

# URBAN FOREST RETREAT

This project envisions the transformation of a derelict urban building into a thriving Urban Forest Retreat. Inspired by the principles of biophilia and regenerative design, the space seeks to reconnect visitors with nature while fostering a symbiosis of architecture, ecology, and human health.

With a focus on microbes, the project promotes holistic well-being by considering the interconnectedness of human, animal, and environmental health. Soils play a pivotal role in this interconnected system, serving as a vital source and reservoir of pathogens and beneficial microorganisms that directly or indirectly contribute to the health of soil, plants, animals, and humans.

The space is divided into areas for focused immersive learning and socializing. The restaurant adopts a zero-waste approach, growing its own produce, managing on-site composting, and employing fermentation practices for excess produce, thereby promoting improved gut health through microbes.

Through regenerative functions and material choices, following a soil-to-soil concept, I aim to minimize environmental impact and promote long-term sustainability. As interior designers, we have a responsibility not only to prioritize sustainability through material choices and building practices but also to provoke thought and conversation through our designs.

My project proposes a vision for the future that extends beyond the built environment. By reimagining the role of microbes within our habitat, my project aims to start a dialogue about the importance of holistic health and environmental stewardship. It seeks to inspire a paradigm shift, challenging conventional notions of urban design and advocating for a more harmonious relationship between humans and the natural world.

I believe that by providing a healthy and inviting space for the community to gather, my project will positively impact society and foster a sense of connection to both each other and the natural world.

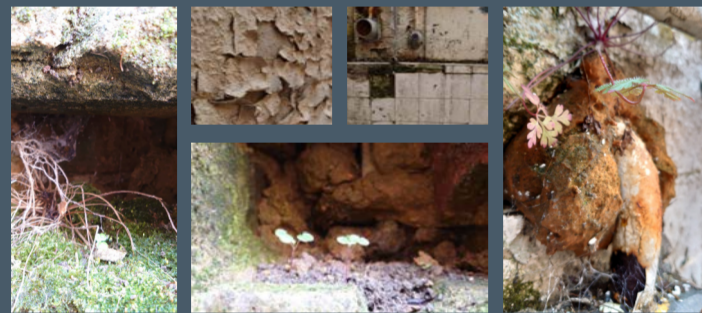


Site: 49 Tanner St, SE1 3PL, London



The site is situated in a densely populated area, nestled between a busy road and a major railway. The air quality is poor, and there is high sound pollution, resembling the typical conditions found in London.

Exterior: Nature reclaiming



It's evident that the exterior of the site is being reclaimed by nature. Left to neglect, its façade becomes its own little biodiverse universe.

The missing layer in the Urban Forest- Topsoil.



The lack of soil in urban environments underscores a fundamental disparity between urban forests and natural ecosystems. This disconnect, marked by the removal of soil, profoundly impacts both human and non-human inhabitants. It challenges us to reconsider the prevalent separation of nature from the urban landscape.



## FOREST

The Forest features meandering pathways for nature exploration, engaging visitors with aromatic plants and textured surfaces. This immersive environment, rich with dense foliage, diverse plant species, and ambient sounds, encourages a deeper connection with nature. Informational signage, tactile displays, and listening stations provide educational insights, while designated wildlife observation points allow visitors to appreciate the local flora and fauna in their natural habitat.



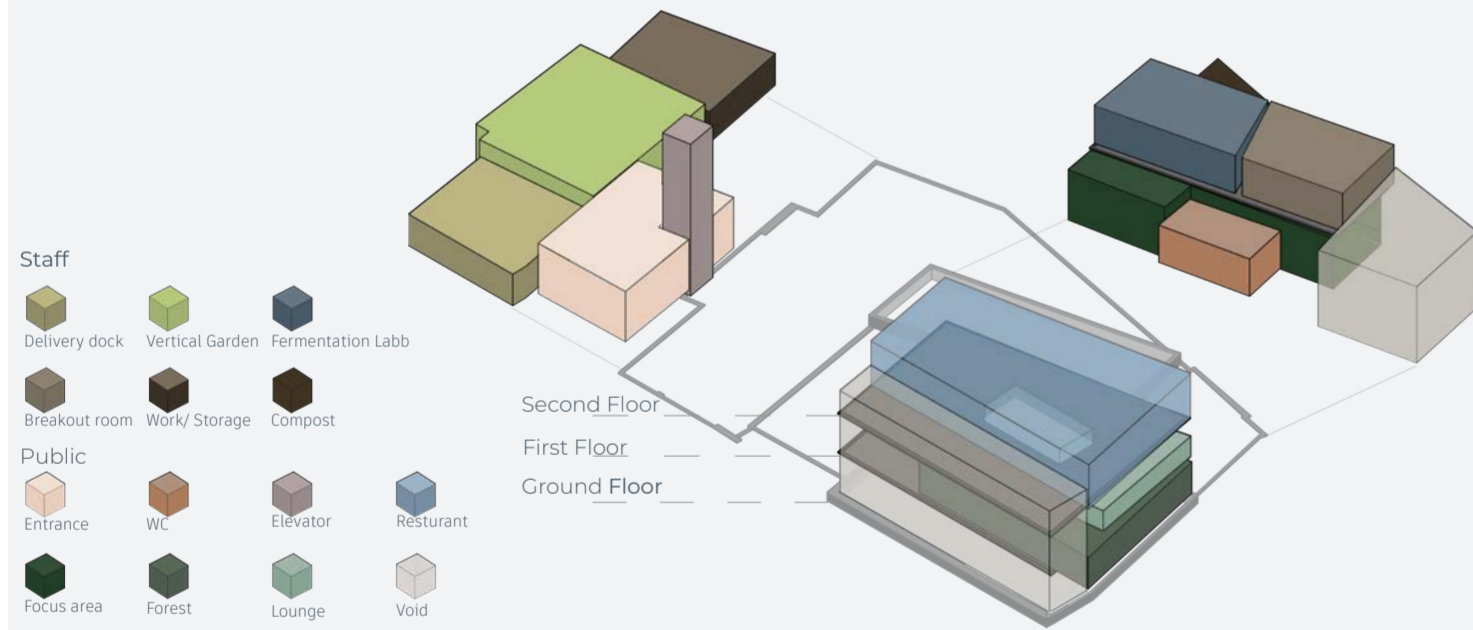
Ground floor, forest.

