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2226855
Project 06

II

PAUSE

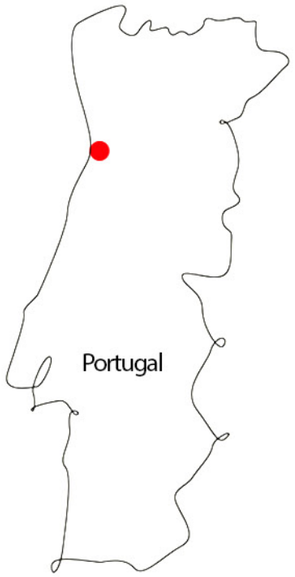
II

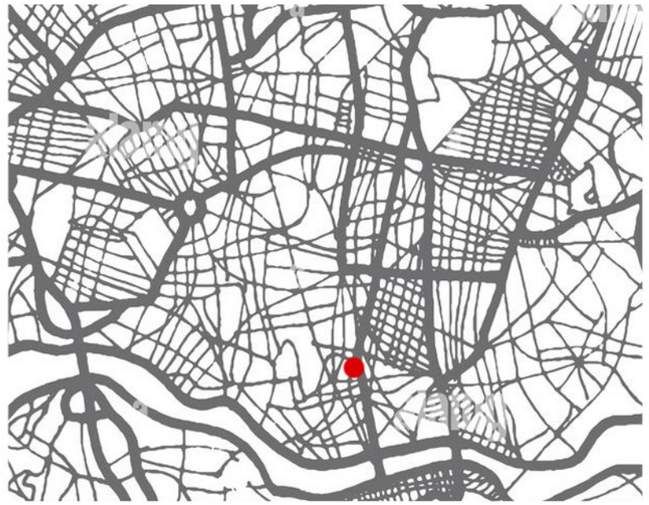
Porto is a city that thrives on rhythm—its streets,its movement, its dense layering of history and urban life. But as the city grows, the pressure of constant accessibility and digital over-stimulation increases. My building is a detox centre that offers a counterpoint: a space of controlled disconnection, where architecture becomes an active tool for slowing down and engaging with the self. **A Necessary Pause**; The spaces introduces a spatial refuge in a city shaped by movement, giving visitors a structured retreat from digital dependency.

Porto is a city of thresholds between light and shadow, permanence and impermanence, land and water. The structured is designed as an extension of these contrasts, embedding itself into the city's spatial and material language.

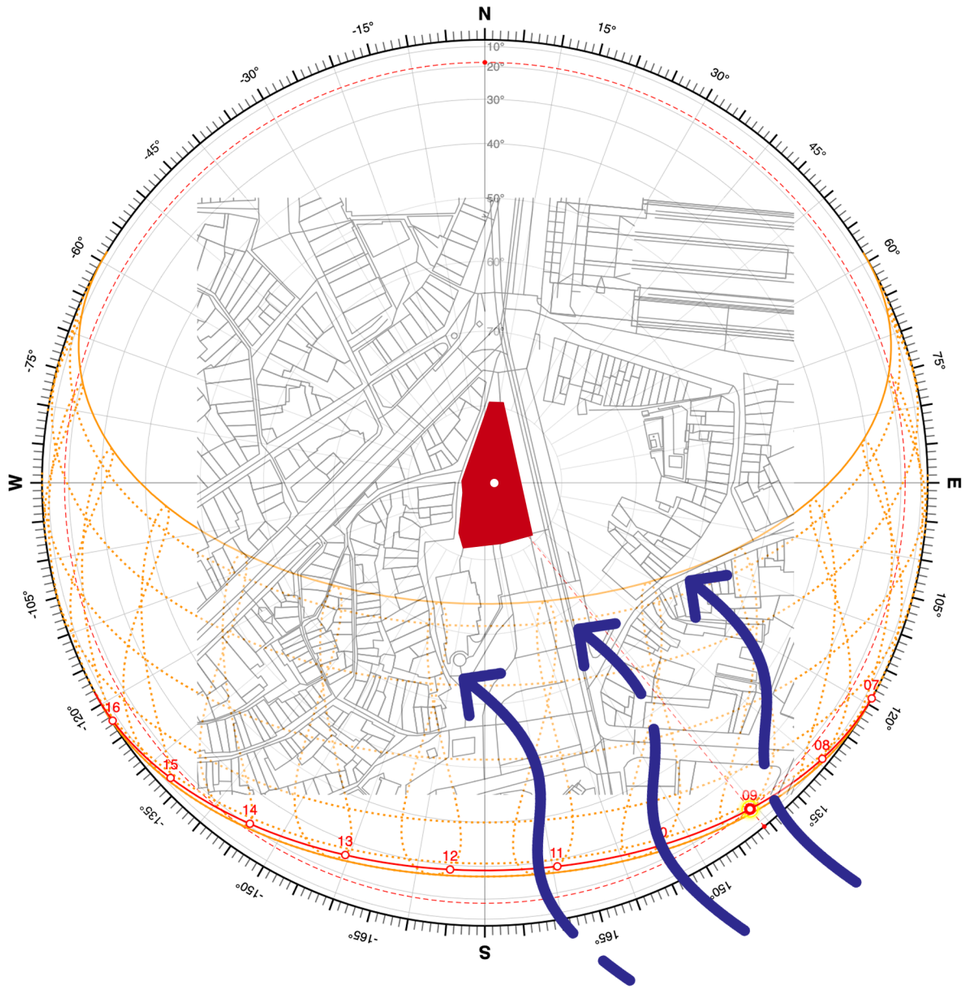
PAUSE is an architectural response to the over-stimulation of modern life. A space to experience a sequence of volumes designed to slow time, mute external noise, and heighten the senses. It is not about isolation but recalibration. The functions of the building are designed with the forms of interactions back in the days when phones weren't a big distraction. Music, art, dance, conversation spaces, etc. Could be a traveller interacting with the local to know more about Porto than on Google reviews, or if you want a break from the noise. This space helps to disconnect (from over-stimulation) to connect with yourself or other people.

Site location
41*08’40.1’’N 8*36’39.6W

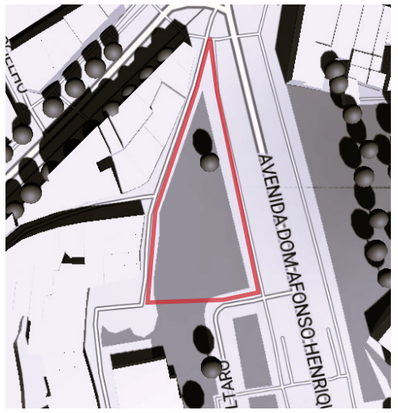




Sun path and wind diagram
Shadow study



9:00 AM



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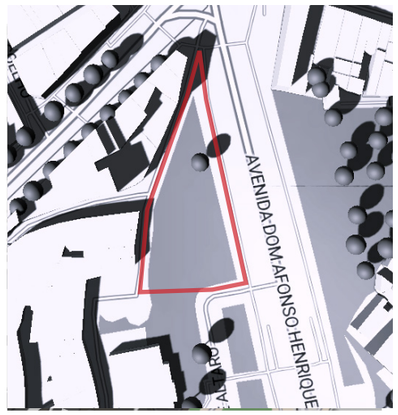

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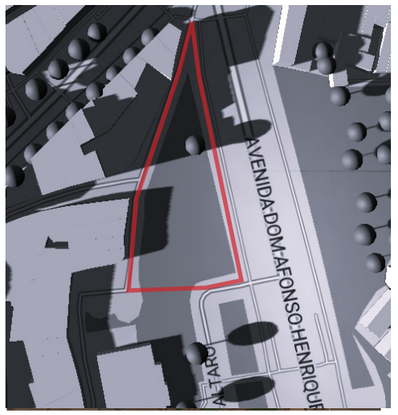
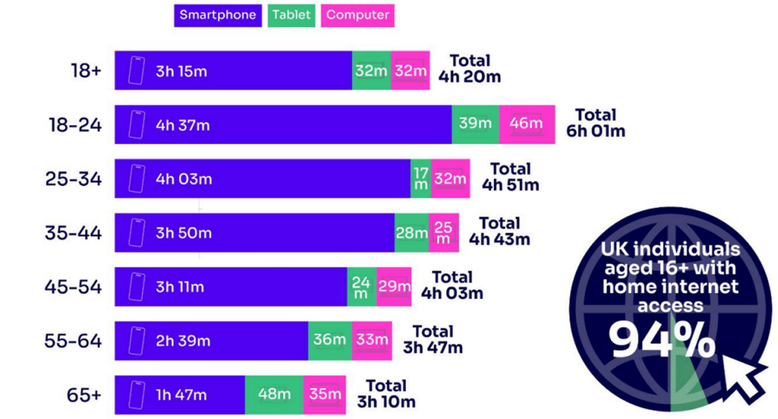


17:00 PM

I took a survey with my classmates to understand the average screen time. The results, which I've included as screenshots, shows how people spend an average of **4 to 6 hours a day on social and enetainment activities.**

The top five apps which were used the most by UK adults this year are YouTube, Facebook, Instagram, TikTok and Reddit. It is growing fast in the UK with 22.9 million active users, leaving X behind. BlueSky and Threads are also trying to become a part of the competition as both of their users are growing in the UK. Other most used social media apps by UK adults in the top ten were Pinterest, LinkedIn, Quora and Snapchat.

Figure 1: Average daily time spent online by adults only, by device and age (hours:minutes): May 2024



Source: Average daily time spent online by device - Ipsos, Ipsos iris Online Audience Measurement Service, May 2024, age: 18+, UK internet users. Note: custom data supplied by Ipsos. Time spent online includes personal use and in some instances those who also use their device for work. UK home internet access - Ofcom Technology Tracker 2024. QE1: do you or does anyone in your household have access to the internet at home (via any device, e.g. PC, mobile phone etc.), and if so, do you personally use the internet at home? Base: all respondents aged 16+, UK.

