

SISU'S PROTAGONISTS
GÖKOTTA'S PROTAGONISTS



PROXIMITY OF SISU TO LOCAL NATIONAL PARKS

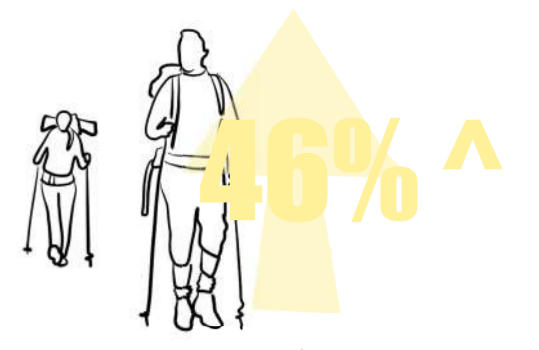
- Lake District
85 miles - 1.5 hrs
- Yorkshire Dales
54 miles - 1.5 hrs
- North York Moors
132 miles - 2.5 hrs
- Peak District
34 miles - 1 hr
- Snowdonia
89 miles - 2 hrs

The two are connected by **water taxi** but also accessible by **bike** or **kayak** - active transport challenges future travel.



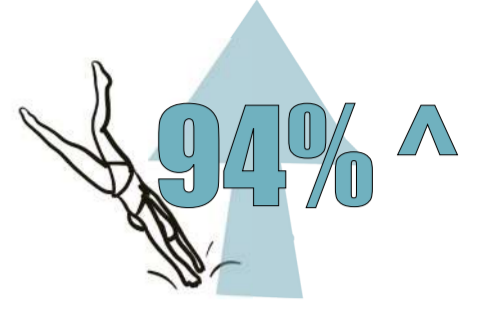
'Walks made using OS Maps App increased by 46% between June-Sept 2021 compared to June-Sept 2020'

- Ordnance Survey



'Wild swimming increased by 94% between 2019 and 2020'

- Outdoor Swimmer Magazine's annual report



'There was an 82% increase of outdoor activity in UK 2020'

- Strava annual year in sport report



'In July 2020 46% of people said they were spending more time outside in nature during the pandemic than before'

- Office for National Statistics



THE PANDEMIC TO POST PANDEMIC HAS SPARKED A **SOCIAL SHIFT** RESULTING IN THE NATION PRIORITISING HEALTH AND WELL-BEING, TOGETHER SISU AND GOKOTTA FACILITATE THIS NEW WAY OF VALUING HOW WE **MOVE, EAT** AND **SLEEP** TO PROVIDE A **NEW FUTURE.**

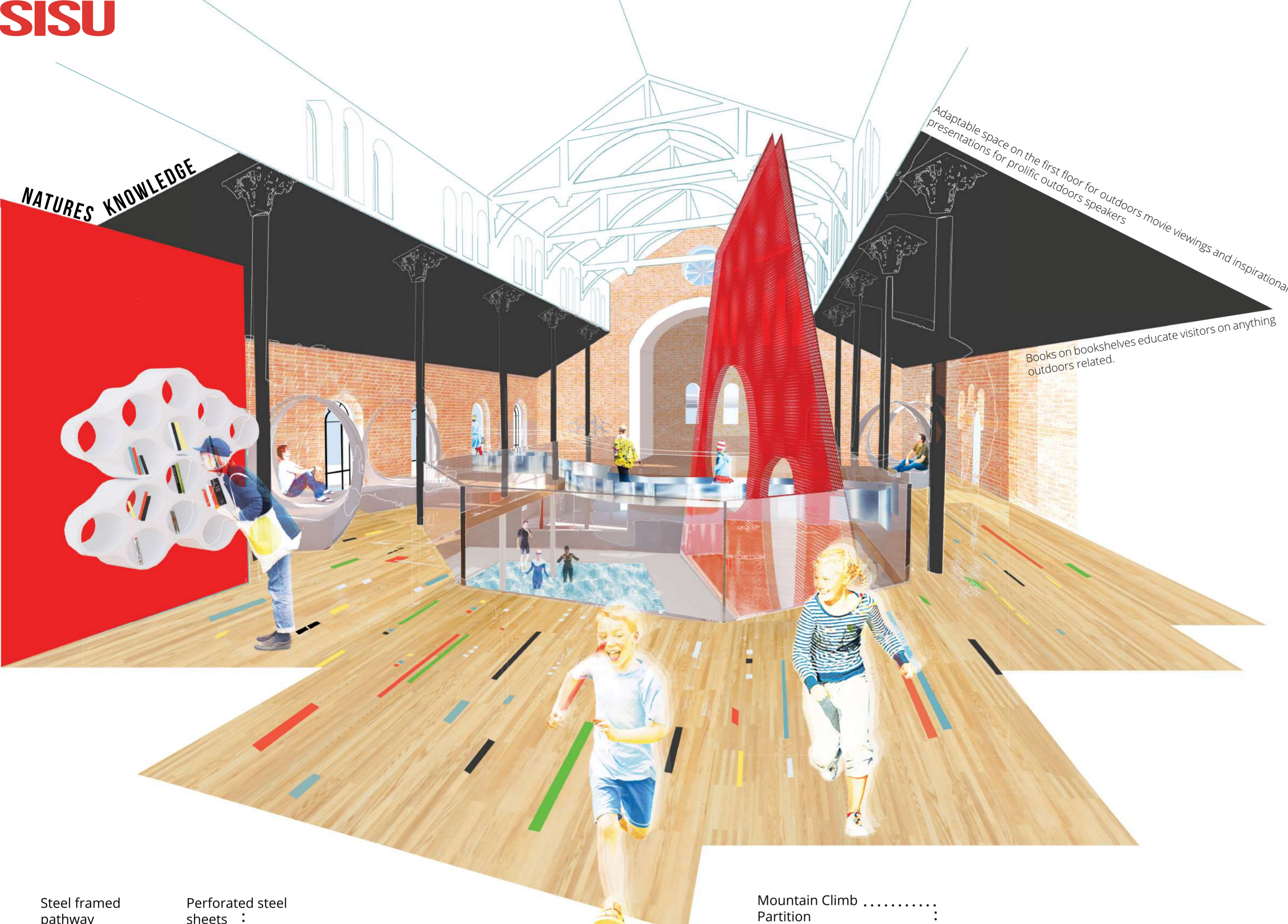
SISU IS AN **EXPERIENTIAL INTERVENTION** RESPONDING TO THE **GROWING DESIRE TO BE ACTIVELY IMMERSSED** IN THE **LOCAL OUTDOORS.**

The COVID-19 pandemic tested the resilience of many, in the face of adversity. Restrictions on overseas travel and indoor socialising has led to a shift in habits, creating a nation far more engaged in their local outdoors. Statistics show a steep increase in the outdoor pursuits and in the use of nature as a source of solace through eco-therapy and foraging for naturally grown ingredients. Evidence clearly shows improved physical and mental well-being through immersion in nature.