# PLANNING

Sculpting layers within the building, for a dynamic that mirrors nature's undulating hills and valleys.

The circulation routes gently compel users to traverse the space, affording them precious moments to immerse themselves in the forest's essence before embracing the ambiance of the second-floor restaurant.

Void placement is equally important, serving both circulation and providing space for the trees to extrude through the space.



Void placement and tree growth.



1:50 scale model, section.



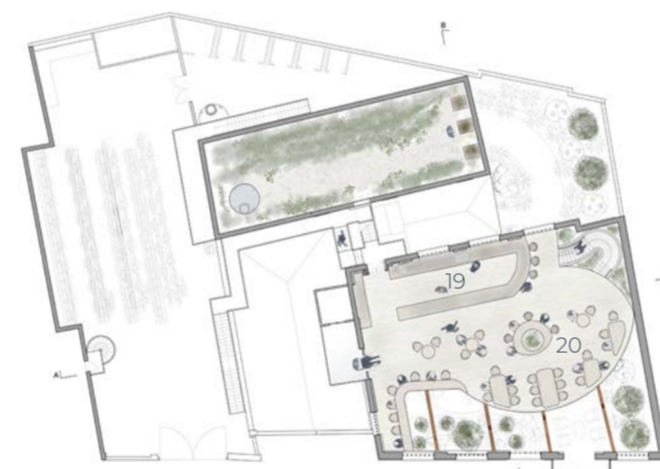
View from second floor.



