Unplugged

Rethinking Wellness For Professional Esports Athletes

"You Have To Feel Good To Play Good"

Written &
Illustrated by
Lily Wolstenholme
January 2025

This report explores how innovative interior design can enhance the work-life balance and well-being of professional eSports players. It also examines how interior spaces can foster in-person relationships through community and improve female representation in the industry. With the growing recognition of eSports as a legitimate sport, the challenges faced by players, both physical and mental, need to be considered in designing spaces that support performance and career longevity.

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Fig 2: 100 Thieves – Photograph of a player from the professional eSports team, 100 Thieves.

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01.

01.

That's me!

My critical position

As an interior designer, I think that people's emotions, behaviour, and general well-being are greatly influenced by their surroundings. My strategy focusses on designing environments that value wellbeing and support users' physical and mental well-being. In order to enhance user experiences in a home, office, or retail space, interior design should go beyond aesthetics. I design purposefully, using lighting, colour, layout, and acoustics to foster comfort, relaxation, and productivity, considering the psychology of space.

I also have a strong interest in branded environments, where materials and ambiance align with brand identity to influence consumer perception and engagement. My goal is to design environments that enhance users' experiences by prioritizing their physical and emotional well-being while being visually compelling.

01.

Fig 4: Lily Wolstenholme, 2025. Illustrated image of a gamer holding a key.
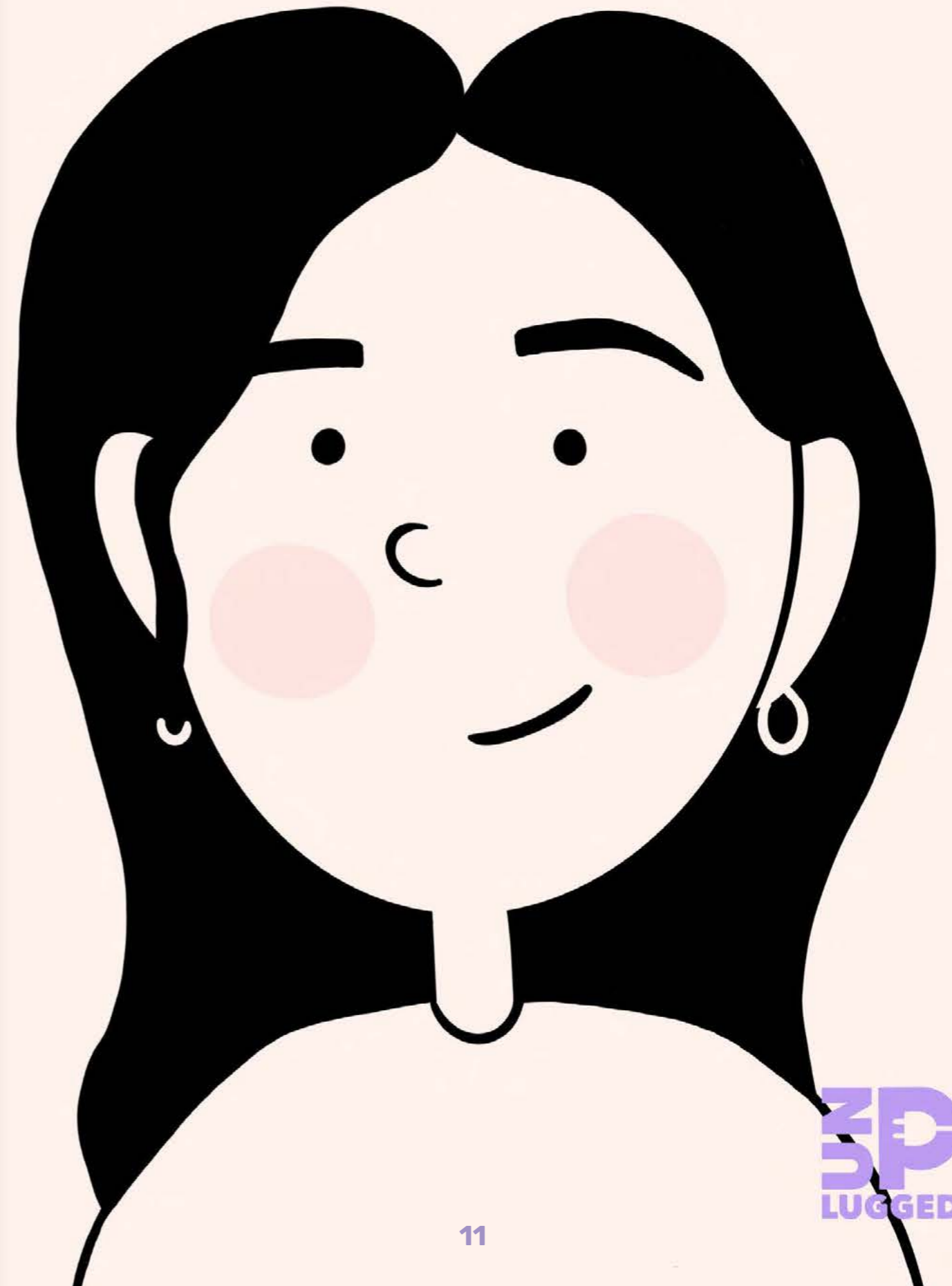
Philosophies

In this project, it will explore four key areas of design: user-centered design and within this, wellness and inclusivity, sensory design, emotional branding and biophilic design. To do so it will draw inspiration from Ben Channon's book Happy By Design and Elina Grigoriou's book Wellbeing In Interiors. Channon identifies seven factors for creating a happy interior: light, comfort, control, nature, aesthetics, activity, and psychology (Channon, 2018).

These principles will guide the design to ensure it is a space that supports wellness, which is crucial for the users of this project, as identified through research in this report.

It will also explore biophilic design, referencing Nature Inside, a book by William D. Browning and Catherine O. Ryan, which expands biophilia beyond plants and green spaces to embedding the essence of nature into every layer of design (Browning & Ryan, 2020).

Ben Channon   **Elina Grigoriou's**   **Catherine O. Ryan**

Fig 5: Unknown photographer, 2018. Photograph of Ben Channon, author of Happy By Design.

Fig 6: Unknown photographer, 2017. Photograph of Elina Grigoriou's, author of Wellbeing In Interiors.

Fig 7: Bríd O'Donovan. Photograph of Catherin O.Ryan, co-author of Nature Inside.

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01.

Continued

Additionally, it will focus on sensory design through interior atmosphere and decoration, drawing from Sensory Design by Joy Malnar and Monice Vodvarka. This book emphasizes that architecture and design are more than art; they create multisensory experiences that interact with human perception and evoke emotional responses (Malnar & Vodvarka, 2004).

Lastly, the project will integrate emotional branding using Marc Gobe's book Emotional Branding as a method of building a community surrounding healthy habits for professional eSports athletes.

Gobe's work highlights the importance of brands making people feel something—such as joy, nostalgia, or empowerment (Gobé 2007). In order to change the narrative in relation to professional eSports, the project will need to gain community support and emotional branding is the gateway to doing so.

Fig 9: Marc Gobe, 2009. Book Cover of Marc Gobes book, emotional branding.

emotional branding
the new paradigm for connecting brands to people

Updated and Revised Edition
Includes Winning Interact strategies of the age of social media
The love of a brand...

marc gobé

Joy Monice Malnar & Frank Vodvarka

Fig 8: Unknown photographer, 2022. Photograph of Joy Monice Malnar and Frank Vodvarka that featured in an article about their toy trains

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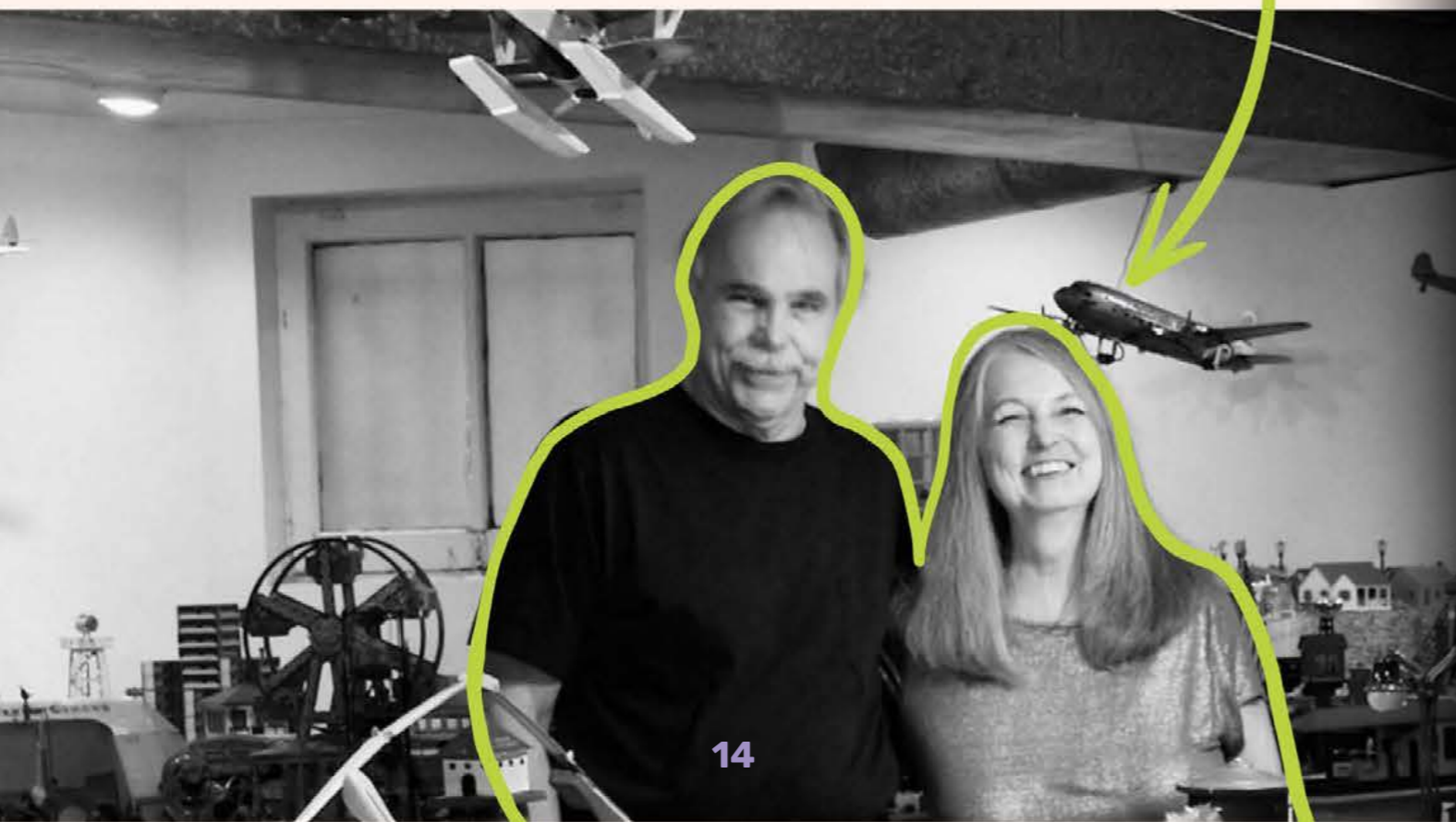
Decorative Architectural Branded

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01.

Precedents

Alienware Training Facility

Three "Alienware Training Facilities" were established by Team Liquid, a well-known professional gaming group, and Alienware, a top gaming brand owned by Dell. These facilities, which are situated in São Paulo, Brazil; Utrecht, the Netherlands; and Los Angeles, North America, are designed to offer top-tier training conditions for eSports players around the world.

Each facility is available to rent by eSports professionals or other groups ('Team Liquid Training Facilities' 2024).

Utrecht facility, which was designed and built between 2019–2020 by VenhoevenCS, a Dutch architectural practice founded by Ton Venhoeven in 1995 in Amsterdam (VenhoevenCS 2020).

Utrecht, Netherlands

Fig 10: Teo Krijgsman, 2019–2020. Photograph of exterior of Alienware's Utrecht training facility.

01.

The Architects

VenhoevenCS is renowned for its innovative approach to urban planning and architecture, with a strong emphasis on circular, eco-friendly, and sustainable design solutions. Their work spans emission-free buildings, self-sufficient neighbourhoods, and infrastructure projects like stations, bridges, and bike parks.

VenhoevenCS focuses on integrating social and cultural factors into spatial solutions to address societal and environmental issues, particularly in urban settings. Their goal is to encourage healthier and more sustainable lifestyles, with "CS" in their name symbolising these cultural and social values (VenhoevenCS 2020).

Fig 11: Unknown photographer, 2020. Photograph of Ton Venhoeven, founder of VenhoevenCS.

Ton Venhoeven

Fig 12: VenhoevenCS. Logo for the architectural practice, VenhoevenCS. Black & White version.

VenhoevenCS
architecture+urbanism

Their Approach

The architects, Danny Esselman, Ton Venhoeven, Arjen Zaal, and Eliza Mante, took inspiration from digital art and game design, showcasing how these can influence interiors. The facility blends real and imagined elements, merging functions like a restaurant with scrim rooms and a gallery with a player lounge.

It celebrates technology through exposed, ornamental systems rather than concealing them. The modular building features sliding walls, creating adaptable and fluid spaces ('Alienware Training Facility for Team Liquid – VenhoevenCS Architecture+Urbanism' 2023).

scrim rooms

Restaurant

players lounge

Fig 13 (Top left): Teo Krijgsman, 2019-2020. Photograph of one of two of the scrim rooms inside the Alienware Training Facility.

Fig 14 (middle right): Teo Krijgsman, 2019-2020. Photograph of restaurant and dining area inside Alienwares Training Facility.

Fig 15 (Bottom image): Teo Krijgsman, 2019-2020. Photograph of the players lounge inside Alienwares Training Facility.

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What Went Well

The design of Team Liquid's Utrecht facility combines hexagonal patterns, a sleek black-and-white palette, bamboo accents, and blue highlights to create a contemporary, practical space. Branding is subtly incorporated, with explicit and hidden nods that engage users. These methods of integrating brand identity are techniques that will be carried through the Unplugged project.

The facility prioritises sustainability, employing bio-based and recycled materials, efficient systems, smart acoustics, and adaptive lighting. These elements create a climate-conscious space that balances environmental responsibility with user well-being.

Fig 16: Teo Krijgsman, 2019-2020. Photograph of restaurant and dining area inside Alienwares Training Facility.

Precedent critiques

However, while the facility succeeds in sustainability, there is room for improvement in its accommodation of health and wellness needs. Adding dedicated spaces for recovery, mindfulness, or relaxation could better support the physical and mental health of eSports professionals. These additions would enhance the design's usability, offering a more holistic environment for performance, recovery, and long-term well-being.

Fig 17 (Top left): Unknown photographer. Photograph of someone having a sports massage.

Fig 18 (Top left): Unknown photographer. Photograph of a yoga class at a branch of David Lloyd's club.

What about...

Sports massages

Yoga or meditation

Sociable dining

Fig 19 (middle right): Unknown photographer and publish date. Photograph of people enjoying a street party.

Fig 20: Lily Wolstenholme, 2025. Illustrated image of a gamer.

01.

Takeaways

Moving forward, the project will draw inspiration from VenhoevenCS's effective zoning strategy to develop it's own schedule of accommodation, incorporating specific health-focused spaces such as recovery and mindfulness rooms. Their sustainable approach, featuring recycled materials, efficient systems, and adaptive lighting, will influence the design. Additionally, it will aim to refine their branding integration methods while addressing their lack of rest and recovery areas. By prioritising spaces that promote physical and mental health, the project hopes to create a more balanced and supportive environment for esports athletes.

Plan view of Alienware Training Facility

Fig 21: VenhoevenCS, 2019. Plan view of Alienware Training Facility, with zoning.

Alienware's Zoning
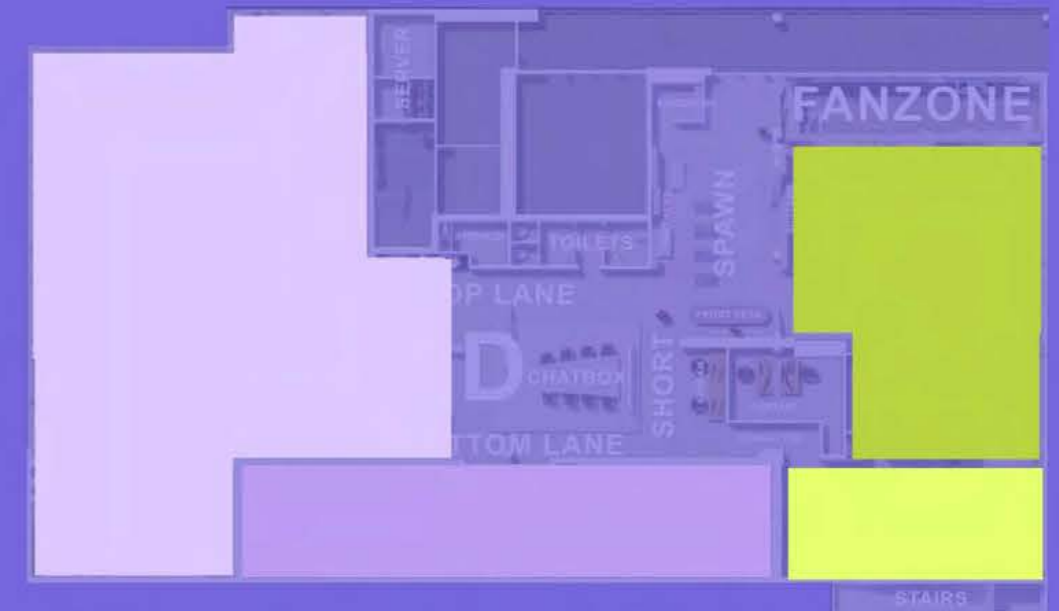
Within Alienware's zoning, their communal/chill out zone is considerably small in contrast to the other functions of the facility.

A different take
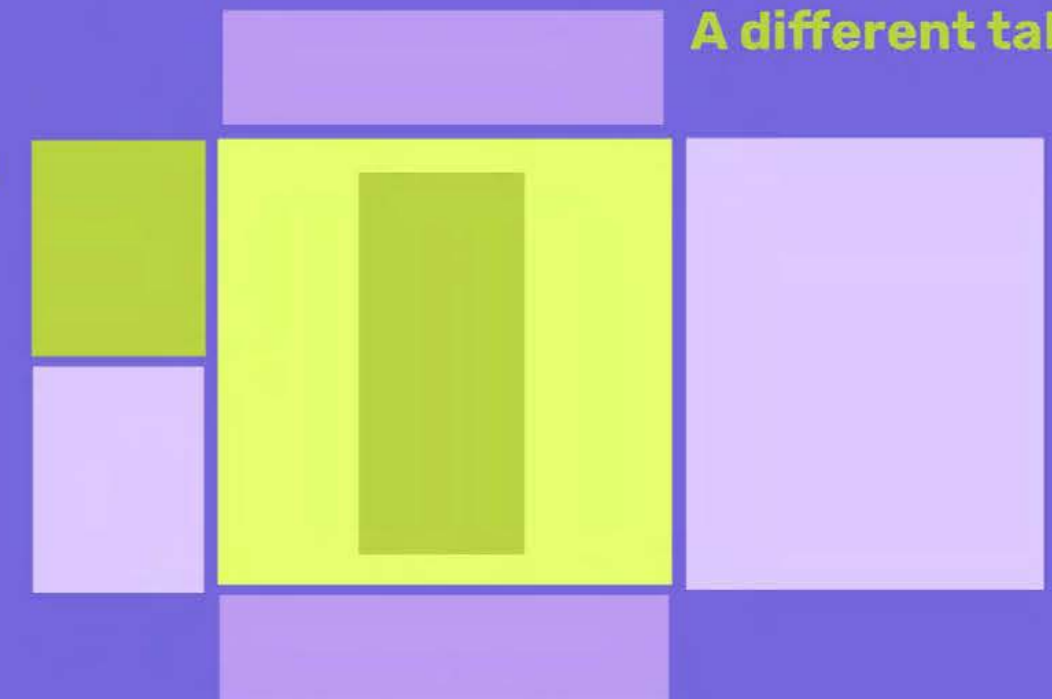
Within this alternative take on their zoning, the communal space has been centralised and prioritised whilst keeping the essential functions of the facility.