There is a **cultural, economic** and **physical** barrier for many which has prevented their engagement in nature and participation in outdoor activity. This concept introduces the uninitiated, and facilitates both the newbies and experienced to the riches that physical and mental immersion in nature offers. Sisu overcomes these barriers to push visitors to their limits in a safe environment before they launch into the wilds of our local national parks with Sisu.

GÖKOTTA IS A CAPSULE HOTEL **CHALLENGING FUTURE HOSPITALITY** FOR VISITORS TO STAY AT WHILST IN THE PROCESS OF COMPLETING **'SISU'S STEPPING STONES FOR PERSONAL GROWTH'.**

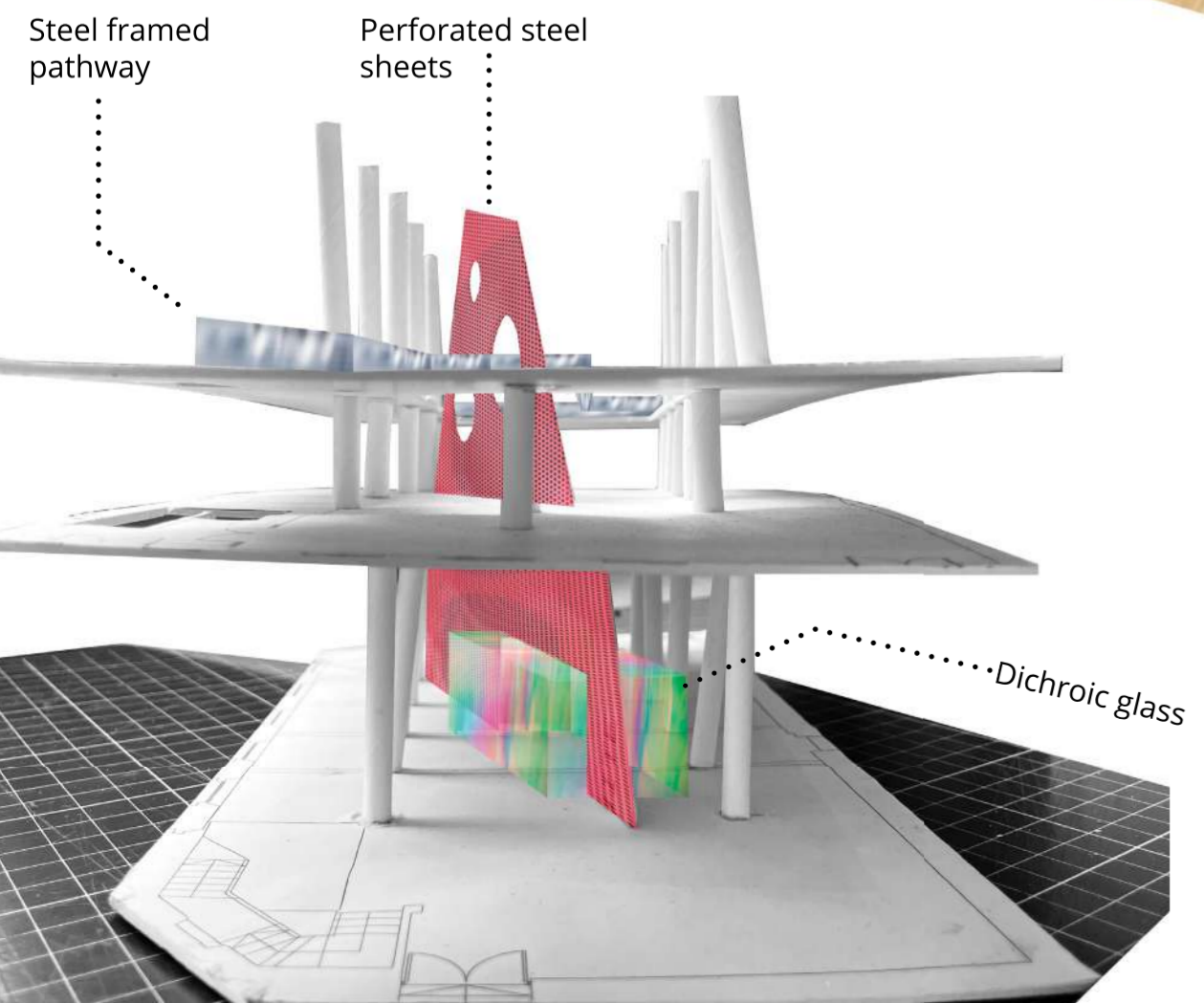
This will require long and tiring days of physical activity. Good sleep hygiene is essential for optimising physical performance. Gökotta provides a restful and restorative environment conducive to good mental and physical well-being in preparation for a day of action.



