

# Sweven

Rehab center for alcoholics.

*noun*

1. a vision seen in sleep; a dream
2. surreal dream

## Project Overview

Alcoholism is among the most harmful drugs. It has been linked to more than 200 diseases (World Health, 2014) such as liver, cirrhosis, cancer, and injuries.

Curing addictive alcoholism is a social priority. It cannot happen only by and through a medical approach. It has a social factor that needs to be considered. Alcoholism is a condition of body and mind that are in constant struggle with pain.

Pain could be caused by strong grief of losing someone deeply loved and special, by uncured injury that has caused physical and mental scars, simply by a relationship gone nowhere, by a psychological deprivation, by embedded feeling of being a societal outcast and many other factors. A medical approach can only provide cure for the physical pain. The mental pain caused by the addict's subconscious needs a different, much more sophisticated approach.

This is the area where the design challenges how "creativity takes courage" (Henry Matisse) to face the pain and transform it into a powerful medicine for the mind and the body. Sweven is the new rehab center that provides help for the sufferers to observe that life has also its bright side. It will bring out their subconscious desires and turn them into actual experiences that will change their life for better. After all everyone has the right to dream, and to be in a dream.

**Welcome to Sweven!**





# The Brief

## WHAT

The space will be converted into a rehab centre for alcoholic addicts. A medical approach can only provide a cure for the physical pain. The mental pain caused by the addict's subconscious needs a different, much more sophisticated approach. This is the area where I believe the design could contribute to the change of the already established approach.

## WHERE

The site is East Purifier House in Bristol. It has a great location. The building has a direct view to the Feeder canal and the neighborhood is quiet. Bristol is known for being the kindest and happiest city in the UK, making it a welcome destination for alcoholics to restore their positive outlook on the world.

## WHY

Alcoholism is a condition of body and mind that are in constant struggle with pain. Pain could be caused by strong grief of losing someone deeply loved and special, by uncured injury that has caused physical and mental scars, simply by a relationship gone nowhere, by a psychological deprivation, by embedded feeling of being a societal outcast and many other factors.

