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VITALITY SQUARE

Creating a healthy environment in the Pretoria CBD

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SINOPSIS

Hierdie skripsie handel oor die skep van holistiese gesonde omgewings in 'n stedelike konteks.

Die Pretoria Sentrale Besigheidsdistrik is die fokusarea, omdat dit is waar baie mense hul werksure in kantore deurbring. Die skripsie stel 'n lewensentrum voor, waar gesonde omgewings en gesonde lewenswyses aan die gebruikers beskikbaar gestel word. Dit behoort 'n stedelike oase te word wat lewenskragtigheid van die verstand, liggaam en siel aanmoedig.

Die hipotese argumenteer dat die probleme wat met ongesonde omgewings verband hou, opgelos kan word deur die nouer verband tussen die mens en die natuur. Die fokus is nie net op die fisiese nie, maar ook op die metafisiese kwaliteit van argitektuur en sy invloed op die gebruiker. Die vier elemente van die natuur (lig, lug, grond en water) word in die gebou verwelkom. Hulle assosiatiewe kwaliteite word uitgebuit om 'n bewustheid van die aanwesigheid van die natuur te skep, self in 'n stedelike omgewing.

Op 'n fisiese vlak impliseer dit die gebruik van daglig, natuurlike ventilasie en kontak met die natuur in die bou-omgewing.

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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