Ground Floor Plan



First Floor Plan



Second Floor Plan

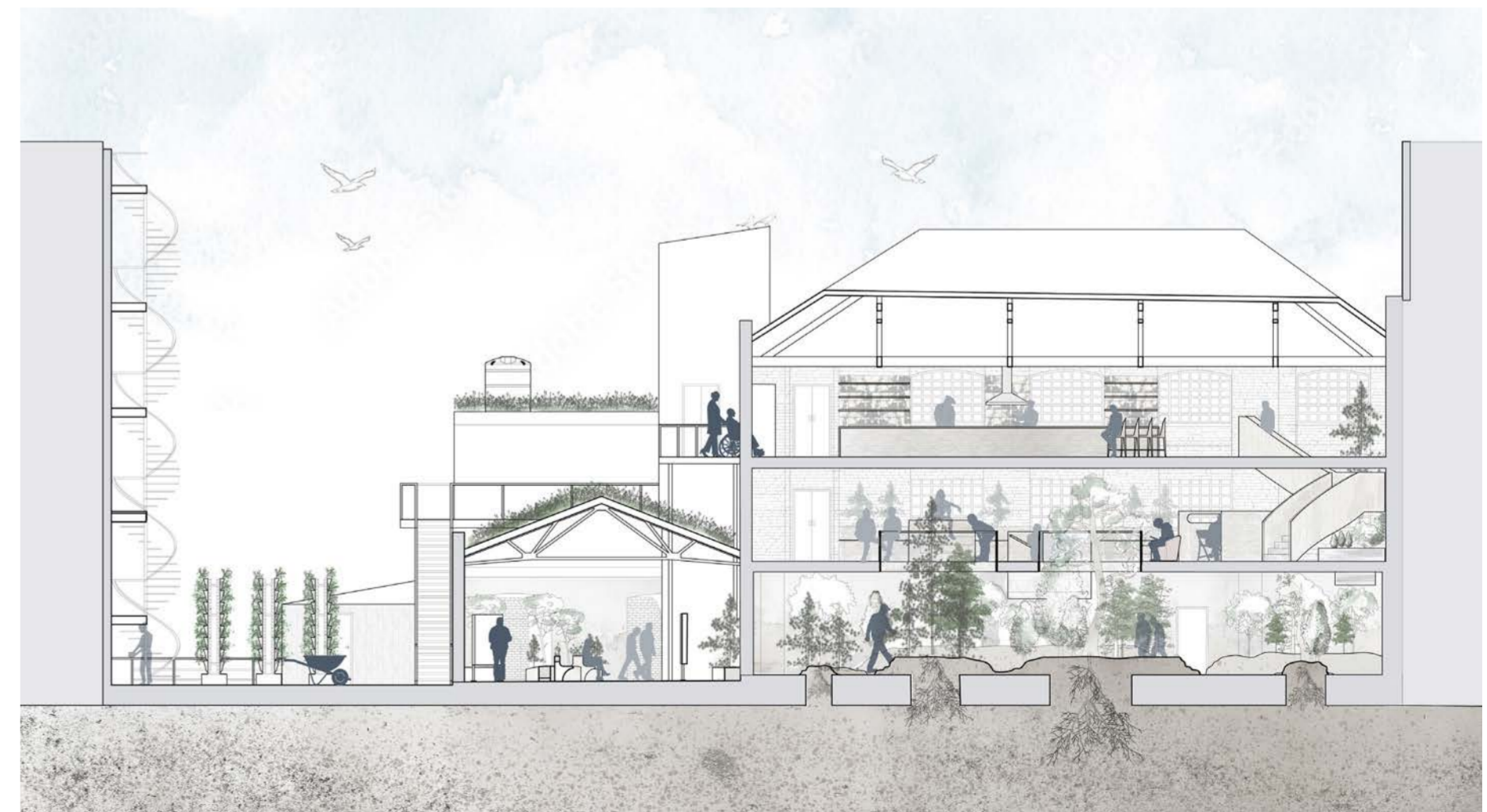


Roof Top Plan

- |                             |                        |
|-----------------------------|------------------------|
| 1 Main Entrance             | 11 Fermentation lab    |
| 2 Staff Entrance            | 12 Storage             |
| 3 Delivery Entrance         | 13 Staff locker room   |
| 4 Vertical Vegetable Garden | 14 Staff breakout room |
| 5 Staff Work/ Storage Area  | 15 Non-human Entrance  |
| 6 Compost                   | 16 Lounge              |
| 7 Information, Welcome Area | 17 Water collection    |
| 8 Focus Area                | 18 Bee hives           |
| 9 Open Air Forest           | 19 Resturant kitchen   |
| 10 Forest                   | 20 Resturant dining    |



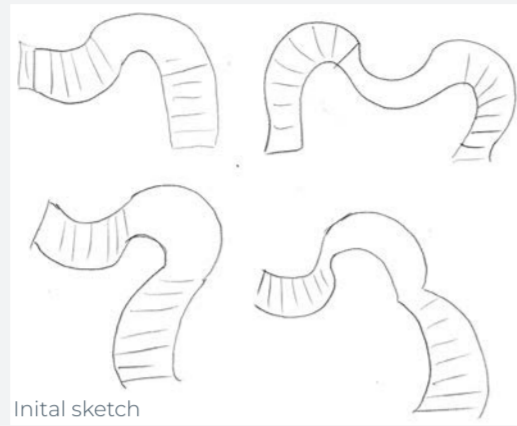
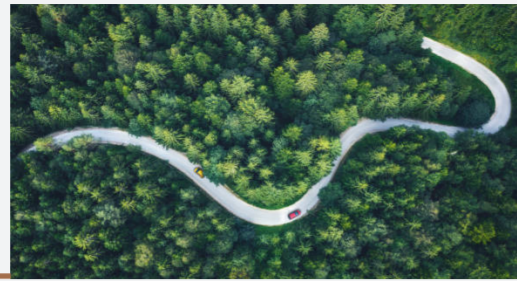
Section BB



Section AA

# STAIRCASE

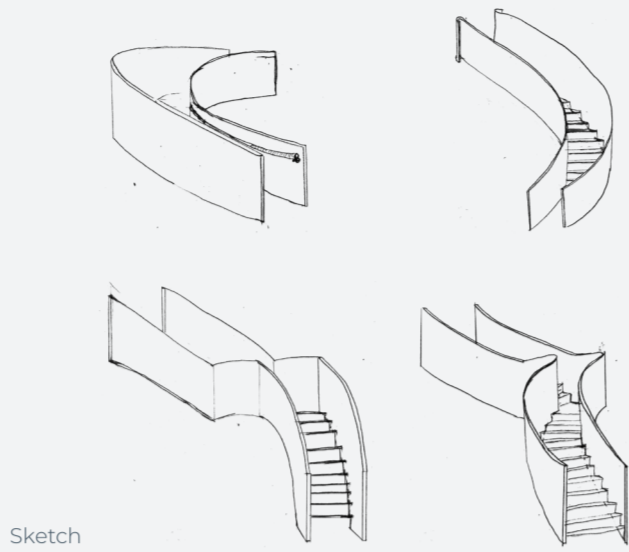
Inspired by winding roads that adapt to the conditions of nature, the staircase serpentine through the space.