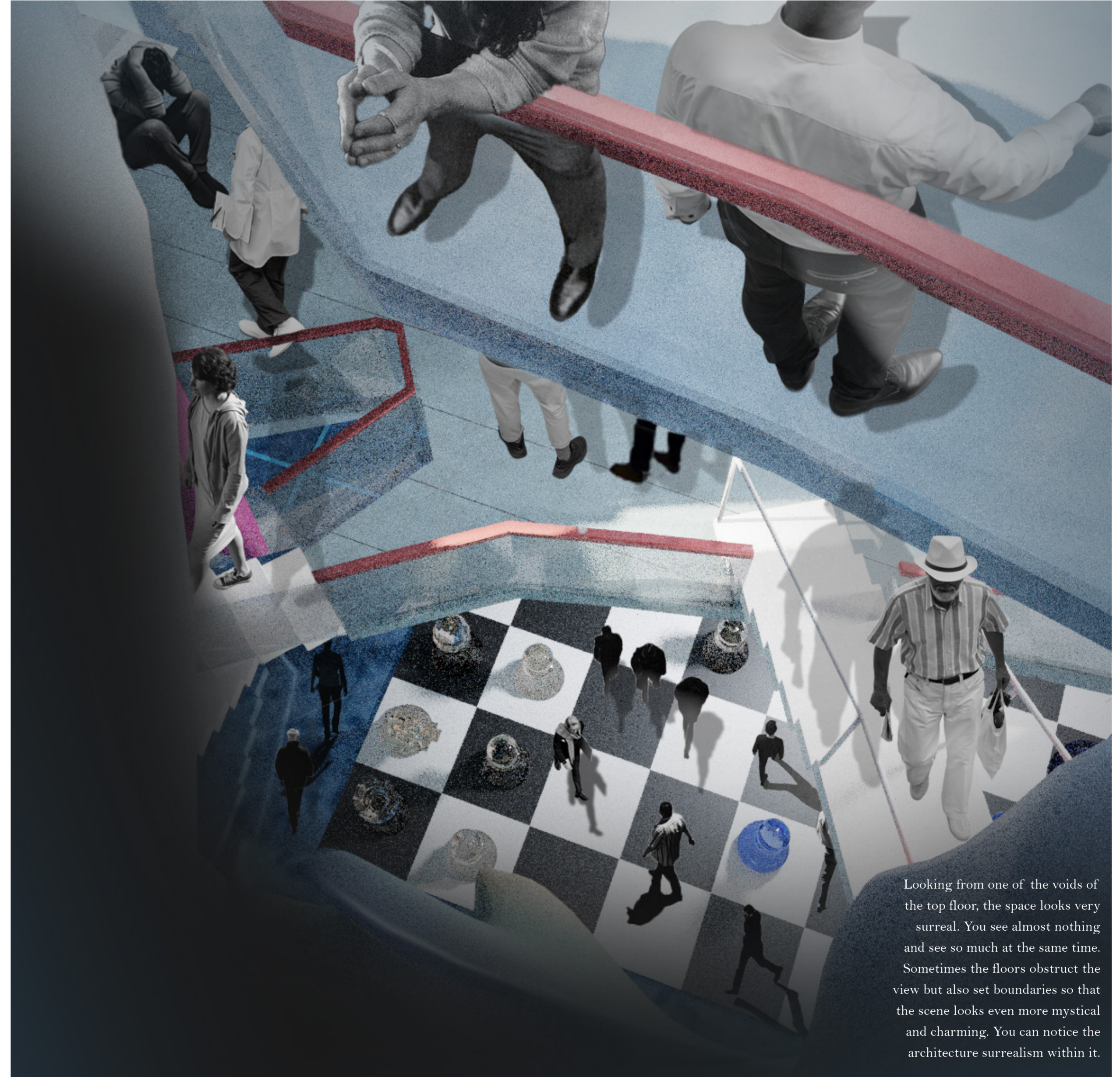
