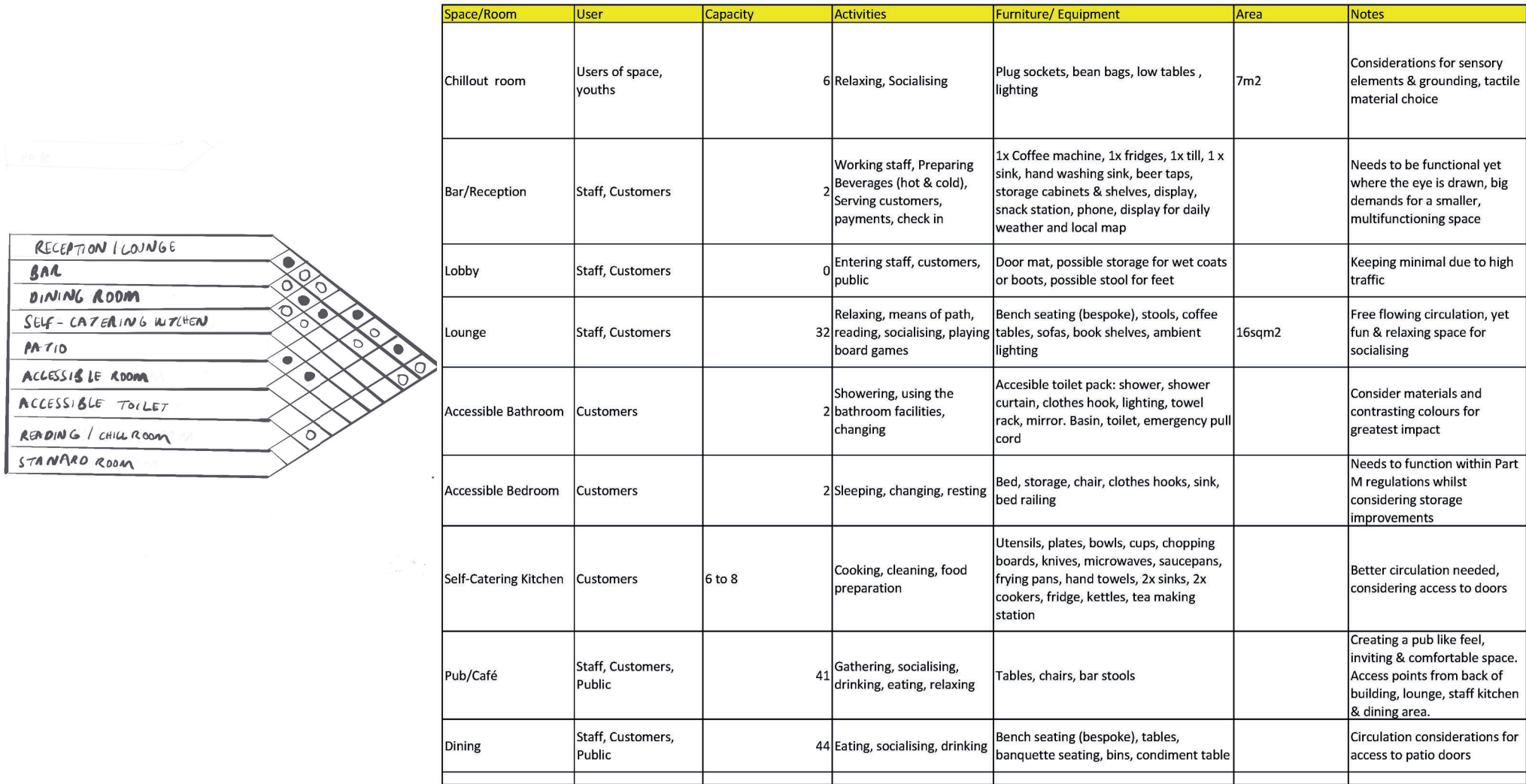


Figure 23: Adjacency Diagram and Accommodation Schedule (Author's own image)

4.0 DESIGN RESEARCH

4.1 DESIGN INTENTION

Location is key for this project so design inspiration will come from the local landscape and ecology, which will offer educational talking points for guests, that encourage them to become more engaged with place and space.

4.2 DESIGN GOALS

Sustainable goals for the project:

- Circular economy
- Carbon footprint reduction
- WELL v2 Standards
- Biophilic design principles
- The 5 Rs: Refuse, Reduce, Reuse, Repurpose, Recycle.

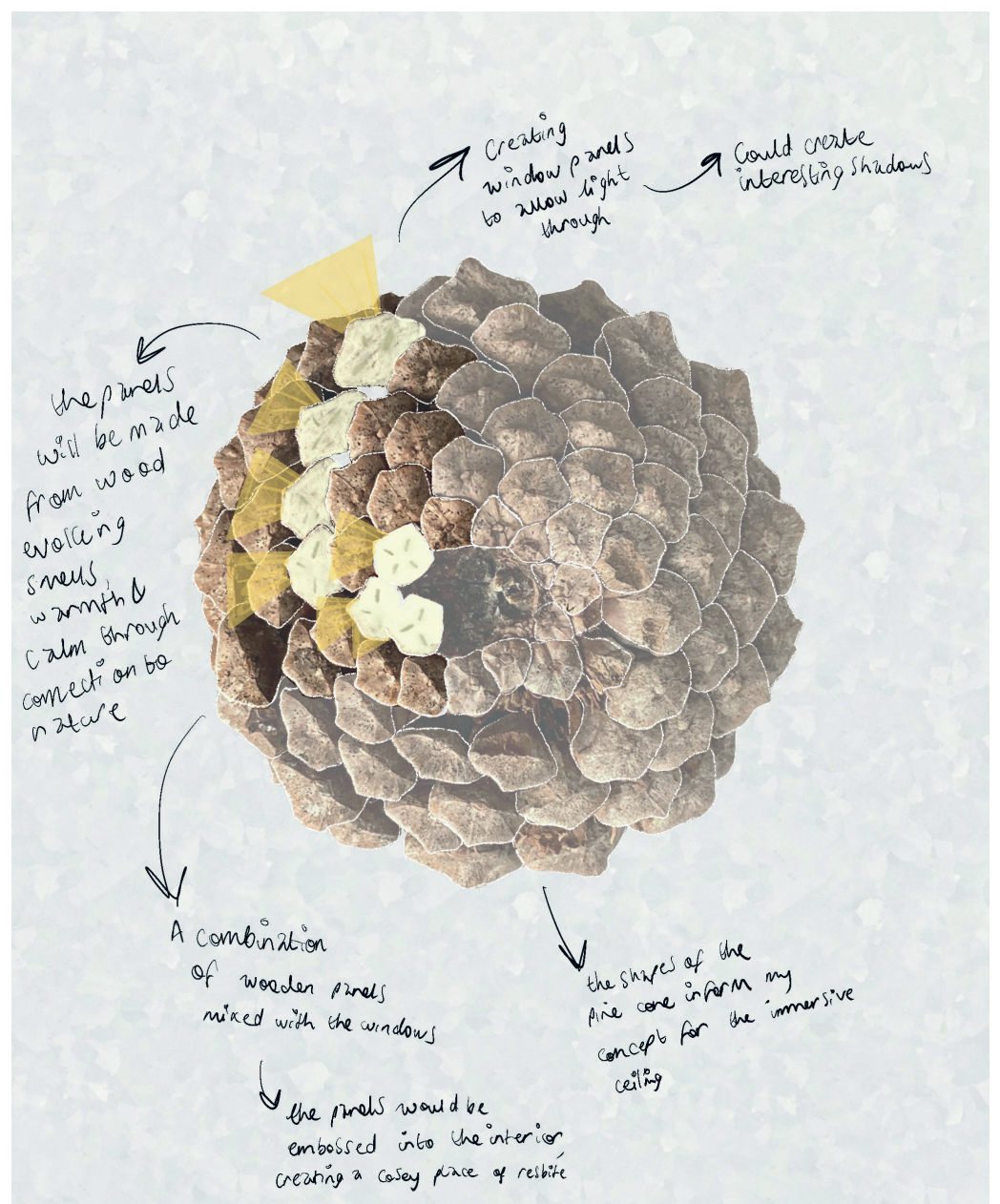


Figure 24: Pine Cone Collage (Author's own image)

4.3 BIOPHILIC DESIGN

In line with YHAs values for nature, biophilic design strategies have been implemented throughout the project. The 14 patterns of biophilic design is a framework created by Stephen Kellert, which articulates the relationships between nature, human biology and the design of the built environment, (see appendix D, page 45) (Terrapin Bright Green, 2014). Such design strategies can have significant benefits on our creativity and wellbeing. I will implement some of these design strategies through non-rhythmic stimuli such as bespoke sky light panels that mimic the moving flow of water by interacting with the sunlight, creating dramatic shadows on the interior floor (see appendix J, page 50). Biomorphic forms inspired by the local landscape will be used throughout the design through partitions and dividers which are informed by the local ecology. Material connection to nature will be achieved through careful selection of timber and upholstery fabrics. Places of respite for the users will be considered throughout the space, with the addition of the proposed sensory room. The sensory room has also been designed with neurodiversity in mind, considering acoustic properties of the bespoke wall and ceiling panels designed through biomimicry inspired from pine cone seeds, (see Figure 24, page 15).

4.0 DESIGN RESEARCH

4.4 WELL v2

WELL v2 standards will be used throughout the design, considering mind elements through biophilic strategies, as previously outline (see appendix E, page 45). Air standards will be improved through new ventilation systems and low VOC paint selections. Beauty and Design II is an important factor to create a meaningful space that has a positive impact on the wellbeing of users, also leading to a successfully curated design that will last for years to come.



Figure 25: Unit B612 (Laguinday, Lexter, J, 2024)

4.5 CASE STUDIES UNIT B612

A twenty-four square meter residential apartment features plywood-cladded walls, with the lower half painted white to create visual distinction (Kolberg, K, 2024). With such a small interior space to work with, it has been designed in a way that uses every corner, which provides a habitable space that is also functional. Custom built units and storage have been created which work with the interior, successfully navigating possible constraints and utilising what is available. I was inspired by this case study as it really emphasises the fact that a space does not need to be large to be designed successfully, in fact through a more considered design approach, smaller spaces can also be functional whilst remaining aesthetically pleasing. This is a great case study to use in reference to a youth hostel setting where space is also greatly limited.

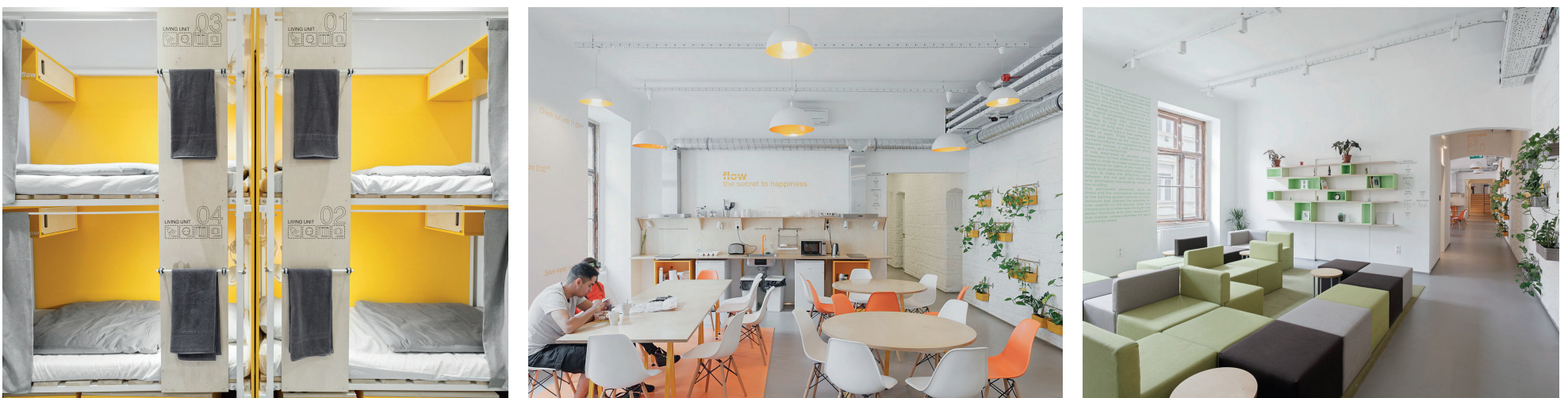


Figure 26: FLOW Hostel (Danyi, Balazas, 2016)

4.6 CASE STUDIES FLOW Hostel

FLOW Hostel occupies the second floor of a more than hundred-year-old downtown historic building in Budapest, Hungary (ArchDaily, 2016). The property has had many previous uses prior to its transformation into a youth hostel. This case study shows that you do not have to do a lot to a space for it to be transformed into an exciting, contemporary space, that appeals to the younger generation. The interior design compliments the building's architecture which I believe is important to pay homage to.

4.0 DESIGN RESEARCH

4.7 FEASIBILITY STUDY

As my intention for this project includes extending the current self-catering dining room (see Figure 44, page 25), I am aware that this could pose a potential stumbling block due to the potential limited budgets. However, YHA recently spent over £2.5 million on the YHA Bath renovations. This shows that YHA may be potentially be willing to invest. Implementing sustainable design strategies through effective heat recovery systems could be a cost-effective way to lower potential running costs long term (see appendix C, page 44).

Possible technical difficulties could include large structural walls which limit the options to open the space. To counter this, rather than removing full walls, dividers will be placed within chosen areas to allow structural support whilst enhancing the space. At present there are many ergonomic challenges with the space. The current floorplan is not within building regulations and the space is small so it would need to be extended to ensure they can accomodate the same number of seats. This is important because a reduction in seats, could massively impact YHA Windermere's income, which is something we want to avoid.

An extension would require the loss of some patio space, however, the Lake District does experience wet weather, on average 200 rainy days per year (Lake District Gov, n.d.), therefore I would argue that this is justifiable. Reflecting on this, I would argue that providing a larger indoor space that still connects the users to the landscape could be more beneficial for the hostel. Adding large picture windows and glass patio doors that can be opened to allow breeze and free flow for guests could also be a great opportunity to improve this space. Whilst extension work is being carried out, there is the potential issue that the YHA self-catering option could be inoperable, however the staff kitchen will still be available during this time.