UK adult spend an average of **4 hours 20 minutes online** across different devices like tablets, laptops and smartphones in 2024. These figures are higher than that of 2023 when adults spent an average 3 hours 40 minutes online. Younger adults (18-24) spend most time online, with 4 hours 3 minutes spent on mobile and the rest spent on tablets and computers. Some young adults spend more than **six hours per day on Instagram** and TikTok.

Chichu Art Museum
(Tadao Ando, Japan)

Why it's relevant:

Uses subterranean spaces and controlled lighting to create an immersive and introspective experience. This museum is designed for introspection, using light and voids to heighten perception. museum can follow a similar principle by creating an architectural journey where light and materiality influence the visitor's mental state.

Implementation:

Compress and release. The museum will manipulate light to influence perception and emotion, reinforcing the theme of disconnection. Strategic voids and skylights will create slow, shifting patterns of light, emphasizing the passage of time. Visitors will experience a structured journey where architecture, not exhibits, dictates engagement.

Bradbury Works, London, UK
(Y/N Studio)

Why it's relevant:

The use of steel for structure and polycarbonate for facade is effective to use light through the building and support structure with heavy load.

Implementation:

Steel structure for my building as its cantilevered and has a swimming pool on the roof. The use of polycarbonate to use light effectively.

Counselling room

Isolated
Dark
Private

Functions

Talking: letting it out

Creative space

Colourful
Bright
Connective

Functions

Journalling
Tile making
Painting

Rooftop garden

Open
Small circular space for conversations
Calm

Functions

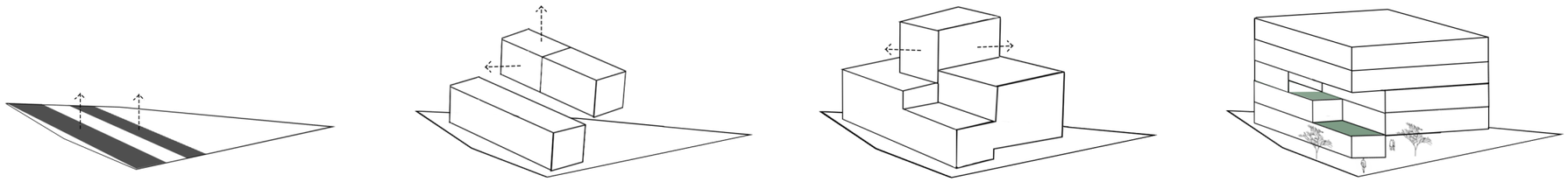
Conversations: Building connections
Unwind

Darkness Light

Forming composition

Pause symbol

Extrude



Ground floor
1:200

Scale (m)
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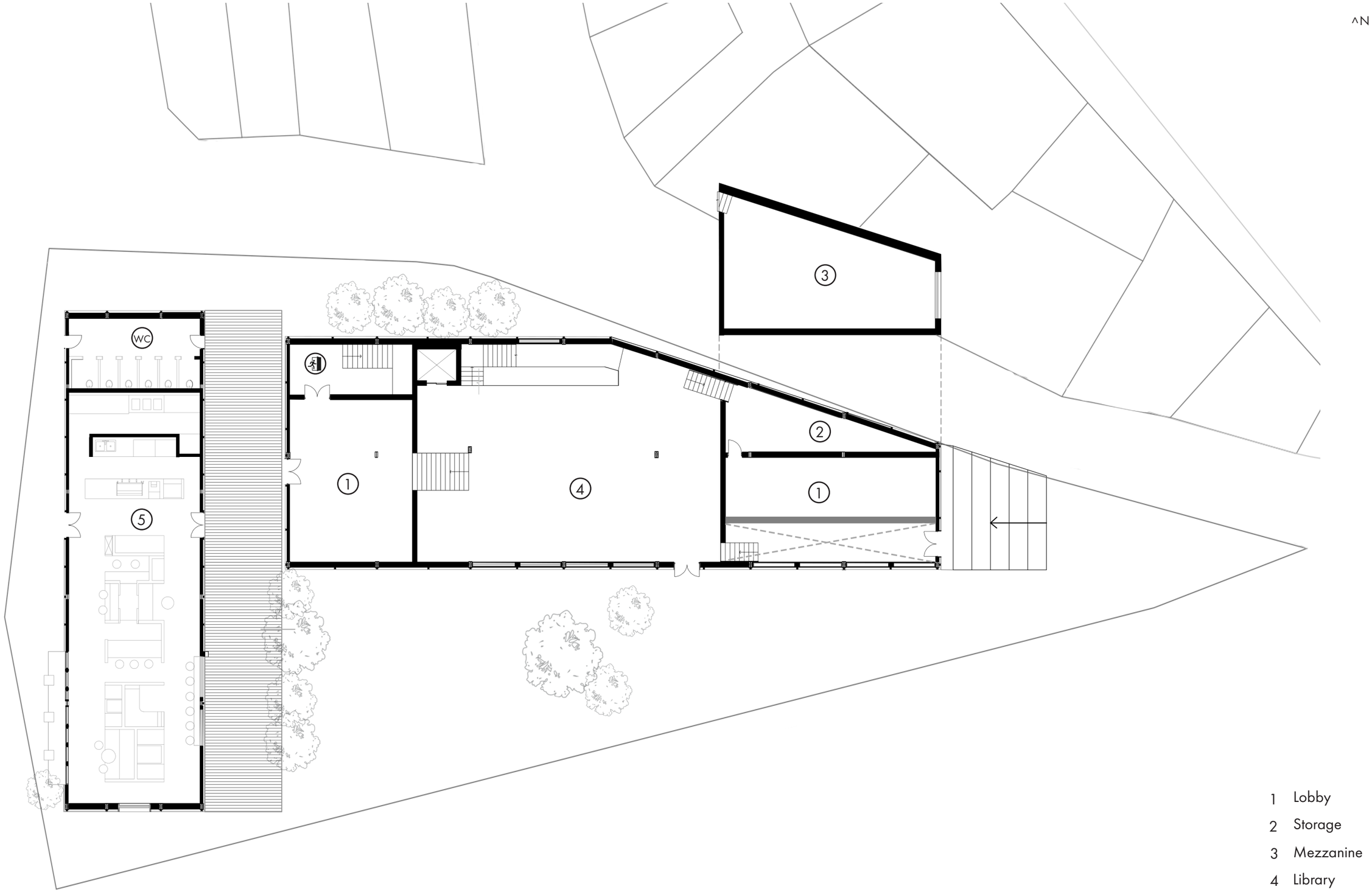
^N



1 Lobby
2 Storage
3 Mezzanine
4 Library
5 Cafe
WC Restroom
Fire escape

First floor
1:200

Scale (m)
0 1 2 3 4 5

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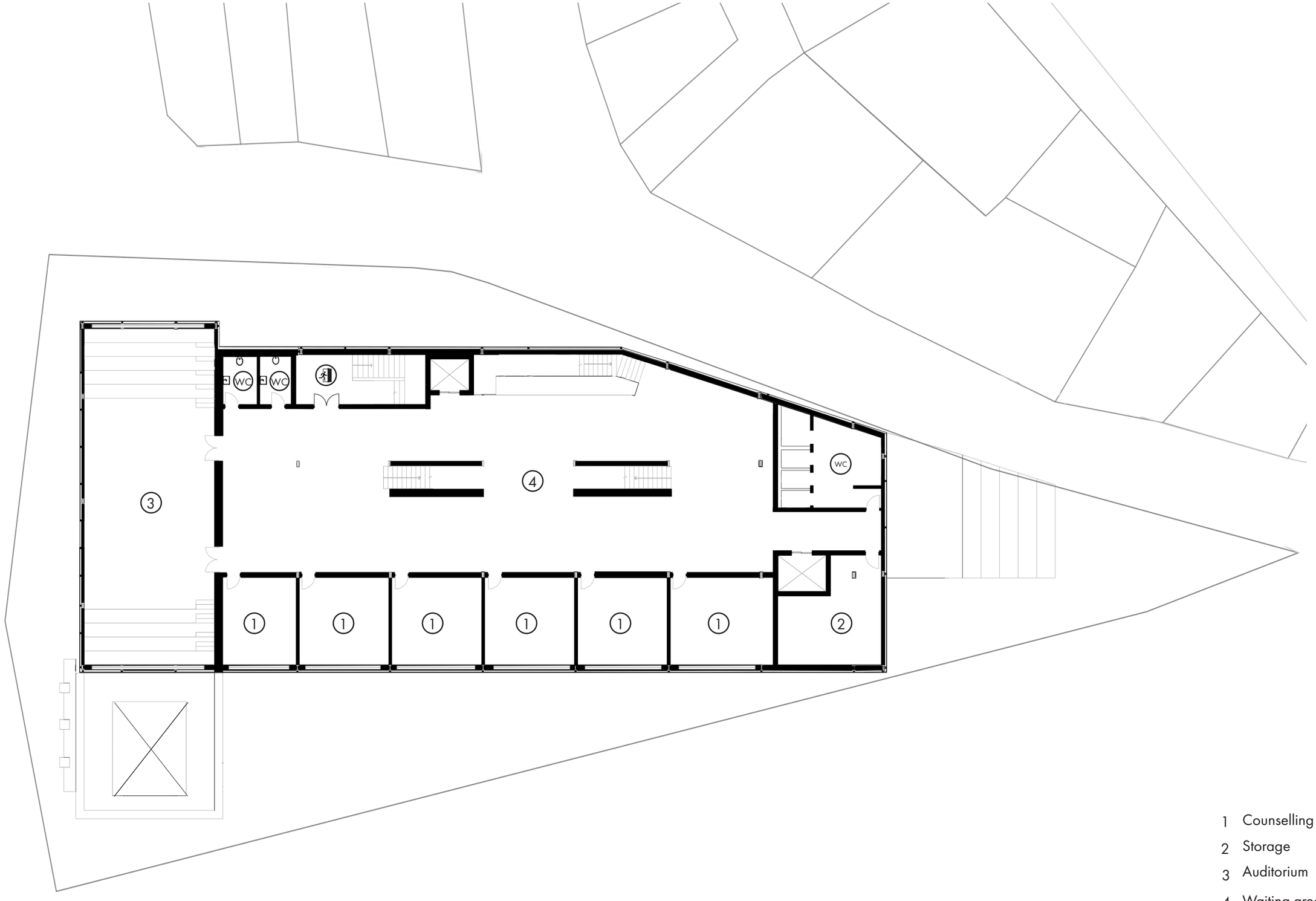