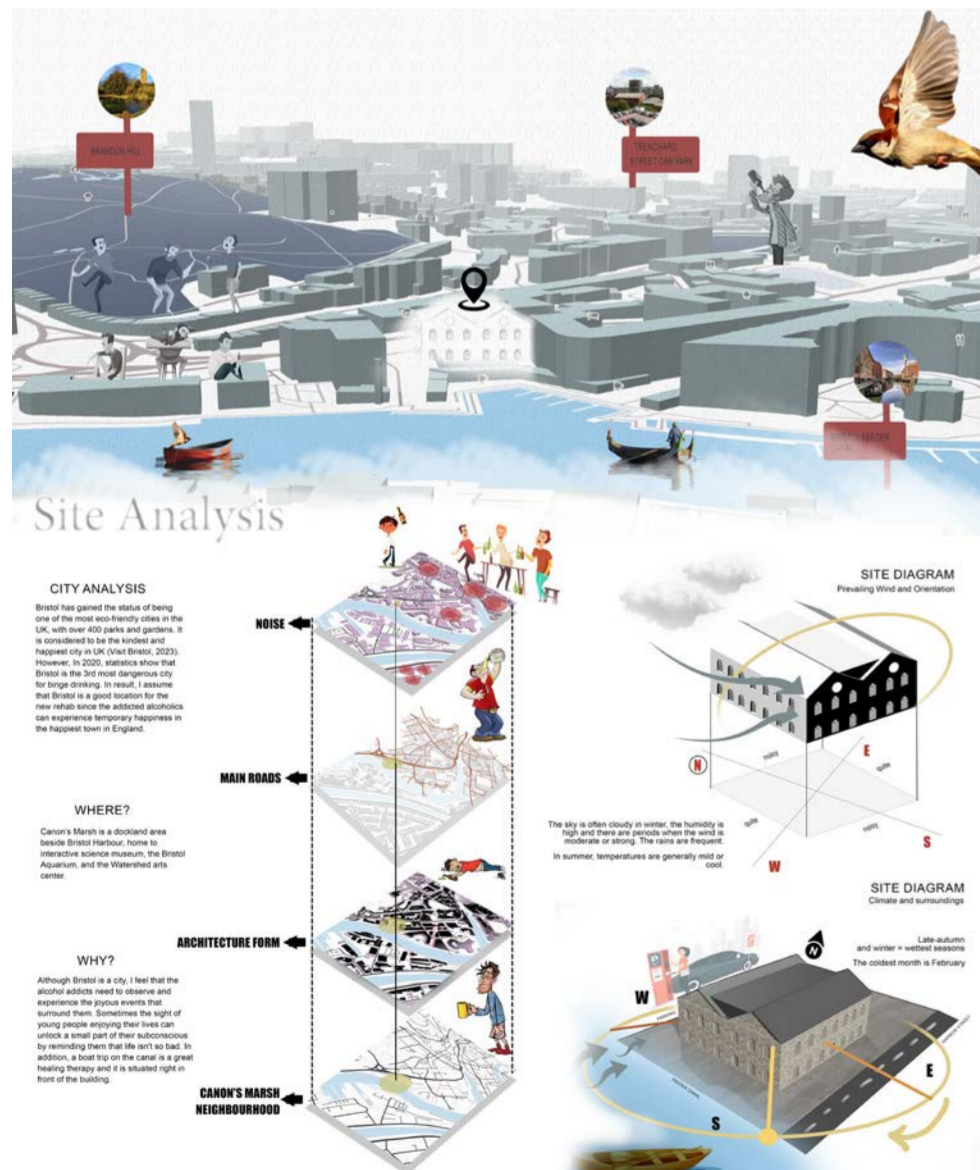


