

Internal Thoughts

Exploring the relationship between the physical and metaphysical experience of internal spaces.



Culture

The UK vs The Netherlands

Drinking and pub culture is an integral part of British society, and we're starting to reap the consequences of this. From a trip to the Netherlands I experienced a new way of socialising, and that coffee shop culture was booming. People weren't thrown out the door if they'd had too much, but instead given a complimentary cup of tea to ease the stomach. I question if implementing this into British culture would help to reduce antisocial behaviour, improve mental health and make the night safer.

"In 2021, there were 7,558 alcohol-specific deaths"

- Drinkaware

"There were an estimated 65,722 males and 41,706 females in treatment for alcohol in 2020/21"

- Drinkaware

"In 2020, there was an estimated 525,000 incidents of violent crime where the victim believed the offender to be under the influence of alcohol"

- Drinkaware

Health

The Health Benefits of Psychedelics

Netflix series 'How to Change your Mind' explores how psychedelics can revolutionise healthcare. Before 1966, when LSD and other psychedelics were criminalised, LSD showed such promise in treating alcoholism, that Alcoholics Anonymous founder Bill Wilson considered including it in his program. Over the past decade there's been a quiet renaissance of serious medical research, where it's been proven that psychedelics help with overcoming addiction and depression to easing the existential terror of the terminally ill.

"Another study found that people who had never taken psychedelics before and were given a high dose of psilocybin had highly mystical experiences, with 30% claiming it was the most spiritually significant experience of their lives."

- Verywell Mind

"Out of 9233 past year magic mushroom users, 19 (0.2%) reported having sought emergency medical treatment, with a per-event risk estimate of 0.06%."

- National Library of Medicine



The Brief

Changing the Narrative of Drug Culture

Our attitude towards drugs within the UK is still very taboo, despite our feelings towards alcohol being so accepting. I imagine a garden where people can gather to safely experience psychedelics, much like how they would meet up at a pub or a club. The garden consumes the ruin of the existing building, much how psychedelics consume the mind.



Heroic Landscape with Lemnian Activities
- Pierre-Henri de Valenciennes



Concept & User Experience

As the Tree Blossoms

How a person travels through the space and their experience go hand in hand. I imagine the user takes a journey from the roots of the garden, where the psilocybin will be grown, to continue to the ground floor, to intake the drugs, and finally experience the drug in the canopy of the trees.

Their experience evolves as a tree blossoms.