- Open office space
- Training
- Dining
- Communal/chill out

01.

Exploratory Q

How can interior design enhance health in eSports while fostering inclusivity, community, and stronger in-person connections?

Fig 22: Lily Wolstenholme, 2025. Illustrated image of a gamer.

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What is eSports?

Esports or electronic sports are competitive video games in which teams or professional players compete for prizes. Players compete in virtual arenas during tournaments held by video games such as League of Legends, Call of Duty, Overwatch, and Counterstrike.

With prize pools in certain competitions reaching tens of millions of dollars, eSports has become competitive with traditional sports in terms of professionalism and viewer attraction (British Esports Association 2017).

2.6BN
Players worldwide

1.8BN
Western eSports w/hours 2019

443M
Global eSports audience (FNATIC, 2024)

19.85BN
Total watch hours in 2020

Issues they face

1. **Physical & Emotional Strain**

2. **Social Isolation**

3. **Gender Inequality**

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75% Of Professional eSports Athletes Reported Experiencing Burnout

According to a study I conducted (see appendix)

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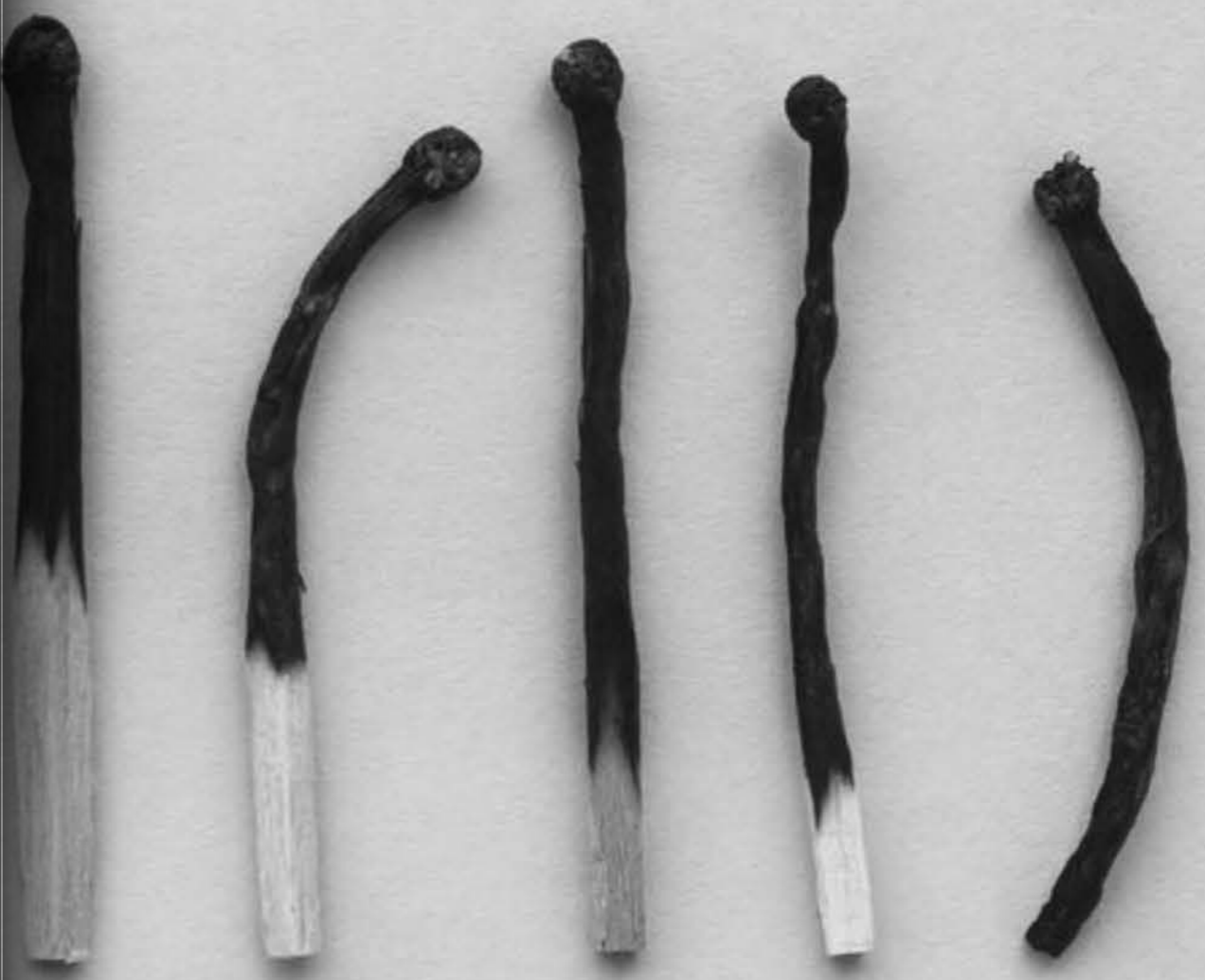
01.

Physical & Emotional Strain

In the competitive gaming world, the physical and emotional toll on players is often overlooked. Long hours dedicated to mastering gaming skills can take a serious toll on players' health. Whether it's the strain of prolonged sitting with poor posture, the elevated stress after a tough loss, or irregular, restless sleep, the negative effects are undeniable (Corner, cited in Finch et al., 2019:134).

Recent studies highlight these issues. For instance, 32% of eSports players report hand discomfort, 36% wrist pain, and 42% neck and back pain. Conditions like "upper crossed syndrome," which results from muscle imbalances in the neck and shoulders, and "computer vision syndrome," linked to excessive screen use, are becoming alarmingly common (Franks and King, 2023; Chang et al., 2023; American Optometric Association, 2023).

Fig 26: Riot Games, 2021. Photograph of professional eSports player during a tournament, looking distressed.

To explore these challenges further, primary research was conducted of professional gamers, gathering 12 responses from a 28-question google form. The findings were shocking: 83.3% said gaming had negatively impacted their emotional well-being, while 75% reported experiencing burnout (see appendix for full list of the survey results). These results underscore the emotional toll of competitive gaming alongside its physical effects.

While these findings are distressing, they reflect the current attitudes and demands of professional play. Addressing these issues is crucial to creating a healthier future for eSports athletes.
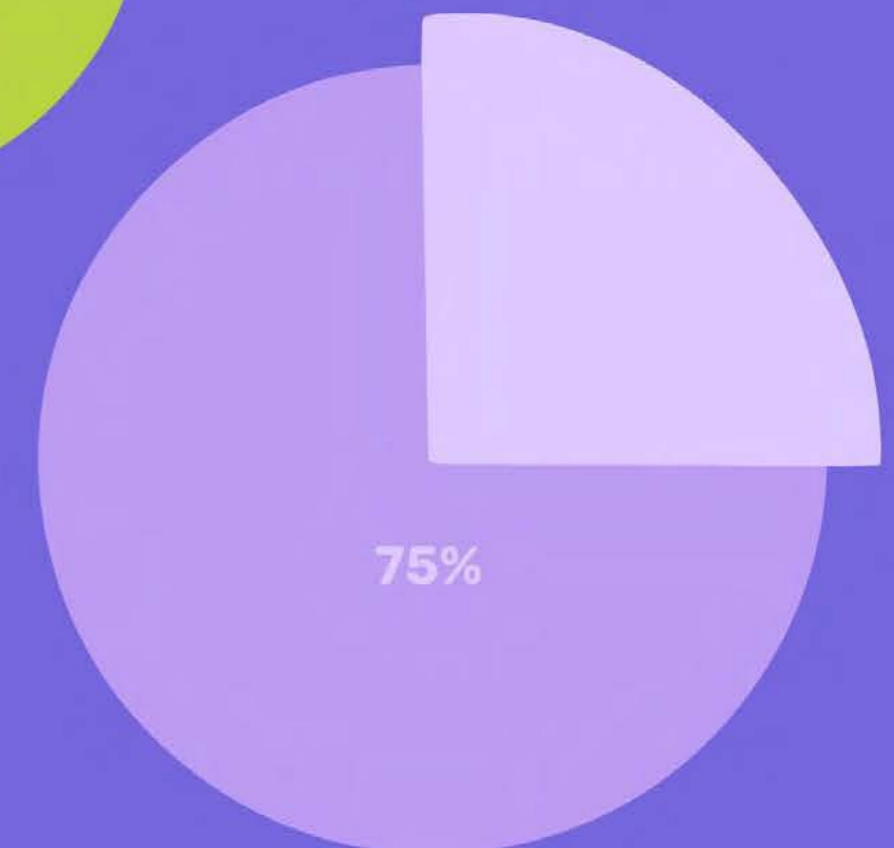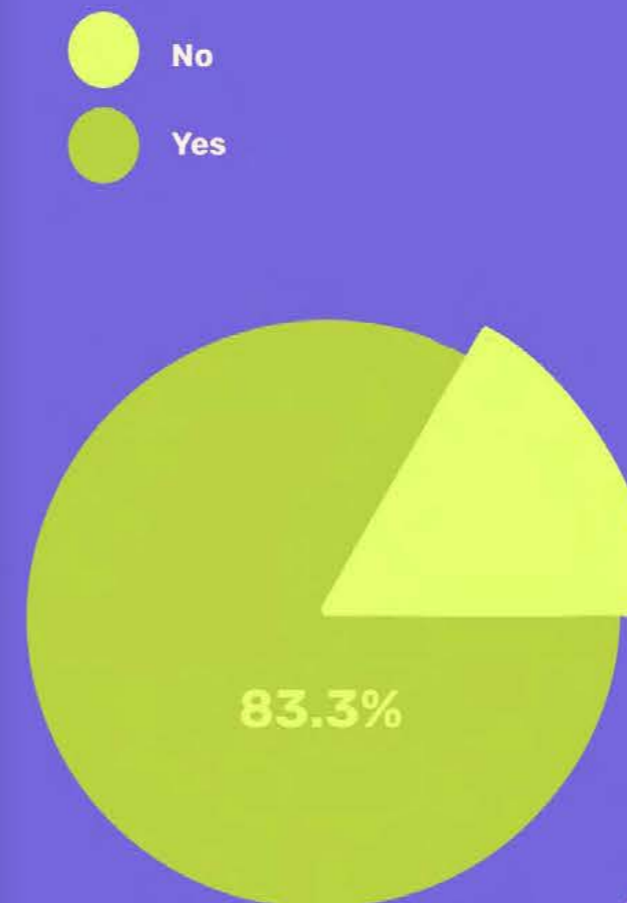
- No
- Yes

83.3%

75%

- No
- Yes

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Gender Inequality

Gender inequality is one of the many prevalent issues within the professional eSports industry. Since its start, just one female player has participated at the highest level in the ten-team North American League of Legends Championship Series (LCS). Since 2017, there have been no female players in the Overwatch League (OWL), and in 2019, there was only one brief appearance by a female player (Pizzo et al., 2023).

Women are under-represented in eSports, which emphasises the obstacles they must overcome to compete at the highest levels. These obstacles include under-representation in gaming communities, lack of support, and societal views. It's critical to establish inclusive environments where female gamers may flourish and feel encouraged. This can be accomplished by carefully planning the interior and fostering a culture that values individuality and community.

Fig 28: Lawrence Serafico, 2023.
This photograph is showing two female professional eSports players.

Social Isolation

In eSports, the majority of interactions occur online, often leading to a sense of isolation. Players spend most of their time indoors, rarely engaging in outdoor activities or offline socialization. This lack of in-person interaction can contribute to social anxiety and poor mental health. The absence of real-life connections is a major concern in creating a healthier eSports environment.

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02.

What?

This design brief outlines the development of an inclusive and forward-thinking space for professional eSport athletes, specifically for League of Legends players, Riot Games' flagship game. League of Legends (LoL) evolved into one of the most competitive and prevalent eSports in the world since its launch in 2009 (League of Legends Wiki 2024), with professional players consistently pushing the limits of performance.

The project will consist of "Unplugged" a model of preseason bootcamps designed to address the ever-increasing need for eSports athletes to receive more advice and support in relation to their overall health. The main objectives include: a focus on mental and physical health, encouraging gender inclusivity, and creating a sense of community offline through in-person relationships as part of a 'healthy habits initiative' supported by Riot Games.

Professional players will stay at this bootcamp for 21 days "studies suggest that, on average, it can take anywhere from 18 to 254 days to form a new habit" (Calm 2024).

The Unplugged bootcamp concept is intended to be a worldwide endeavour that assists eSports professionals in optimising their performance in a balanced and healthy manner.

In addition to providing a wellness regime, state-of-the-art training facilities supporting the physical needs of the athletes whilst training, community spaces encouraging athletes to socialise away from the screen and 'unplug' from their computers, the facility will challenge the aesthetics of traditional eSports. Even though League of Legends was the first model of this, the idea may be applied to a variety of different eSports and has the ability to grow globally and change over time.

Fig 29: - Lily Wolstenholme, 2025. Illustrated image of a gamer.

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02.

The Business Plan

As part of this project there will be a collaboration with Riot Games and leading eSports brands: Establishing and branding the Unplugged bootcamp facility would require financial support from Riot Games or other sizable eSports companies like Cloud9 or Fnatic. This partnership would produce an upscaled, globally recognisable brand.

Alternatively, this could be a sub brand created by Riot Games as part of a global 'healthy habits initiative' supported by Riot Games with the focus on promoting better work life balance and female representation within the industry.

With Riot Games being the developers of League of Legends, this would be a great initiative to find themselves involved with and in support of.

Lastly, possible revenue streams include producing items for the Unplugged brand, offering memberships to prospective eSports athletes and collaborating with streaming platforms to provide unique material.
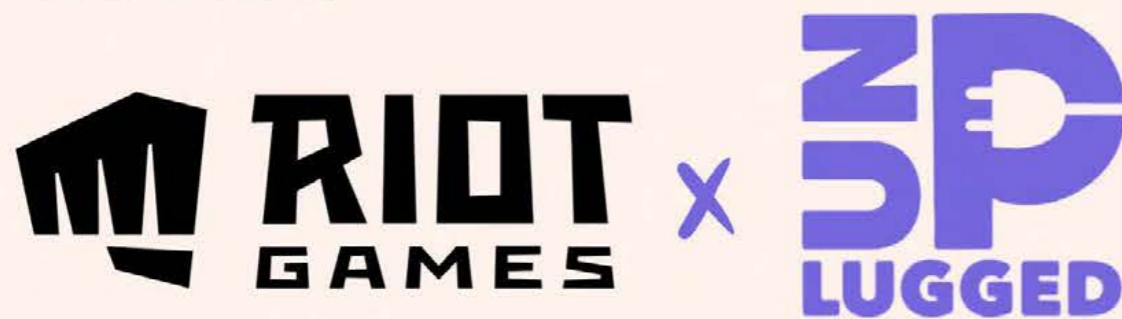
**Brandon Beck & Marc Merrill,
Co-Founders of Riot Games**

02.

Who is this for?

The goal of this project is to help professional eSports athletes, those who play at the highest levels of competitive video gaming, form a better mindset surrounding their work life whilst building in-person relationships and an offline community.

Esports players, in contrast to traditional athletes, focus on games like League of Legends, Counterstrike: Global Offensive, Dota 2, and Fortnite, where mental agility, reflexes, strategy, and teamwork are valued more highly than athletic ability (British Esports Association 2017).

Esports athletes typically start their careers in their teens and, similar to traditional athletes, train intensively to maintain peak performance. The global esports market is projected to exceed $1.9 billion in 2024 (Newzoo 2018), with top players earning significant income from sponsorships, streaming, and competition winnings. For instance, The International 2023 for Dota 2 offered a prize pool of over $40 million (Liquipedia 2024).

Despite the demands, the lifestyle of a professional eSports' athlete can be physically and mentally taxing. "It's not just playing games; it's like training for a sport," says eSports veteran Lee "Faker" Sang-hyeok, emphasizing the need for a comprehensive support system (Liquipedia 2024).

Lee "Faker" Sang-Hyeok

02.

Fig 33: - Lily Wolstenholme, 2025.
Illustrated image of a gamer.

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Why?

Inspiration for the project came from firsthand experience within the industry through a close industry professional who has been playing professionally for four years. From primary experience It's apparent the implications that the industry has both mentally and physically, these observations have been further backed up through research within this report.

Because of direct observations and the further conclusions of this report, It is clear the industry is lacking an experience like the one this project plans to provide, and it is imperative to the future wellbeing of eSports athletes that we create a solution for this.

Sustainable strategy

In response to the United Nations 17 Sustainable Goals, this project aims to support and encourage health and well-being of professional eSports athletes, alongside empowering women and tackling gender inequality within the professional eSports industry.

Fig 33 & 35: United Nations. Two of the United Nations 17 Sustainable goals, good health and well-being and gender equality.

02.

Where?

The first of the Unplugged preseason bootcamps will be located in the United Kingdom specifically in London. Despite there only being estimated around 100 professional esports athletes in the UK (British Esports Association 2017), "the revenue in the esports market in the United Kingdom was forecast to continuously increase between 2024 and 2029 by in total 75.7 million U.S. dollars (+33.1 percent). After the tenth consecutive increasing year, the revenue is estimated to reach 304.39 million U.S. dollars and therefore a new peak in 2029" (Gough 2024).

What this shows is that the industry in the UK is ever increasing.

With the project sitting within the 'Interior Futures' category of the Interior Educator categories, it means thinking about what lies ahead for the eSports industry and where this project will sit within that.

From this research it is evident that there will be an ever-growing number of professional eSports athletes basing themselves in London therefore this project holds a valuable place in this location.

Furthermore Fnatic, "the world's leading eSports organisation, with a winning legacy of 17 years and counting in over 28 different titles" (Fnatic 2024), bases themselves here in London.

London

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02.

The Schedule

The schedule for Unplugged will be developed from key foundations created by accredited Health sources such as the National Institutes of Health and the National Health Service where they outline a series of dimensions that encompass whole-person wellness. Examples include: physical, emotional, environmental and more (see figure 38). Furthermore, it will refer to the works of Ben Channon in his book Happy By Design, as previously mentioned (see figure 37).