The group of users who will occupy the space will be mostly alcoholics between the ages of 35 and 65 or so called middle-aged adults.

This group has the most problems in their marriages, family and work and have "hormonal changes that produce anxiety, depression, and high levels of stress" (Center, 2020). They have developed a slow addiction to alcohol during the years and they have learned how to experience it for self-medication.

This type of people is the most sensitive group exposed to danger for mental and physical problems such as liver cirrhosis, cancer, and injuries. In addition, these people due to their already created new relationships, are highly likely to hurt their beloved ones because of their selfish behavior.

What do they need?  
A design that challenge how "creativity takes courage" (Henry Matisse) to face the pain and transform it into a powerful medicine for the mind and the body.



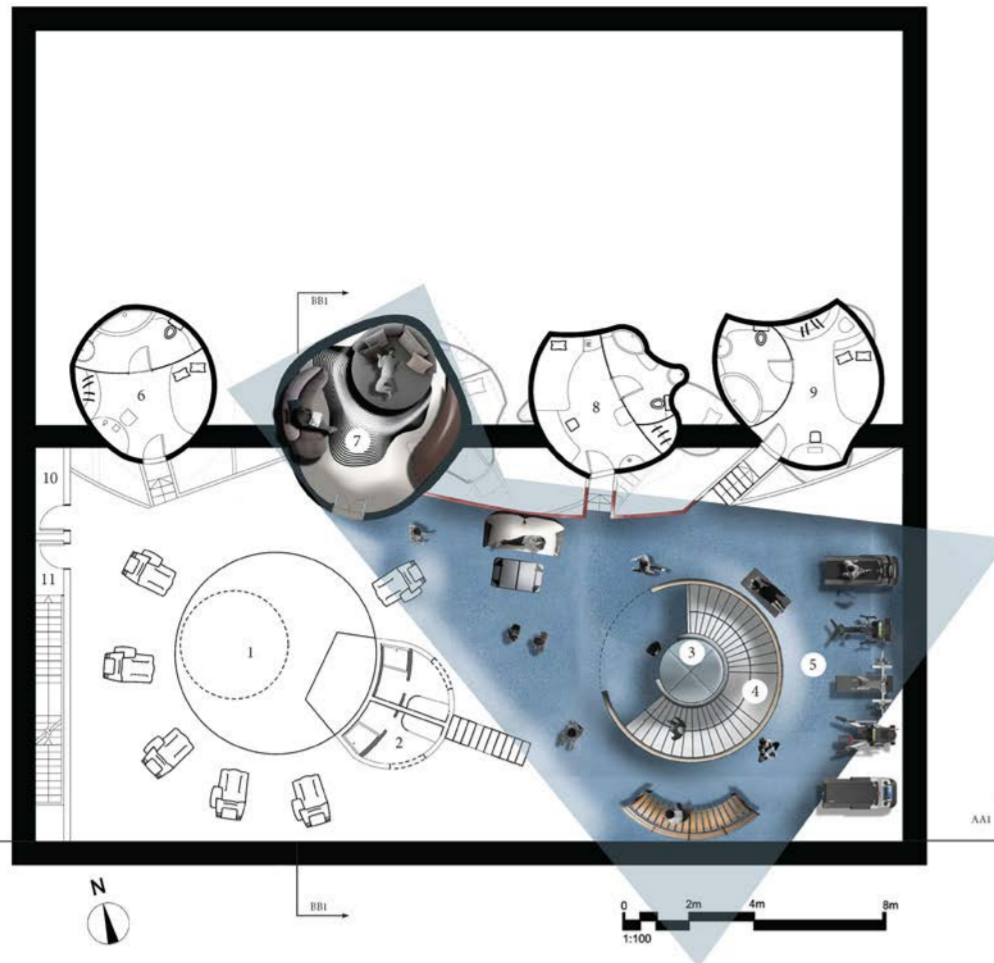
Looking from one of the voids of the top floor, the space looks very surreal. You see almost nothing and see so much at the same time. Sometimes the floors obstruct the view but also set boundaries so that the scene looks even more mystical and charming. You can notice the architecture surrealism within it.



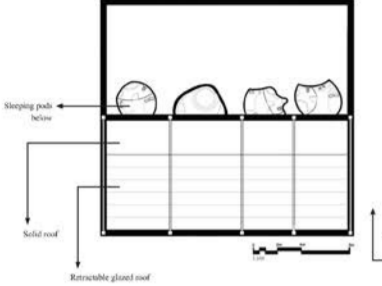
Second Floor  
235sq m.

KEY

1. Wet Area: Swimming pool
2. Changing Rooms
3. Lift
4. Main Stairs
5. Fitness / Exercising Area
6. "Seal" sleeping pod
7. Hypnosis Room
8. "Pinocchio" sleeping pod
9. "Leaf" sleeping pod
10. Pool Equipment
11. Fire Escape



