more like marka

An urban translation of the traditional marka-cabin



0. Content

2

0. Content	2
1. Abstract	4
2.Program	10
3. Physical models	16
3. Sources	24
4.Digital posters	28

3

1. Abstract



Abstract

Theme

Sports and physical activities inevitably play important roles in the society. It has the ability to let people communicate and interact, regardless of language barriers, reiligion or socio-economic background. Physical activities are also closely related to bigger themes such as public health, integration and inclusion.¹

As areas develop and transform into more dense and urban neighborhoods, the need for both physical green spaces and social meeting points is crucial. Norwegian urban and sub-urban neighborhoods have a history of implemention of recreational facilities within their boundaries. Nowadays, recreational spaces and sport facilities tend to be de-prioritized due to high cost and density goals in residential developing areas.² However, the topics of social sustainability is getting as much attention as environmental aspects in the recent EU taxononmy reports³, and a general global emphasis of the *active citizen* is getting attention.⁴

My impression is that easy accesible facilities for activity not only improves the public health. It also holds a huge potential for contributing to attractive, social sustainable neighborhoods.

Program

The intersection point between sports and outdoor recreation can be articulated through a typology with a strong position in norwegian recreational outdoor culture; The *markastue*. In the areas surrounding Oslo, there are about 1,7 million acres of natural, recreational areas, known as "marka". It is a huge resource, and it keeps getting more important as clean air, fresh water and living nature no longer is a matter of course. However, as a natural result of being placed within Marka, it requires knowledge, transportation, and quite a lot of motivation to seek out these spots. The domain and presence of the markastue is limited to the outskirts of the city.

My diploma project is a fragmented translation of this typology, introduced to an urban setting - a prototype for

6

how activity can be implemented to urban neighborhoods to improve and strengthen them.

The project aims to create social arenas with a strong local identity and focuses on low threshold access to local activities using both existing and new structures. With the cultural history of cross country skiing as a basis, the program takes advantage of the landscape, nature and urban context through all seasons.

Site

The area of Breivoll is one of the remaining plots for housing development in Oslo. It is located at the entrance of Groruddalen, about 5 km east of the city center of Oslo. The municipality of Oslo is planning for about 3,000 housing units and 15,000 new jobs within this area. Today, the area is dominated by post industrial buildings for production and storage as well as a heavy traffic situation. However, the area is also characterized by a huge, green lunge, with a rich, natural wildlife along the Alna river.

Breivoll is facing a huge change in the coming years With the the establishment of a new metro- and train station as an important urban premise, new residential and commercial areas will arise. The outcome of a such developement will depend on the developers, the municipality and local driving forces. Regardless of the outcome of density, typologies and urban structure, emphasizing and activating the green lung will be beneficial for the situation.

I investigate how to create a strong local identity for Breivoll by enhancing physical outdoor activity as a tool in a holistic planning strategy. The distribution of residential typologies examplifies a scenario that highlights the local qualities that could be achieved in each neighborhood, as well as potential reuse of buildings.

1. (Seippel, 2002)

2. (Valle, 2009)

3. (Fabian, 2022)

4. (Wergeland, 2022)

Project

Through a reading of the constraints and possibilities that the natural environment builds up, the architectural program is distributed as seven interventions along the edge of the whole site. Each building acts as a mediator between its local neighborhood and the network of activities. They represent the intention of reaching out to a wide range of people, as an open, inviting space. A place to gather in the local community, and provide a low threshold, cheap and inclusive offer for introduction to skiing and outdoor physical activities.

The functions and sizes of the interventions vary. The program consists of a rental facility, an outdoor sauna and shower, a restaurant, a river bath, an indoor workshop, an outdoor tool station, and a multipurpose building. These nodes are linked to eachother through transverse connections across the river. Using the landscape as an untouched natural scenery helps preserve the biodiversity and the natural condition of the river. The visual qualities are actively being used as a design feature. Framing certain views, letting the buildings caricate the topography or integrate closely in nature.