1 Counselling room
2 Storage
3 Auditorium
4 Waiting area
WC Restroom
Fire escape

Second floor
1:200

Scale (m)
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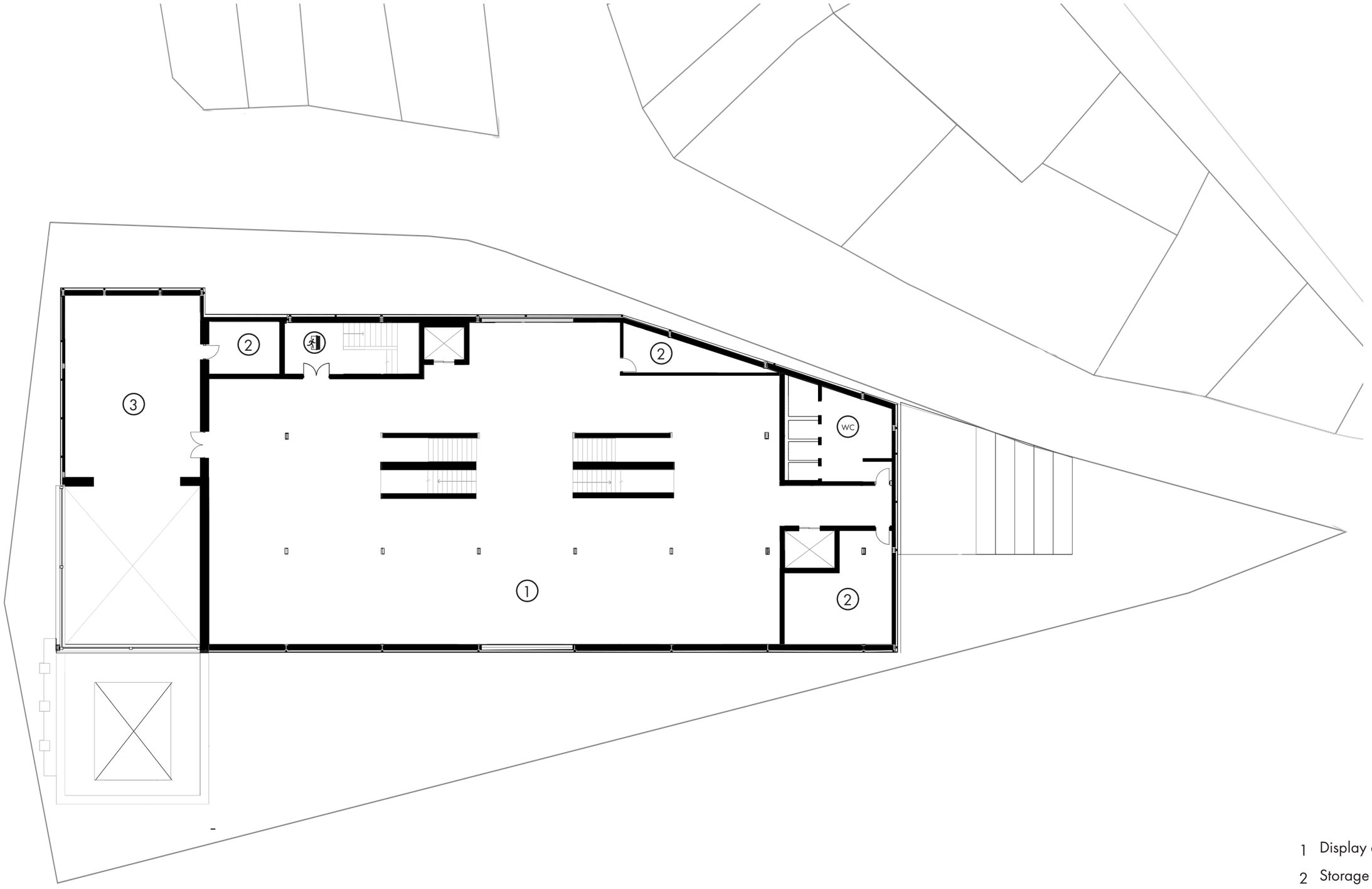

1 Display area
2 Storage
3 Creative space
WC Restroom
Fire escape

Third floor
1:200

Scale (m)
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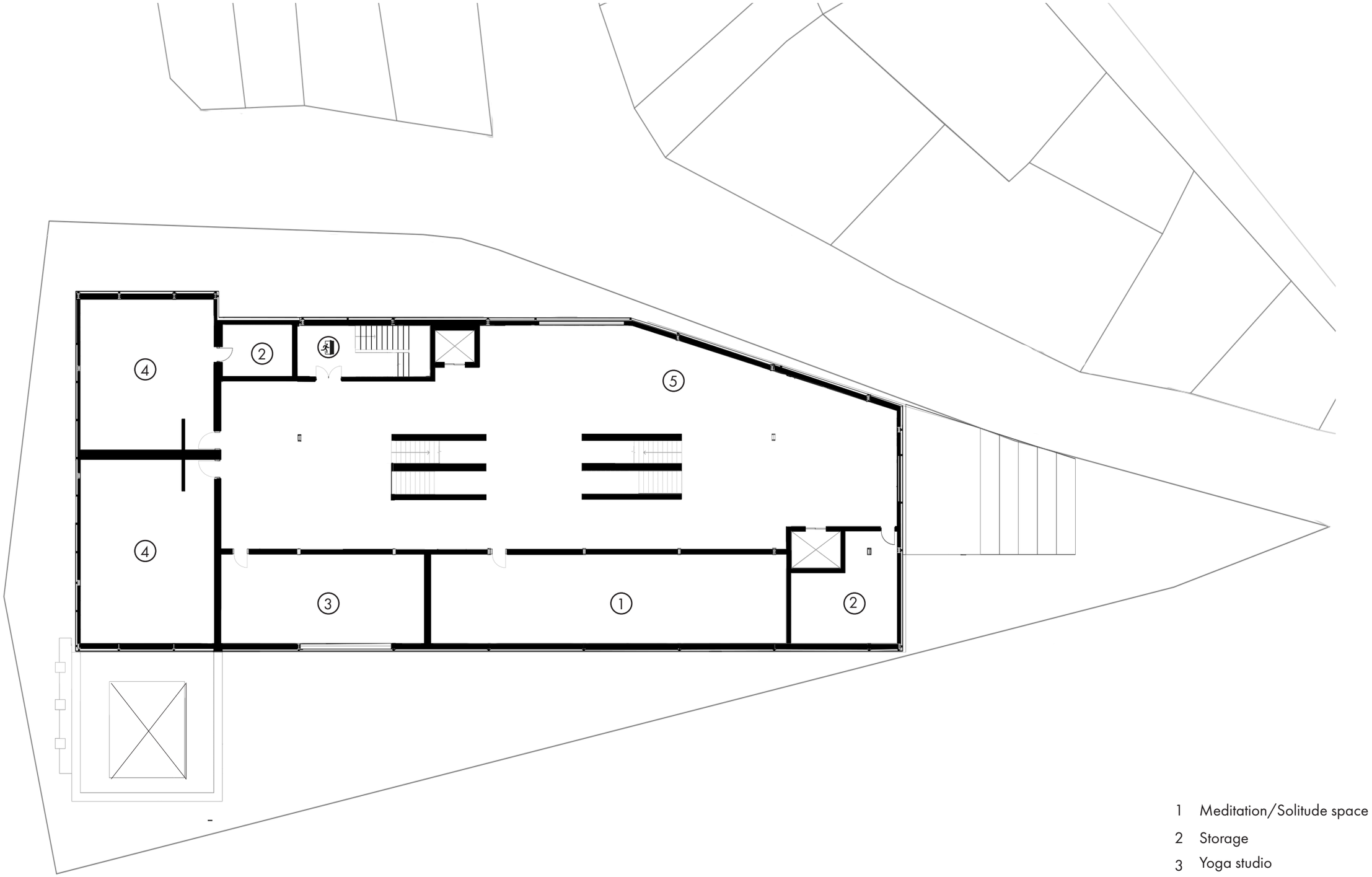

