

loneliness and architecture

BINDER 2



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“Loneliness is not a function of being alone, but rather than how socially connected you are to those around you.”

Grace Kim (2017), Co-founder of Schemata Workshops

”Being surrounded by others is good health”

Aase Vardøen

01

Introduction
Background
Thesis
Program

introduction

Loneliness is becoming an even greater issue than in previous years. In 2019 the Norwegian government launched a strategy to prevent loneliness as a part of the Public Health Report.¹ The prime minister, Jonas Gahr Støre, pointed out that loneliness is a growing challenge in modern society.² The British economist, Noreena Hertz, states in her book, *The century of loneliness*, that the 21st century is the loneliest century we have ever experienced. As a result of this growing issue of loneliness, the U.S surgeon, Vivek H. Murthy, declared social isolation to be a public health epidemic and that loneliness is becoming one of today's greatest health threatening issues.³ Recent studies show that loneliness can be even more fatal compared to heavy smoking, obesity and physical inactivity.⁴

Loneliness is the feeling of being alone. Some people feel alone even though they are surrounded by other people, but most people feel alone because they experience social isolation. There are many reasons for social isolation in modern society. Urbanization is continuing to increase, more and more people live by themselves and are economically inde-

pendent compared to only decades ago. Almost half of marriages in Oslo end in divorce, and with age both men and women experience to lose their life companion.

Loneliness is a feeling that can rise in all phases of one's life and for many different reasons. But there is also an increasing group of people that experience loneliness all through their lives.

I will also add modern architecture as part of the problem. The architecture in the post-war years has contributed to a feeling of loneliness in urban areas. The pressure to meet population-increase in cities required high density of multistorey buildings and less focus on community aspects. Together with an increasingly focus on individuality in recent years, loneliness can occur as a consequence.

1 Det Kongelige Helse- og Omsorgsdepartement. (2019).
 2 SSB (2021). Bli'r vi stadig mer ensomme?
 3 Kim, G. (2017).
 4 Østby, H. (2022)

background

Being social is a fundamental component for feeling happy. Studies have shown that mental health is greatly affected by social and spatial surroundings. Taking action to relieve loneliness, can better the quality of life, good mental health and can even prevent premature death.

In Norway, approximately one million people live alone and 34,4% of those are above 67 years old, the age when most retire.¹ In Oslo almost half of the inhabitants live alone, which makes Oslo the city with most single households in the country.

The worldwide life expectancy has increased in recent years and the senior demographic group grows. In 2020 the life expectancy for women in Norway was 84 years old and 81 years for men. By 2060 it is assumed that both genders will be expected to live beyond their nineties. The number of people above 67 years will increase from today's 670 000 to about 1.4 million by 2060.²

The intention of my project is to reduce and relieve involuntarily loneliness by proposing an architecture that encourages community and explores community

living. My site is located in suburban Oslo, close to the important node Majorstuen. Based on the increasing group of citizens 60+ living alone in Oslo, my target group is men, women and couples older than 60 years old. In addition it is important that they actively seek community and togetherness in their way of living.

My personal inspiration to this project started with my aunt. She bought an old house to be torn down, where she instead wanted to create apartments with elements of community living. During development both architects and housing entrepreneurs opposed her plans, mainly because of commercial reasons. The economic consequences would be negative compared to ordinary, exclusive apartments west in Oslo. Unfortunately, she was convinced to leave her project. Instead it inspired me to continue her thoughts and wishes for alternative housing aimed for adults 60+.

¹ SSB (2021). Nå bor over 1 million nordmenn alene
² SSB (2020). Et historisk skifte: Snart flere eldre enn barn og unge

thesis

How architecture can contribute to relieve loneliness?

The feeling of belongingness and connection is in our nature and is important for our survival as human beings. With the growing awareness of loneliness there has been signs of a renaissance in community-living type of housing, both in Norway and many other countries. People are looking for housing where sharing and belonging is part of their everyday. Community-led living is one of those aspects that should be explored and challenged, in my opinion.

Architecture alone cannot solve loneliness, but I want to explore how architecture can help relieve it. In this thesis I will look into loneliness through literature and scientific articles, and explain how spatial environments and architecture can contribute to relieve loneliness. Some case studies will in addition support my thesis.

program

My project is for people above 60 years old who seek to create community with others. Many tend to have smaller networks as they get older. Retirement can in many cases lead to loneliness because they miss everyday interactions through work. Sickness, death of a loved one and divorces can also cause increased loneliness with ageing. Every age group can experience loneliness and social exclusion, but the older you get the more vulnerable you can be to mental and physical challenges in life. That is one of the reasons why I want to create housing for healthy “young-old” (60+) who actively seek to live together with others to create a meaningful feeling of togetherness.

I believe that random encounters and informal meetings can help against everyday loneliness which is what I seek to show in my project. I want to create homes and surroundings that encourages these encounters and interactions between the residents. My intention is that such architecture can create positive communication and a safe community between them.

I have worked with visual connection and sightlines, and the use of daylight as tools to create random encounters and informal meetings.

Having visual connection between the residents the threshold for socializing will be lower and encourage interacting. Seeing activities outside your front door and knowing that you can easily join if you want to, can bring a sense of belonging as well as spontaneous interactions between residents. This can also contribute to safety and inclusiveness.

I have sought to create generous outdoor areas, one atrium and a terrace in addition to green areas. I have made this priority because the apartments are fairly small and because I believe that outdoor areas are natural places for gathering. Common areas inside, like shared kitchen, living room and dining room are available all year, but especially for the colder seasons.

Common house

Living room (1st floor)
 Living roomd (ground floor)
 Dining room (multipurpose room)
 Kitchen
 Laundry room
 Guestroom
 Common storage unit
 WC

Apartments

Living room
 Kitchen
 Bedroom
 Bathroom

Other

Bikeshed
 Workshop
 Greenhouse
 Parking space

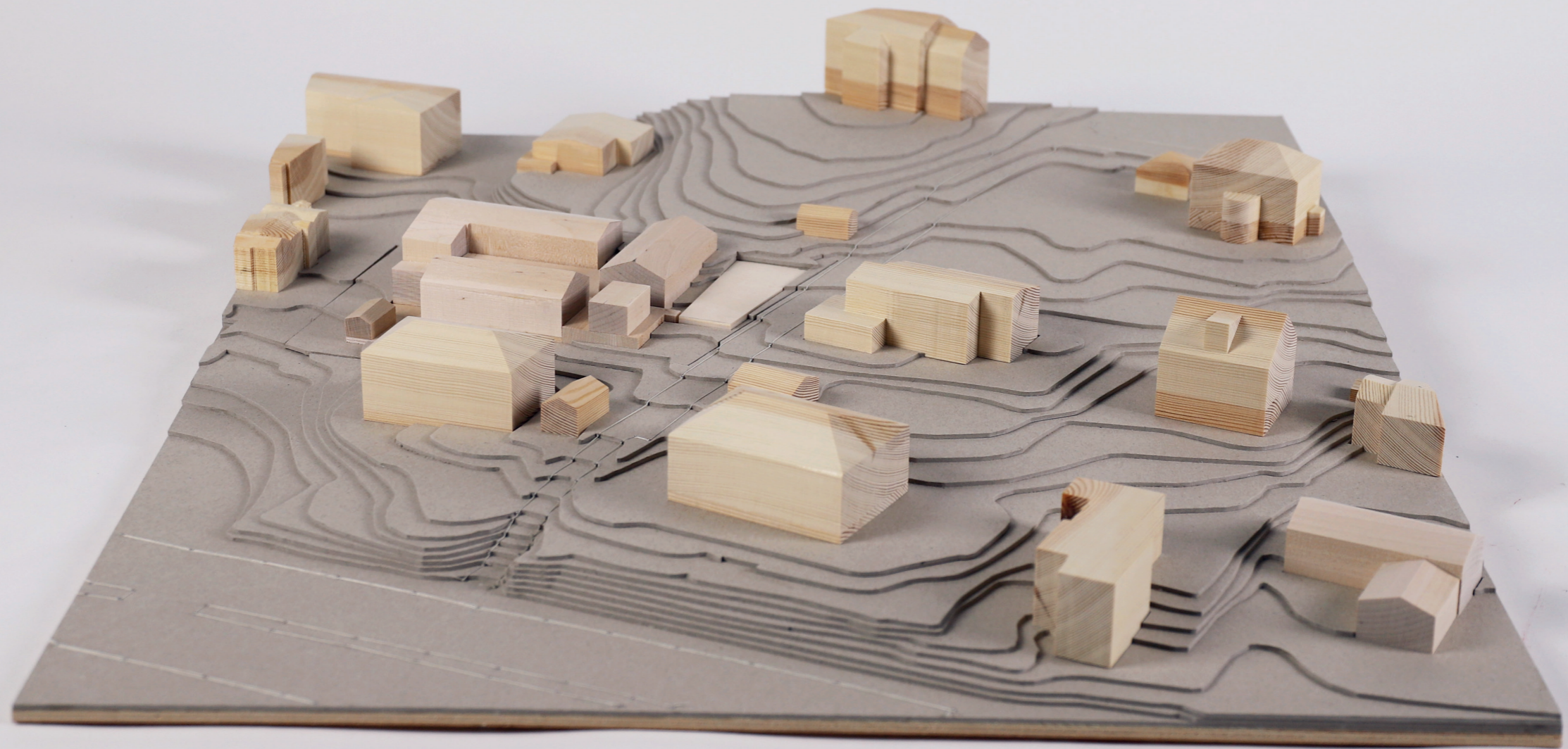
Numbers

Site: 1 968 sqm
 Floor area: 546 sqm
 Floors: 2
 Apartments: 6
 Apartment: 51 sqm
 Common rooms: 240 sqm

02

Proposal

proposal





Model 1:50

atrium

The atrium was the first building block for the design process, and it soon became the “heart” of the project. Early in the process I was inspired by Norwegian “klyngetun”. A tun is often used to describe a spatial arrangement of houses. It is buildings concentrated around an outdoor space.

In my project the atrium is meant to be what connects the residents. To leave or enter the apartment, they all have to pass through the atrium. The atrium is where the random encounters happens more than anywhere else. I imagine that sunlight is also important for a duration of such a random meeting. Therefore I have been very conscious of how the sunlight meets the atrium during the day.

The atrium is not only connecting the apartments but also connecting the apartments to the common rooms. The advantage of an atrium is the visual contact it creates. I believe if people see each other on a daily basis, the threshold to knock on the neighbor’s door becomes each time lower. One of the serious problems with modern apartment housing is that neighbors never see each other, and sometimes do not even know that they are neighbors.

I have also had thoughts about how my project, if succeeding, can have positive repercussions on the whole neighborhood. Maybe also all the other neighbors can be included in summer parties and other festivities.

common house

The common house in my project plays an important role in how the inhabitants can create community. It sticks out from the building mass and creates an immediate impression when entering the atrium. The idea is maximum availability to encourage the residents to use the rooms regularly. The common house consists of a kitchen, two living rooms, dining room (multipurpose room), guestroom and a laundry room. In addition I have designed two small workshops, one by the bike shed and one next to the storage units. A greenhouse is also for common use, located on the ground floor.

My intention is that the residents feel that the common rooms are part of their homes. Almost like an extension of their private space. With that I mean that common rooms are not meant only for big events, but more for everyday use.

Instead of having one big common room I have chosen to have three smaller ones. This gives the common rooms more flexibility for the residents as they have different needs. Some rooms can also have various functions.

There are many spaces where random

encounters can take place, like picking up your mail or parking your bike. Having a common laundry room can also make an opportunity for those meetings.



apartments

There are three buildings arranged around the atrium, and in each of them there are two apartments. The apartments are identical and counts 51 square meters each. The apartments are equipped with a bathroom, kitchen, bedroom and living room. There can be up to two inhabitants per apartment, which means a minimum of residents to live here are six and a maximum are twelve.

There are what I call extroverted rooms, and introverted rooms in the apartments. By extroverted I mean rooms that connect to the atrium, and the introverted are further back and dividing the apartments in a front part and a back part.

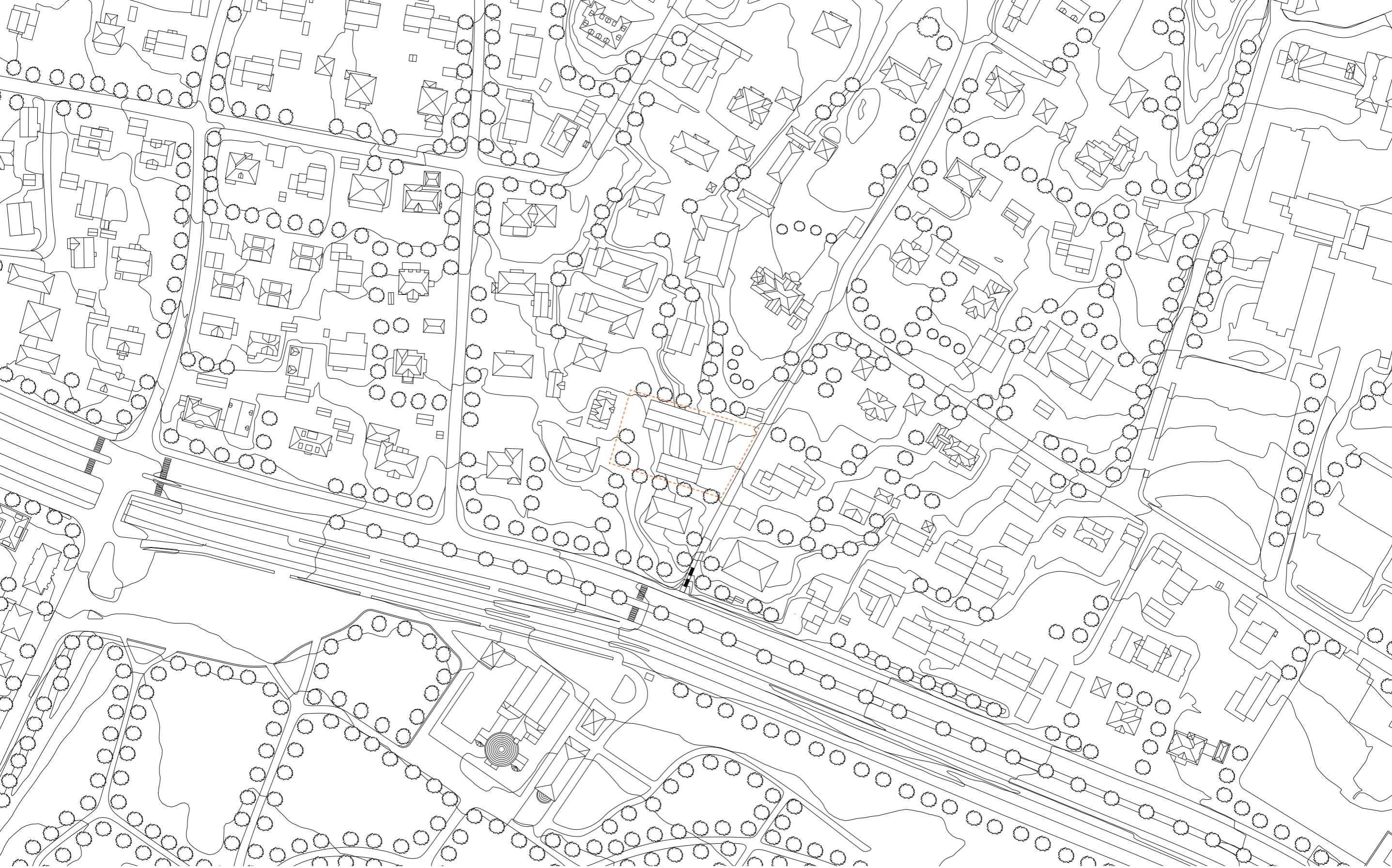
The extroverted space is the kitchen, and the introverted are the living room and bedroom. The extroverted space is faced towards the atrium, and gives the opportunity to have an overview of activities there. The introverted spaces can be for a wish to retreat.

With a kitchen facing toward the atrium with double doors that can open towards it, makes it is easy to open your home for neighbors that might pass by or stop for a chat. This indoor-outdoor effect is both social and can give you a feeling of more space.

A study shows that those who have private balconies in high-rise buildings are less social than others, and those who most frequently use the parks in the cities are those with no balconies. It is important not to forget the big impact choices of design can have. Deliberately I have chosen to design apartments with no private balconies.







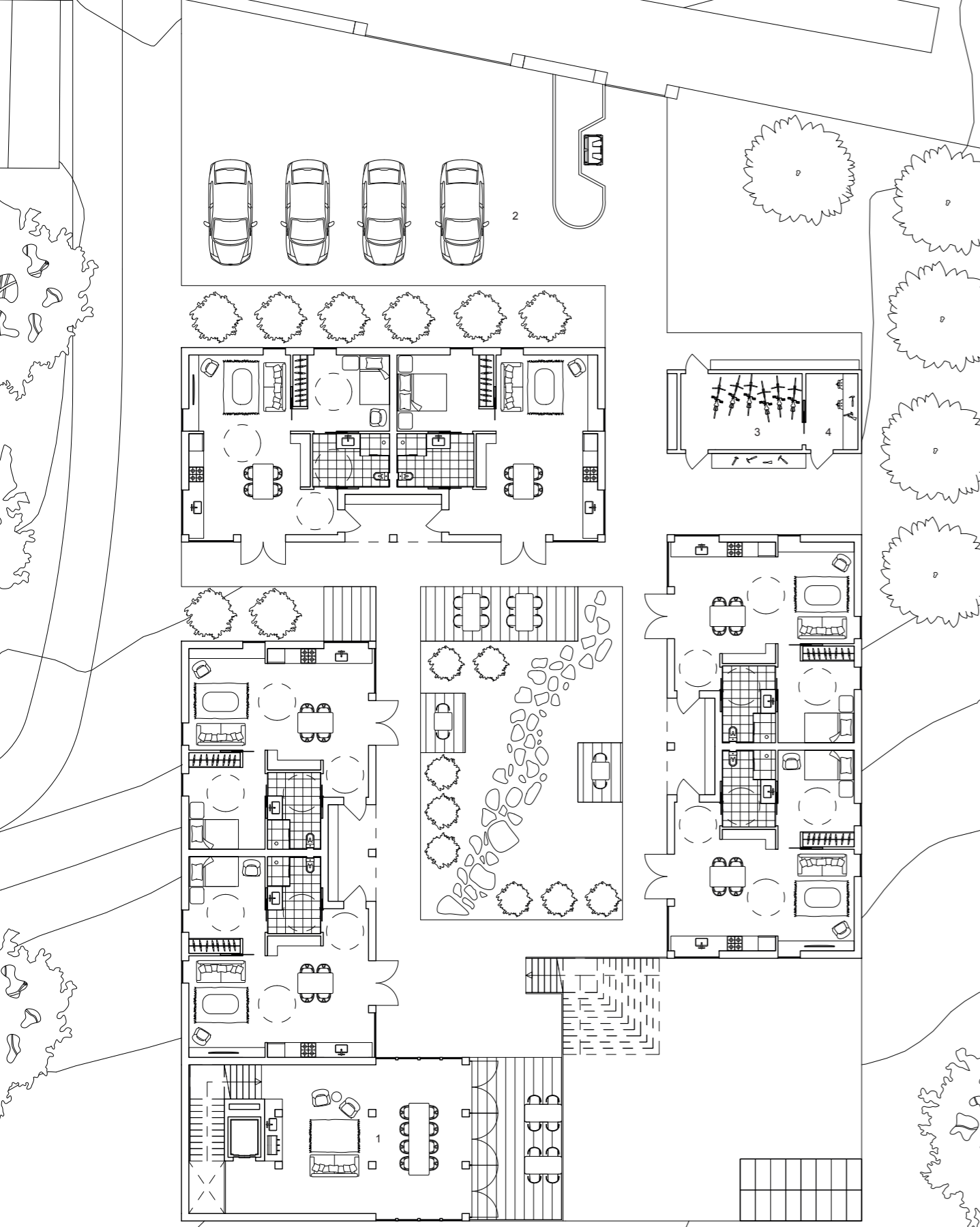
 Fabritiusalléen 7



1st floor

6 Apartments

- 1 Common living room
- 2 Parking space
- 3 Bike shed
- 4 Workshop

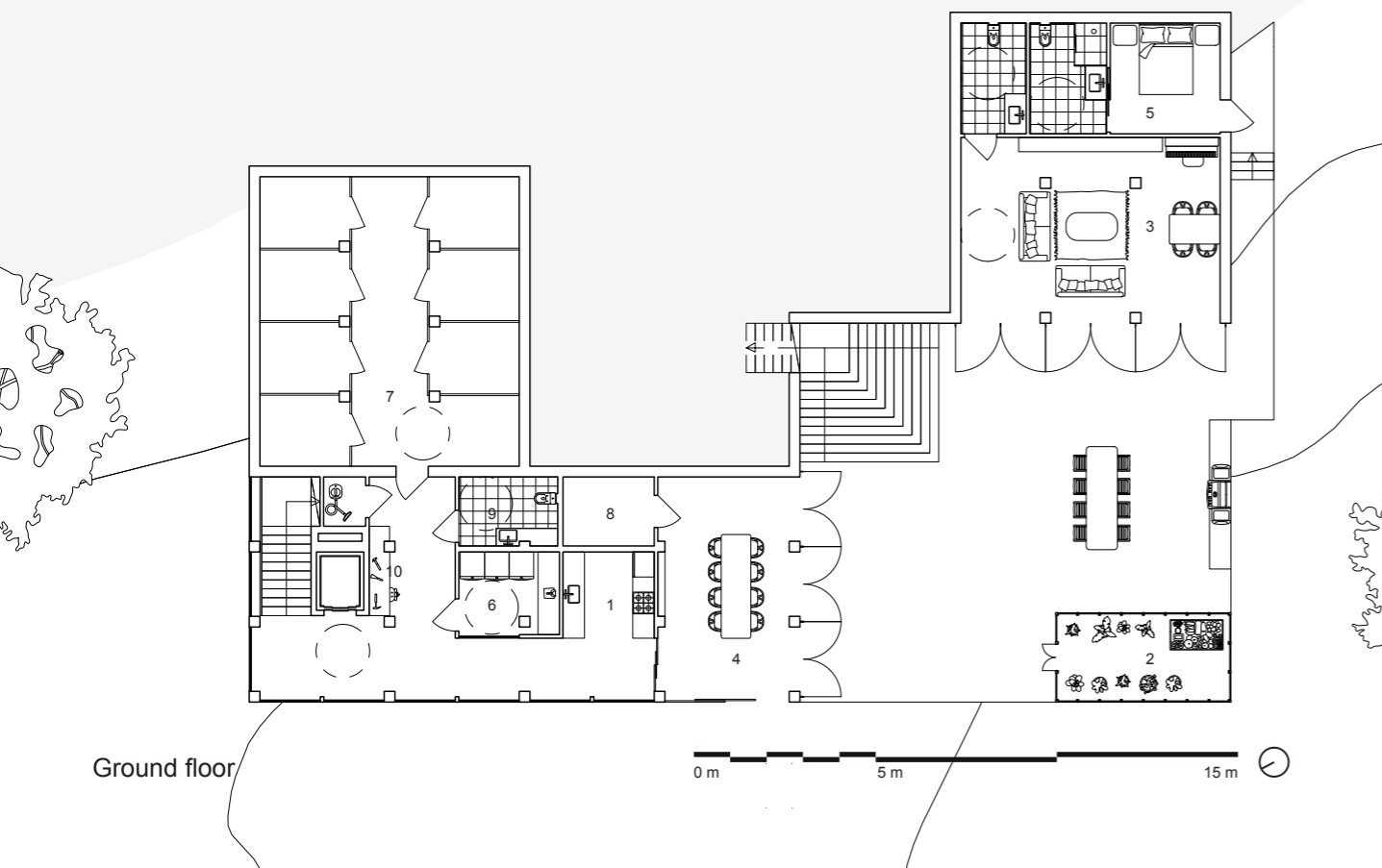


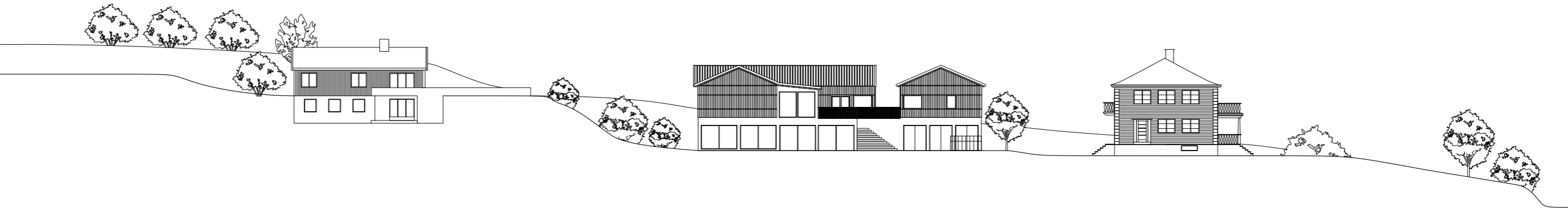
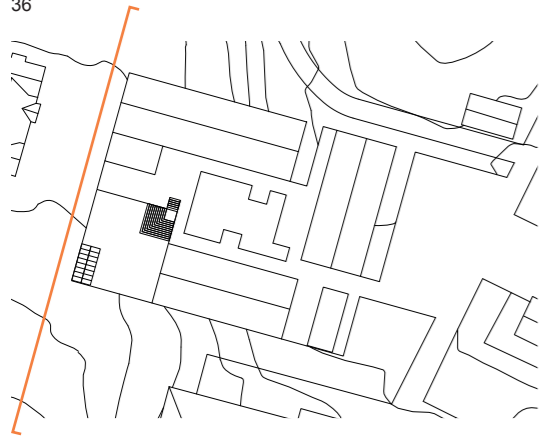
1st floor



Ground floor

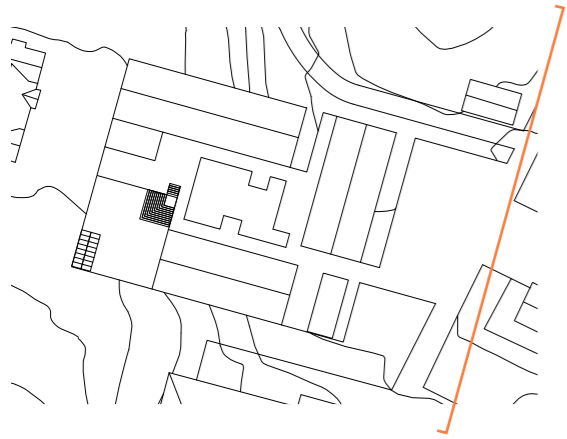
- 1 Shared kitchen
- 2 Greenhouse
- 3 Common living room
- 4 Multipurpose room/Dining room
- 5 Guest room
- 6 Laundry room
- 7 Storage units
- 8 Common storage unit
- 9 WC
- 10 Workshop





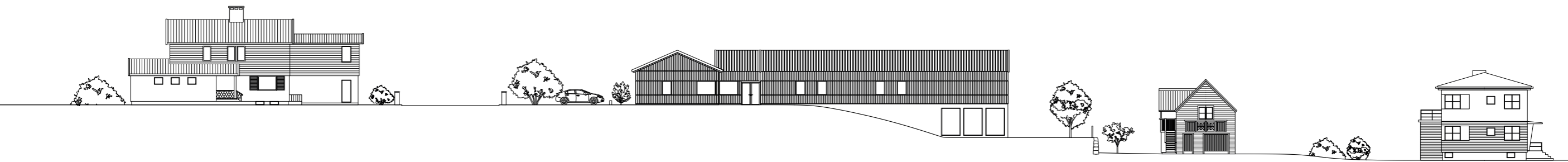
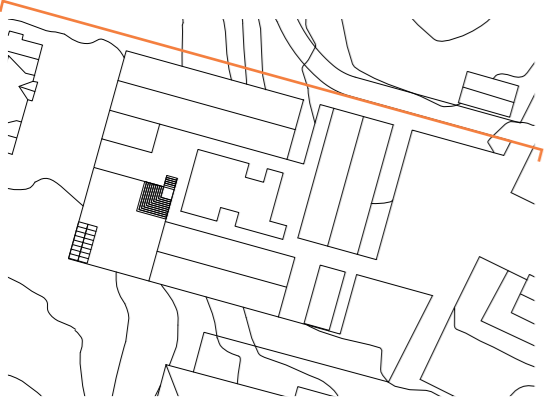
Elevation // West





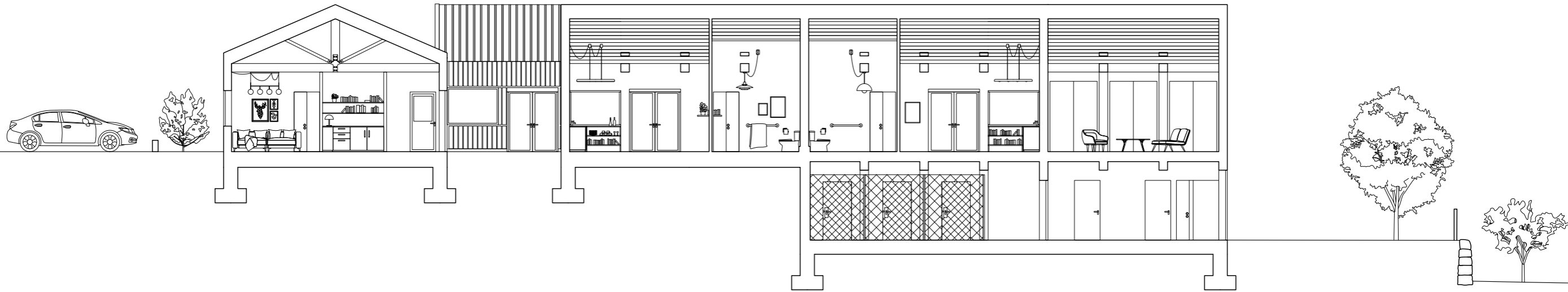
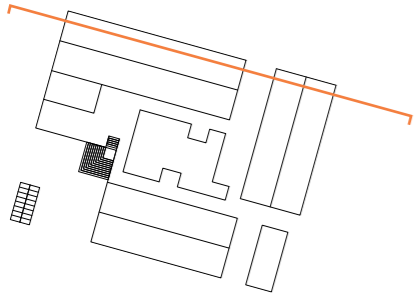
Elevation // East





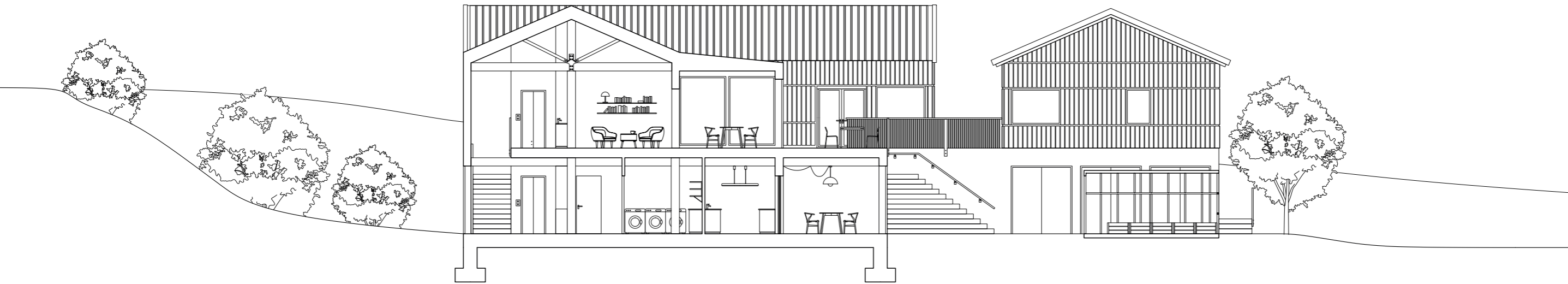
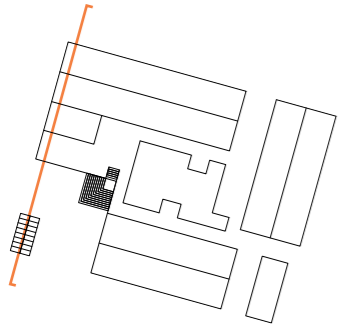
Elevation // North