NATURE'S KNOWLEDGE

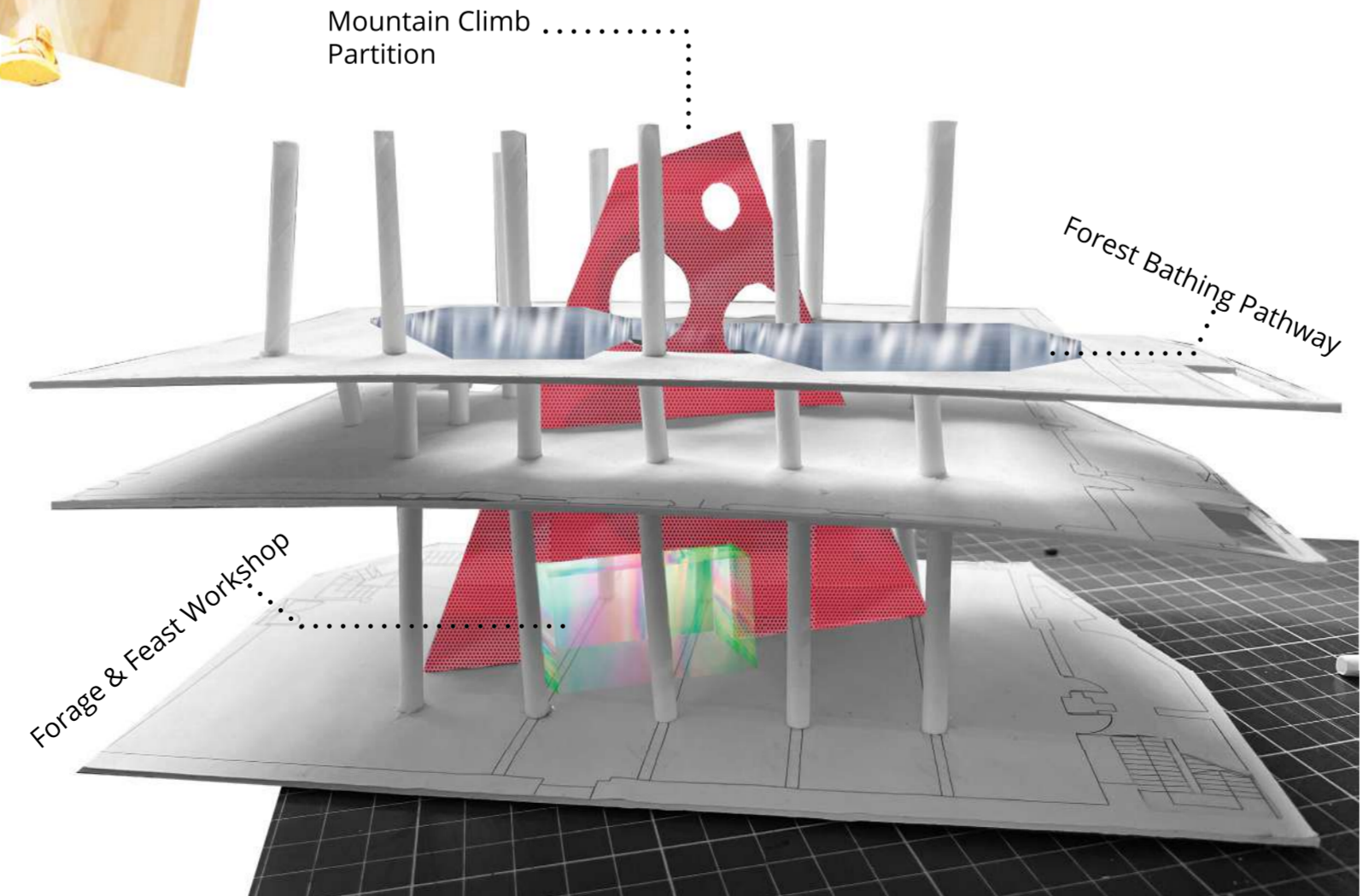
Adaptable space on the first floor for outdoors movie viewings and inspirational presentations for prolific outdoors speakers

Books on bookshelves educate visitors on anything outdoors related.



Steel framed pathway
Perforated steel sheets

Dichroic glass



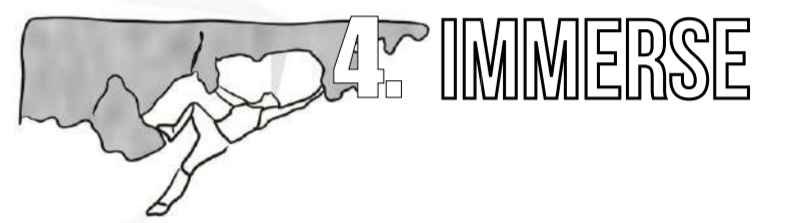
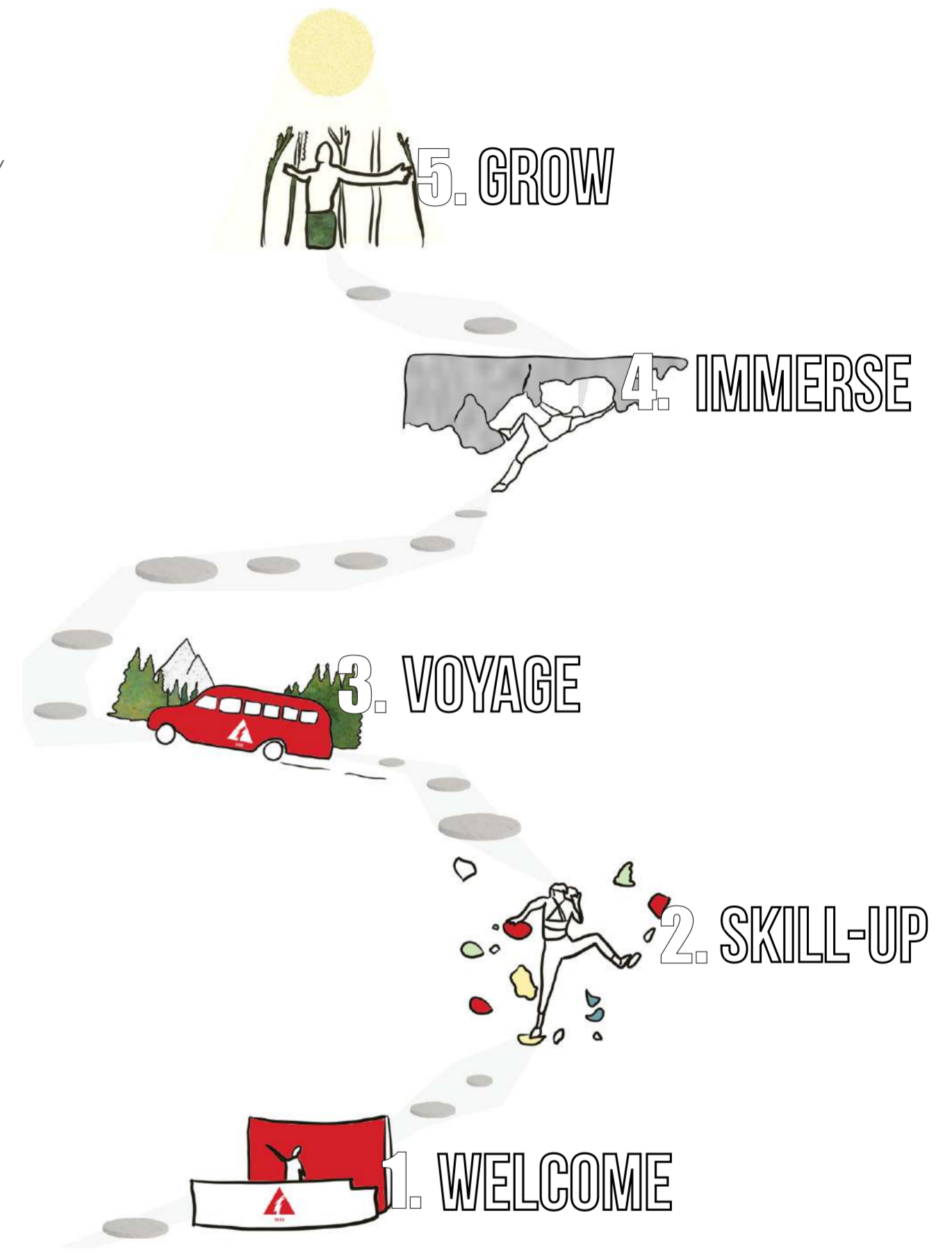
Mountain Climb Partition