5.0 DESIGN

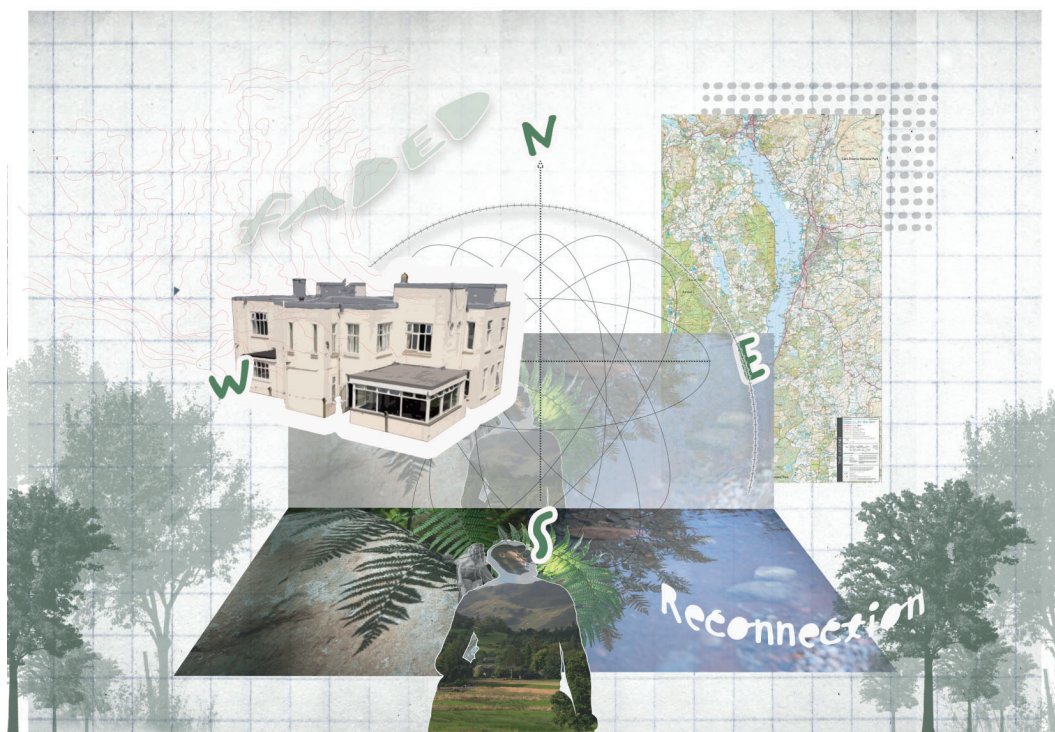


Figure 27: YHA Project Concept (Author's own image)

5.1 CONCEPT

My concept has been designed based on the project brief and location (Figure 27, page 17). Within the concept there are three different figures. Each representing the past, present and future generations of travellers. The older black and white photograph represents the older outdoor community, holding the shoulder of the present and future generations. A selection of my own Lake District photography has been used to add the silhouettes, linking place and space. Concept features include a Windermere map, with the surrounding landscape topography, the site and a compass to represent not only the literal adventure but also the new direction of the youth hostel. Local topographical wall murals can be found throughout.

5.0 DESIGN



Figure 28: Dining/Pub/Cafe Material Board (Author's own image)



Figure 29: Bedroom Material Board (Author's own image)

5.2 MATERIALS

Materials have been carefully selected in consideration of being commercially graded. The proposed paints are water-based with low VOC, improving the indoor air quality for staff and guests, and have been selected from B-Corp Certified companies. The tactile sensory experience within interior design has been considered to promote positive guest emotional responses to space, adding calming benefits through contact with wooden materials. Reclaimed timber has been sourced from responsible companies. Plywood has been used throughout. Not only does using natural wood offer connection to nature, it will be sourced appropriately from FSC certified suppliers. This is important as by selecting FSC approved wood, it means it is being responsibly sourced, aligning with the YHA ethos for protecting nature. All flooring will be purchased from Forbo Flooring, using their BREEAM rated products, which are produced using 100% renewable energy in keeping with considerations for reduced carbon footprint and cradle to gate standards. I have sourced reclaimed Cumbrian slate, which links the design to the location whilst also reducing any need for new quarried slate. Whilst I have not been fully successful in sourcing all products from the United Kingdom, I have managed to source all products from no further than Europe, which does reduce the projects carbon footprint. Additionally, products that have been sourced from further a field will be ordered in larger quantities from a smaller variety of companies, with consideration to the ethos and sustainable credentials, (see Figure 30, page 19).

5.0 DESIGN

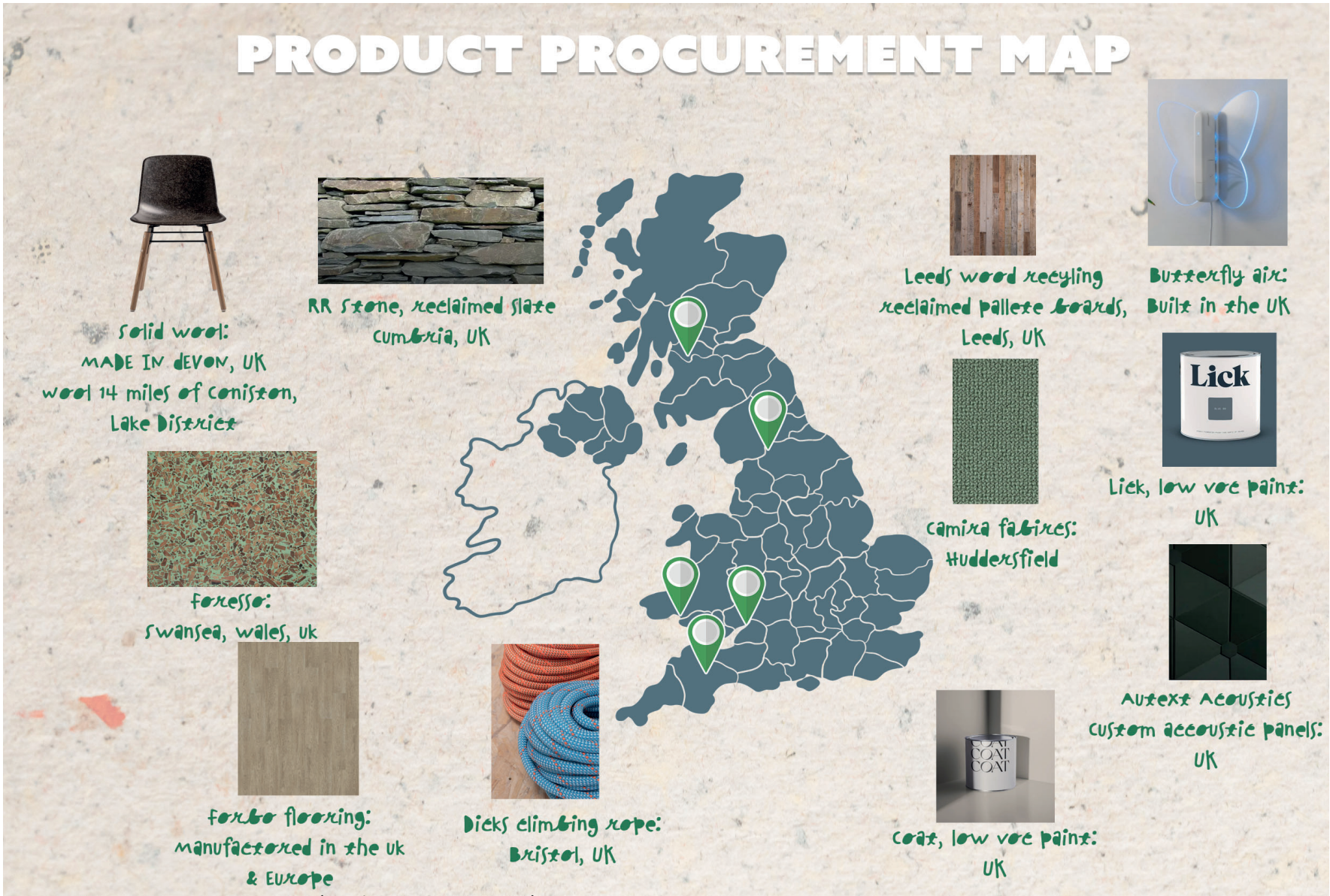


Figure 30: Procurement Map (Author's own image)

5.3 FURNITURE, FIXTURES AND EQUIPMENT

A variety of chairs have been selected, some for their biomorphic forms and commercially graded credentials. The furniture selected for each space are lightweight to move, providing adaptability for different occasions. They are also easy to maintain and highly durable for high volume and traffic areas. A unique addition is the solid wool chairs. These are made within the UK using wool from local Herdwick sheep, who are located fourteen miles of Coniston in the Lake District. This further links people to location, adding a rich story to the hostel, whilst educating on sustainable matters through soft activism.

PRODUCTS

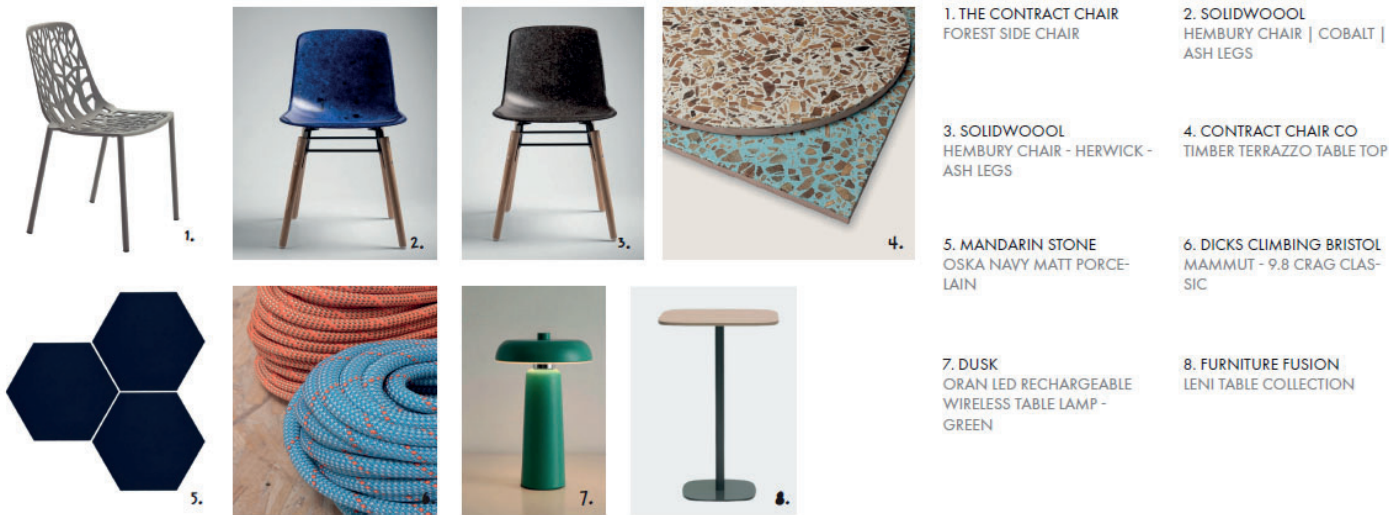


Figure 31: Pub/Cafe Product Board (Author's own image)

5.0 DESIGN

5.3 FURNITURE, FIXTURES AND EQUIPMENT

PRODUCT BOARD



Figure 32: Entrance/Lounge Product Board (Author’s own image)

5.4 MOODBOARDS

LOUNGE/ENTRANCE



Figure 33: Entrance/Lounge Moodboard (Author’s own image, Pinterest, n.d.)

5.0 DESIGN

5.5 MOODBOARDS

PUB/CAFE



Figure 34: Pub/Cafe Moodboard (Author's own image, Pinterest, n.d.)

5.6 MOODBOARDS

TERRACE

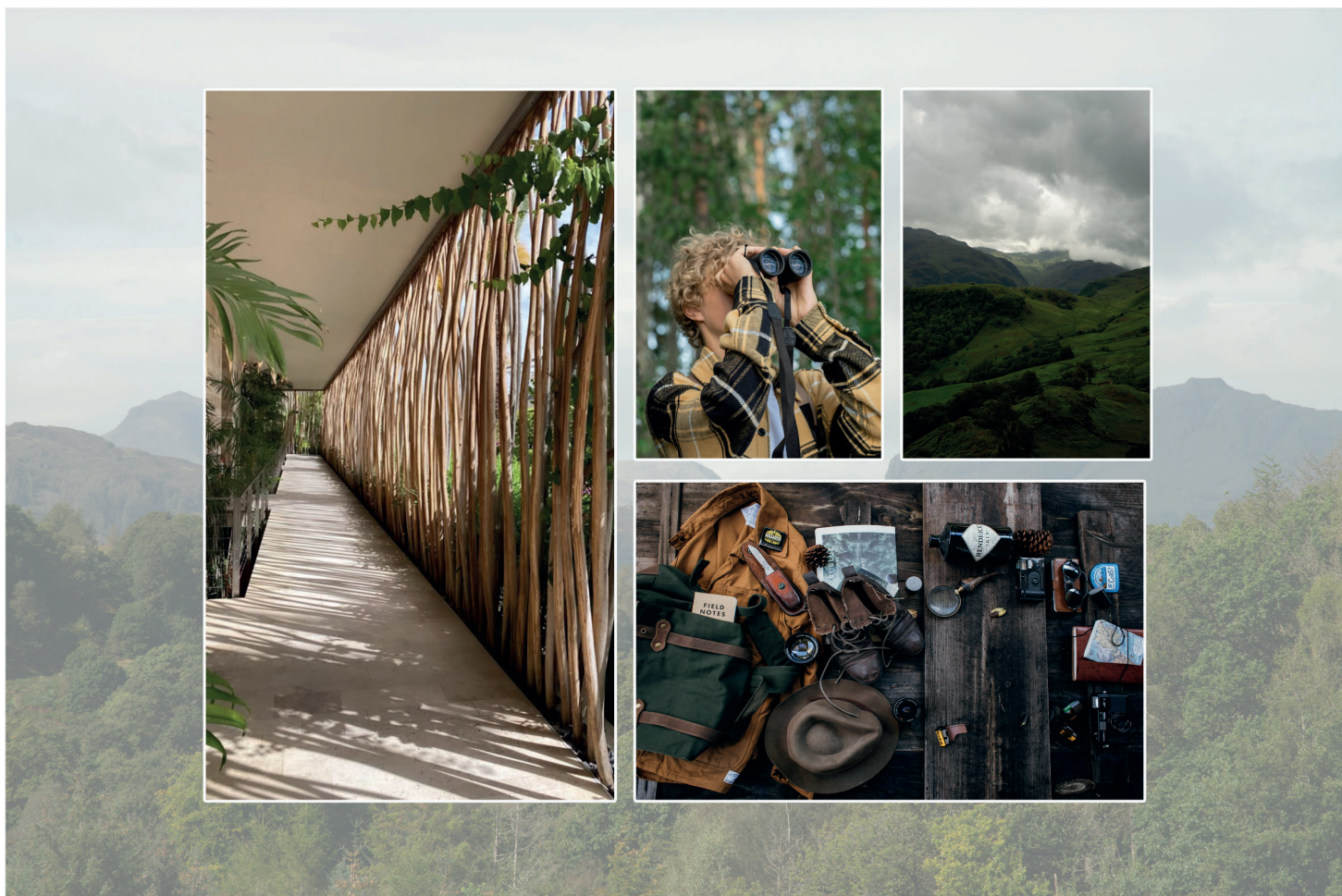


Figure 35: Terrace Moodboard (Author's own image, Pinterest, n.d.)