1 Meditation/Solitude space
2 Storage
3 Yoga studio
4 Changing room + WC
5 Waiting area
Fire escape

Fourth floor
1:200

Scale (m)
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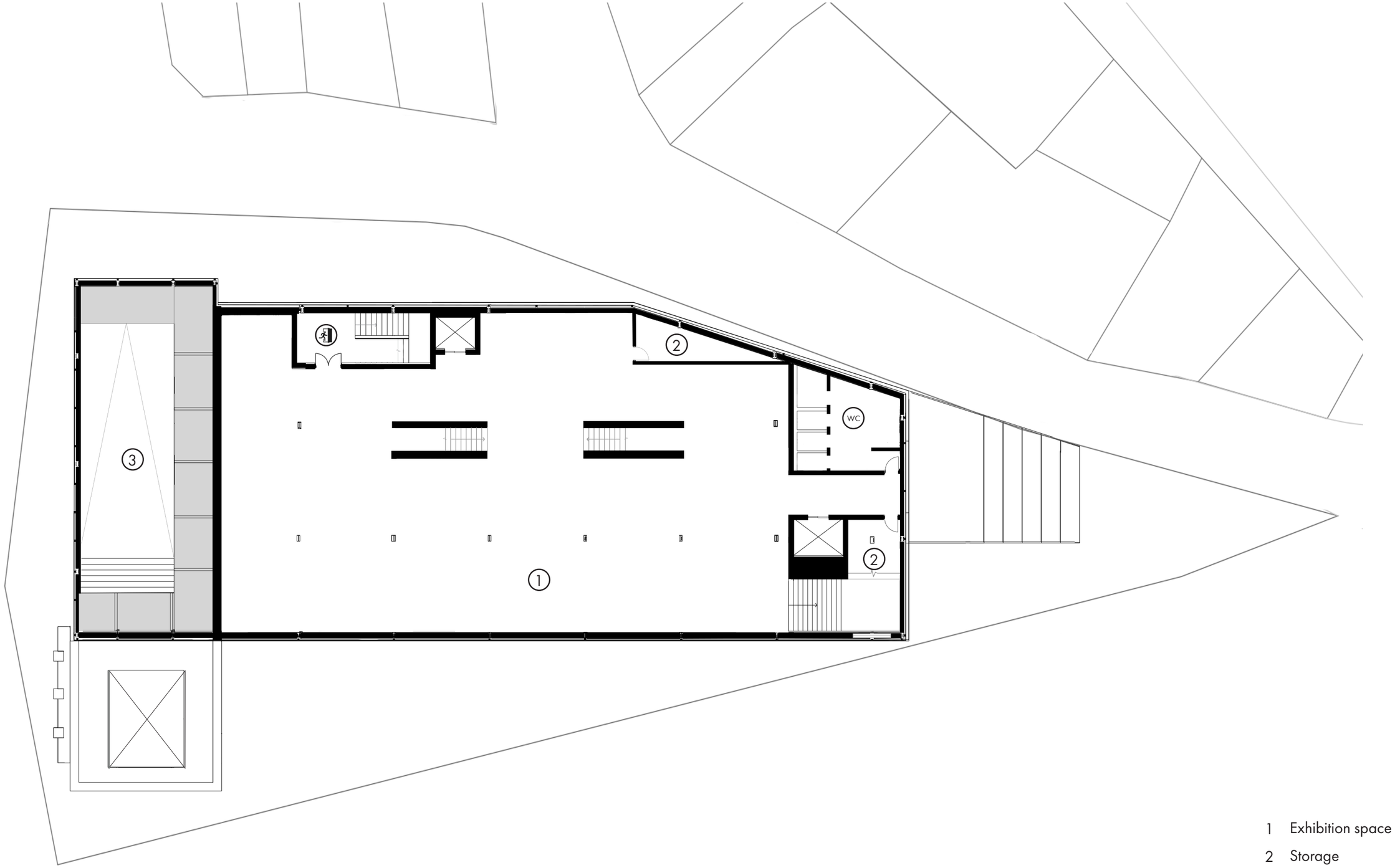

1 Exhibition space
2 Storage
3 Swimming pool
WC Restroom
Fire escape

Terrace
1:200

Scale (m)
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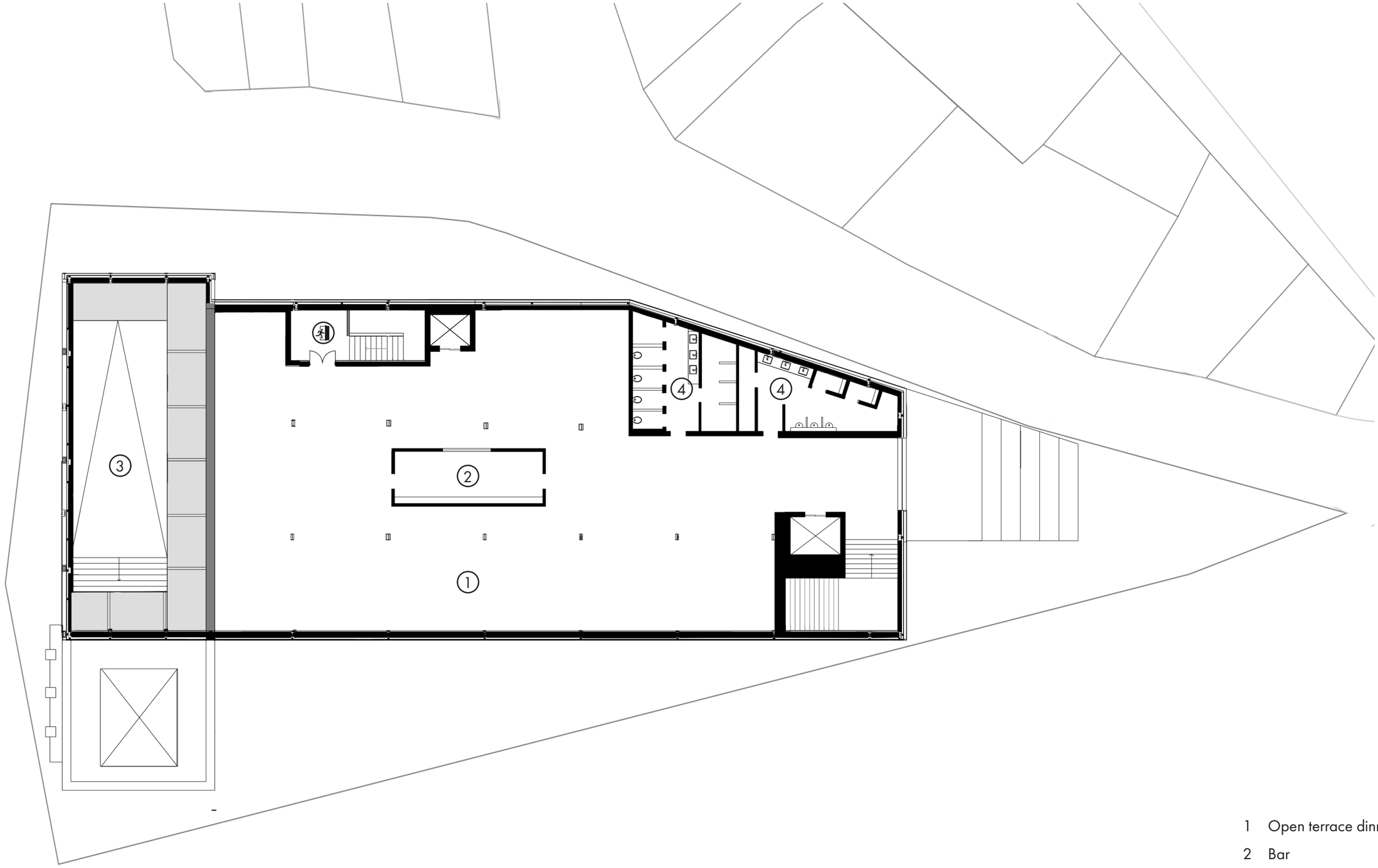

1 Open terrace dinning
2 Bar
3 Swimming pool
4 Changing room + WC
Fire escape

West section
1:200

Scale (m)
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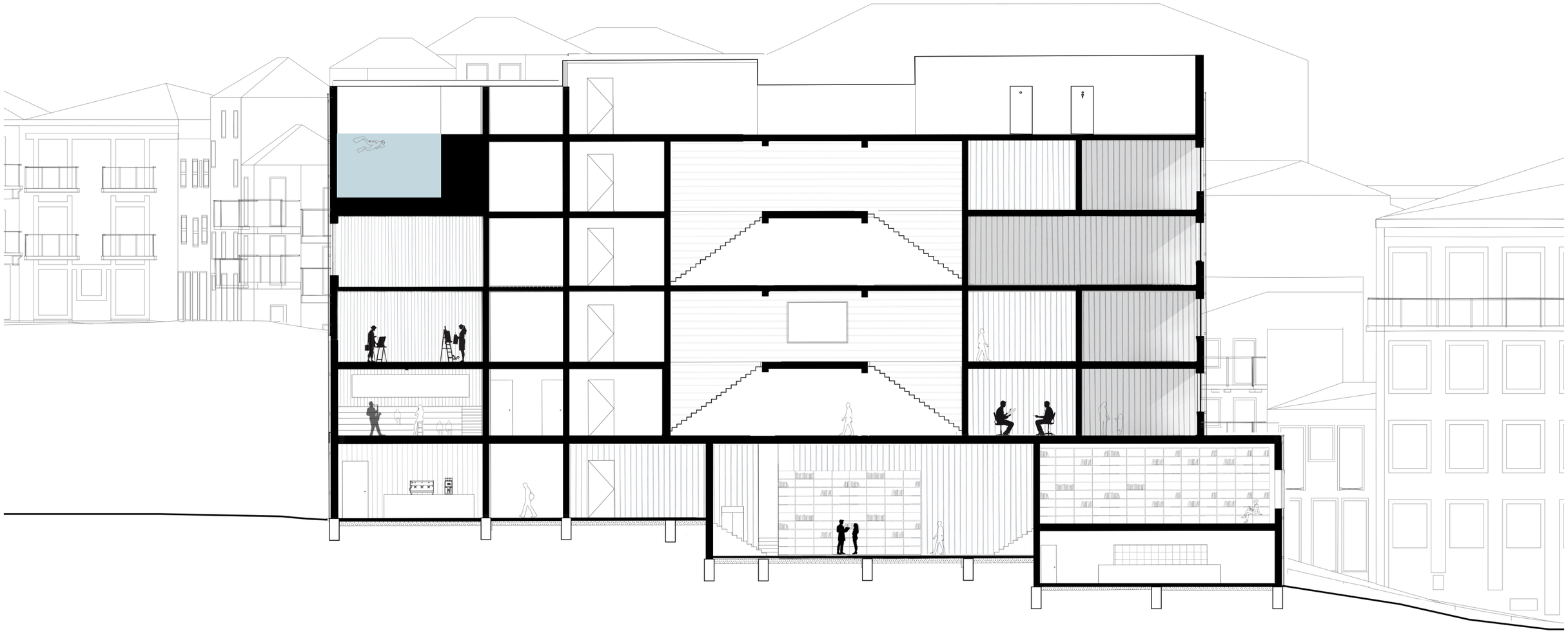