Initial sketch



Sohetta, Tokyo, 2021. Sketch models



Sketch

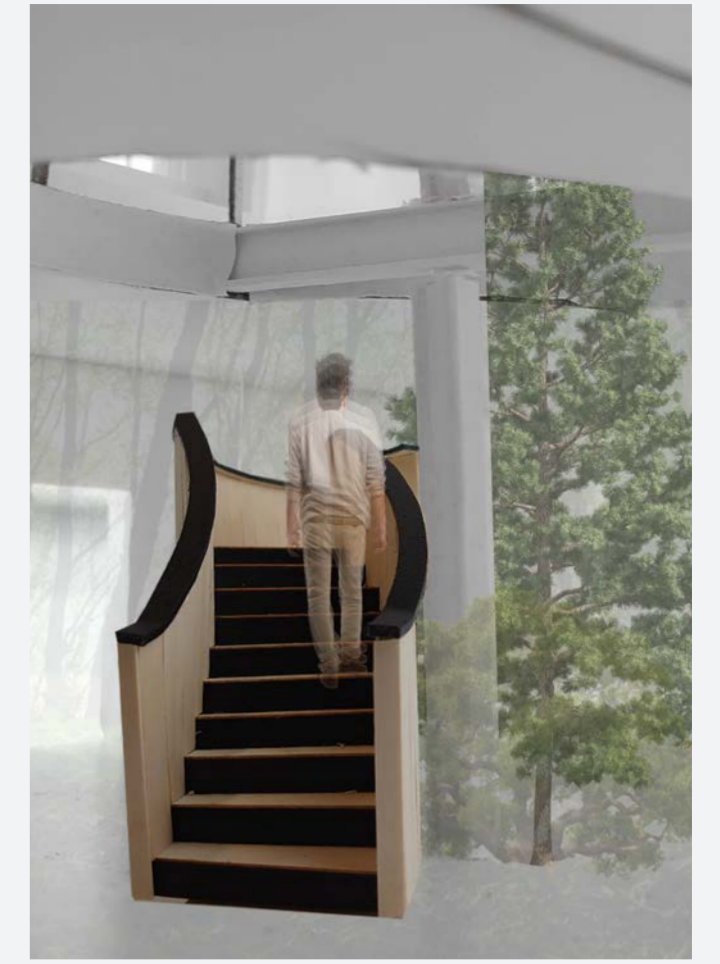


Scale model 1:50, collage

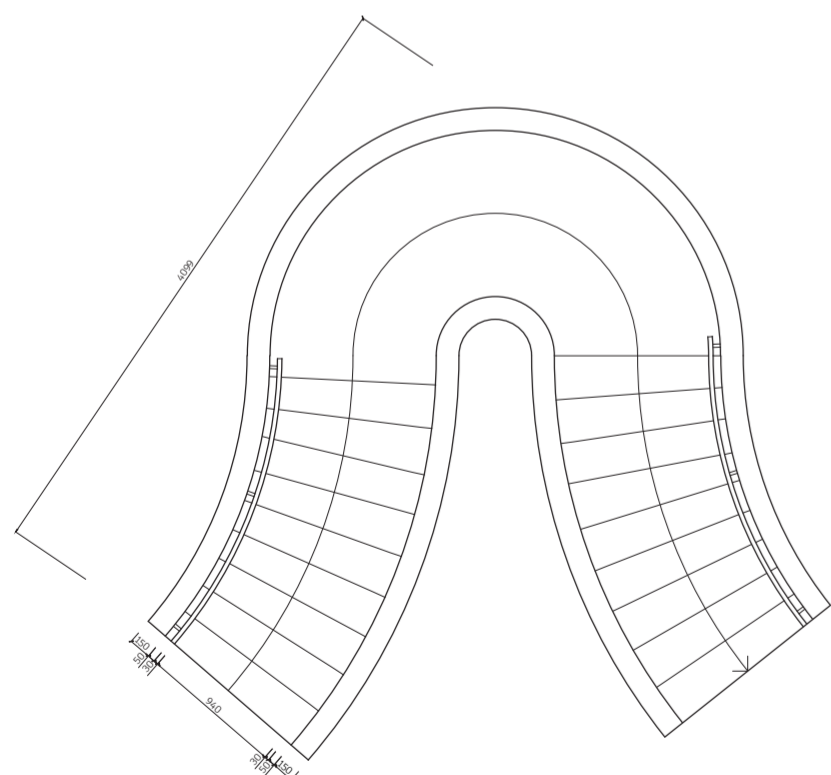


Scale model 1:20

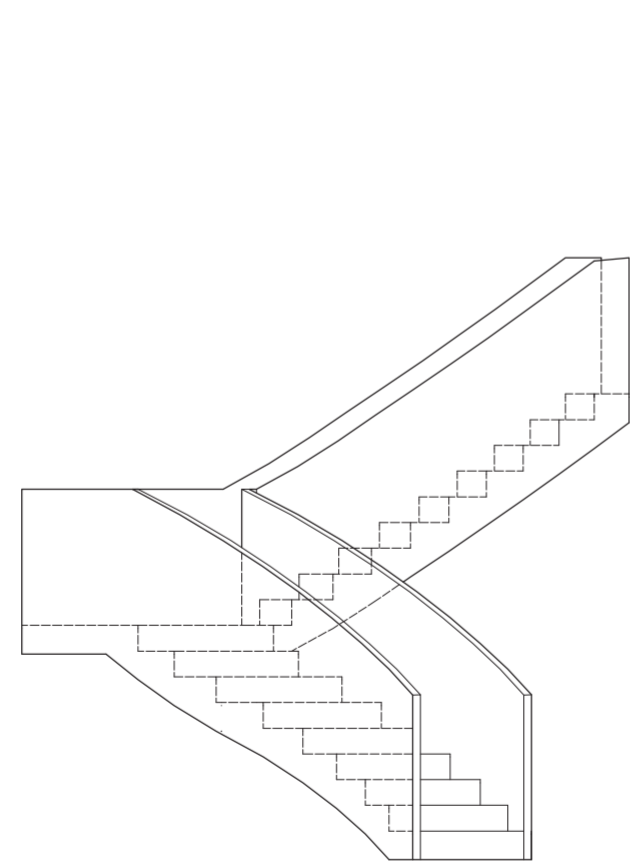
The blackened shou sugi ban treated timber contrasts the untreated plywood. The blackened timber symbolizes ashes, signifying the end, while the plywood represents new life emerging from those ashes, reflecting the natural circle of life.



