

BREAKING BARRIERS:

A WOMEN'S RETREAT CENTER FOR ACCESS, AGENCY, AND ADVOCACY



Fig. 1 | Cover

Project Title & Signature Page

BREAKING BARRIERS:
A WOMEN'S RETREAT CENTER FOR ACCESS, AGENCY, AND ADVOCACY

A Design Thesis Submitted to the
Department of Architecture and Landscape Architecture of
North Dakota State University

By

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for the Degree of Master of Architecture

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It is frightening being a woman in today's society, as our rights are continuously threatened. The lack of access to healthcare and the prevalence of domestic violence, abuse, and trafficking makes it crucial to create a safe and supportive environment for women. The proposed solution focuses on the establishment of a secure center for women that provides the adequate care and attention they deserve. With this site being on the coast of the Gulf of Mexico, the facility can offer safe and legal abortion procedures in federal waters while not breaking any state laws. The main goal of Her Way Forward is to provide women with essential healthcare services, including primary care, mental health services, and specialized services for pregnant women, all within one centralized location.

This thesis involves a possible solution for the problems that women face. For my research, I will review literature on the topics of both healthcare and domestic violence while exploring centers worldwide that provide women protection and healthcare. Providing women with the healthcare they need and deserve will be my primary goal in designing a center for them.



Fig. 2 | Woman in Need

It has come to a point in society where we are going back in time for women's rights, and being a woman in today's world is dangerous and terrifying. Thousands of women daily are survivors of domestic violence, rape, and abuse, but not many places for them to turn to for shelter and safety. Their right to healthcare is also being taken away after the recent overturn of Roe v. Wade this past summer of 2022. How can we ensure that women have the necessary access to quality healthcare and provide a safe haven for victims and survivors?

How can we combine the safety of women with design? What would a space that protects survivors and provides healthcare look like, and how can it be available and legal? How can we make this space look and feel safe while being sustainable and giving back to the environment?

The research needed for this thesis will be a plethora of case studies and feasibility studies while also reviewing literature on the topics. With the information I will retain, I will design a place for women to come, where they will feel protected while given access to the healthcare they need. With this site being on the coast of the Gulf of Mexico, the facility can offer safe and legal abortion procedures on an abandoned oil rig in federal waters while not breaking any state laws. I hope to create a solution to the lack of protection and healthcare services for all women in need.



Fig. 3 | Women in all Stages

Project Typology

This thesis project is focused on creating a space that gives women the shelter, protection, and healthcare they need. The typology chosen for this project is a women's retreat center on the coast of the Gulf of Mexico. This project will include the primary women's retreat center, shelter villas, and an abortion clinic on an abandoned oil rig platform. These buildings will be combined to create a women's health and protection facility as a whole. This will allow a space where women can receive the shelter and healthcare that they need, while also being able to perform procedures that may be illegal in certain states with the oil rig platform being in federal waters and outside of state laws.

Project Justification

This thesis project is extremely important to me simply because I am a woman. Women deserve equal opportunities and they deserve all of their rights, but for some reason we don't get that. This proposed thesis project is important to society because it's a shelter for women that are survivors of domestic violence, rape, abuse, trafficking, etc. This facility allows survivors and victims the security needed. It allows them the healthcare that may have been stripped from them when Roe v. Wade was overturned. This final thesis will portray the knowledge I will gain from the research I will put in. I also hope that people will learn more about women's rights throughout this project. Women will not stop fighting for what they deserve.

Women's Health

Gaining knowledge and understanding of what factors of women's health a program like this project should offer. Hoping to bring all kinds of women's health practices to this facility.

Women's Rights

Informing others on what rights women have and what rights have been taken away from them. This project is a way to stand up for the rights that women deserve.

Defensibility

It is important that the clients and users of the buildings feel safe at all times. With this program offering controversial procedures, there may be people that want to protest this facility. Defensibility is key to making the environment around the campus secure.

Community

This complex as a whole should give off the feeling that it is a community. Whether you are a worker, guest, survivor, patient, etc., it should feel as though everyone has come together to support each other as a community.

Shelter Villas

Designed to provide women with a safe and secure temporary living space where they can heal and rebuild their lives.

Oil Rig Platform Abortion Clinic

Able to follow through with procedures on federal waters outside of state laws.

Healthcare Clinic

Gives women access to the healthcare that they need with services including primary care, mental health services, and specialized services for pregnant women.

Dining Center

A space for all on the site to dine and socialize.

Therapy Rooms

Whether residents are seeking individual therapy, group counseling, or other mental health services, the therapy rooms on the second floor provide a supportive and private environment for these sessions.

The proposed facility is designed to cater to women specifically, but there will be various user groups with diverse needs. This will be a place for survivors and victims of any form of abuse, where they can receive counseling and support services to help them heal and rebuild their lives. Women will also be allowed the healthcare that they need and it will be affordable. This project will provide a spectrum of services and will anticipate needs for each individual client, meaning each client's services will be catered to their specific needs. Some of the programs that can be offered are domestic violence support groups, a parenting and pregnancy curriculum, and individual and group therapeutic services.

User Groups:

Survivors

Healthcare Patients

Pregnant Women

Doctors

Therapists

Administration

Facility Maintenance



Fig. 4 | Nurse and Patient



Fig. 5 | North America Map

Galveston, TX

The site chosen for this project is in Galveston, Texas, along the Gulf of Mexico. This site was chosen because of the harsh laws set against women in the state of Texas. It is illegal for women to get an abortion in Texas, and with the project I proposed, women that need to terminate their pregnancy can go to an abandoned oil rig platform off the coast of the complex, and get their procedure done. It will be legal to get the procedure done on the oil rig because it is in federal waters, therefore it is not breaking any state laws.