Experience

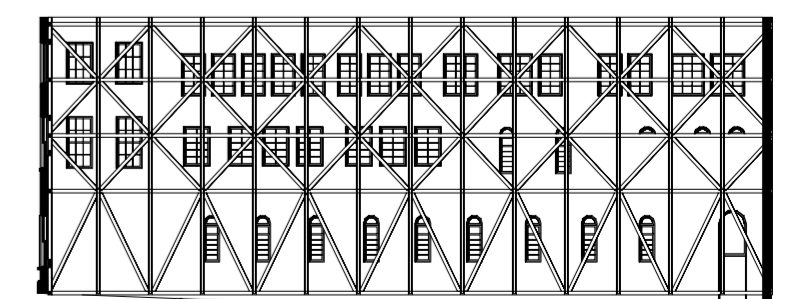
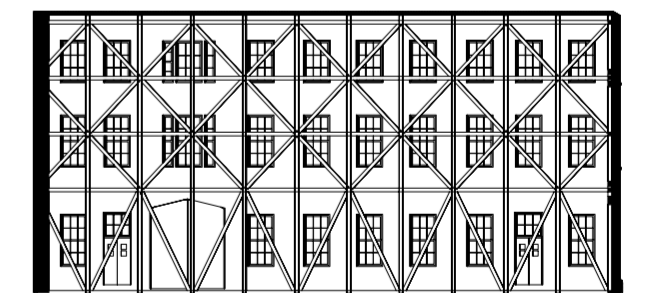
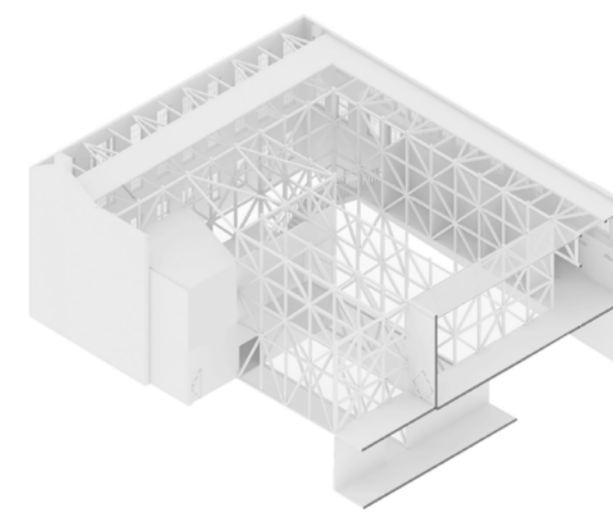
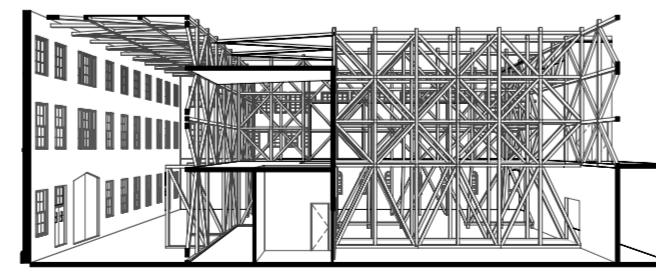
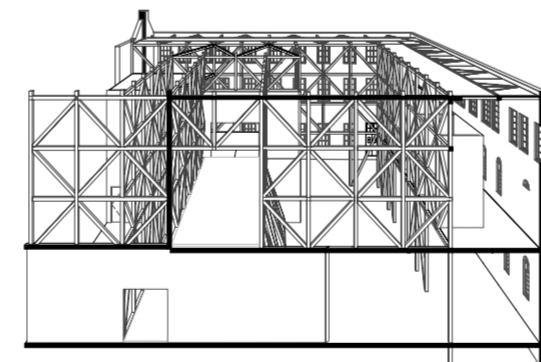
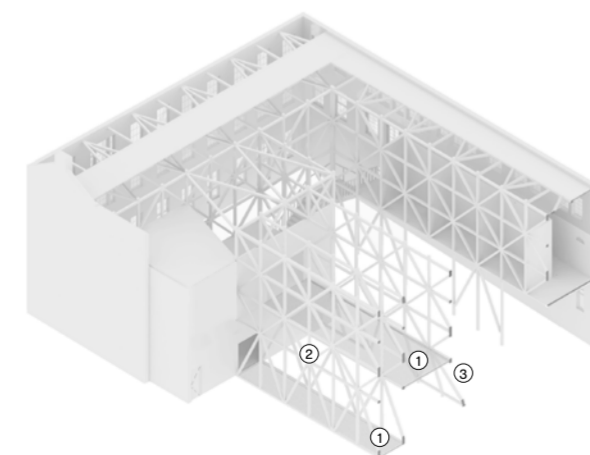
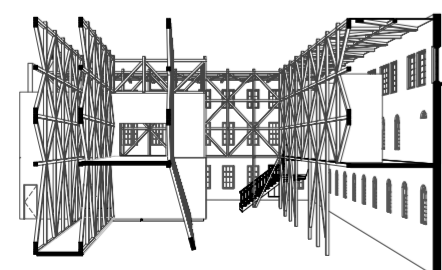
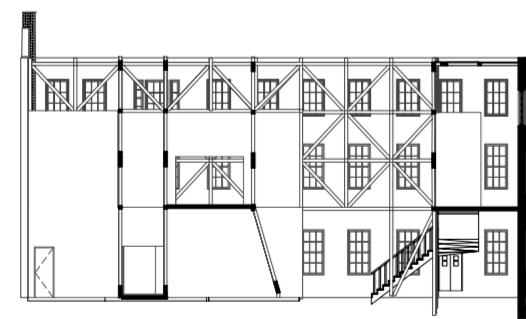
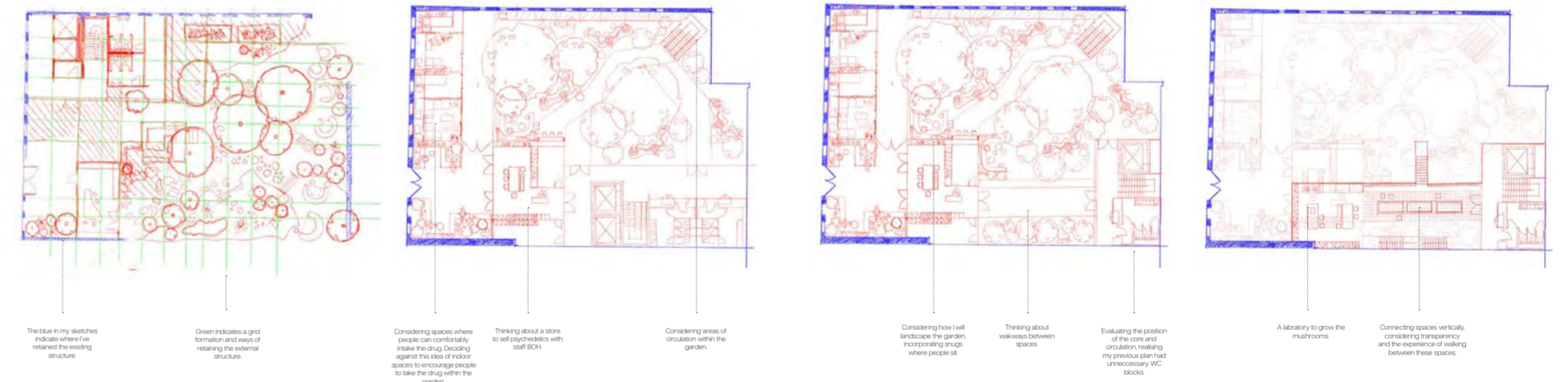
This occurs within the ground and first floor. This space evolves around the element of choice, as one person's experience will vary from the next. Their psychedelic journey follows the language of the tree, from root to canopy where they experience the psilocybin.