Forest Bathing Pathway

Forage & Feast Workshop

SISU'S STEPPING STONES TO PERSONAL GROWTH

Visitors are taken on a guided journey through the space by the SISU Crew skill-ing-up in their chosen activity, followed by an ultimate immersion into the outdoors.



A CONCEPTUAL APPROACH:

Models show a partition feature that passes through each floor reaching a peak through the void on the top floor, making conceptual references to a **mountain climb**. Other indirect references to nature through **biomorphic design** gradually introduce the visitor to the outdoors, such as the undulating **Forest Bathing Pathway** that **snakes/flows freely** through **biomorphic holes** in the partition feature replicating the winding route of a forest path.

The partition feature links closely with 'Sisu's Stepping Stones To Personal Growth' - visitors explore the building from bottom to top eventually reaching the peak of the mountain symbolically relating to growth.

FORAGE & FEAST WORKSHOP

A cooking class using foraged ingredients visitors have collected from a visit to a National Park with Sisu Crew.

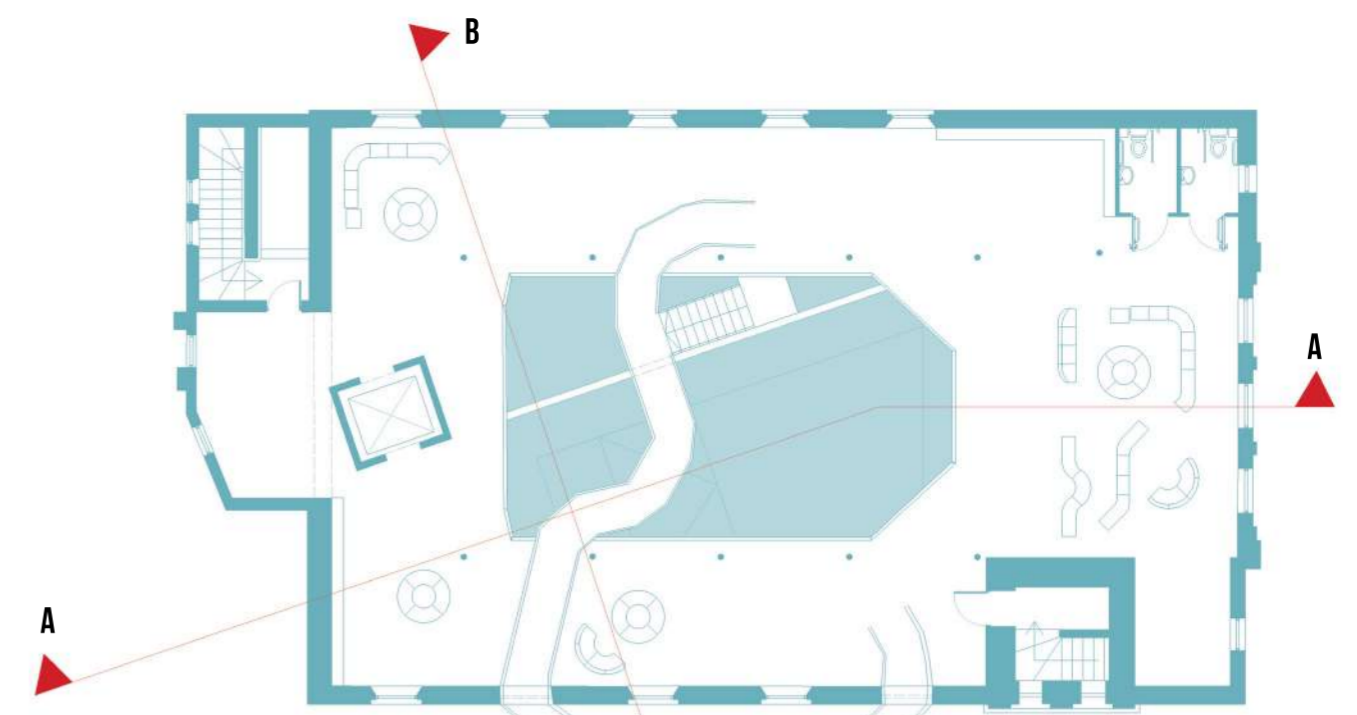
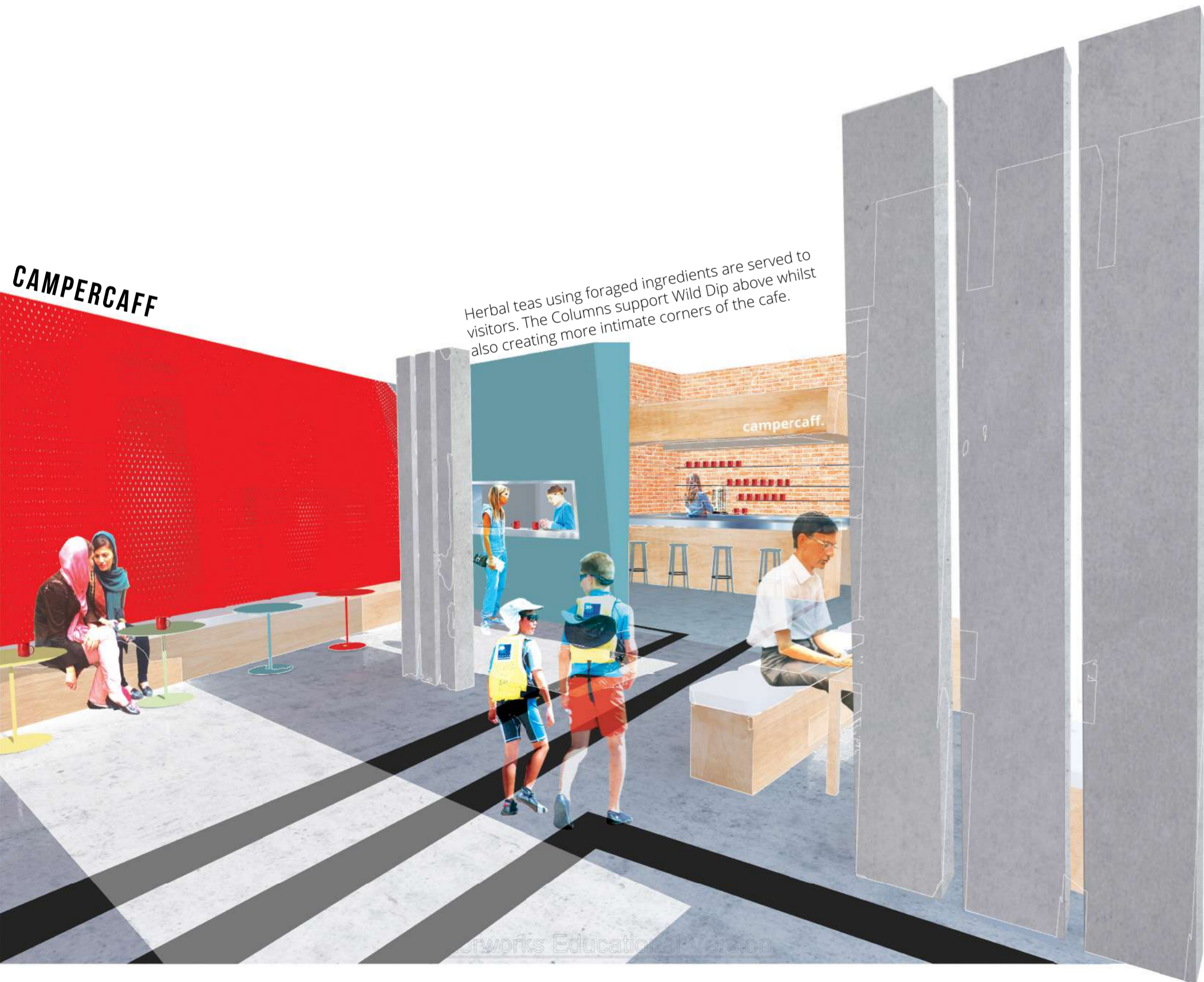