Fig. 6 | Galveston, TX Site

The theoretical, physical, and social goals for this project.

1. Create a well thought-out thesis project and design for a women's center that supports and protects all women
2. Educate others on women's health and women's rights
3. Spread awareness for all of the women survivors of domestic violence, rape, abuse, and trafficking
4. Allow legal pregnancy termination procedures for women that don't have access to legal abortions
5. Give women access to the free healthcare they need
6. Create a space that brings women together to support and empower one another

Plan for Proceeding

Design Methodology

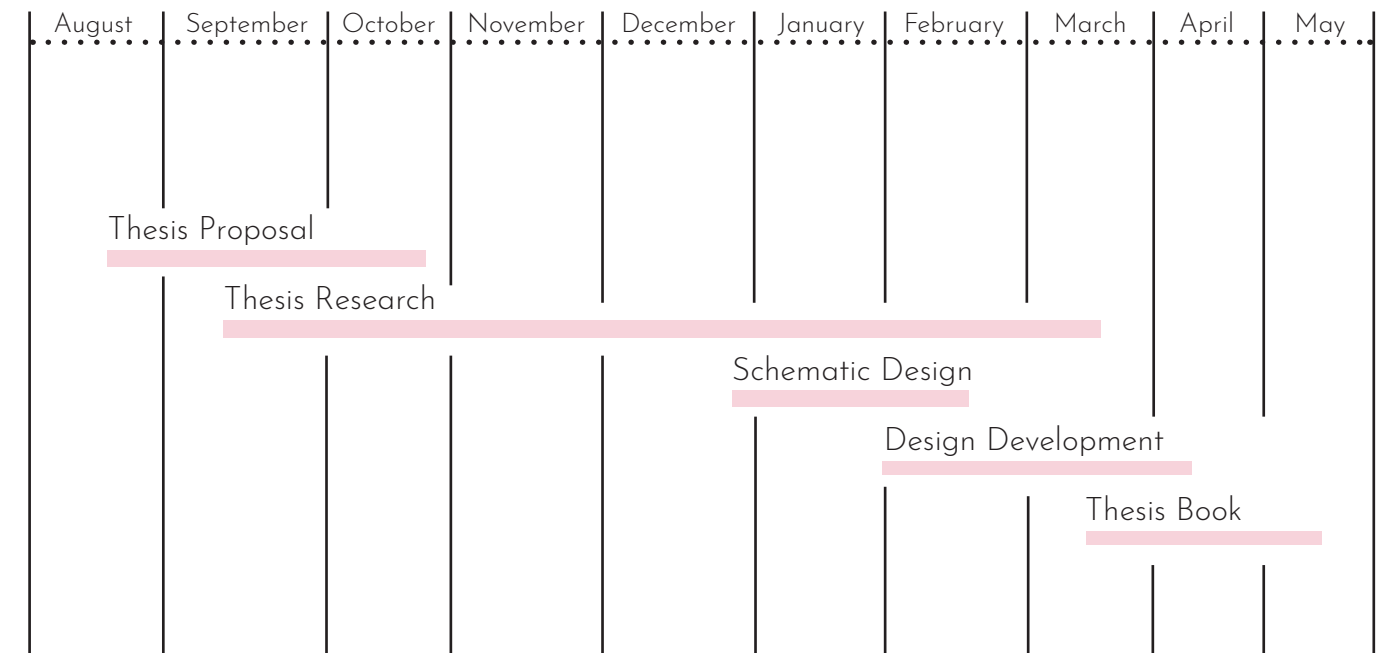
For the design methodology of the project, I will be using case studies and historical research to complete the Thesis Research portion. Case studies are useful to see similar projects and comparing what works and what doesn't in that particular case. I will use historical research to educate myself better on women's rights and the laws made back in time. When it gets to the design portion of the project, I will thoughtfully look at the building program and consider what each space needs to work successfully. I will then use computer software and hand sketching to show the design of the complex and use a modeling software to complete the design solution.

Documentation of the Design Process

It is important to document the design process of a project to keep a record of everything. For this project, I plan to document the process in these ways:

1. Sketch ideas by hand in a sketchbook
2. Create mass models by hand of design ideas
3. Use computer software to create mass models
4. Use computer software to create the final model of the design thesis

Thesis Project Schedule



Important Dates:

- October 16 - Thesis Proposal Due
- March 10 - Thesis Research Due
- April 21 - Digital Copy of Thesis Exhibit Due
- April 24 - Physical Exhibit Due
- May 1-4 - Final Thesis Reviews
- May 10 - Final Thesis Book Due

Thesis Research

Typological & Precedent Research

Women's Health at Grove Street

City: Jersey City

State: New Jersey

Women's Health at Grove Street is a medical center located in Jersey City, New Jersey that is designed by women, for women. This facility provides gynecological, reproductive, and wellness services. It is located in the downtown area to accommodate to a large portion of the population that lives or works downtown. This is a spa-like space creating a serene experience for the women.



Fig. 7 | Women's Health at Grove St.



Fig. 8 | Women's Health at Grove St.

Amy Autry's Idea: Abortion Clinic on Boat

Amy Autry, a professor and OB/GYN at the University of California San Francisco, is leading a non-profit organization called PRROWESS (Protecting Reproductive Rights Of Women Endangered by State Statutes). The organization aims to provide comprehensive reproductive health services, including contraception, STI testing and treatment, vaccination, and surgical terminations up to 14 weeks of pregnancy, on a boat that would travel a few miles off the coastline into federal area where abortions would not be restricted by state laws. This service is especially intended to benefit patients who live closer to the gulf area than to a legal abortion clinic.