Intake

This is where users actually intake the drug. They're sober for 30-40 minutes and this is probably their time when they find a spot within the ground floor garden to pause.

Gather

Beginning within the roots of the garden, this is where the user would gather the psilocybin. Here they'd learn about the growing process, and different varieties of the drug.

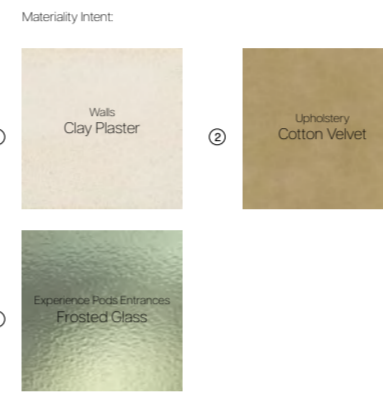
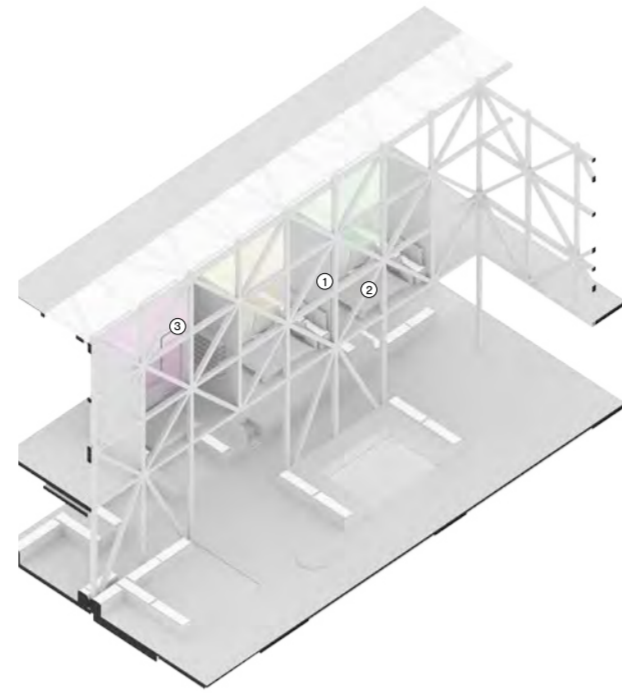
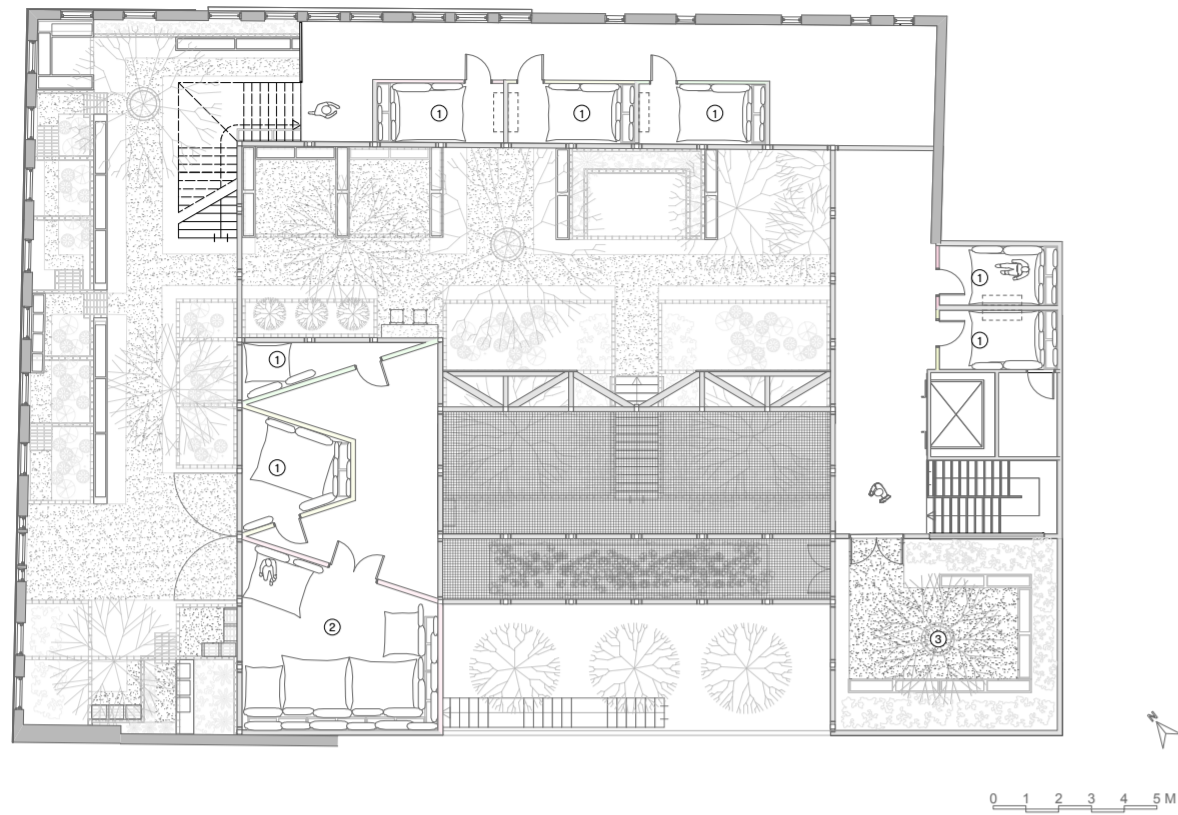