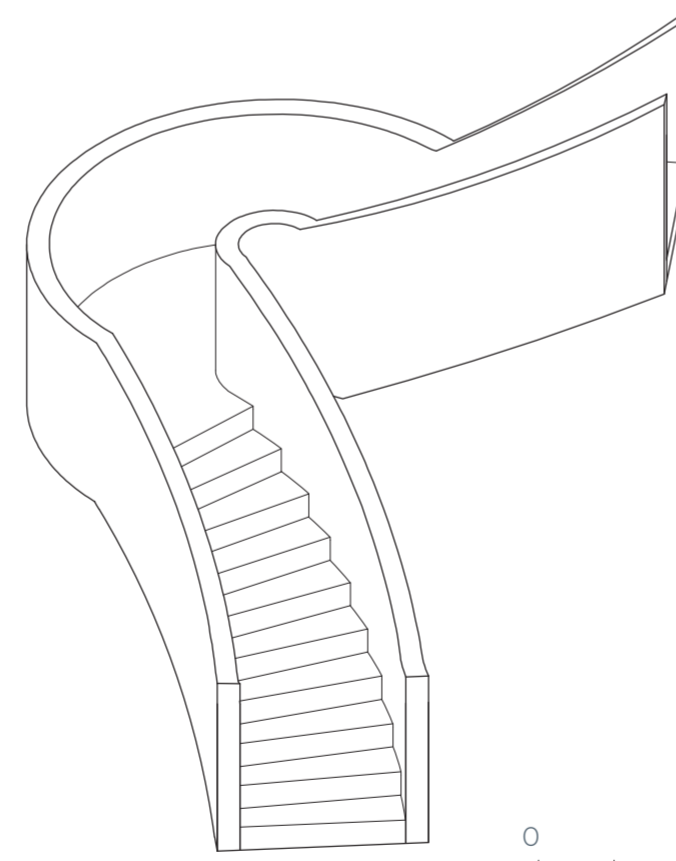
Scale model 1:20, collage



Plan, Scale 1:50



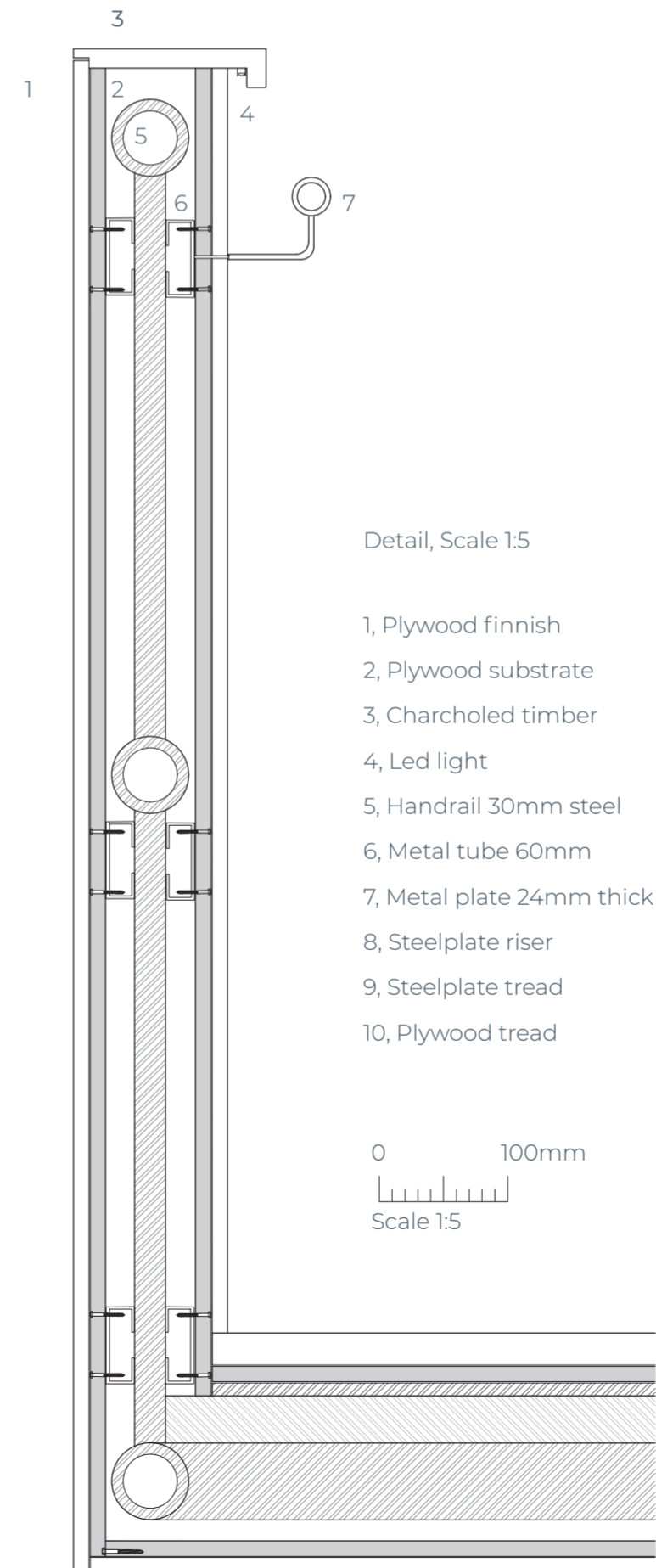
Section, Scale 1:50



Axonometric, Scale 1:50



Scale 1:50

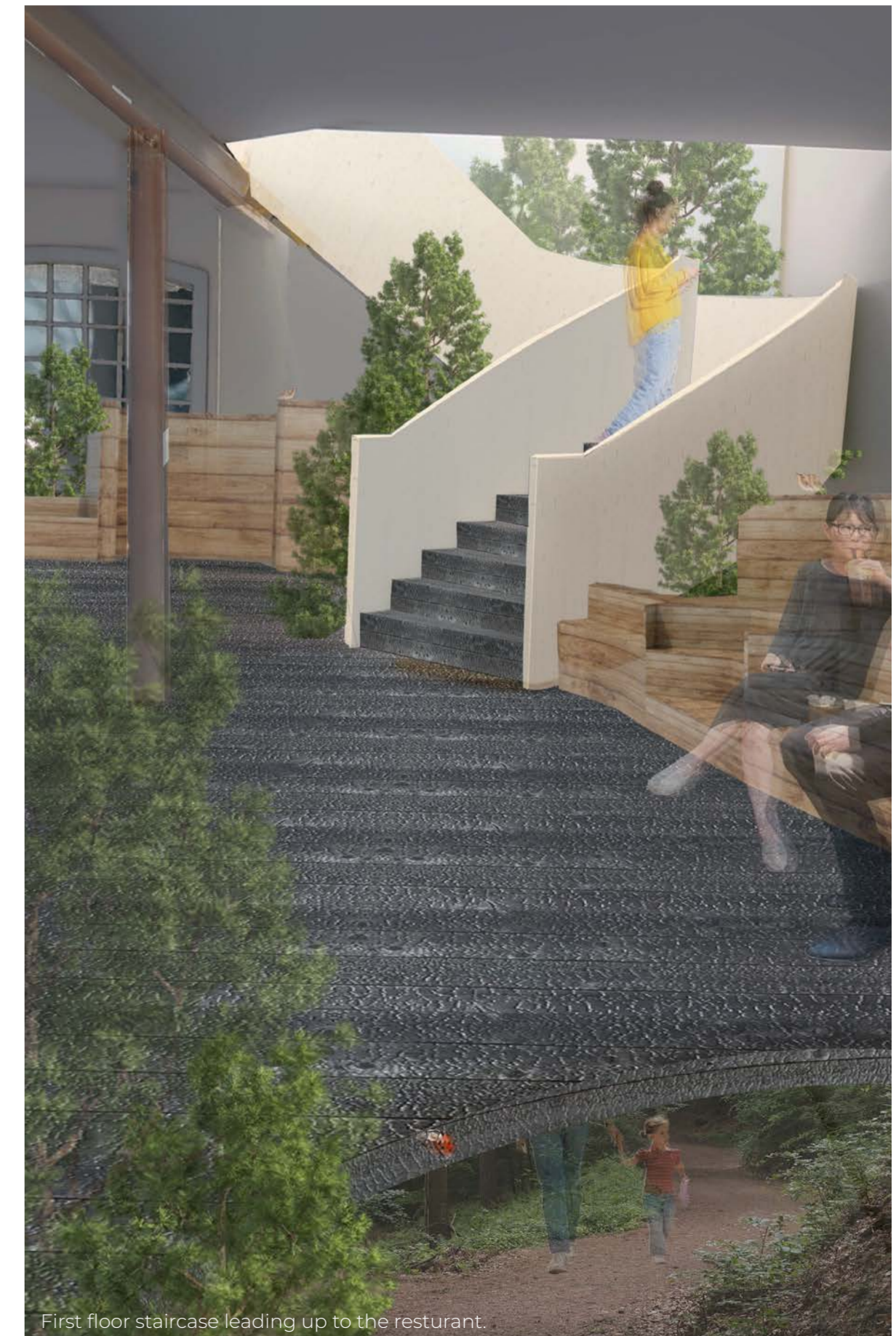


Detail, Scale 1:5

- 1, Plywood finish
- 2, Plywood substrate
- 3, Charcoled timber
- 4, Led light
- 5, Handrail 30mm steel
- 6, Metal tube 60mm
- 7, Metal plate 24mm thick
- 8, Steelplate riser
- 9, Steelplate tread
- 10, Plywood tread



Scale 1:5



First floor staircase leading up to the restaurant.

# MATERIALS

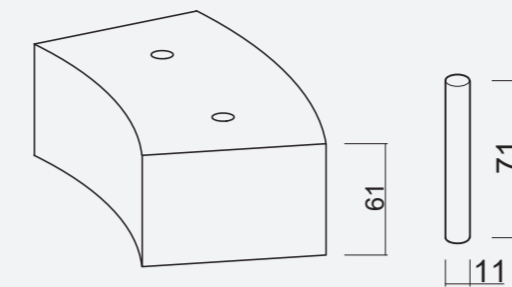