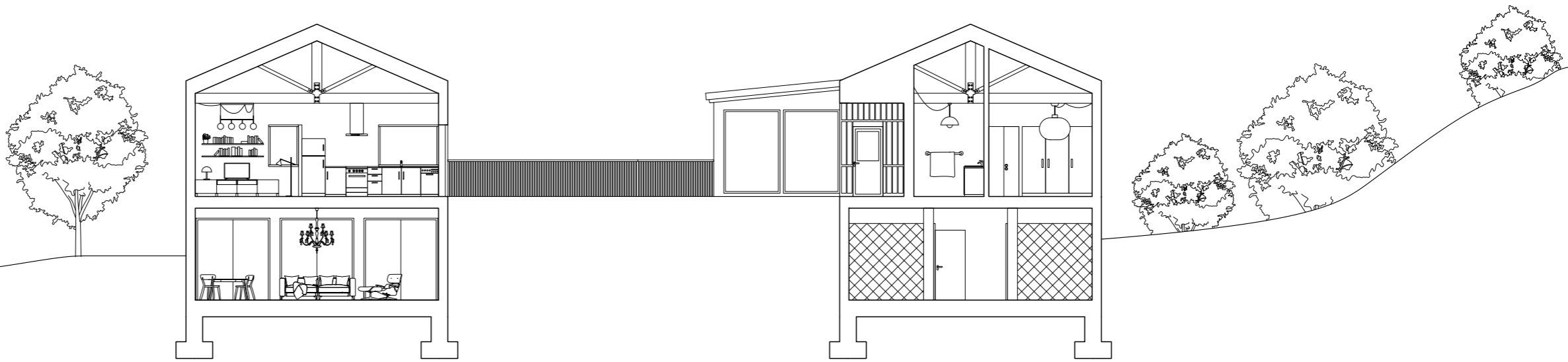
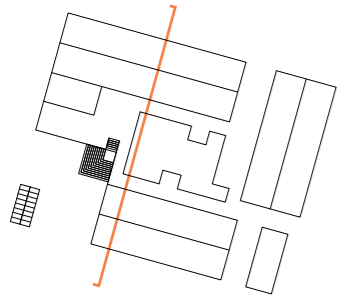
Section // North





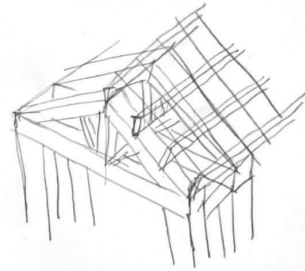
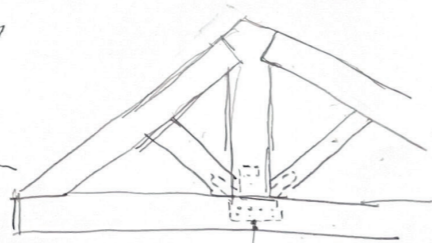
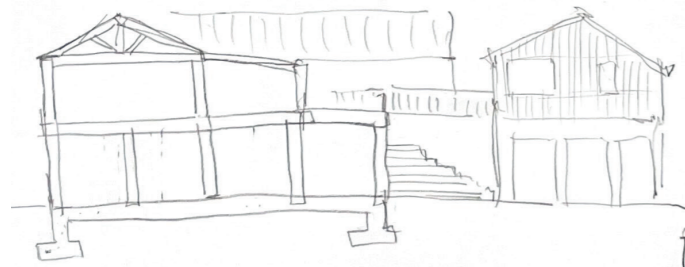
Section // West



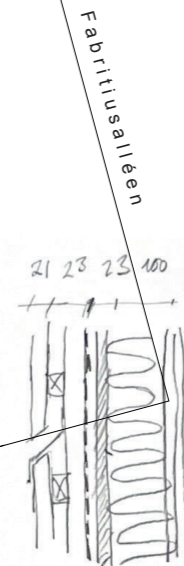
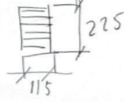


Section // East

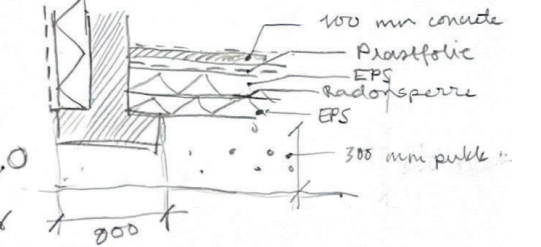
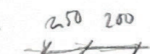




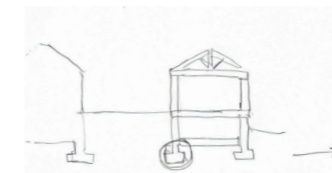
1st floor
 - glulam beams,
 columns and
 roof trusses.
 Ground floor
 - concrete walls,
 columns and
 beams



FACADE



100 mm concrete
 Plastik
 EPS
 Radosperr
 EPS
 300 mm putz



Conceptual construction diagram



Illustration // Arriving the atrium



Illustration // Common house on ground floor







Handdrawing



Handdrawing

Loneliness

Loneliness is the feeling of being alone. Some people feel alone even though they are surrounded by other people, but most people feel alone because they experience social isolation. There are many reasons for social isolation in modern society. Urbanization is continuing to increase, more and more people live by themselves and are economically independent compared to only decades ago. Almost half of marriages in Oslo end in divorce, and with age both men and women experience to lose their life companion. That means that loneliness is a feeling that can rise in all phases of one's life and for many different reasons. But there is also an increasing group of people that experience loneliness all through their lives. I will also add modern architecture as part of the problem. The architecture in the post-war years has contributed to a feeling of loneliness in urban areas. The pressure to meet population-increase in cities required high density of multistorey buildings and less focus on community aspects. Together with an increasingly focus on individuality in recent years, loneliness can occur as a result.

New scientific studies show that human beings build relations from the minu-

te we are born. New-born babies who have been deprived sufficiently physical touching and social contact will develop mental disorder in surprisingly short time.¹

Loneliness is above all a feeling of being alone. A lot of people enjoy doing things on their own and feel good in their own company in all settings. They even like to live alone. This thesis is not about them, it is about people who can very well feel good being alone, but still actively seek social contact in everyday life. Housing can be one way of fulfilling this need.

¹ Killén, K. (2023)

Loneliness on mental and physical health

In 2022 the author Hilde Østby published a book called *Kart over ensomheten* (Map of Loneliness). Here she writes about loneliness as an instinct. It comes from when we human beings were more dependent on each other than we are today. A time when one only could survive as part of a group. With this old instinct in mind loneliness signals that the body is in a life-threatening situation. The body sends out stress hormones as a reaction to the feeling of being left behind from the group. Traditionally the fear of being outcast is so strong because alone you are most likely to die. Just as hunger is an instinct that tells us to eat, loneliness is an instinct to tell that your life is in danger. Therefore the body reacts to loneliness as a life-threatening situation.

Even though it is an instinct, it is like all human feelings complex to understand and measure. Already in 1996, psychologist Daniel Russell, developed the UCLA Loneliness Scale (version 3), to measure one's subjective feelings of loneliness as well as feelings of social isolation (Figure 1).¹

In the same way as we protect ourselves from physical pain, while for instance not burning our hands on a hot plate, we

protect ourselves from psychological pain, such as loneliness, seeking community all through our lives.

In the same way physical pain serves as a prompt to change behaviour, loneliness will urge us to seek togetherness and social connections. Our ancestors depended on social bonds for safety and for the successful replication of their genes in the form of offspring's. The question for today is how well we succeed in our search for social connection in a society where everyone is supposed to be dependent only on themselves?

The American professor in psychology and neuroscience, Julianne Holt-Lunstad, found that feeling lonely triggers a response that fills the body with stress hormones. In a study she gathered 300 000 people and found that a strong feeling of belongingness was a significant factor for living longer. She also found that loneliness carries the same health risk as smoking 15 cigarettes a day and increases the risk of premature death by 26 percent.²

Stress hormones creates a low-intensity inflammation, which in turn causes cardiovascular disease, depression, diabetes

and obesity, among others. When chronically inflamed the immune system is weaker and becoming more vulnerable for illnesses. It also shortens your telomeres. Telomeres sits at the end of the genome, the sequence of DNA that are inside all our cells and are indicators of your lifespan.³

In worst case loneliness can make individuals feel unsafe and hyper-vigilant of their surroundings. They will tend to expect more negative interactions and be drawn to social distances and self-isolation. They get poor cognitive abilities when they are feeling lonely or have anxiety for becoming lonely. They will lose concentration, hope and direction.

Social isolation increases the risk of dementia and other serious medical conditions. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends and chronic illness.⁴

- *1. How often do you feel that you are "in tune" with the people around you? ____
2. How often do you feel that you lack companionship? ____
3. How often do you feel that there is no one you can turn to? ____
4. How often do you feel alone? ____
- *5. How often do you feel part of a group of friends? ____
- *6. How often do you feel that you have a lot in common with the people around you? ____
7. How often do you feel that you are no longer close to anyone? ____
8. How often do you feel that your interests and ideas are not shared by those around you? ____
- *9. How often do you feel outgoing and friendly? ____
- *10. How often do you feel close to people? ____
11. How often do you feel left out? ____
12. How often do you feel that your relationships with others are not meaningful? ____
13. How often do you feel that no one really knows you well? ____
14. How often do you feel isolated from others? ____
- *15. How often do you feel you can find companionship when you want it? ____
- *16. How often do you feel that there are people who really understand you? ____
17. How often do you feel shy? ____
18. How often do you feel that people are around you but not with you? ____
- *19. How often do you feel that there are people you can talk to? ____
- *20. How often do you feel that there are people you can turn to? ____

Figure 1. The UCLA Loneliness Scale (Version 3)

1 Cacioppo, J. T., & Patrick, W. (2008)

2 Østby, H. (2022). *Kart over ensomheten*, page 21

3 Østby, H. (2022). *Kart over ensomheten*, page 134
4 Centers for Disease Control and Prevention. (2021)

04

Case studies

Mogens Thorsens and Hustrus Foundation
Borettslaget Kollektivet
Other

mogens thorsen's and wife's foundation

Mogens Thorsen was a Norwegian shipowner from the 19th century. Thorsen and his wife, Elsbetha, established *Mogens Thorsen's and Wife's Foundation* in 1896, which was housing for single, educated women. The foundation still exists today and is located in Oslo. I was lucky enough to have the opportunity to visit one of its residents, Aase Vardøen (67) and listen to her thoughts about this form of living.

"Your hair looks great!"

"Thanks, it wasn't too short?"

"No, it is a great length on you, it looks very nice!"

Aase kindly invites me in as she compliments her neighbor's new hairstyle, the thought that they must have talked about her hair appointment in previous days, made me smile. As we enter the main entrance, another neighbor passes us on her way out, we all greet each other with a friendly nod. When it was just Aase and I left, she pointed to a framed picture hanging on the wall in the entrance hall. The picture is of the original building that *Mogens Thorsen's and Wife's Foundation* inhabited, which was occupied by the Germans during the second world war and left in poor condition in 1945.

Due to the building's central location, Norsk Hydro wanted to buy the site to build its new headquarters. They were allowed to buy the plot on one condition, that they had to construct a new building for the foundation. This is why they moved from Drammensveien 33 to Niels Juels gate 21 in 1958.

The building consists of 52 apartments, where 52 single women live. You must be at least 60 years old to live here, and you can move in at the latest when you are 70 years old. The rent is the same for everyone, sympathetically enough, it is only 5600 NOK a month for relatively identical apartments. This is also the foundation's only regular income. All the apartments are around 50 square meters, but what makes this place unique is its generous backyard in the form of an atrium and the common areas, such as the shared living room and kitchen.

When you enter the building, you are greeted by a long corridor with windows on both sides. Along the windows there are sofas where you can sit and enjoy the view of the outdoor areas and the beautiful tall birch tree which stands right in the middle of it. "It's much nicer here in the summer," Aase says as she sighs. We continue down the corridor into their living

The birch tree



Photo: Fanny Wiese

room, where their shared kitchen is located. This is where their regular parties, game nights, dinners, exercises and other social activities take place. The shared rooms can be reserved by all residents, you just need to leave a note informing the others. If one of the residents are to have visitors, the building has a guest room that anyone can rent for 200 NOK per night.

“I want to show you our roof terrace, it is on the 3rd floor. My friend also lives there, and she would like to show you her apartment.

She just celebrated her 90th birthday in the living room here.” As we walk up the stairs to the 3rd floor, Aase mentions that since the building was built in the 1950’s, there is no lift. The roof terrace faces the south which fills it with sun all day. The outdoor furniture is covered by tarpaulin, but when it gets warmer everyone can use them.

We knock on the door of Aase’s friend. She swings the door open and greets us with a broad smile. “Welcome! Keep your shoes on, tomorrow is cleaning day!” She tells us that she was on the waiting list for six years before she was able to move in. She lived only a stone’s throw away, but her apartment was on the 5th floor wit-

hout a lift, which got too tiring for her. She shows us around her apartment where she has removed the doors and moldings, because it was too fussy to have doors to open and moldings to step over. Her kitchen is small, but painted peach pink, a spacious living room, bathroom, bedroom and unfortunately not a walk-in-closet, like some of the other apartments have. That is why she currently has her summer clothes in the storage unit in the basement.

After the visit on the 3rd floor, Aase takes me down to the basement to show me where the storage units and the laundry room are, and there we meet one of the residents’ son. He is hanging up his mother’s clothes, since she has been ill recently. There is a list on the notice board where you can sign up for a dinner that he is going to cook, he is a chef and would like to thank the ladies for looking after his mother while she was sick.

My visit at *Mogens Thorsen’s and Wife’s Foundation* ends in Aase’s apartment, which is nicely furnished and filled with paintings and books. Several of the residents have renovated their apartments, but Aase has not felt the need since she often travels. The residents are free to do whatever they want with their apartments, if they ask for permission and cover all

Aase’s kitchen looking out towards the atrium



Photo: Fanny Wiese

the expenses. I comment on the classic slanted kitchen cabinets from the 50's. She likes them, especially because she can bend over the bench without banging her head on the cupboard.

In the living room Aase had prepared a cheese platter and homemade orange marmalade. As we are about to sit down, a neighbor calls asking if the dinner the two of them and some other neighbors have planned for Saturday is still on, and Aase confirms and hangs up.

I tell her about my thesis, that it is about loneliness and that I want to create housing with focus on how common areas can encourage community between the residents. Aase nods understandingly, she thinks it is a shame that there are not more places with similar living arrangements like this in Oslo. She believes that there is certainly a market for shared housing for younger elderly people and expresses how important it is to have others around you.

She herself is not too concerned about the common rooms and says that it is the random encounters and the informal meetings that are important. It is safe to know that others are nearby. The common rooms are rarely empty and many stay

there to have someone to chat with, however Aase often prefers to be by herself and enjoy a good book. "It's not important to have a lot of space, what's important is that you have the freedom to be social and also be able to be by yourself when needed."

Before I go, I ask one last question, "Is there something you feel like this place is missing?". Aase chuckles, "Fanny", she says. "Does it look like we are missing something? We are extremely lucky; we have nothing to complain about. Sometimes I have to pinch myself, because it is almost too good to be true."



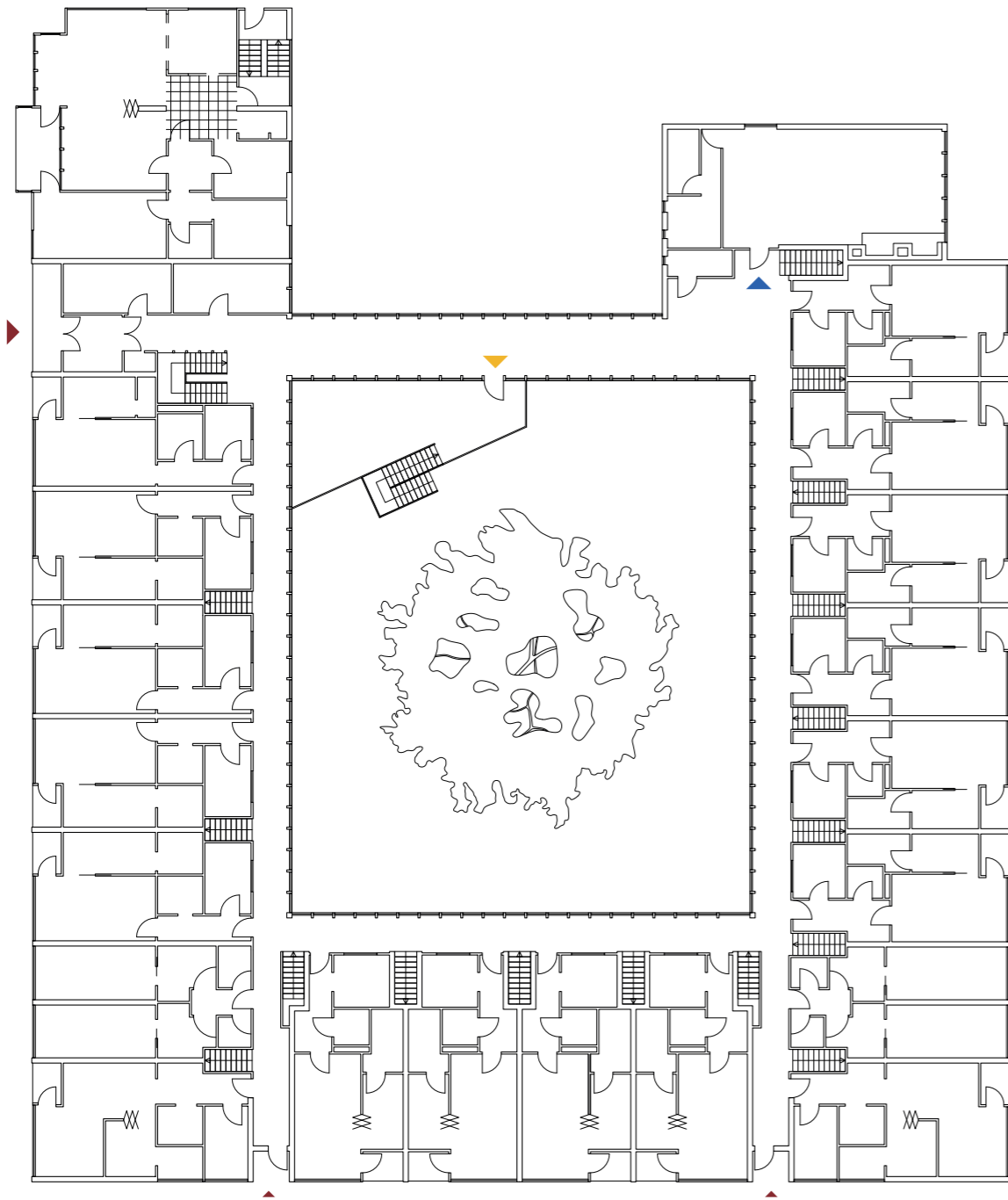
"Being surrounded by others is good health."

Aase Vardøen

"The parking lot"

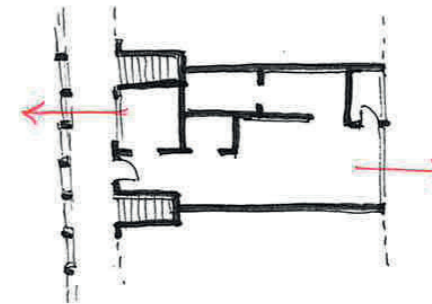
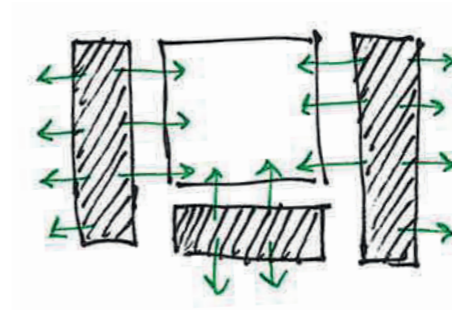
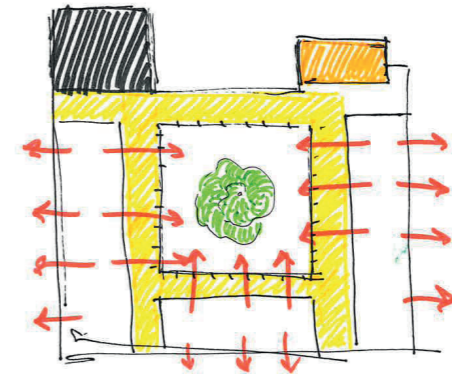


Photo: Fanny Wiese



- ▲ Entrance
- ▲ Terrace
- ▲ Shared living room and kitchen

1st floor
Mogens Thorsen's Wife's Foundation



borettslaget kollektivet

The 1960's became the height of the modern form of community housing (co-housing and co-living), and Denmark was in the forefront leading as an example. After the second world war there was an obvious need for a new approach to housing because of the rapidly increasing population at the time.

The trend for community living traveled to Norway, and in 1962 three womens' organizations, Oslo Kvinnesakforening, Norske Kvinnelige Akademikeres Landsforbund and Oslo Yrkeskvinneres klubb came together to create a new form of housing in Oslo.

In the 1960's women were expected to balance housework and their professional life. There was still a huge gap between women's legal rights and their practical rights. Many women had to give up their jobs the moment they got married and disappeared from their professional life as they had to prioritize housework. In 1964 Aase Bjerkholt, the minister of social affairs, family and consumer affairs of Norway, held a meeting with the three women's organizations about collective housing. The advice from the minister was to solve the project by collaborating with the housing cooperation. That was how Borettslaget Kollektivet was developed at

Hovseter and today consists of four housing blocks with 150 apartments. Families and singles could move into the blocks in 1976, and together create a community and hopefully help each other.

Two to three times a week there is a group dinner, all the inhabitants from the blocks are invited. I had the opportunity to join one of those dinners and was accompanied by my friend Ida.

Ida and I takes the metro to Hovseter station and are greeted by our tour guide for the day, Tore. It was only a 10 minutes' walk from the metro station to the dinner location, and we stopped outside a blue sign where "Camilla" was written. Camilla is the name of the facility where the dinners take place and is located on the ground floor of one of the blocks.

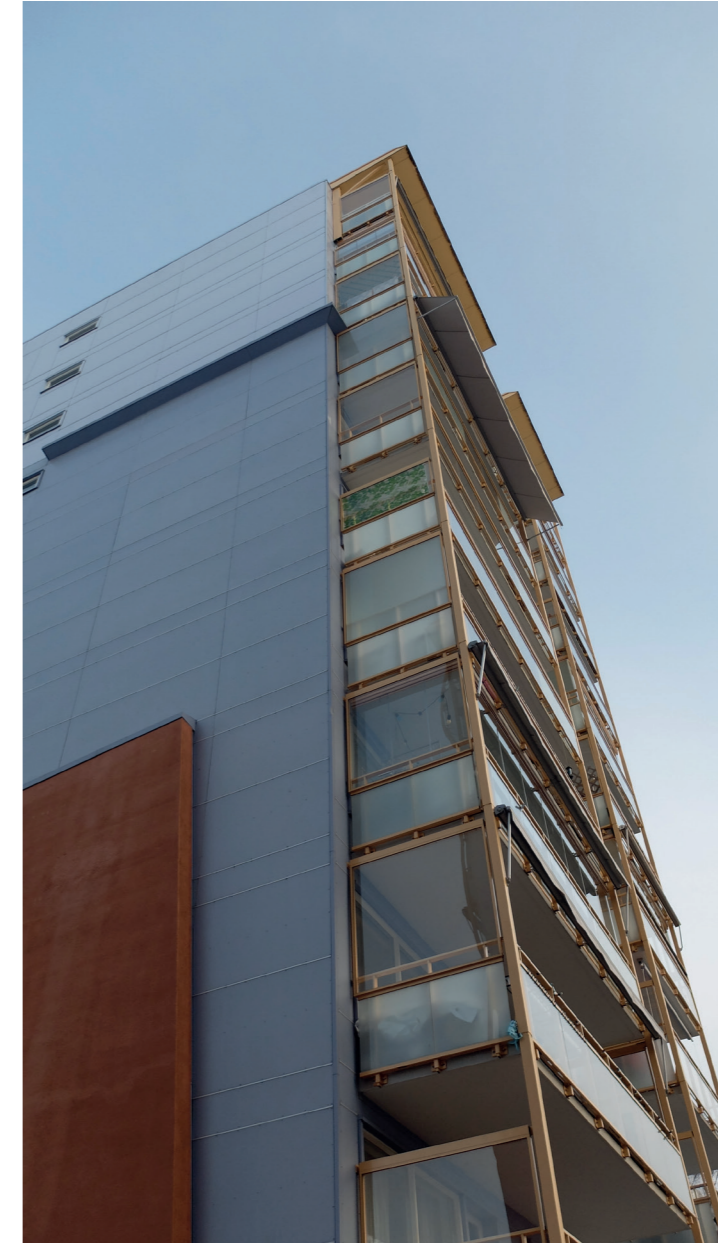


Photo: Fanny Wiese

Ida and I take off our coats in the wardrobe as Tore pays 200 NOK in the reception, dinner for him, his wife, Ida and me. 50 NOK for one adult, 20 NOK for a teenager and 10 NOK for a child. On the way to dinner his wife, Kari, calls and asks if he could make a plate for her because there were some troubles with the bus. The one who made today's dinner was group 3, later we can find posters placed in all the blocks that informs what this weeks' dinner is, and today we are served chicken, salad and pita bread. Ida and I stand in the queue, we each take a plate and a lady serves us pita, and another serves us chicken. "If you want salad without onion, just tell us", one of them says.

When we find a seat, Tore's wife arrives. She is an artist and owns an atelier at Bislett. Their son, Morten, also joins us, he on the board and explains how the collective works. There are six dinner groups and throughout the year they take turns. It is fully up to the group to create a budget and plan the dinners. The groups are called Camilla-groups and it is voluntary to join, and those who are a part of the groups do it for the community. Morten informs us about the different functions and facilities that can be found here. In the other blocks there is a gym, music

room, laundry room and a living room. There are guestrooms in every block, which can be rented for a small price. Residents also rent them for personal use when they are available, and in 2020 under the pandemic, some used them as offices. Morten also tells us a "fun fact", there is a kindergarden that belongs to Borettslaget Kollektivet, which was the first private kindergarden in Norway. This private initiative was of great help for many working mothers.

Kari tells us that there have been formed some groups, one of them knits and there is also something called the 12-group, mainly for retired residents. The knitting group from time to time meets at Camilla, they don't use the common living room because of the bad light-conditions. Kari tells us that it is also because the room was newly painted with a dark shade which makes it difficult to see, and since then the rooms has been less used.

There are 150 apartments, but I only see about 30 people joining the weekly dinner. I ask Tore if this is the usual meetup. He confirms that there are only around 30 to 40 people joining the dinners, and it is usually the same ones that come. Most of them are at least above 50 years old, but there is one young couple with a toddler

Kari and Tore



View from the rooftop



Common area



Shared gym



"Camilla"



that also joins today's dinner. They tell us that it helps them a lot to not have to think about dinner two times a week since they both work. It also allows them to have more time with their toddler when they can just come and eat dinner and leave. The weekly dinners seem like such a good opportunity, and I find it strange that not more people take advantage of it. Tore explains that when the real estate agents want to sell apartments here, they do not usually advertise that the apartments are a part of a community. Therefore, many people who move in does not care for what the community has to offer. This I find very unfortunate, because there are many here that tells me how much they would like neighbors to take part of it.

After dinner the three of them show us the roof terrace. Every New Year's Eve people gather to watch the fireworks, and the rest of the year people come up to soak in the sun. It is no bigger than 30 square meters, so there is not a lot of privacy there. Ida suggests that adding seating and dividers could help attract more people to the roof.

We end the tour in Tore and Kari's apartment. Outside their door they have hung up some of Kari's art, and when we step

inside, we find the walls and shelves covered with even more. It is a five-room apartment, but the owner before did a couple of changes to the floorplan, which Tore thinks is a shame because he would rather have it in its original state.

My impression is that Borettslaget Kollektivet does not function optimally, because so few seem to take part in common activities and random encounters. Maybe there are too many people to create community, and maybe the market is to blame for not advertising the benefits of this alternative housing?



Photo: Ida Marie Corsepius Melen

other

Villa Tove



Photo: Lindstrøm, B. (1989). *Gode boliger for ældre.*

LOCATION: Denmark

ARCHITECT: Kjeld Aistrup

STATUS: Completed 1973

BACKGROUND

Gunnhild Bondam, like many other women, is left alone with their house when their last child moves out. She did not want to move from her house, instead she looked for someone to live with. Gunnhild placed an advertisement in the news paper, looking for roommates. Then she found two other women who wanted to move in, and they together started a collective in Gunnhild's house.

The three women are 53, 59 and 62 years old. They are all active and working, but are soon retiring.

They live in an unconventional way and have arranged themselves as best they could without rebuild too much. They do not have individual homes, but instead enjoy the values of the place and the house together. This type of housing association is probably not a form of living for everyone, but is an exciting opportunity for those wanting an alternative living form.

Helgetun



THE ARTICLE

37 elderly people live here in a collective - the aim is to avoid ending up in a nursing home.



Photo: Camilla Alexandra Lie

LOCATION: Bergen, Norway

NUMBER OF UNITS: 31

BACKGROUND

Housing for seniors, located in Sædalen outside Bergen. Helgetun is part of the research project "Active Ageing", which will find out how we can have more healthy years and a better and safer old age. With the help of smart technology and interviews, the researchers will get a picture of how this form of living affects the residents' aging and quality of life, the data collection will take place over several years. The research project is led by Professor Bettina Husebø at the Center for Aging and Nursing Home Medicine at the University of Bergen.

Capitol Hill Urban Co-Housing



Photo: Schemata Workshop

LOCATION: Seattle, USA

ARCHITECT: Schemata Workshop

STATUS: Completed 2016

TPOLOGY: Co-housing

NUMBER OF UNITS: 9

BACKGROUND

Capitol Hill Urban Cohousing, also known as CHUC, is a 5-story, mixed-use building in Seattle's Capitol Hill neighborhood. The ultimate, collective goal for the building - as determined by the future residents - was the construction of a community that will nurture both the individual and the family.

At CHUC, the upper four stories comprise nine homes, each with a full kitchen and living space, and 2-3 bedrooms, in addition to shared indoor and outdoors spaces. The street-level is commercial space that is the home to the architecture practice of Schemata Workshop.

The Common House is essentially a community room, and is located at the second level of the building, directly adjacent to the outdoor courtyard. The Common House includes dining for 30-people and a large kitchen.