5.0 DESIGN

5.7 MOODBOARDS

SENSORY ROOM



Figure 36: Sensory Room Moodboard (Author's own image, Pinterest, n.d.)

5.8 MOODBOARDS

BEDROOM



Figure 37: Bedroom Moodboard (Author's own image, Pinterest, n.d.)

5.0 DESIGN

5.9 MOODBOARDS

SELF-CATERING KITCHEN



Figure 38: Self-Catering Moodboard (Author's own image, Pinterest, n.d.)

6.0 SPATIAL

6.1 SPACIAL RELATIONSHIPS

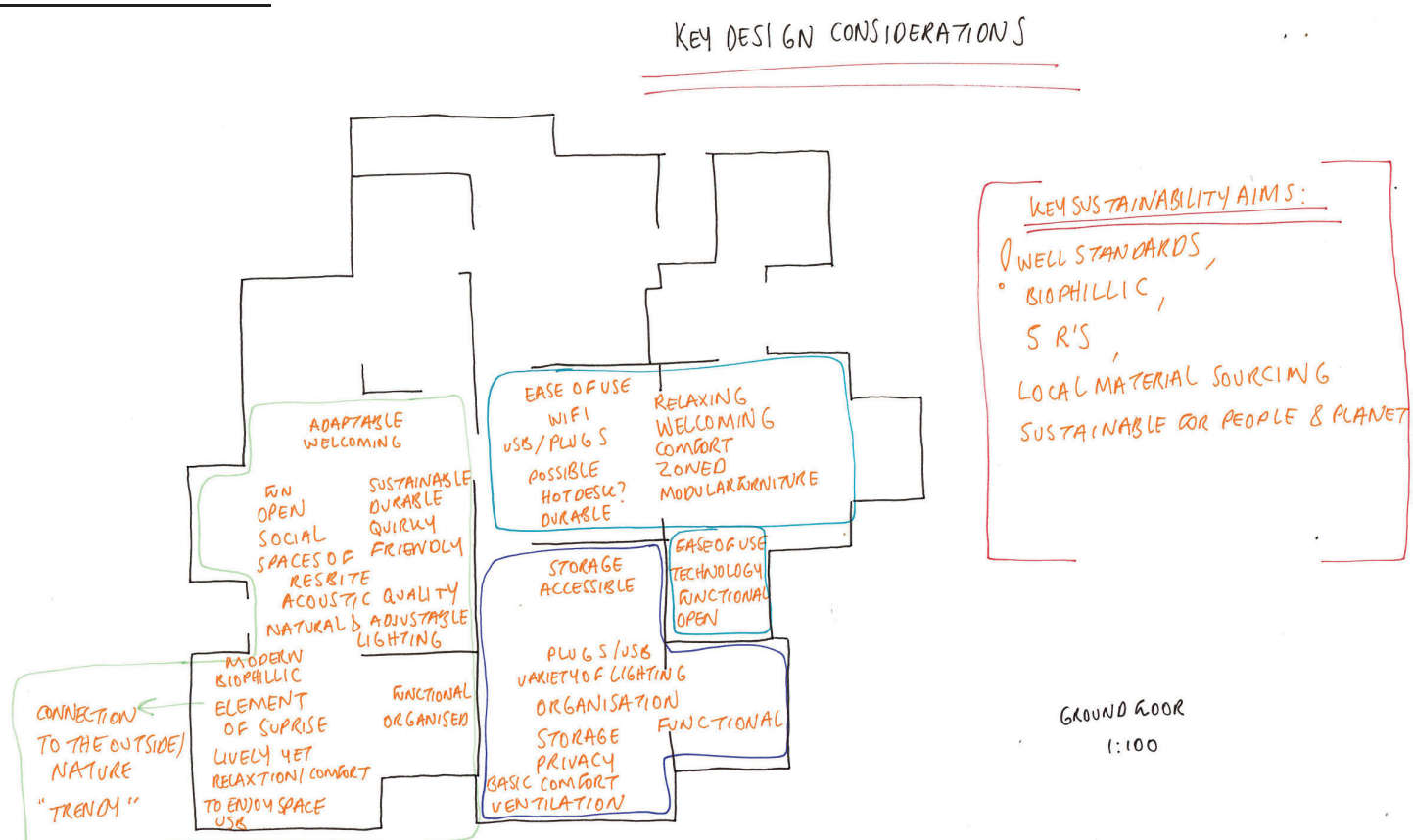


Figure 39:Key area design considerations (Author's own image, 2025)

6.0 SPATIAL

6.1 SPACIAL RELATIONSHIPS

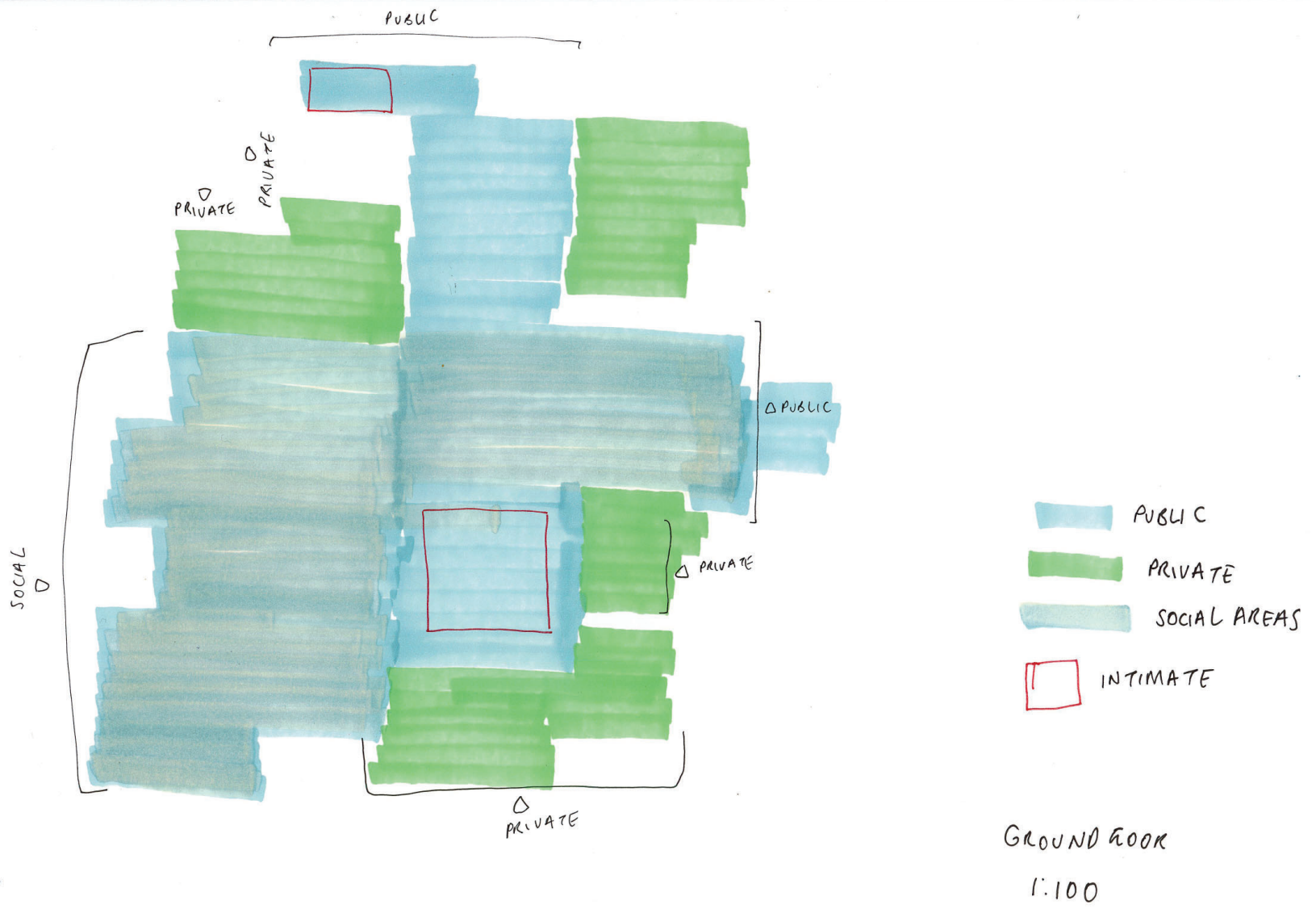


Figure 40: Private, public, social exploration (Author's own image, 2025)

6.2 CIRCULATION

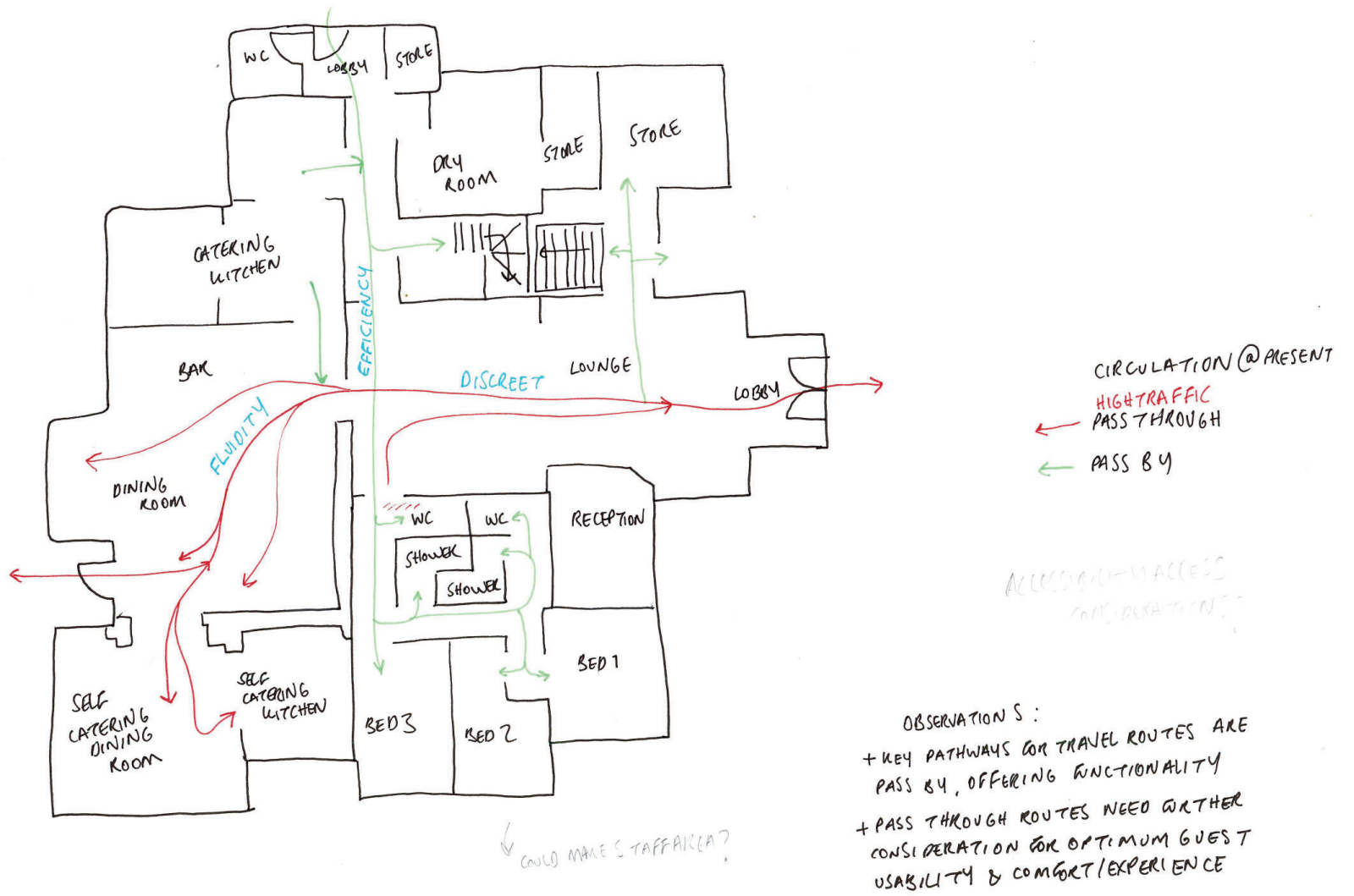


Figure 41: Private, public, social exploration (Author's own image, 2025)