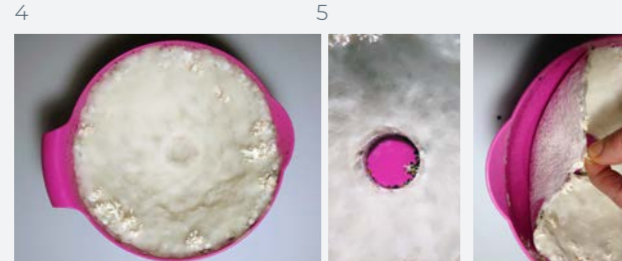
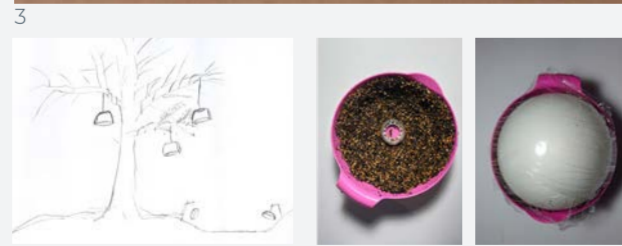


- 1, Tiles that habitats microbes, Richard Becket
- 2, Sawdust Smoked Tiles, Granby Workshop
- 3, Soil
- 4, Moss
- 5, Shou-sugi ban treated timber, Heavy charred
- 6, Shou-sugi ban treated timber, Charred
- 7, Mycelium infused Soil brick
- 8, Bark

The materials used are regenerative and compostable. Nature provides texture partly through existing elements and partly through the creation of decorative and protective surfaces using natural forces such as fire.