Ben Channon

HAPPY BY DESIGN

A Guide to Architecture and Mental Wellbeing

RIBA
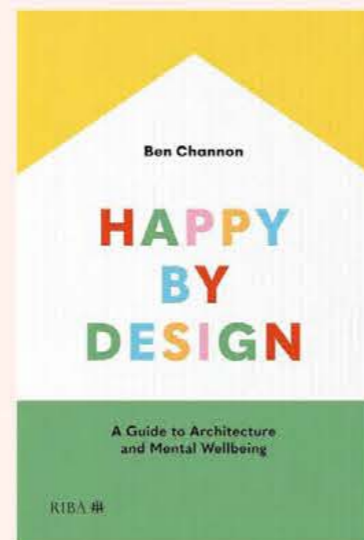
Fig 37: Ben Channon, 2018. Happy By Design book cover.
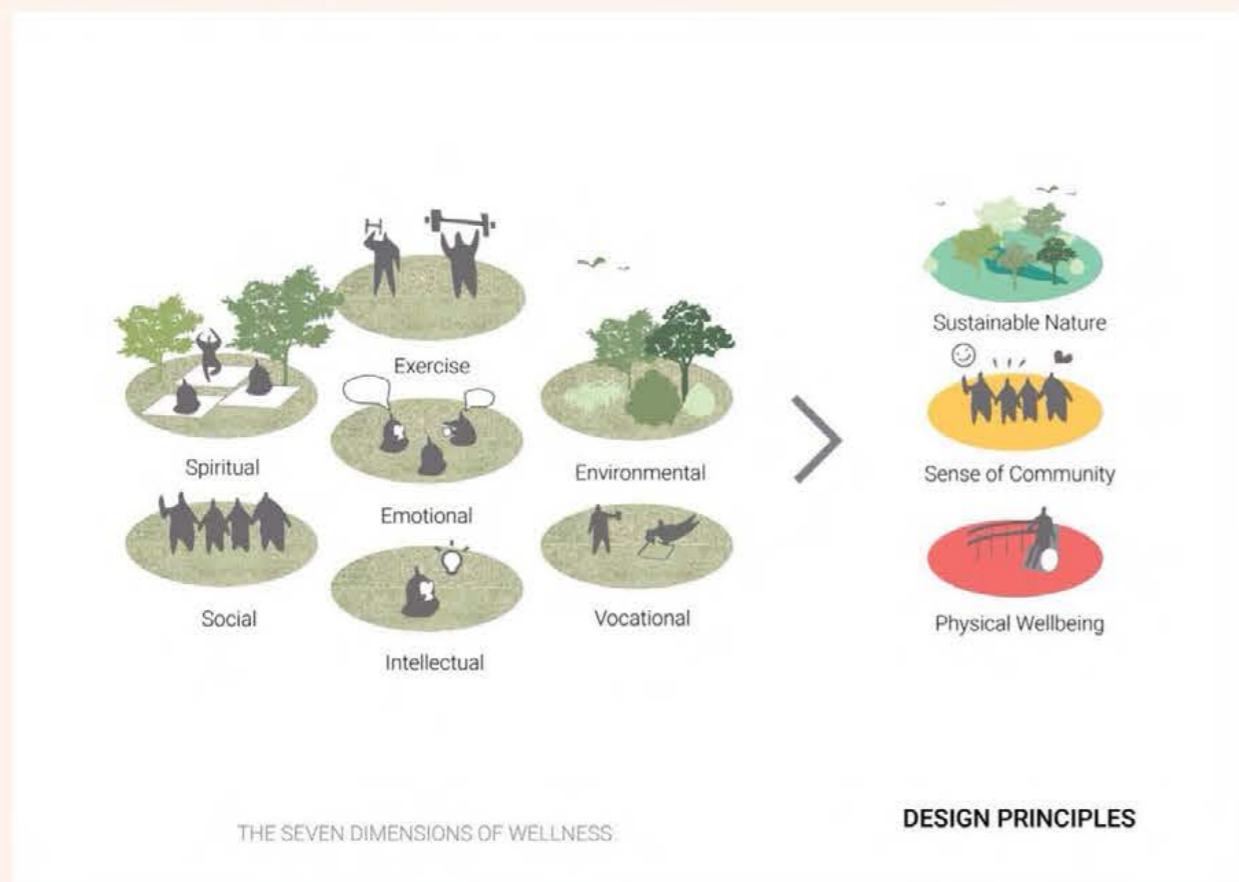
Fig 38: Landezine, 2020. The seven dimensions of wellness diagram.

Schedule of accommodation

Team 1 - Training and review space

Recovery Room

Hot Desks

Yoga/ meditation studio

Community space + restaurant and dining

Gym

Recovery Room

Hot Desks

Team 2 - Training and review space

〰️ Sunlight

〰️ Acoustic privacy

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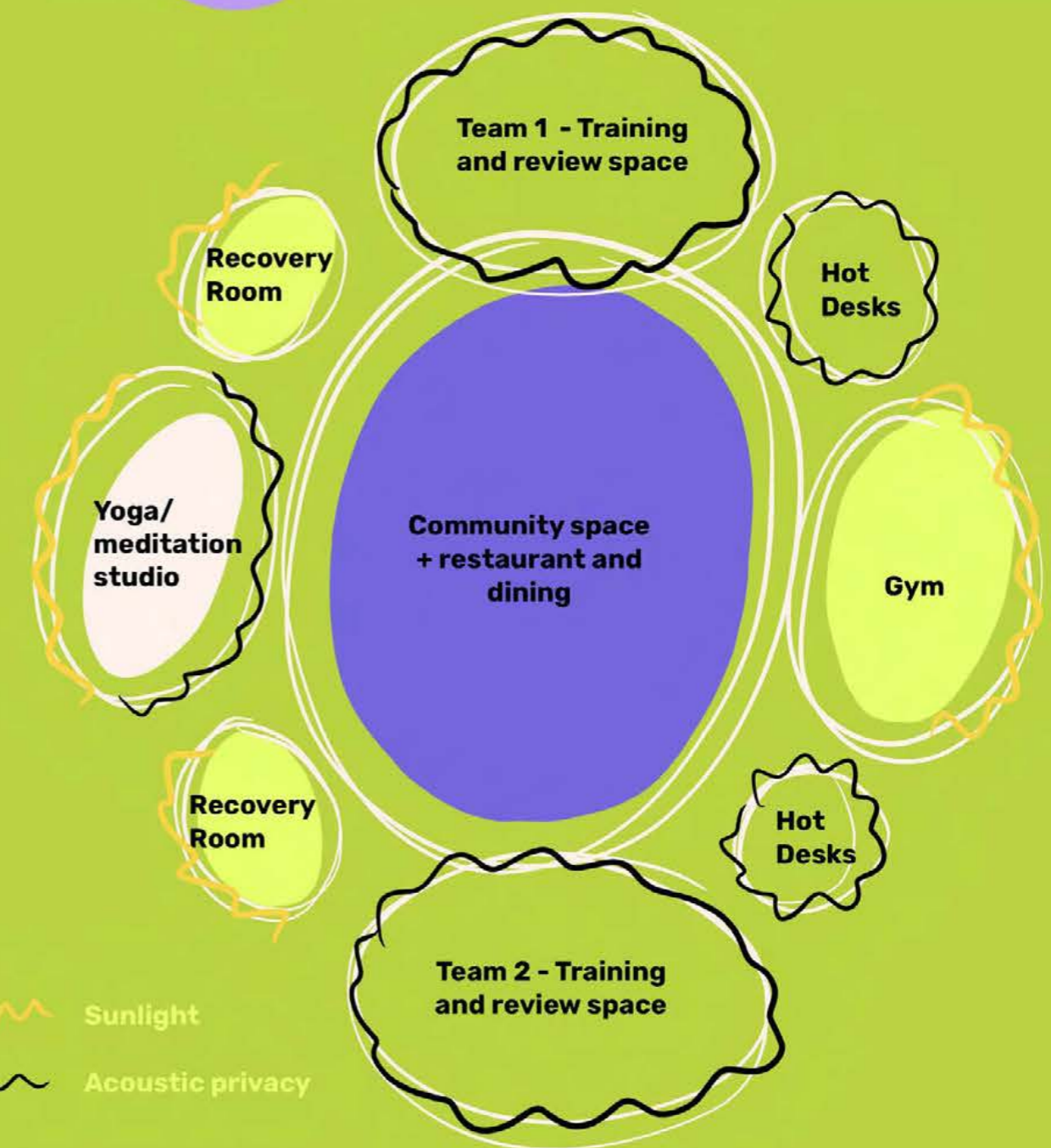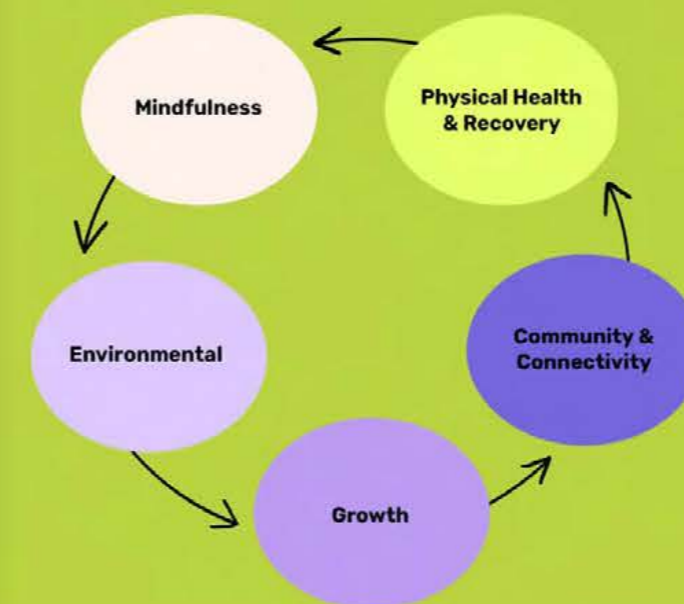
03.

Brand Analysis & Development

This project is partly branded therefore it will establish it's own brand "Unplugged," which will be comprised of a series of boot camps for professional eSports athletes as part of a "healthy habits initiative."

The goal is to instil a new mindset that prioritises and supports players' mental and physical health while promoting female representation.

"Unplugged"

Rethinking Wellness For Professional Esports Athletes

"You Have To Feel Good To Play Good"

Logo development

The chosen logo, which uses a plug to symbolise coming away from computer screens, embracing an analogue way of life.

The mission

"Unplugged is committed to transforming the way eSports athletes approach competition. We support athletes in achieving long-term success in a supportive, inclusive, and innovative setting by implementing wellness, recovery, and mental health into every facet of training."

03.

Time to Unplug And Switch Off

The Funding

In order to obtain funds for this project, there will be a collaboration with Riot Games. Riot Games was established in 2006 by Brandon Beck and Marc Merrill with the goal of "developing, publishing, and supporting the most player-focused games in the world" (Riot Games 2023). Riot has expanded to over 4,500 workers in more than 20 offices worldwide since launching League of Legends in 2009, which is currently the most played PC game worldwide. This has allowed Riot to approach their work with a global perspective.

Their Berlin-based 'Riot Games Arena,' home of the LEC (League of Legends European Championship), reflects their commitment to the eSports community.

Riot's player-first philosophy "everything we do is in service of players" (Riot Games 2023) perfectly aligns with my project's goals. Their emphasis on creating meaningful experiences and fostering a player-focused culture inspires this vision for supporting eSports athletes' health and well-being.

RIOT GAMES × **UNPLUGGED**

Fig 39: Riot Games. Black and White Riot Games logo.

Brandon Beck & Marc Merrill

Fig 40: Ryan Gilliam, 2017. Photograph of Brandon Beck and Marc Merill, co-founders of Riot Games.

03.

User analysis

The users for this project are professional eSports athletes, with a focus on those who play 'League of Legends' (LoL). The average age of a professional LoL player is 21.2, according to ESPN ('Average Age in Esports vs. Major Sports' 2017). These players face intense cognitive and physical demands due to rigorous training, strategizing, and team coordination. Supporting their mental and physical well-being is essential.

From primary research of a 28-question survey via google forms with 12 responses from professional eSports athletes and coaches, the results found 66.6% spend nine or more hours gaming daily, with 50% confirming these hours are for their job (see appendix for full survey results).

When asked how many days they are expected to play for their job, 83.3% said six days, and 16.7% said seven days weekly. That means 100% train six or more days as part of their job. Additionally, 83.3% reported having just one day off per week, and 50% of those still spent that day gaming.

This lack of work-life balance highlights a critical gap in the industry. This project design aims to address this issue by prioritizing spaces and strategies that promote both professional performance and personal well-being.

How many days off a week do you get?
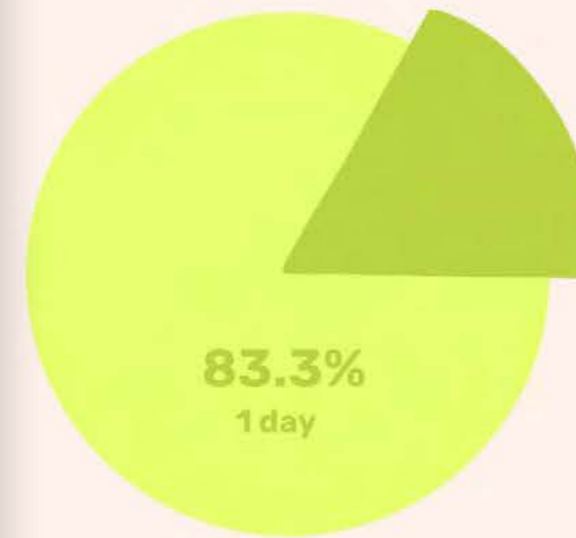
83.3%
1 day

How many days a week are you expected to work/game/practice for your job?

83.3%
6 days
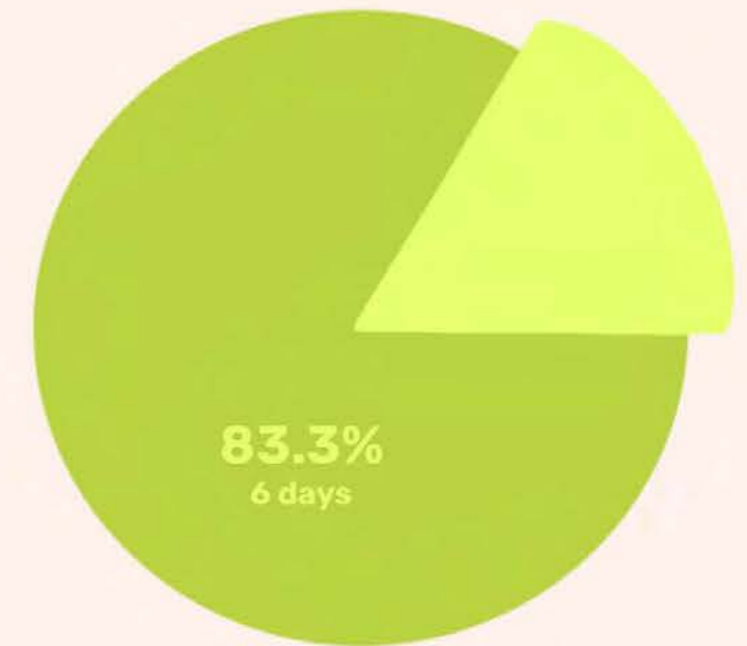
How many hours do you spend a day gaming?

66.6%
9 or more hours
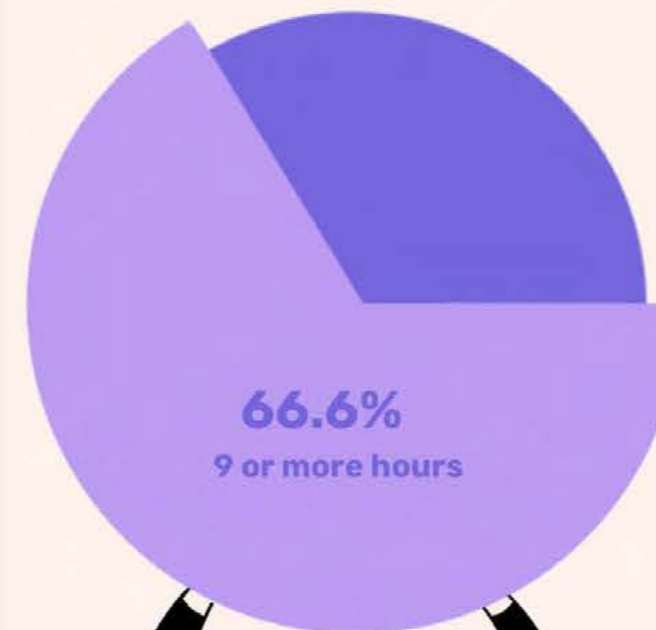
How many hours of these are for your job?

50%
9 or more hours
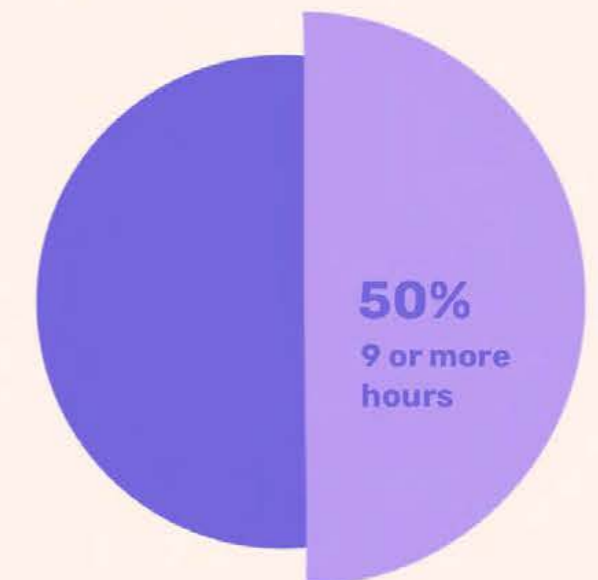
Fig 41: Lily Wolstenholme, 2025. Illustrated image of a gamer.

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03.

Getting into the heads of eSports athletes

In addition, the research revealed that this user group often holds a negative, unhealthy mindset regarding their work.

As mentioned, 83.3% of respondents said gaming negatively impacted their mental health, and 75% reported experiencing burnout (see appendix for full survey results).

83.3%
experienced negative impacts on mental health

75%
have experienced burn out
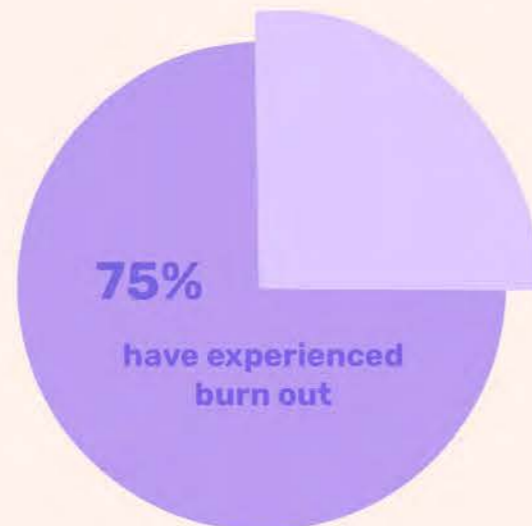
In the BBC Three documentary Fight for First: Excel Esports, which follows the British LEC team Excel Esports, it was clear that these players put immense pressure on themselves. In the first episode, Hoel Eilertsen, aka 'Tore', says,

"If you are not sitting on your computer playing then you are wasting time" (Bloom 2021), reflecting the mindset of many professional players. This is an issue the design aims to address for the longevity and health of eSports athletes (Bloom 2021).

Hoel Eilertsen 'Tore'

BBC THREE

FIGHT
F O R
FIRST

EXCEL ESPORTS

CED BY **CILLIAN MURPHY**

Fig 42: Unknown photographer. Photograph of Hoel 'Tore' Eilertsen, a professional eSports athlete.

Fig 43: Unknown photographer, 2021. BBC Three docuseries 'Fight for First' with Excel Esports.

03.