PRROWESS is fully funded through philanthropic means, which enables patients to receive these services at little or no cost. In addition to their core services, the organization plans to offer on-site healthcare services, such as STI testing and treatment. While Autry and her team affirm that the procedure is lawful, they anticipate potential legal challenges from some states. The floating clinic represents a significant step forward in the protection of reproductive rights and healthcare access for women in areas with restricted abortion laws.



Fig. 9 | Dr. Amy Autry



Fig. 10 | Medical Ship

Radio Caroline

In the early 1960s, the British Broadcasting Corporation (BBC) controlled all the airwaves, providing tame and unexciting programming. However, rebel DJs wanted to shake things up and decided to broadcast from pirate radio ships anchored off the coast of England.

One such station was Radio Caroline, which became one of the most well-known and played illicit music from bands, like the Rolling Stones.

By broadcasting offshore, the DJs were free from the regulations of British broadcasting laws, and they provided raw and authentic music and entertainment to their listeners, ultimately changing the face of radio.



Fig. 11 | Radio Caroline



Fig. 12 | Radio Caroline



Fig. 13 | Radio Caroline

Husame Koklu Women's Community and Production Center

City: Bayburt

State: Turkey

Completion: 01/2018

Architects: Melkan Gürsel & Murat Tabanlıoğlu



Fig. 14 | Husame Koklu



Fig. 15 | Husame Koklu



Fig. 16 | Husame Koklu

Husame Koklu is a communal center developed by the BAKSI Foundation of Arts and Culture to sustain local resources and empower local women. It is designed to facilitate various productions, including carpet weaving and traditional cooking, and uses contemporary technologies for better building performance. The structure is aligned with the use of multi-functional areas, providing configurable spaces for individuals to work, learn, and develop products while feeling at home and together with other women. The Women's Center is a dynamic communal space that shares experiences and practices among Bayburt women, serving as a resource for society and promoting a sense of belonging.

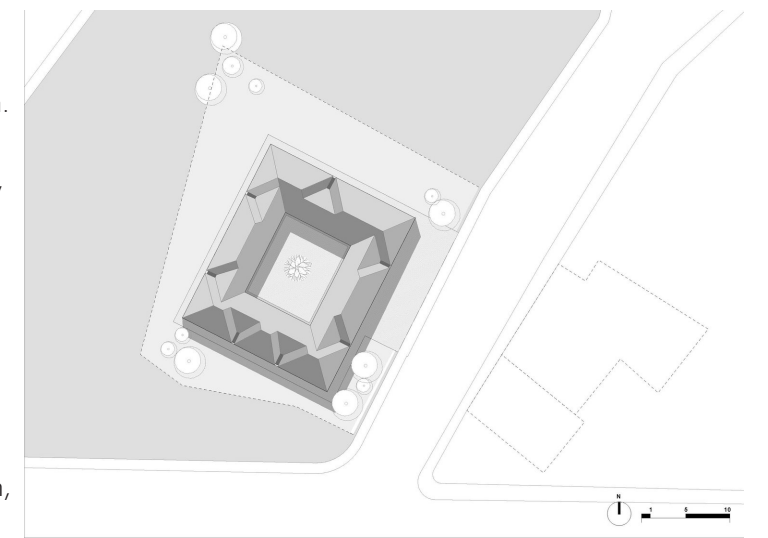


Fig. 17 | Husame Koklu Site Plan

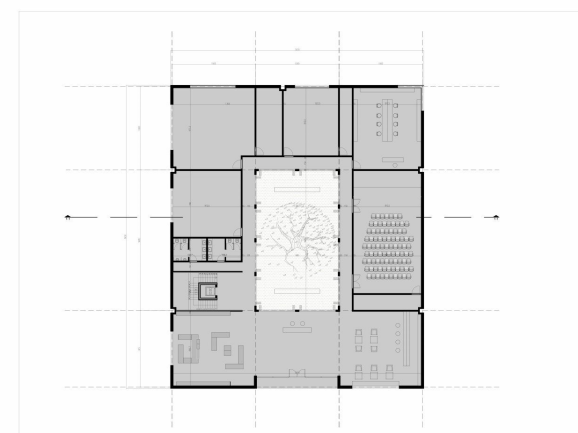


Fig. 18 | Husame Koklu Plan

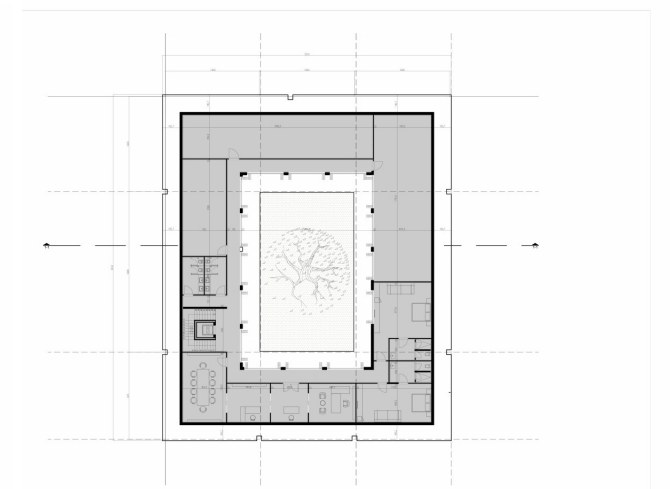


Fig. 19 | Husame Koklu Plan

The Ada and Tamar De Shalit House

City: Ramat HaSharon

Country: Israel

Completion: 2017

Architects: Amos Goldreich Architecture and Jacobs-Yaniv Architects



Fig. 20 | The Ada and Tamar De Shalit House



Fig. 21 | The Ada and Tamar De Shalit House

Amos Goldreich Architecture and Jacobs-Yaniv Architects have collaborated on the design for The Ada and Tamar De Shalit House, a shelter for women and children suffering from domestic abuse in Israel. The building will provide the first center for female victims of domestic violence for the Israeli charity No To Violence. The building will accommodate up to 12 families and will include a kindergarten, computer and laundry rooms, and kitchens. It will be constructed using locally sourced materials and will be naturally ventilated to minimize environmental impact. The shelter was completed in 2017.



