VITALITY SQUARE
Creating a healthy environment in the Pretoria CBD

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ABSTRACT

This thesis deals with the creation of holistically healthy environments in an urban context.

The Pretoria Central Business District (CBD) is the focus area, as this is where many people spend their working hours in offices. This thesis proposes a vitality centre where healthy environments and healthy lifestyles are made available to these workers. This should become an urban oasis which caters to the vitality of the mind, body and spirit.

The hypothesis argues that the problems associated with unhealthy environments in buildings can be alleviated through the connection of people with nature and its forces. The focus is not only on the physical, but also on the metaphysical quality of architecture and its influence on the user. The four elements of nature (light, air, earth and water) are invited into the building. Their associative qualities are exploited to create an awareness of the presence of nature, even in an urban context.

On a physical level, this association implies the use of natural light, natural ventilation and contact with nature in the built environment.
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