6.0 SPATIAL

6.3 BUBBLE DIAGRAMS



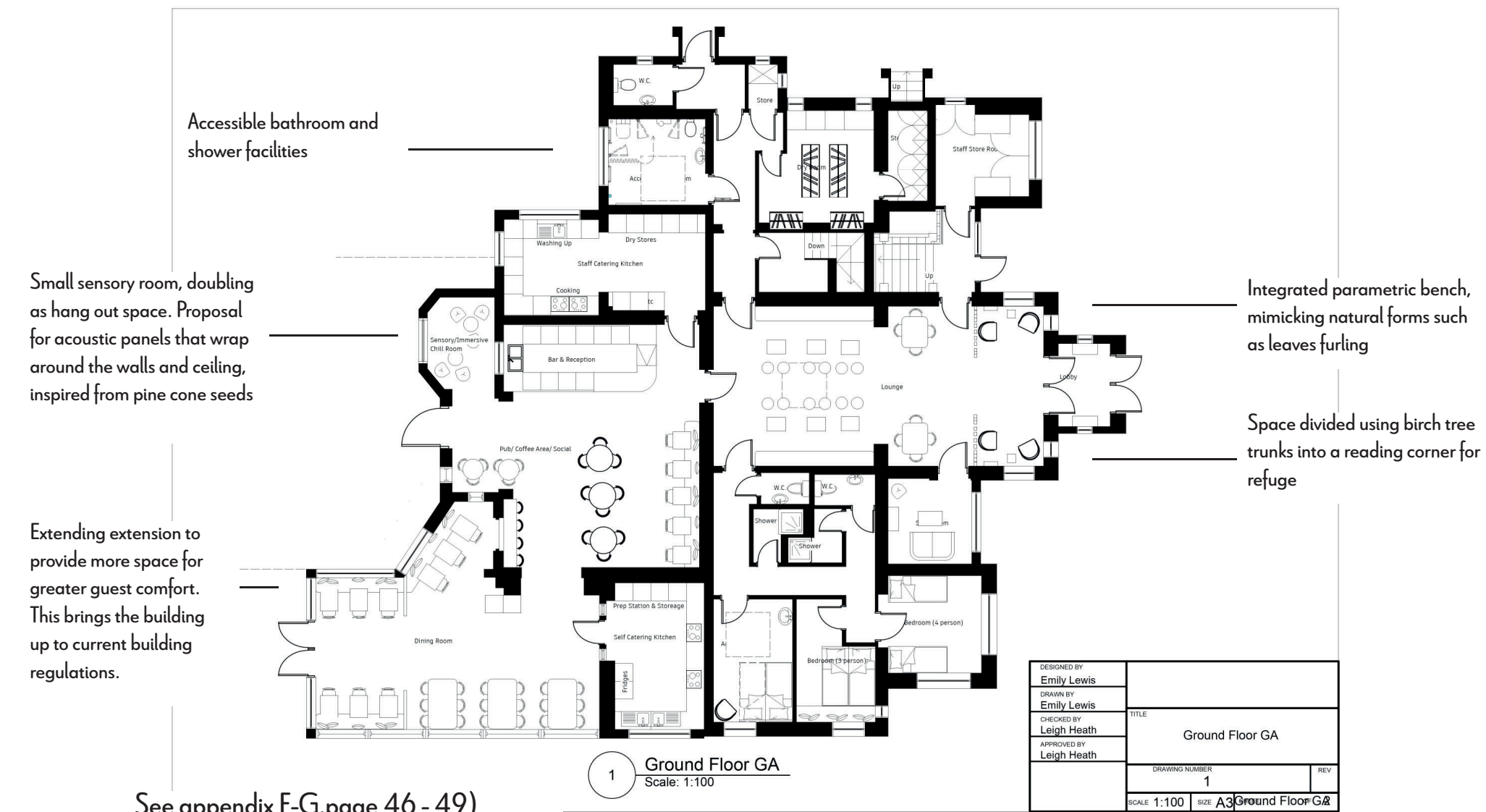
Figure 42: Bubble Diagram #2 (Author's own image, 2025)



Figure 43: Bubble Diagram #7 (Author's own image, 2025)

6.0 SPATIAL

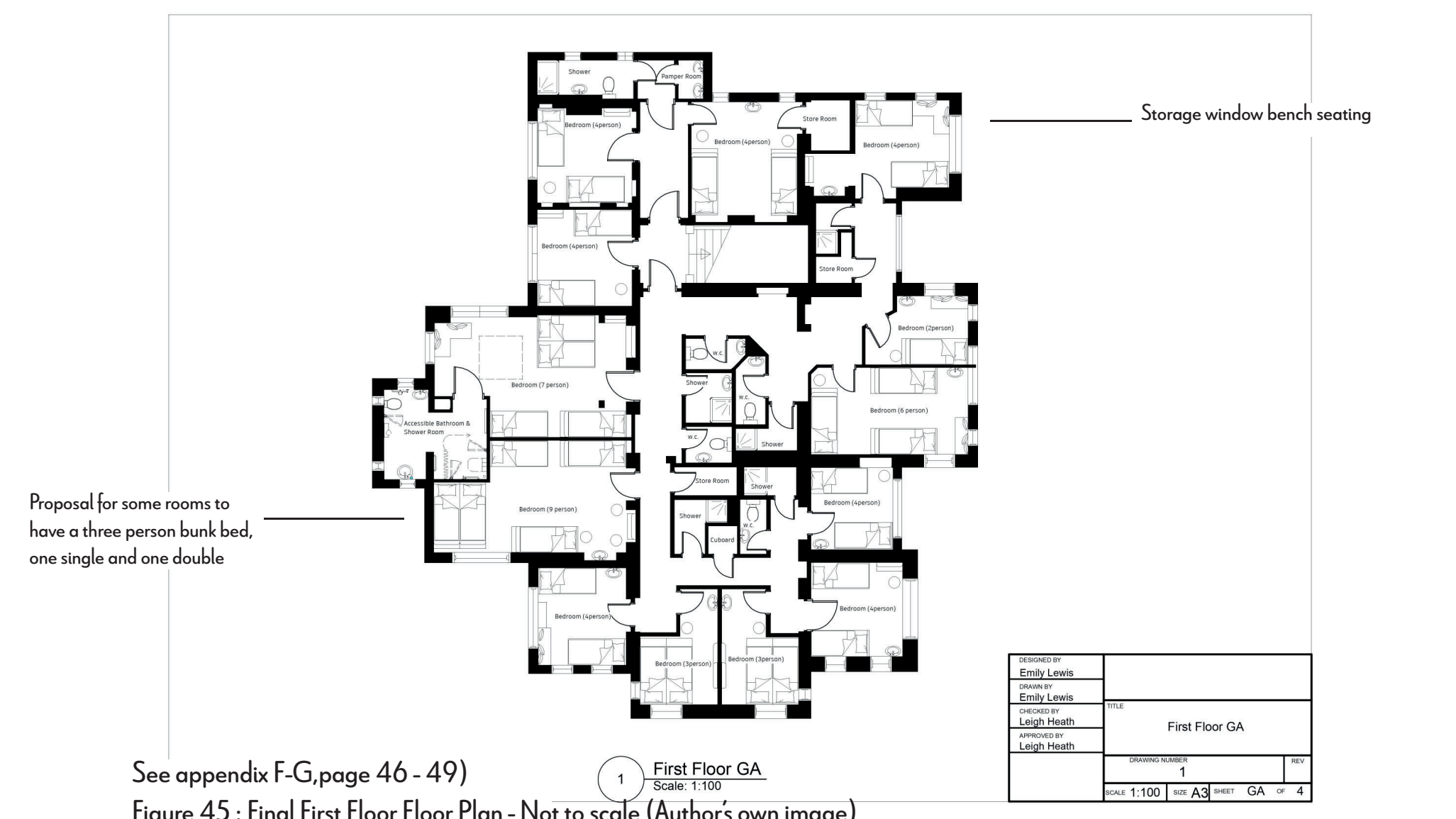
6.4 FINAL GROUND FLOORPLAN



See appendix F-G,page 46 - 49)

Figure 44: Final Ground Floor Floor Plan - Not to scale (Author's own image)

6.5 FINAL FIRST FLOORPLAN



See appendix F-G,page 46 - 49)

Figure 45 : Final First Floor Floor Plan - Not to scale (Author's own image)

6.0 SPATIAL

6.6 RENDERED FINAL GROUND FLOORPLAN



Figure 46 : Final Ground Floor Rendered Floor Plan - Not to scale (Author's own image)

6.7 RENDERED FINAL FIRST FLOORPLAN



Figure 47: Final First Floor Rendered Floor Plan - Not to scale (Author's own image)

7.0 FINAL DESIGN

7.1 ENTRANCE RENDERS

Creating a chalk board wall for guests to engage with the space. Local topographical FSC birch plywood wall panels with LED lighting. PLANQ resin bar stools made from recycled Dutch army clothing. Furniture chosen to reflect the shapes and forms found in nature.



Figure 48 : Entrance Render (Author's own image)



Figure 49 : Entrance Render (Author's own image) Adding a parametric plywood bench, inspired by the forms of nature, which canopies over head to create a zoned, social area. Furniture is commercially graded and easy to move making it fully functional for guests.

7.0 FINAL DESIGN

7.1 ENTRANCE RENDERS

Creating zones through use of birch tree pillar dividers, allowing for a transitional reading nook. This creates a place of refuge in line with 14 patterns of biophilic design. Additional plant hangers through use of old hiking boots.



Figure 50: Entrance Render, Reading corner (Author's own image)



Figure 51 : Entrance Render, Parametric Bench (Author's own image)

Biomorphic wall dividers, inspired by the local ecology to create better connection between rooms whilst increasing light. Benches formed through use of the architecture of the building. A nod to the 1920s architecture through the use and patterns of wooden beam panels within this smaller section.

7.0 FINAL DESIGN

7.2 PUB/CAFE RENDERS Features leaf ceiling partitions, reclaimed pallet board bench seating upholstered in Camira Yoredale wool bouclé, creating textures reflecting its Yorkshire roots (Camira Fabric, n.d.). Solidwool chairs made from 50% sustainably sourced wool from Lake District and Welsh sheep, and 50% bio-resin.



Figure 52: Pub/Cafe Render (Author's own image)



Figure 53: Pub/Cafe Render (Author's own image) Lowering part of the bar to make it more accessible. Using reclaimed Lake District slate to decorate half the bar, further linking location to place. Beehive style hexagon display shelving. Divider panels inspired by ferns and nature that is found within the Lake District. Spider lighting fixed using climbing rope to greater link the outdoors.

7.0 FINAL DESIGN

7.2 PUB/CAFE RENDERS

Custom painted murals reflecting the local landscape. Creating a bar area for people to hot spot with laptops or to stop by for a quick coffee. Commercially graded bar stools that can be easily moved, also reflecting natural forms.



Figure 54: Pub/Cafe Render (Author's own image)

7.3 SENSORY ROOM



Figure 55: Sensory Room Render (Author's own image)

Created with neurodiversity in mind, the space offers a calming small area of refuge. Flooring and colour scheme chosen to reflect nature. Ecological wall panel reflecting a local marine life. Bespoke geometric acoustic wall panelling wrapped around whole room, inspiration taken from the forms of pine cones to create bespoke geometric acoustic wall panelling to create a sense of safety. Hexagon window can be used as a bench and enjoying the natural landscape views.

7.0 FINAL DESIGN

7.4 DINING ROOM RENDERS

A chalk board wall for art or announcements such as weather. Water refill station and recycling bin facilities. Long windows to showcase the wonderful premises trees. Topography panels to adorn the walls, providing an educational opportunity.



Figure 56: Dining Room Render (Author's own image)



Figure 57: Dining Room Render (Author's own image)

7.0 FINAL DESIGN

7.4 DINING ROOM RENDERS

Large windows for guests to immerse themselves further within the local landscape. Leaf wall partitions which use recycled sprite bottles to allow light to flow through. 3 new sky light features with custom steel panels to mimic the local lakes water rippling through shadows



Figure 58: Dining Room Render (Author's own image)



Figure 59: Dining Room Render (Author's own image)

7.0 FINAL DESIGN

7.5 SELF- CATERING KITCHEN

Reusing as many pieces from the original kitchen as possible, only replacing what is needed. Refreshing the space by painting the cupboards to make a more vibrant, fun space.



Figure 60: Self-Catering Kitchen Render (Author's own image)

7.6 ACCESSIBLE SHOWER/BATHROOM

An accessible bathroom to be added to ground floor, which features a shower room, in line with building regulations. Privacy window panels which reflect biomorphic forms to reflect nature further. Vinyl flooring that is contrasting in colour for greater visual clarity.



Figure 61: Accessible Shower Room/Bathroom Render (Author's own image)

7.0 FINAL DESIGN

7.7 ACCESSIBLE BEDROOM

Functional furniture with wheels to adapt to guests. 1 person bed which can be pulled into a double if required. YHA inspiration vinyl quote displayed on the wall. Retaining the original ceiling features of the building.



Figure 62 : Accessible Bedroom Render (Author's own image)

Reusing key elements throughout the whole building such as the local topography panels and materials. The accessible room offers a wall mounted sink, which will be kept from the original bedroom design. Shelves for staff or guests with optional wall coat hangers.



Figure 63 : Accessible Bedroom Render (Author's own image)

7.0 FINAL DESIGN

7.8 (3) PERSON BEDROOM 3 person bedroom featuring storage benches, that have been reused from the main pub/cafe space which allows the space to utilise the space through a have a reading corner. Room colours chosen to mimic the Lake District colours.



Figure 64 : 3 Person Bedroom Render (Author's own image)

7.9 (4) PERSON BEDROOM 4 person bedroom, features under bunk bed storage, bespoke end of bed storage for hiking boots or clothes, bags or maps.



Figure 65: 4 Person Bedroom Render (Author's own image)

7.0 FINAL DESIGN

7.9 (4) PERSON BEDROOM Bunk beds feature pull curtains for added privacy, a shelf for water bottles or phones in addition to a reading light. Lighter colours chosen in this space to make the space feel bigger, allowing light to bounce through the windows.



Figure 66: 4 Person Bedroom Render (Author's own image)

8.0 EVALUATION

Summarising all research and design considerations for my project, the finished design has truly been focused around human-centred design philosophies. I have been successful in my space planning by adding a new accessible room whilst also adding an accessible bathroom and shower room. This opens up new opportunities for guests and the hostel. The key spaces have been enhanced and modernised, making them more enticing for a new and younger audience, thus realigning YHA with their core values and branding.

I have modernised the space whilst being empathetic of different users of the space, through creating places of respite that have neurodiversity at the heart of this decision, ensuring as many guests as possible can feel comfortable and safe within the space. (see appendix H, page 49)

Through thorough research of the YHA brand, with additional primary research through site visits, I think I have discovered what is necessary for YHA to improve their guests' satisfaction. Additionally with research into market trends, I have been able to create a space that has considered the technological advancements of the future of the hostel traveller such as their ways of working.