Key:
 ① Mesh Flooring
 ② Structural Walkway
 ③ Rotated Structure

② Creating walkways between spaces, considering an element of transparency between floors. Experimenting with rotating the structure to create a sense of arrival from lower ground floor to ground.

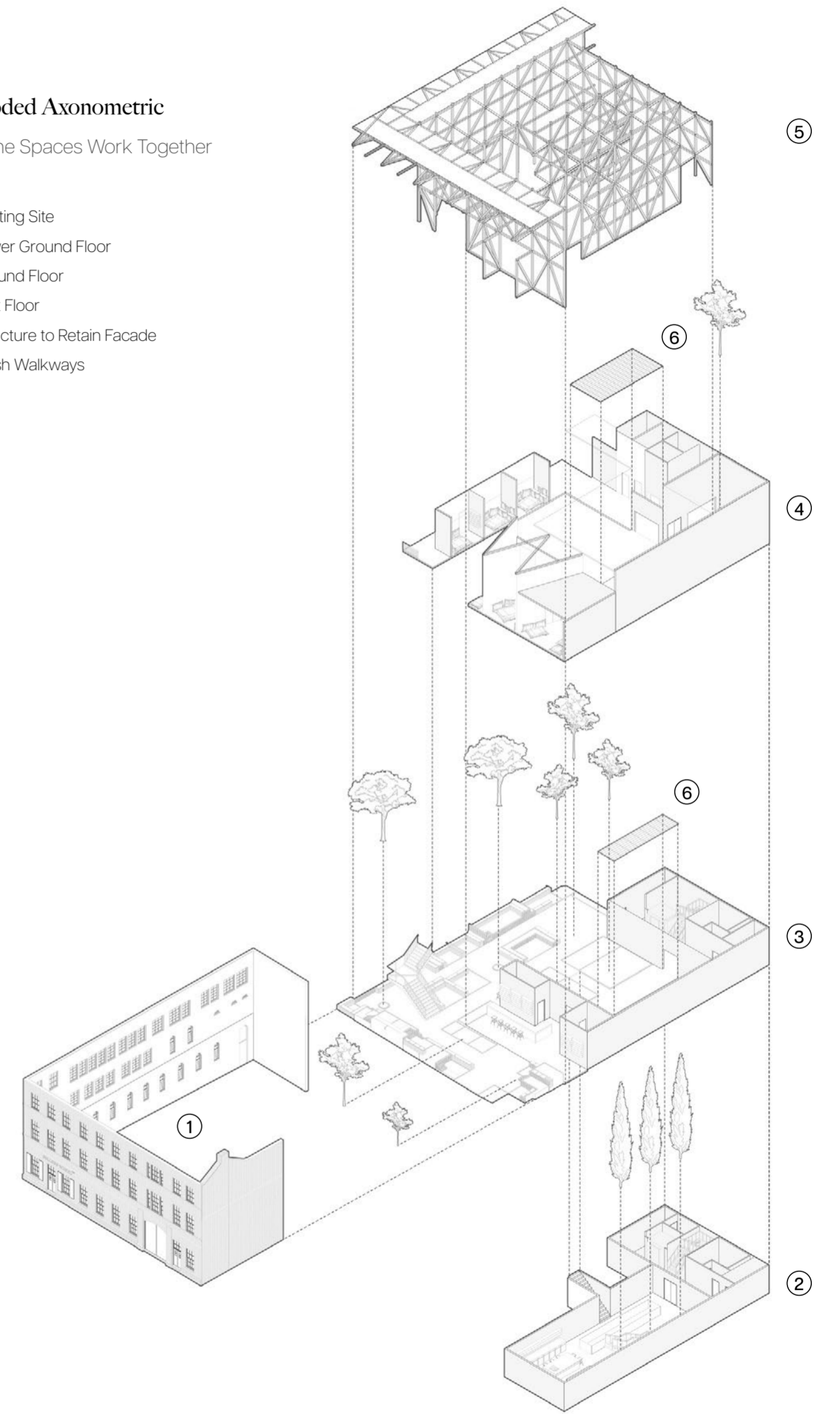
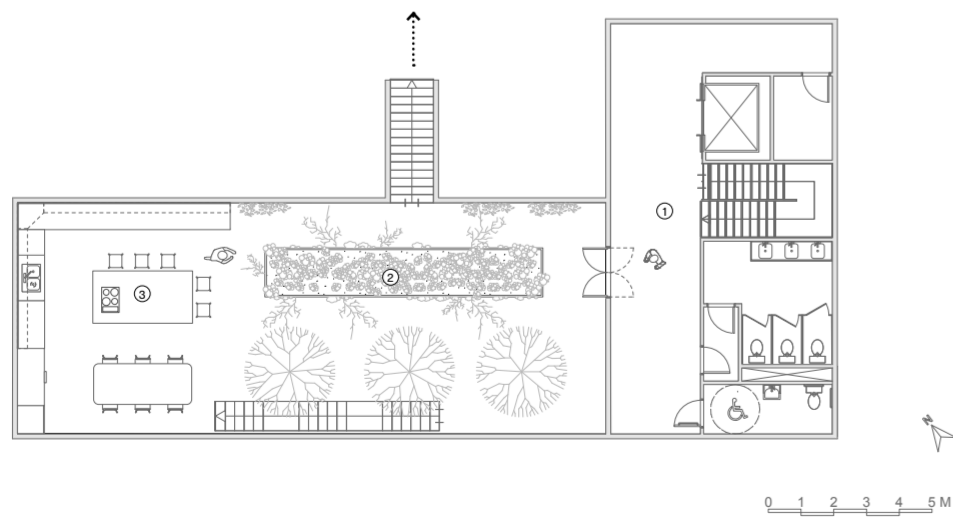
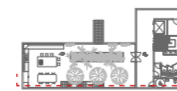
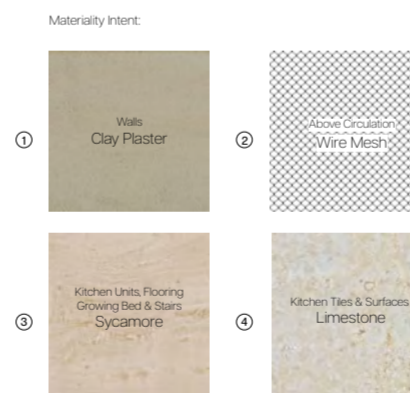
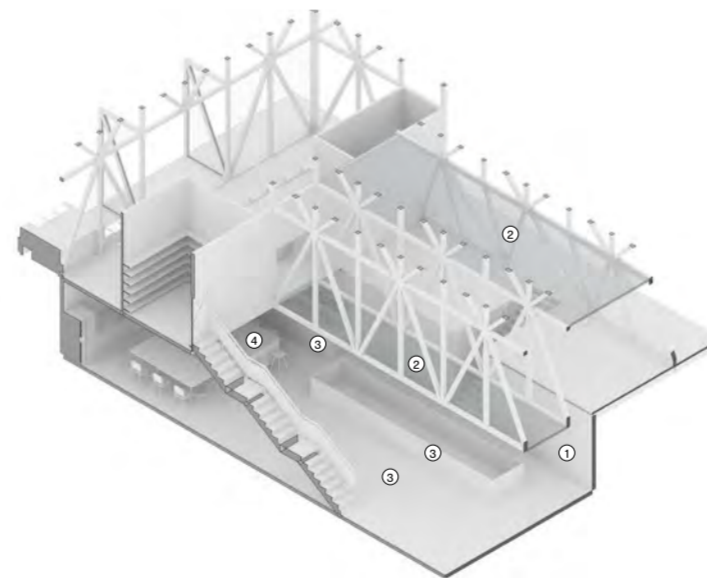