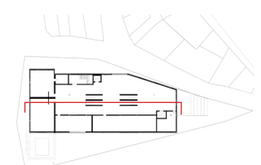

North section
1:200

Scale (m)
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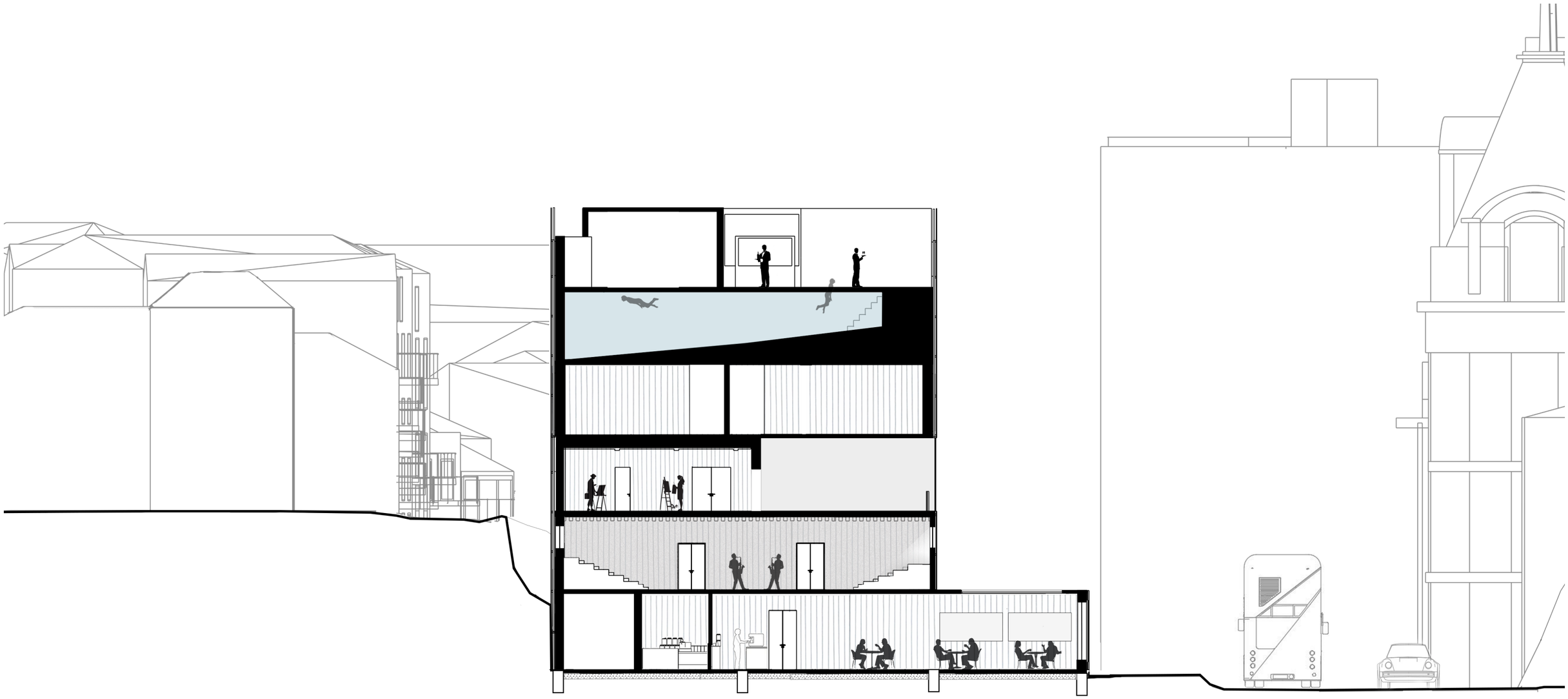

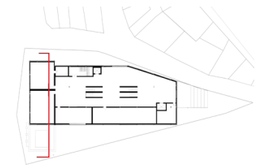

West elevation
1:200

Scale (m)
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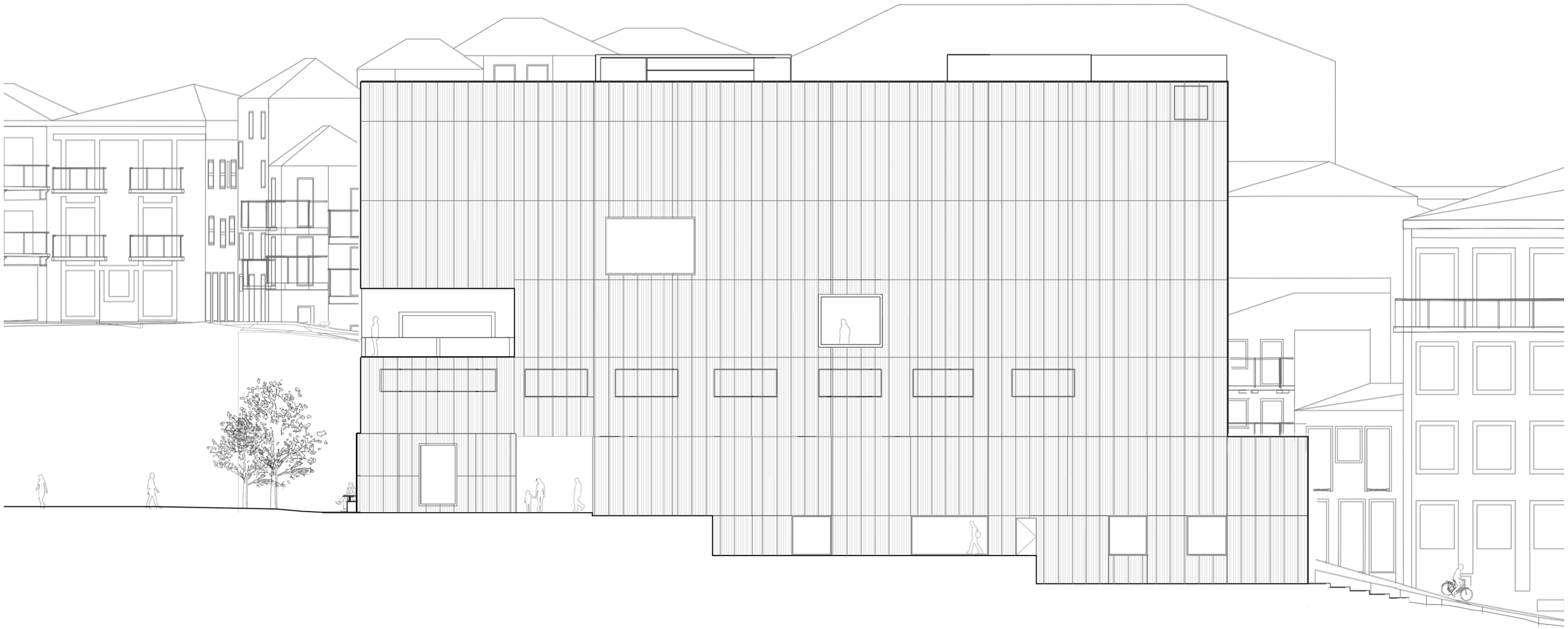