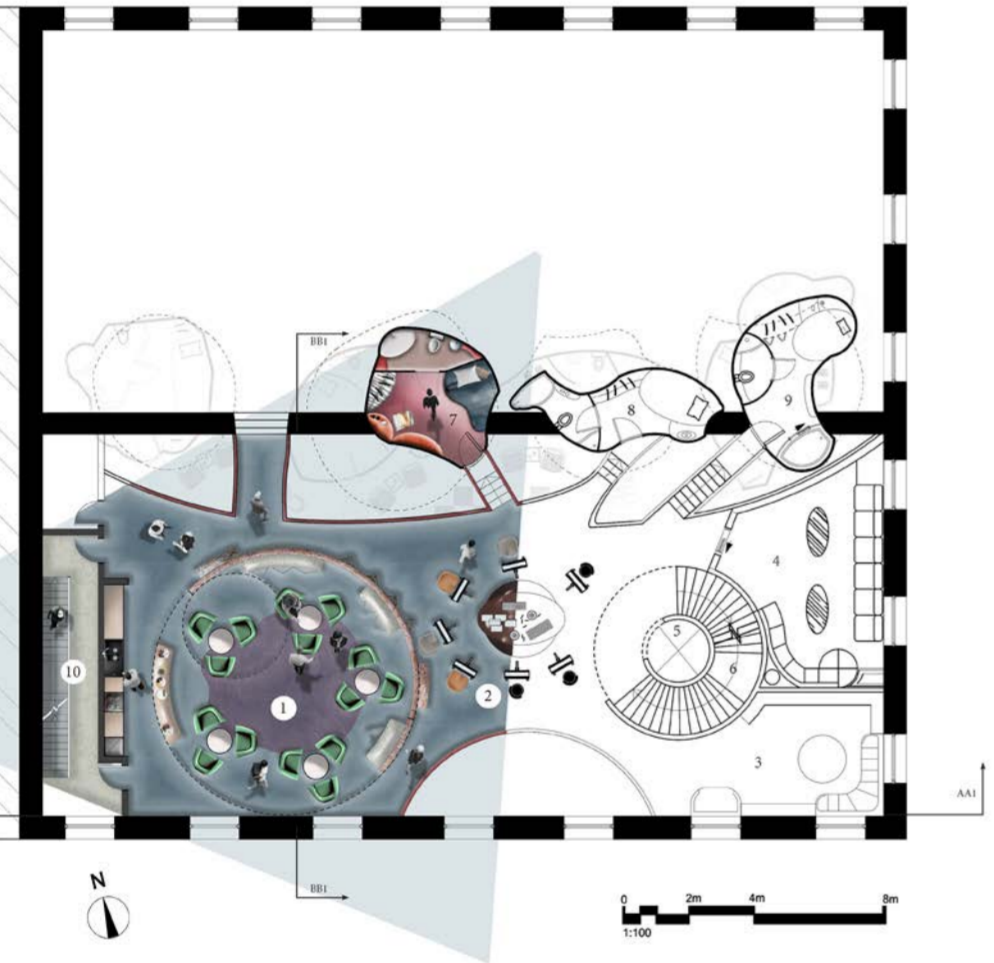
Roof Plan



First Floor  
196sq m.

KEY

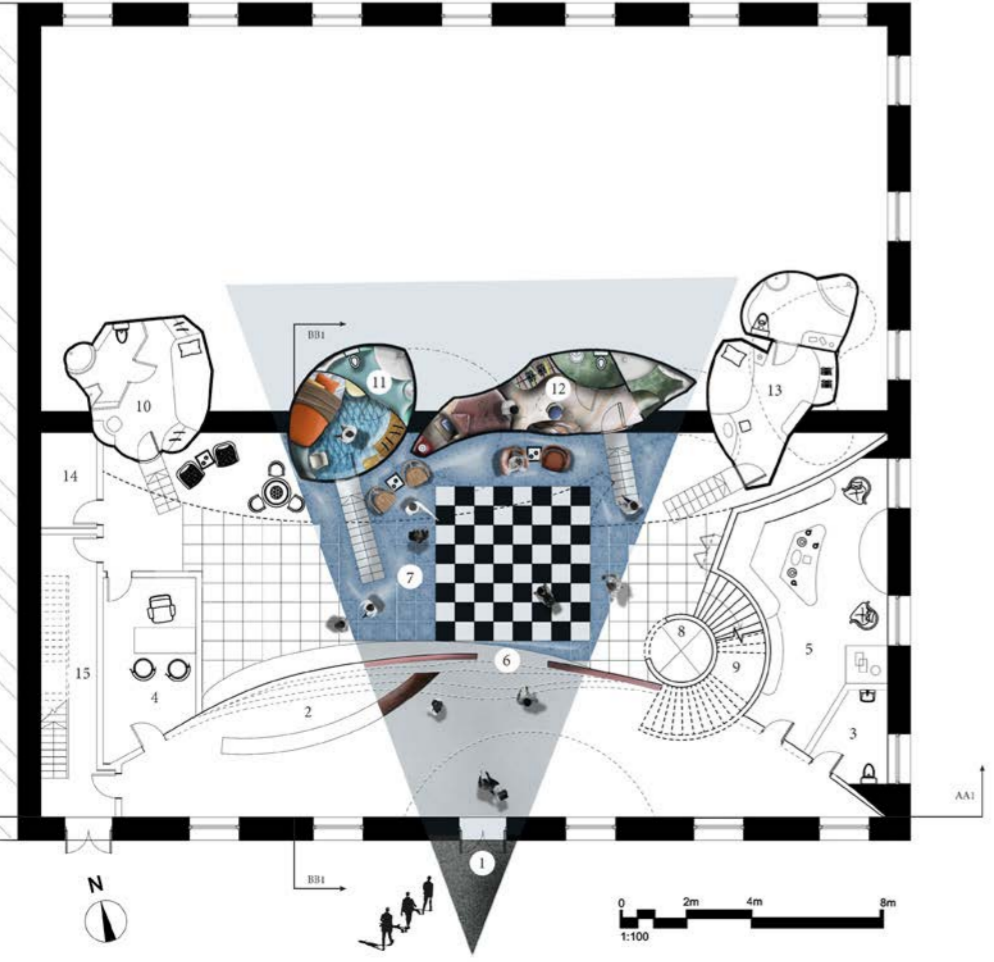
1. Eating Area with a kitchen
2. Art area
3. Library
4. Talking Room
5. Lift
6. Main Stairs
7. "Turtle" sleeping pod
8. "Seahorse" sleeping pod
9. "Castor" sleeping pod
10. Fire Escape