Vålandstunet



Photo: Ineo

LOCATION: Stavanger, Norway

ARCHITECT: Haga & Grov

STATUS: Completed 2020

TPOLOGY: Housing association

NUMBER OF UNITS: 38

BACKGROUND

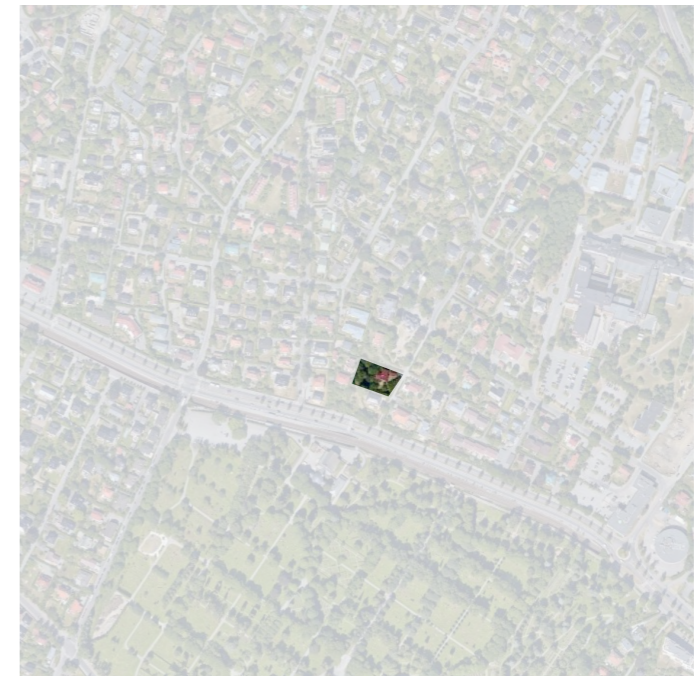
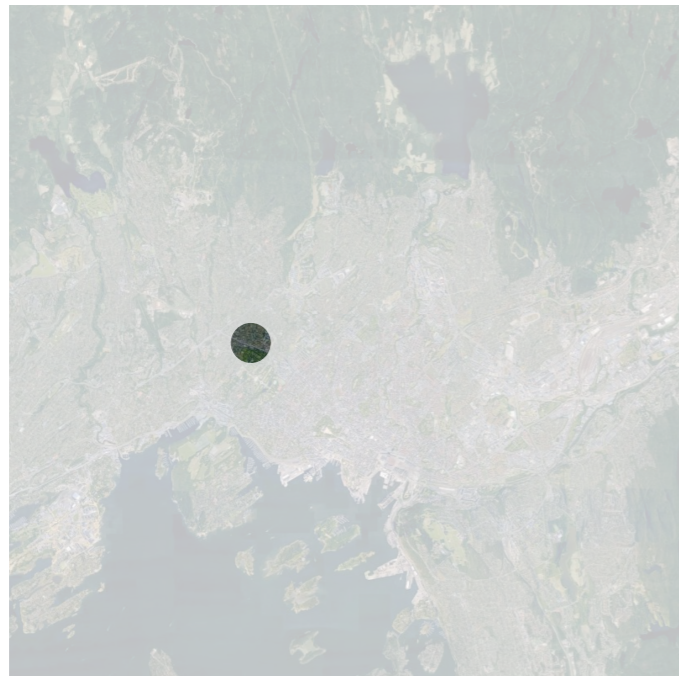
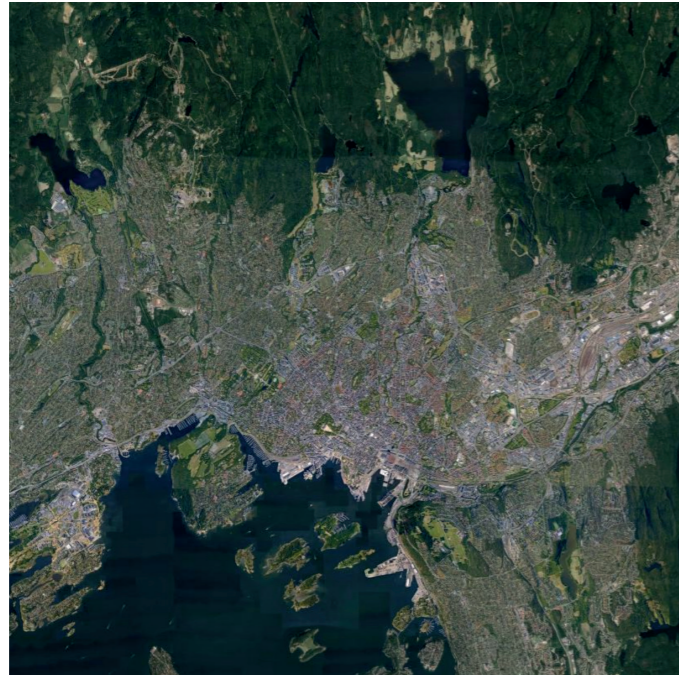
Architect firm Haga & Grov, Smedsvig landskaparkitekter AS and Into Eendom are behind the new housing association for seniors. Vålandstunet will consist of 38 housing units distributed among five townhouses.

There will be common rooms that are 500 square meters and are shared between the residents. The shared rooms consists of a gym, library, restaurant and a generous green garden.

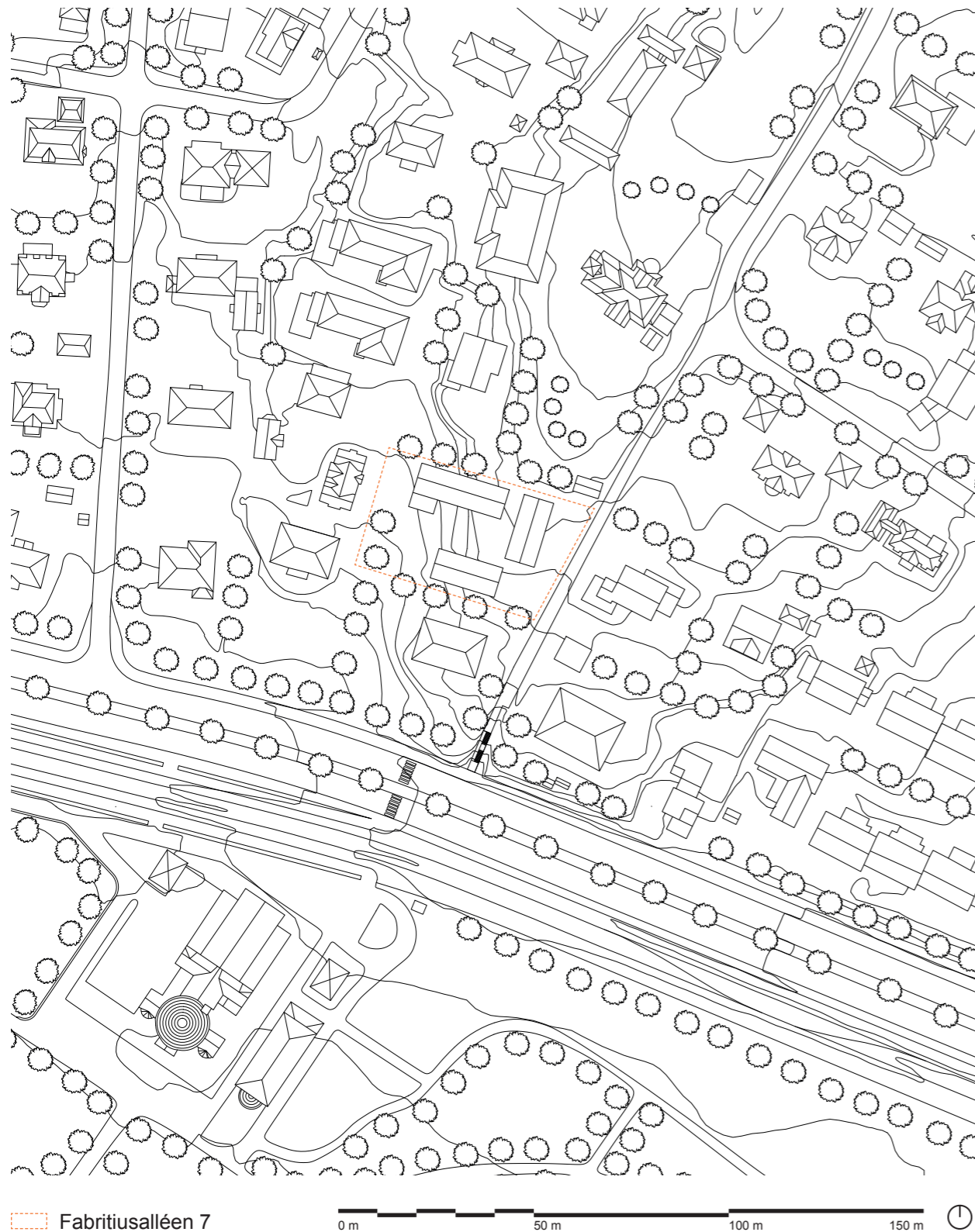
05

Oslo
Fabritiusalléen 7
Numbers and statistics

oslo



fabritiusalléen 7



Vinderen is located west just outside of Oslo city centre. Despite it being outside the city centre it is easily accessible because of the short distance to public transport. The area mainly consists of family houses, and is essentially a residential area. In addition there is also embassies and a hospital in the area. Vinderen also have a plaza with grocery stores as well as a small shopping center that has essential stores like pharmacy, doctor's office, clothing stores and bakery. It is the home of several cultural sites, like Villa Dammann, Villa Stenersen, Røa Kirke and Grimelund gård.

Walking distances

from Fabritiusallén 7

5 minutes

10 minutes

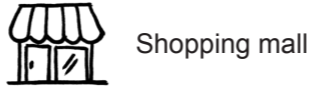
15 minutes



Public transport



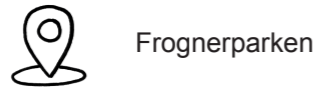
City bike



Shopping mall



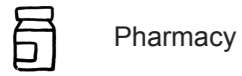
Hospital



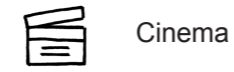
Frognerparken



Post



Pharmacy

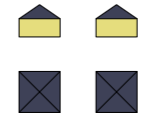
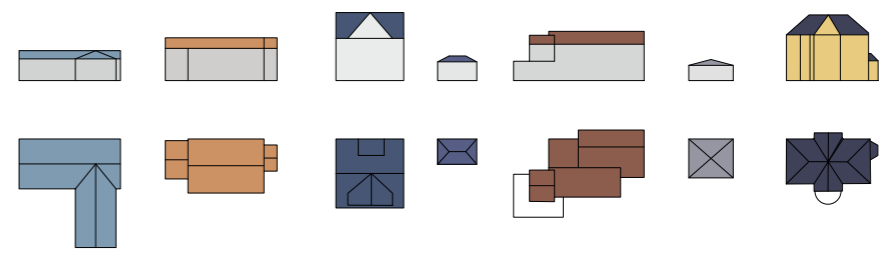
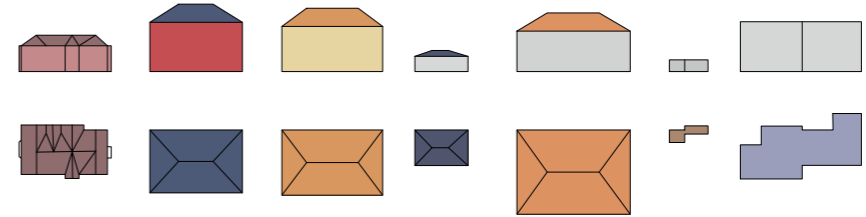
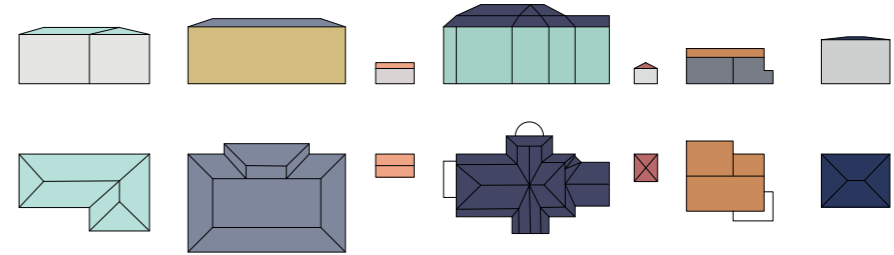


Cinema

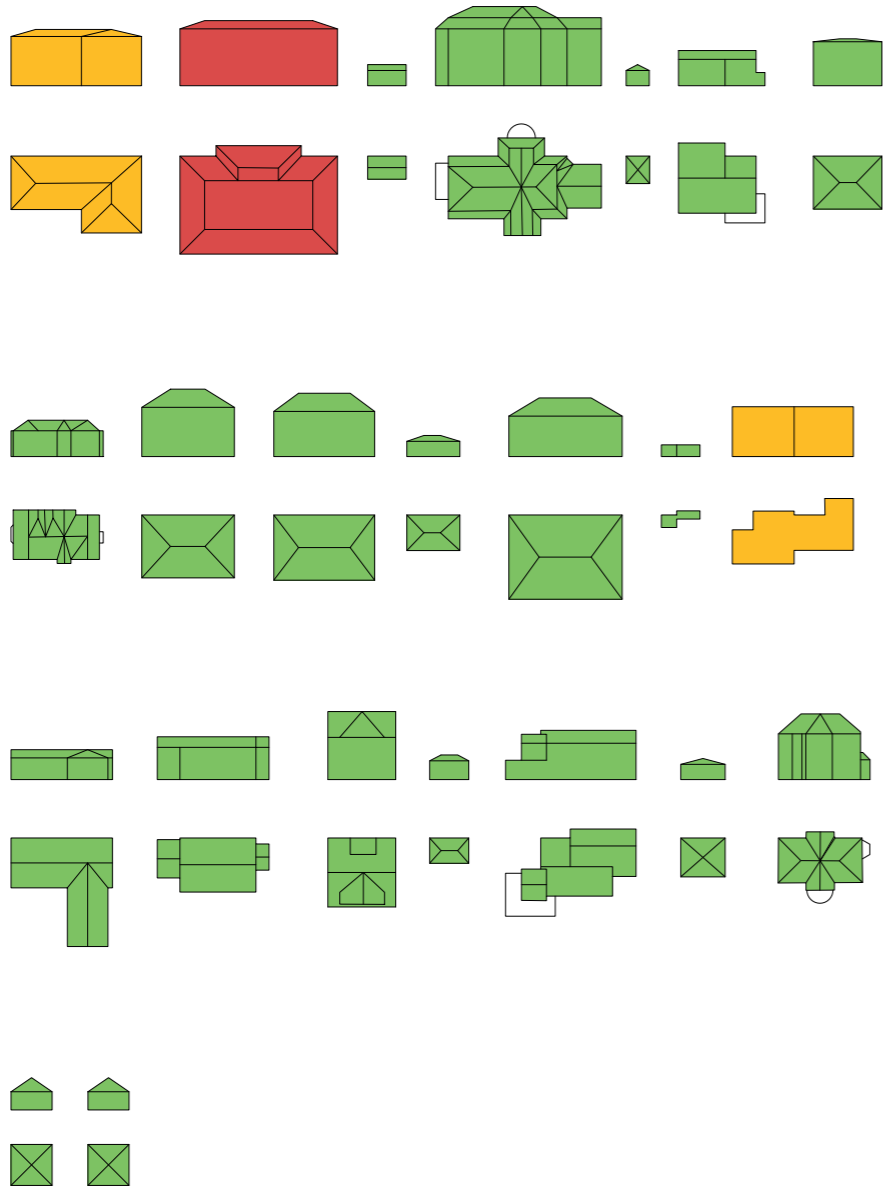


Library

Surrounding buildings



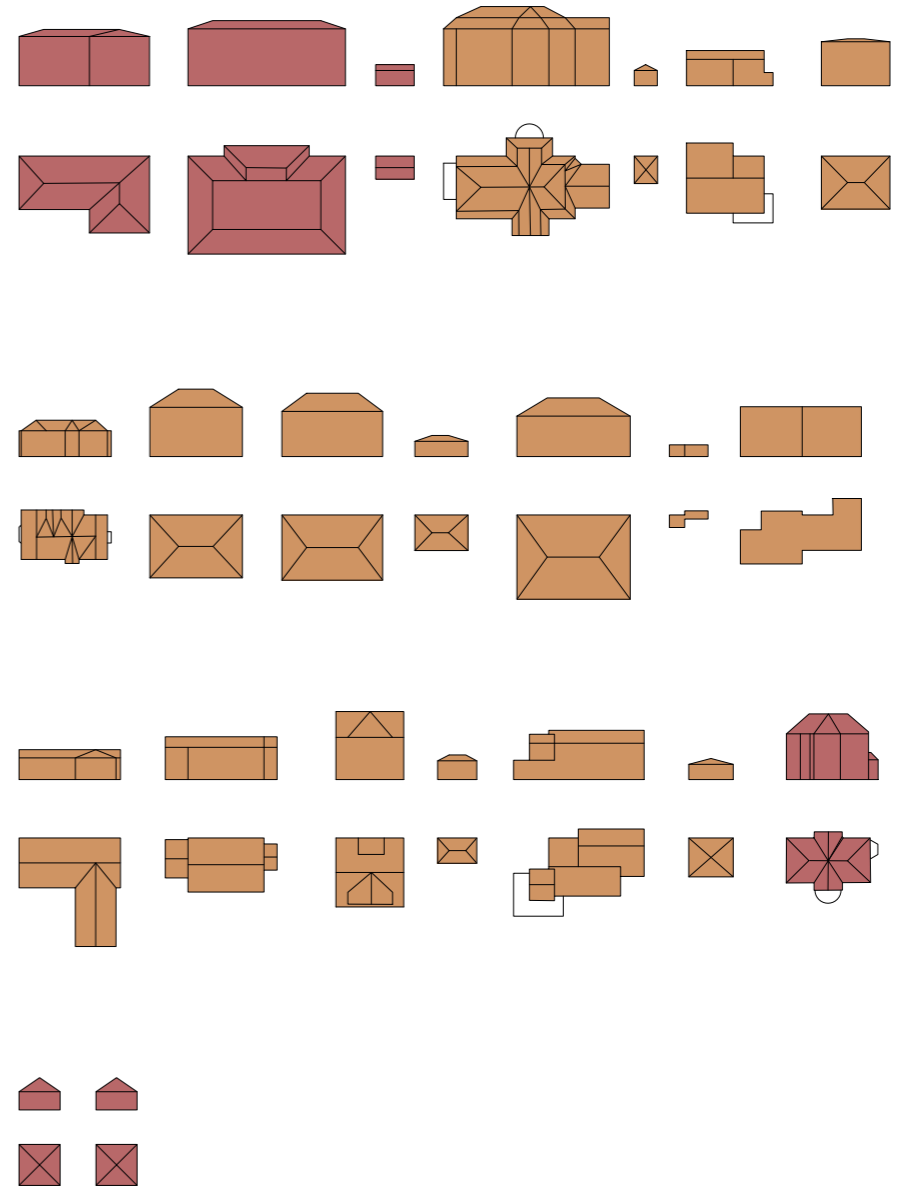
Surrounding buildings



- 4 floors
- 3 floors
- 2 floors

Heights

Surrounding buildings

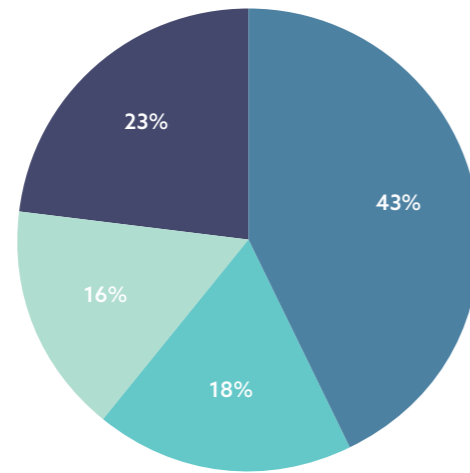


- Brick
- Wooden panels

Material

numbers and statistics

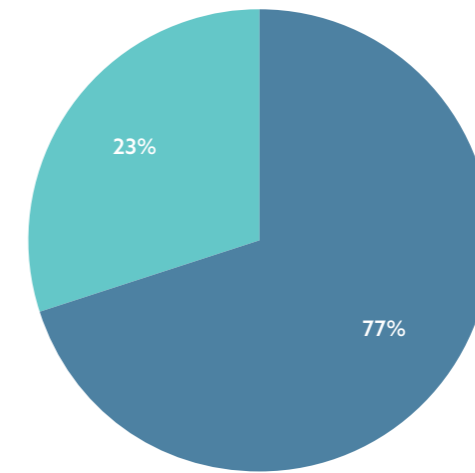
TYOLOGY



Vinderen vestre/Borgen

- Detached house
- Semi-detached house
- Apartments
- Other

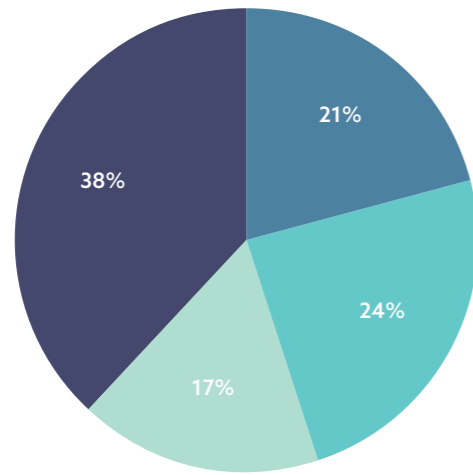
OWN/RENT



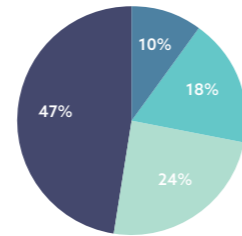
Vinderen vestre/Borgen

- Own
- Rent

HOUSE AGE



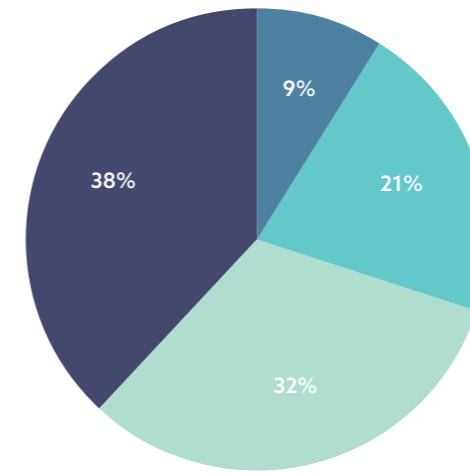
Vinderen vestre/Borgen



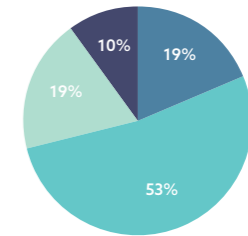
Oslo

- 0-10 years
- 10-30 years
- 30-50 years
- Above 50 years

HOUSE SIZE



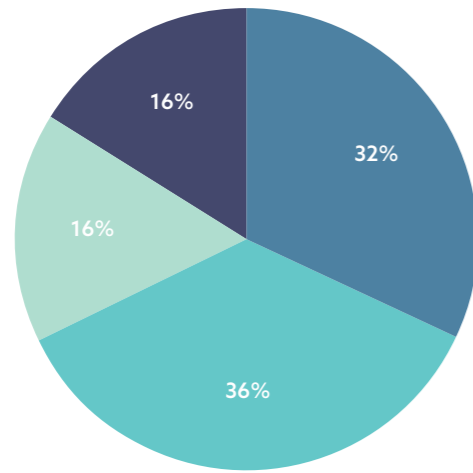
Vinderen vestre/Borgen



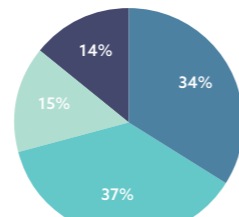
Oslo

- 0-60 sqm
- 60-120 sqm
- 120-200 sqm
- Above 200 sqm

AGE DISTRUBUTION (CHILDREN)



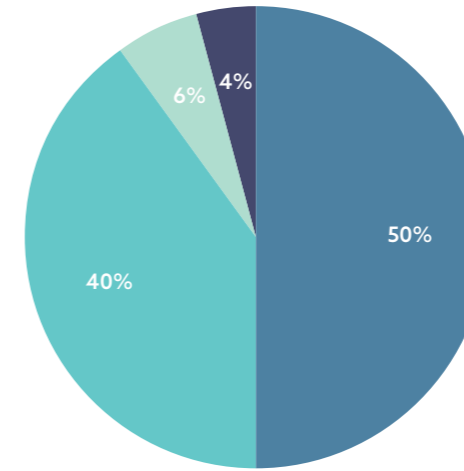
Vinderen vestre/Borgen



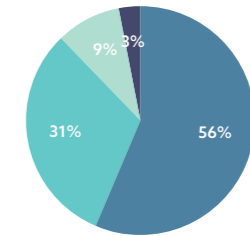
Oslo

- Kindergarden
- Primary school
- Junior high school
- High school

MARTIAL STATUS



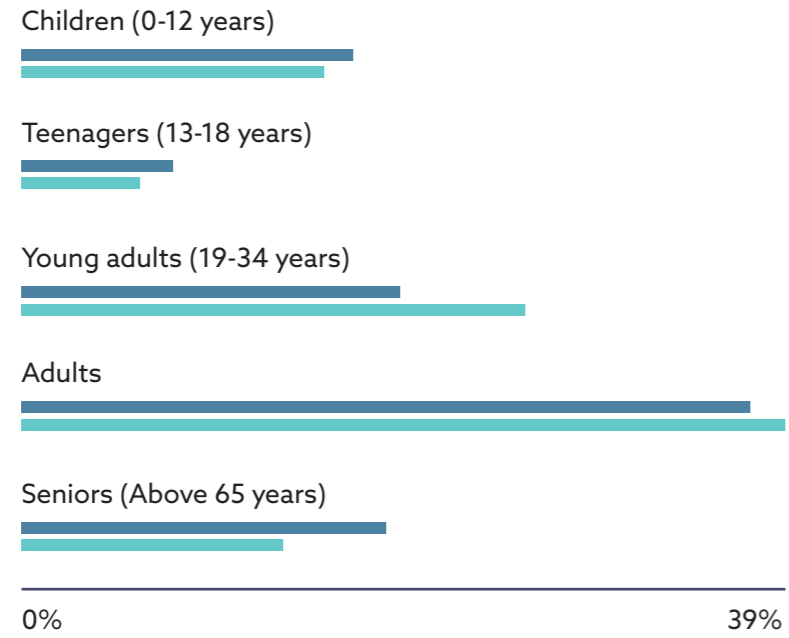
Vinderen vestre/Borgen



Oslo

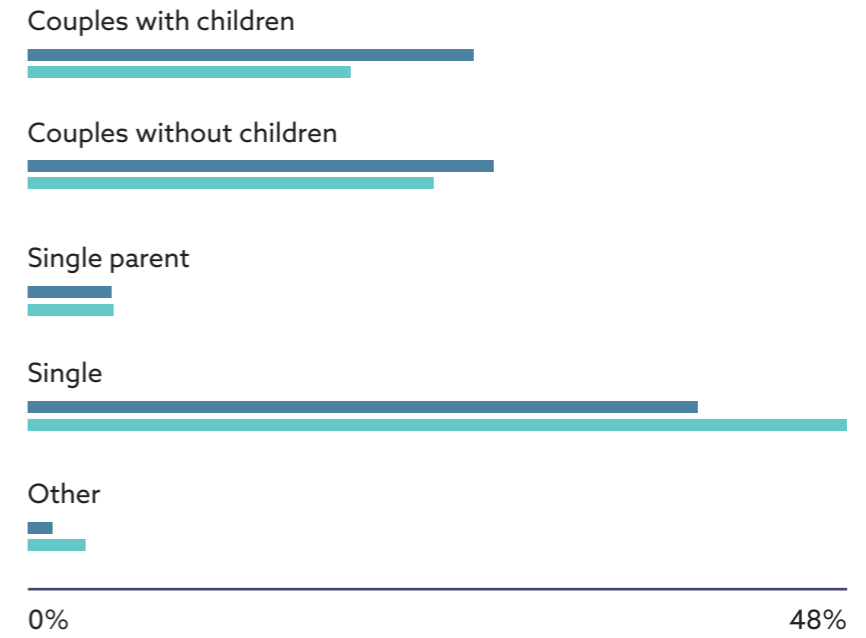
- Single
- Married/registered partner
- Divorced
- Widow/widower

AGE DISTRUBUTION



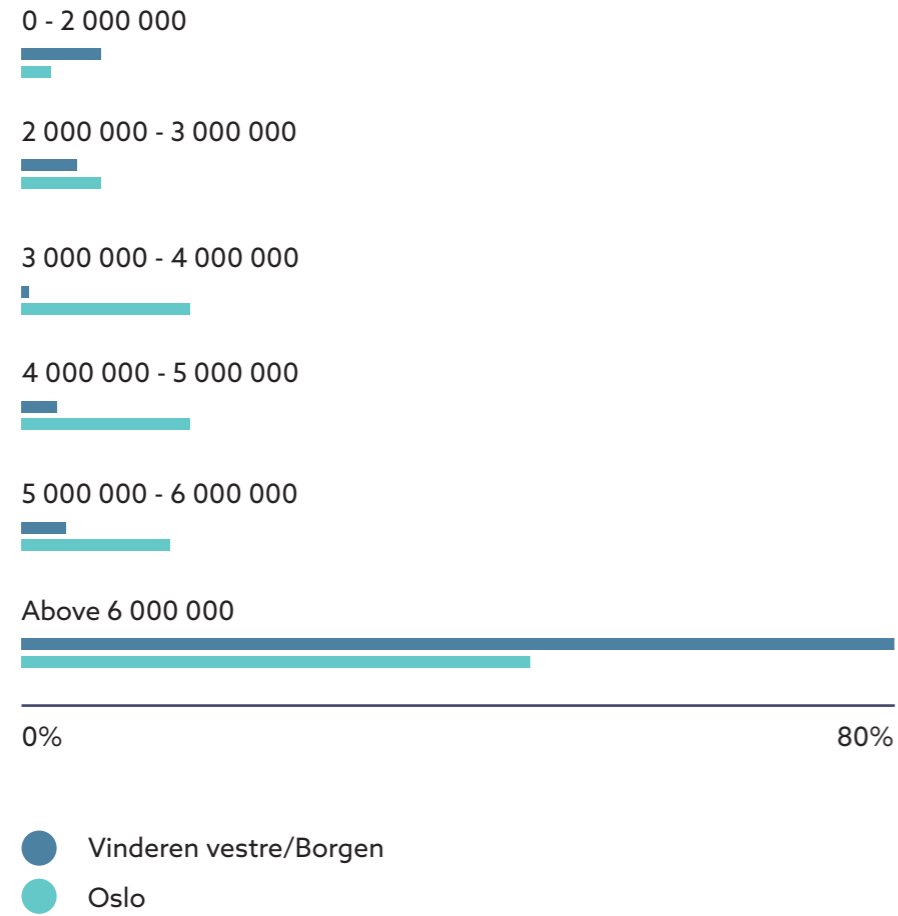
- Vinderen vestre/Borgen
- Oslo

FAMILY CONSTELLATIONS

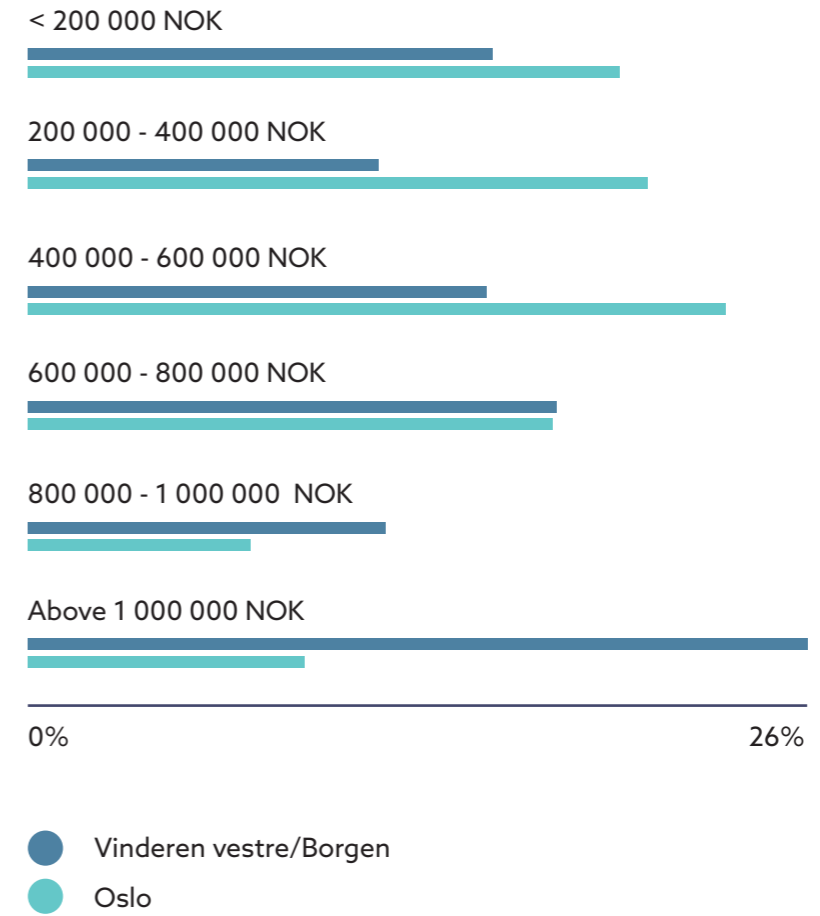


- Vinderen vestre/Borgen
- Oslo

HOUSE PRICES



INCOME



sketches and models



1st proposal



2nd proposal



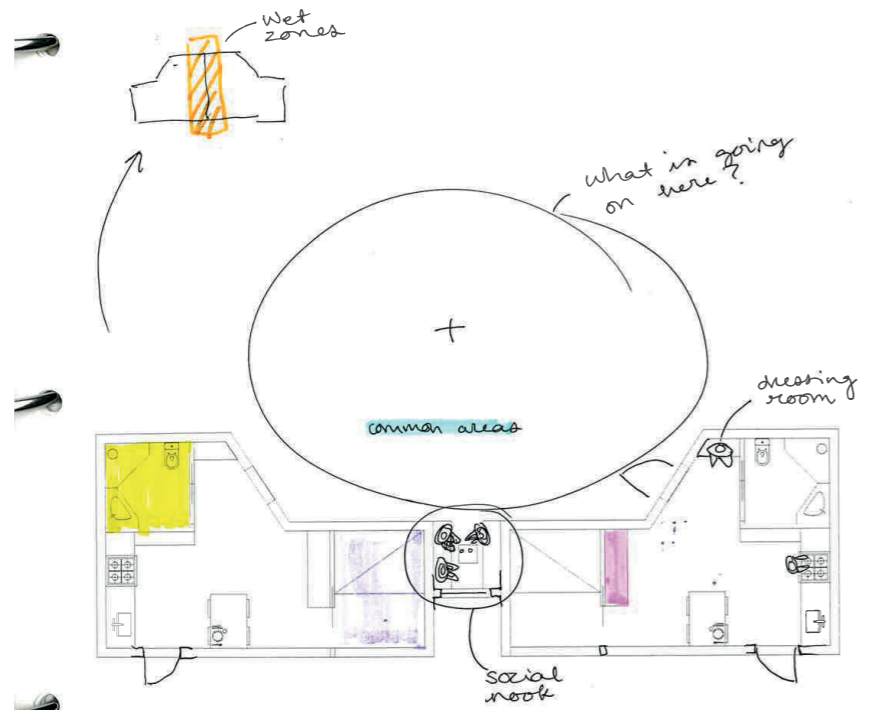
Final proposal



Diploma, spring 2023

Private unit

03.02.23

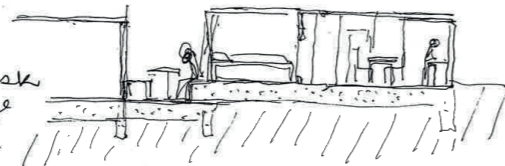


- + Easy outdoor access
- Small
- ~~No workspace/desk~~
- Space efficient
- Large window surface

25 sq.m.