User conclusions

After identifying the characteristics and challenges of this projects users, the project can curate a list of design guidelines based on the National Institute of Health and NHS wellness definitions (see figure 44) and Ben Channon's Happy By Design, as mentioned earlier.
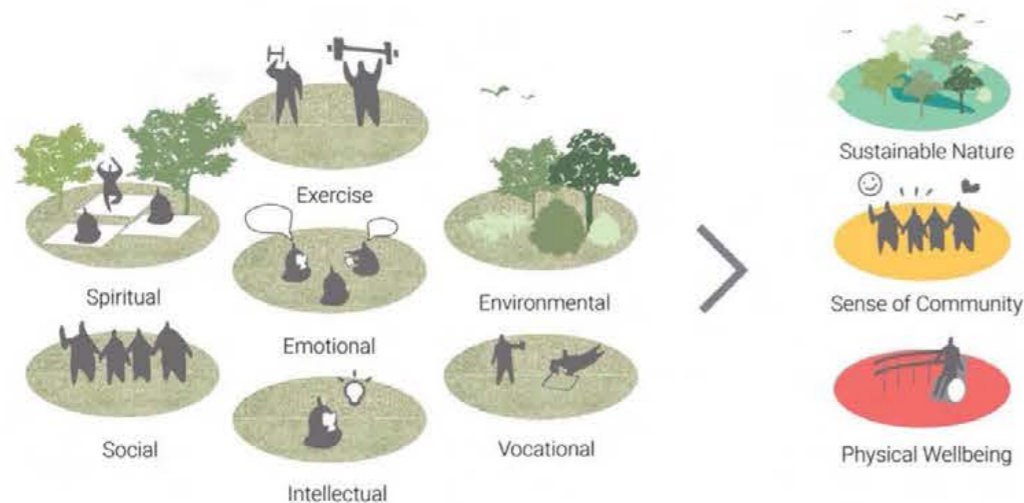
Fig 44: Landezine, 2020. The seven dimensions of wellness diagram.

Design guidelines
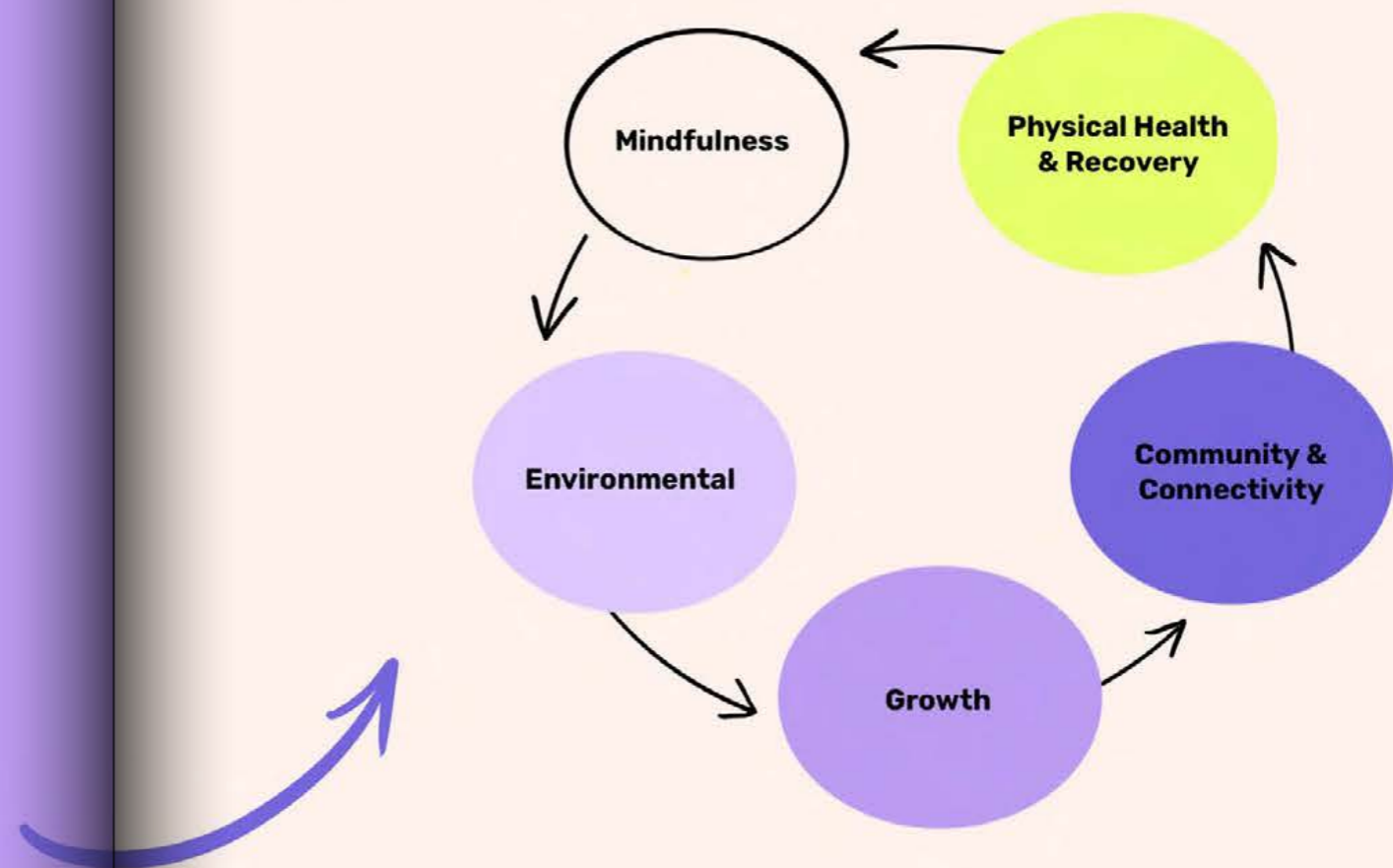
Mindfulness
This is about being present, creating safe places for reflection and prioritising mental health.

Physical Health & Recovery
This is about prioritising physical health through exercise, correct equipment and recovery.

Environmental
This is about environmental factors that affect the clients e.g. lighting, ventilation, ergonomics, temperature etc.

Community
This is about building in person offline connections and encouraging social interaction.

Growth
This is about learning new skills and hobbies. But this is also about future proofing this space so it can adapt to the changing needs of the industry.

03.

The Site
The Pickle Factory

5 New Tannery Wy., London SE1 5EB

Located a short walk from Bermondsey Street is The Pickle Factory where this project will be housed ('The Pickle Factory Bermondsey SE1 - by London Square | About' 2024). Bermondsey, situated in southeast London, is a vibrant and diverse area known for its rich history, thriving food and arts scene and its desirable proximity to central London (London Square 2024). Many open green spaces can be found in Bermondsey.

There are playgrounds, a games area, and picnic areas at the restored Bermondsey Spa Gardens. A little over a mile away, Southwark Park has 61 acres with attractions like a bandstand, boating lake, and rose gardens, making it a true community centre. Tabard and Leather Market Gardens nearby offer smaller green havens (London Square 2024). Accessibility to green spaces was an important factor for the user with them currently lacking in that department therefore this was a priority when choosing a site for this project.

Their mascot "Mr Pickle"

Fig 47: Allford Hall Monaghan Morris, 2022. Exterior of the building, The Pickle Factory.

SWEET!
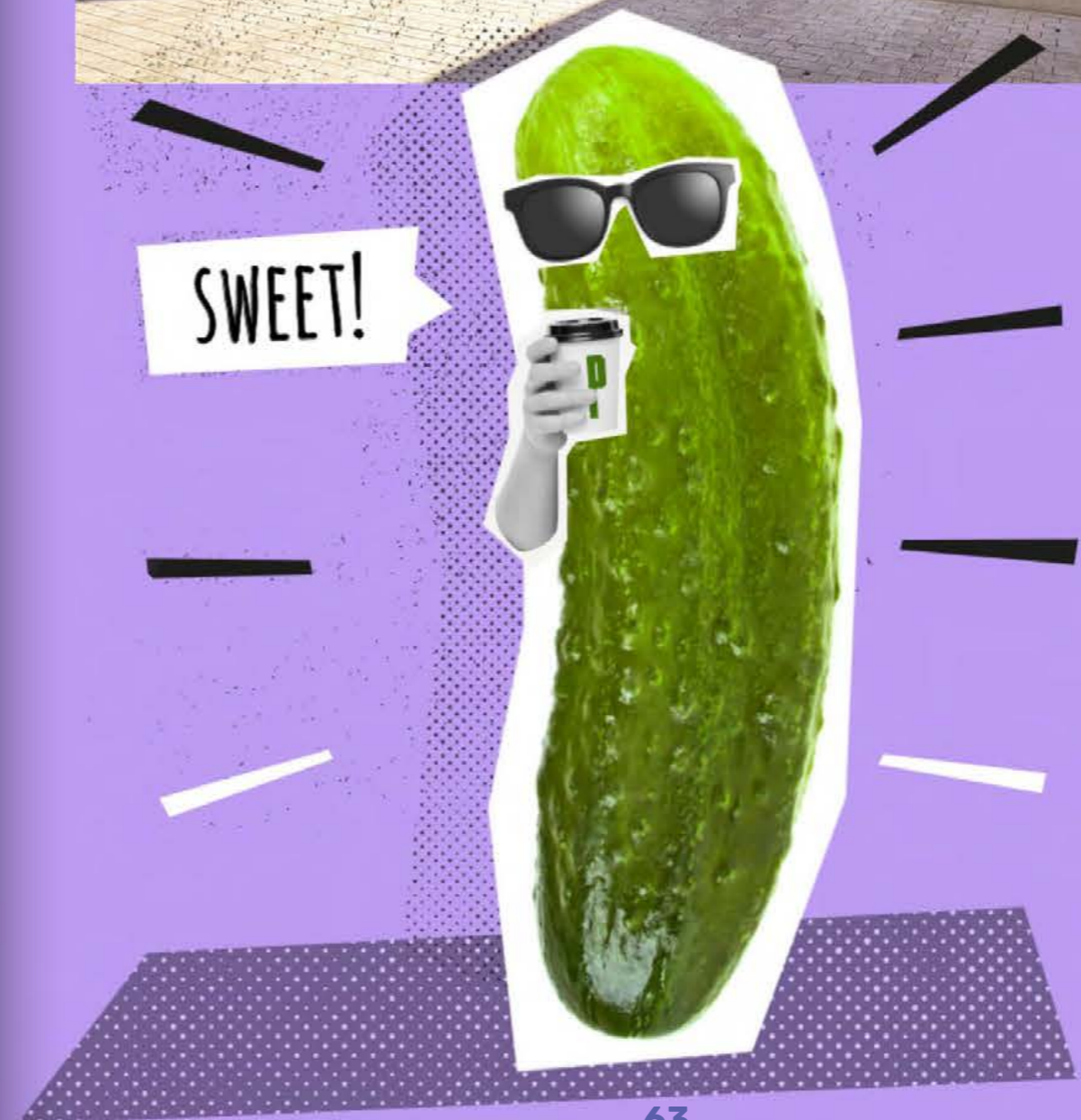
Fig 48: London Square. Mr Pickle, The Pickle Factory's mascot.

Fig 45: Allford Hall Monaghan Morris, 2022. Hand drawn context map.

Fig 46: Allford Hall Monaghan Morris, 2022. Hand drawn context map.

The Pickle Factory

PIC KLE FACTORY

03.

Site History

The Pickle Factory was built in the 19th century when it was first used as one of the many tanneries in Bermondsey and later, it contained premises owned by Crosse and Blackwell where they made their famous Branston Pickle (Orbit Architects 2023).

E. Lazenby & Sons became a household name thanks to the success of their Harvey's Sauce. The company expanded by acquiring "gigantic kitchens" on Crimscott Street, Bermondsey.

In 1919, they merged with Crosse and Blackwell, and in 1924, the iconic Branston Pickle brand emerged, embedding itself in Bermondsey's rich history. Crosse and Blackwell, established in 1829 by Edmund Crosse and Thomas Blackwell after taking over West and Wyatt grocers, became known for producing pickles, preserves, and bottled fruit. In 1924, the company built a new facility, the "Great Addition," on their site, which produced chutneys, jellies, and relishes until the factory's closure in 1969 (Orbit Architects 2023).

Fig 50: Unknown photographer. Crosse and Blackwell's pickle factory from the 19th Century.

Fig 51: Crosse & Blackwell. 1957 promotional Poster.

The Ten-o'clock Test makes **BRANSTON** the st popular **sweet pickle** in the world

...bly be the most popular girl in the world when you ...rosse & Blackwell **Branston Pickle**. So start spoiling the man ...y giving him **Branston** ... with cheese, cold meat, ...ds, and savouries. Look for the jar on your grocer's shelf.

ROSSE & BLACKWELL

Mr Pickles Ancestors

Fig 52: London Square. Mr Pickle, The Pickle Factory's mascot.

03.

Transport links

The Pickle Factory is a conveniently accessible site with it being located approximately a 15-minute walk from London Bridge Station. Rapid connections are available at this important transit hub, with travels to Waterloo Station taking 4 minutes and King's Cross Station taking 11 minutes. Alongside this, Bermondsey Station is around a 14-minute walk away and provides excellent connectivity across London.

The Pickle Factory

18min walk

Southwark
23mins on 1 bus

London Bridge

Elephant & Castle
16mins on 1 bus

Bermondsey

Camberwell
24mins on 1 bus

Peckham
25mins on 1 bus
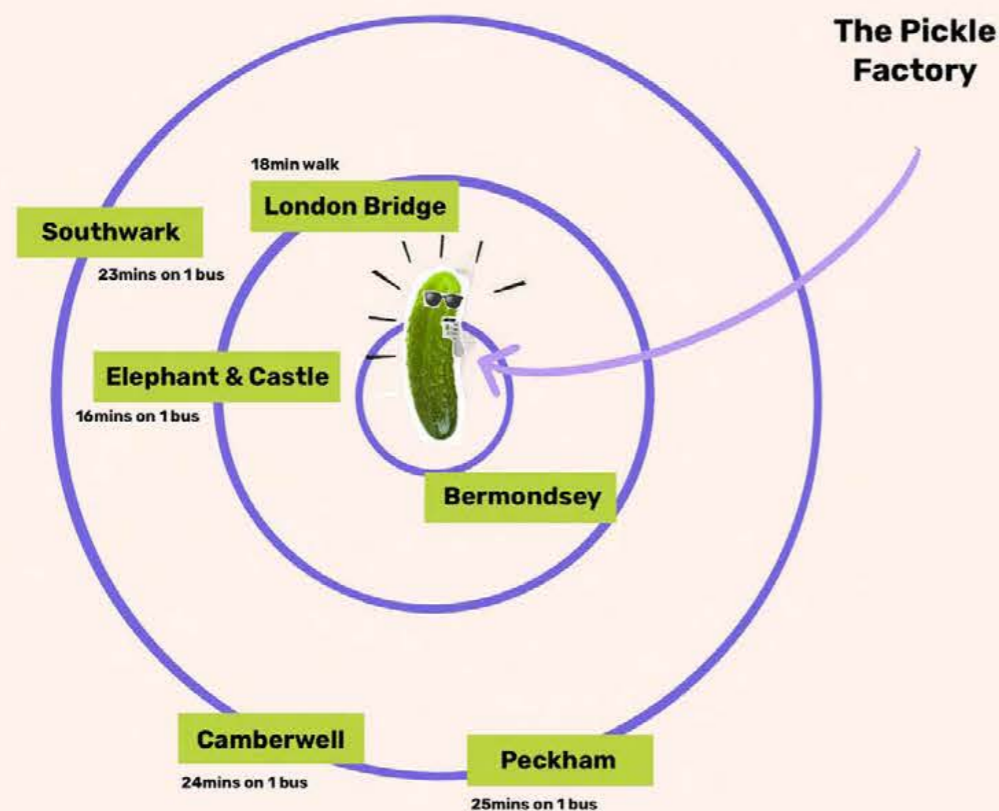
AMENITIES

🚗 ZIPCAR
🚲 BORIS BIKE
🟦 FOOD & DRINK

1   Kin + Deum
2   Black Swan Yard Coffee
3   The Hide Bar
4   Tanner & co
5   Chapter 72
6   Gidder Grocer
7   The Garrison
8   8 Street Deli
9   Comptoir Gourmand
10 The Woolpack
11 José
12 Pique-Nique
13 Fuckoffee
14 Loyal Tavern
15 Hakata
16 Café Murano
17 Pizarro
18 Two One Four
19 Flour & Grape
20 Watch House
21 Héj Coffee
22 Bermondsey Arts Club
24 Bóné Daddies
27 Sip and Sawdust
28 Blueprint Cafe
29 Le Pont de la Tour
30 The Ivy Tower Bridge
31 The Kings Arms
32 Doodle bar
33 Chpp House
34 Watch House Tower Bridge
35 Ole Ndiaerlo
36 Iro Sushi
37 M.Manze
38 The Garage Pub
39 Brew by Numbers
40 The Victoria

🔺 ART & CULTURE

1   Peter Layton Glassblowing
2   White Cube
3   Fashion and Textile Museum
4   Vitrine Gallery
5   Bermondsey Antique Market
6   London Bridge Theatre

🟢 WELLBEING

3   Go Mammoth
4   CrossFit Bermondsey

🟢 FOOD MARKETS

1   Vinegar Yard
3   Maltby Street Market
4   Tabard Street Food Market
5   Spa Terminus

LONDON BRIDGE

24

Fig 53: London Square.Amenities diagram.

What a great location!!!