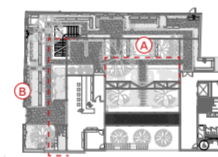
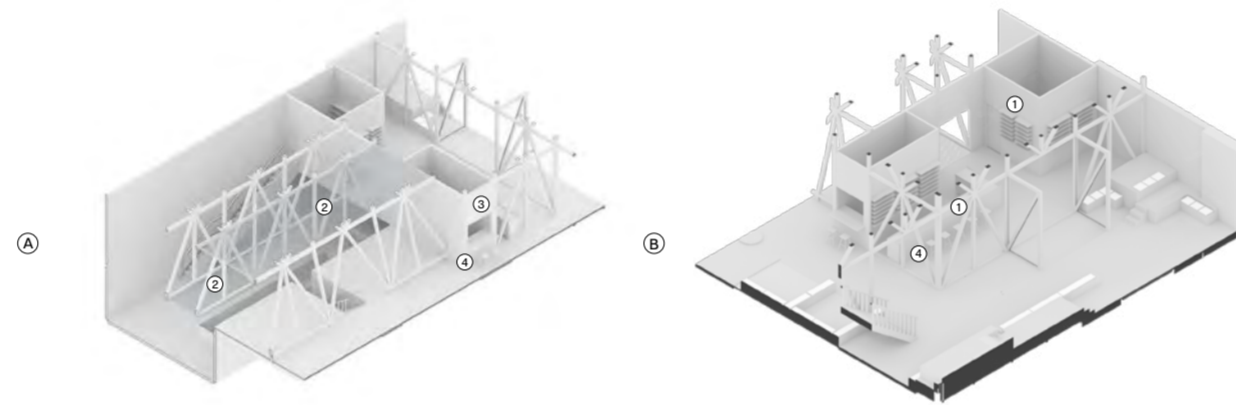
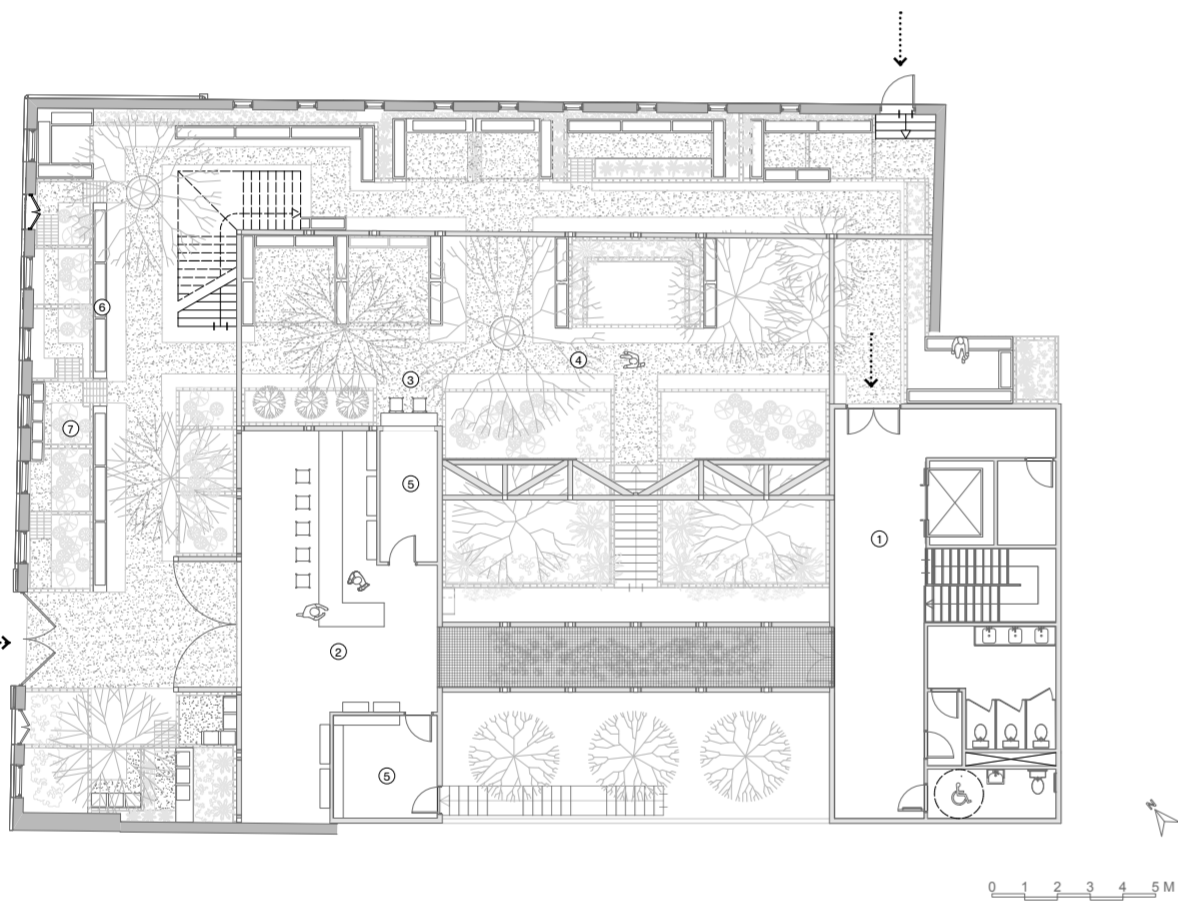
⑦ Final Structure - both supporting the existing structure but creating new spaces also.