- Bedroom
- Bathroom
- Storage

- Small
- No workspace/desk
- limited storage
- No personality

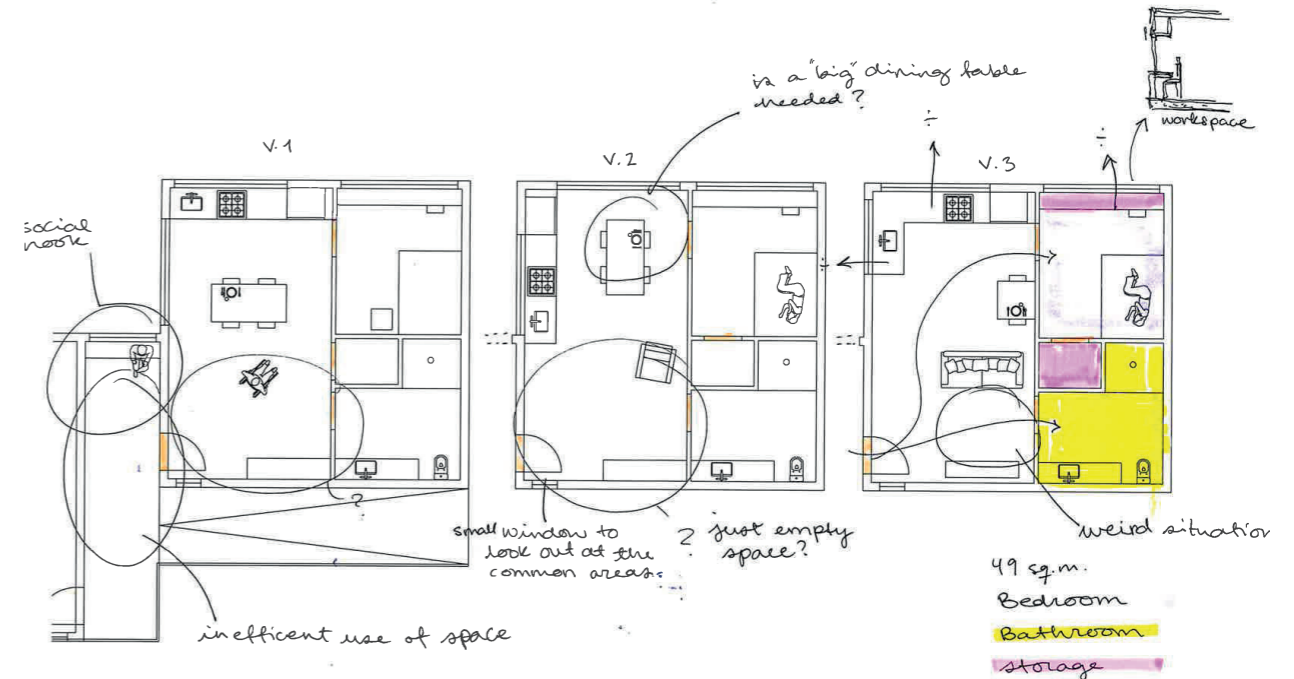


1:100

Diploma, spring 2023

Private unit

06.02.23



- + space for wheelchair
- generous bathroom
- Storage room
- Close contact with neighbour
- Workspace
- Space inefficient
- Bedroom and living room
- Difficult to furnish
- "Basic" - No personality
- Badly distributed wetzones

- 49 sq.m.
- Bedroom
- Bathroom
- Storage
- Door

1:100

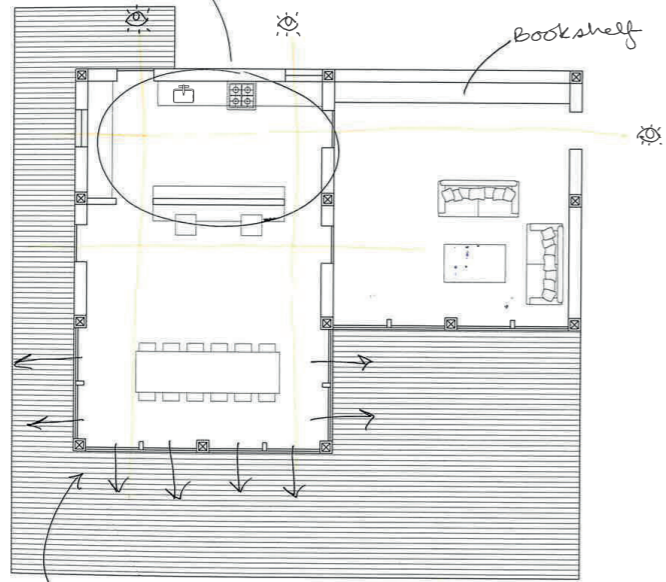
Diploma, spring 2023

Common areas

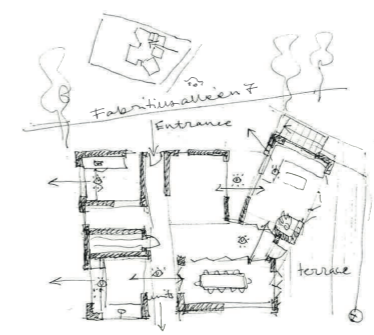
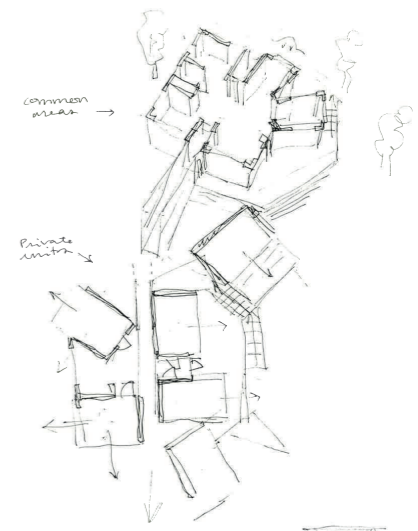
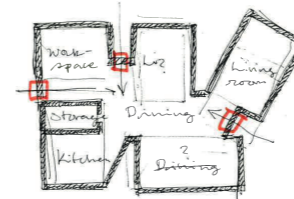
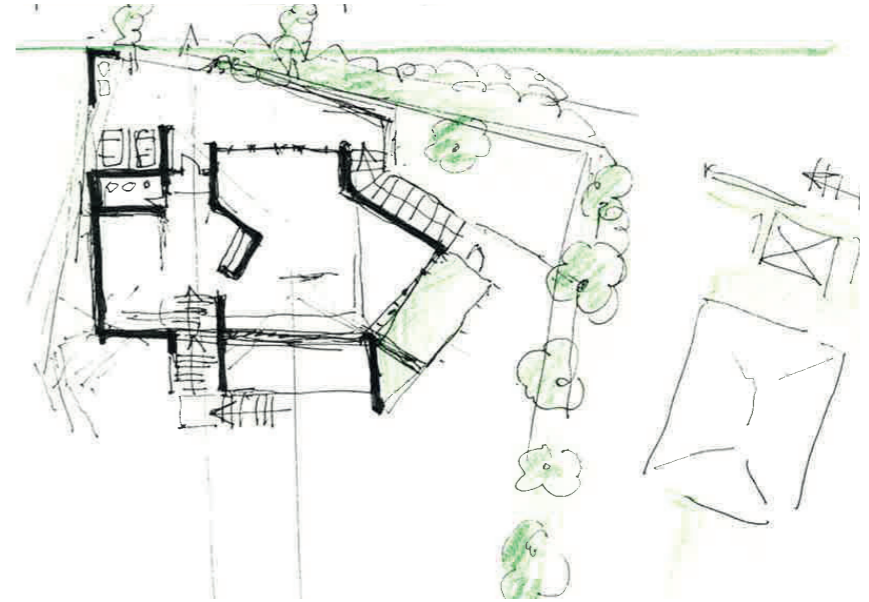
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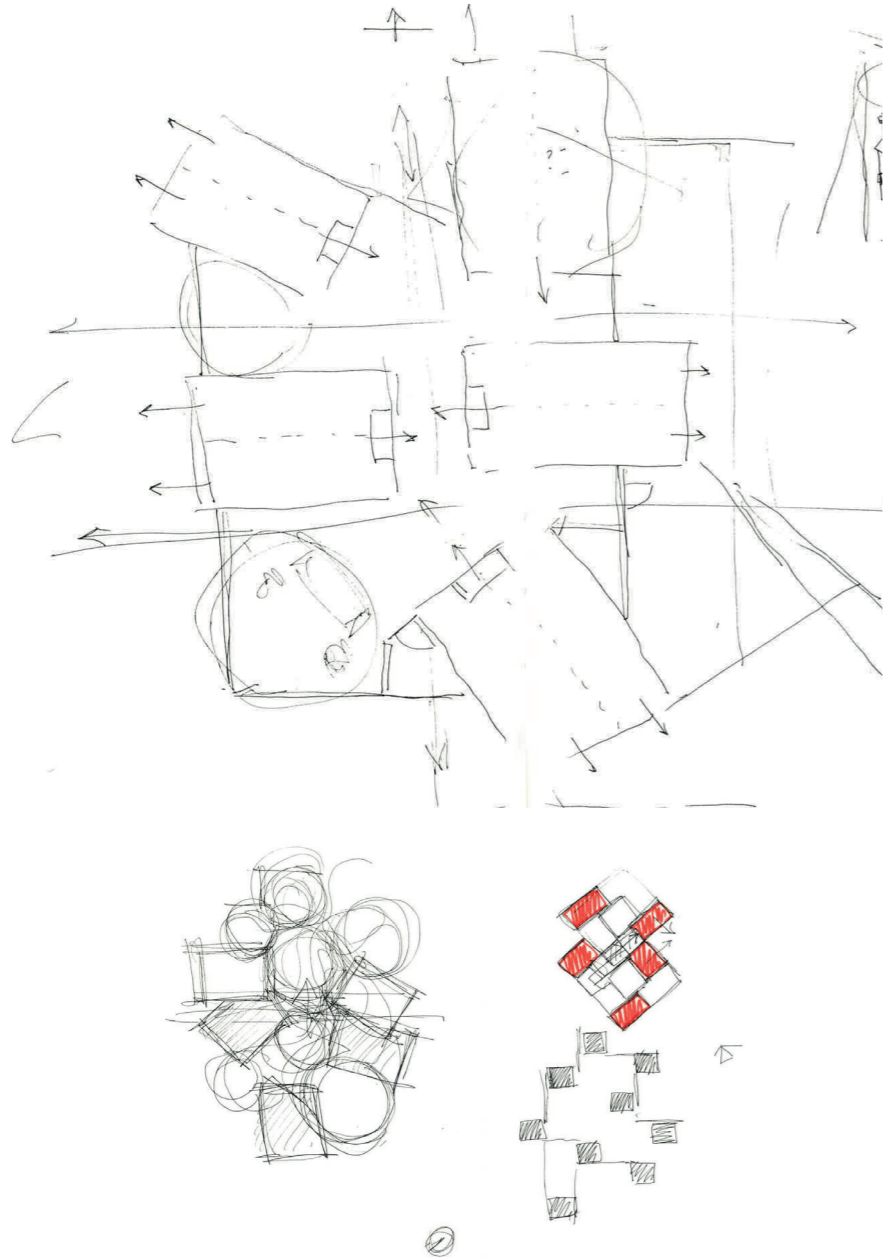
- Not centrally placed
Too big kitchen (?)
missen

+ Good sun conditions
Clear sightlines
Indoor-Outdoor situation



Open up to make indoor-outdoor eating area.

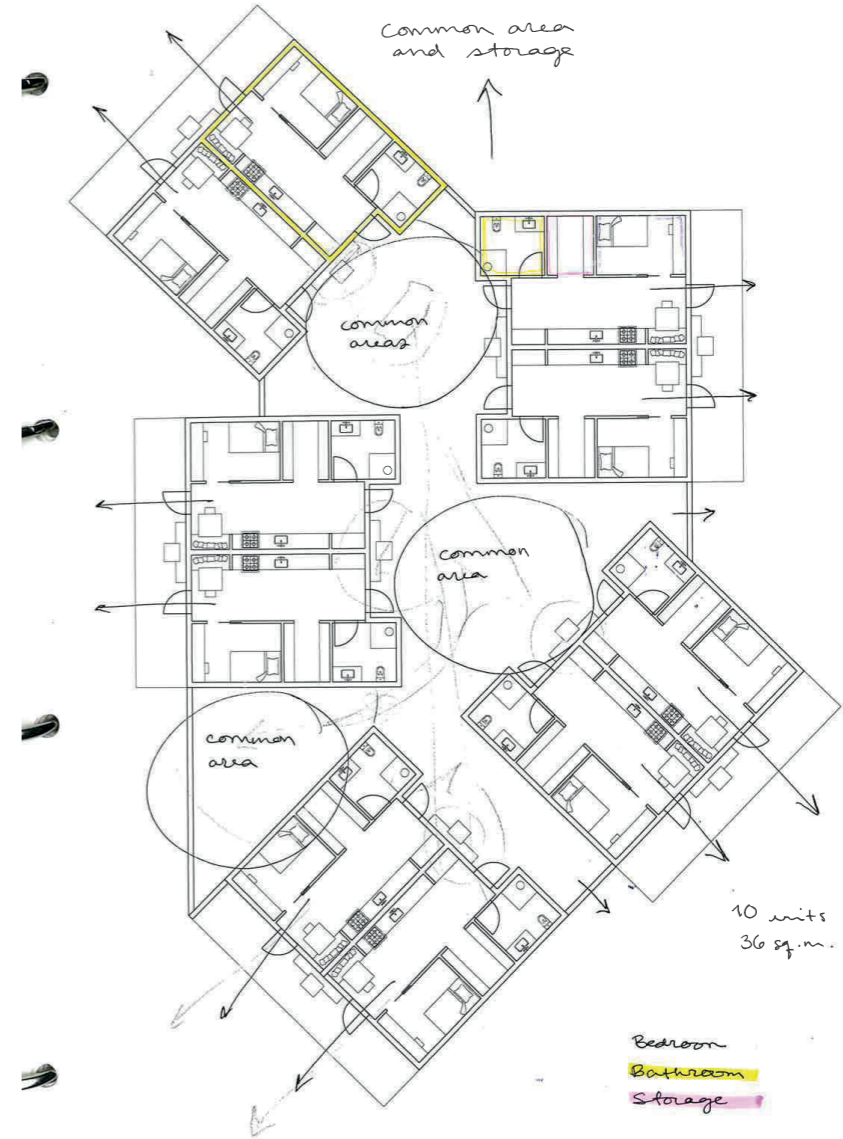


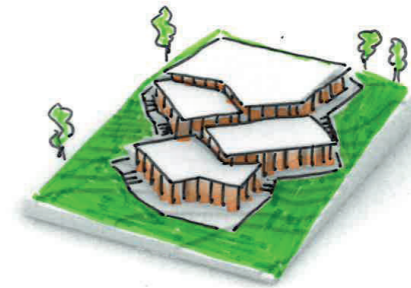
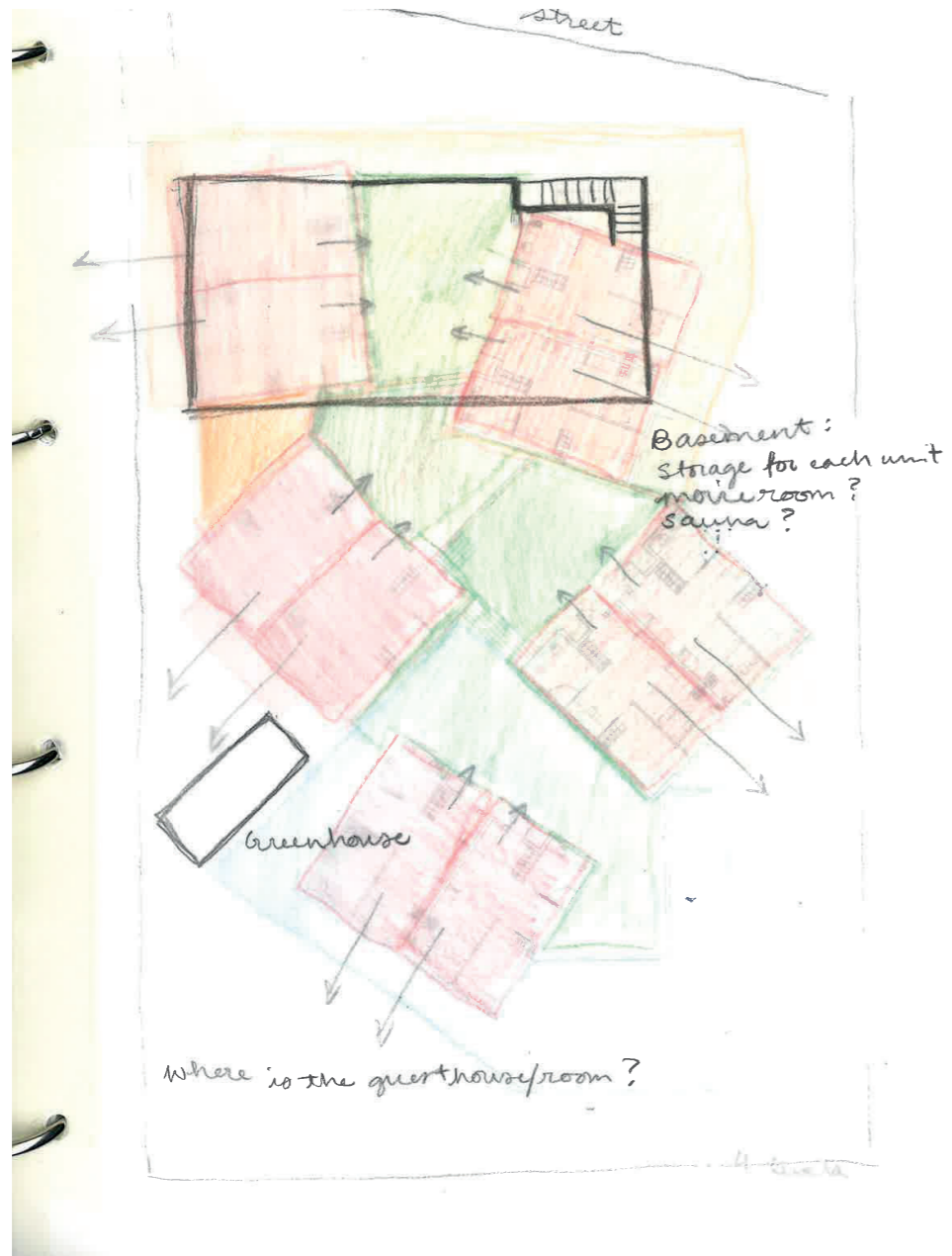


Ziplana, spring 2023

Private Units

08.02.23



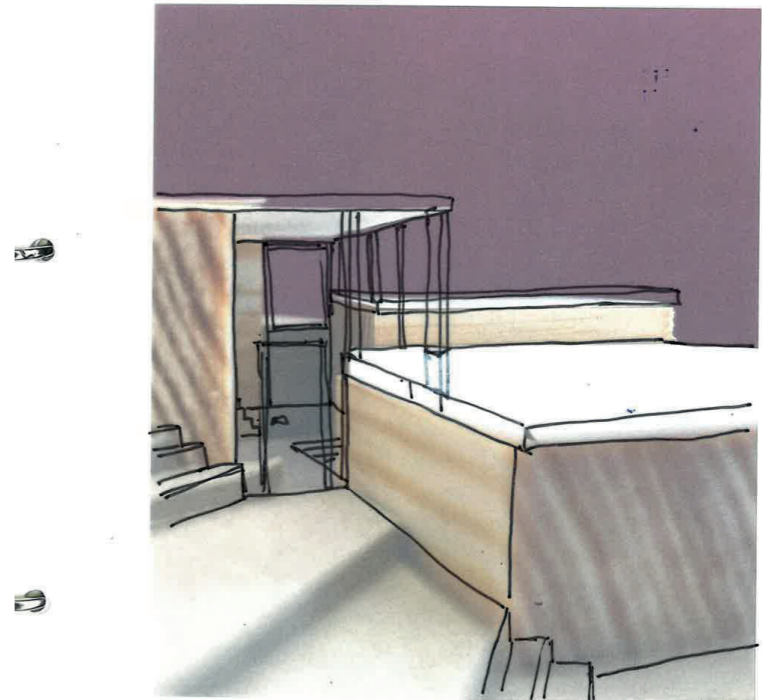
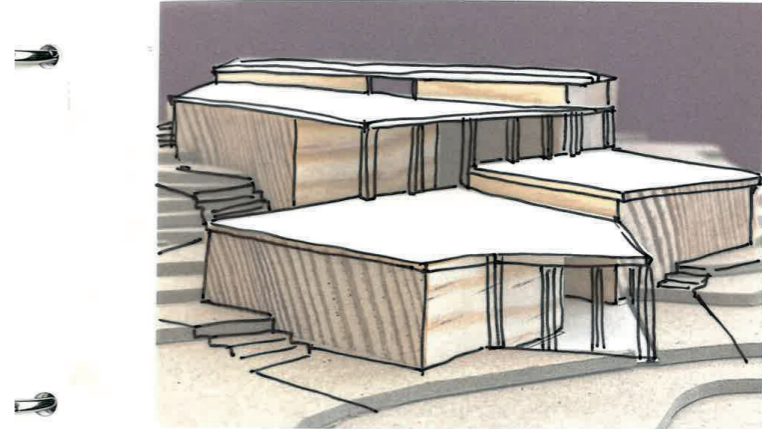




Diploma, spring 2023

Sketch model

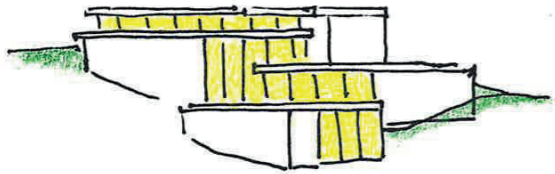
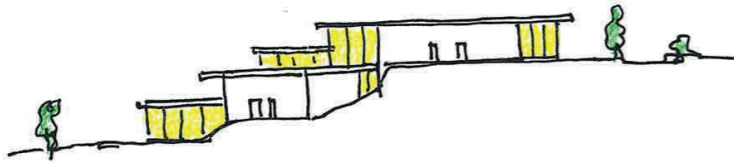
23.02.23



22.02.23



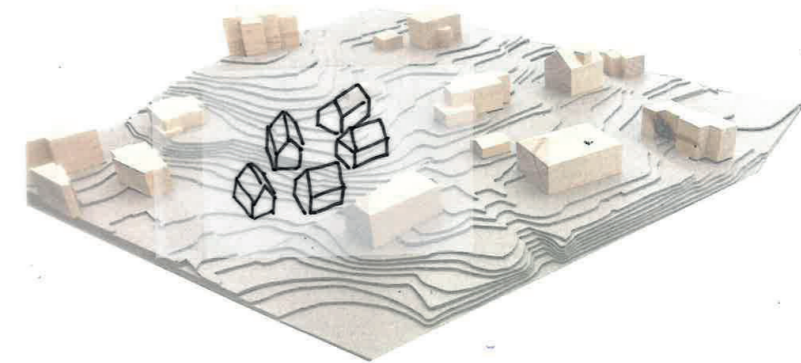
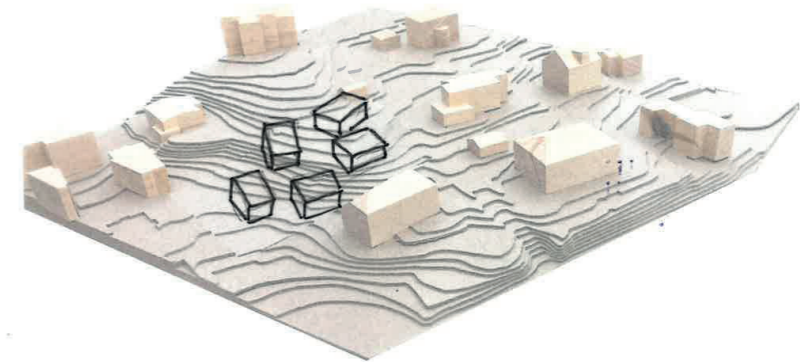
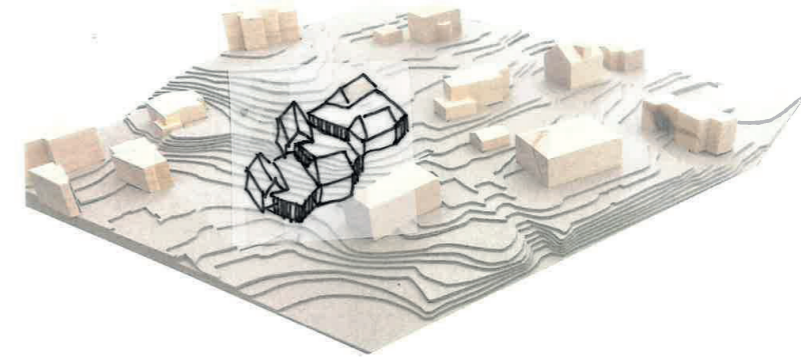
Exterior
South-West