Fig 54: London Square. Mr Pickle, The Pickle Factory's mascot.
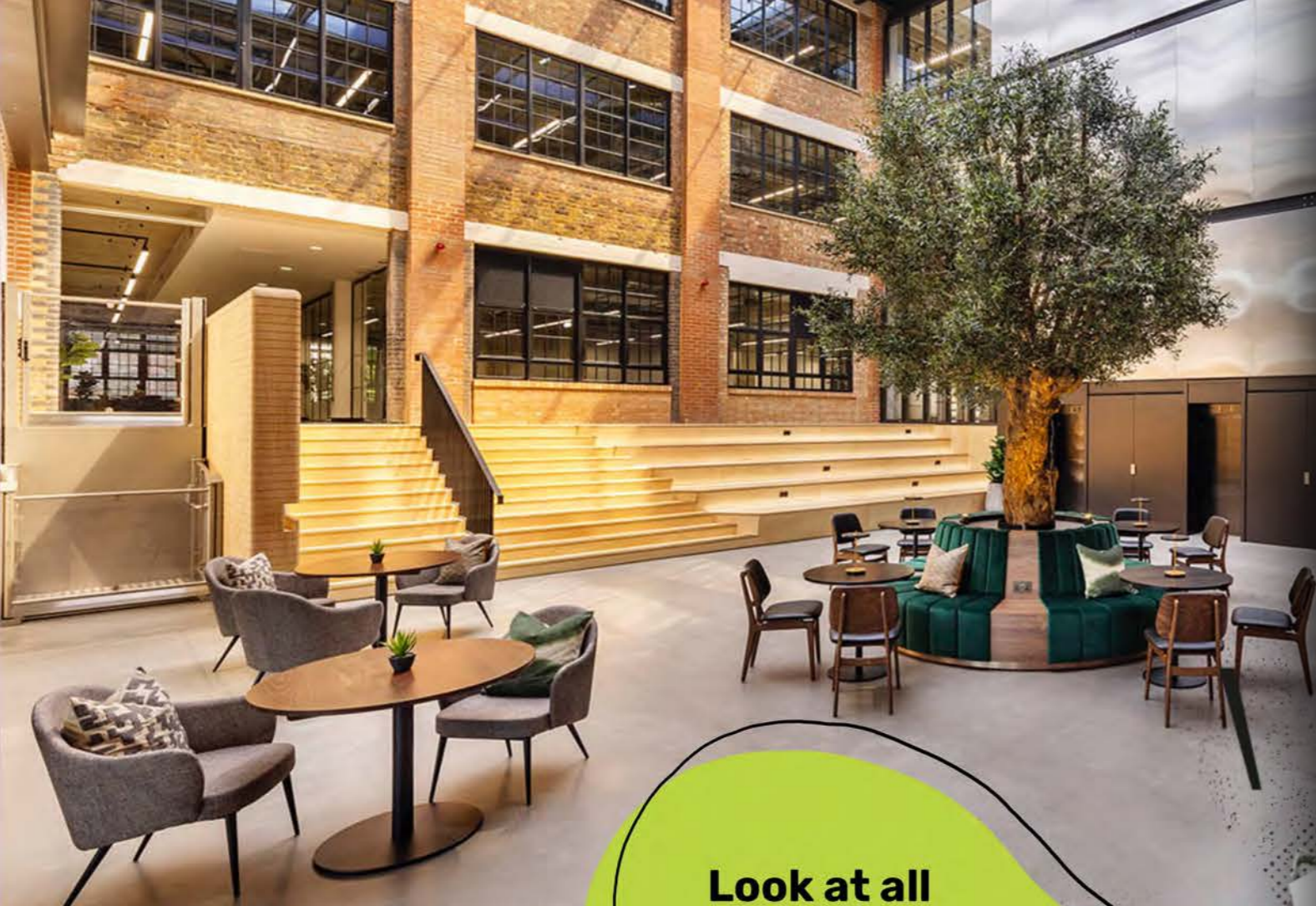
Look at all those windows!
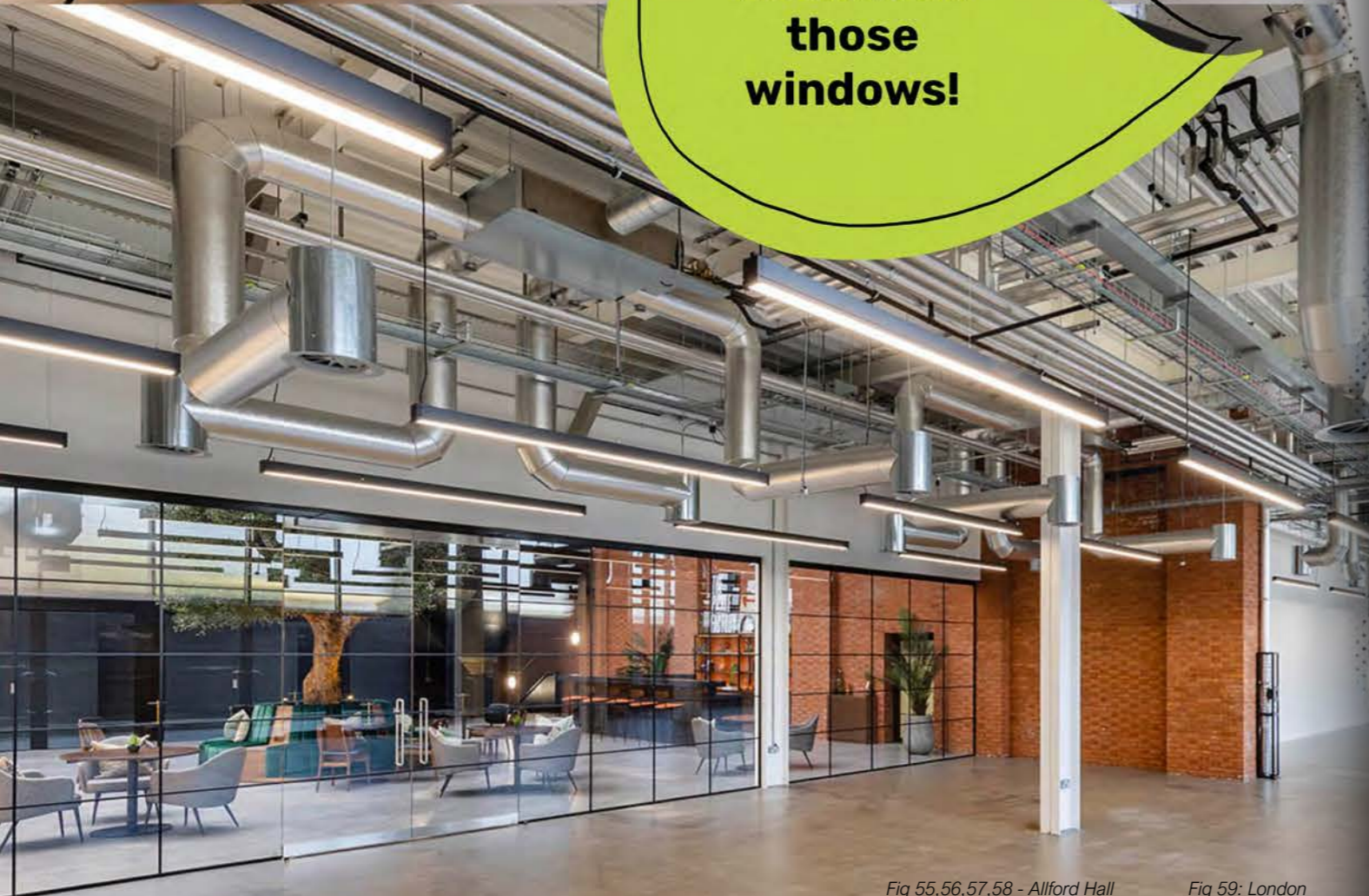
Fig 55,56,57,58 - Allford Hall Monaghan Morris, 2022. Interior photographs of the building, The Pickle Factory.

Fig 59: London Square. Mr Pickle, The Pickle Factory's mascot.

03.

Site Pros

1. Transport links

The site offers amazing transport links across the whole of London.

2. Fit for purpose

The site is currently multi-use with two floors of residential space and four floors of office units. This configuration works well for the proposed brief of a live and work bootcamp.

3. Refurbished space

The warehouse has been carefully refurbished to preserve its original character while providing modern amenities, offering a blend of old and new that can enhance the design concepts.

4. Flexible unit sizes

The building offers a variety of unit sizes, which can be combined to create larger, self-contained office spaces over two floors, providing flexibility in the design layout.

5. Vibrant location

Situated in Bermondsey, the area is known for its trendy bars, cafes, and art galleries, contributing to a lively environment.

Site Cons

1. Potential design constraints

The preservation of original industrial features, while offering character, may also impose certain limitations on design modifications, requiring careful planning to integrate modern design elements seamlessly.

2. Acoustic challenges

The open-plan nature of refurbished industrial spaces can lead to issues with sound carrying, making it harder to design spaces with effective acoustic control.

3. Noise from surroundings

Being in a lively area like Bermondsey, external noise from the street, nearby businesses, or events could be a factor to consider in the design.

UNPLUGGED

SCHEDULE OF AREAS

Cross Section
86,160 sq ft / 4 floors
8,007 sq m / 4 floors

RESIDENTIAL

OFFICES

SECOND FLOOR

FIRST FLOOR

GROUND FLOOR

LOWER GROUND FLOOR
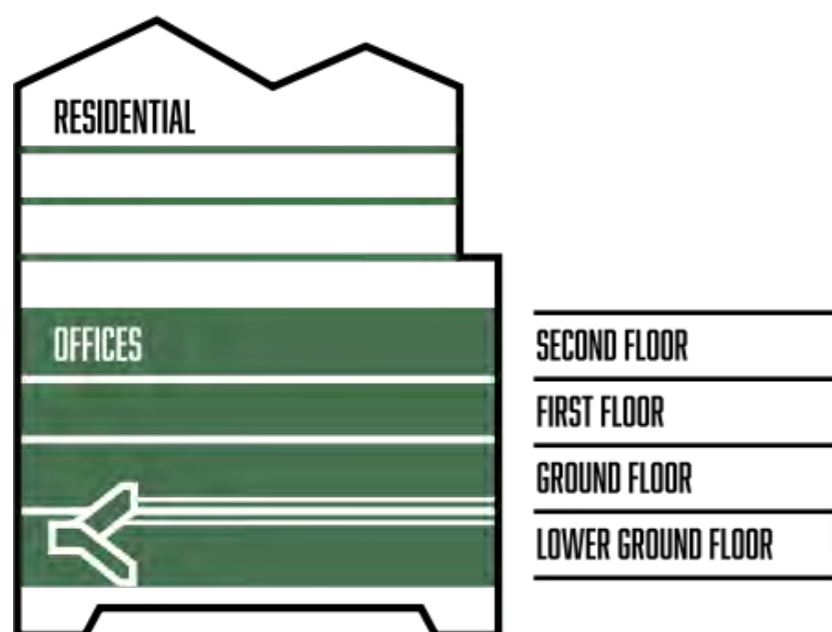
Fig 59: London Square. Schedule of areas.

Floor	Split Floor Office Space	Total sq ft
	G - 5,205 sq ft | 484 sq m H - 23,407 sq ft | 2,175 sq m	28,612 sq ft
	E - 5,184 sq ft | 482 sq m F - 23,075 sq ft | 2,144 sq m	28,259 sq ft
	A - 7,454 sq ft | 693 sq m B - 4,426 sq ft | 412 sq m (Must be let with Lower Ground Floor) C - 5,008 sq ft | 465 sq m	22,406 sq ft
	B - 2,490 sq ft | 231 sq m (Must be let with Ground Floor) D - 4,393 sq ft | 408 sq m	6,883 sq ft

LOWER GROUND FLOOR

Office Space Available
B - 2,490 sq ft | 231 sq m*
D - 4,393 sq ft | 408 sq m

N

Offices available to let

WCs & Showers

Core

Bike Store

D

B*

Cycle/End of trip facilities

* Must be let with Ground Floor

Fig 60: London Square. Lower ground floor plan.

GROUND FLOOR

Office Space Available
A - 7,454 sq ft | 693 sq m
B - 4,426 sq ft | 412 sq m*
C - 5,008 sq ft | 465 sq m

Total Floor
22,406 sq ft | 2,083 sq m

Reception / Atrium
5,518 sq ft | 513 sq m

N

Self contained entrance →

C

Main entrance →

Reception/Atrium

A

B*

B*

* Must be let with Lower Ground Floor

Offices available to let	Reception / Atrium	Core	WCs	Let

Fig 61: London Square. Ground floor plan.

FIRST FLOOR

Office Space Available
E - 5,184 sq ft | 482 sq m
F - 23,075 sq ft | 2,144 sq m

Total Floor
28,259 sq ft | 2,626 sq m
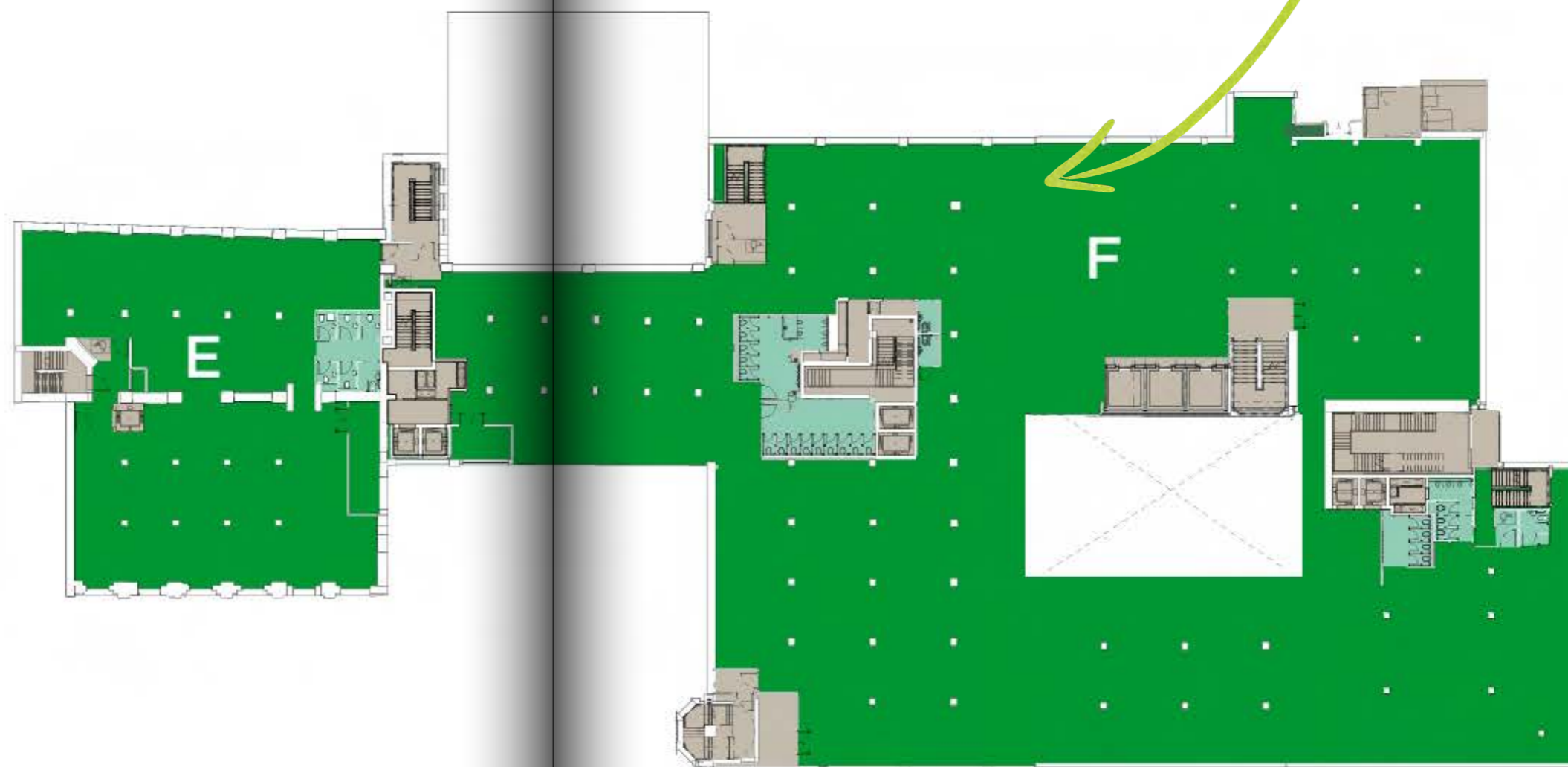
This is the floor I would like to use, but only 700mq of it.

N

Offices available to let

WCs

Core

E

F
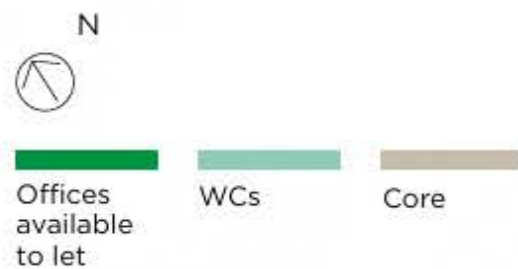
Fig 62: London Square. First floor plan.