Fig. 22 | The Ada and Tamar De Shalit House Model



Fig. 23 | The Ada and Tamar De Shalit House Model

The Women's Opportunity Center

City: Kigali

Country: Rwanda

Completion: 2013

Architects: Sharon Davis Design



Fig. 24 | Women's Opportunity Center

A Women's Opportunity Center has been opened in Rwanda to help women rebuild their lives after war. The center is a micro-village made up of 21 buildings that offers training courses, two on-site markets, and facilities for guest lodging, offices, dorm rooms, and storage. The facility was built with sustainable design elements and traditional Rwandan architecture. Local women made 450,000 clay bricks for the project, which was constructed using sand-molding instead of the traditional method. The project was designed by Sharon Davis Design, which used a radial organization of circular forms inspired by traditional Rwandan architecture.



Fig. 25 | Women's Opportunity Center



Fig. 26 | Women's Opportunity Center



Fig. 27 | Women's Opportunity Center



Fig. 28 | Women's Opportunity Center

Historical

Throughout history, women have faced an uphill battle in their quest for equal rights. It wasn't until 1973 that women finally gained their reproductive rights through the landmark Roe v. Wade ruling. Unfortunately, in the summer of 2022, the Supreme Court made a devastating decision to overturn Roe v. Wade, stripping women of a fundamental right and making it more challenging for them to access the necessary healthcare they need. This ruling has resulted in a significant setback for women's rights, and it is vital that we continue to fight for the basic human rights of all women.

Social

Women's rights remain a significant social battle, with ongoing debates and efforts to address issues related to reproductive rights, access to healthcare, and domestic violence. The landmark Supreme Court ruling in 1973, which recognized women's right to choose to have an abortion, has been recently overturned in 2022, suggesting that reproductive rights continue to be a significant social battle for women. Additionally, women continue to face disproportionate rates of violence and abuse, with ongoing efforts to raise awareness and provide support for victims. Despite progress made in the past, the fight for women's rights remains a critical social battle that requires continued attention and effort.

Cultural

To fully comprehend women's rights issues, it's essential to consider the cultural context, which heavily influences societal attitudes and beliefs. Cultural norms and values surrounding gender roles, sexuality, and reproductive health directly impact women's treatment and the rights they are offered. The prevalence and handling of domestic violence, abuse, and trafficking are also impacted by cultural attitudes. Healthcare access is further influenced by cultural beliefs, including those about mental health and pregnancy. To effectively tackle these issues, it's crucial to have a thorough comprehension of the cultural context, as well as a willingness to challenge and transform harmful cultural beliefs and norms that sustain gender inequality and jeopardize women's well-being.

Statistics from the National Coalition Against Domestic Violence

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States.

Intimate partner violence alone affects more than 12 million people every year.

Over 1 in 3 women (35.6%) and 1 in 4 men (28.5%) in the US have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime.

From 1994 to 2010, approximately 4 in 5 victims of intimate partner violence were female.

The traumatic experiences of survivors of rape and abuse highlight the urgent need for support and resources to address the lasting physical and psychological effects of these heinous acts. However, access to safe and legal reproductive healthcare, including abortion services, is also a crucial component of ensuring individuals are able to make informed decisions about their bodies and their futures.

Roe V. Wade



Norma McCorvey
(Jane Roe)

Fig. 29 | Norma McCorvey

In 1970, a woman named Norma McCorvey discovered she was pregnant and desired to terminate the pregnancy. Nevertheless, Texas laws prohibited abortions except in cases where the mother's life was at risk. McCorvey used the pseudonym Jane Roe to protect her privacy and sued Henry Wade, the district attorney of Dallas County, contending that the Texas law was unconstitutional.

On December 13, 1971, the US Supreme Court heard the case and eventually ruled in Roe's favor. At the time of the Roe decision in 1973, almost all states had laws that prohibited abortion, except in specific limited circumstances. These bans on criminal abortion resulted in the deaths of many individuals who were unable to obtain safe and legal abortions. The Roe ruling deemed these restrictions unconstitutional, thereby legalizing abortion and increasing access to safe procedures for individuals throughout the country.

However, in June 2022, the US Supreme Court issued a decision in *Dobbs v. Jackson Women's Health Organization* that will have long-lasting consequences, as it overturned *Roe v. Wade* and ruled that there is no constitutional right to abortion. This ruling overturns almost 50 years of precedent and is significant because it is the first time in history that the Supreme Court has revoked a fundamental right.

1973



Fig. 30 | Roe v. Wade Headline

2022



Fig. 31 | Protest

13 states implemented trigger bans. These states were Arkansas, Idaho, Kentucky, Louisiana, Mississippi, Missouri, North Dakota, Oklahoma, South Dakota, Tennessee, Texas, Utah, and Wyoming.

The complete or near-complete abortion bans in the 13 states have affected almost 25% of women of reproductive age in the United States, and according to a November 2022 study, average travel times to access abortion care have increased more than three times.

For women in places that would ban abortion, the average travel distance to the nearest clinic went from 33 miles to 282 miles in the U.S.

Furthermore, 66 clinics across 15 states have been forced to stop providing abortion services, with Texas being the most severely impacted state. Previously, Texas had 23 clinics, but now none provide abortion care. 12 have closed entirely, and only 11 offer other services. As a result, women in Texas face an increase of seven hours in average travel times to reach the nearest abortion facility.