My concept was practical, rational and appropriate in its approach, which enabled me to fully absorb all of what the outdoor community and Lake District stand for. From the chosen materials to the colour palettes used, every part of the design has been centred around the beauty of the Lake District.

The spatial planning did have challenges due to some of the of internal structural walls, but through creating dividers and partitions, I have successfully linked the spaces better to one another, providing an ease of circulation for guests, that is functional and meaningful.

I have taken the health and wellbeing of the users of the hostel into deep consideration throughout the project, looking at ways to enhance their experience by providing a beautiful yet peaceful space. It is not only a space for potential visitors but also for the local Windermere community, creating a community hub and a place of solace to be at one with the amazing vistas. I have been thorough in my approach to sustainability using WELL standards and biophilic principles which has enabled me to create a space that feels at one with nature. I am pleased with my Furniture, Fixtures and Equipment sourcing and procurement skills, and whilst they have been challenging at times, it has taught me that whilst some sourcing may need to go further afield, it is appropriate to do so for the longevity of products alongside the wellbeing of the users. Through taking inspiration from nature, I have enjoyed exploring biomorphic design through hand sketching and this has been a powerful tool that I will continue to lean on in the future.

In reflection, I would have liked to have spent more time contacting Furniture, Fixtures and Equipment suppliers to ensure manufacturing practises aligned with YHA's sustainability goals. In addition, I would have liked to have met with them to receive feedback on my design process along the way. Overall, I believe I have produced a design that has community and nature at the heart.

REFERENCES

- ARCHDAILY, 2016. *FLOW Hostel/ Partizan Architecture*. [viewed 19/05/2025] Available from: https://www.archdaily.com/877956/flow-hostel-prtzn-architecture?ad_medium=gallery
- BUXTON, PAMELA. 2022. *Metric Handbook Planning and Design Data*. Seventh edition. London and New York. Routledge Taylor and Francis Group. [viewed 19/05/2025]
- COWLEY, R. 2022. *Cumbria Visitor Research 2022*. [viewed 19/05/2025] Available from: <https://www.cumbriatourism.org/new-visitor-research-highlights-latest-travel-habits/>
- HARRIS, JOHN. 2023. *Youth hostels are a muddy, joyful miracle. Losing them to Brexit and the cost of living would be a tragedy* [viewed 19/05/2025] Available from: <https://www.theguardian.com/commentisfree/2023/jul/30/youth-hostels-brexit-cost-of-living-sell-off>
- HAYES, ROB. 2024. *A Brief History of the Lake District* [viewed 19/05/2025] Available from: <https://www.lakelovers.co.uk/blog/a-brief-history-of-the-lakes/#:~:text=Today%2C%20the%20Lake%20District%20is%20one%20of,of%20domestic%20and%20international%20visitors%20each%20year.&text=With%20the%20Second%20World%20War%20ending%20in,Lake%20District%20to%20spend%20their%20summer%20holidays.>
- HM GOVERNMENT, 2010. Volume 2 - *Buildings other than dwellings*. [viewed 19/05/2025] Available from https://assets.publishing.service.gov.uk/media/66f6c5eec71e42688b65ee11/ADM__V2_with_2024_amendments.pdf
- HOSTEL WORLD, 2019. *The Evolution of The Hostel Traveller*. [viewed 19/05/2025] Available from: <https://www.hostelworldgroup.com/~media/Files/H/Hostel-world-v2/reports-and-presentations/the-evolution-of-the-hostel-traveller.pdf>
- KOLBERG, KATE. 2024. *Unit B612*. [viewed 19/05/2025] Available from: <https://www.nevertoosmall.com/post/unit-b612>
- LAKE DISTRICT GOV, n.d. *Climate*. [viewed 19/05/2025] Available from: <https://www.lakedistrict.gov.uk/learning/forteachers/teachers-resources/ks2climate>
- MHFAENGLAND, 2025. *Social media and young people: Understanding the impact and offering support* [viewed 19/05/2025] Available from: <https://mhfaengland.org/mhfa-centre/blog/Social-media-and-young-people-Understanding-the-impact-and-offering-support/#:~:text=This%20can%20lead%20to%20feelings,crucial%20to%20acknowledge%20the%20positives.>
- TERRAPIN BRIGHT GREEN. 2014 14 *Patterns of Biophilic Design, Improving Health and Well-Being In The Built Environment*. [viewed 19/05/2025] Available from: <https://www.terrapinbrightgreen.com/report/14-patterns/>
- THE BUSINESS RESEARCH COMPANY, 2025. *Youth Hostel Global Market Report 2025*. [viewed 19/05/2025] Available from: <https://www.thebusinessresearchcompany.com/report/youth-hostel-global-market-report#:~:text=Youth%20Hostel%20Market%20Growth%20Forecast,for%20marketing%20and%20customer%20engagement.>
- THE WILDLIFE TRUSTS, 2021. *Pioneering 'Nature Friendly Schools' to boost children's learning and well-being at a critical time* [viewed 19/05/2025] Available from: <https://www.wildlifetrusts.org/news/pioneering-nature-friendly-schools-boost-childrens-learning-and-well-being-critical-time>
- YHA, n.d. *About YHA*. [viewed 19/05/2025] Available from: <https://www.yha.org.uk/about-yha>
- YHA, 2023. *Annual Report 2022/2023* [viewed 19/05/2025] Available from: <https://www.yha.org.uk/sites/default/files/uploads/PDFs/YHA-annual-report-2022-2023.pdf>
- YHA, 2024. *YHA Windermere Access Statement*. [viewed 19/05/2025] Available from: <https://www.yha.org.uk/hostel/yha-windermere>
- WELL BUILDING STANDARD, n.d. *The Seven Concepts of the WELL Building Standard*. [viewed 19/05/2025] Available from: <https://standard.wellcertified.com/well>
- ULTRA BEAM LIGHTING, n.d. *LED Colour Temperatures Explained*. [viewed 19/05/2025] Available from: <https://www.ultrabeamlighting.co.uk/lighting-articles/energy-saving-lighting/led-colour-temperatures-explained/>
- VAILLANT, n.d. *What is the ideal room temperature?* [viewed 19/05/2025] Available from: <https://www.vaillant.co.uk/advice/heating-tips/home-advice/what-is-the-ideal-room-temperature/#:~:text=A%20comfortable%20room%20temperature%20for,temperature%20fluctuates%20throughout%20the%20day.>

IMAGE REFERENCE LIST

Figure 1: *YHA Logo* (Peak District Kids, 2025)

PEAK DISTRICT KIDS, 2025. YHA Logo [viewed 19/05/2025] Available from: <https://peakdistrictkids.co.uk/yha/>

Figure 2: *Sustainable Tourism* (Hostelling International, 2017)

HOSTELLING INTERNATIONAL, 2017. Sustainable Tourism [viewed 19/05/2025] Available from: <https://hihostels.com/sustainable-hostelling/>

Figure 3: *Hostels in England and Wales* (Independent Hostels, 2023)

INDEPENDENT HOSTELS, 2023. Hostels in England and Wales. [viewed 19/05/2025] Available from: <https://independenthostels.co.uk/the-future-is-bright-for-hostelling/>

Figure 4: *Girls in a Tree House* (RDNE Stock Project, 2021)

RDNE STOCK PROJECT, 2021. Girls in Tree House. [viewed 19/05/2025] Available from: <https://www.pexels.com/photo/girls-in-a-tree-house-8523187/>

Figure 5: *The Sustainability Centre, Petersfield* (Lewis, E 2024) In possession of author.

Figure 6: *YHA Windermere* (Dronald/BaizadaDeITURO, 2022)

DRONALD/BAIZADADEL TURO, 2022. YHA Windermere / Windermere / Lake District / Cumbria / Drone. [viewed 19/05/2025] Available from: <https://www.youtube.com/watch?v=KMlgOcPSIPE>

Figure 7: *YHA Windermere* (Google Maps, 2025)

GOOGLE MAPS, 2025. YHA Windermere [viewed 19/05/2025] Available from: https://www.google.com/maps/place/YHA+Windermere/@54.403859,-2.9200893,17z/data=!3m1!4b1!4m9!3m8!1s0x487ceb359f412267:0x87ac0eb086187d76!5m2!4m1!1i2!8m2!3d54.403859!4d-2.917509!16s%2Fg%2F1tq6cz2n?entry=ttu&g_ep=EgoyMDI1MDUxNS4wIKXMDS0ASAFQAw%3D%3D

Figure 8: *YHA Windermere* (Dronald/BaizadaDeITURO, 2022)

DRONALD/BAIZADADEL TURO, 2022. YHA Windermere / Windermere / Lake District / Cumbria / Drone. [viewed 19/05/2025] Available from: <https://www.youtube.com/watch?v=KMlgOcPSIPE>

Figure 9: *Lake Windermere* (The Map Centre, n.d.)

THE MAP CENTRE, n.d. Lake Windermere [viewed 19/05/2025] Available from: <https://www.themapcentre.com/lake-windermere-wall-map-120000-the-map-centre-press-22905-p.asp>

Figure 10: *The Lake District* (Author's own image)

Figure 11: *Blackwell House* (Lakeland Arts, n.d)

Figure 12: *YHA Windermere Site Analysis Diagram* (Author's own image)

Figure 13: *AccuWeather, Windermere, Cumbria* (AccuWeather, 2025)

ACCUWEATHER, 2025. Windermere, Cumbria. [viewed 19/05/2025] Available from: <https://www.accuweather.com/en/gb/windermere/la23-1/air-quality-index/327462>

Figure 14: *Vent-Axia Lo-Carbon Sentinel Kinetic BH Heat Recovery Ventilation (MVHR) Unit 443319* (The Air Shop, n.d.)

THE AIR SHOP, n.d.) Vent-Axia Lo-Carbon Sentinel Kinetic BH Heat Recovery Ventilation (MVHR) Unit 443319 [viewed 19/05/2025] Available from: <https://www.theairshop.co.uk/product/72/vent-axia-lo-carbon-sentinel-kinetic-bh-heat-recovery-ventilation-mvhr-unit-443319/136>

Figure 15: *YHA Windermere - Ground Floor Fire Plan* (YHA Windermere, 2009)

YHA WINDERMERE, 2009. YHA Windermere - Ground Floor Fire Plan. Email to E.LEWIS. 5th February 2025

Figure 16: *YHA Windermere - First Floor Fire Plan* (YHA Windermere, 2009)

YHA WINDERMERE, 2009. YHA Windermere - First Floor Fire Plan. Email to E.LEWIS. 5th February 2025

Figure 17: *YHA Windermere - Elevations* (Lake District National Park, 2008)

LAKE DISTRICT NATIONAL PARK, 2008. DEST08402.png [viewed 19/05/2025] Available from: <https://planning.agileapplications.co.uk/ldnpa/application-details/49137>

IMAGE REFERENCE LIST

Figure 18: *YHA Windermere* (YHA Windermere, n.d.)

YHA WINDERMERE, n.d. YHA Windermere. [viewed 19/05/2025] Available from: <https://www.yha.org.uk/hostel/yha-windermere>

Figure 19 : *YHA Windermere* (YHA Windermere, n.d.)

YHA WINDERMERE, n.d. YHA Windermere. [viewed 19/05/2025] Available from: <https://www.yha.org.uk/hostel/yha-windermere>

Figure 20: *Photo Site Analysis*, YHA Windermere (Lewis, E, 2025, Matt Selby,n.d.) In possession of author

SELBY MATT, n.d. YHA Windermere. [viewed 19/05/2025] Available from: <https://www.yha.org.uk/hostel/yha-windermere>

Figure 21: *YHA Windermere Exterior* (YHA Windermere, n.d.)

YHA WINDERMERE, n.d. YHA Windermere. [viewed 19/05/2025] Available from: <https://www.yha.org.uk/hostel/yha-windermere>

Figure 22: *Gantt Chart* (Author's own image)

Figure 23: *Adjacency Diagram* (Author's own image)

Figure 24: *Pine Cone Collage* (Author's own image)

Figure 25: *Unit B612* (Laguinday, Lexter, J, 2024)

LAGUINDAY, LEXTER, J. 2024. Unit B612 [viewed 19/05/2025] Available from: <https://www.nevertoosmall.com/post/unit-b612>

Figure 26: *FLOW Hostel* (Danyi, Balazas, 2016)

DANYI, BALAZAS, 2016. FLOW Hostel. [viewed 19/05/2025] Available from: https://www.archdaily.com/877956/flow-hostel-prtzn-architecture?ad_medium=gallery

Figure 27: *YHA Project Concept* (Author's own image)

Figure 28: *Dining/Pub/Cafe Material Board* (Author's own image)

Figure 29: *Bedroom Material Board* (Author's own image)

Figure 30: *Procurement Map* (Author's own image)

Figure 31: *Pub/Cafe Product Board* (Author's own image)

Figure 32: *Entrance/Lounge Product Board* (Author's own image)

Figure 33: *Entrance/Lounge Moodboard* (Author's own image, Pinterest, n.d.)

Figure 34: *Pub/Cafe Moodboard* (Author's own image, Pinterest, n.d.)

Figure 35: *Terrace Moodboard* (Author's own image, Pinterest, n.d.)

Figure 36: *Sensory Room Moodboard* (Author's own image, Pinterest, n.d.)

Figure 37: *Bedroom Moodboard* (Author's own image, Pinterest, n.d.)

Figure 38: *Self-Catering Moodboard* (Author's own image, Pinterest, n.d.)

