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Human space. Architecture beyond everyday life

PhD thesis summary

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HUMAN SPACE. ARCHITECTURE BEYOND EVERYDAY LIFE

SUMMARY

The topic of my PhD thesis is "Human Space. Architecture beyond everyday life". In my doctoral dissertation I analyze the side of the psychological and sensual dialogue that is created between us and architecture. I analyze human relations with space, the impact of experiences on its perception, senses, and the reactions of our body and mind.

Contemporary architecture lacks space to mute our senses and emotions. We are doomed to microscopic apartments in polluted cities, which deprive us of the possibility of free feeling and expressing feelings and emotions from an early age. The shape of these changes is influenced by many factors, including social, economic, moral and cultural changes, changes in the shape of the family and the function of the apartment. The housing function has become secularized, and the house often becomes a place of lonely rest, watching TV and enjoying sleep. In fact, buildings are being built, but without inhabitants. After all, architecture, even - or perhaps most of all - the one closest to us, should be a reflection of human experiences, emotions, and feelings, it should be the background for the ongoing life, because we experience it directly and move within it. My interest and curiosity in the „other dimension of architecture“, narrative and transcendence in architecture led me to create a space project for Man, his senses and emotions. I wanted to create a space that would respond to the unconscious needs of every human being, would be in constant dialogue with us, and our perception would become focused and touching our soul.

Therefore, an inseparable part of my doctoral dissertation is the designed space *Sanatorium of thoughts*, where objects and places for attentive wanderers traversing the endless Bieszczady Mountains. As part of the design part of my doctoral dissertation, I conducted research on space beyond everyday experience, a type of space taken out of everyday life, beyond routine, so that it would become a place dedicated to people, their senses and emotions. The project takes the form of a *Sanatorium of thoughts* - a space that is therapeutic, meditative and reflective in its own way. The created architecture reaches into the deeper layers of the intellect and subconsciousness, evoking individual emotional states and body reactions. Thoughts, words, ideas are transformed by the language of architecture into forms that establish a dialogue with us, stimulating us sensually, emotionally and intellectually. The designed architecture aims

to create a space that activates the recipient's sensory experience and stimulates his imagination. The created space is a kind of point on the trail, a kind of stop, where a person can break away from worldly matters. People who go hiking on mountain trails are looking for exactly what they are looking for - to clear their minds and calm their emotions. While working on the project, I tried to show the hidden dimension of architecture, that is architecture „beyond everyday life“. The sensual experience of the architecture designed by me makes it possible to surrender to its influence. The phenomena that appear in the designed spaces, i.e. shadows, lights, framing views, overlapping plans, smells, sounds, are some kind of signs for our mind. Thanks to them, our body associates memories, feelings, emotions, thoughts closely related to individual experiences, the past, culture and sensitivity of an individual. While experiencing the artifacts designed by me in the forest space, involuntary, often unconscious reactions occur, causing certain emotional states, which as a result of this interaction “flow out” unconsciously from our body, which sometimes becomes cleansing and releasing the burden that each of us carries. The facilities in the forest and the shelter change with the weather, the season of the year, and most of all, they will change over time. The architecture designed by me will blend into the landscape with full respect for its structure, moods and individuality. It was important in my assumptions to extract their most important features in a simple and synthetic way, juxtapose them with each other so that architecture could build individual emotional states and associations, and maybe even evoke specific memories. Through all the design procedures, I want to capture another dimension of the same reality, including by framing views with the orientation of vision and perception. The created space of the *Sanatorium of thoughts* is a place where everyone will find space for themselves, their thoughts, emotions and feelings, and will interpret the experienced space according to their sensitivity. I created elements in the forest space that give it a new, different quality. At the same time, they create different situations, provoke different feelings and reactions in a person.

The *Sanatorium of thoughts* was created as a result of intuitive actions based on sensitivity and emotionality, which I think is necessary when designing spaces for people - spaces that take into account the psychology of the perception of recipients.

SUMMARY



project board

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