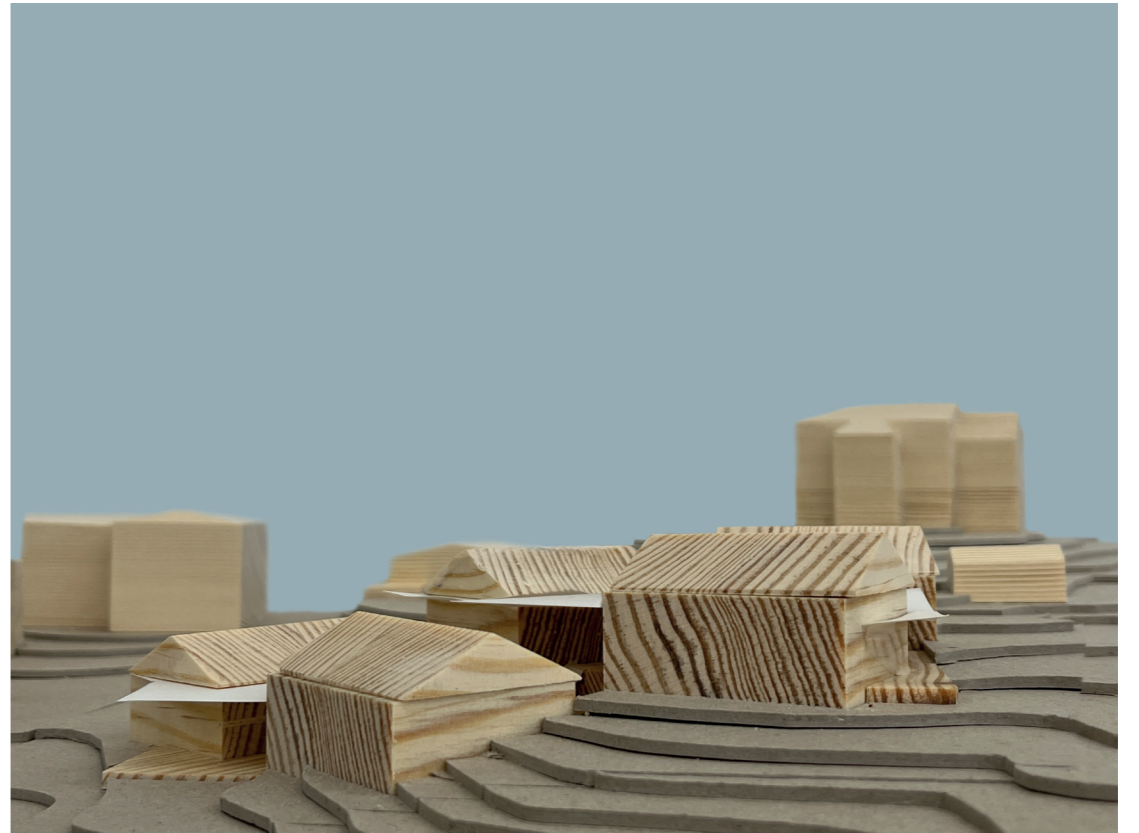


Diploma, spring 2023

Site model

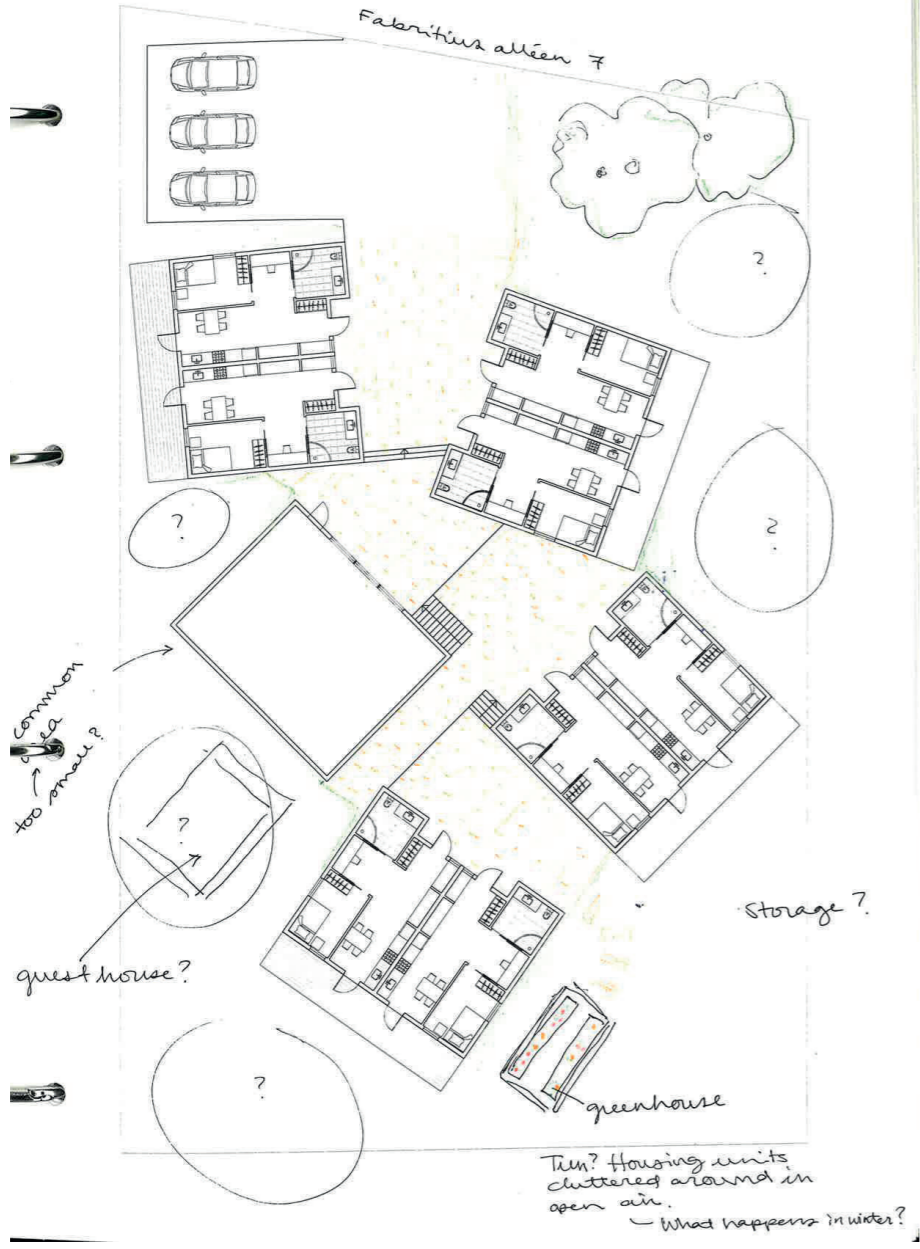
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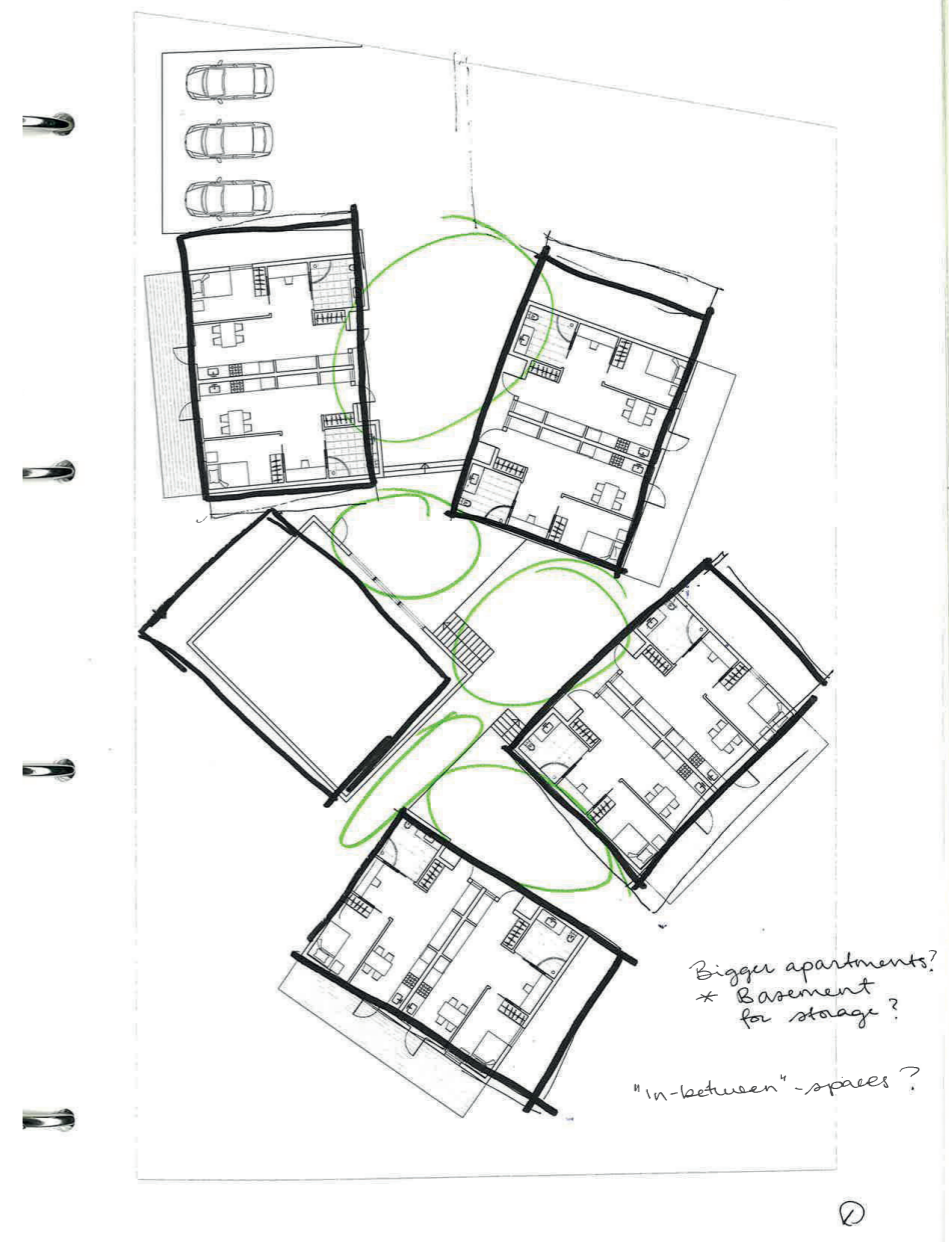


15.03.23

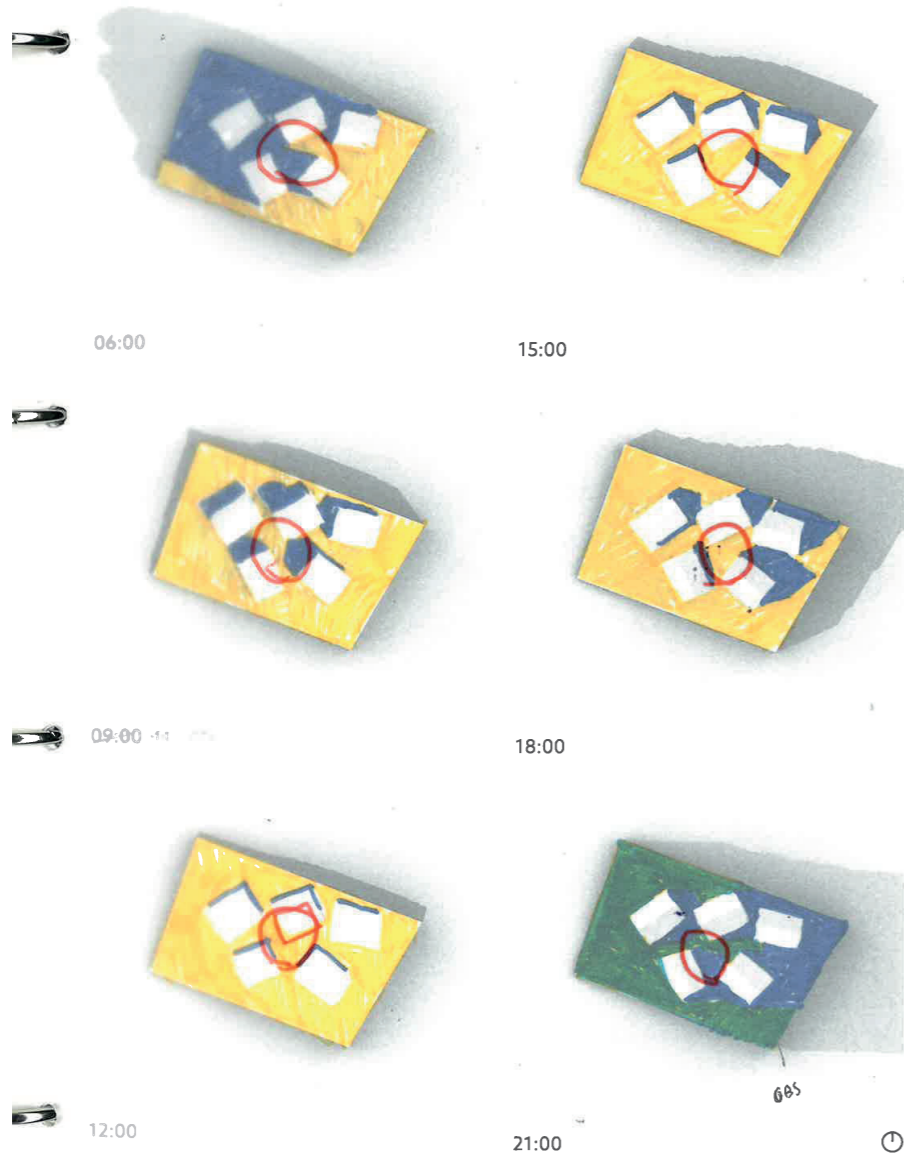
Fabritius allée 7



15.03.23



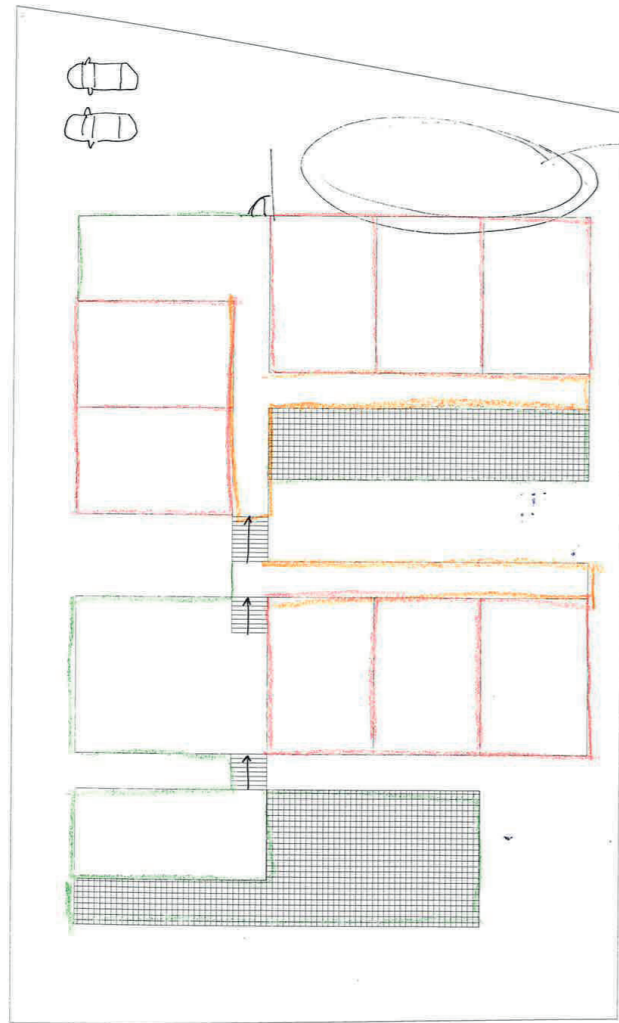




15.3.23



15.3.23

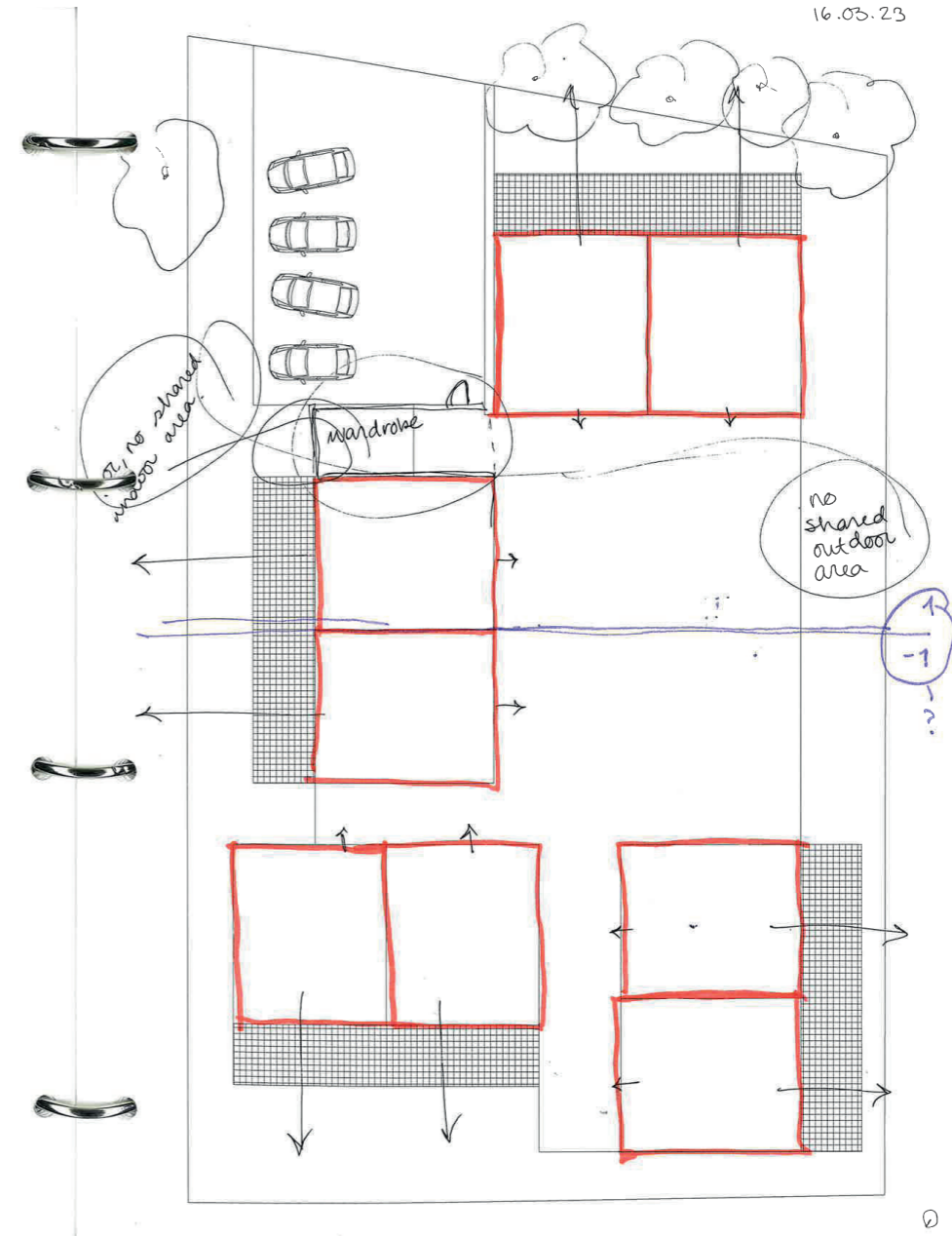


3 apartments have private outdoor area?

* Unefficient use of the lot.

* No private outdoor area.
* Guest house, where?

16.03.23



no shared outdoor area

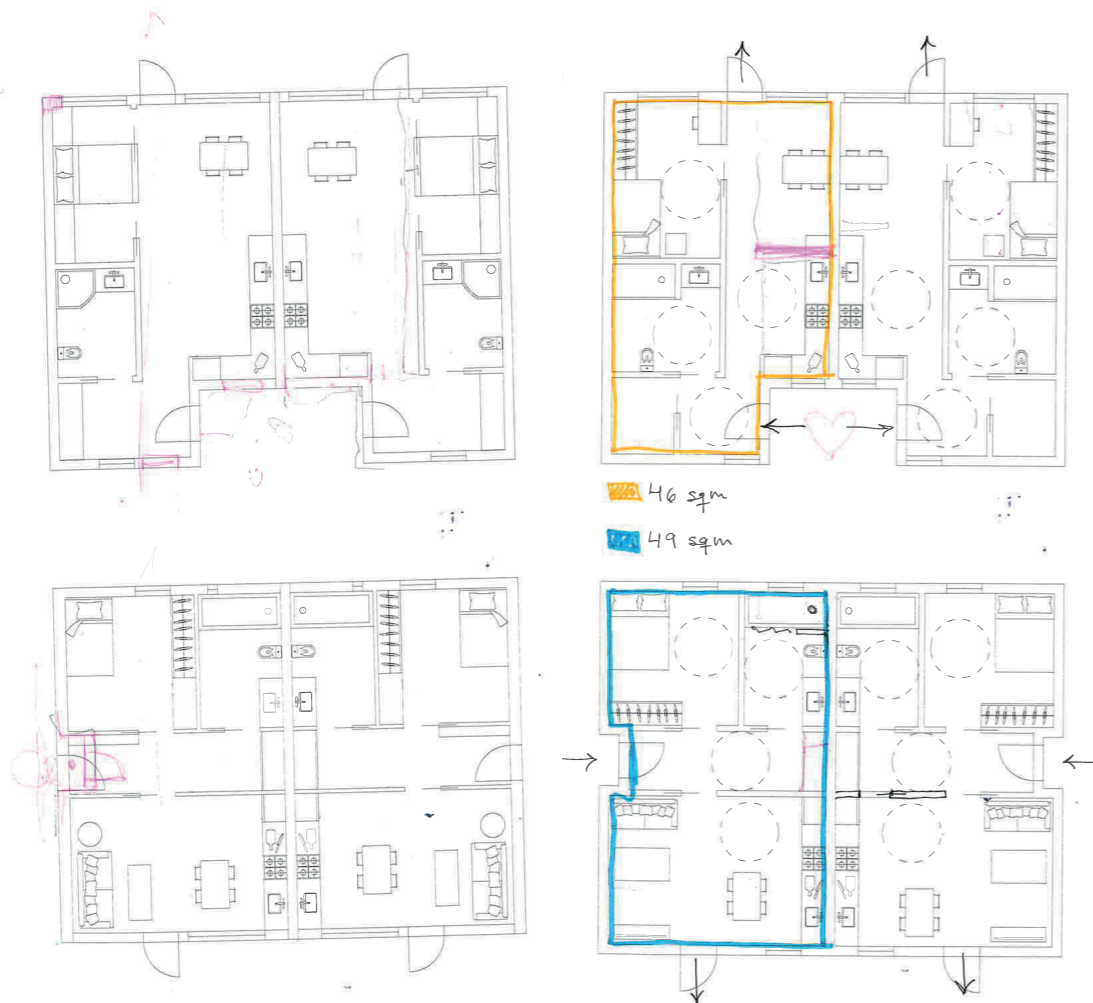
Mandrose

no shared outdoor area

-1
?

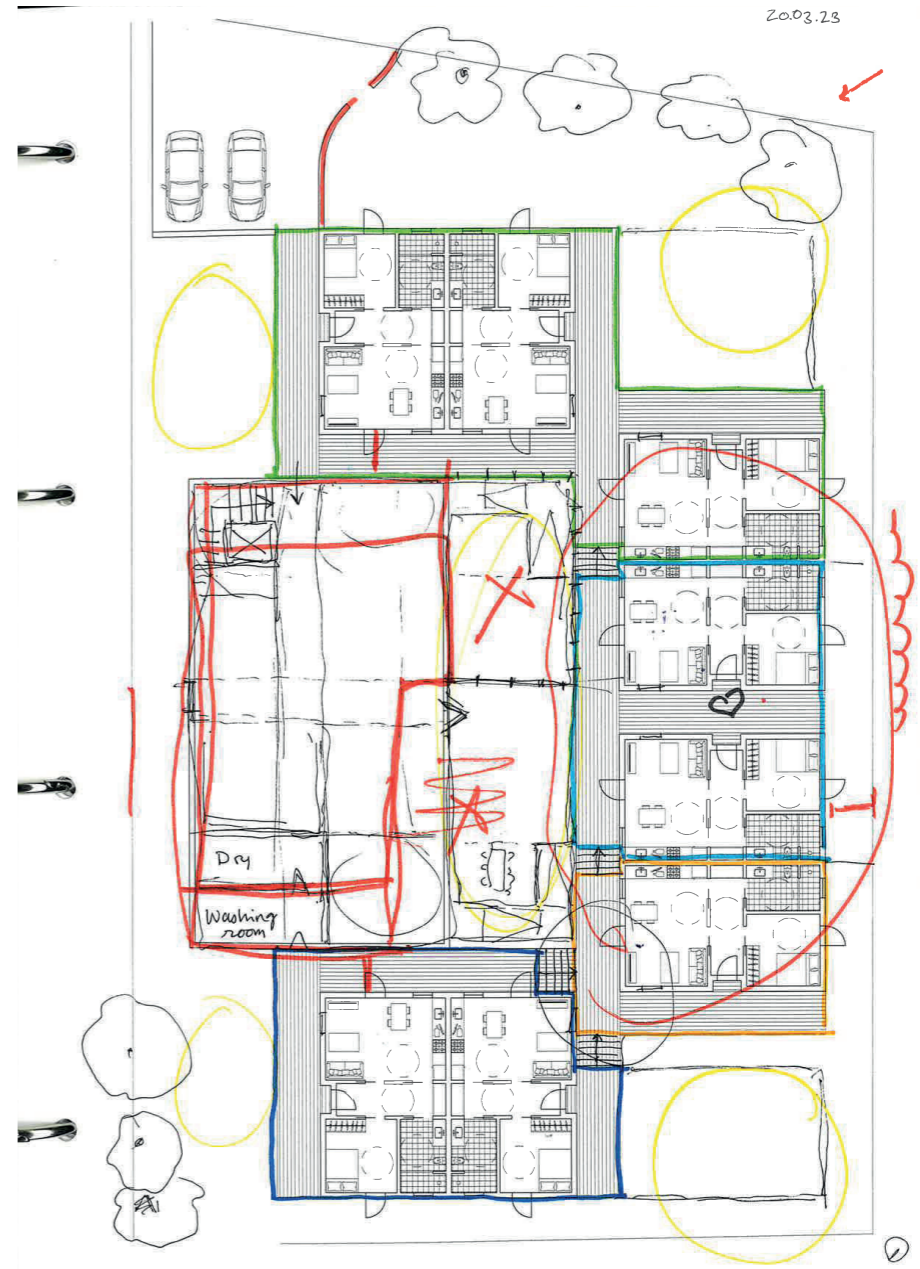
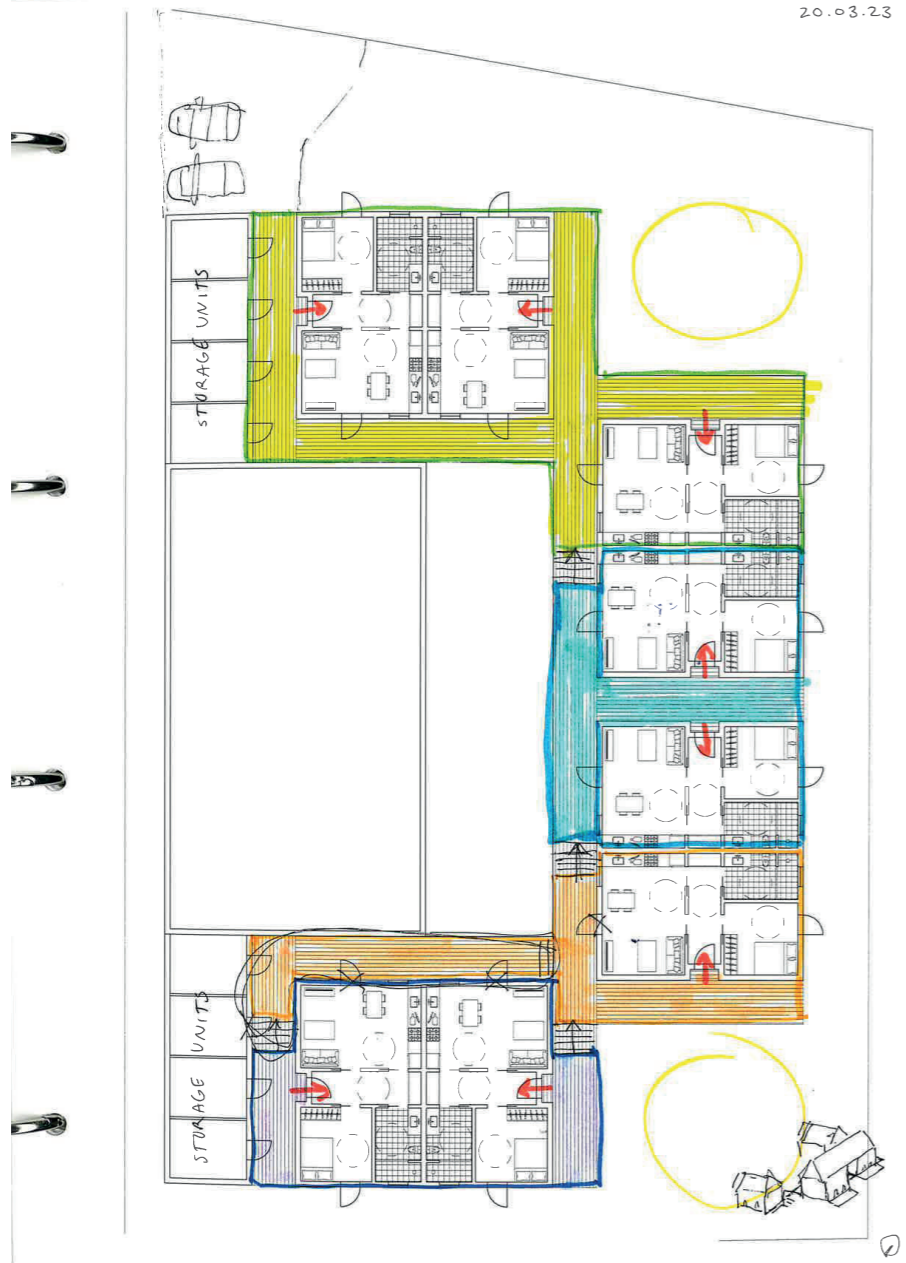
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18.03.23