South elevation
1:200

Scale (m)
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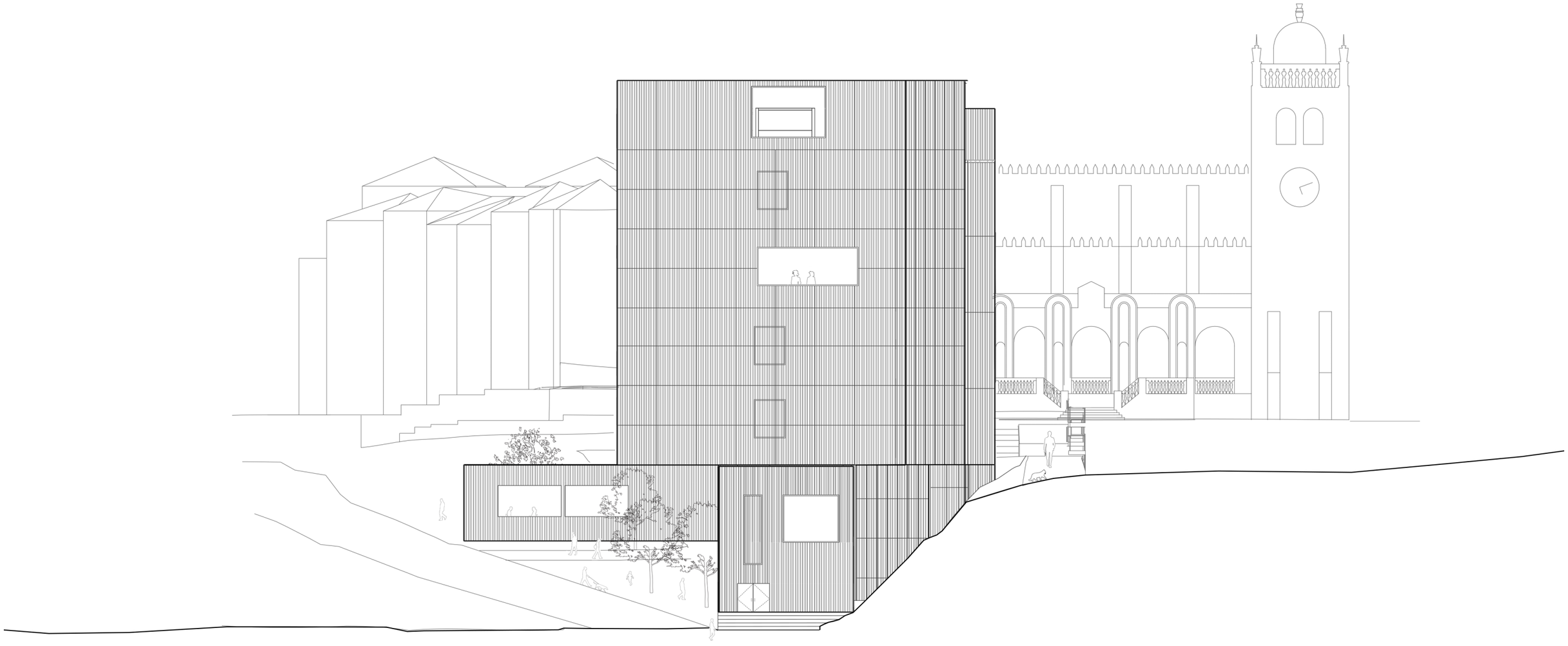
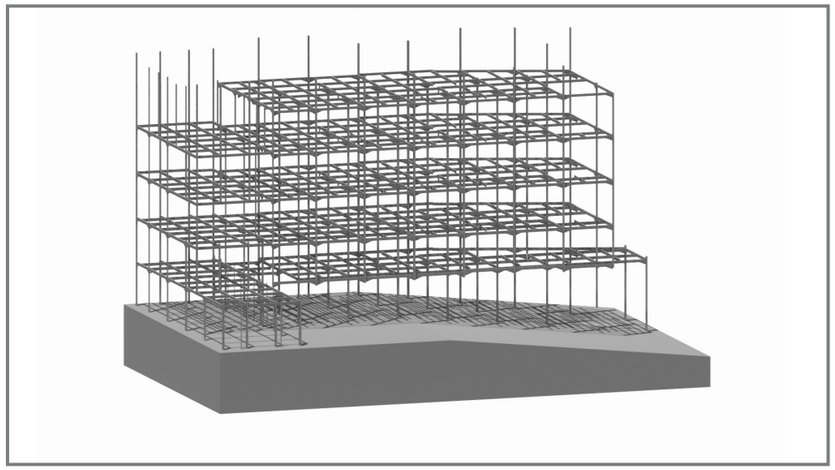
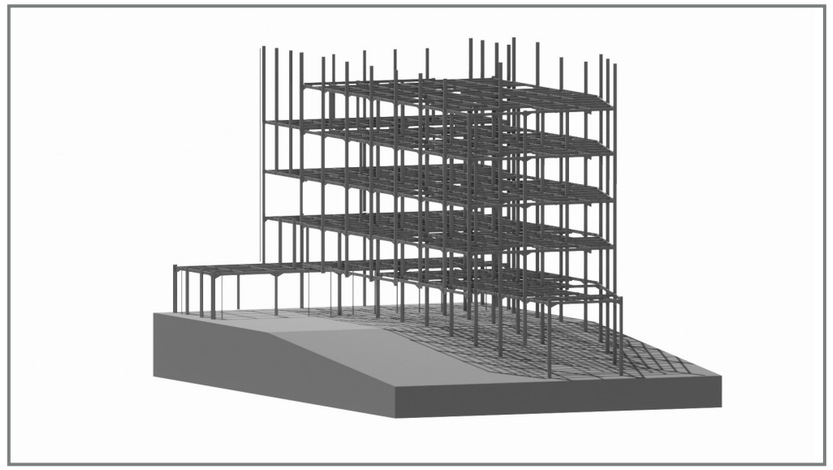
vN

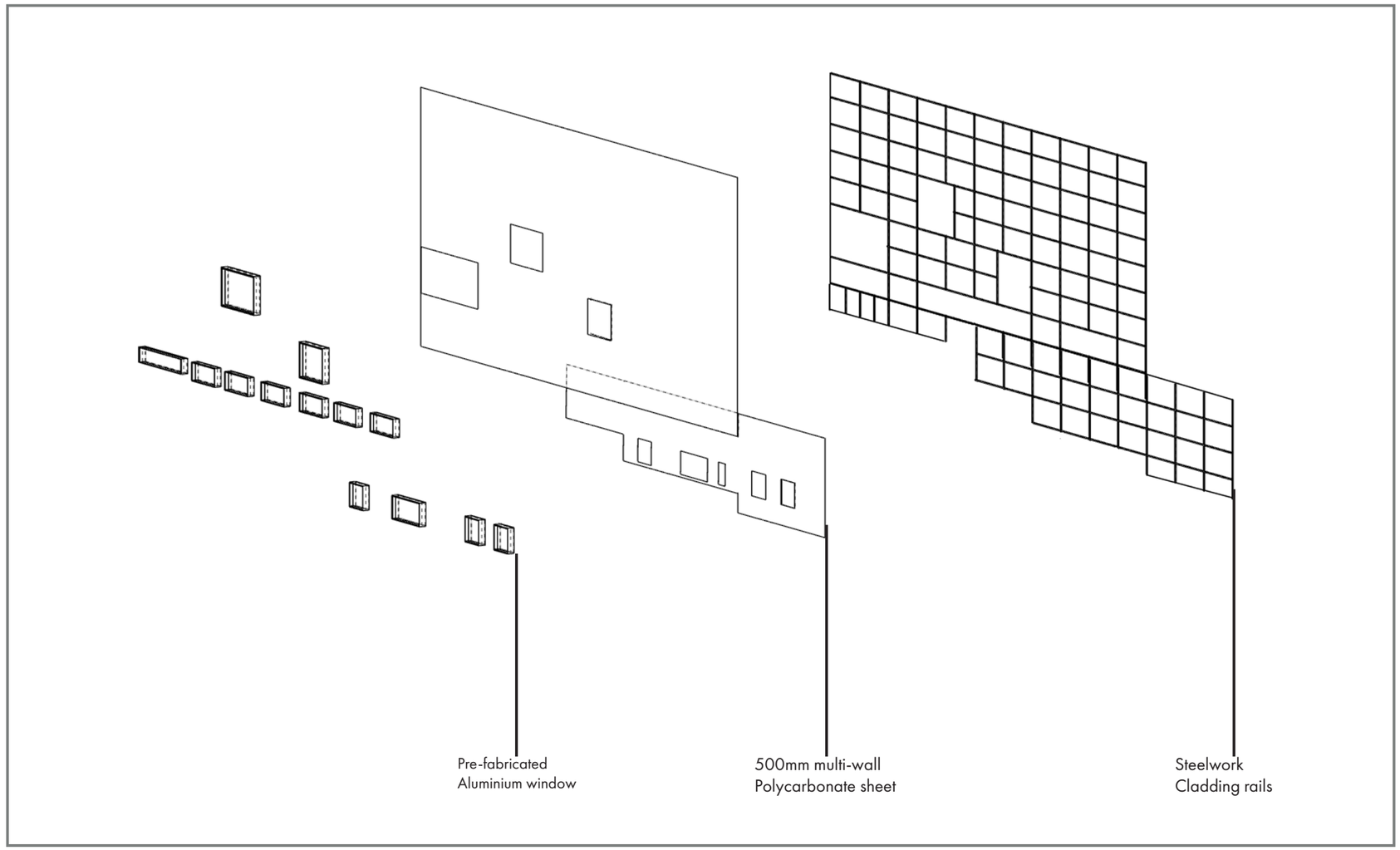






Primary steel structure

Steel structure offers the best solution for the cantilever design, mezzanine and the swimming pool on top, especially with the site's slope. Steel is strong and flexible, making it ideal for handling these challenges. It's also easy to transport, assemble, and construct, as most steel components are prefabricated. This helps speed up the construction process and ensures high-quality results on site. Effective horizontal and vertical load transfer.