Dichroic glass juxtaposes the spaces purpose - to create a surreal and futuristic experience of the old method of food consumption - making the Old Way the New Way.

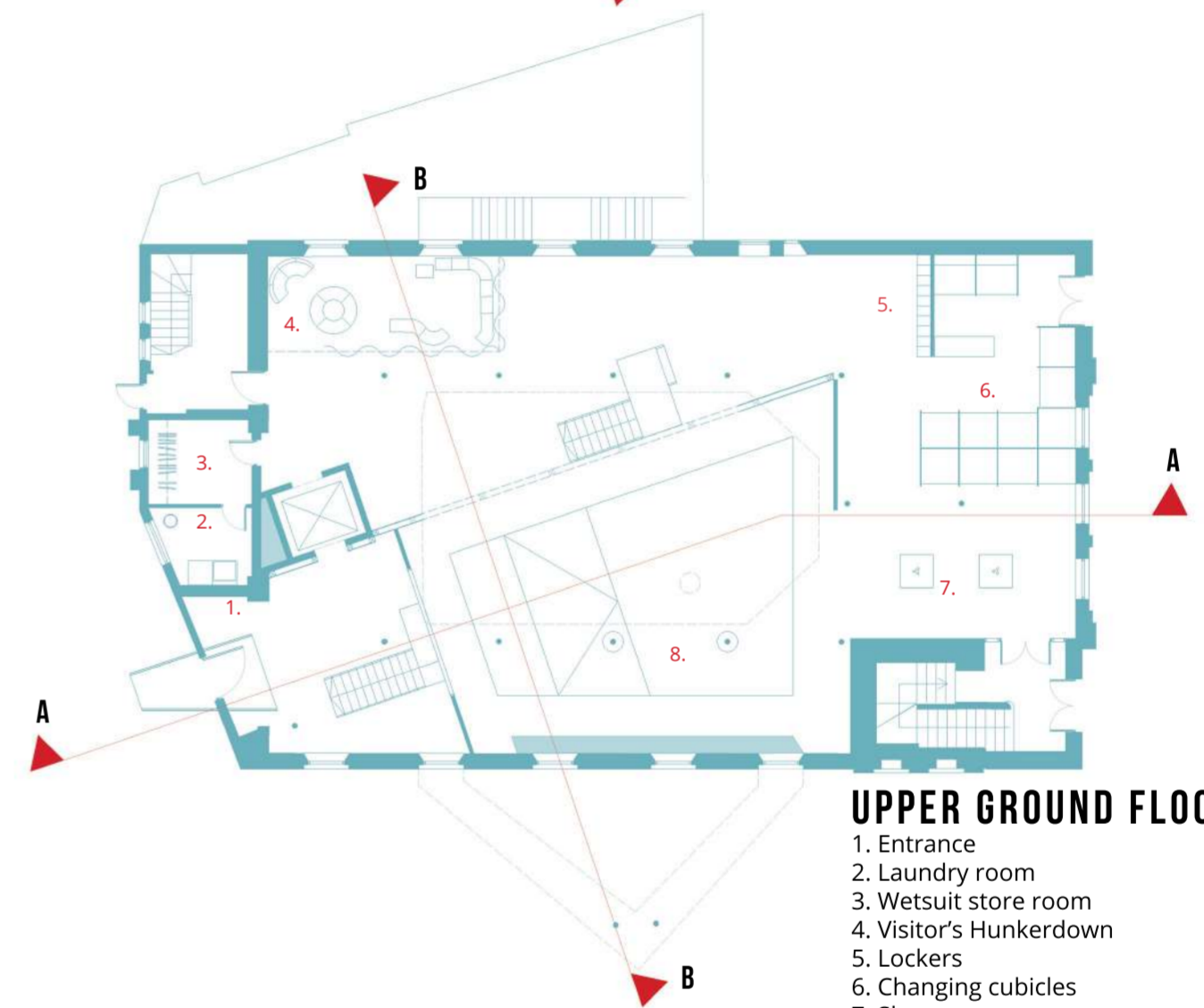
Done sensible and responsibly, foraging can re-connect people with nature, reduce food miles and give people a more healthy, varied, balanced diet.