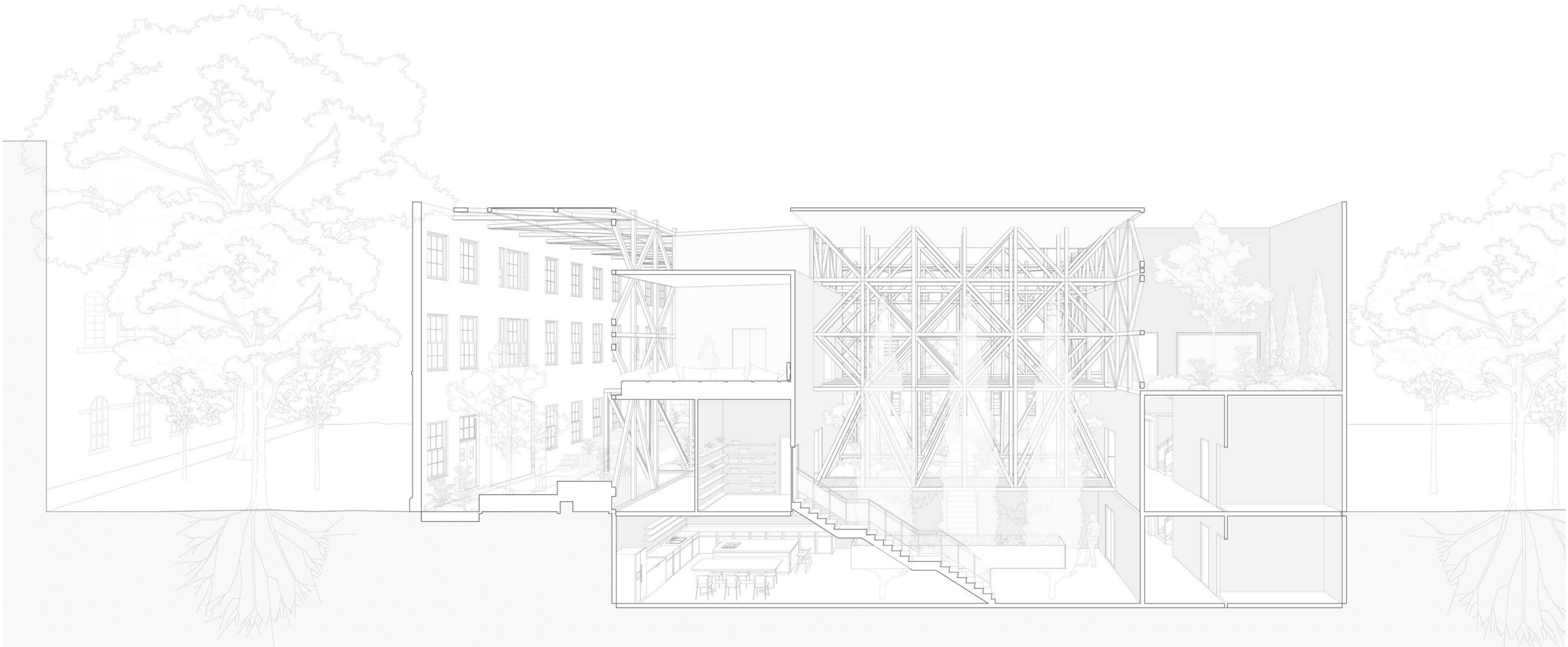
③ Using even spacing between the columns to better replicate nature and accommodate for the uneven spacing of the existing windows.