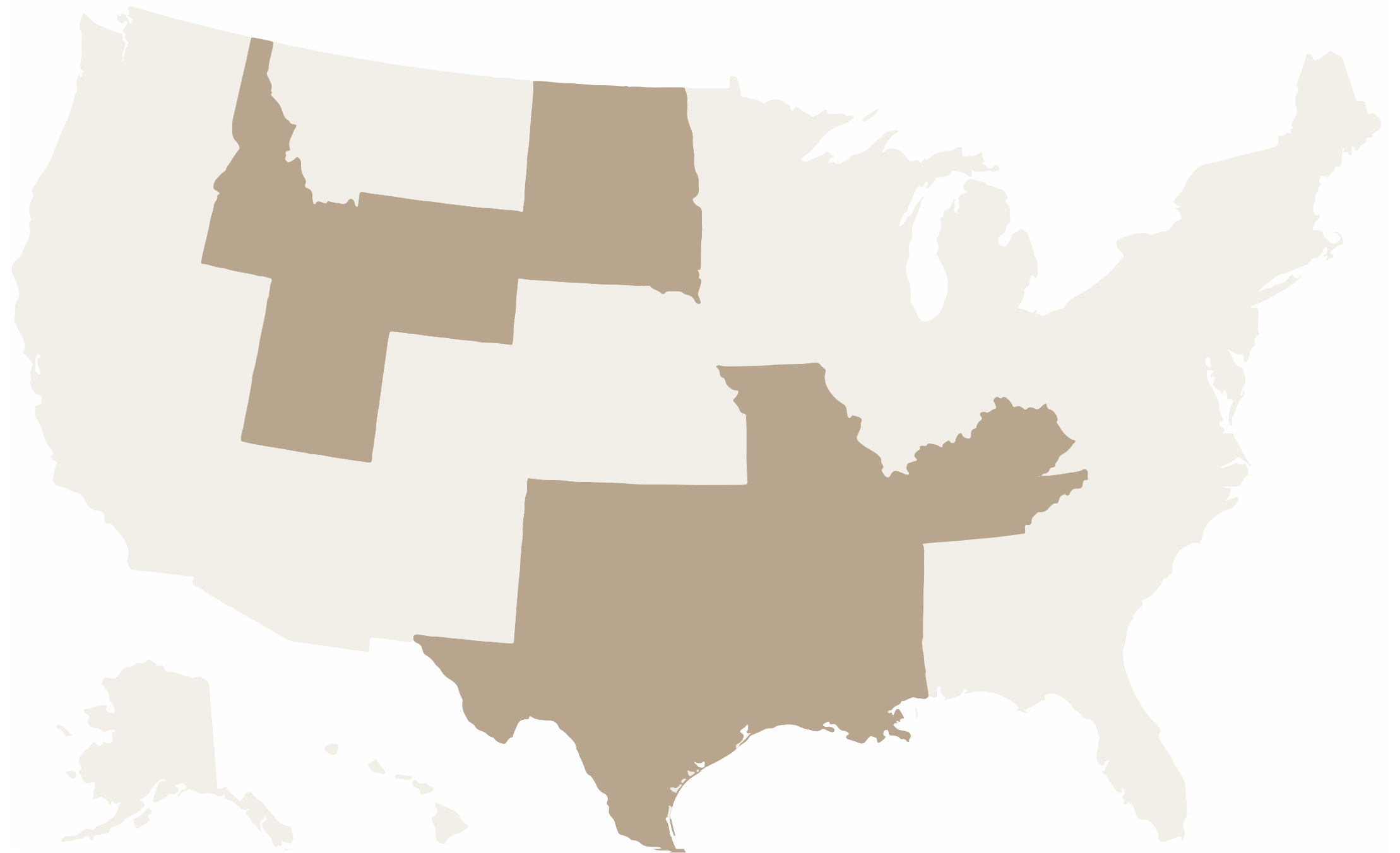


Fig. 32 | 13 States Map

This chart shows the one way driving distance for women aged 15-49 in Texas to the Nearest Clinic that Performs Abortions. The lowest distance is 515 miles for someone who is less than 15 weeks pregnant, but for someone that is more than 24 weeks pregnant, the average distance is up to 787 miles.

Average One-Way Driving Distance for Women Aged 15-49 in Texas to the Nearest Clinic that Performs Abortions