Embracing the concept of "soil to soil," I delve into the integration of soil as a cornerstone in the interior environment. As I explore the potential for integrating soil with mycelium, I highlight its role in fostering a sustainable and regenerative design ethos.

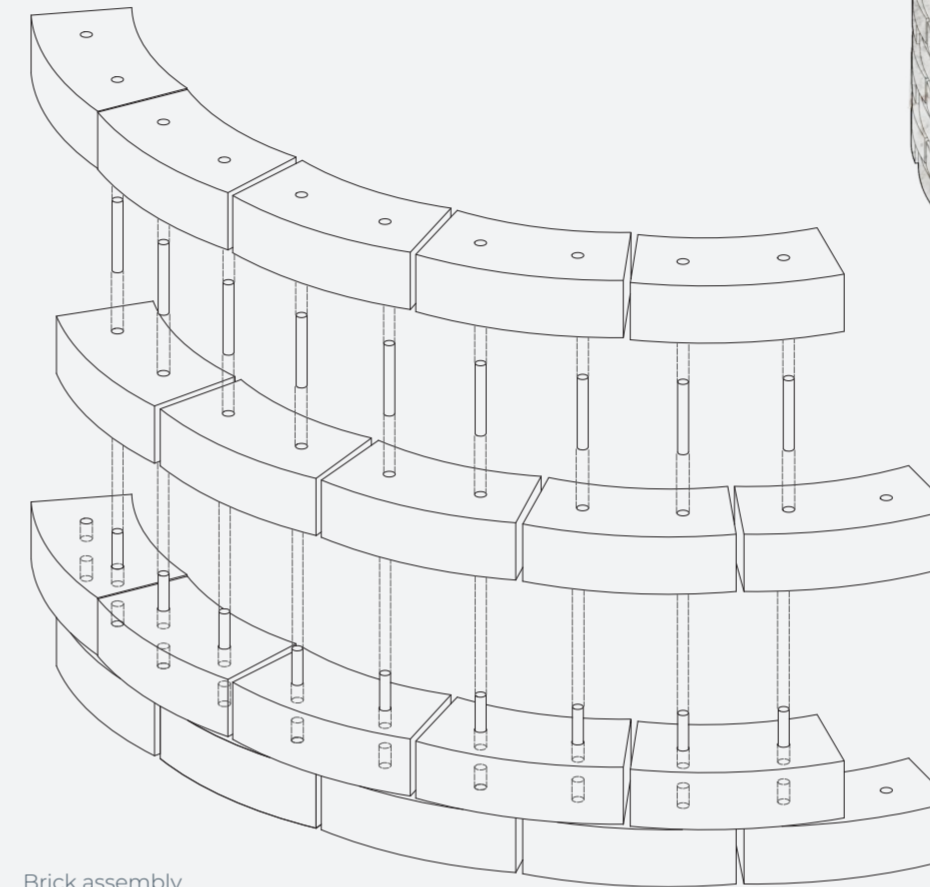
- 1, Growth stages; soil and mycelium brick
- 2, Texture
- 3, Soil and mycelium brick
- 4, Ideation sketch
- 5, Soil and mycelium lamp experiment
- 6, Soil and mycelium lamp



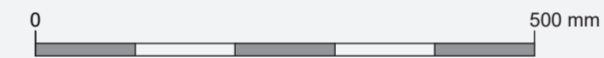
Brick components



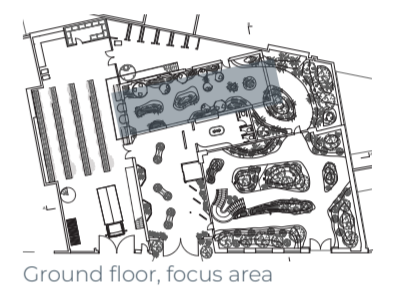
Soil pod



Brick assembly



# SOIL POD



Ground floor, focus area



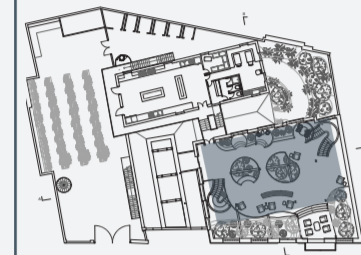
Focus area

In the Focus Area, soil pods made from mycelium and soil brick are featured. These soil pods enhance both well-being and focus among visitors. Through their connection to the earth, the soil pods provide a grounding experience, allowing individuals to reconnect with nature and find solace.

The soil pods act as natural stimulants for heightened focus and concentration. Rich in beneficial microbes and nutrients, the soil within these pods nourishes both body and mind, promoting mental clarity and cognitive function.

As one enters the first floor a more conventional interior space appears where interiors creates a landscape reminiscent of hills and valleys.