SECOND FLOOR

Office Space Available
G - 5,205 sq ft | 484 sq m
H - 23,407 sq ft | 2,175 sq m

Total Floor
28,612 sq ft | 2,659 sq m

N

Offices available to let

WCs

Core

G

H
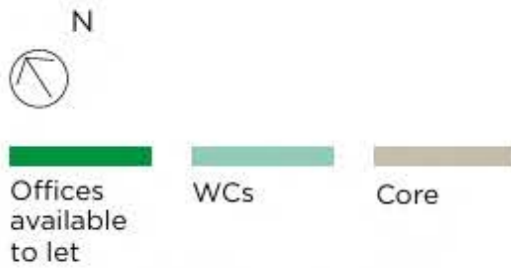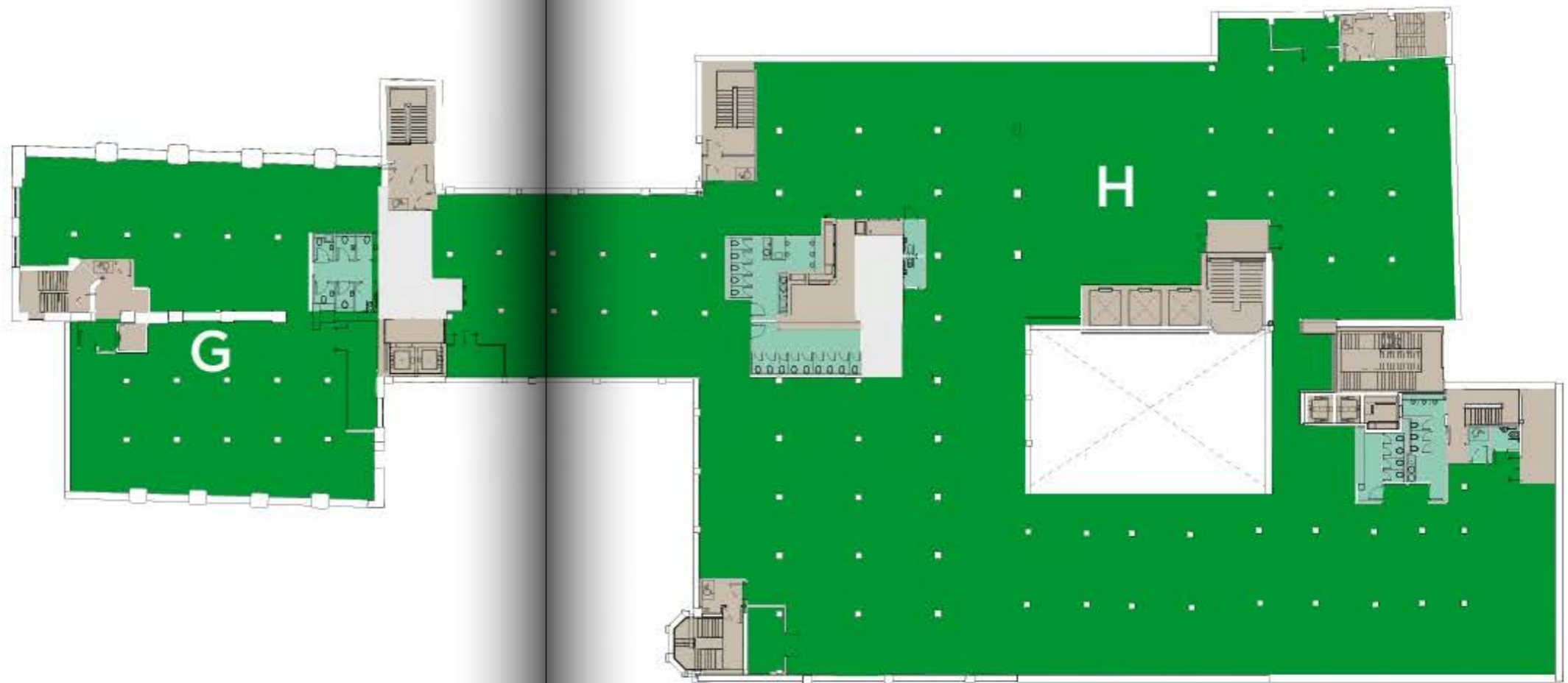
Fig 63: London Square. Second floor plan.
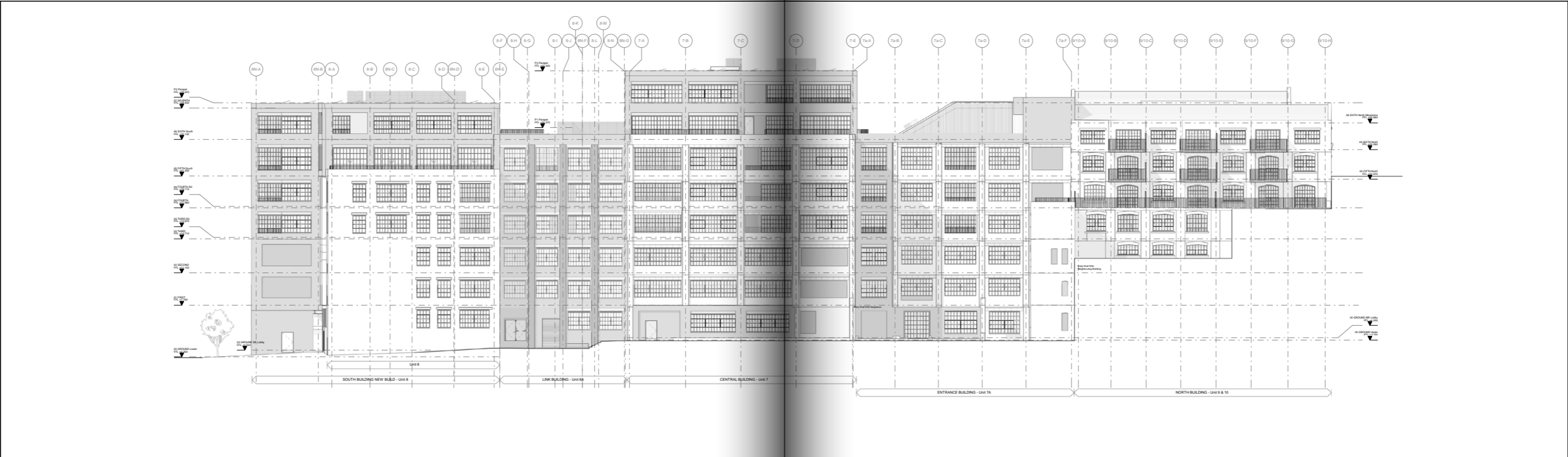
01 East Elevation - GA
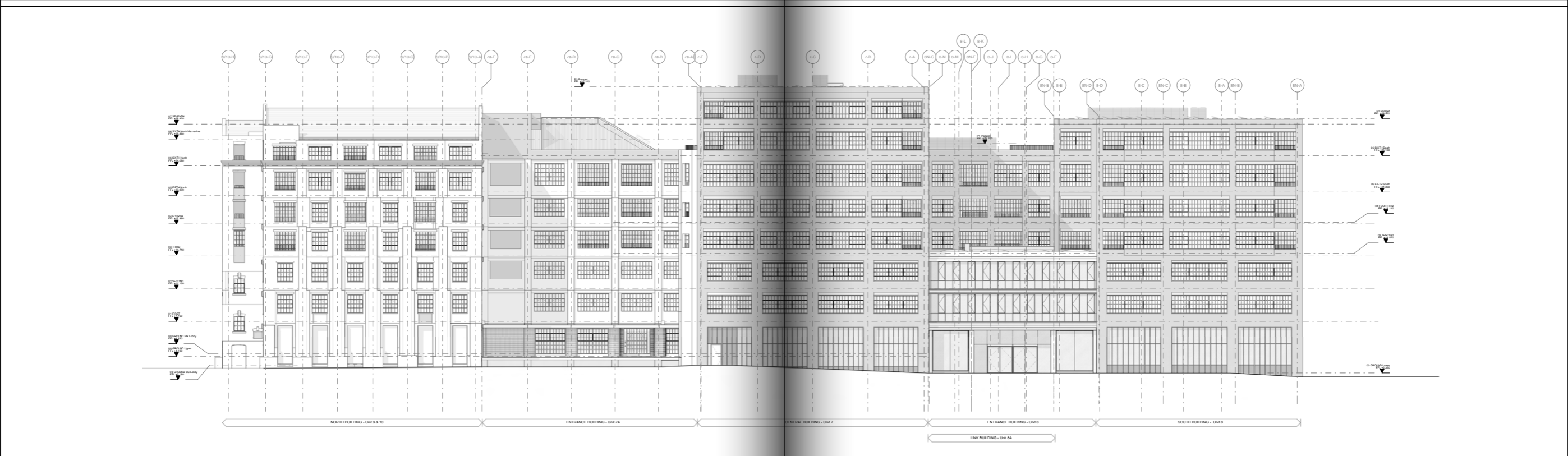
02 West Elevation - GA

NOTE:
AHMM drawings and set out based upon 3d CADMAP Survey received 2017/01/20.

Commercial layouts and design pending commercial brief and subject to change.

REV	DATE	DESCRIPTION
T01	11/08/17	TENDER
C01	22/12/17	STAGE 4 ISSUE
C02	06/12/19	STAGE 4 REVISION No. 15
C03	06/12/19	Issued for NMA Application - Unit 8a East Elevation

NOTE TO ALL PACKAGES: T-Sheet codes - eg. IWS-001 - refer to the NBS specification for the relevant package, which is identified by the bracketed numbers on the sheet number ie. (00) For T-Sheet please refer to 15149_(T-Sheet)_900.

IMPORTANT NOTE TO ALL CDP PACKAGES:

The Construction Drawings and Construction Documents are indicative of the design intent and define the performance criteria, the mandatory geometry of the exposed surfaces and joint positions, and detail the required principal materials and visible finishes. The Contractor shall be responsible for developing, coordinating and completing the design in accordance with the above and other Construction Documents. Any suggested solutions described on the Construction Drawings shall not in any way relieve the contractor from his responsibility for the design, coordination and construction of the whole of the Works.

CONSULTANTS	
CLIENT:	LONDON SQUARE
ARCHITECT PLOT 5:	AHMM ARCHITECTS
LANDSCAPE ARCHITECT:	TOWNSHEND
MECHANICAL ENGINEER:	DESCO
STRUCTURAL ENGINEER:	WATERMAN GROUP
TOWNSCAPE CONSULTANT:	PROF. R. TAVENOR
TRANSPORT ENGINEER:	WSP
WASTE CONSULTANT:	WSP

NOTE

When this drawing is issued in uncontrolled CAD format it will be accompanied by a PDF version and is issued to enable the recipient to prepare their own documents / models / drawings for which they are solely responsible.
The recipient should report all drawing errors, omissions and discrepancies to the architect. All dimensions should be checked on site by the contractor and such dimensions shall be the contractor's responsibility.

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ARCHITECTS Ltd
MORELANDS, 5-23 OLD STREET LONDON EC1V 9HL
TEL 020 7251 5261 FAX 020 7251 5123 WEB WWW.AHMM.CO.UK

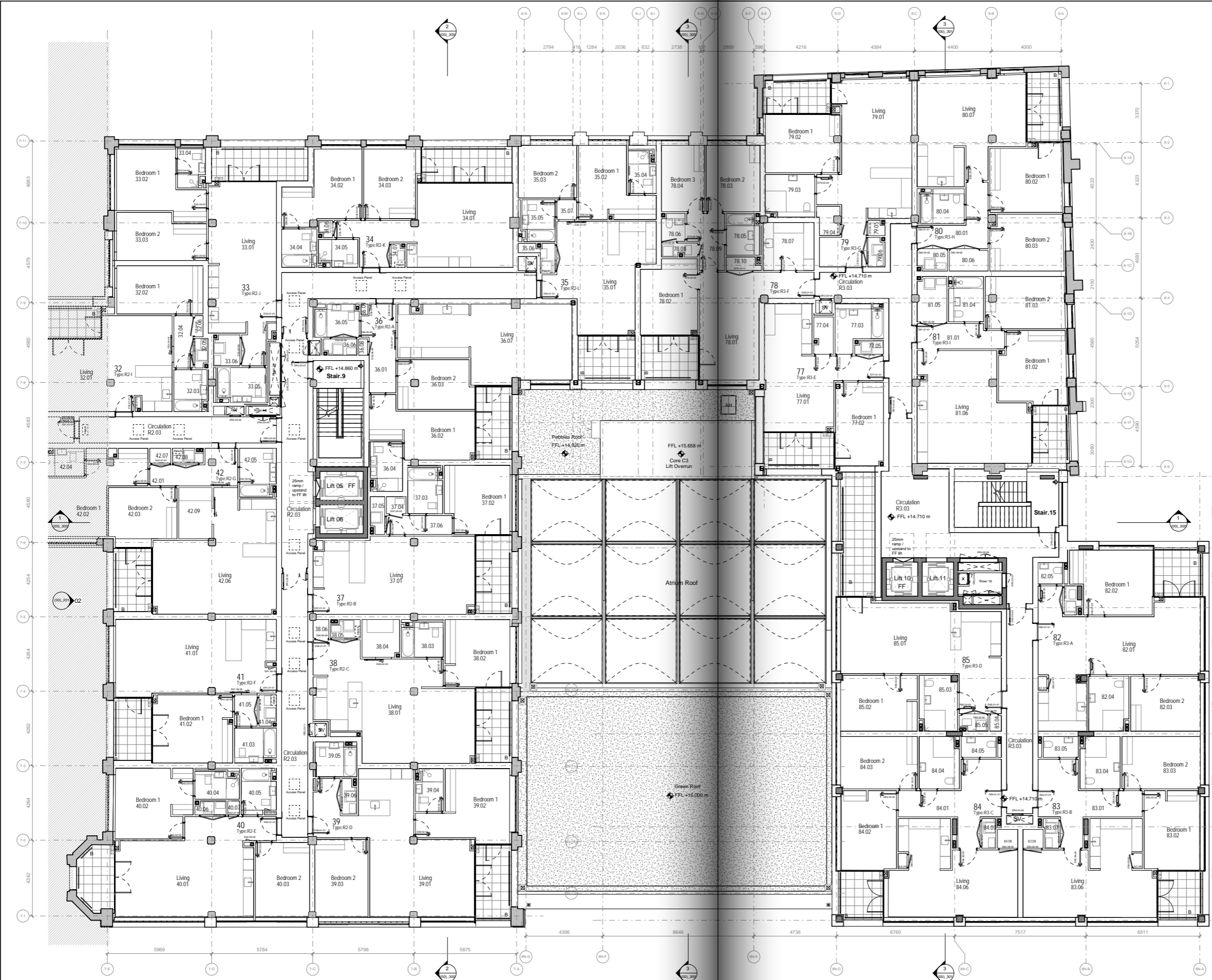job title
LSQ BERMONDSEY - PLOT 5

drawing title / location
GA Elevations - East and West

drawn by	checked	scale	status
KJ	LL	1 : 200@A1	CONSTRUCTION

project	zone	type	classification	drawing no.	revision
15149	P5	-	(00)_200		C03

KEY

Proposed
Existing

Fig 64: Allford Hall Monaghan Morris, 2022. East & West elevation.

Fig 65: Allford Hall Monaghan Morris, 2022. Third floor residential.

KEY

	Existing
	New Structure
	Floor Access Panel
AH	Access Hatch
AOV	Automatic Opening Vent
B	Balcony
T	Terrace
FF	Fire Fighting Lift
	Dry Riser

NOTE:
Core setting out in abeyance pending lift manufacturer confirmation.

NOTE 01:
AHMM drawing and set out based upon 3d CADMAP Survey received 2017/01/20.

UNIT 7   UNIT 8

REV	DATE	DESCRIPTION
T01	11/08/17	TENDER
T02	29/09/17	TENDER
T03	01/11/17	TENDER
C01	22/12/17	STAGE 4 ISSUE
C02	22/01/18	STAGE 4 ISSUE
C03	07/02/18	STAGE 4 REVISION
C04	04/04/18	Stage 4 Revision
C05	27/04/18	Stage 4 Revision
C06	29/06/18	STAGE 4 REVISION - LSQ AUDIT
C07	18/07/18	STAGE 4 REVISION - LSQ AUDIT Batch 2
C08	22/03/19	STAGE 4 REVISION, including Veretec Audit 08
C09	15/10/19	STAGE 4 REVISION No. 13
C10	04/11/19	STAGE 4 REVISION No. 14
C11	06/12/19	Issued for NMA Application - Unit 8a East Elevation

CONSULTANTS

CLIENT:	LONDON SQUARE
ARCHITECT PLOT 5:	AHMM ARCHITECTS
LANDSCAPE ARCHITECT:	TOWNSHEND
MECHANICAL ENGINEER:	DESCO
STRUCTURAL ENGINEER:	WATERMAN GROUP
TOWNSCAPE CONSULTANT:	PROF. R. TAVENOR
TRANSPORT ENGINEER:	WSP
WASTE CONSULTANT:	WSP
ACOUSTIC CONSULTANT:	PARAGON ACOUSTICS
FIRE CONSULTANT:	FIRE DESIGN SOLUTIONS
FACADE CONSULTANT:	OPTIMISE

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job title
LSQ BERMONDSEY - PLOT 5

drawing title / location
GA Plans - Fourth Floor South

drawn by	checked	scale	status
RS	LL	1 : 100@A1	CONSTRUCTION

project	zone	source	classification	drawing no.	revision
15149	P5	A	(00)_131		C11
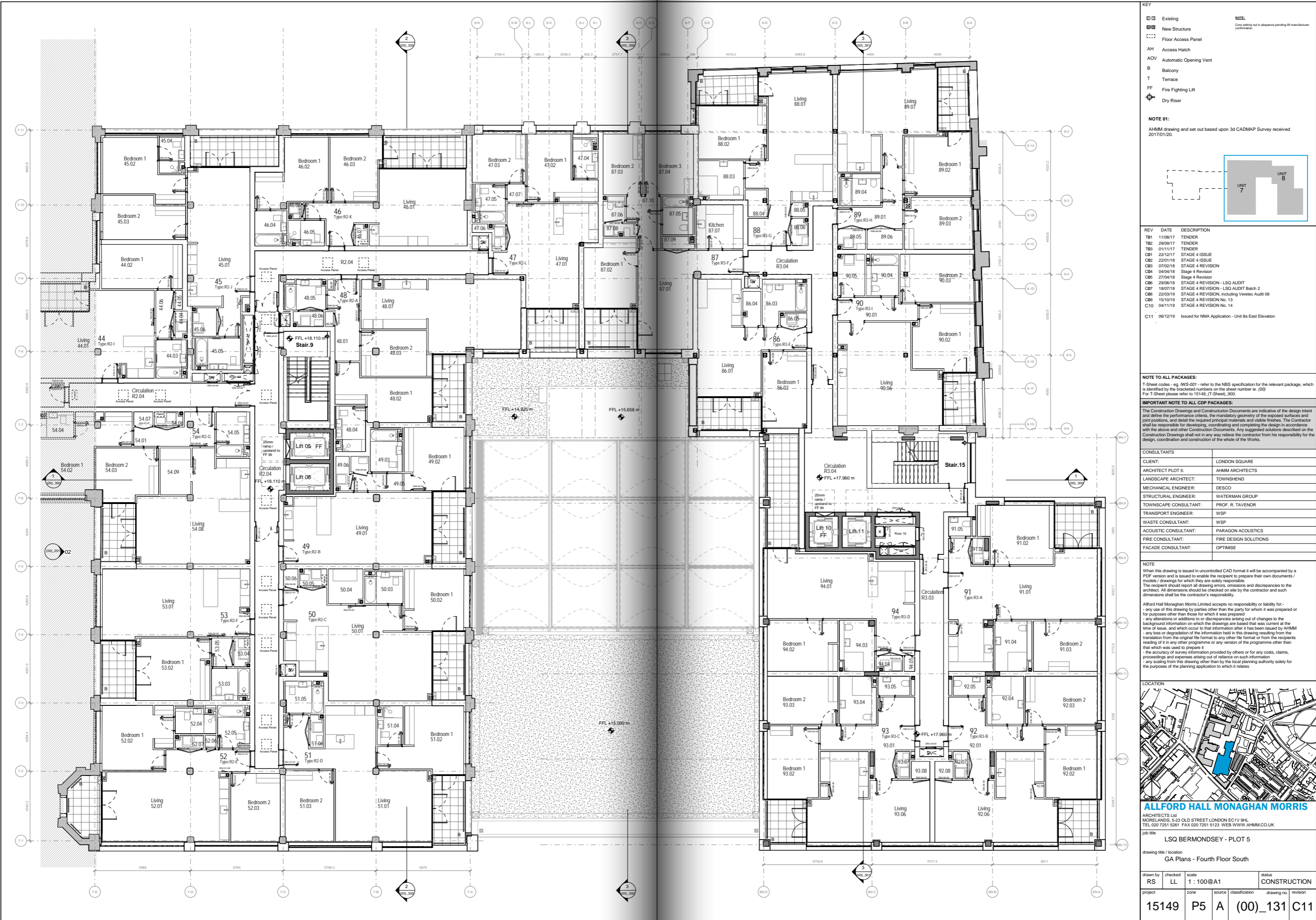
Fig 66: Allford Hall Monaghan Morris, 2022. Fourth floor residential.

88   89
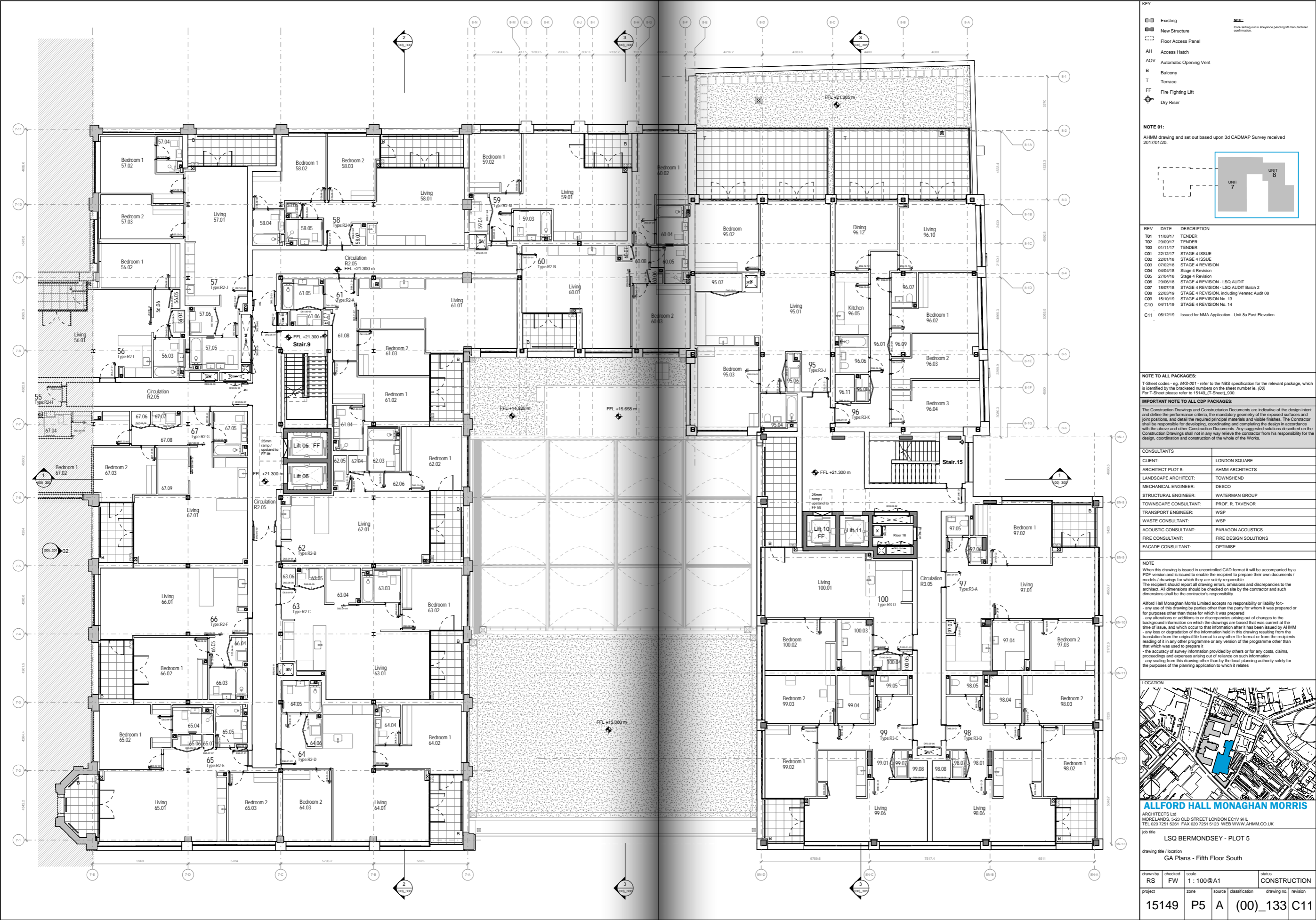
Fig 67: Allford Hall Monaghan Morris, 2022. Fifth floor residential.