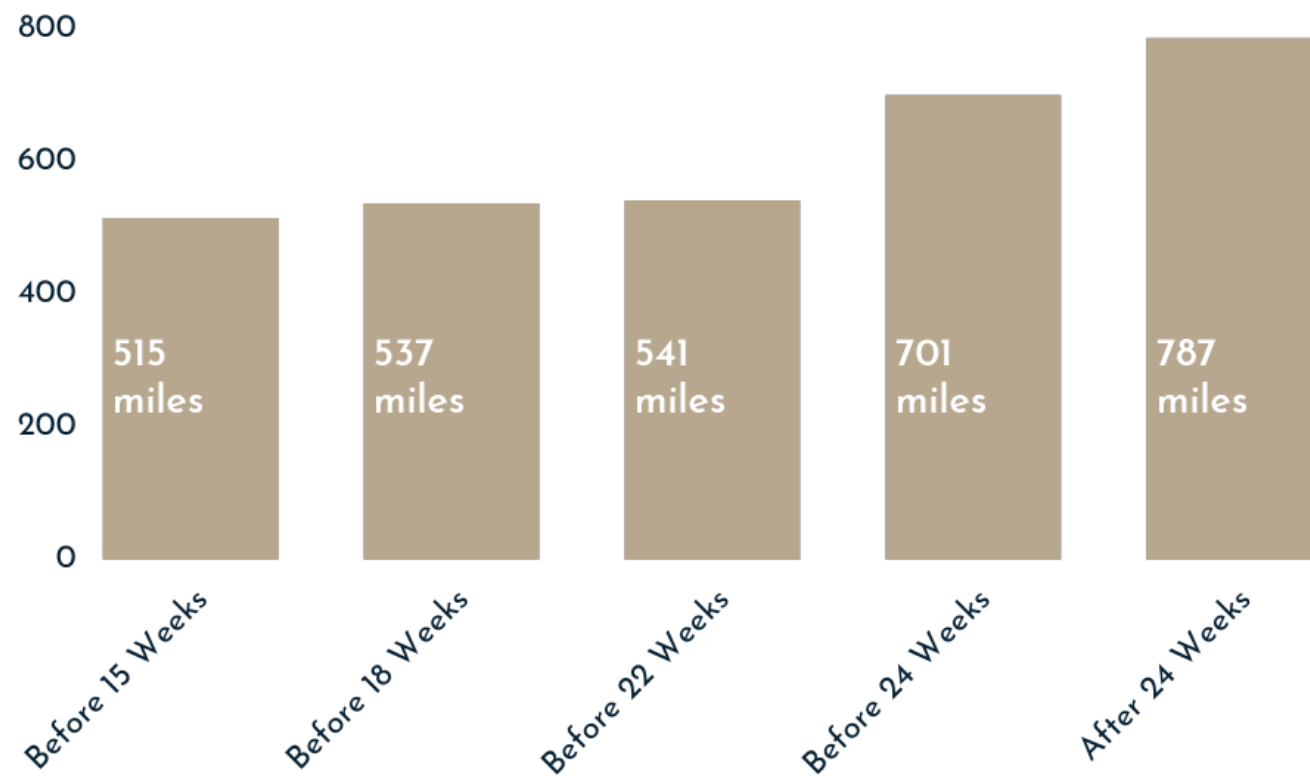


Fig. 33 | Distance Chart

Institute, G. (n.d.). Interactive map: US abortion policies and access after Roe. Guttmacher Institute. <https://states.guttmacher.org/policies/texas/abortion-statistics>

In 2020, 58,030 abortions were obtained in Texas alone.

Now,

Two laws in Texas have severely restricted abortion access. Senate Bill 8, signed by Governor Greg Abbott and in effect since September 1, 2021, bans abortion at around six weeks of gestation, with no exceptions for rape or incest.

House Bill 1280, also known as the "Trigger Ban," creates criminal penalties for providers and doctors who perform or assist abortions at any stage of pregnancy, without exceptions for rape or incest, except for the life and health of the pregnant person. As of August 25, 2022, the Trigger Ban has been implemented, further limiting access to safe and legal pregnancy terminations in Texas.

58,030



Fig. 34 | Texas Protest

The statistics provided on domestic violence highlight the critical need for resources and support for survivors of rape and abuse. However, recent laws and restrictions on reproductive healthcare, particularly the Supreme Court's overturning of *Roe v. Wade* and the implementation of trigger bans and restrictive abortion laws in Texas, have limited access to safe and legal abortion procedures. These laws have significantly impacted women's ability to access healthcare, with some facing extreme distances and lengthy travel times to reach the nearest facility. As a result, it is imperative that we continue to advocate for reproductive rights of all individuals.

Due to the extensively restricted access to reproductive healthcare and obstruction of the bodily autonomy of women, Texas has been a key location for a range of controversial policies and laws. The state's lack of protections and rights for women, especially in areas like domestic violence and abortion rights, has been a subject of significant concern and is the reason I have chosen my site to be in Texas.



Fig. 35 | Texas Protest



Fig. 36 | Texas

The map displayed depicts the federal and state water boundaries in the Gulf of Mexico. This shows how close to land the federal water boundary is, meaning the access to legal abortions is not far from the coast of the women's retreat center site.