Figure 39: *Key area design considerations* (Author's own image, 2025)

Figure 40: *Private, public, social exploration* (Author's own image, 2025)

Figure 41: *Private, public, social exploration* (Author's own image, 2025)

Figure 42: *Bubble Diagram #2* (Author's own image, 2025)

Figure 43: *Bubble Diagram #7* (Author's own image, 2025)

Figure 44: *Final Ground Floor Floor Plan - Not to scale* (Author's own image)

IMAGE REFERENCE LIST

Figure 45 : *Final First Floor Floor Plan - Not to scale* (Author's own image)

Figure 46 : *Final Ground Floor Rendered Floor Plan - Not to scale* (Author's own image)

Figure 47: *Final First Floor Rendered Floor Plan - Not to scale* (Author's own image)

Figure 48 : *Entrance Render* (Author's own image)

Figure 49 : *Entrance Render* (Author's own image)

Figure 50: *Entrance Render, Reading corner* (Author's own image)

Figure 51 : *Entrance Render, Parametric Bench* (Author's own image)

Figure 52: *Pub/Cafe Render* (Author's own image)

Figure 53: *Pub/Cafe Render* (Author's own image)

Figure 54: *Pub/Cafe Render* (Author's own image)

Figure 55: *Sensory Room Render* (Author's own image)

Figure 56: *Dining Room Render* (Author's own image)

Figure 57: *Dining Room Render* (Author's own image)

Figure 58: *Dining Room Render* (Author's own image)

Figure 59: *Dining Room Render* (Author's own image)

Figure 60: *Self-Catering Kitchen Render* (Author's own image)

Figure 61: *Accessible Shower Room/Bathroom Render* (Author's own image)

Figure 62 : *Accessible Bedroom Render* (Author's own image)

Figure 63 : *Accessible Bedroom Render* (Author's own image)

Figure 64 : *3 Person Bedroom Render* (Author's own image)

Figure 65: *4 Person Bedroom Render* (Author's own image)

Figure 66: *4 Person Bedroom Render* (Author's own image)

APPENDICES

A - YHA HISTORICAL TIMELINE

TIMELINE

Timeline of Youth Hostels

1 1909 - Germany

Richard Schirrmann, a teacher from Germany forms the concept for Youth Hostels.

2 1912

Richard Schirrmann opens first permanent youth hostel in Altena, a rural town close to Dortmund in an old castle

3 1920

By 1920 Germany has more than 2,000 Youth Hostels. Some UK organisations reflect on the lack of affordable accommodation for young people traveling in the countryside.

4 1928

Following the suffrage movement, the Representation of the People (Equal Franchise) Act is passed. Giving the vote to all British women over the age of 21, YHA was then founded on equal opportunity for both sexes.

5 1929

Tom Fairclough travels to Rhineland with 6 friends, including Connie Alexander. The group decide to set up a network of youth hostels in Britain.

6 1930

Connie Alexander invites some friends to spend Christmas at Pennant Hall, an empty house on River Conwy in North Wales. Connie becomes the first warden of the British Youth Hostel. The party had 30 people, who went for winter walks, log fires and enjoyed singsongs & stuffed goose.

TIMELINE

Timeline of Youth Hostels

7 1931

YHA's president is historian and author GM Trevelyan, envisions youth hostels 15 miles apart. 31 hostels are open by the end of April. 2 of which are still open today; YHA Street in Somerset and YHA Idwal Cottage in North Wales

8 1932

By March 100 hostels are open in England and Wales. The first magazine Rucksack is published quarterly for members.

9 1935

24/04/1932 a large group of ramblers and activists trespass on moorland in the Peak District, the event now known as Mass Trespass.

10 1939-1945

By 1939 300 hostels are in operation. 1/3 of YHA properties are requisitioned to accommodate soldiers on leave, repurposed as ambulance training camps, make shift schools or emergency feeding stations. By 1945 memberships have reached 153,751.

11 1951

The Peak District becomes first officially designated National Park in the country, joined by the Lake District, Eryri, Dartmoor, Pembrokeshire Coast, North York Moors, Yorkshire Dales, Exmoor, Northumberland and the Brecon Beacons, the Broads, New Forest and the South Downs. 12/13 still active.

12 1959

Queen Elizabeth II becomes the new patron.

TIMELINE

Timeline of Youth Hostels

13 1979

YHA's Handbook still adheres to providing instructions for each member to carry out hostel duties directed by the warden. This was phased out in the 1980's.

14 2001

Foot & Mouth outbreak massively impacts the UK countryside, forcing hostels to close over summer. YHA's worst crisis since the Second World War.

15 2005

YHA begins a programme for summer camps under-18s with support from the Big Lottery Fund, reaffirming one of YHA's original aims.

16 2014/2015

YHA at the Eden Project opens its doors to the public. YHA's accommodation now ranges from shepherds huts, beachside hideaways, camping pods and state-of-the-art city hostels.

17 2019

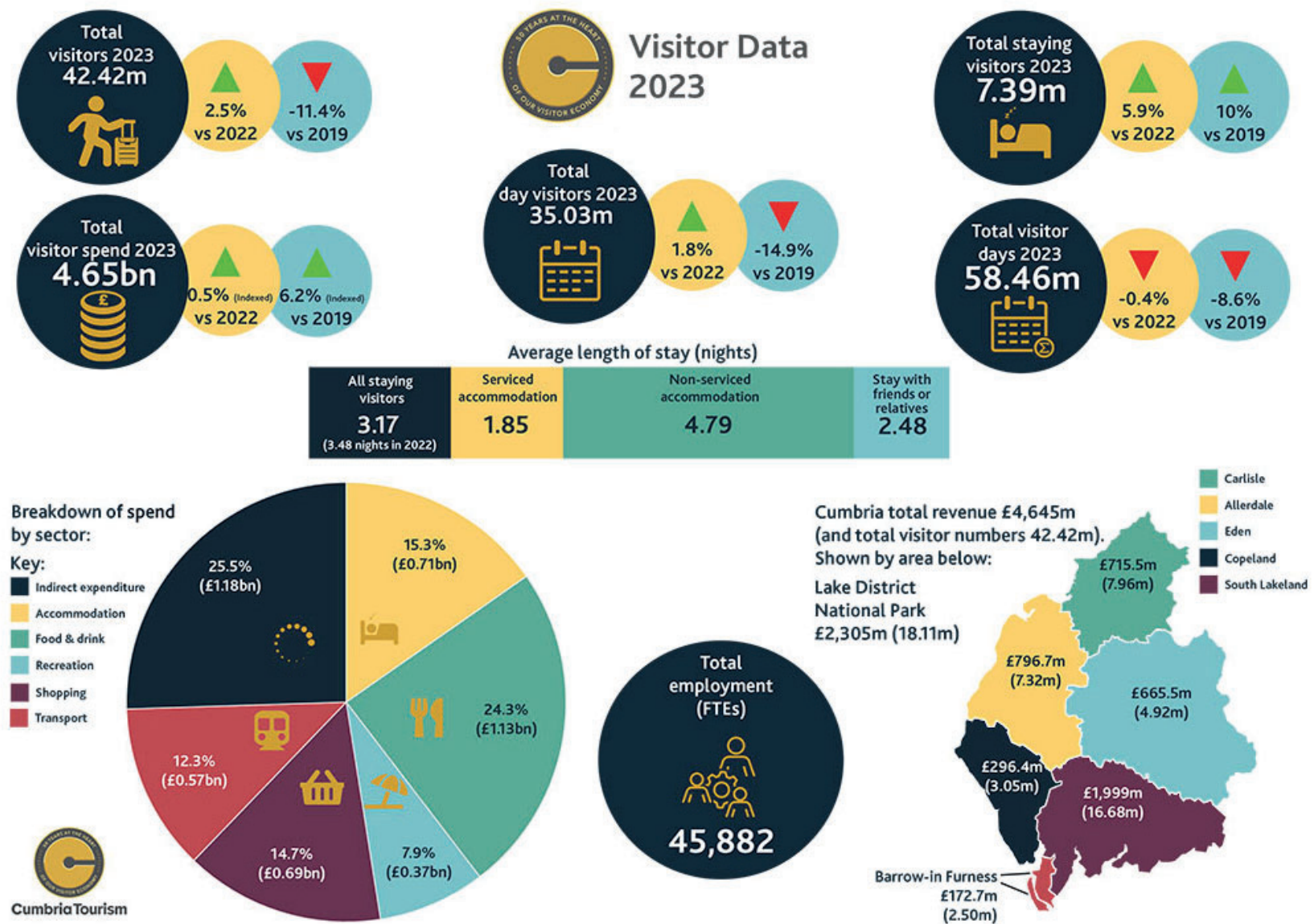
Over the course of 12 months, YHA welcomed almost 940,000 overnight guests. More than 400,000 are young people staying with their families, schools or other groups. More than 100,000 of them take part in YHA-led activities.

18 2020

The pandemic forces complete closure of YHA for recreational use, the first time in the organisations history. Hostels and facilities offered to help assist NHS, key workers & vulnerable members of society. Marking YHA's 90th anniversary, a 10 year strategy is launched "Adventure. For the first time & a lifetime." Aiming to reach more people, change lives and strengthen YHA's position as a trailblazing national charity & social enterprise.