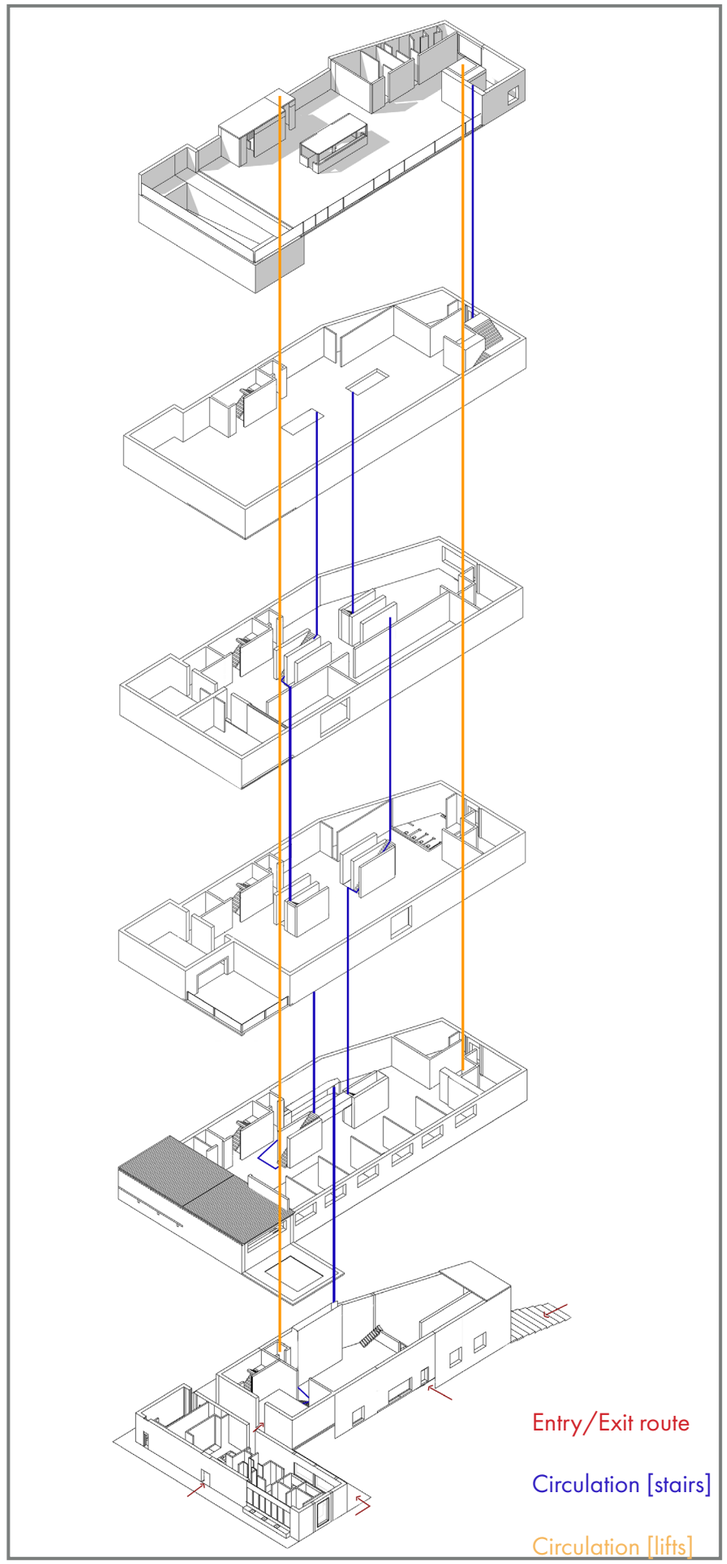
Secondary structure

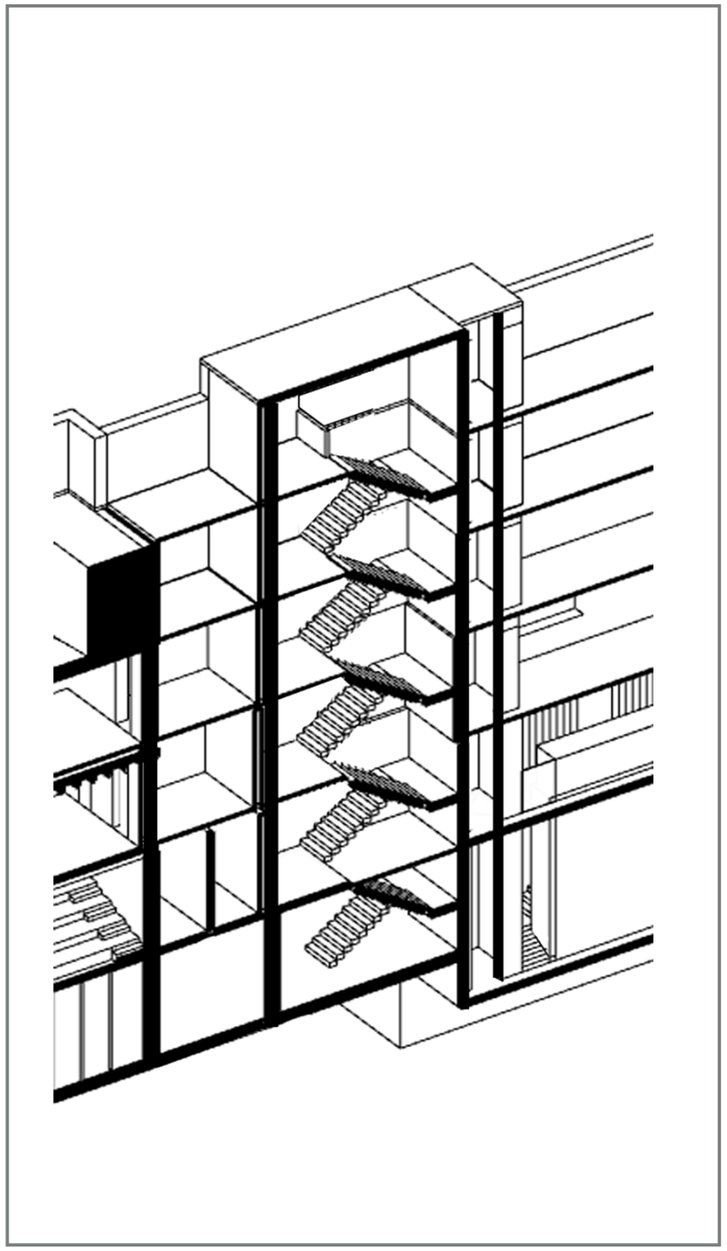
For the secondary structure, I chose timber frame infill as timber is a sustainable and versatile material. It's easy to work with, and provides good acoustic insulation, which is essential for my project's focus on creating quiet, peaceful spaces. Timber also helps maintain a comfortable indoor temperature, which is ideal for Porto's climate. Additionally, using timber supports eco-friendly construction, aligning with the principles of sustainability and reducing the overall carbon footprint.

Facade

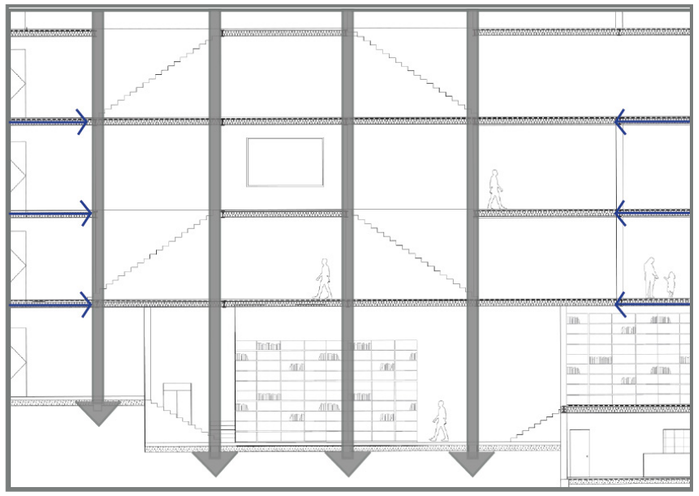
Polycarbonate as facade is good for letting light in while maintaining privacy. It works like a wall. A barrier that disconnects the digital and noisy world, which is what I intended for this project. Since the site is right in the middle of a busy city, next to a noisy road, the polycarbonate facade helps create a barrier that disconnects the building from all that outside noise and chaos. It gives a sense of privacy and at the same time, it still lets in light, making the space feel open but protected.