CAMPERCAFF

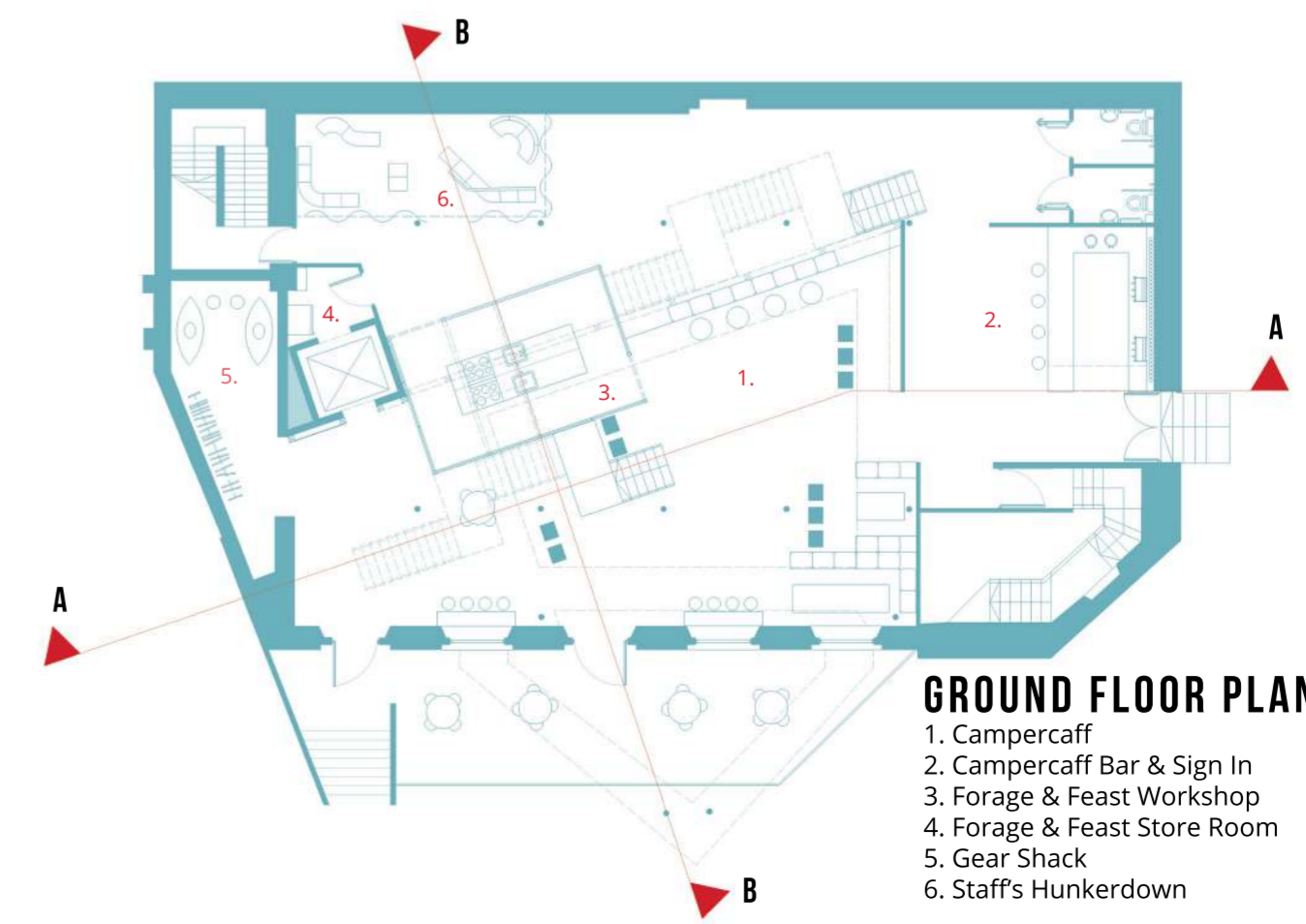
Herbal teas using foraged ingredients are served to visitors. The Columns support Wild Dip above whilst also creating more intimate corners of the cafe.



FIRST FLOOR PLAN
 1. Forest Bathing Pathway
 2. Natures Knowledge



UPPER GROUND FLOOR PLAN
 1. Entrance
 2. Laundry room
 3. Wetsuit store room
 4. Visitor's Hunkerdown
 5. Lockers
 6. Changing cubicles
 7. Showers
 8. Wild Dip



GROUND FLOOR PLAN
 1. Campercaff
 2. Campercaff Bar & Sign In
 3. Forage & Feast Workshop
 4. Forage & Feast Store Room
 5. Gear Shack
 6. Staff's Hunkerdown



HUNKERDOWN

Visitors wind-down on an adaptable, **biomorphic furniture system** after activities. The semi-transparent coil mesh curtain creates privacy whilst allowing a view to activities taking place.