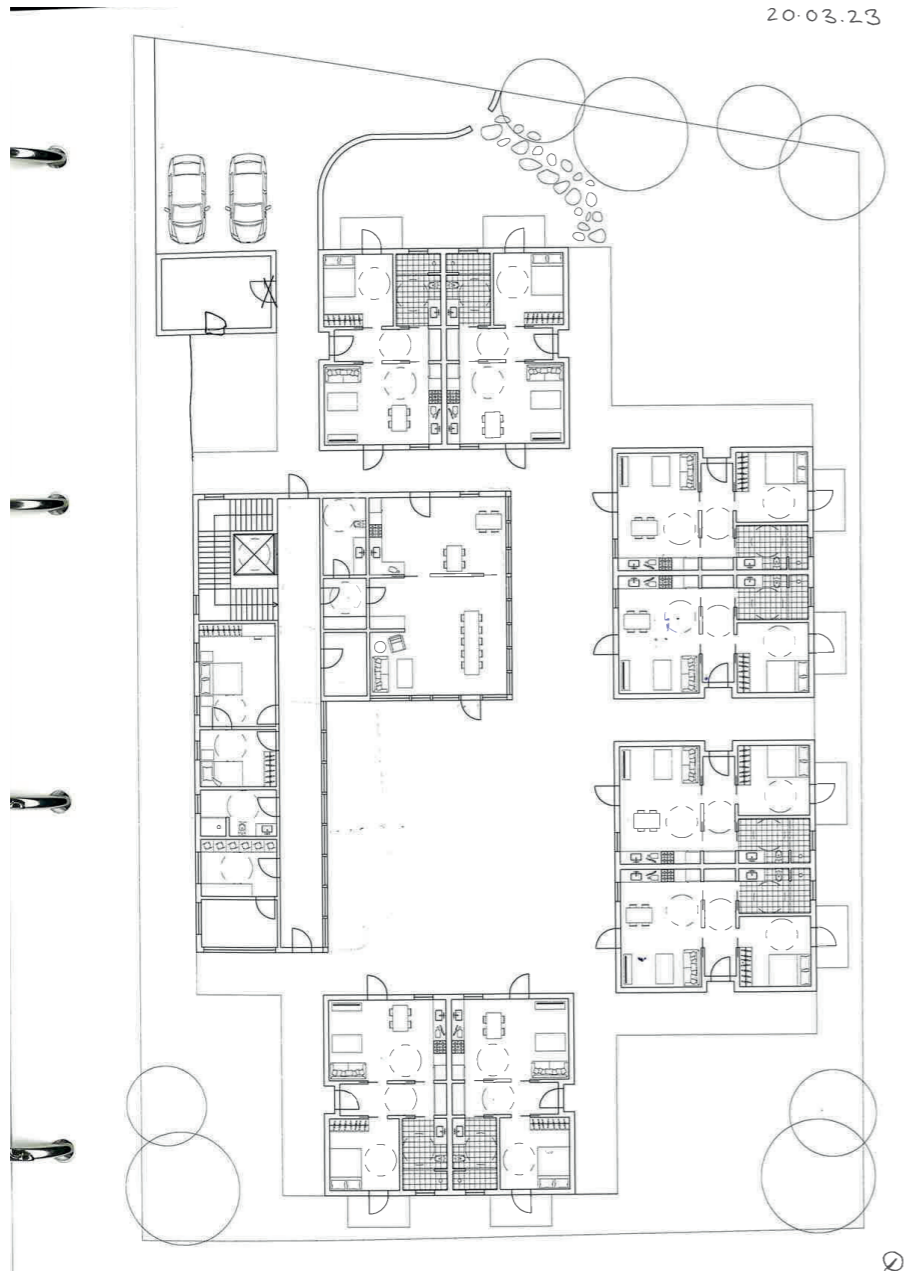


20.03.23

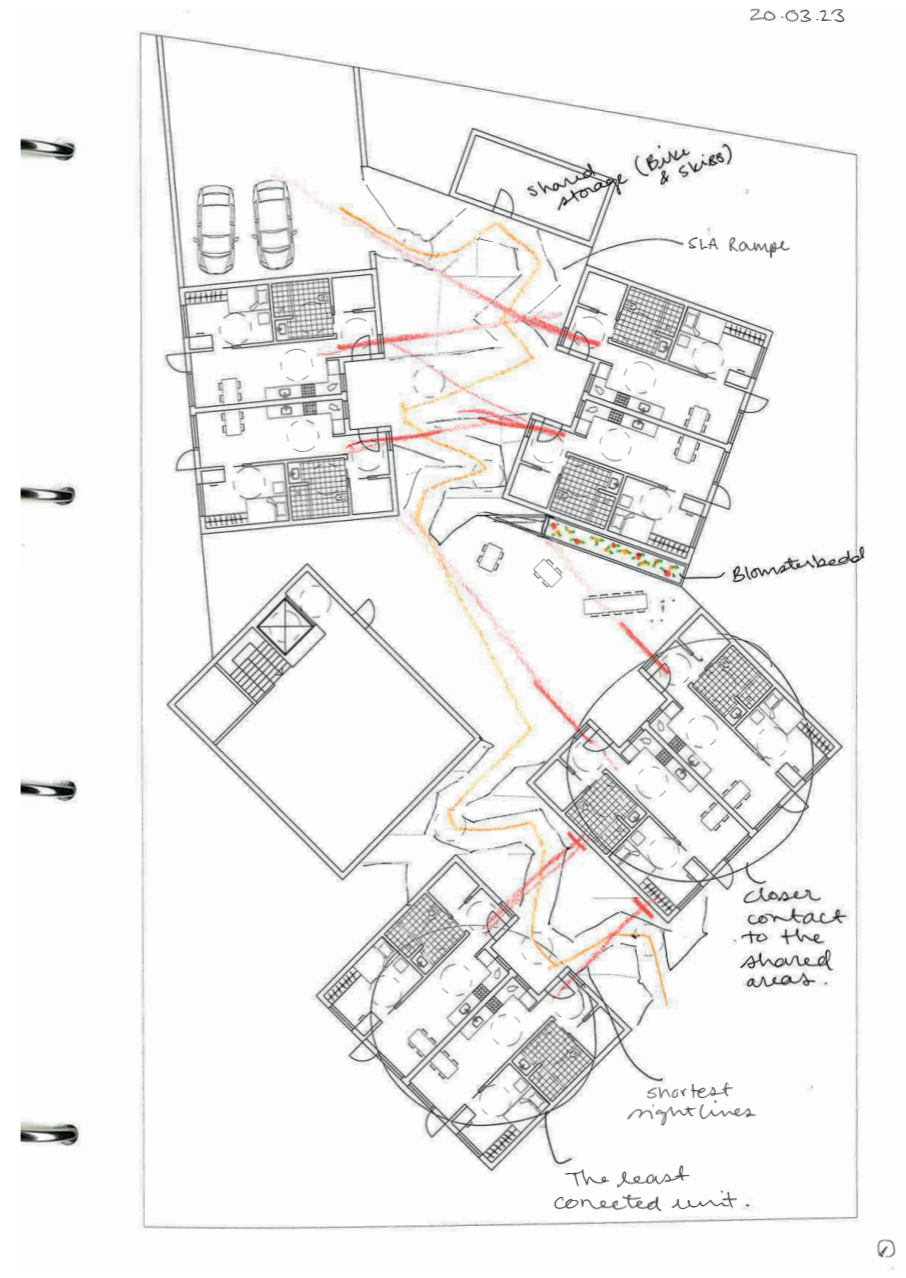




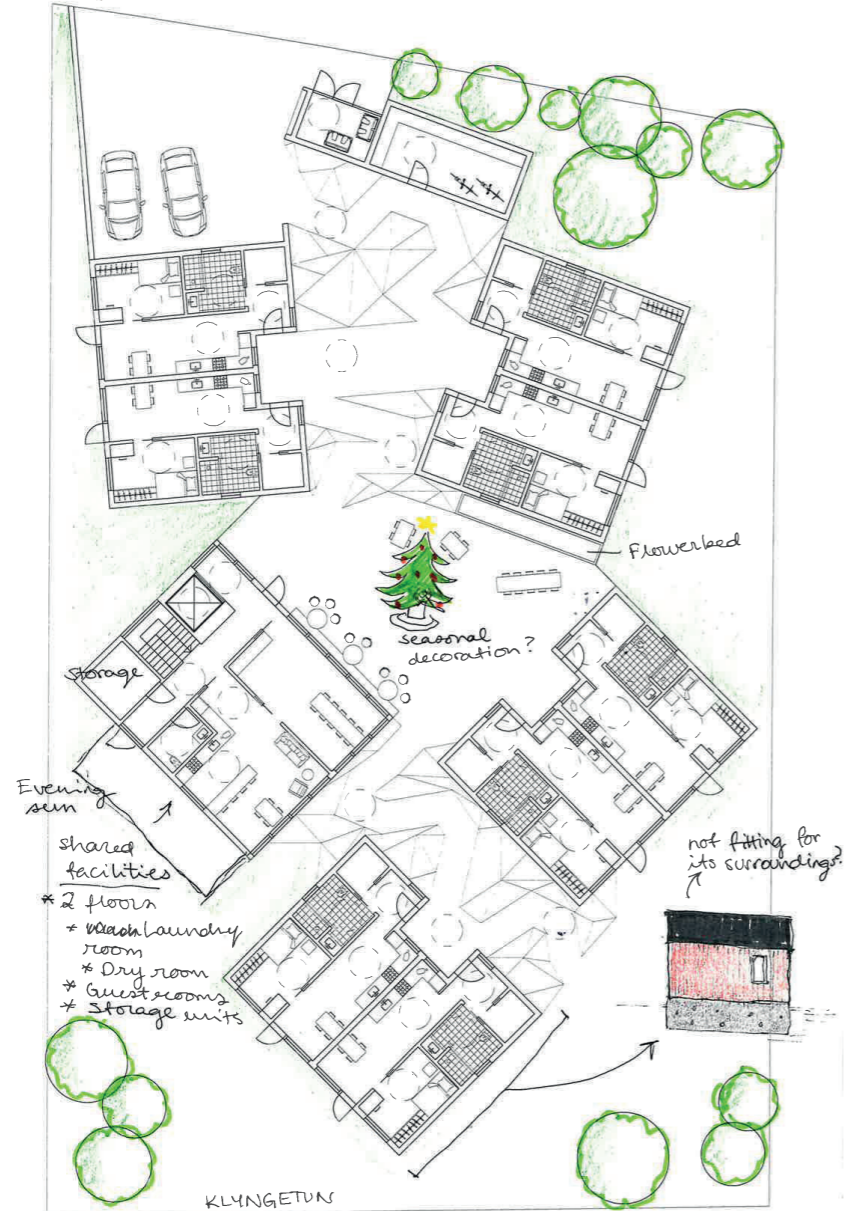
20-03-23



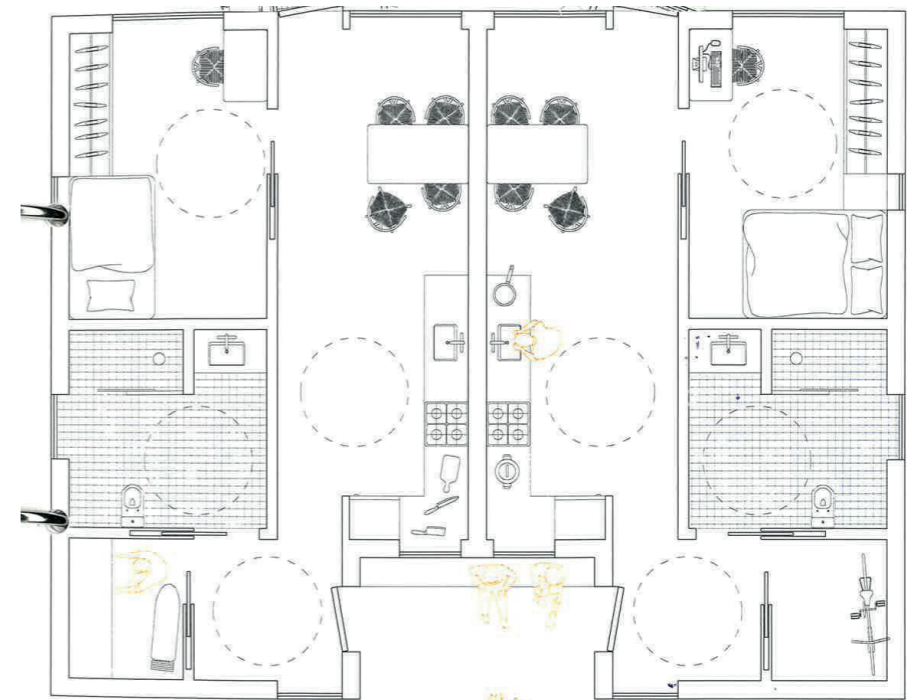
20-03-23



21.03.23



21.03.23

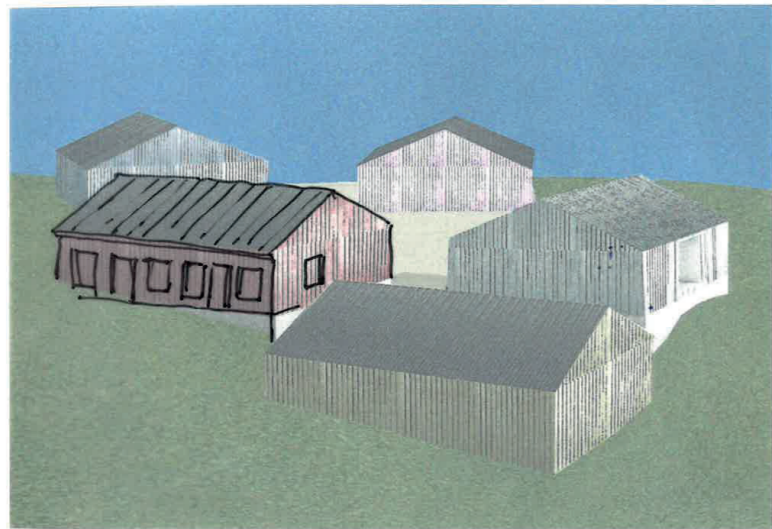


Bedroom 11 sqm
 Storage 3 sqm
 Bathroom 7 sqm
 Kitchen &
 living room 22 sqm

Diploma, spring 2023

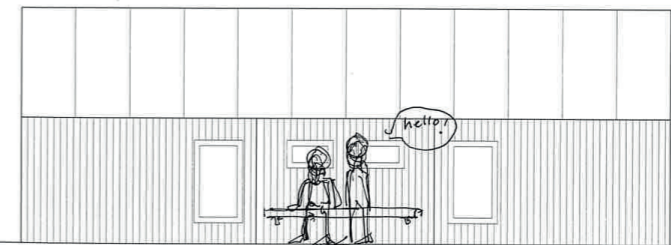
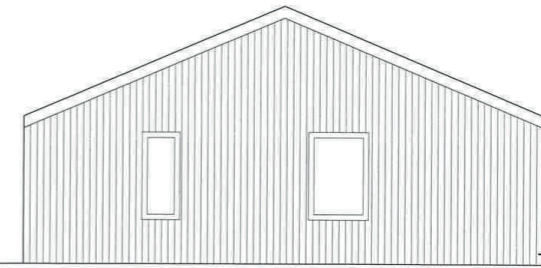
College

22.03.23



Elevation

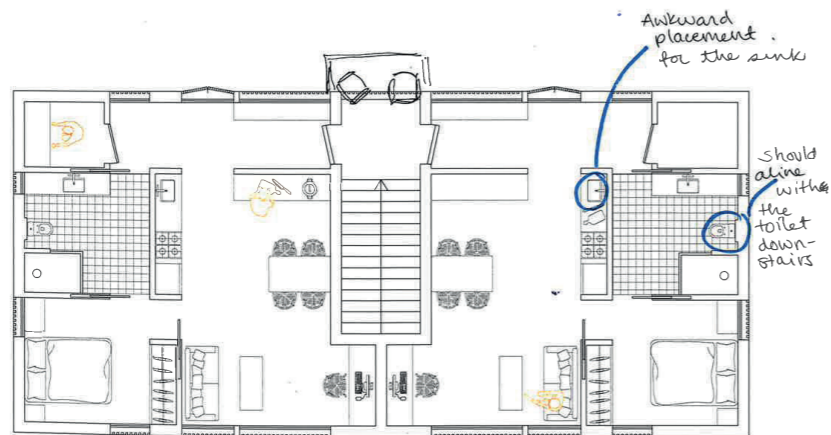
22.03.23



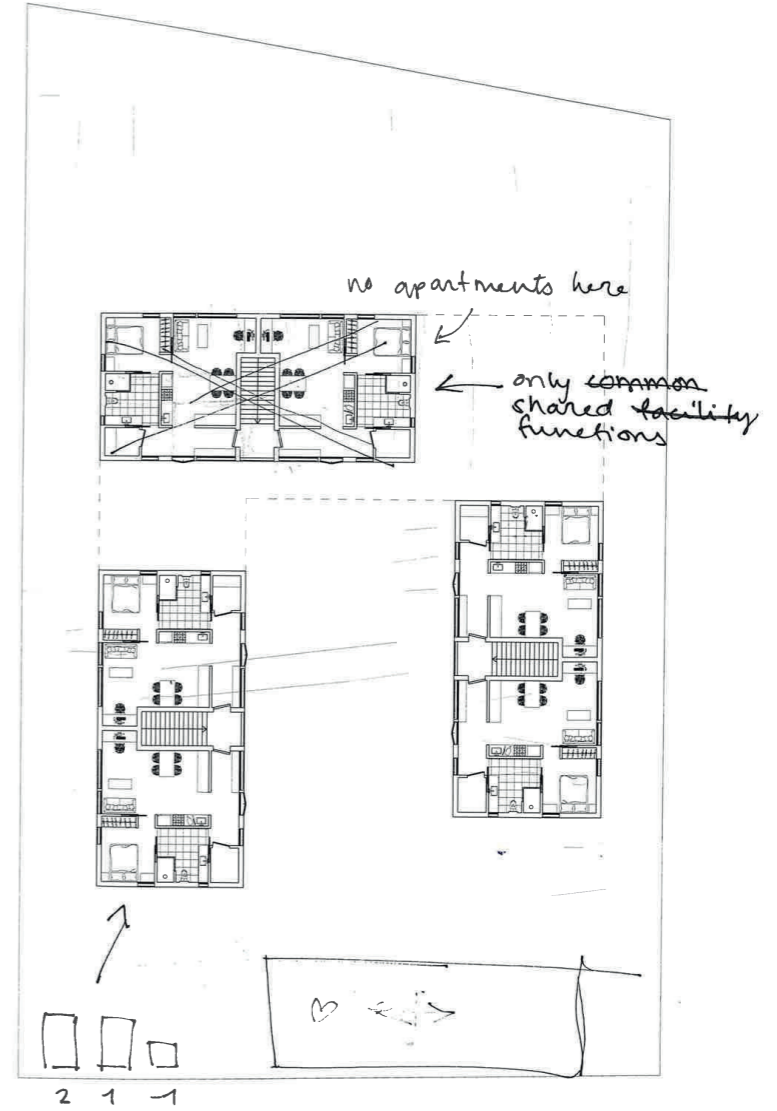
27.03.23



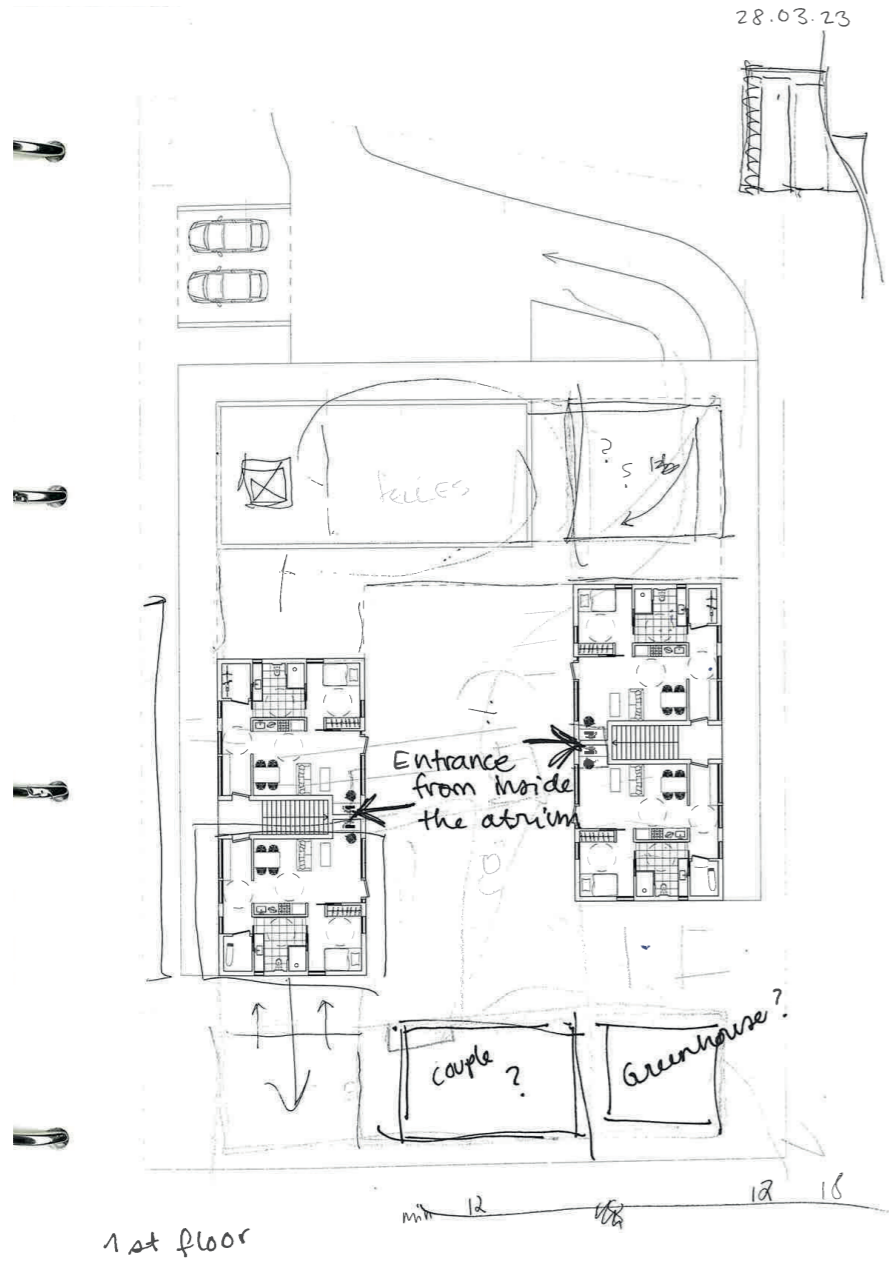
1st floor - universal design



28.03.23

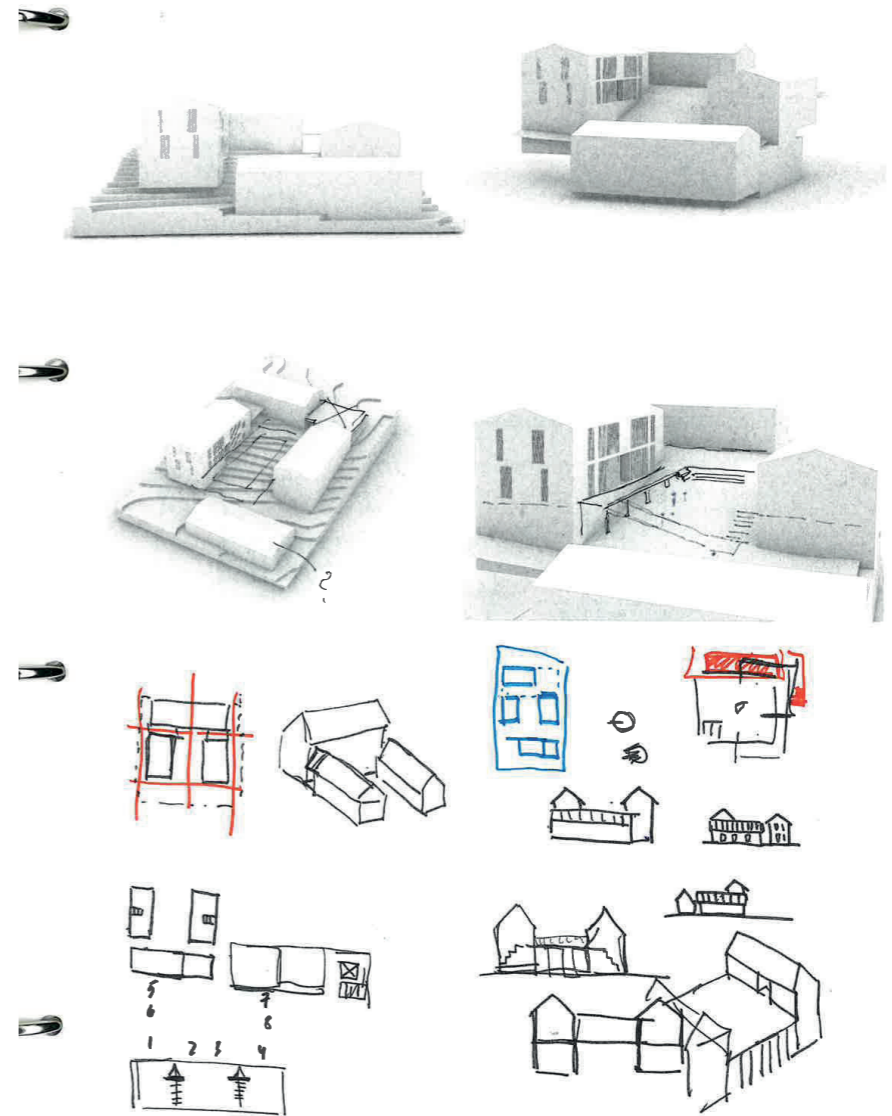


2nd floor

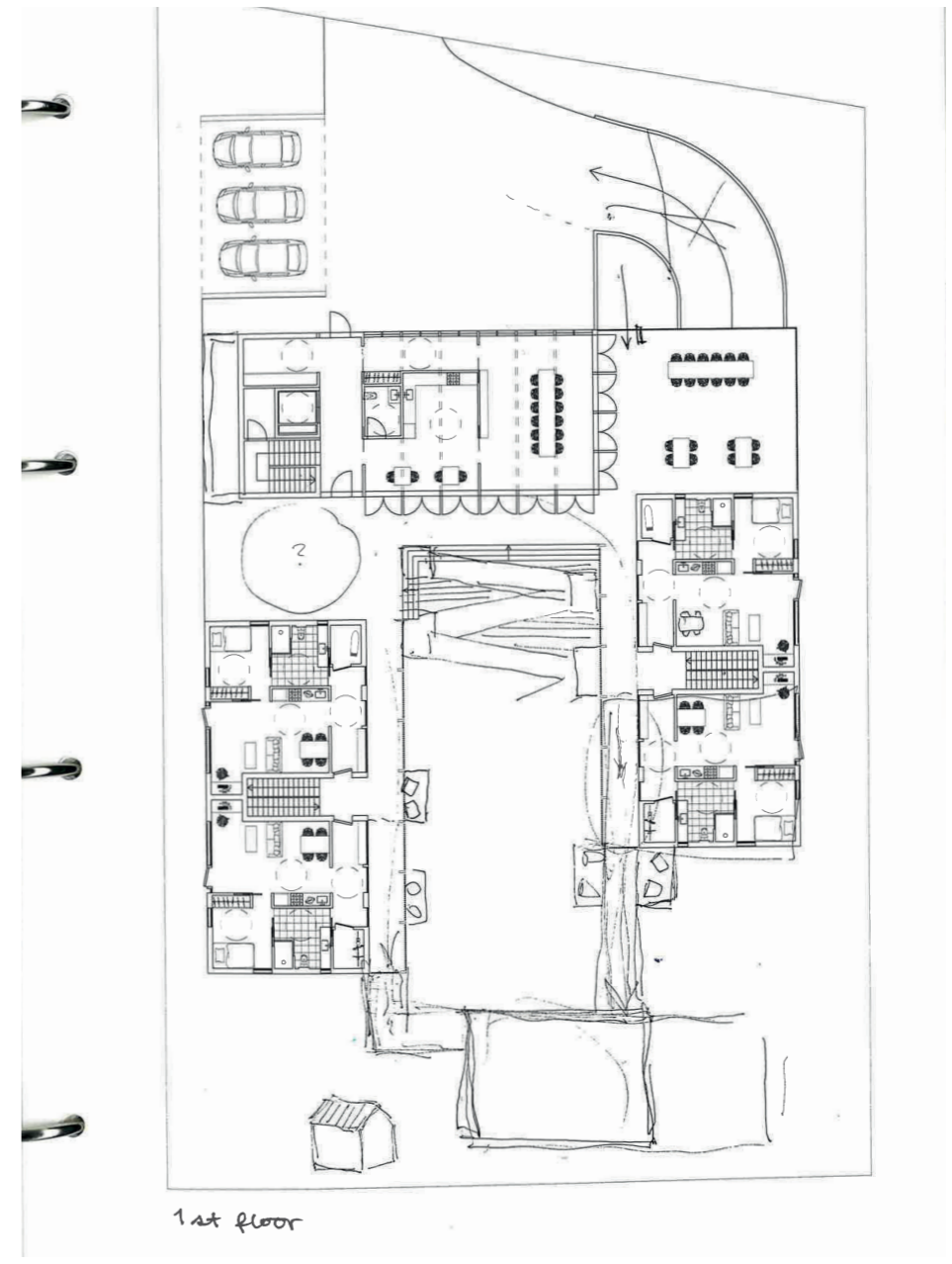
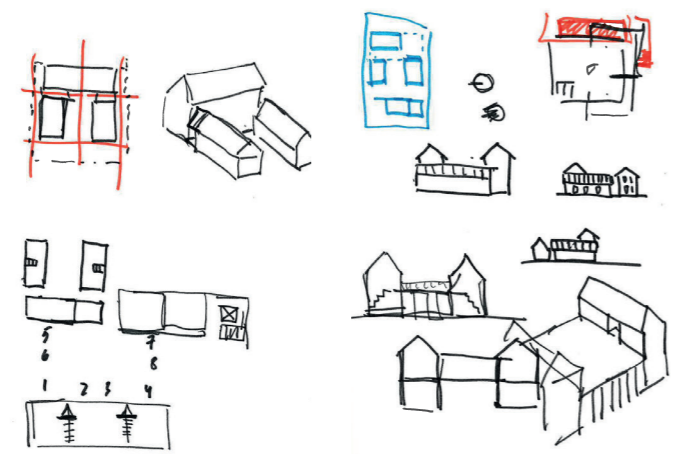


