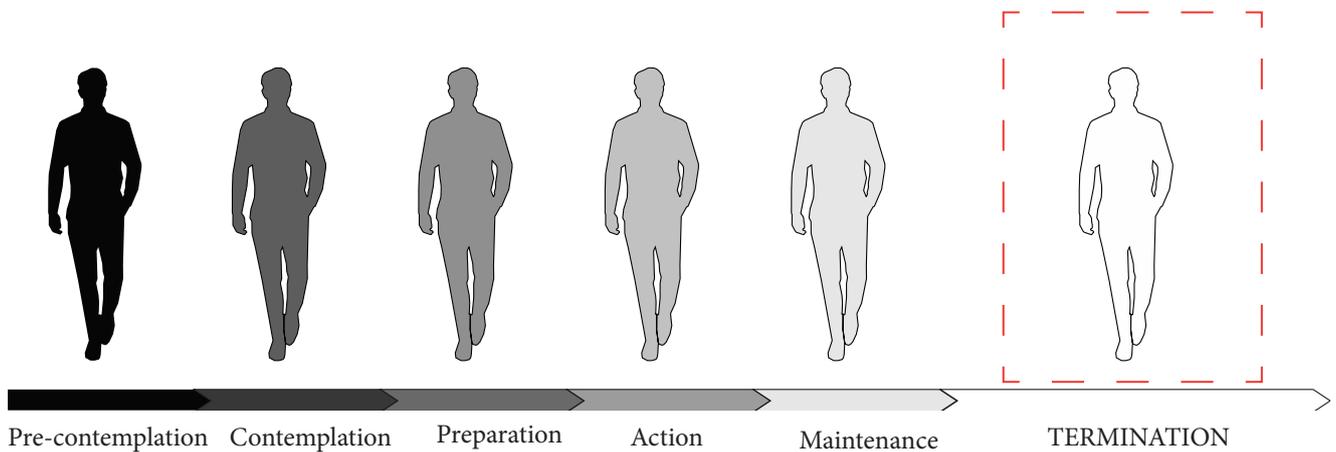


FARM - Future and Rehab Movement



Topic

Housing and workshops for former drug addicts, with a focus on space and materiality, a topic of togetherness, independence and loneliness.



Future

My project aim is to investigate an architecture derived by the challenges of starting a new sober life, and the physical and mental changes one goes through from being a drug addict and reliant on help to sustain oneself, to becoming sober and having to face the way of responsibilities and independence as a path on to a "normal life".

Through a project based assignment with a focus on space and materiality, i wanted to investigate a typology which allows for people "former drug addicts" to have a fresh start on their sober life with the functionality of a care home but the character and feel of a private house. To treat it less as a medical problem than a community problem.

The intentions of the project has been to create a housing project for former drug addicts who has been through a six step recovering process.

Termination is the ultimate goal for the stages of change. At this stage a person with substance use disorder no longer feels threatened by their substance of choice.

Rehab

The environment plays a crucial role in people's mental and social well-being. Living outside the city, close to nature and away from city noise and from places where they used drugs can have a significant impact on the journey to sober life.

Living in a smaller community where you can meet the same people from day to day, at the grocery store, cafe or out in nature surroundings can possibly make it easier to get in touch with people and create a network.

Using connection with nature as a method for therapy and social interaction between the residents takes place in the context of a profitable agricultural business (the farm).

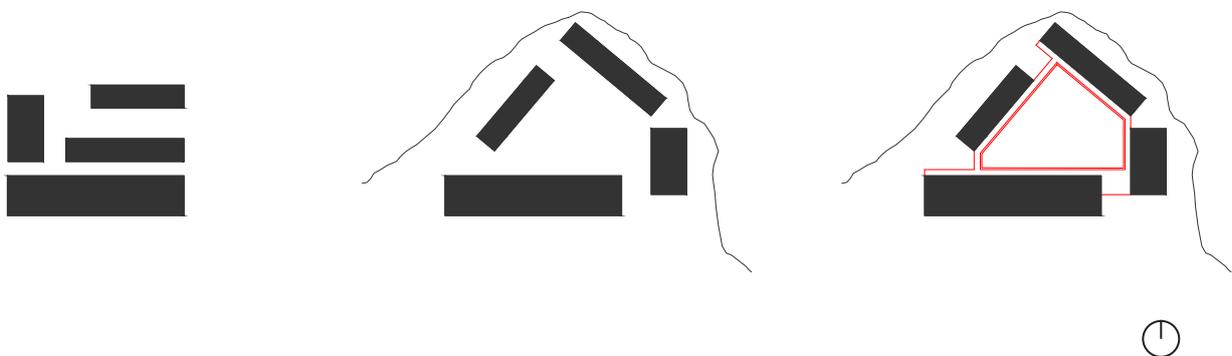
Movement - Terms like Green Care, Farm Care and Farming for Health are well known for the movement that involves farmers and the health-care community working together to create an environment in which the care and nurturing of plants as an aspect of therapy. Incorporating courtyards and farming as a therapy process has been used since 13th century.

Working close with nature can be a platform to interact with it. By giving them something to be passionate about they can develop craft strengths and by working together they can teach to rely on each other in order to work together. Through the process they can discover their own self-reliance. Using craftsmanship as a rehabilitation, and making the former addicts feel like an important participant in a community, and accountable to its members.

Project description

The project is located in Liervalley "The green lounge" between Oslo and Drammen, and it consists of four individual buildings arranged as a "Tun" around a magnified courtyard. The buildings are arranged on the site according to the program, qualities and the atmosphere I wanted to achieve for each building. There are two private buildings located on the most private side of the site facing Lierriver. One main house facing south is placed between private building and production building. The production building faces the field of the apple trees.

The threshold between private and shared spaces is essential in the project. This four individual buildings function separately but are connected together through a promenade from the inside of the courtyard. This promenade creates a break between these different programs and it creates a beautiful journey around the courtyard moving from one building to another building and from one shared space to private one.



The bedroom - is the most private area in this project, where each resident has their own small apartment. The living room faces the courtyard, while the bedrooms are oriented towards the surroundings. The wall that parts these rooms is a pivot, which makes it possible to open up and connect two rooms together to one bigger one.

Production building - Includes apple pressing workshop, wood workshop, storage and a cafe. This building is placed on the site in connection to the apple garden.

Main Building - Includes a dining room, kitchen, living room, hobby room and an auditorium. These are buildings where the residents will eat together the main meals, as a big family.