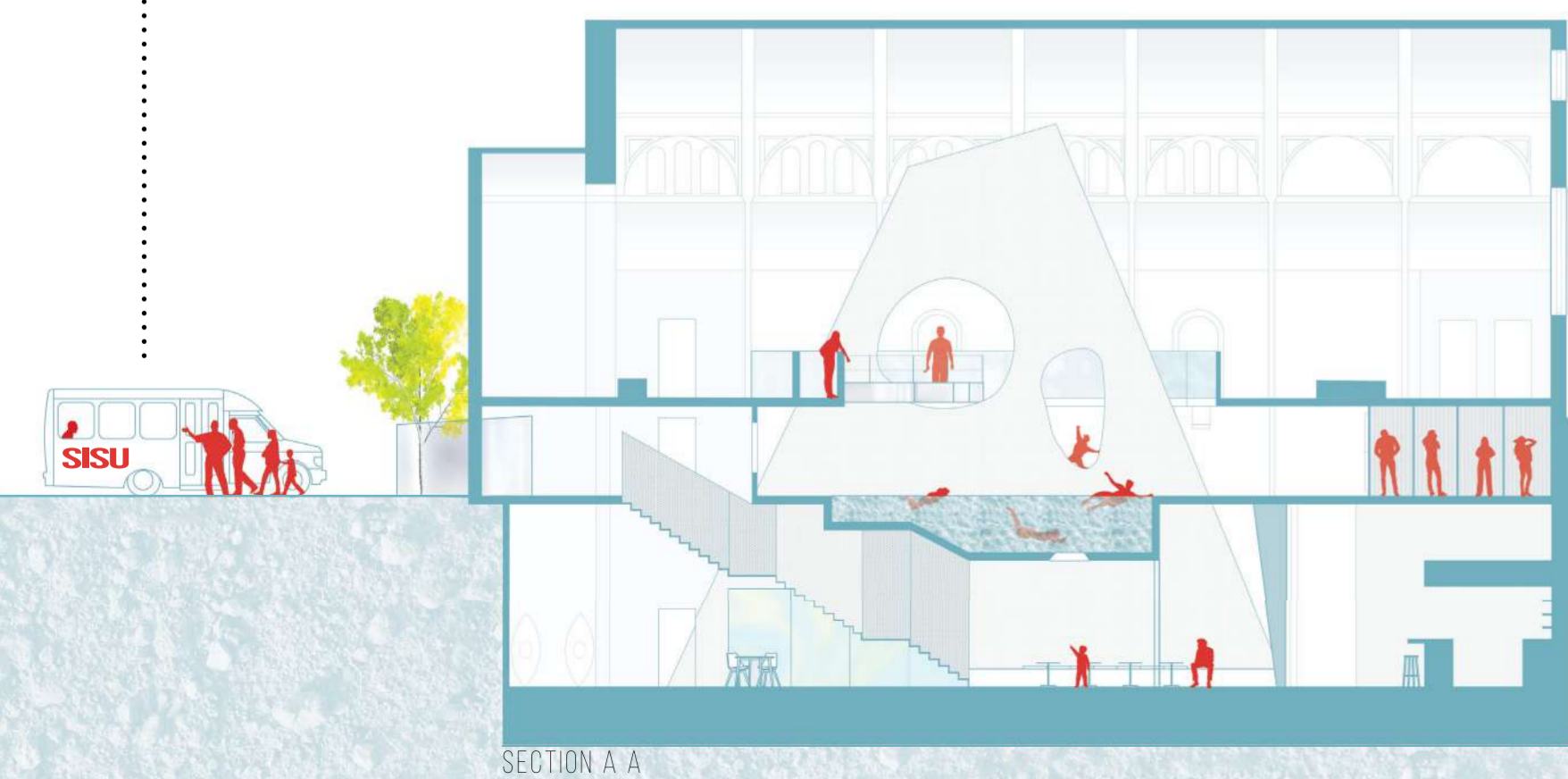
WILD DIP

Water is recycled from Bridgewater Canal. Here visitors learn the benefits cold water swimming. Here visitors learn a **new movement** of increasing dopamine levels naturally.

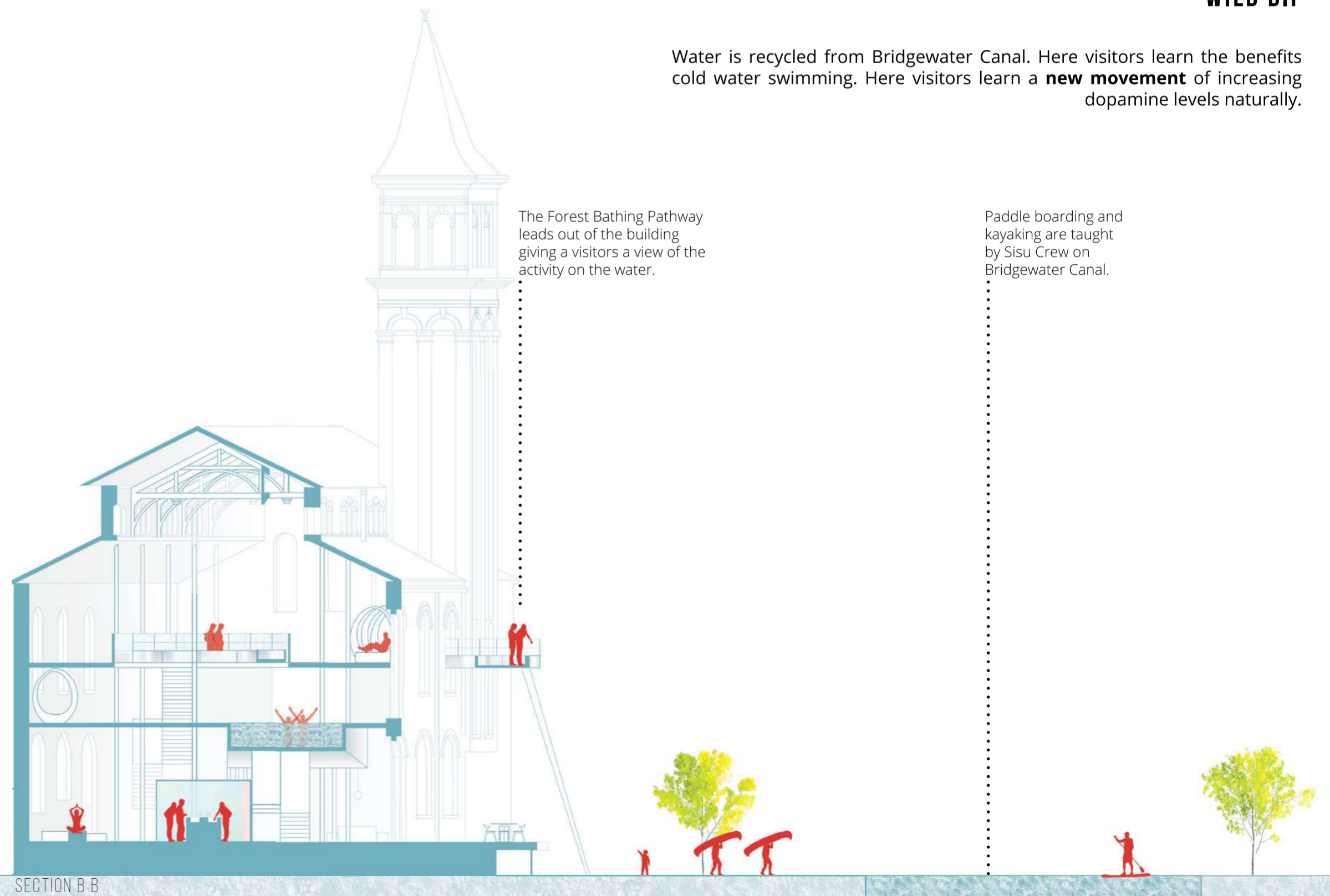
Once skilled-up and ready, visitors voyage with Sisu Crew to a National Park to take part in their learnt activity with **full immersion** in nature.