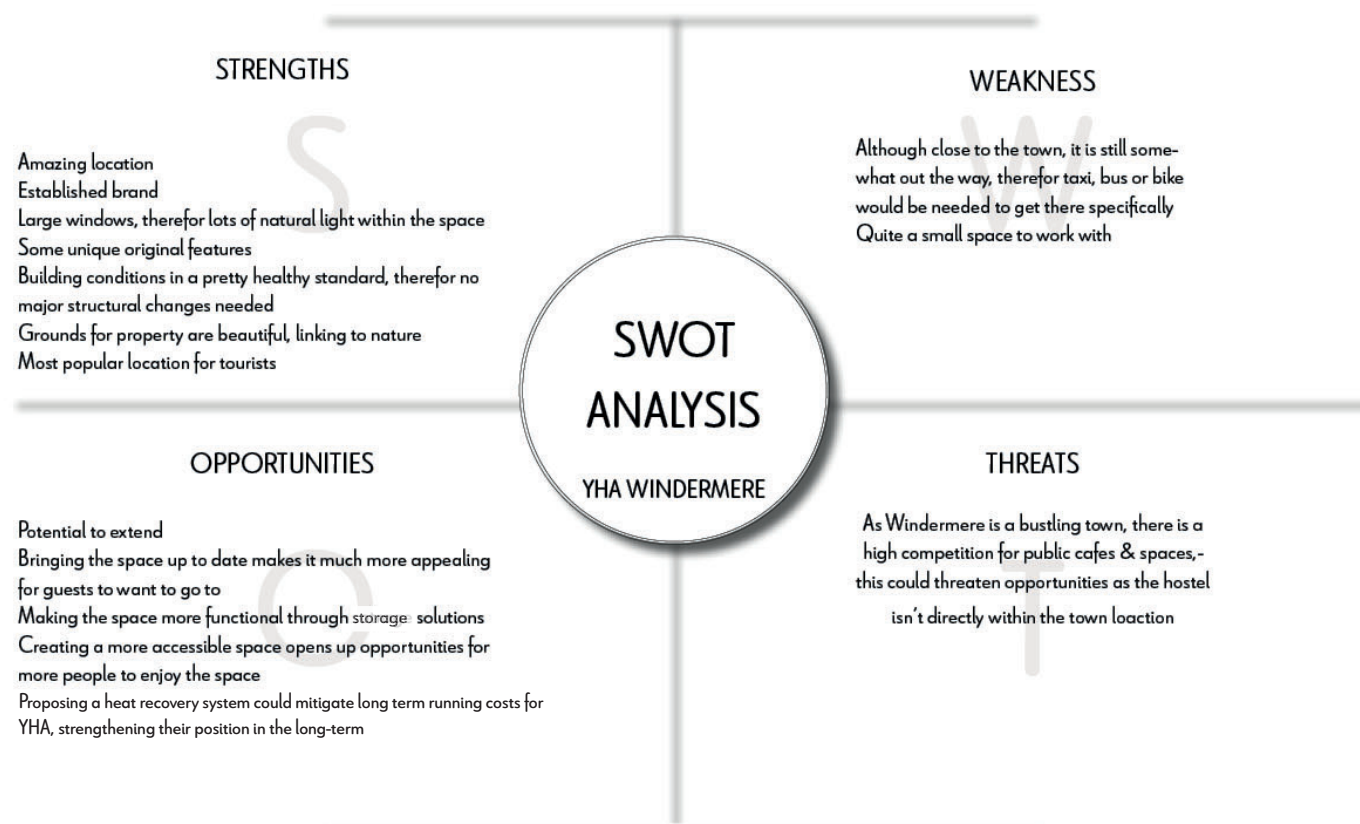
APPENDICES

B - CUMBRIA TOURIST STATISTICS



C - SWOT OF LOCATION

SWOT OF LOCATION



APPENDICES

D - 14 PATTERNS OF BIOPHILIC DESIGN

14 PATTERNS		* STRESS REDUCTION	COGNITIVE PERFORMANCE	EMOTION, MOOD & PREFERENCE
NATURE IN THE SPACE	Visual Connection with Nature	* Lowered blood pressure and heart rate (Brown, Barton & Gladwell, 2013; van den Berg, Hartig, & Staats, 2007; Tsunetsugu & Miyazaki, 2005)	Improved mental engagement/ attentiveness (Biederman & Vessel, 2006)	Positively impacted attitude and overall happiness (Barton & Pretty, 2010)
	Non-Visual Connection with Nature	* Reduced systolic blood pressure and stress hormones (Park, Tsunetsugu, Kasetani et al., 2009; Hartig, Evans, Jamner et al., 2003; Orsega-Smith, Mowen, Payne et al., 2004; Ulrich, Simons, Losito et al., 1991)	Positively impacted on cognitive performance (Mehta, Zhu & Cheema, 2012; Ljungberg, Neely, & Lundström, 2004)	Perceived improvements in mental health and tranquility (Li, Kobayashi, Inagaki et al., 2012; Jahncke, et al., 2011; Tsunetsugu, Park, & Miyazaki, 2010; Kim, Ren, & Fielding, 2007; Stigsdotter & Grahn, 2003)
	Non-Rhythmic Sensory Stimuli	* Positively impacted on heart rate, systolic blood pressure and sympathetic nervous system activity (Li, 2009; Park et al, 2008; Kahn et al., 2008; Beauchamp, et al., 2003; Ulrich et al., 1991)	Observed and quantified behavioral measures of attention and exploration (Windhager et al., 2011)	
	Thermal & Airflow Variability	* Positively impacted comfort, well-being and productivity (Heerwagen, 2006; Tham & Willem, 2005; Wigö, 2005)	Positively impacted concentration (Hartig et al., 2003; Hartig et al., 1991; R. Kaplan & Kaplan, 1989)	Improved perception of temporal and spatial pleasure (alliesthesia) (Parkinson, de Dear & Candido, 2012; Zhang, Arens, Huizenga & Han, 2010; Arens, Zhang & Huizenga, 2006; Zhang, 2003; de Dear & Brager, 2002; Heschong, 1979)
	Presence of Water	* Reduced stress, increased feelings of tranquility, lower heart rate and blood pressure (Alvarsson, Wiens, & Nilsson, 2010; Pheasant, Fisher, Watts et al., 2010; Biederman & Vessel, 2006)	Improved concentration and memory restoration (Alvarsson et al., 2010; Biederman & Vessel, 2006)	Observed preferences and positive emotional responses (Windhager, 2011; Barton & Pretty, 2010; White, Smith, Humphries et al., 2010; Karmanov & Hamel, 2008; Biederman & Vessel, 2006; Heerwagen & Orians, 1993; Ruso & Atzwanger, 2003; Ulrich, 1983)
	Dynamic & Diffuse Light	* Positively impacted circadian system functioning (Figueiro, Brons, Plitnick et al., 2011; Beckett & Roden, 2009)	Enhanced perception and psychological responsiveness (Alvarsson et al., 2010; Hunter et al., 2010)	
	Connection with Natural Systems			Enhanced positive health responses; Shifted perception of environment (Kellert et al., 2008)
NATURAL ANALOGUES	Biomorphic Forms & Patterns	*		Observed view preference (Vessel, 2012; Joye, 2007)
	Material Connection with Nature		Decreased diastolic blood pressure (Tsunetsugu, Miyazaki & Sato, 2007)	Improved comfort (Tsunetsugu, Miyazaki & Sato 2007)
	Complexity & Order	* Positively impacted perceptual and physiological stress responses (Salingaros, 2012; Joye, 2007; Taylor, 2006; S. Kaplan, 1988)		Observed view preference (Salingaros, 2012; Hägerhäll, Laike, Taylor et al., 2008; Hägerhäll, Purcella, & Taylor, 2004; Taylor, 2006)
NATURE OF THE SPACE	Prospect	* Reduced stress (Grahn & Stigsdotter, 2010)	Reduced boredom, irritation, fatigue (Clearwater & Coss, 1991)	Improved comfort and perceived safety (Herzog & Bryce, 2007; Wang & Taylor, 2006; Petherick, 2000)
	Refuge	*	Improved concentration, attention and perception of safety (Grahn & Stigsdotter, 2010; Wang & Taylor, 2006; Wang & Taylor, 2006; Petherick, 2000; Ulrich et al., 1993)	
	Mystery	*		Induced strong pleasure response (Biederman, 2011; Salimpoor, Benovoy, Larcher et al., 2011; Ikemi, 2005; Blood & Zatorre, 2001)
	Risk/Peril	*		Resulted in strong dopamine or pleasure responses (Kohnno et al., 2013; Wang & Tsien, 2011; Zald et al., 2008)

© 2014 Terrapin Bright Green / 14 Patterns of Biophilic Design

E - WELL v2

TEN CONCEPTS

There are ten concepts in WELL v2:



AIR



WATER



NOURISHMENT



LIGHT



MOVEMENT



THERMAL COMFORT



SOUND



MATERIALS



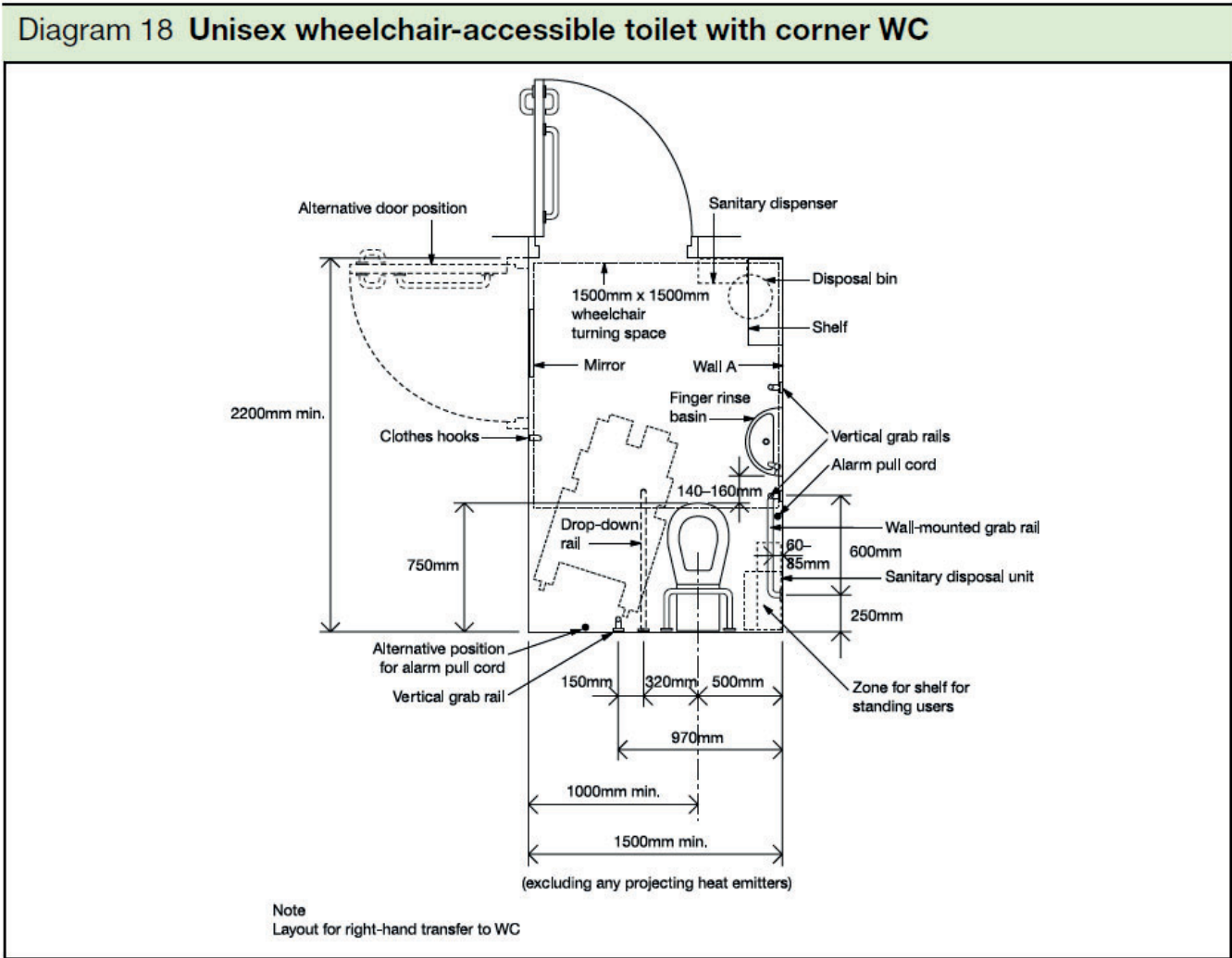
MIND



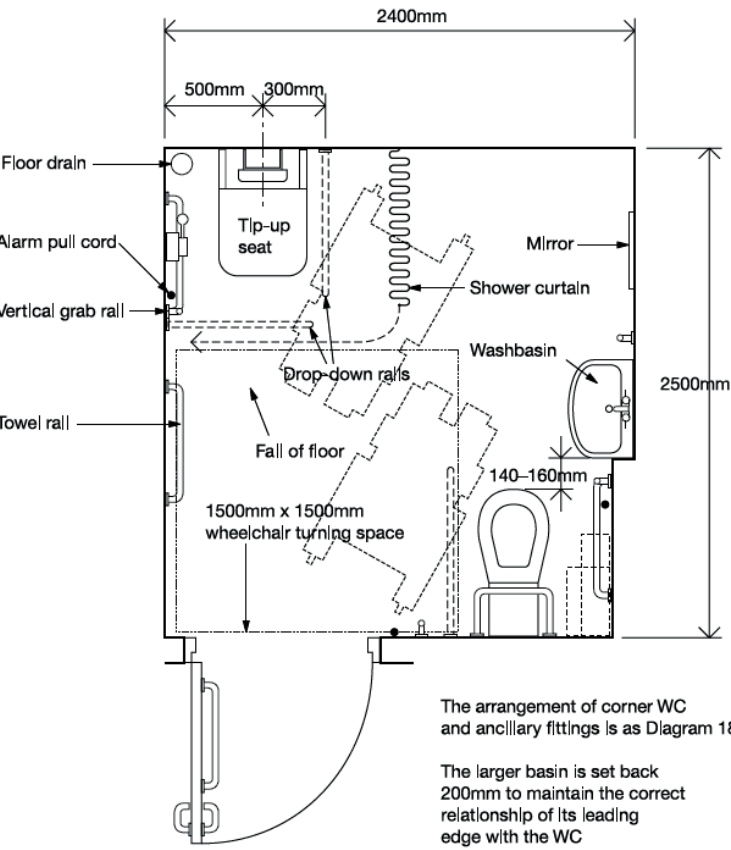
COMMUNITY

APPENDICES

F- BUILDING REGULATIONS



The arrangement of shower controls and ancillary fittings is as Diagram 23



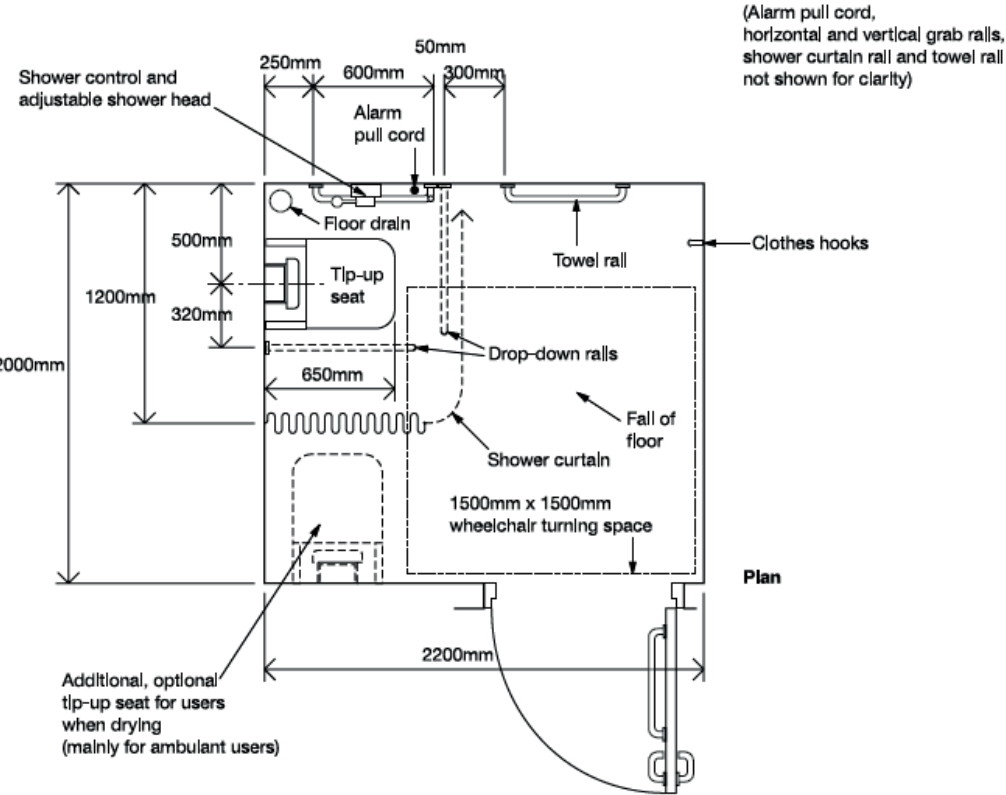
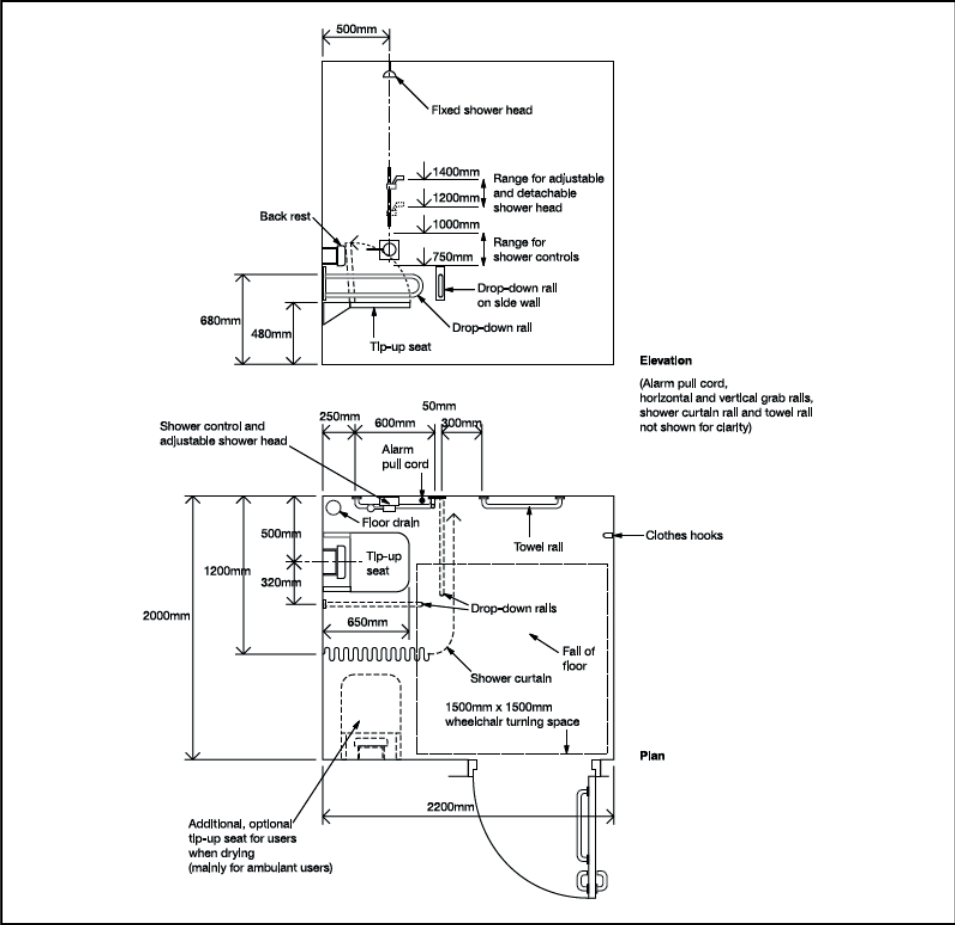
Note
Layout shown for right-hand transfer to shower seat and WC

APPENDICES

F- BUILDING REGULATIONS

M1/M3 SANITARY ACCOMMODATION IN BUILDINGS
OTHER THAN DWELLINGS

Diagram 23 An example of a self-contained shower room for individual use



APPENDICES

G - ERGONOMICS

3.3 Design criteria

Interior design has to satisfy a number of requirements, both functional and aesthetic. It has to reassure confidence in standards, stimulate appropriate emotive responses, interest and visual appeal, and provide conditions which create the desired social atmosphere.