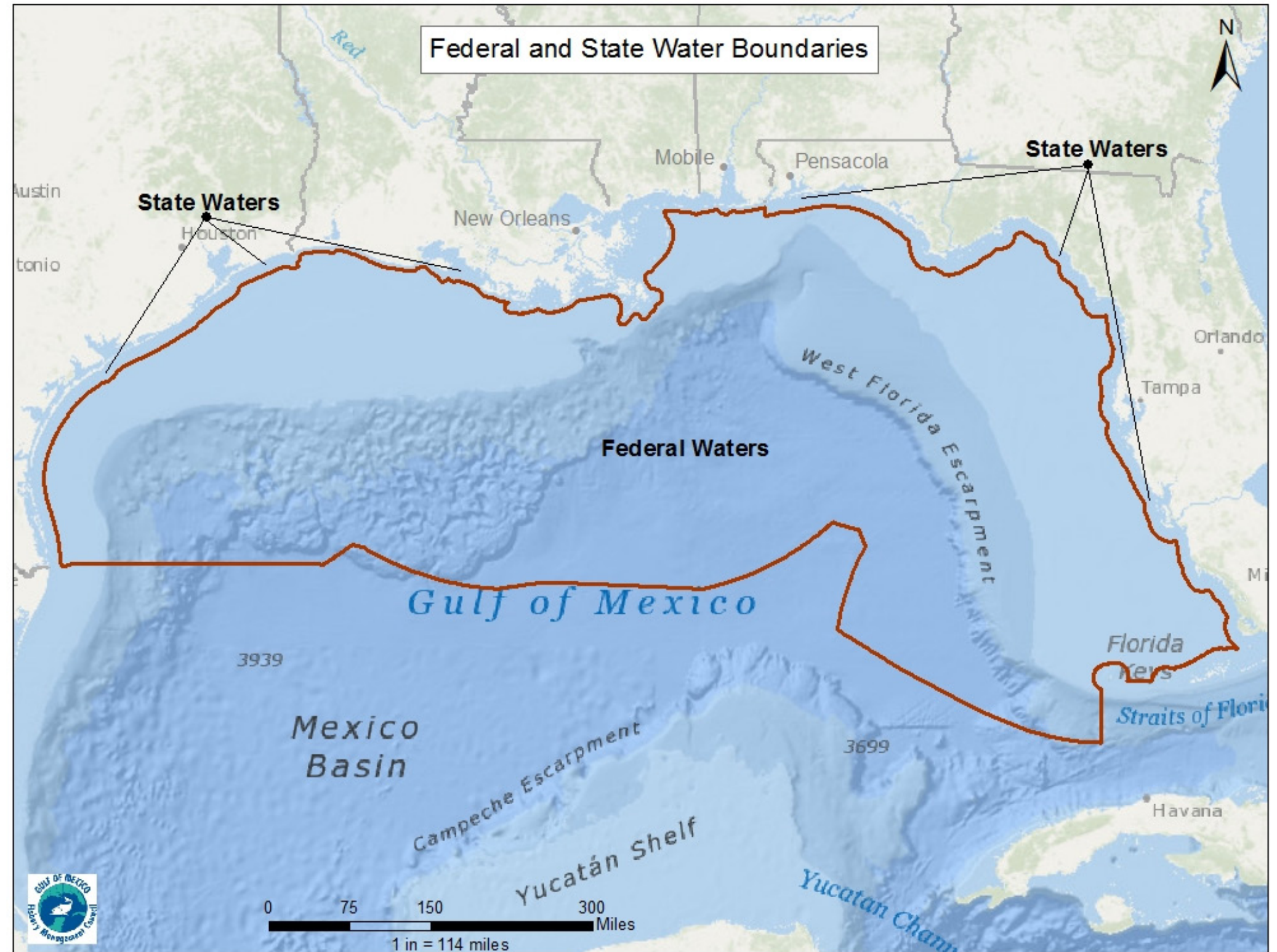


Fig. 37 | Federal Waters Map

Estimated Decline in Legal Abortion Access Because of the Overturn of Roe v. Wade

This map shows the estimated decline in legal abortion access caused by the overturn of Roe v. Wade. The darker the spot, the harder it will be to find access to a clinic that can legally perform abortion procedures. One of the darkest spots near the coast of the Gulf of Mexico in Texas is the Houston area.

Houston is the largest city in Texas and the fourth largest in the United States, with a population of over 2.3 million people. Located in southeast Texas, Houston is just 50 miles northwest of Galveston, a coastal city on the Gulf of Mexico. Galveston is outside one of the largest cities in the U.S. while also being right along the coast of the gulf, becoming the best option as a site. This will allow a large population of women to have close access to Her Way Forward, the women's retreat center I am proposing.