The project aims to convey the cultural and industrial heritage of Breivoll through materiality and construction. The production of bricks at Alna teglverk started in 1896.⁵ In addition to strengthening a local identity, the choice of material also gives certain guidelines and opportunities for the design itself. While some functions demand heated spaces, others can do with non-climatized rooms or just a protecting roof or walls. In order to keep structures simple, the properties of the brick walls are leading for the construction, indicating the dimensions or degree of openness and porosity.

As a prototype, this translation of the marka cabin explores some aspects that can be taken into consideration when implementing activities to neighborhoods - such as accessebility, natural elements, potential reusable structures and local heritage. The project serves as a platform for physical activity itself, but also as a gate, encouraging and motivating the visitor to seek the opportunities in Marka.

8



5. (Zacchariasen, 1980) Image source: Skiforeningen / Annemarie Erichsen

9

2. Program



Functional program

The program represents an expanded, urban translation of the traditional markastue. It provides low threshold access to physical activities and outdoor life.

1. Equipment rental

Providing the right gear can be the biggest barrier when starting a new activity. The equipment rental facility is located directly at the train station, being the gate to the area itself.

2. Restaurant

Just like the traditional *markastue*, the café, or *varmestue*, offers a heated space to rest and have a small snack or big meal while waiting for the kids or after the ski.

3. Multipurpose building and tower for bird watching Forwarding physical and theoretical competence requires a multi-functional facility. The building provides both indoor and outdoor spaces for learning, as well as being rentable for private events.

4. Tool station

When going for a ski or a ride, a covered place to wax your skis or adjust your tires.

5. Workshop

A space for repairing and washing equipment, preparing skis or fixing a broken skateboard.

6. Sauna

7. A river bath

In addition to the built program, several sports-related and technical functions can be placed within existing structures or terrain.

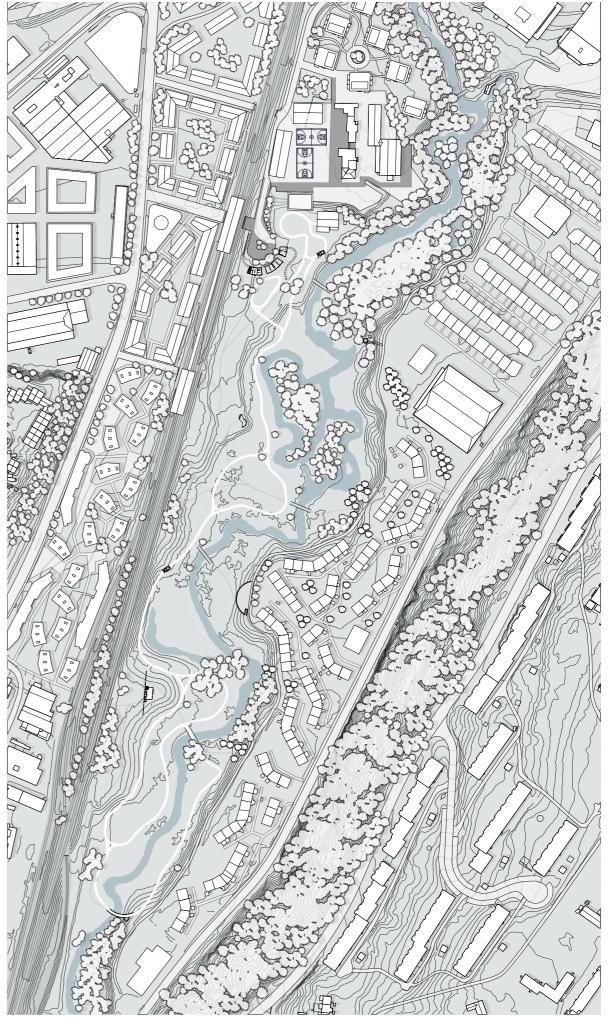
8. Street ballgames
Volleyball court, football pitch, basketball court.