Diploma, spring 2023

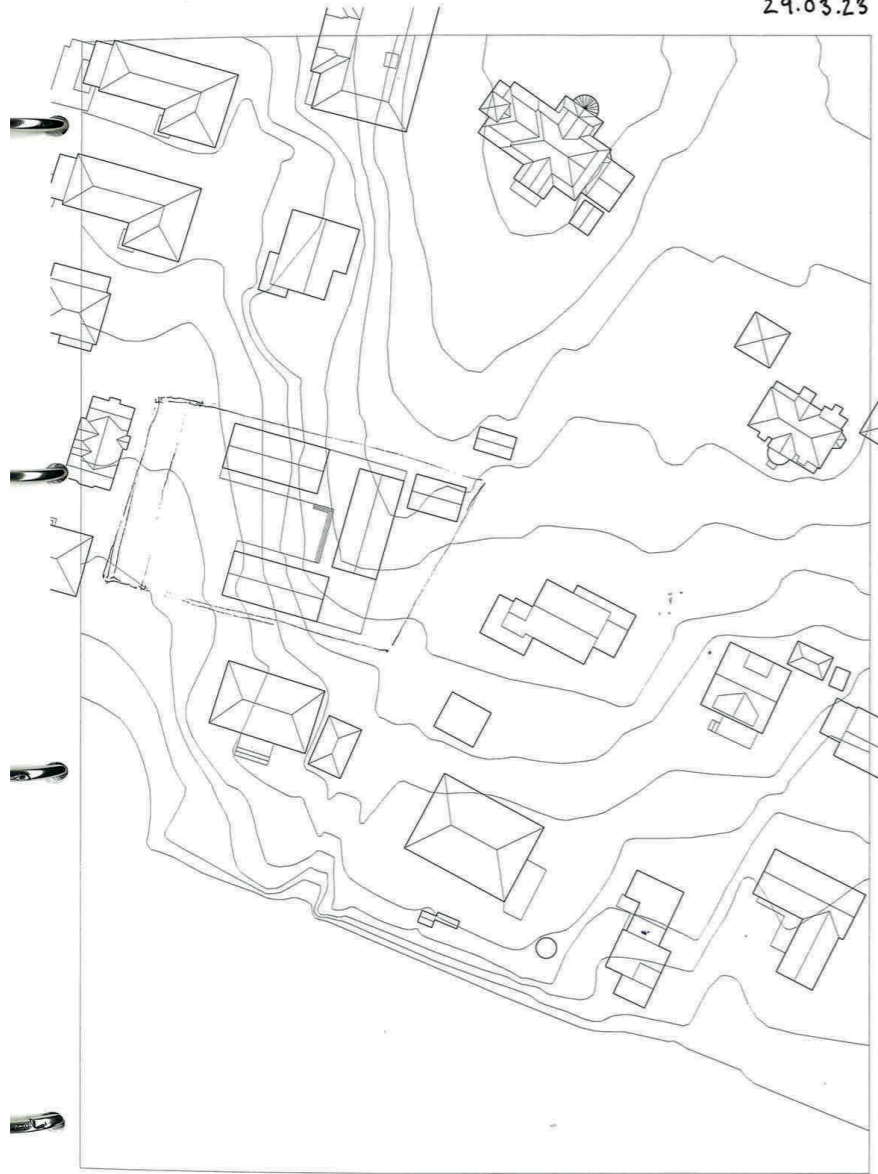
29.03.23



29.3.23

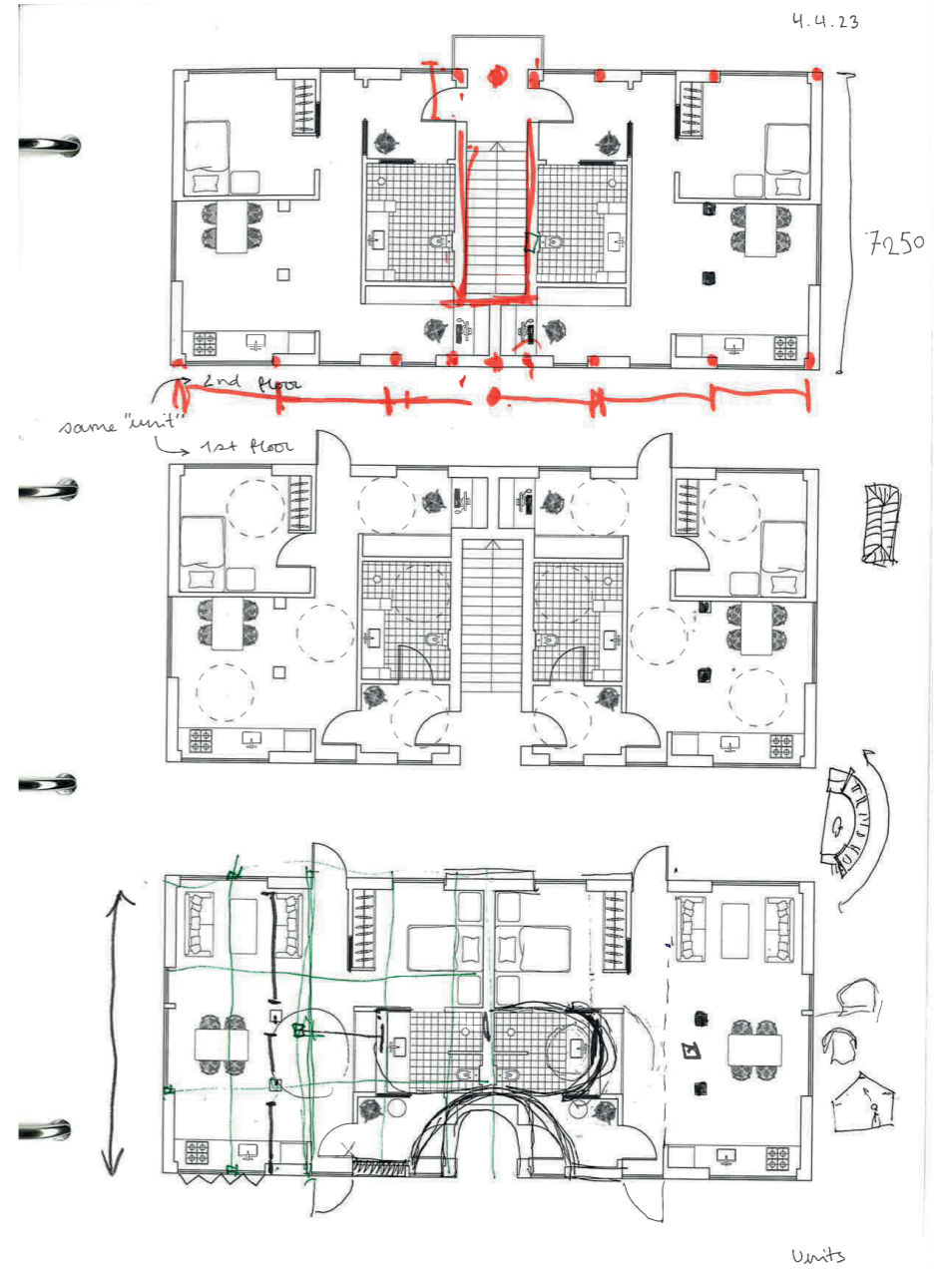


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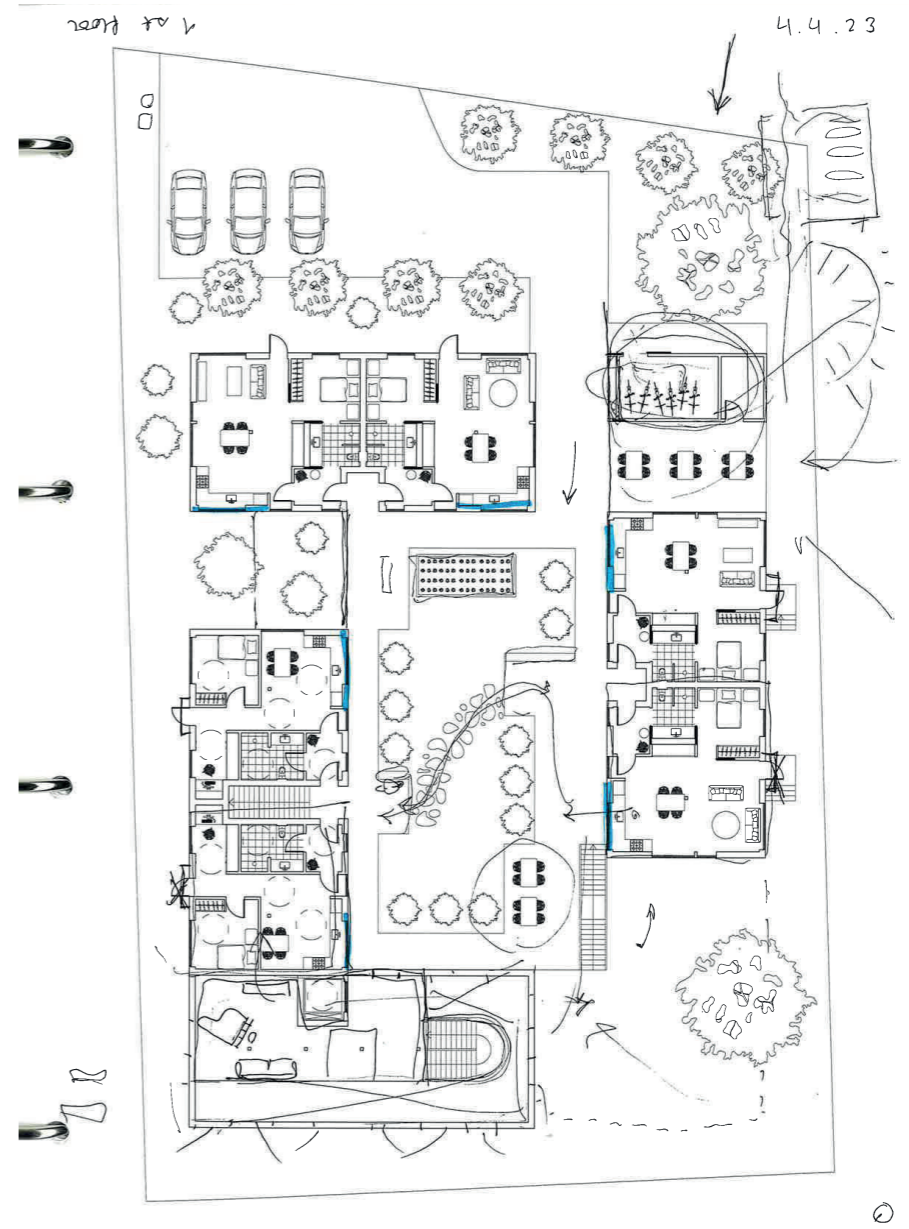
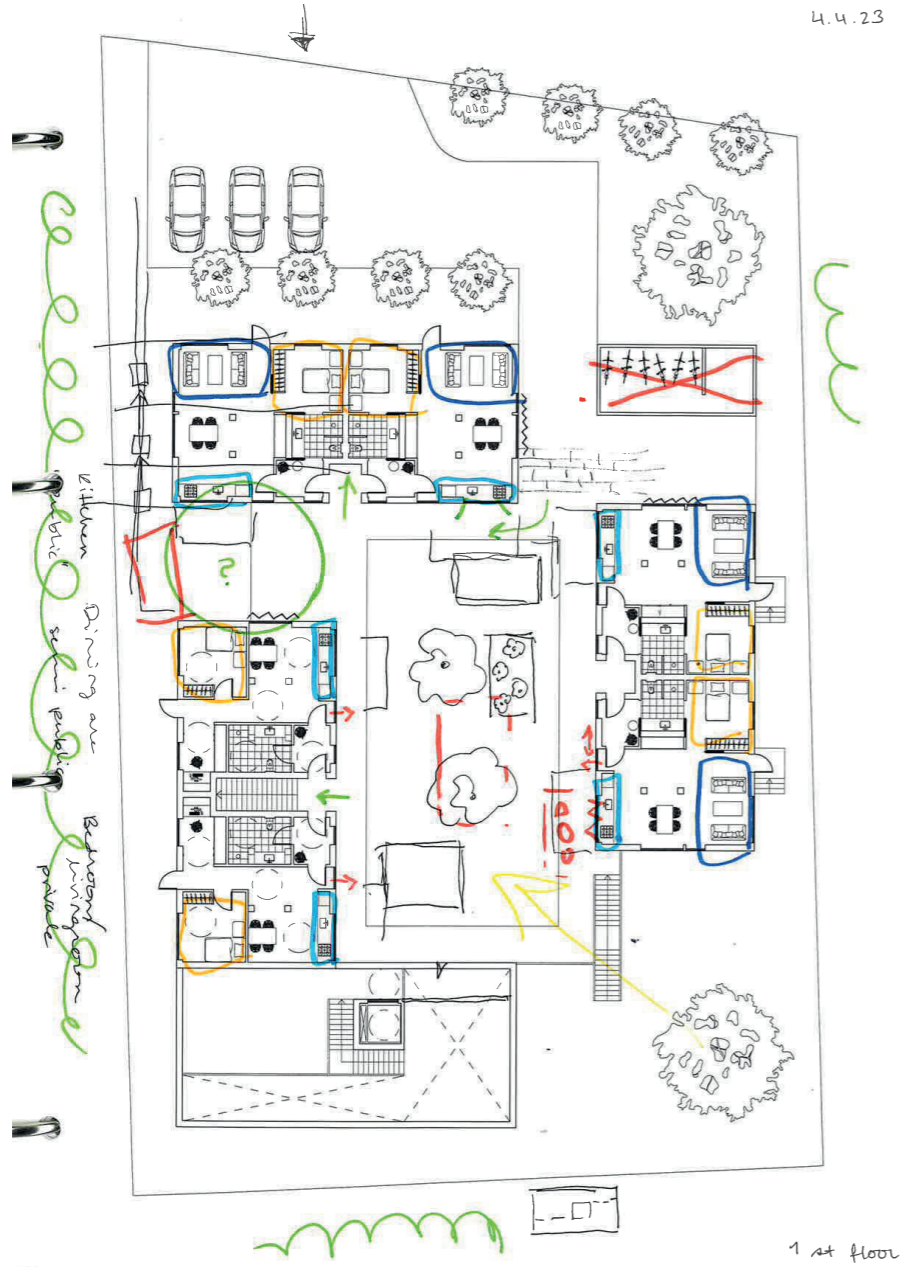


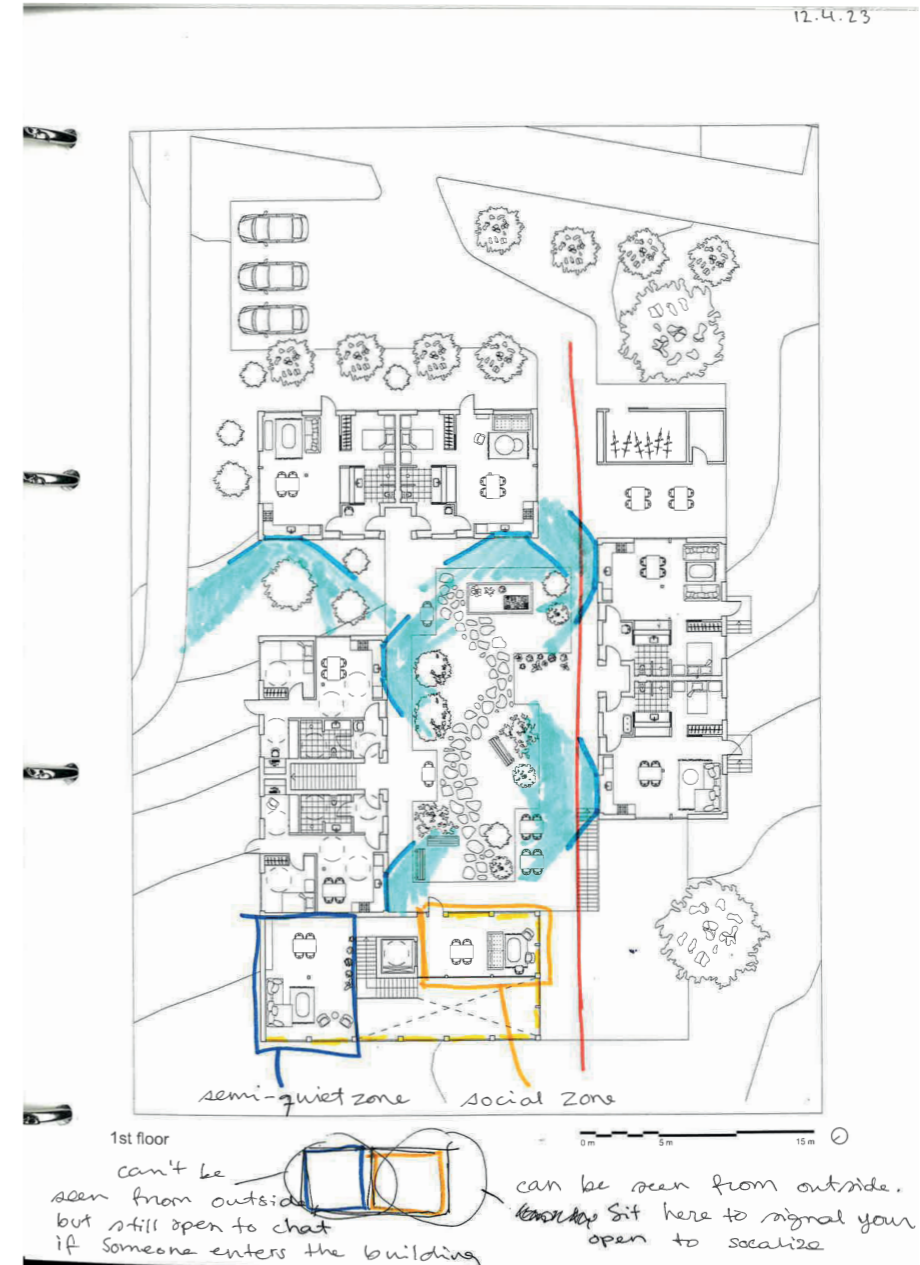
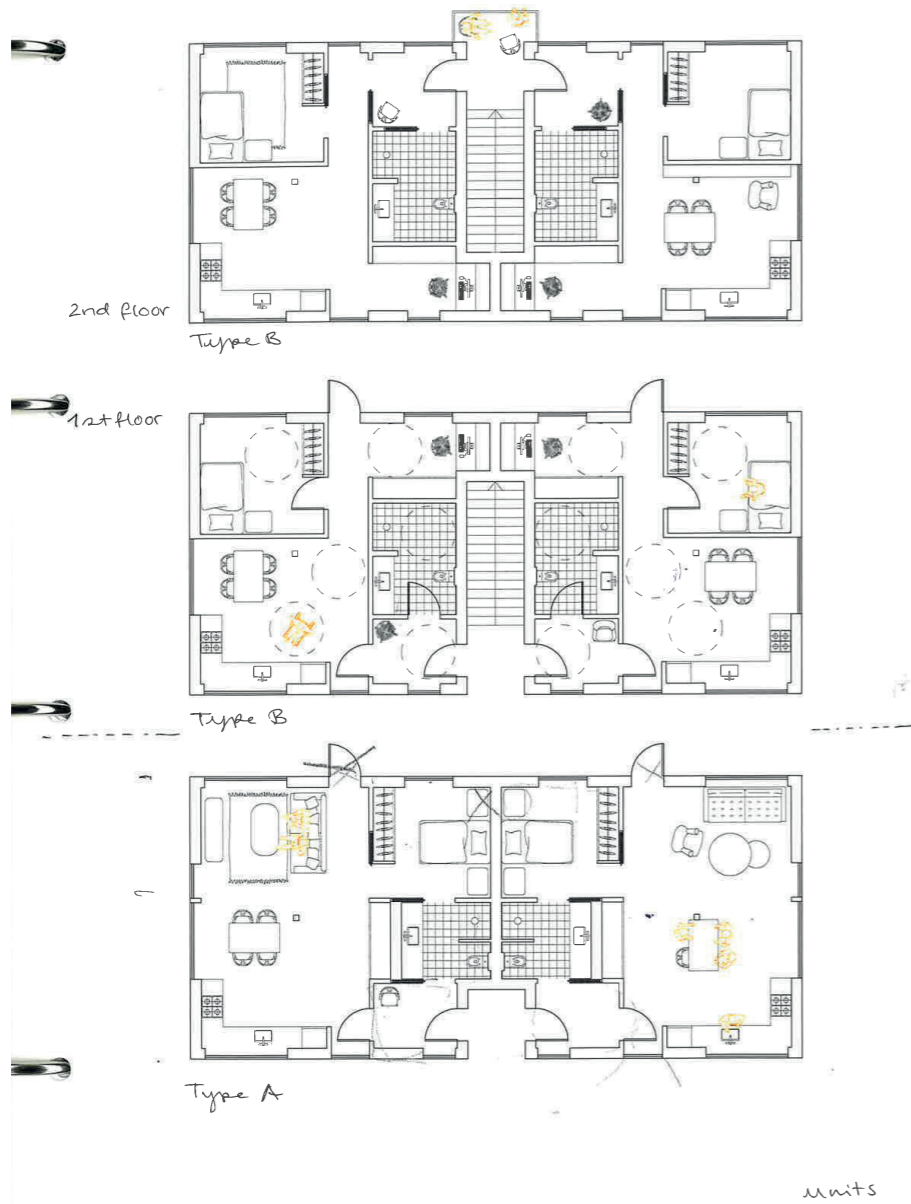
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4.4.23

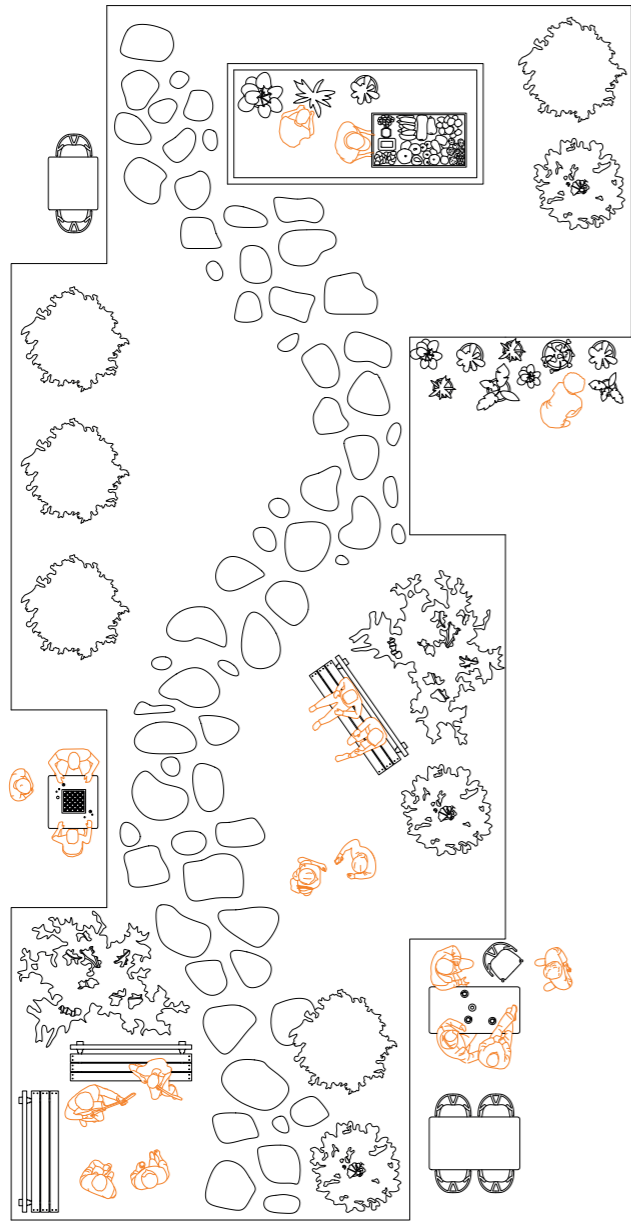


units

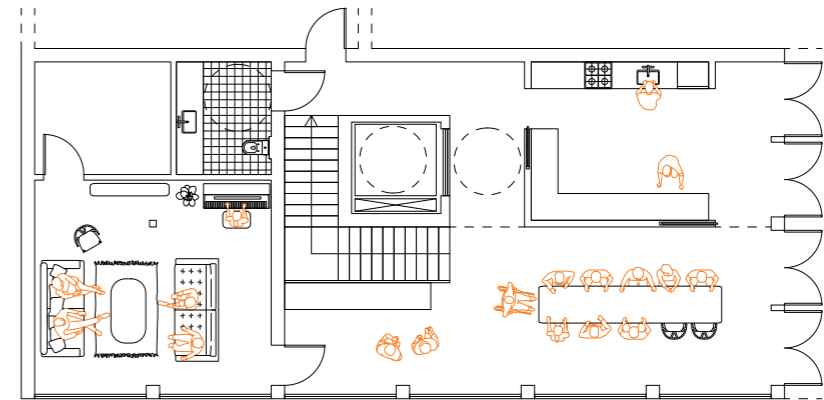
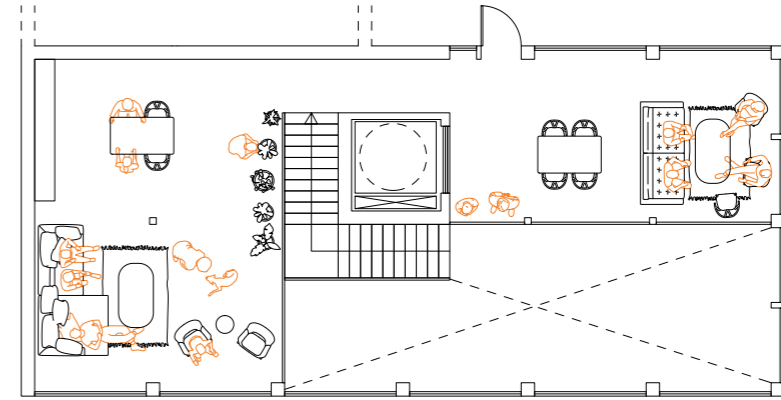


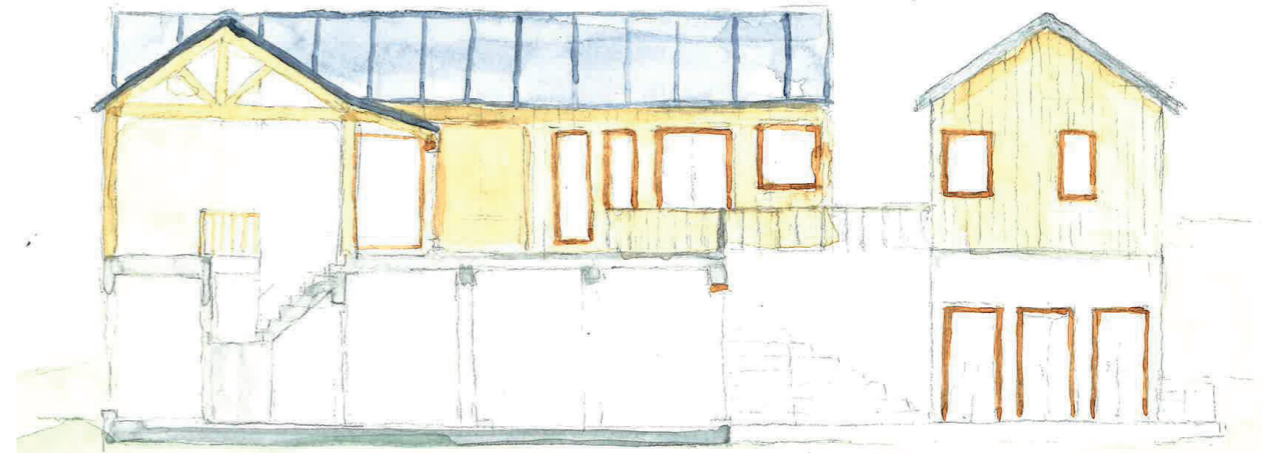
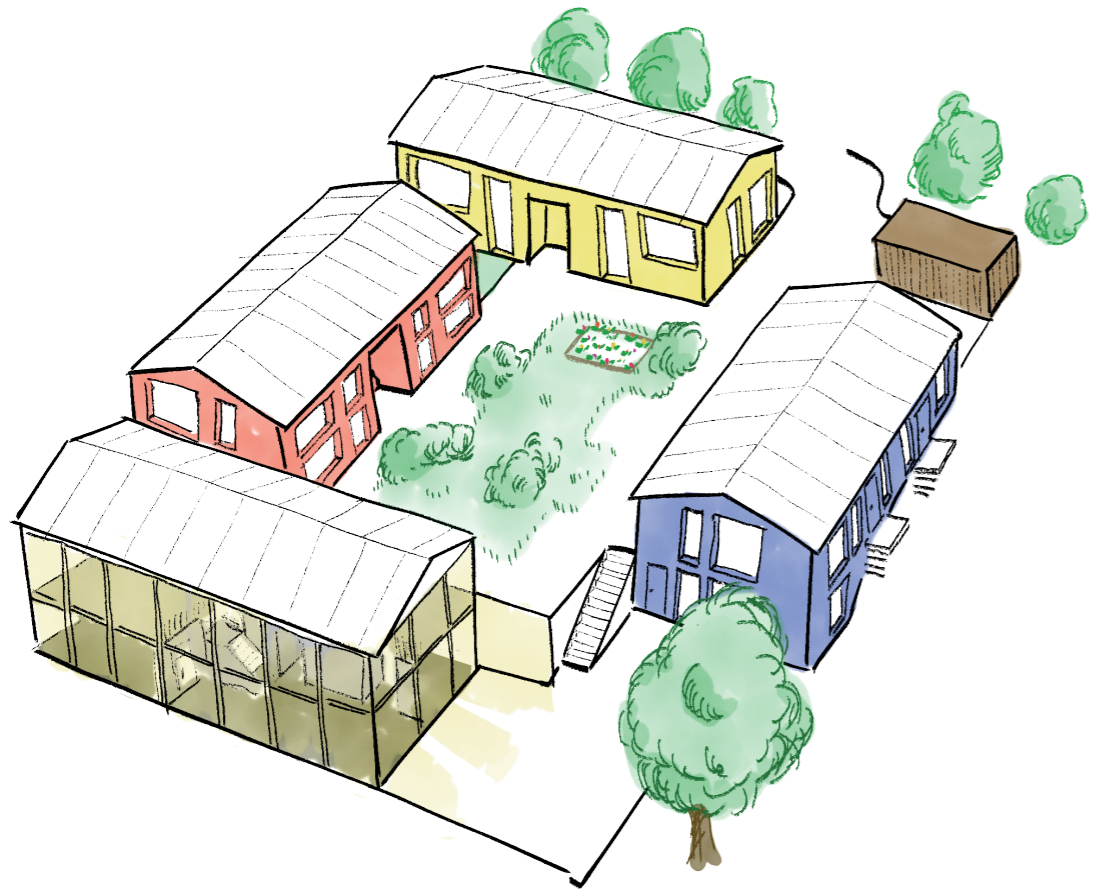


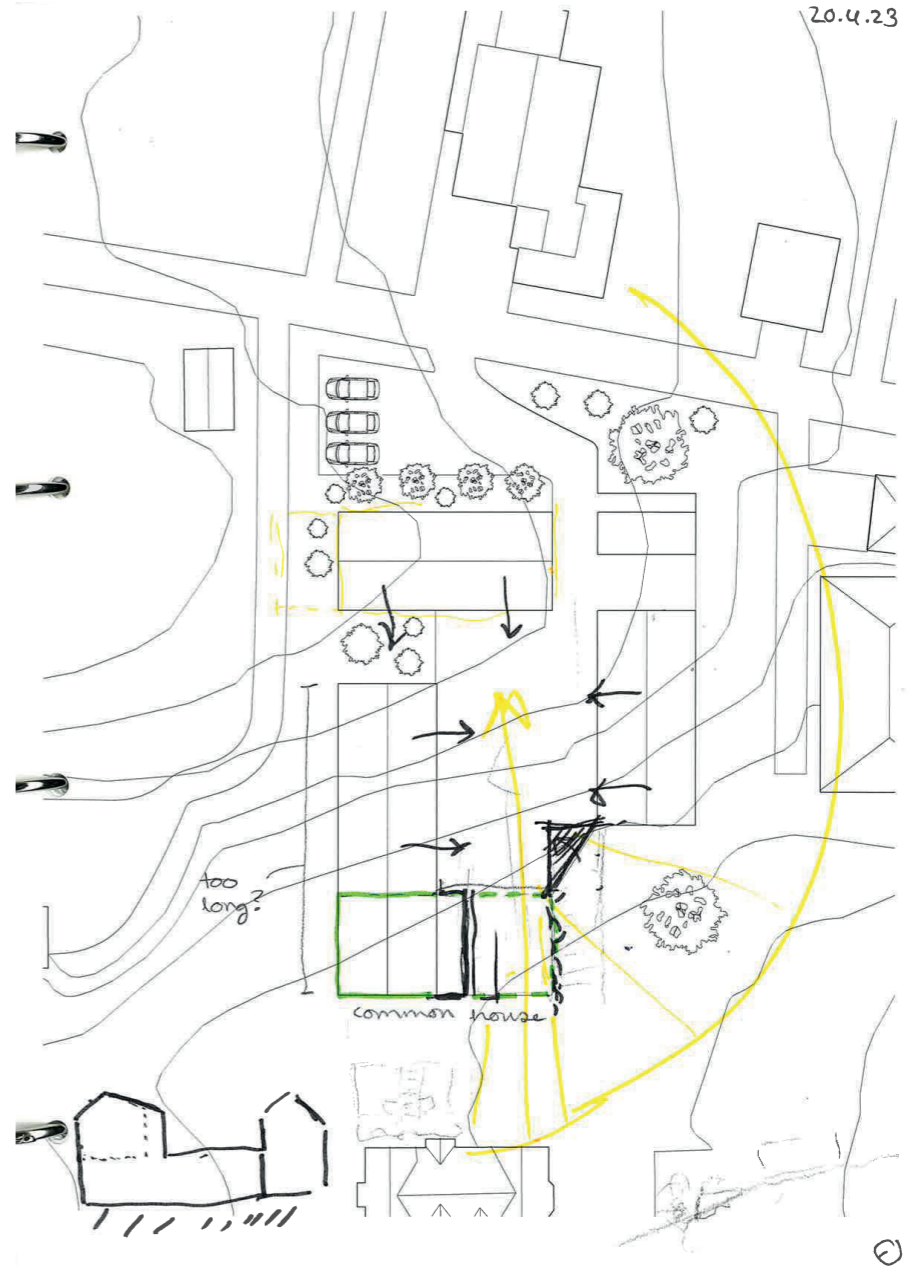
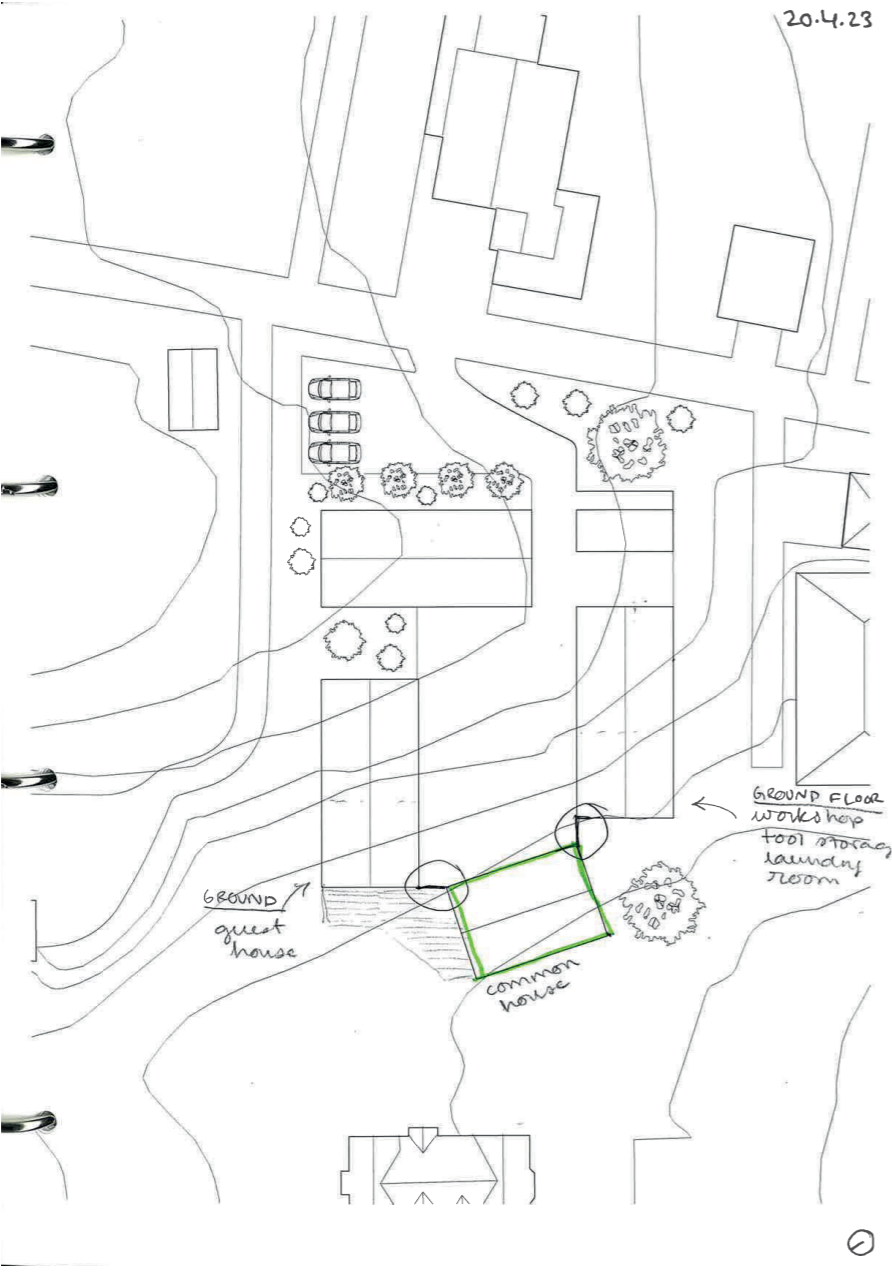
13.U.23 SCENARIOS
ATRIUM