04.

ZPSP
LUGGED

04.

Conclusion

In Conclusion, the "Unplugged" project presents a revolutionary way to address the difficulties that professional eSports athletes, especially League of Legends players, encounter. The idea is to develop a comprehensive and progressive preseason bootcamp that emphasises athletes' physical and mental well-being while encouraging diversity and work-life balance alongside building an offline community. This project is the result of a thorough awareness of the present issues facing the sport, especially with regard to the negative effects that rigorous training and the competitive atmosphere have on athletes' health. The need for such a facility is evident from both personal experience and in-depth research: professional eSports athletes are frequently under tremendous pressure to perform at their best, but they do not receive enough support in areas like mental health, physical recovery, and career longevity.

Using modern technology and wellness practices, the "Unplugged" bootcamp will offer an environment where athletes may prioritise their general health in addition to improving their mental health and performance. The bootcamp seeks to challenge the conventional eSports atmosphere, which frequently places players under extreme pressure at the expense of their own health, by encouraging recuperation, physical fitness, and mental wellness. Modern training areas, injury-preventive ergonomic settings, and communal areas where athletes can socialise and "unplug" from screens will all be included in the facility, giving them the time and space they need to rest and recharge. Additionally, by addressing the gender imbalance frequently observed in competitive gaming, the bootcamp's dedication to gender inclusivity seeks to establish a friendly environment for female players.

Time to Unplug And Switch Off

UNPLUGGED

04.

Continued

A partnership with Riot Games will support the project, which is consistent with their dedication to sustainability and player-first initiatives. The collaboration with Riot Games guarantees that Unplugged will be well-funded and associated with the top competitive gaming brand in the market. The brand's focus on creating meaningful player experiences aligns nicely with Unplugged's mission to improve players' health and well-being while fostering an open and balanced culture within the eSports community.

The first bootcamp will be held in Bermondsey, London, which has several benefits, such as good access to open spaces, transport and a vibrant creative environment that can inspire and improve the bootcamp experience. The Pickle Factory provides the ideal setting for the creative and progressive design of the bootcamp because of

its unique blend of industrial history and contemporary renovation. However, during the design phase, difficulties including maintaining the building's original features and handling acoustic issues will need to be carefully considered. Nevertheless, the building's adaptable design and close proximity to important facilities make it the perfect site for this project.

In summary, Unplugged is a daring move towards rethinking the way eSports athletes approach their training and well-being. By combining performance, mental health, wellbeing, and recovery in an accommodating and inclusive environment, the project aims to provide a more sustainable and holistic approach to professional gaming. This bootcamp is a crucial addition to the eSports sector since it will enhance player performance while also promoting athletes' long-term health.

I can't wait to visit!!!

Fig 68: Lily Wolstenholme, 2025. Illustrated image of a gamer.

04.
The Next Steps

Fig 69: Unknown creator. Community village architectural image.

Creating in-person community

Concept 1 - A village inside a building

This concept is focused on creating a sense of community. Inspired by street parties, I have come up with a village inside a building concept where the players will eat together. The space will immitate a street with shops and bunting.
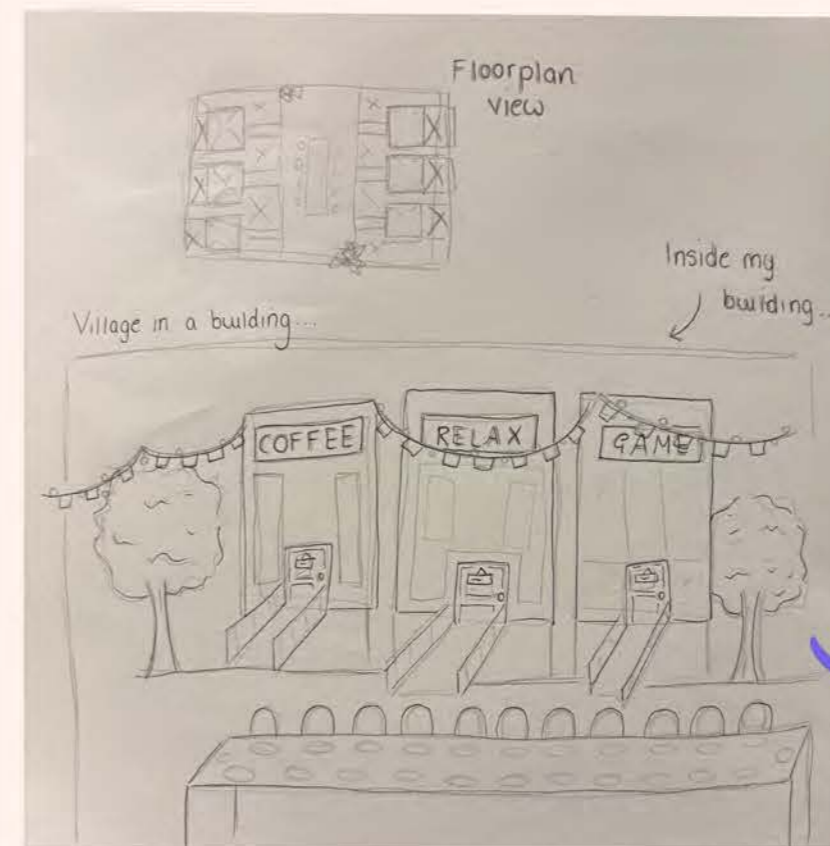
Initial sketches

Fig 70: Unknown photographer. Black and white photograph of a British street party.

LUGGED

04.

Concept 1
Ai Image experiment

Disclaimer: These images were Ai generated using chatgpt.

1. This gives a general idea on how it could look how ever, the colour scheme and functions are not right.

2. This is more like it, it's it the right direction with colour scheme and materiality. This is a good place to start for inspiration.

04.
Project Narrative

Environmental

Physical health

Community

Recovery

Mindfulness

Growth

This report is submitted in partial fulfilment of the requirements of the award of BA (Hons) Interior Design. I confirm that, except where other sources are acknowledged, this project is my own unaided work, and that its length is 4347 words.

Lily Wolstenholme
10.01.2025

L. Wolstenholme

100%

ZP
LUGGED

05.

UNPLUGGED

05.

List of figures

ZP
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05.

Figure 18 - Unknown photographer. Photograph of a yoga class at a branch of David Lloyd's club. [Online]. Available at: https://blog.davidlloyd.co.uk/exercise-classes/introducing-best-yoga-poses-for-flexibility/. [Accessed 10 January 2025].

Figure 19 - Unknown photographer and publish date. Photograph of people enjoying a street party. [Online]. Available at: https://natoora.com/en-US/contact-us/. [Accessed 10 January 2025].

Figure 20 - Lily Wolstenholme, 2025. Illustrated image of a gamer. [Digital drawing on an iPad].

Figure 21 - VenhoevenCS, 2019. Plan view of Alienware Training Facility, with zoning. [Online]. Available at: https://venhoevencs.nl/wp-content/uploads/2020/09/TeamLiquid_AlienwareTrainingFacility_VenhoevenCS-and-AHH.pdf. [Accessed 10 January 2025].

Figure 22 - Lily Wolstenholme, 2025. Illustrated image of a gamer. [Digital drawing on an iPad].

Figure 23 - Unknown photographer, 2023. Photograph of Bisons Eclub on stage playing a tournament. [Online]. Available at: https://x.com/BISONSECLUB/status/1690454814847651840. [Accessed 10 January 2025].

Figure 24 - Unknown photographer, 2024. Movistar eSports team during an on stage interview. [Online]. Available at: https://x.com/nonameeuw/status/1743982071733793253?s=46&t=ooTBDqREowsEqN2XP3MzAw. [Accessed 10 January 2025].

Figure 25 - Alex Mia. Burned matches in a row on a blue background. The concept of depression, extinction, illness, burnout. [Online]. Available at: https://stock.adobe.com/uk/images/burned-matches-in-a-row-on-a-blue-background-the-concept-of-depression-extinction-illness-burnout/212113436. [Accessed 10 January 2025].

Figure 26 - Riot Games, 2021. Photograph of professional eSports player during a tournament, looking distressed. [Online]. Available at: https://www.oneesports.gg/league-of-legends/bwipo-fnatic-worlds-2021-run-frustrated/. [Accessed 10 January 2025].

Figure 27 - Lily Wolstenholme, 2025. Illustrated image of a gamer. [Digital drawing on an iPad].

Figure 28 - Lawrence Serafico, 2023. This photograph is showing two female professional eSports players. [Online]. Available at: https://www.repeat.gg/content/highest-earning-female-esports-players/. [Accessed 10 January 2025].

Figure 29 - Lily Wolstenholme, 2025. Illustrated image of a gamer. [Digital drawing on an iPad].

Figure 30 - Riot Games. Black and White Riot Games logo. [Online]. Available at: https://www.freelogovectors.net/riot-games-logo/. [Accessed 10 January 2025].

Figure 31 - Ryan Gilliam, 2017. Photograph of Brandon Beck and Marc Merrill, co-founders of Riot Games. [Online]. Available at: https://www.polygon.com/culture/2017/10/12/16465888/ryze-tryndamere-riot-games-lol. [Accessed 10 January 2025].

Figure 32 - Unknown photographer, 2017. Photograph of Lee "Faker" Sang-Hyeok, the most famous professional eSports player. [Online]. Available at: https://www.dailymail.co.uk/sport/esports/article-5043929/LoL-Worlds-2017-SK-Telecom-T1-s-road-4th-world-final.html. [Accessed 10 January 2025].

Figure 33 - Lily Wolstenholme, 2025. Illustrated image of a gamer. [Digital drawing on an iPad].

Figure 34 & 35 - United Nations. Two of the United Nations 17 Sustainable goals, good health and well-being and gender equality. [Online]. Available at: https://www.un.org/sustainabledevelopment/sustainable-development-goals/. [Accessed 10 January 2025].

Figure 36 - Thinkstock photos, 2018. Photograph of London with Big Ben as a feature. [Online]. Available at: https://economictimes.indiatimes.com/magazines/panache/london-wants-to-be-the-worlds-most-walkable-city-plans-daily-street-tours-by-2024/articleshow/65081381.cms?from=mdr. [Accessed 10 January 2025].

Figure 37 - Ben Channon, 2018. Happy By Design book cover. [Online]. Available at: https://www.amazon.co.uk/Happy-Design-Architecture-Mental-Wellbeing/dp/1915722284. [Accessed 10 January 2025].

Figure 38 - Landezine, 2020. The seven dimensions of wellness diagram. [Online]. Available at: https://landezine.com/jin-wellbeing-county/. [Accessed 10 January 2025].

Figure 39 - Riot Games. Black and White Riot Games logo. [Online]. Available at: https://www.freelogovectors.net/riot-games-logo/. [Accessed 10 January 2025].

ZP
LUGGED

05.

Figure 40 - Ryan Gilliam, 2017. Photograph of Brandon Beck and Marc Merrill, co-founders of Riot Games. [Online]. Available at: https://www.polygon.com/culture/2017/10/12/16465888/ryze-tryndamere-riot-games-lol. [Accessed 10 January 2025].

Figure 41 - Lily Wolstenholme, 2025. Illustrated image of a gamer. [Digital drawing on an iPad].

Figure 42 - Unknown photographer. Photograph of Hoel 'Tore' Eilertsen, a professional eSports athlete. [Online]. Available at: https://esports.as.com/league-of-legends/tore/. [Accessed 10 January 2025].

Figure 43 - Unknown photographer, 2021. BBC Three docuseries 'Fight for First' with Excel Esports. [Online]. Available at: https://www.imdb.com/title/tt13782572/. [Accessed 10 January 2025].

Figure 44 - Landezine, 2020. The seven dimensions of wellness diagram. [Online]. Available at: https://landezine.com/jin-wellbeing-county/. [Accessed 10 January 2025].

Figure 45 - Allford Hall Monaghan Morris, 2022. Hand drawn context map. [Online]. Available at: https://www.ahmm.co.uk/projects/masterplanning/london-square-bermondsey/. [Accessed 10 January 2025].

Figure 46 - Allford Hall Monaghan Morris, 2022. Hand drawn context map. [Online]. Available at: https://www.ahmm.co.uk/projects/masterplanning/london-square-bermondsey/. [Accessed 10 January 2025].

Figure 47 - Allford Hall Monaghan Morris, 2022. Exterior of the building, The Pickle Factory. [Online]. Available at: https://www.ahmm.co.uk/projects/masterplanning/london-square-bermondsey/. [Accessed 10 January 2025].

Figure 48 - London Square. Mr Pickle, The Pickle Factory's mascot. [Online]. Available at: https://thepicklefactorybermondsey.co.uk/about. [Accessed 10 January 2025].

Figure 49 - Allford Hall Monaghan Morris, 2022. Exterior of the building, The Pickle Factory. [Online]. Available at: https://www.ahmm.co.uk/projects/masterplanning/london-square-bermondsey/. [Accessed 10 January 2025].

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Figure 61 - London Square. Lower ground floor plan. [Online]. Available at: https://thepicklefactorybermondsey.co.uk/about. [Accessed 10 January 2025].

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Appendix

This 28-question survey was created by me to gain an insight into the habits of gamers, their lifestyle and their experiences within the professional eSports industry. I received a total of 12 responses from a variety of players and other industry professionals.
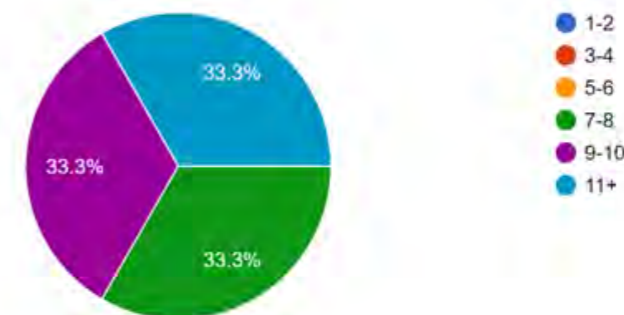
Published 16th October 2024

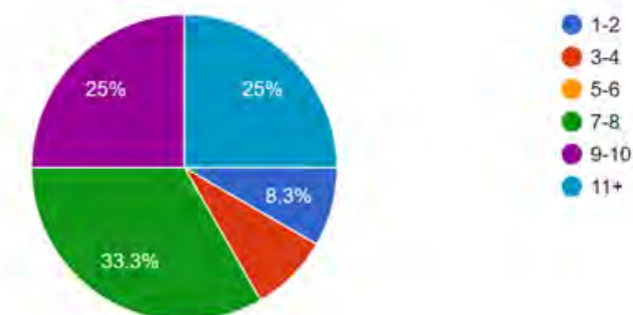How long have you been playing professionally for?
12 responses
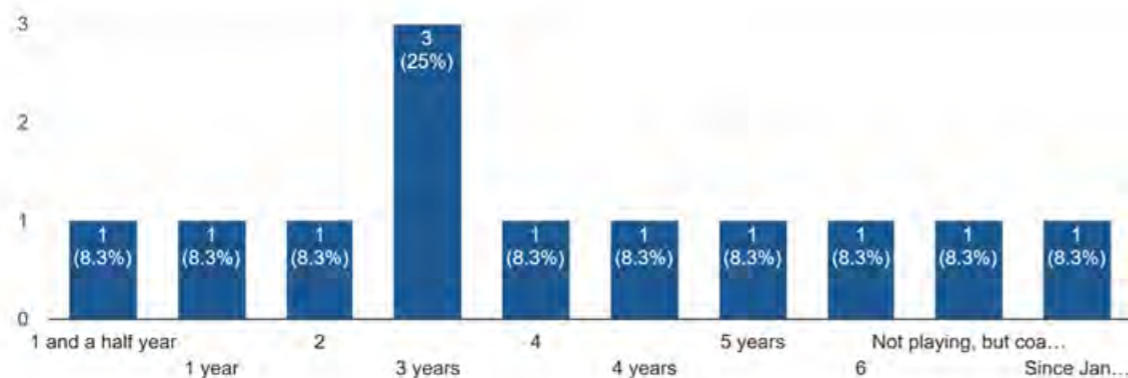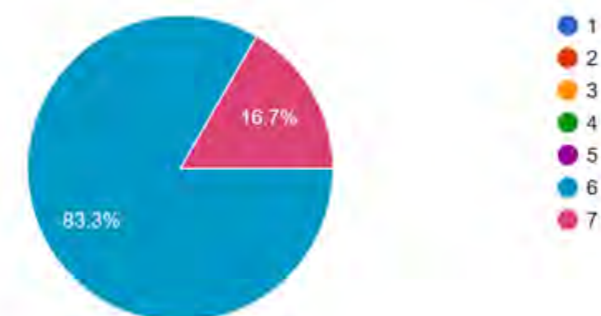

How many hours do you spend gaming a day?
12 responses

How many of these hours is for work/your job?
12 responses

How many days a week are you expected to work/game/practice for your job?
12 responses

05.