- 9. Skateboarding park
- 10. Technical storage for snow production
- 11. Techinical storage for skiing tracks preparation
- 12. Skiing tracks
- 13. Area for sled sliding

12

Functional program

What	Amount/area	Notes
Equipment rental facility Reception Exhibition / Information space Cold storage Heated storage Self service pick up point Workshop	600 sqm 30 sqm 120 sqm 120 sqm 75 sqm 30 sqm	Both indoor and outdoors
Café / Varmestue Serving area Kitchen Bar WC / Wardrobe Storage	335 sqm 185 sqm 30 sqm 15 sqm 10 sqm 10 sqm	Cooking / dishes Dry / Cold / Frozen For courses, exhibitions, private
Multi purpose building Flexible area Small kitchen Toilets Storage outdoor learning space	120 sqm 65 sqm 4 sqm 8 sqm 4 sqm 30 sqm	events, etc.
Sauna Outdoors showers Changing area	12 sqm 3 sqm 6 sqm	Mainly for biking / skiing
Ski- and bike pit stop	10 sqm	Mainy for biking 7 skiing
Indoor workshop	20 sqm	
River bath Changing area Shower	60 sqm 7 sqm 7 sqm	
Skiing tracks	1km 2km	Prepared on landscape as is

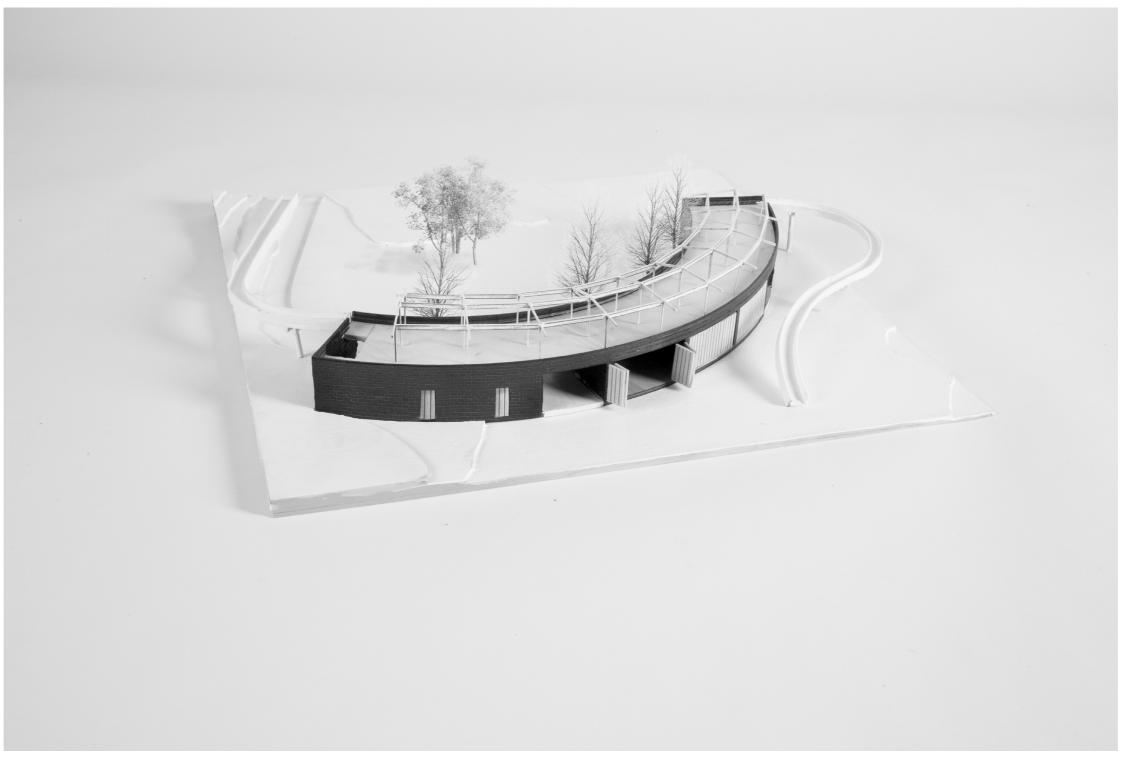


Strategic plan, 1: 1000 (594mm x 1200mm)