Ground Floor  
314sq m.

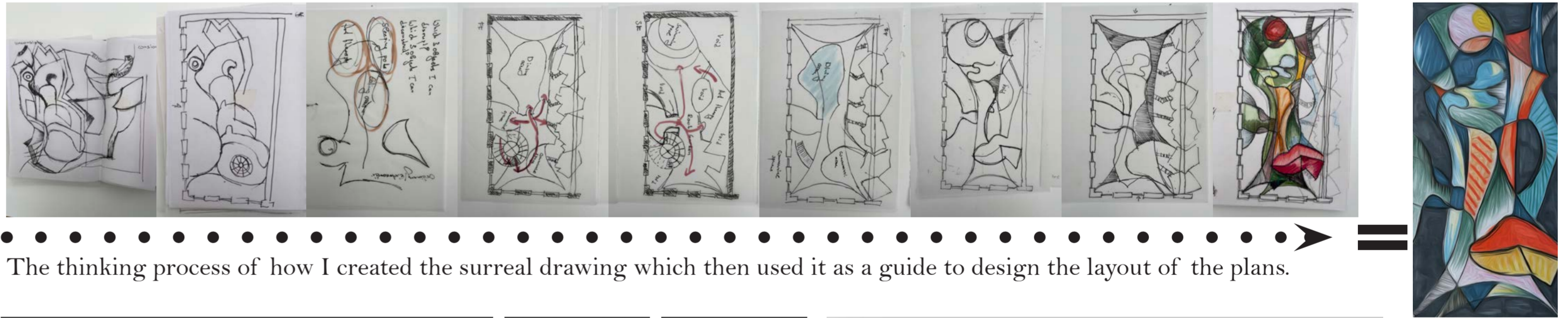
KEY

1. Entrance
2. Reception Desk
3. Toilet
4. Medical Assessment Room
5. Family Therapy Room
6. Transition Wall
7. Board Game Area
8. Lift
9. Main stairs
10. "Chameleon" sleeping pod
11. "Thelapia" sleeping pod
12. "Beak" sleeping pod
13. "Balklog" sleeping pod
14. Storage Room
15. Fire Escape