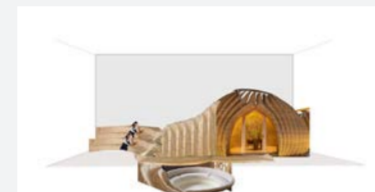
The space offers comfortable seating amid a natural ambiance for relaxation, designated areas for socializing and conversation, and options for dining, whether you bring your own lunch or get something from the restaurant. It provides a conducive environment for work or study, with Wi-Fi and power outlets available.



First floor, lounge



Initial sketch



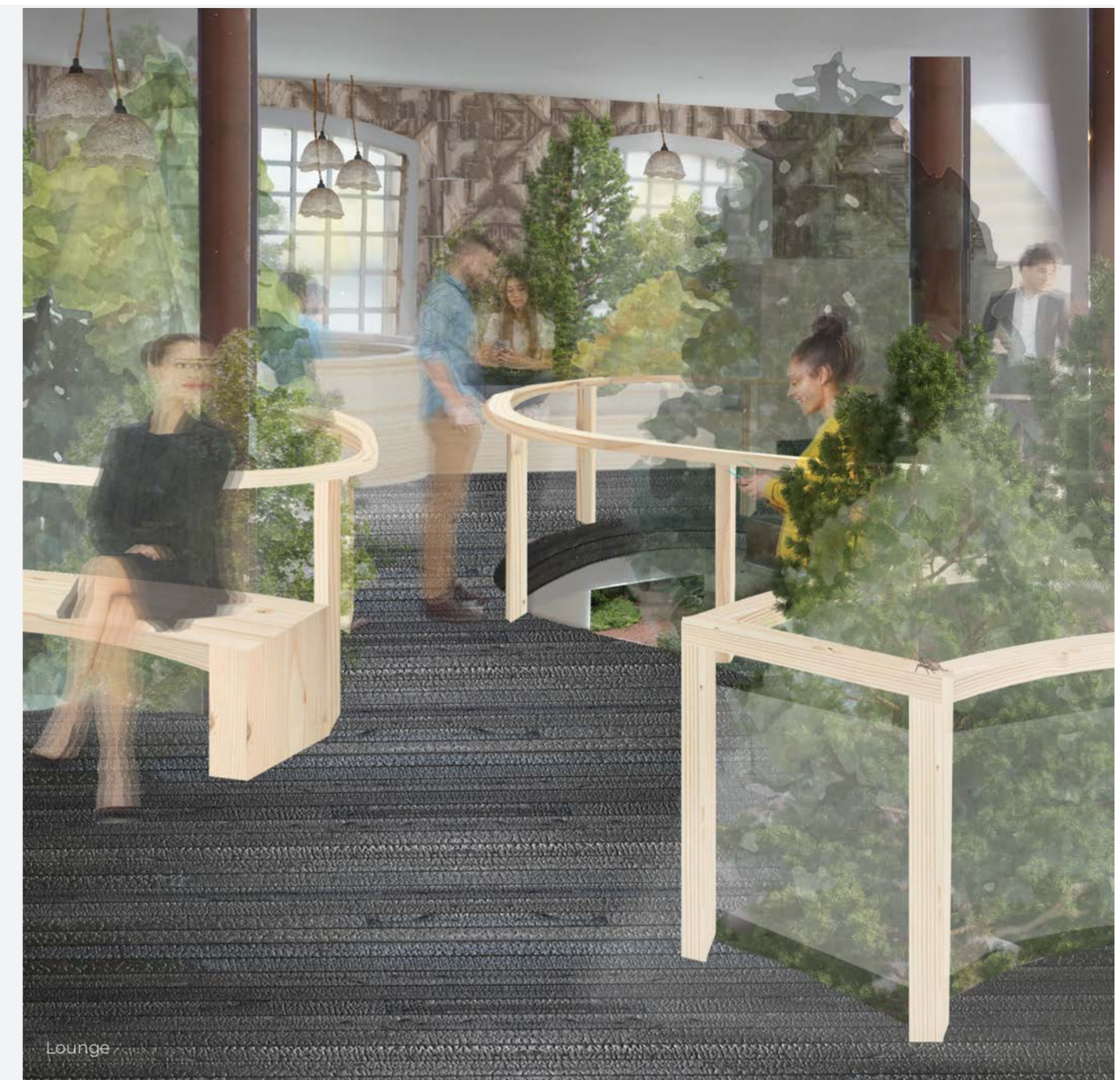
Ideation collage



Scale model collage



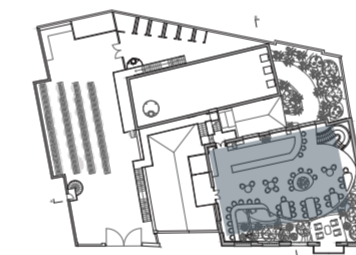
Scale model collage



Lounge

# LOUNGE

# RESTURANT



Second floor, restaurant

As you ascend to the second-floor restaurant, the space becomes brighter, with a large south-facing skylight allowing an abundance of light to flood in. The design maximizes natural light and offers expansive views of the greenery, creating an immersive dining experience.

The transition to this elevated level symbolizes a journey from the forest floor to the treetops, where diners can enjoy a unique vantage point surrounded by lush foliage. This airy, light-filled environment enhances the sense of connection to nature, making each meal a serene and rejuvenating experience.



Dining area, Resturant



Kitchen, Resturant