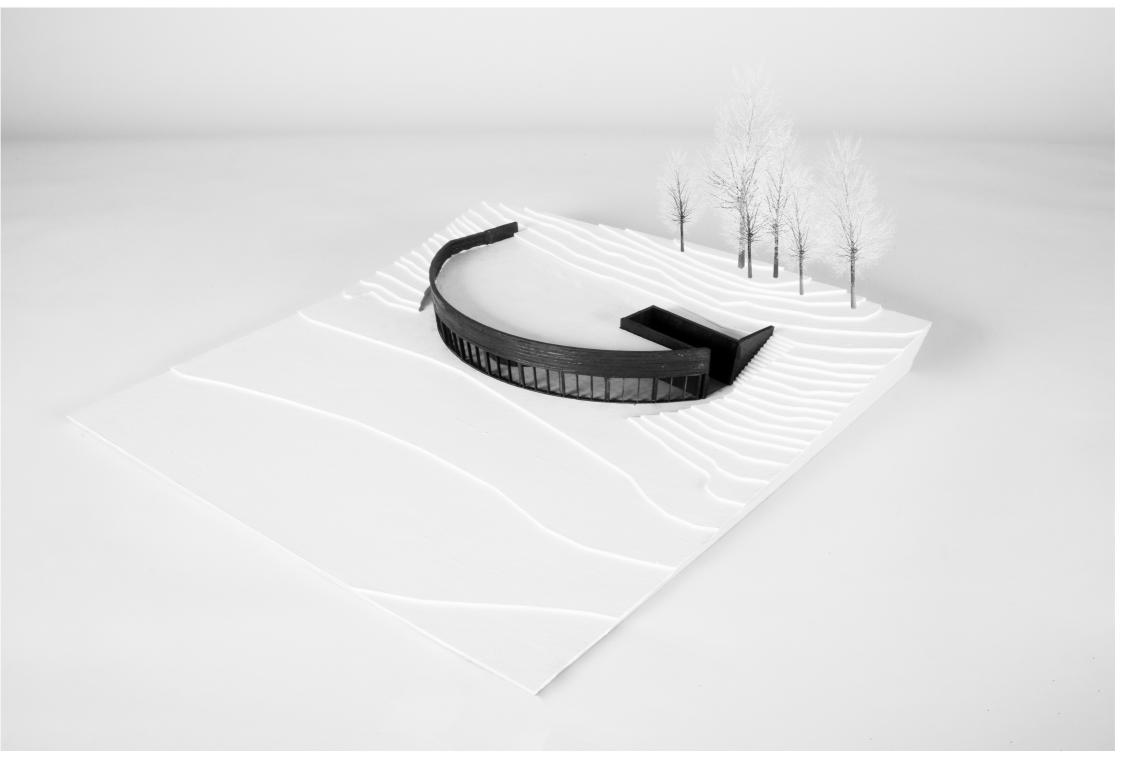
3. Physical models



Site mode, scale 1:1000



Equipment rental facility, scale 1:100



Site mode, scale 1:1000

4. Sources

Sources

BIBLIOGRAPHY

- . Seippel, Ø. (2002). Idrett og Sosial integrasjon (ISF Rapport 2002). Institutt for samfunnsforskning.
- 2. Brakestad, A. (2015, 26/8). Idrett taper pengekampen. *Universitas*. https://www.universitas.no/studentidrett/idrett-taper-pengekampen/121410