Exploded Axonometric
How the Spaces Work Together

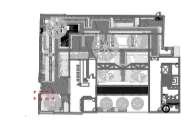
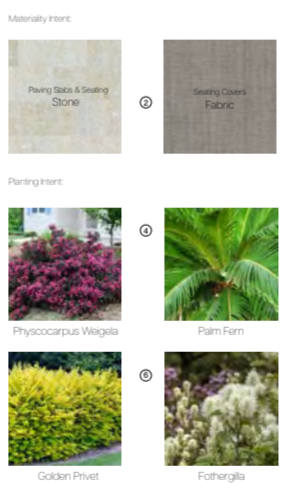
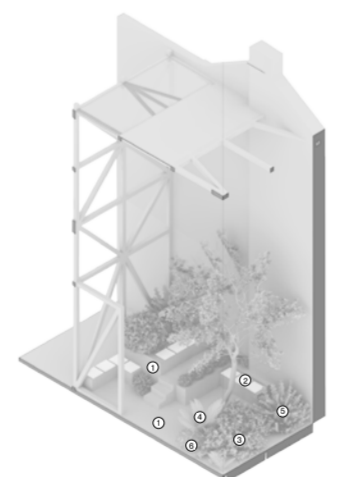
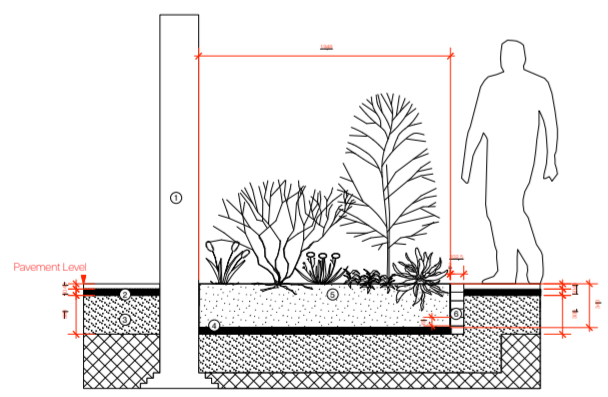
- Key:
- ① Existing Site
 - ② Lower Ground Floor
 - ③ Ground Floor
 - ④ First Floor
 - ⑤ Structure to Retain Facade
 - ⑥ Mesh Walkways



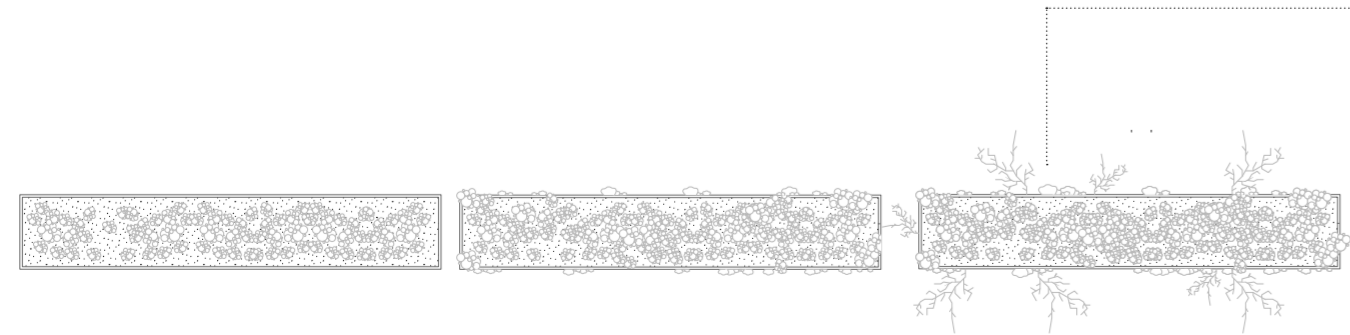


Planting Beds Technical Drawing

- 1:20
 Key
 Existing Structure
 Landfilling
 Concrete Structure
 Root Membrane
 Soil
 Grass



0 2 4 M



The growing bed where the mushrooms grow can be seen from the floor above. As time goes on the mushrooms consume the lower ground floor, and grow upwards onto the ground floor.

