



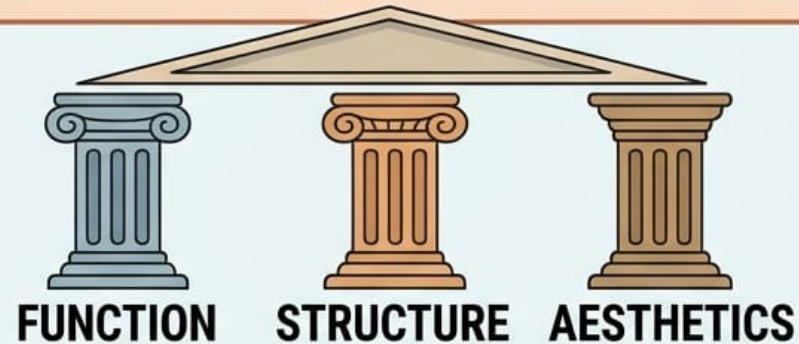
EDUCATING THE NEXT GENERATION: TEACHING WELLNESS AS A DESIGN MINDSET



WELLNESS: A WAY OF THINKING, NOT JUST A CHECKLIST



**WELLNESS AS
THE FOURTH
FOURTH PILLAR**



STUDIO PROJECTS CAN EVALUATE:



DAYLIGHT,



THERMAL COMFORT,



WALKABILITY,



INCLUSIVENESS,



SOCIAL INTERACTION,



CONNECTION WITH NATURE



**"THE FUTURE WELLNESS OF OUR CITIES DEPENDS ON
HOW WE EDUCATE TODAY'S ARCHITECTURE STUDENTS."**

TOPIC 2: WELLNESS IS POSSIBLE EVEN IN SMALL PROJECTS

THIS PERSPECTIVE IS OFTEN MISSING.

BUT MOST ASIAN ARCHITECTS ACTUALLY DESIGN:



CONTEMPORARY
ASIAN FAMILY



THOUGHTFUL
SHOPHOUSE



SCHOOL



FAMILY
MEDICAL



NEIGHBORHOOD
COMMERCIAL



HOSPITAL



LUXURY
WELLNESS



CORPORATE
HQ



LARGE-SCALE
GREEN BUILDING

BUT MOST ASIAN ARCHITECTS ACTUALLY DESIGN:



BETTER DAYLIGHT



CROSS VENTILATION



REDUCING HEAT SENSIBILITY



REDUCING HEAT GAIN



CHILDREN'S SAFETY



USABLE OUTDOOR SPACES



QUIET SPACES



PLANTING TREES



**ENCOURAGING MOVEMENT
INSTEAD OF ELEVATORS**

A 150-SQUARE-METER HOUSE CAN IMPROVE SOMEONE'S PHYSICAL AND MENTAL WELLBEING MORE THAN AN ICONIC BUILDING THAT IGNORES ITS USERS.

TOPIC 3: DEFINING ASIAN WELLNESS: LEARNING FROM OUR OWN CULTURE

**INSTEAD OF COPYING WESTERN WELLNESS STANDARDS, ASK:
WHAT MAKES WELLNESS UNIQUELY ASIAN?**

ASIAN ARCHITECTURE HAS TRADITIONALLY VALUED:



**COURTYARDS &
VERANDAS**



**SHADED STREETS
& GARDENS**



**INTERGENERATIONAL
HOMES**



**COMMUNITY GATHERING
& WATER**



**RESPECT FOR NATURE
& SEASONAL LIVING**



**SPIRITUALITY & PASSIVE
ENVIRONMENTAL DESIGN**

PERHAPS ASIAN WELLNESS GUIDELINES SHOULD INCLUDE:



BELONGING



COMMUNITY



**HARMONY WITH
CLIMATE & BIODIVERSITY**



**CULTURAL IDENTITY &
CONNECTION TO NATURE**



**SLOW SPACES INSTEAD OF
ONLY EFFICIENT SPACES**

MODERN ARCHITECTURE OFTEN LOST MANY OF THESE QUALITIES.

**"PERHAPS ASIA DOES NOT NEED TO INVENT WELLNESS. WE SIMPLY NEED TO REDISCOVER THE
WISDOM ALREADY EMBEDDED IN OUR CULTURES AND REINTERPRET IT FOR CONTEMPORARY LIFE."**