Appendix

How many days off work do you get?
12 responses
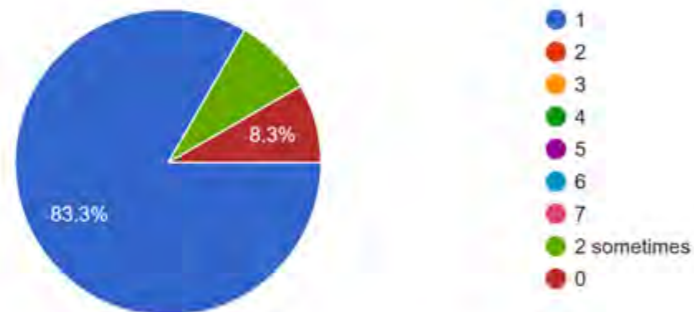
Do you game on your day off?
12 responses

If you answered 'yes' or 'sometimes' to the previous question, what is the reason you game on your day off?
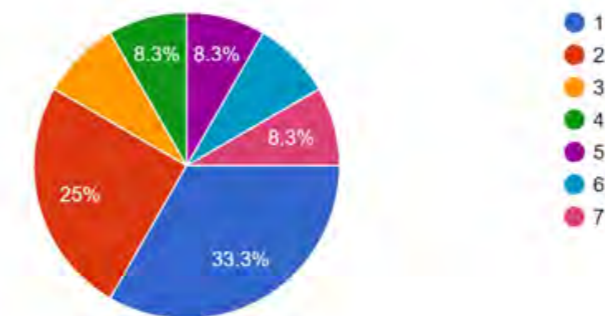12 responses

- To better my career
- For fun
- Both of the above
- Both depending on the day
- Fun and improvement
- To better my career & attachment to the game, fear of falling behind and not b...
- Nothing else to do
- Usually for networking with people playing other games
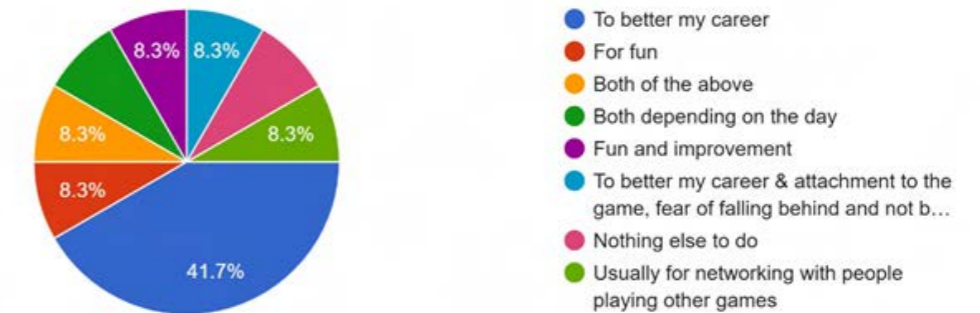
Q7. What do you do for fun aside from gaming?
1.   **Watch movies**
2.   **Sports, gym, climbing, pretty generic things**
3.   **Spending time with my gf and friends**
4.   **Going out to dinner**
5.   **Anime/Collecting K-pop Albums/spending time with friends**
6.   **I play boardgames**
7.   **Cooking, watching shows and films**
8.   **Gym, series, movies, go out**
9.   **Football, gaming, hanging out with friends, gym, anything out of the ordinary**
10.   **Going outside, exercise**
11.   **Meet friends**
12.   **Gym and play Pokémon**
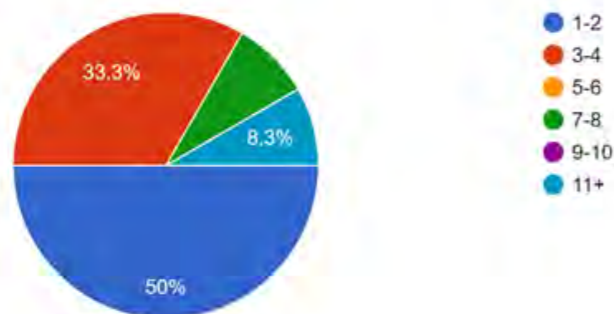
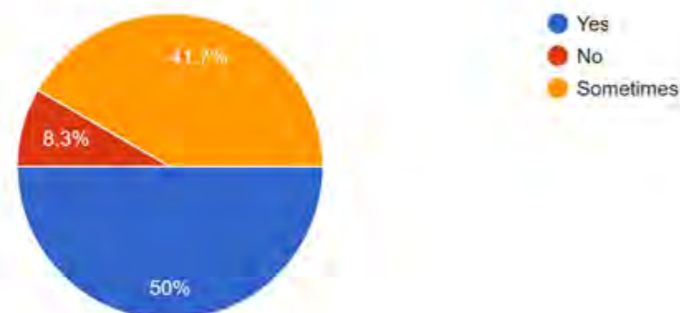How many days a week do you allocate time for this?
12 responses

05.

Appendix

How many hours on these days?
12 responses

- 1-2
- 3-4
- 5-6
- 7-8
- 9-10
- 11+

33.3%
8.3%
50%

Do you exercise?
12 responses

- Yes
- No
- Sometimes
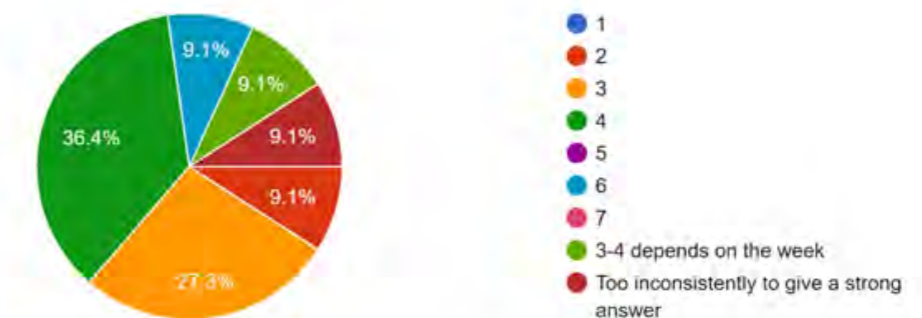
41.7%
8.3%
50%

Q10a. If you answered 'yes' or 'sometimes' to the previous question, What type of exercise? e.g. gym, tennis (please specify)
1.   Gym
2.   Gym
3.   Mainly gym but also running
4.   Hiking
5.   Gym and football
6.   Gym
7.   Gym
8.   Gym
9.   Gym
10.   Gym
11.   Gym

Q11. Why do you exercise?
1.   To be an example to other esports athletes
2.   Want to feel and look great
3.   To maintain a healthier and more stable life
4.   Healthy, will help me have a longer career
5.   Good for health
6.   To keep in form / stay healthy
7.   I like to sweat
8.   To have a better routine and a healthier lifestyle
9.   Routine
10.   Only way for me to be physically active and take care of myself

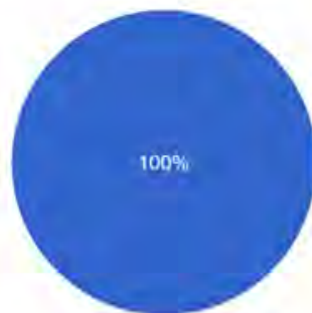How many days a week do you exercise?
11 responses

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 3-4 depends on the week
- Too inconsistently to give a strong answer

9.1%
9.1%
9.1%
9.1%
36.4%
27.3%

05.

Appendix

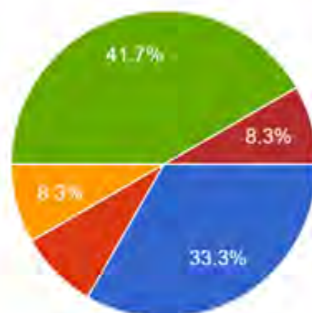### How many hours do you exercise for on these days?
11 responses

- 1-2
- 3-4
- 5-6
- 7-8
- 9-10
- 11+

100%

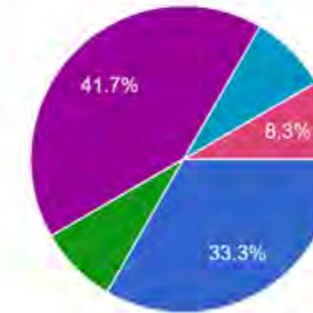### In a typical week how many times do you order take out food/fast food?
12 responses

- 1
- 2
- 3
- 4
- 5
- 6
- 7
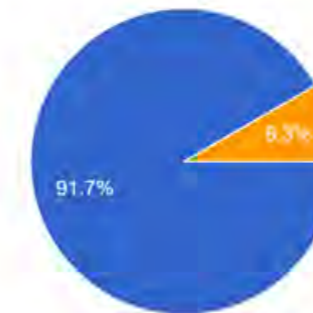- I don't order take out/fast food
- once every 2-3 weeks

41.7%
8.3%
8.3%
33.3%

Why is this?
12 responses

- For a treat
- I don't enjoy cooking
- I don't have time to cook
- I don't know how to cook
- I don't order take out/fast food
- Using it as a cheat meal/day
- Sometimes I am just lazy

41.7%
8.3%
33.3%

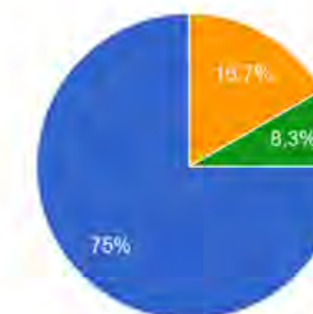### Would you benefit from having nutritious meals made for you?
12 responses

- Yes
- No
- Sometimes

91.7%
8.3%

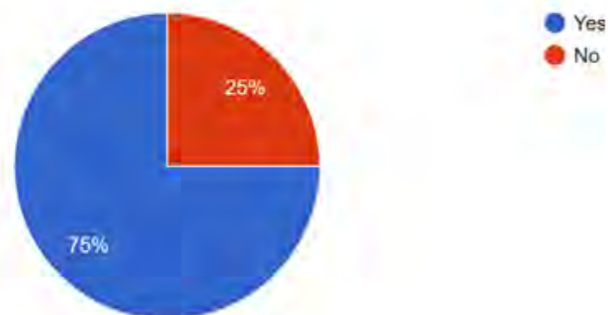### Is this something you'd like to have made available to you?
12 responses

- Yes
- No
- Maybe
- If someone is making a meal for me idc what it is, I will appreciate it either way because some went out of their way to prepare food for me. Beggars can't be choosers
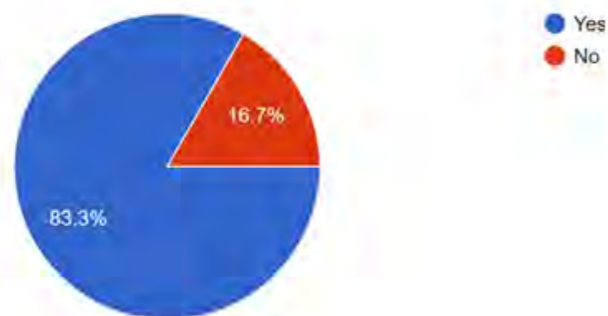
16.7%
8.3%
75%

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05.

Appendix

Have you ever experienced burn out from gaming?
12 responses

- Yes
- No

25%
75%

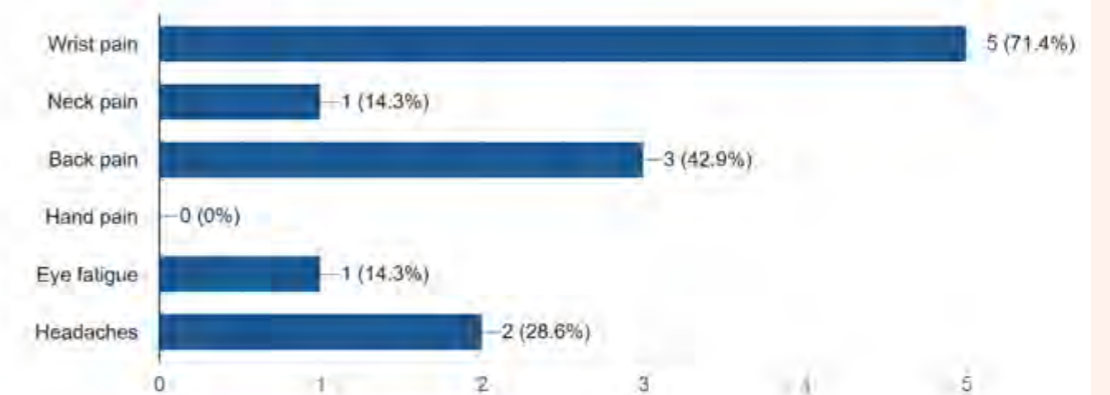Has gaming ever negatively affected your mental health?
12 responses

- Yes
- No

16.7%
83.3%

Have you ever experienced physical complications from gaming e.g. wrist or neck pain?
12 responses

- Yes
- No

41.7%
58.3%
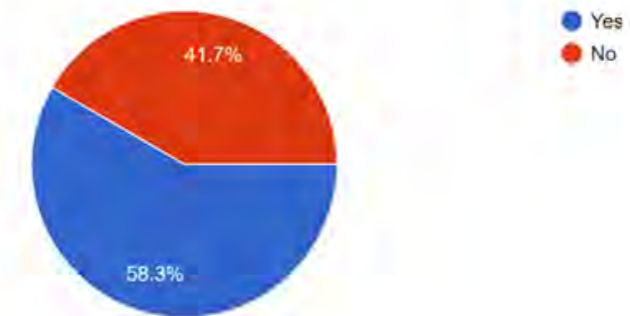
If yes, please specify
7 responses

Wrist pain	5 (71.4%)
Neck pain	1 (14.3%)
Back pain	3 (42.9%)
Hand pain	0 (0%)
Eye fatigue	1 (14.3%)
Headaches	2 (28.6%)

I prioritise my mental health
12 responses

- Agree
- Strongly agree
- Disagree
- Strongly disagree

33.3%
25%
41.7%

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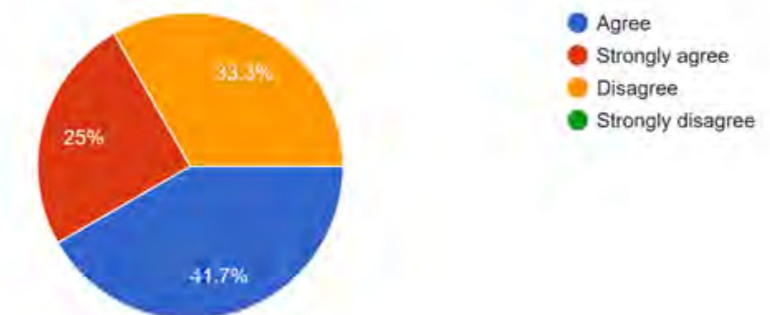
05.

Appendix

I prioritise my physical health
12 responses

- Agree
- Strongly agree
- Disagree
- Strongly disagree

16.7% 33.3%

50%
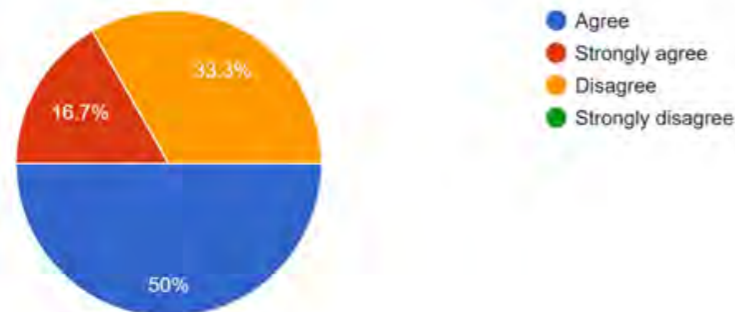
I know how to balance work and recreation/a social life
12 responses

- Agree
- Strongly agree
- Disagree
- Strongly disagree

41.7%

8.3%

8.3%

41.7%
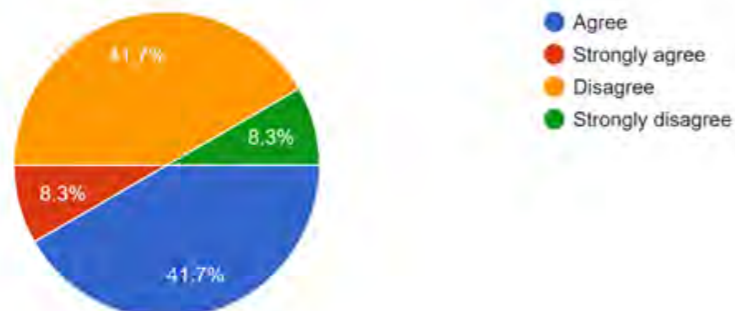
I think esports professionals are taken seriously by the general population
12 responses

- Agree
- Strongly agree
- Disagree
- Strongly disagree

41.7%

58.3%
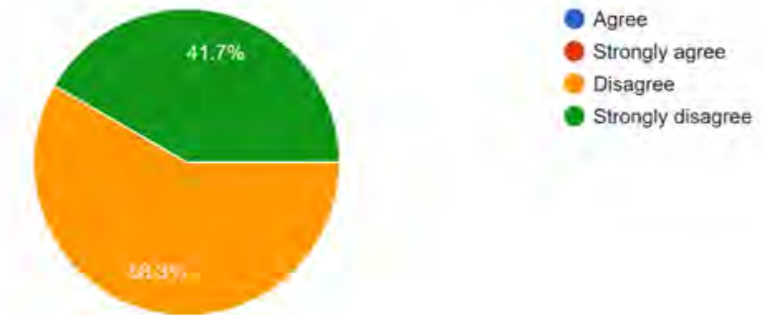
I think esports professionals should be treated like athletes
12 responses

- Agree
- Strongly agree
- Disagree
- Strongly disagree

33.3%

8.3%

58.3%
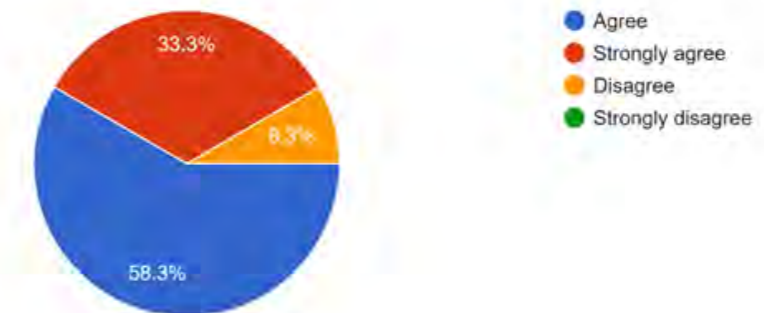
**Finally, I propose to you the Esports village...**
I am to proposing to you a new and improved version of the well-known 'gaming house' that will take shape as an esports community village with a focus on your health and wellbeing whilst creating a more balanced and well-rounded routine for esports professionals like yourselves.

Multiple professional teams will be housed here creating a community for professional esports players and their followers. Much like an Olympic village or university campus, this village will have everything you need to thrive.

Housing a plethora of things such as; a supermarket, a gym on site, sports massages, arena for streaming games to fans, on site physiotherapists and chiropractors, recreational grounds like tennis courts, different variants of rooms to game in with the highest quality pc's, nutritious restaurant and café supplying free meals and more...

05.

Appendix

Would you benefit from this?
12 responses

- Yes
- No
- Not sure+

91.7%
8.3%
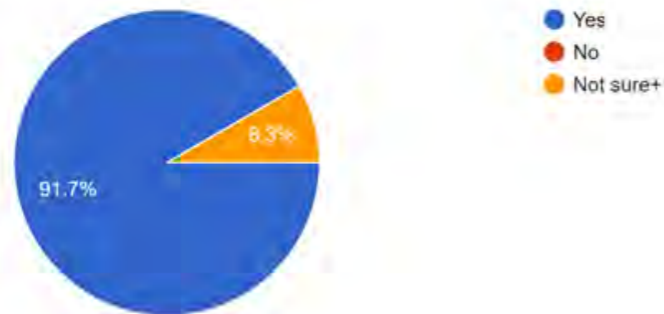
Would you want to live here?
12 responses

- Yes
- No
- Maybe

91.7%
8.3%
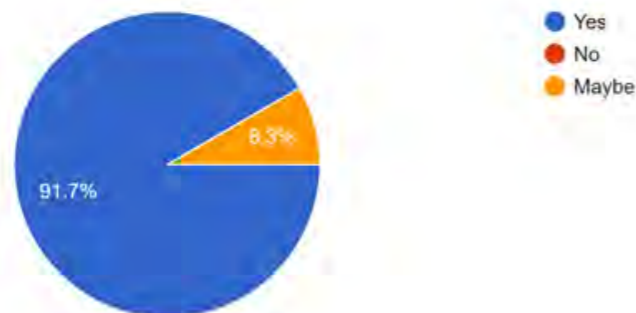
Q28. Do you have any improvements, comments or additions to this proposal?
1. No, it's a super great idea
2. Keep up the good work!
3. Not really

An illustrated essay by Lily Wolstenholme