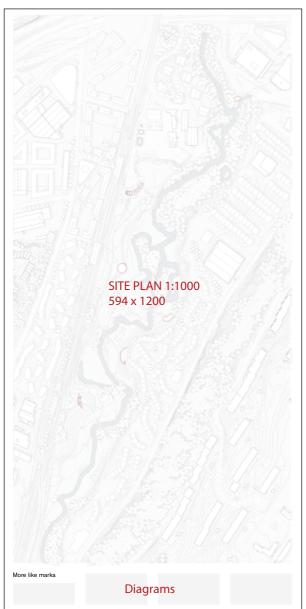
Velle, V. (2019, 9/8). 3500 leiligheter markedsført med parker og solgt for milliarder på Ensjø, men parkene bygges ikke. Nå går beboerne til Forbrukertilsynet. Østlendingen. https://vartoslo.no/audun-brandt-lagoyr-beboeraksjonen-pa-ensjoensjo/3500-leiligheter-markedsfort-med-parker-og-solgt-for-milliarder-pa-ensjo-men-parkene-bygges-ikke-na-gar-beboerne-til-forbrukertilsynet/211994

- 3. Fabian, N. (2022). Final Report on Social Taxonomy (Platform on Sustainable Finance). The EU High-Level Expert Group on Sustainable Finance, European commission. https://ec.europa.eu/info/sites/default/files/business_economy_euro/banking_and_finance/documents/280222-sustainable-finance-platform-finance-report-social-taxonomy.pdf
- 3. Wergeland, E.S. (2020). The nordic model and physical culture.
 Wergeland, E.S., Tin, M., Telseth, F., Tangen, J.O., Giulianotti. (2020). The nordic model and physical culture. Routledge.
- 4. Zachariassen, H. (1980) Teglindustriens historie.

IMAGES

- 1. Unknown photographer. (1950). Fieldsoccer in a park (Ola Narr) [Photograph]. Byhistorisk samling, Oslo Museum.
- 3. Annemarie Erichsen. (2011). Barnas Skilek (Ski playing) [Photograph]. Skiforeningen.

4. Posters







SITE MODEL 1:1000		MODELL 1 1:100	MODELL 1 1:100	MODELL 1 1:100





more like marka

Kristoffer Frydenlund Sælid

Sports and physical activities inevitably play important roles My impression is that easy accesible facilities for activity in the society. It has the ability to let people communicate and not only improves the public health. It also holds a huge interact, regardless of language barriers, reiligion or socio-economic background. Physical activities are also closely related to bigger themes such as public health, integration

As areas develop and transform into more dense and urban neighborhoods, the need for both physical green spaces and social meeting points is crucial. Norwegian urban and sub-urban neighborhoods have a history of implemention of recreational facilities within their boundaries. Nowadays, recreational spaces and sport facilities tend to be deprioritized due to high cost and density goals in residential developing areas.

potential for contributing to attractive, social sustainable

My diploma project is a fragmented translation of this typology, introduced to an urban setting - a prototype for how activity can be implemented to urban neighborhoods to improve and strengthen them.

The project aims to create social arenas with a strong local identity and focuses on low threshold access to local activities using both existing and new structures. With the activities using both existing and new structures. with the cultural history of cross country skiing as a basis, the program takes advantage of the landscape, nature and urban context through all seasons.

The projects serve as platforms for physical activity itself, but also as a gate, encouraging and motivating the visitor to seek the opportunities in Marka.

I investigate how to create a strong local identity for Breivoll, a potential residential development area in Oslo, by enhancing physical outdoor activity as a tool in a holistic planning strategy. Through a reading of the constraints and possibilities that the natural environment builds up, the architectural program is distributed as seven interventions along the edge of the whole site. Each building acts as a mediator between its local neighborhood and the network of activities. They represent the intention of reaching out to a wide range of people, as an open, inviting space. A place to gather in the local community, and provide a low threshold, cheap and inclusive offer for introduction to skiing and outdoor physical activities.