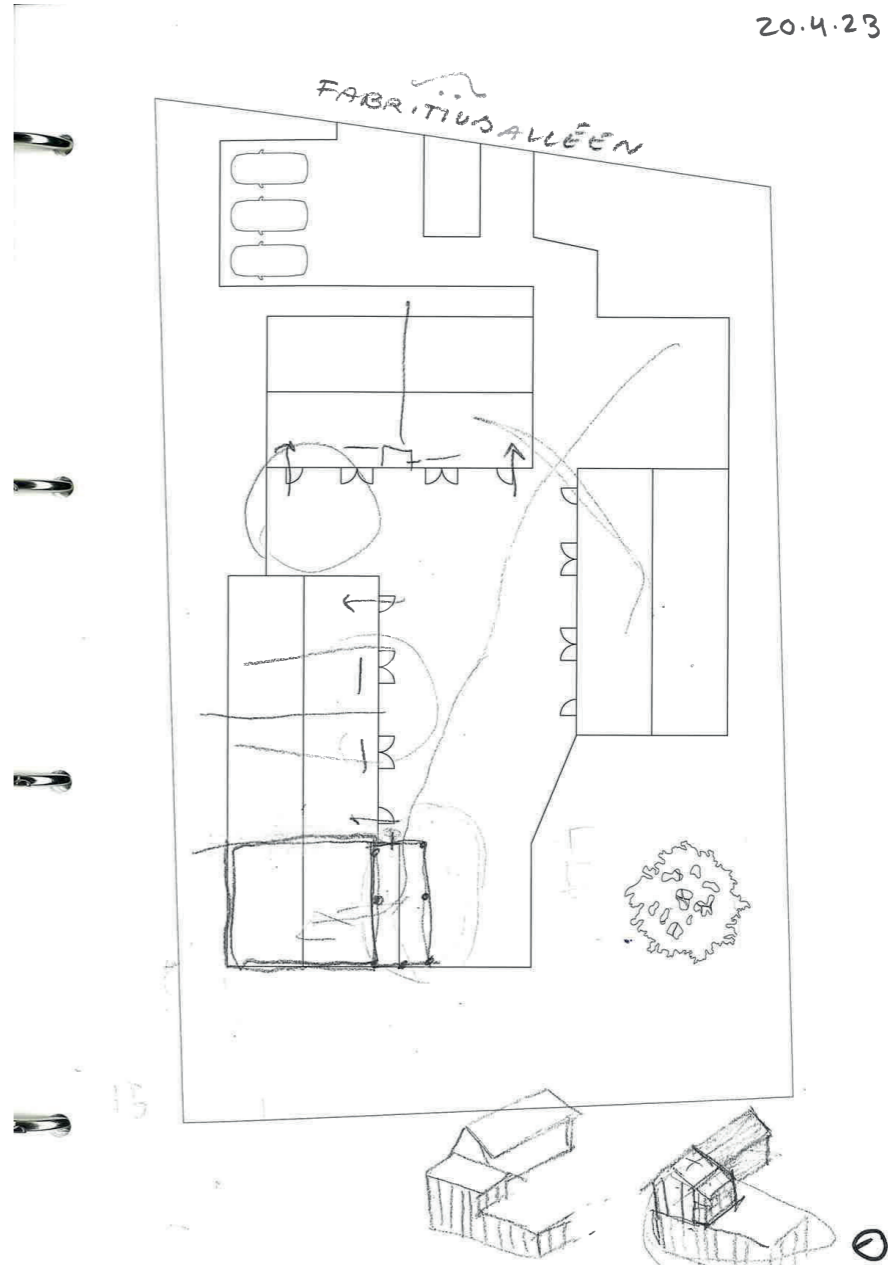
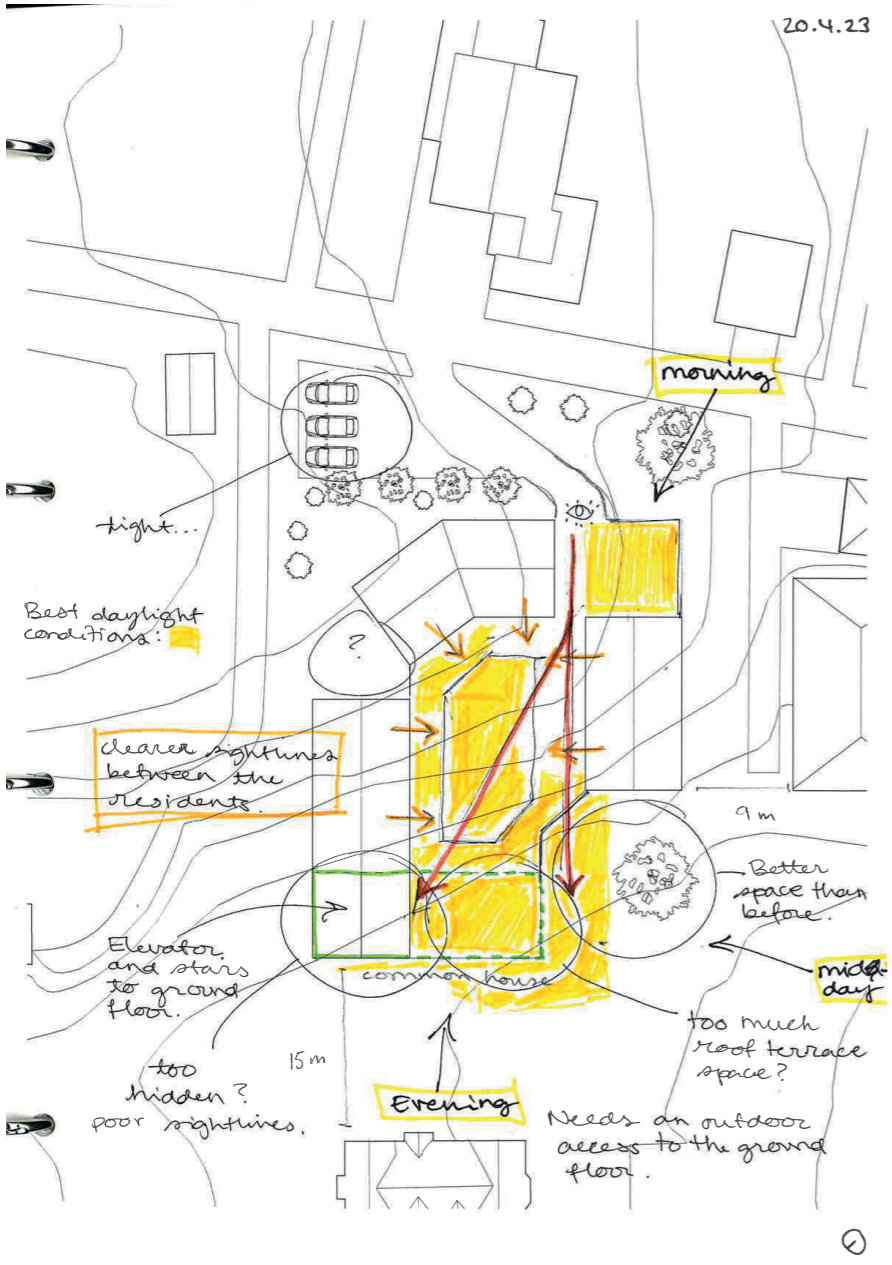


13.Y.23 SCENARIOS
COMMON HOUSE

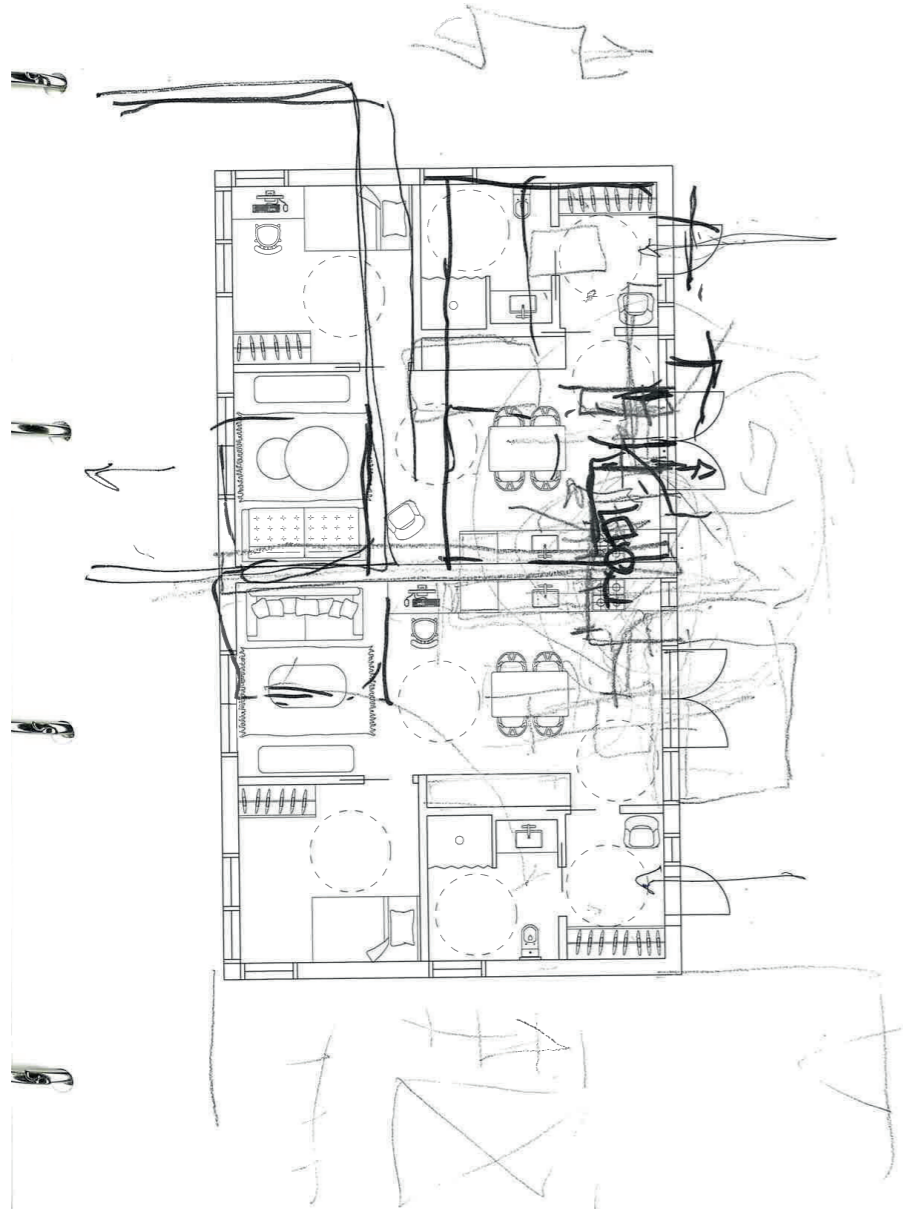




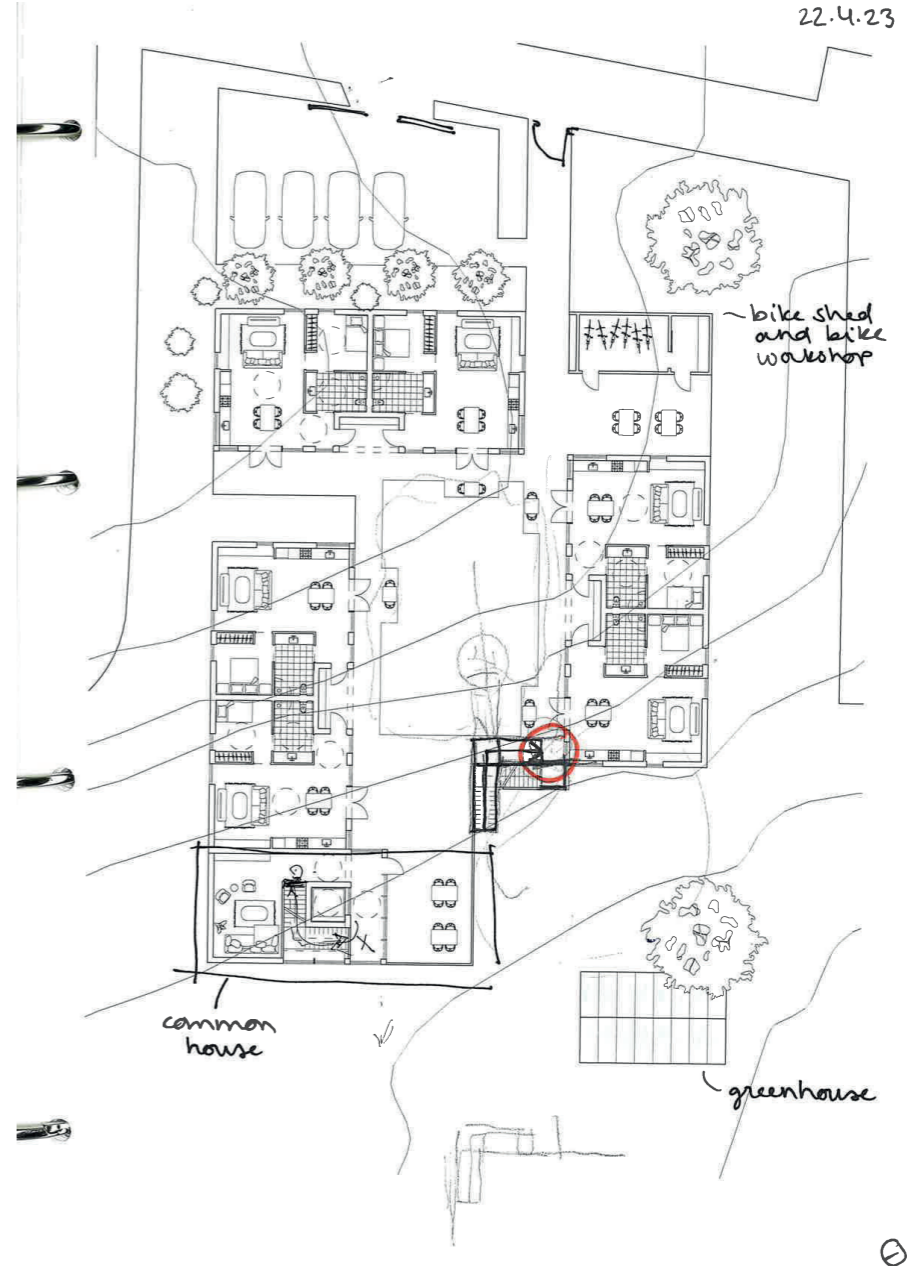


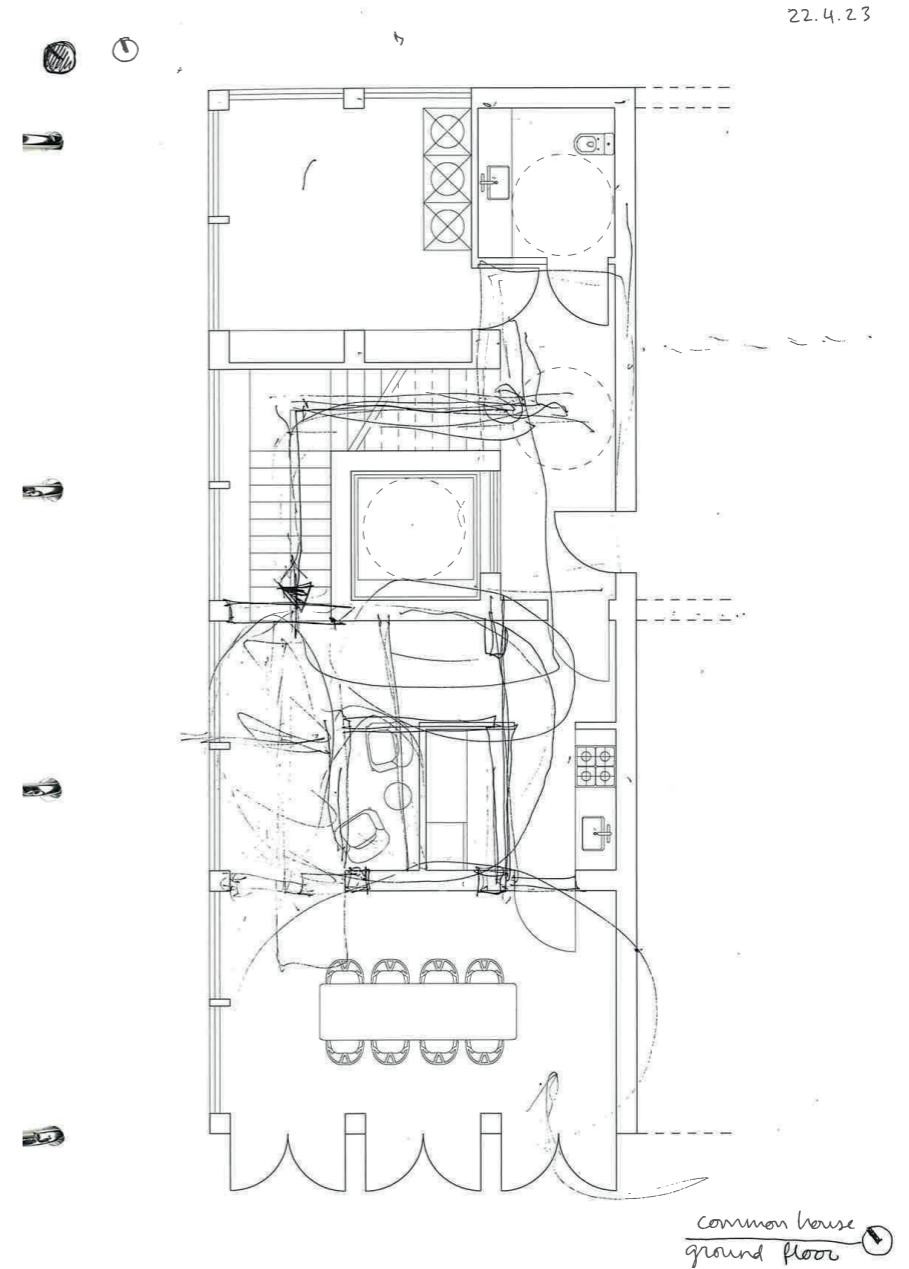
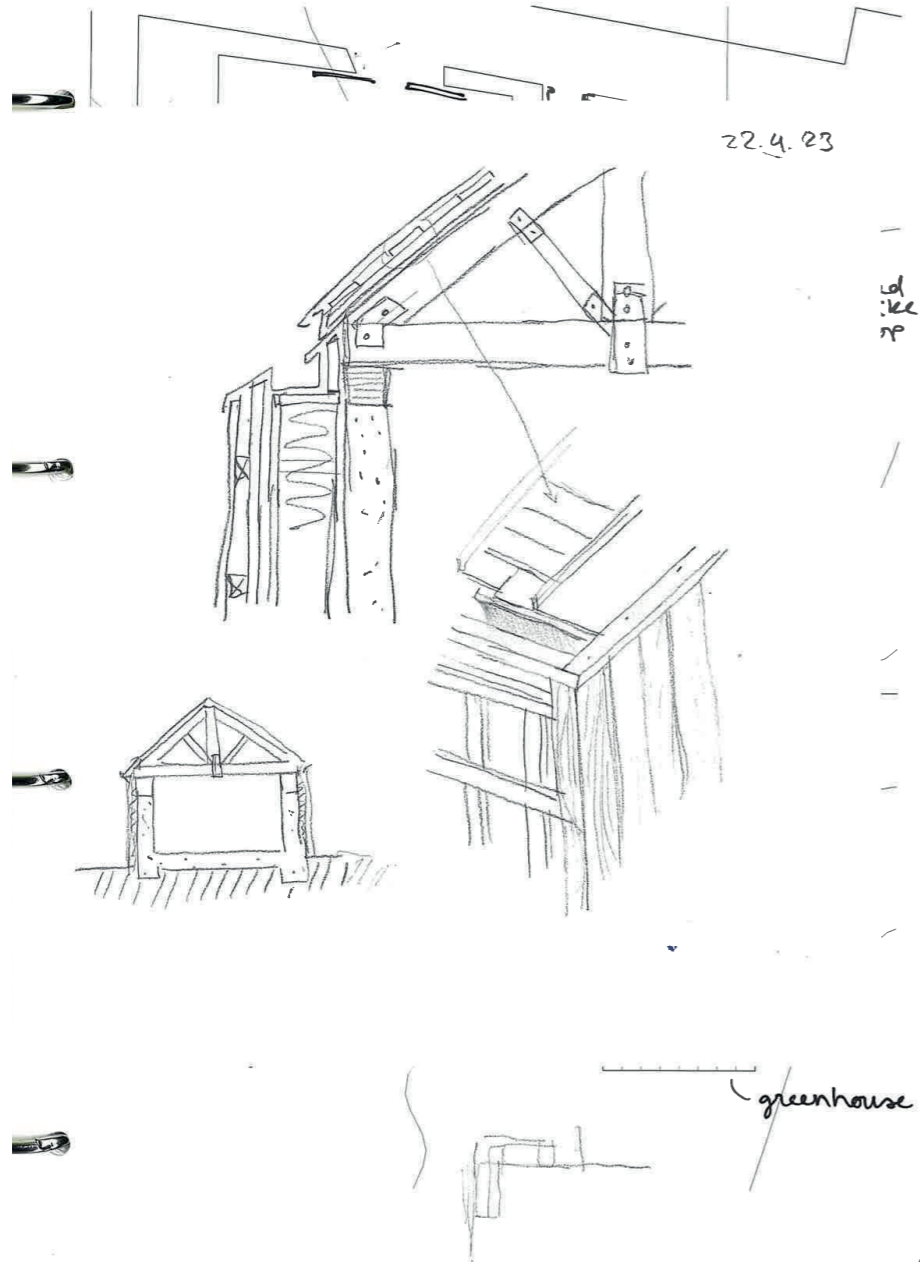


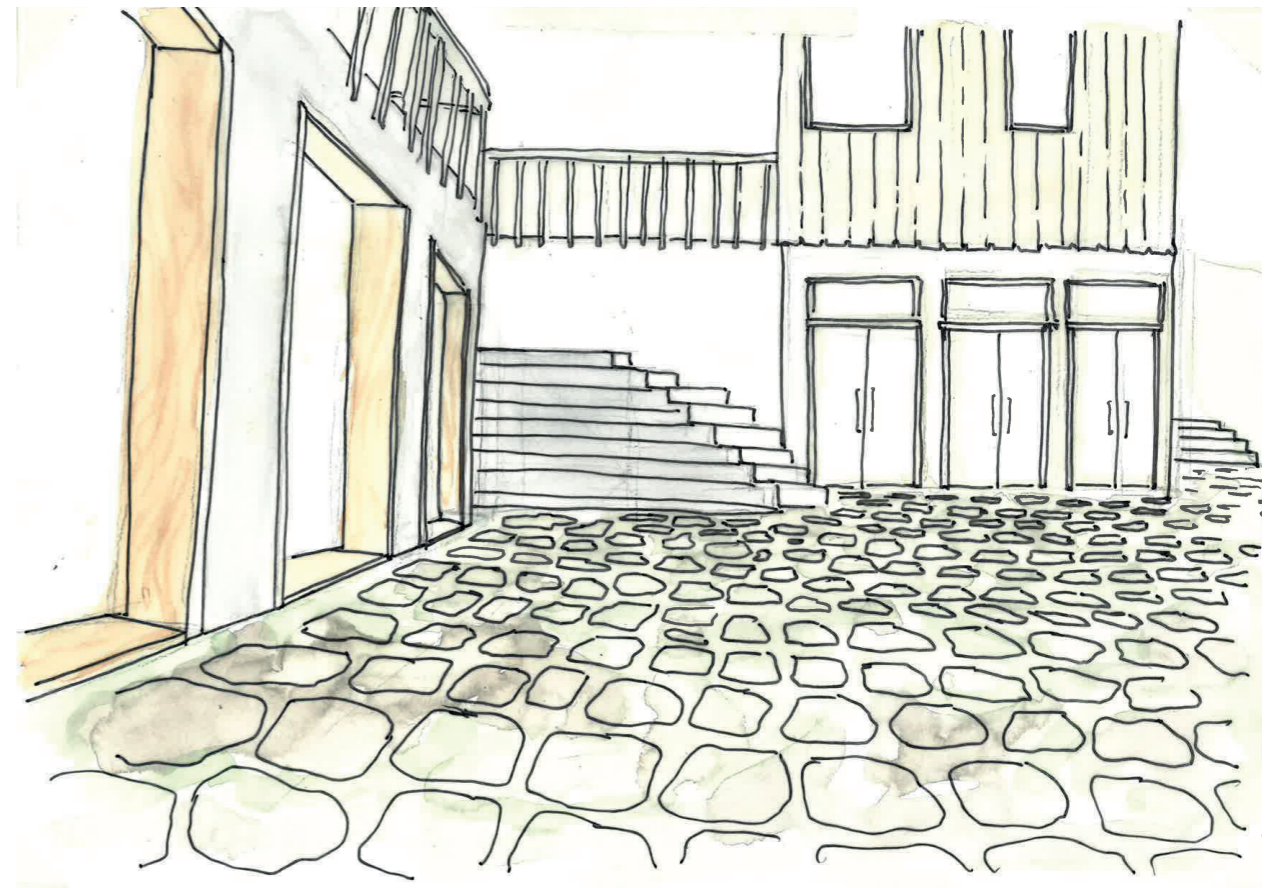
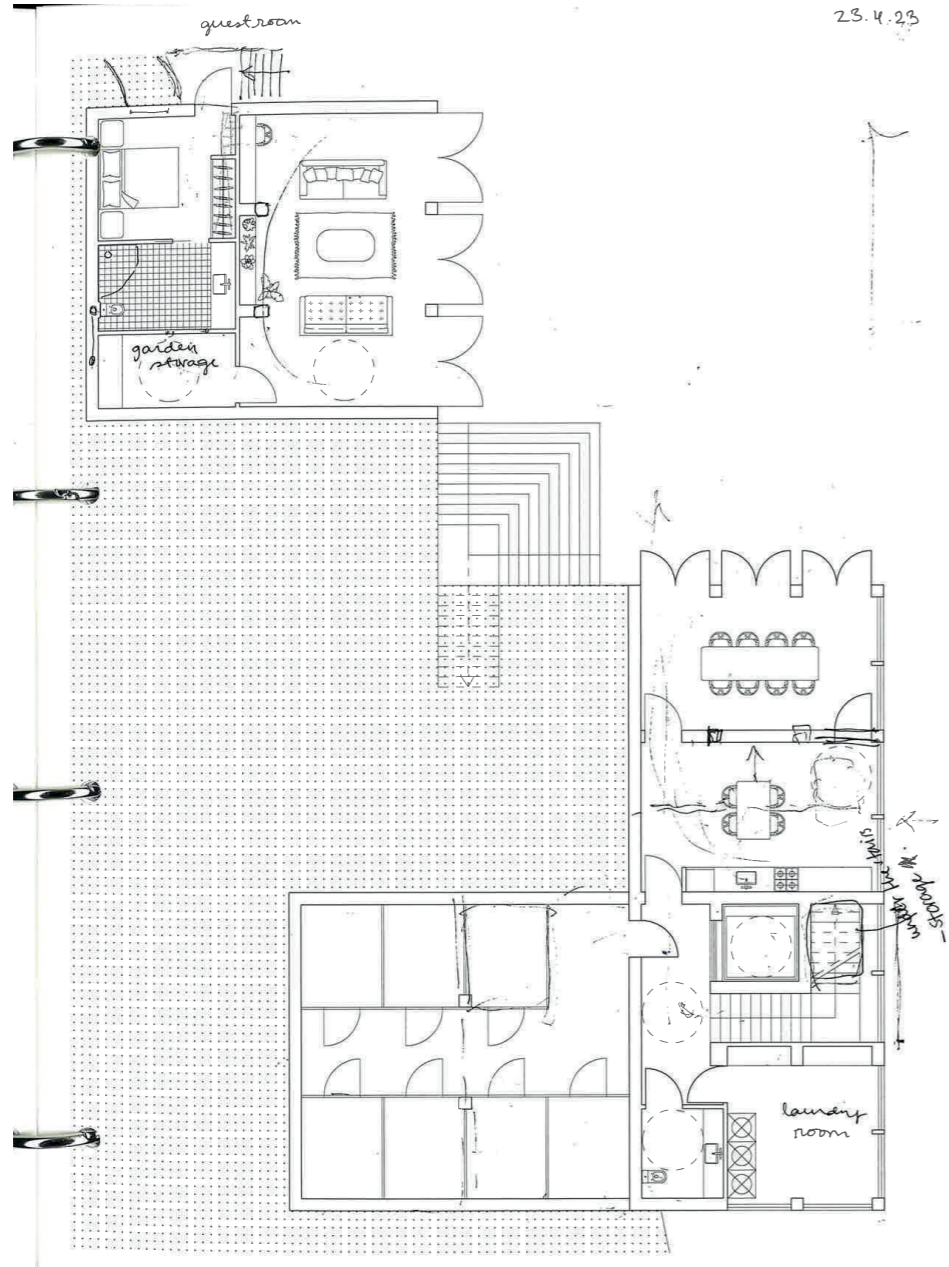
20.4.23



22.4.23







07

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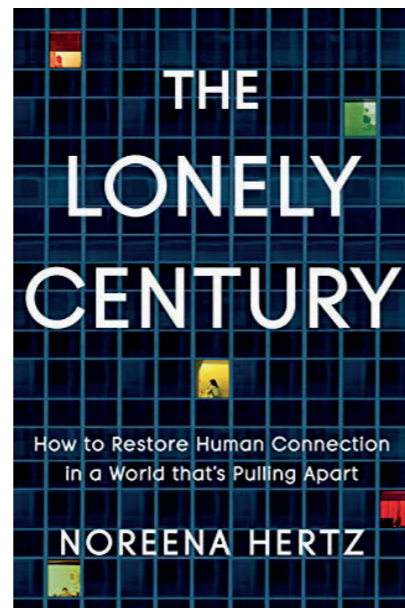
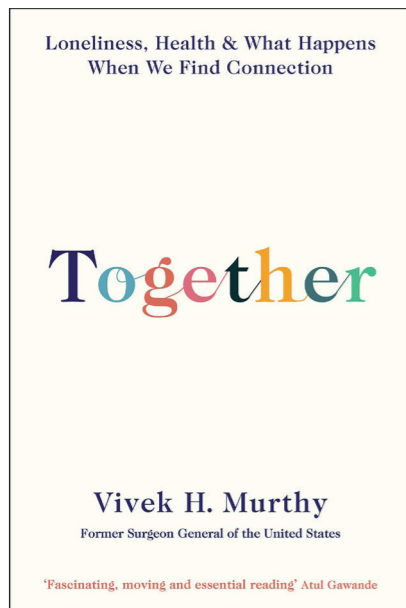
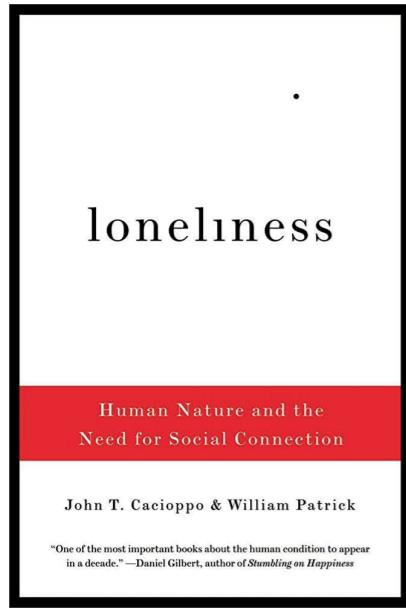
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literature



articles



rapports



Diploma Spring 2023

Fanny Ingeborg Mediaas Wiese