The Forest Bathing Pathway leads out of the building giving a visitors a view of the activity on the water.

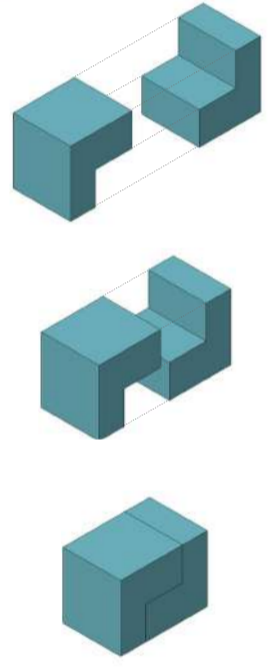
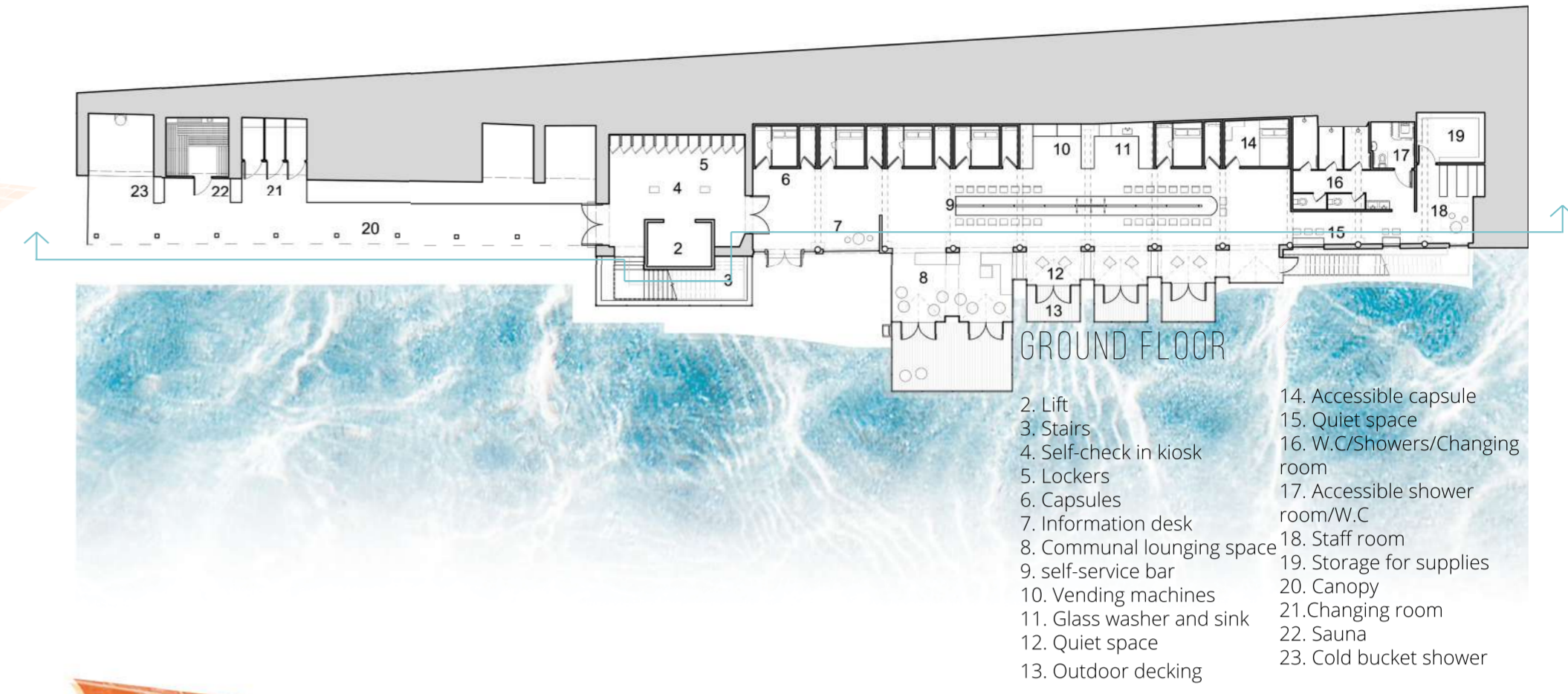
Paddle boarding and kayaking are taught by Sisu Crew on Bridgewater Canal.



SECTION A A



SECTION B B



The sleeping capsules are designed to feel **futuristic** to appeal to **next generation travellers**. These travellers demand a **personalised, convenient** and **comfortable** experience whether they are socially or individually oriented. To enable this, Gokotta is **testing the future of hospitality** by integrating **spatially optimised private capsules** and **seamless self-service systems** including a **Self-Check in Kiosk** and **Self-Service Bar**.



The fourteen-meter bar is a key feature of Gokotta designed for **dual social moments** - sitting comfortably alone by a stranger, or joining the bar for social gatherings. This diversity is achieved through careful dimensioning and a choice of two contrasting materials for bar top finishes - linoleum and stainless steel.

Finnish Sauna Experience

Perforated steel canopy for shelter on a rainy day.