Access stratedy

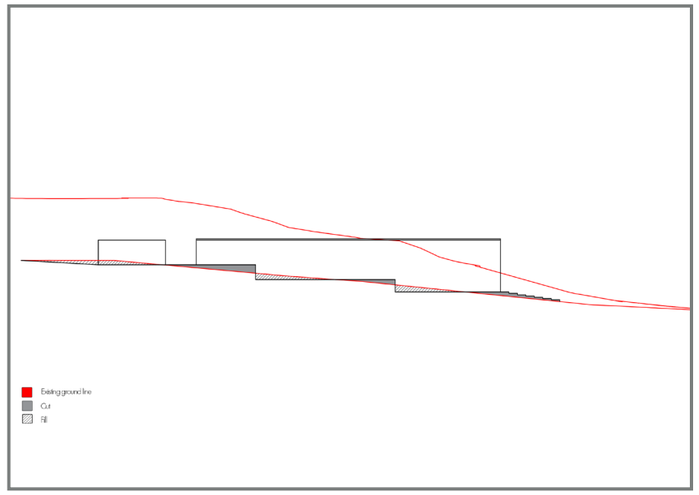




Fire escape



Load transfer



Cut and fill ground for sloped site

Bay study
1:50

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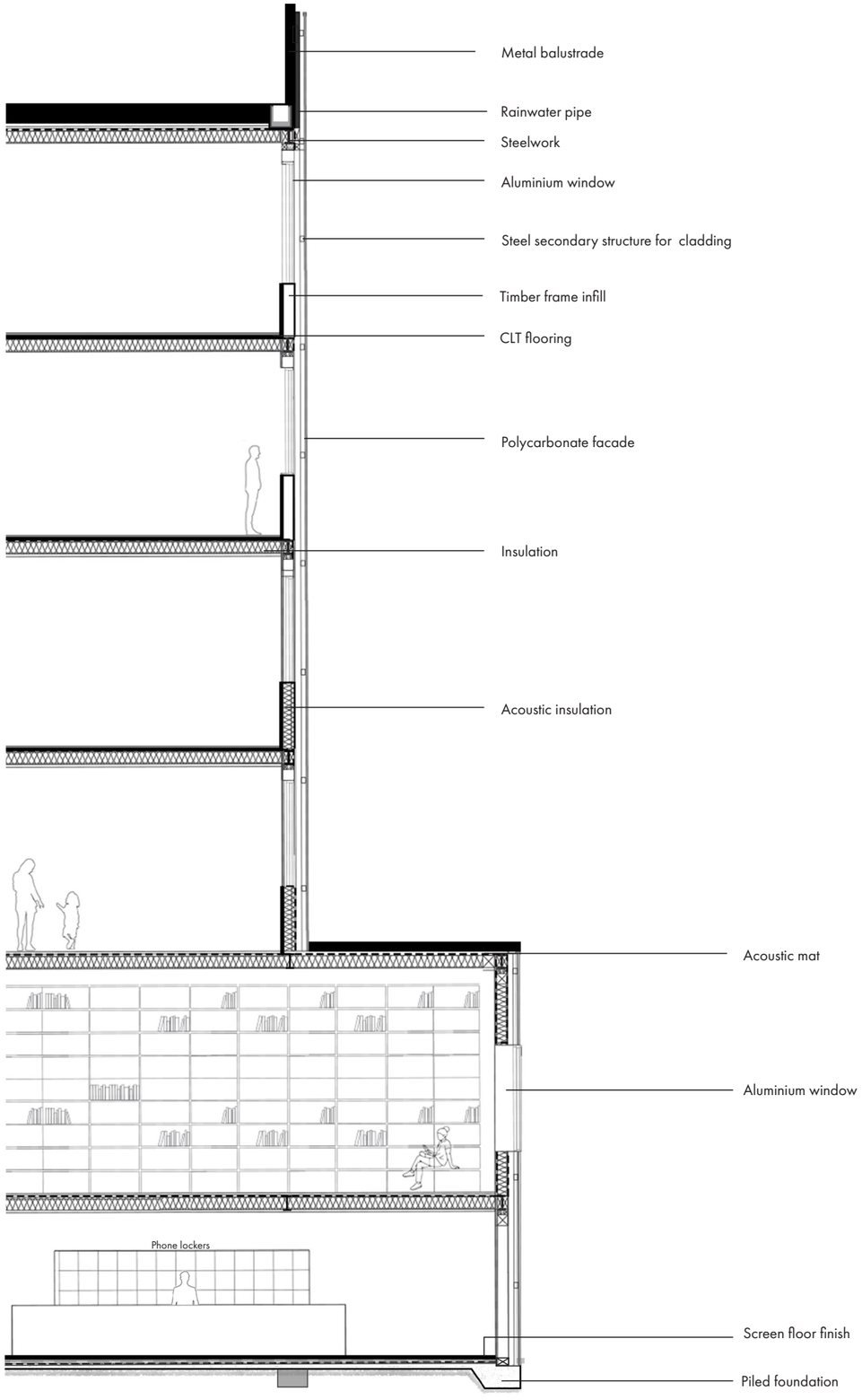
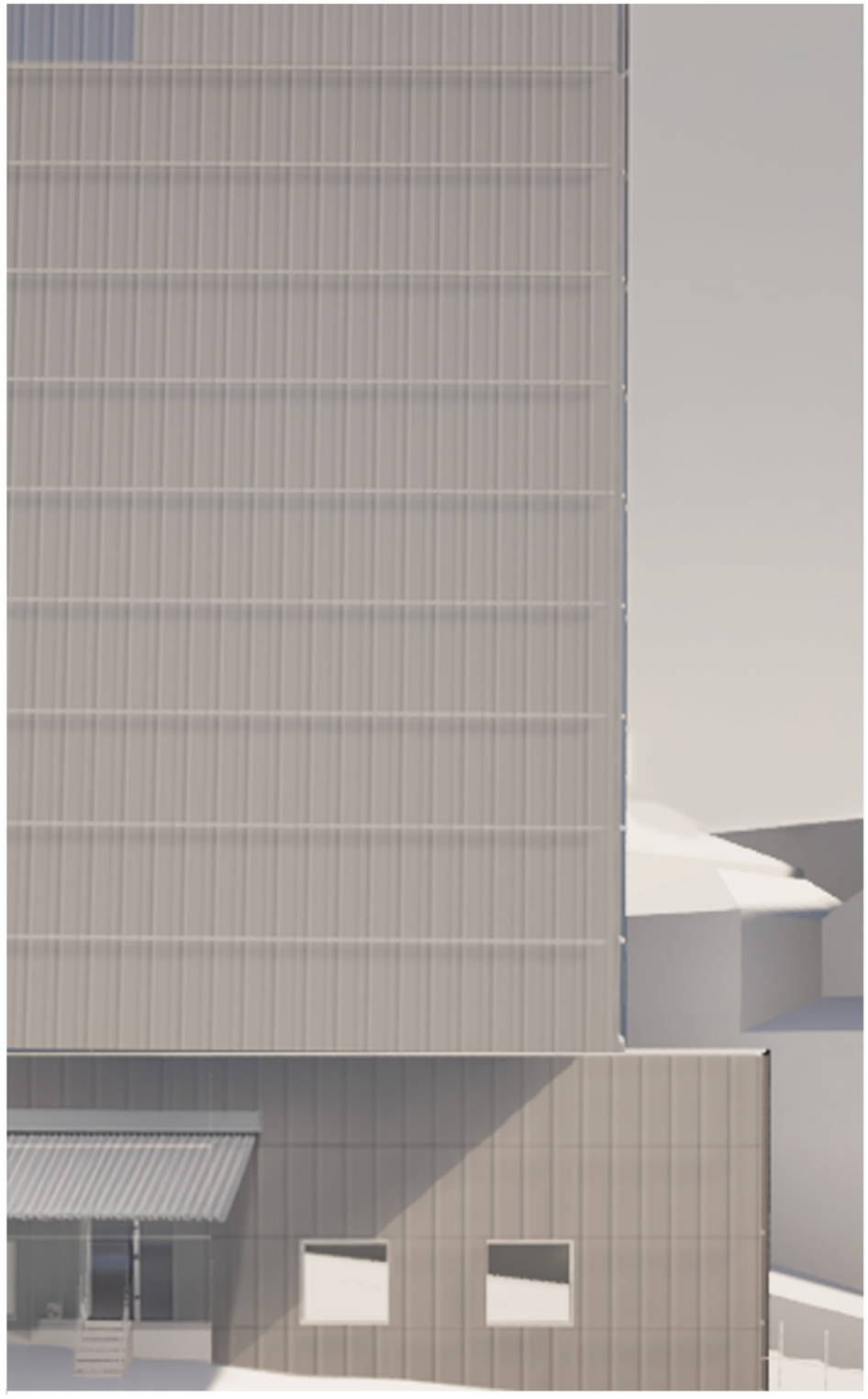
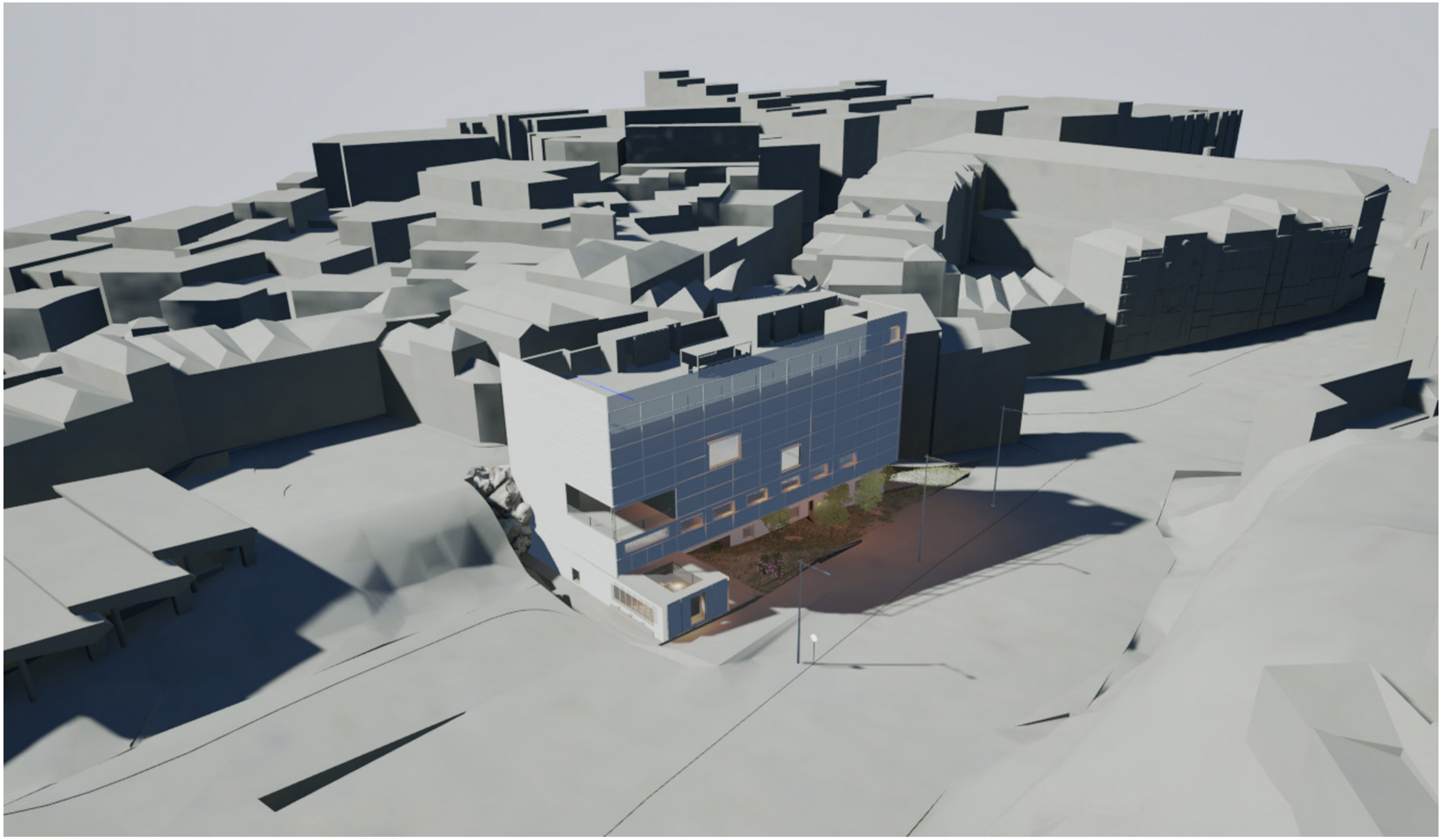




Contextual view



External view

External view

1:50 section

Scale(m)
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