Considerations include:

- **Function:** operation, efficiency, order, hygiene, durability, maintenance
- **Ambience:** luxurious, sophisticated, exotic, homely, romantic, lively
- **Characterisation:** operating style, theme, food specialisation, features
- **Seating plans:** room proportions, horizons of interest, windows, perimeters
- **Perception:** attention to detail, consistency, linkage of areas, personalisation.

3.4 Coverage

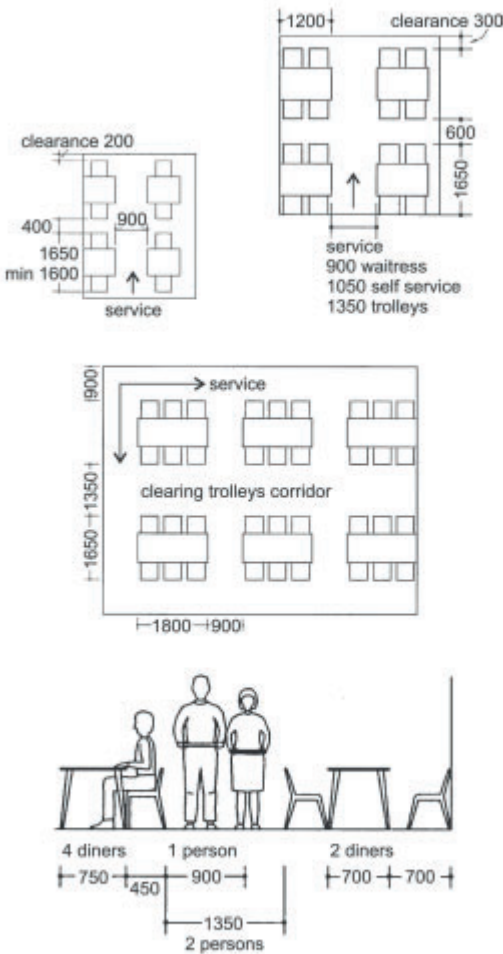
A comprehensive design scheme covers:

- Interior finishes, fittings and equipment, decoration
- Theme design, furniture, furnishings and features
- Tableware, linen, table appointments and uniforms
- Display counters, service equipment and circulation plans
- Lighting, air conditioning and technical installations
- Motif, graphics, menu and drinks folders
- Desks, registers and monitoring equipment.

Shop-fitting frontage, entrance, cloakroom and ancillary bars are normally included. Kitchen equipment including their technical plant, services installation and utensils may be treated as a separate contract but must be planned as part of the whole project. Client requirements for accounting and management systems and equipment must also be incorporated.

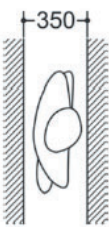
3.5 Seating plans

For meals consumed on the premises, maximum numbers of customers are dictated by numbers of seats (covers), mealtimes served and seat turnover. Customer densities (in m² per diner) depend on the room dimensions, method of service, table and chair sizes, seat groupings and layout within the room (Figures 33.4, 33.5, 33.6; Table III).

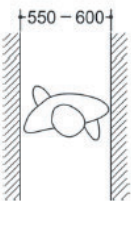


33.5 Minimum space between tables to allow for seating, access and circulation

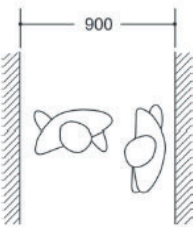
Table III Space allowances



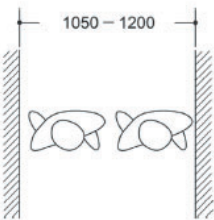
3.7a Edging width: suitable for short distances or occasional use



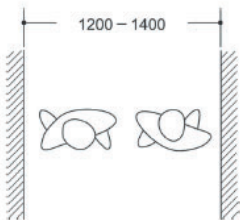
3.7b One person width (750 mm clearance would give comfort for various postures)



3.7c Normally used by one person, but occasional passing required



3.7d Two people use in same direction



3.7e Two people passing

3.5 Corridor widths

Corridor handling capacity (C_c) in people per minute can be calculated using:

$$C_c = 60 \times v \times D \times W$$

where: v is the average pedestrian speed (m/s)

D is the average pedestrian density (people per m²)

W is the corridor width (m)

Free flow design: $D = 0.3$ people per m² and $v = 1.0$ to 1.3 m/s

Full flow design: $D = 1.4$ people per m² and $v = 0.6$ to 0.8 m/s

Note: People tend to wander about in corridors

From basic trigonometry:

$$\text{Tangent Function: } \tan(\theta) = \text{Opposite} / \text{Adjacent}$$

where θ is the angle we require, *opposite* is the rise and *adjacent*, the going, we can derive:

$$\text{Stair pitch } (\theta) = \tan^{-1}(\text{rise/going})$$

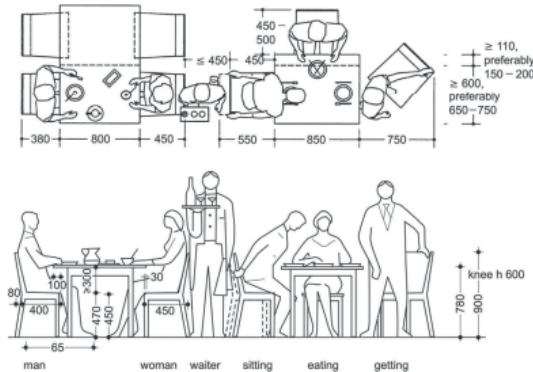
Or, using a specific example, where the rise is 170 mm and the going is 250 mm:

$$\tan^{-1}(170/250) = 34.2^\circ$$

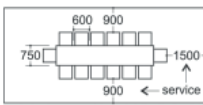
APPENDICES

G-ERGONOMICS

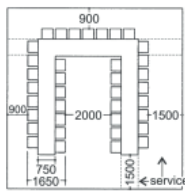
33-6 Restaurants and food service facilities



33.6 Restaurant critical dimensions



33.7 Small formal dinner arrangement



33.8 Banquet layout. The U arrangement can be extended in both directions to the limits of the banqueting room

- Fitted counters and bars. Fixed bar/counter stools. Fixed tables, usually pedestal or cantilevered for leg clearance, with loose chairs or fixed booth-type seating (Figures 33.12 and 33.13)
- Moveable tables with loose chairs or fixed banquette seating
- Stackable tables and chairs with carrier systems. Tables with extension brackets or alternative tops (square/round). With level access to storage area
- Side tables and designed trolleys for food presentation and service at the table
- Reception and cash desks with terminals, screens, cash registers and other equipment.









number of seats	table size: drinking mm	table size: eating mm
1 	450 to 600	600 to 700
2 	600 square	750 square
4  	750 square —	900 × 950 1500 × 750
6  	— —	1400 × 950 1700 × 750
8  	— —	1750 × 900 2300 × 750

Table top design must be compatible with the overall concept and style of operation. It will range from high class sophistication requiring

33.9 Recommended rectangular table sizes relating to place numbers

H - NEURODIVERSITY

2.3 Neurodiversity

Neurodiversity is an umbrella term referring to a group of neurological conditions which share common features, in particular differences in how people learn and process information. Definitions vary, but the term covers conditions such as dyslexia and dyscalculia, dyspraxia and developmental coordination disorder, learning disabilities, attention deficit disorders (ADD/ADHD), mental health diversity and autistic spectrum (Autism/Asperger's syndrome).

Neurodiversity is a form of human diversity. The idea that there is one 'normal' or 'healthy' type of brain or mind or one 'right' style of neurocognitive functioning is no more valid than the idea that there is one 'normal' or 'right' gender, race or culture. We all have differing neurological needs.

There is very little detailed guidance on the design of the built environment and neurodiversity. To address this, the British Standards Institute is expected to publish PAS 6463 *Design for the mind – Neurodiversity and the built environment* in 2022.

The nature of neurodiversity is that people interact with the built environment differently, and on that basis, there may not be a single solution. While it is advisable to minimise factors that cause difficulties within the environment in general, it may not be possible to deliver environments suitable for everyone. A key aim should be to create environments in which people are able to either adapt a space to suit their needs or find a space in which they can manage their needs.

Sensory overload is a common issue; this could be visual, audible, olfactory or spatial. Examples of this may be manifested through poor acoustics and overbearing background noise, significant reflection or glare, patterned surfaces that do not incorporate natural forms, or the lack of personal space or defensible space (that is, quiet space in which people feel secure and gain respite from the overstimulation). The converse may also be true, as there are people with hypersensitivity that need the opportunity of gaining sensory stimulus.

The availability of calm spaces, logical layouts and defined way-finding and orientation are also important factors to be addressed, as are the memorability and familiarity of space.

2.4 An ageing population: the implications for design

The UK's population is getting older and, as a result, the proportion of the population that are aged 65 or over is significantly increasing. Age UK's publication *Late Life in the United Kingdom* identified that there are 11.6 million people aged 65 or over in the UK, and over a third of the overall population are aged 50 years or older. The number of people aged 60 or over is expected to pass the 20 million mark by 2030. The number of people aged 65 or over is projected to rise by over 40 per cent in the next 17 years to over 16

APPENDICES

I - CUMBRIA VISITOR RESEARCH 2022

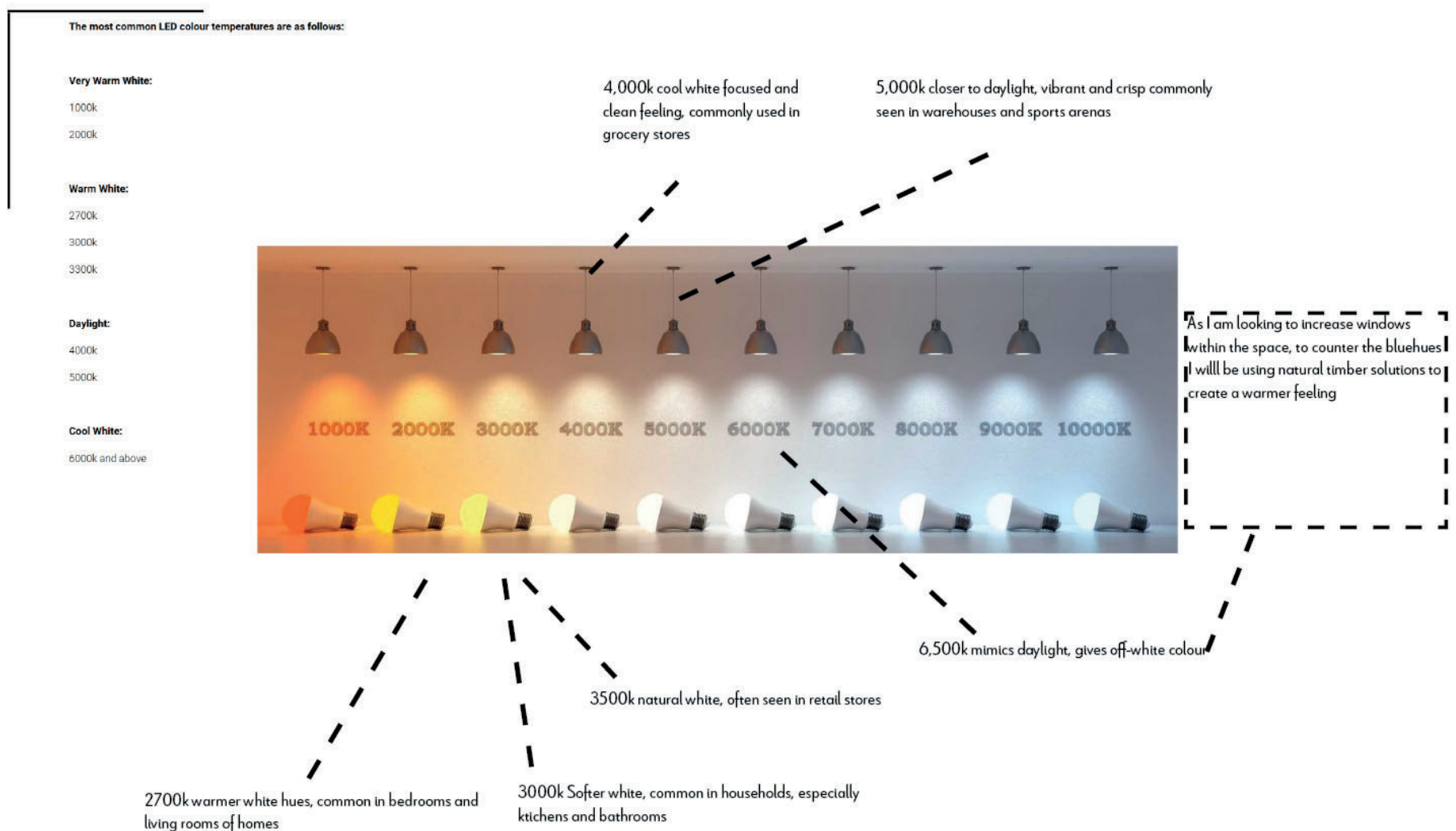
The Cumbria Visitor Survey has seen researchers carry out 2,000 face-to-face interviews at almost 60 locations throughout the county, along with hundreds of online questionnaires, to better understand visitors' motivations and changes in the way they plan to holiday in future.

Among the key findings are:

- **Significant changes in the age of visitors**, with more younger adults. In total, 65% of visitors to Cumbria are between 25 and 59 years of age, up from 45% in 2018.
- **57% of visitors came from within the North West region**, compared to 32% in 2018.
- **16% of visitor groups included someone in the party from an ethnic minority community**, up from 2% in 2018.
- **14% of visitor groups included someone in the party with health issues or disability**.
- **17% of all staying visitors were completely new to the area**.

J - LIGHTING RESEARCH

LIGHTING RESEARCH



Additional considerations to lighting will be achieved through soft white LED lighting in the form of track lighting, ceiling mounted task lighting and additional feature lighting. By increasing the amount of windows within the spaces I will be maximising natural light for optimum user well-being in line with biophilic and Well v2 standards.