

EUROPAN 17, NORWAY

## **Østmarka Therapeutical Landscapes**

Today, Østmarka occupies a strategic and prominent position in Lade, in a central, elevated location that offers unparalleled scenic qualities, awe-inspiring views of the fjords and a rich biodiversity. Building on these unique attributes, our project seeks to unlock their potential and make them accessible, valuable, and cherished by the present and future human or non-human inhabitants of Lade.

In particular, the project tries to approach the landscape as a transformative element, capable of providing therapeutic, recreational, and meditative experiences, while encouraging the coexistence of diverse species.

To detail this vision, we have outlined a development plan divided into three distinct phases.

## Phase 1: Nature for all! (The therapeutical walk)

The Phase 1 is to make today's hardly penetrable nature easily accessible and experienceable by all with minimal intervention. With this small step Østmarka can already begin to offer much value to the residents surrounding the site and place itself as a unique in-land addition to the Ladestien hiking path.

*The therapeutical walk* – Walking is a fundamental aspect of health. In fact, taking a few steps a day is proven to be an important treatment to lower your risk of heart disease, stroke, colon cancer and diabetes. Strengthen your bones and prevent osteoporosis and osteoarthritis. Furthermore, when combined with nature, it can decrease depression and anxiety, especially in the elderly. The proposed concept is the 'Therapeutical walk', a walking route designed to be accessible to all and to provide deep immersion into the nature and its biodiversity.

The walk is designed with a minimum width of 320 cm and a gentle slope never exceeding 4% for wheelchair accessibility. Inclined ramps, no longer than 20 meters, ensure minimal strain. Guiding cordons provide clear wayfinding, and benches are thoughtfully placed every 200 meters for relaxation. In this first phase of the project, the path only characterises the southern part of the site and consists of two one kilometre or half-kilometre 'laps', approximately 20- and 8-minute walk. This will be the starting point for the extension of the walk in Phase 2.

A small, impermanent light structure is positioned in the middle of the path and in the centre of the southern part, providing support for small functions such as toilets, garden tools, covered space and a small greenhouse. We believe that this small building can act as an anchor point for small landscape-related activities such as gardening or flowering. The former dog area is open and wildflowers and small plants are planted along the new path.

Østmarka Hub is the second anchor point of this first phase and consist of the refurbish of one of the existing historical listed house. The refurbished historical house will stand as a symbol of the area's heritage, preserving its cultural significance while embracing a forward-looking perspective. Within its walls, residents and visitors will have the opportunity to see and discuss Østmarka's future while having a hot coffee.



## Phase 2: Recreation and care (The nursing home)

Phase 2 focuses on the construction of the nursing home and the extension of the pathway, which in this phase takes on a fundamental significance for the recreational and therapeutic role for patients. Here the site begins to take shape as a continuous, experiential landscape. In particular, we have been inspired by the concept of “recreational therapy” present in some campuses, such as the Dynamo Camp in Italy, where a series of facilities scattered in nature offer patients moments of recreation while encouraging movement in nature. In this case, we have imagined some facilities, such as the forest swimming pool and the garden house along the walk, which can be used by the patients of the nursing home, but also by those of the psychiatric hospital, the future mental health centres and assisted living facilities, as well as by future residents.

*The nursing home* – To minimize the footprint, preserve the mushroom area and maximize the quality of the spaces, the nursing home finds space to the north, tracing the footprint of the three existing houses and developing to the north-east with the volume dedicated to administration, the lobby and public places. The total volume is fragmented into four distinct volumes (three departments +1) to decrease the scale and try to preserve the integration between architecture and nature that exists on the site today. The kitchens and living rooms of each group develop towards the south, with ample access to natural light and unobstructed views over the landscape of Østmarka and the hills of Trondheim on the horizon. A generous corridor to the north connects the three volumes and thanks to its transparency offers deep immersion with the forest and the green corridor to the north. The corridor offers social spaces, seating and aims to promote movement and access to nature for patients who are more unable to move.

The fourth block with entrance and administration is located to the northeast. it is accessible via a gentle footpath from Østmarkveien. On the ground floor there is a small reception, an auditorium/cinema room, two meeting rooms and a cafe. The two upper floors are dedicated to administration. A volume on the fourth floor rises above the Østmarka trees and offers “the best view of Lade” with a 180 degree view of the fjord. This is a flexible public space that offers a small bookshop, reading spaces, and a small corner for musical events. We believe that the offer of such a special space is essential for attracting external residents of the Bella Nursing Home and creating important moments of exchange and sharing.

The difference in level of the land is exploited with the creation of a basement with parking spaces, unloading access, and technical rooms. The existing historic building is preserved and offered as visitor flats.

In this phase, the green corridor is reinforced with addition of trees in the north and in-between the north and south part. Since demolitions start in this phase, an upcycling hub to the south-east of the site collects, divides and processes materials for potential recycle, reuse or upcycling.



### Phase 3: Life and community (The village)

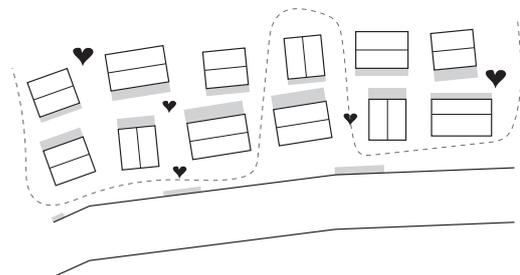
In the third and final phase, the vision of a holistic ecosystem of landscape, institutions and housing is realised, initiating a pathbreaking model of densification.

*The Village* – At the heart of this phase lies the realization of “the village”, a dense development with a variety of shared spaces in between the houses. The village is intended as a pedestrian-age-friendly environment that offers various places for social interaction and sharing. Strategically concentrated in the central region of the site, the village capitalizes on the generous flat land with a compact design, emphasizing the concentration of housing units rather than spreading them across the site. and utilizing the existing road to guide its development.

The housing development comprises two distinct architectural typologies: the apartment block and the detached houses. The apartment block, standing three stories tall, boasts a minimal density and footprint, thoughtfully positioned near the elevated land to mitigate its environmental impact.

On the other hand, the detached houses, ranging from one to two stories in height, are strategically arranged to cover the central space, creating an intimate urban setting where nature, streetscape, and residences coexist seamlessly. This arrangement fosters a human-scale urban space, promoting a sense of community and enhancing the overall living experience. Within the housing units, a mix of two, three-room and co-living flat types are provided. Special attention has been paid to ground floor accessibility, room size, navigation and wayfinding to ensure comfort and convenience for residents of all ages and abilities.

The inclusion of both architectural typologies in the housing development allows easy scalability and easily adjustable layout without losing its fundamental qualities.



### Co-creation and on-site experiments

We believe that the design and implementation of such an ambitious project must necessarily create room for co-creation processes and small tests in the initial stages. In particular, we propose two things: landscape experiments in the Phase 1 and upcycling opportunities and self-built from Phase 2.

The *landscape experiments* is the idea of opening a co-creation process on different activities that can be developed along the therapeutic walk (gardening, art installations, small observatory cabin, etc.). A catalogue of small prototypes can be developed at low risk in the first phase and be an opportunity for the involvement of people and patients in the area.

The *upcycling opportunity* is instead the idea of a structured cataloguing of materials recoverable from the existing and the creation of a Hub to test their use in the new intervention (façade elements, urban furniture, pavillons, etc.). Part of this process can be open to residents in the form of workshops and co-design sessions, with the promotion of self-build, self-repair and small-scale upcycling practices. The Upcycling Hub first and the Collective garages later will serve these purposes.

Thank you.