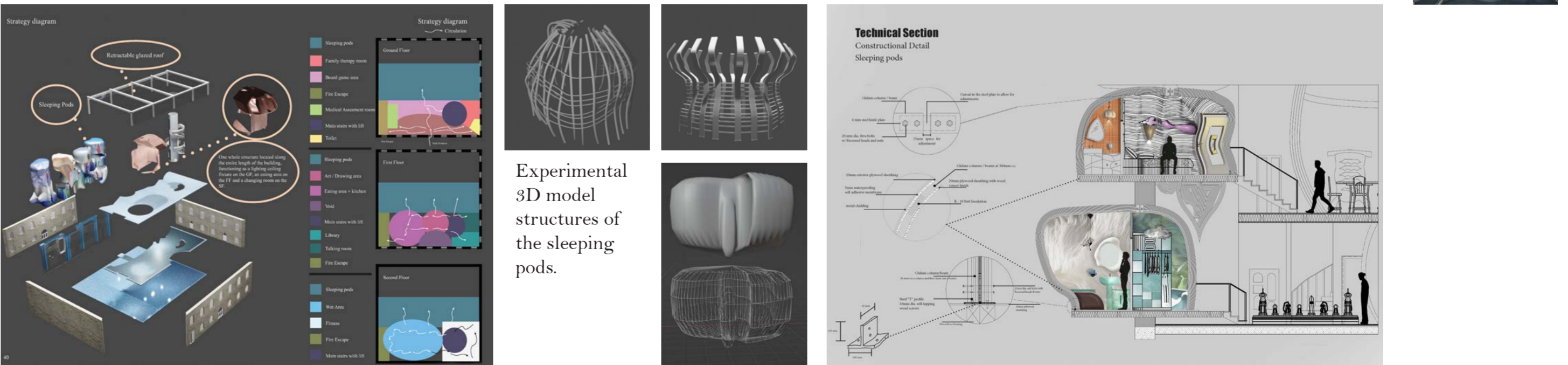


# Concept: Architecture Surrealism

- Surreal Cloudscape
- Calm Dream-scape
- A place for self - exploration and rediscovery



The thinking process of how I created the surreal drawing which then used it as a guide to design the layout of the plans.



Experimental 3D model structures of the sleeping pods.



It all starts here. The architectural transition wall, whose door looks like an eye, is now open to take under its wing the individuals struggling with alcohol addiction.



1. Surreal Door. Designer: Yoan Capote  
Application Area sleeping pod.
2. Portlligat Sunbed. BD Barcelona Design.  
Application area Second floor - wet area.
3. "Bracell". BD Barcelona Design.  
Application Area sleeping pod
4. Mycelium brick. Application Area eating area
5. Wave Honed Tile. MBK. Application Area first floor.
6. Surreal furniture. Lila Jang. Application Area sleeping pod.



### Material Philosophy

The materials chosen for the rehabilitation centre aim to create a healthy and comfortable living space. Each material has its unique properties and benefits which can enhance the well-being of the inhabitant. In this instance, the mycelium brick (used for the dining area structure) is a highly sustainable material made from the root structures of mushrooms. It can help regulate humidity levels in indoors spaces which can improve the air quality and reduce the risk of respiratory problems.

A big part of the furniture used in the space is surreal. Characterized by their unconventional, dreamlike, and often abstract qualities, these pieces of furniture create a sense of intrigue, mystery, and wonder, evoking emotions that can range from calm and peaceful to lively and energized.

The use of bright, bold colours and playful patterns create a sense of joy and happiness, promoting a positive atmosphere that has a beneficial effect on mental health. Even though surreal materials cannot cure mental health issues or replace professional medical treatment, they can play a role in promoting a positive mindset and aiding in the healing process for those who have lost faith in life.

The First floor.  
This floor could be called the communal area since the user can find here a small but full library with variety of books and notebooks in which they can write their thoughts.

They can also find easels with canvases on which they can pour their emotions and feelings. And of course, there is an eating area with a kitchen where they can eat, talk with each other, and prepare food together.





## Master Moodboard + Colour Rationale

The rehab center is aiming to transform the dark colours the users have been living with and bring them to a bright, dreamy place with colours that have a strong positive impact on their mood. In this case, blue and terracotta complemented shades psychologically affect a person to be calm and relaxed. The chosen palette echoes one soft pink cloudy sky, a mystical beauty that makes one feel exhilaration, joyfulness, and at peace with mind and body.