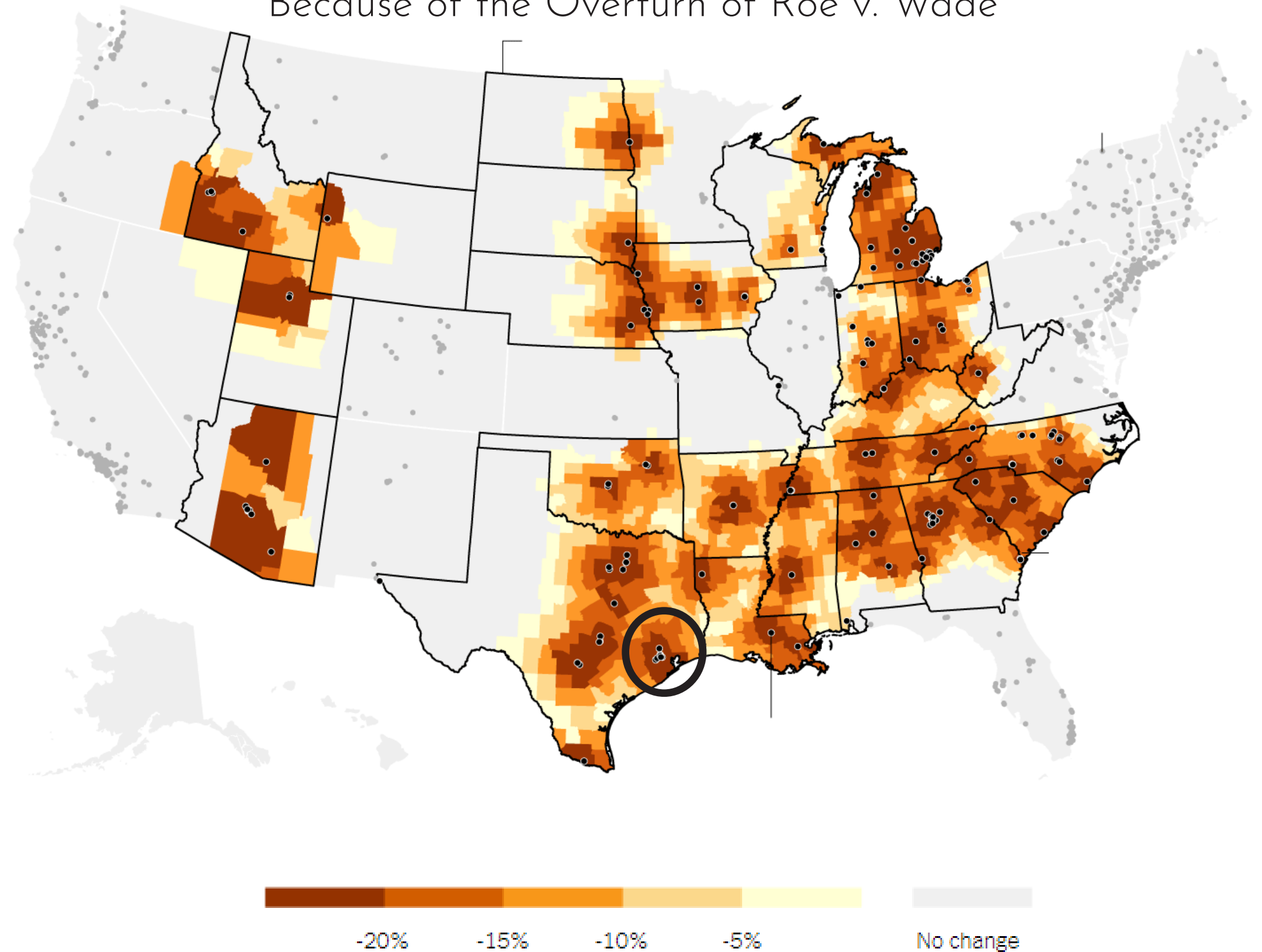
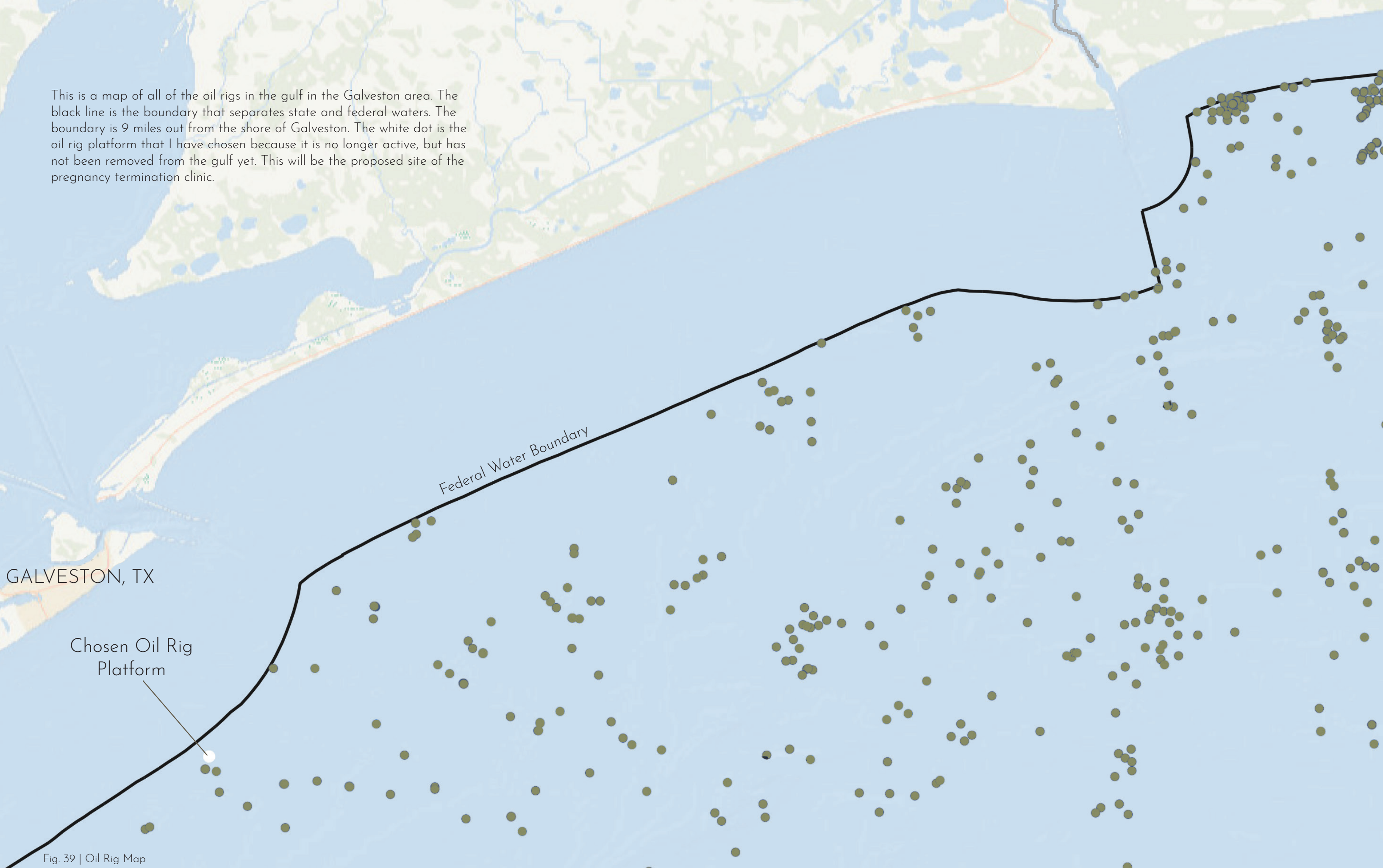


Fig. 38 | Decline in Access Map

Bui, Q., Miller, C. C., & Sanger-katz, M. (2021, May 18). Where abortion access would decline if Roe v. Wade were overturned. The New York Times. <https://www.nytimes.com/interactive/2021/05/18/upshot/abortion-laws-roe-wade-states.html>

This is a map of all of the oil rigs in the gulf in the Galveston area. The black line is the boundary that separates state and federal waters. The boundary is 9 miles out from the shore of Galveston. The white dot is the oil rig platform that I have chosen because it is no longer active, but has not been removed from the gulf yet. This will be the proposed site of the pregnancy termination clinic.

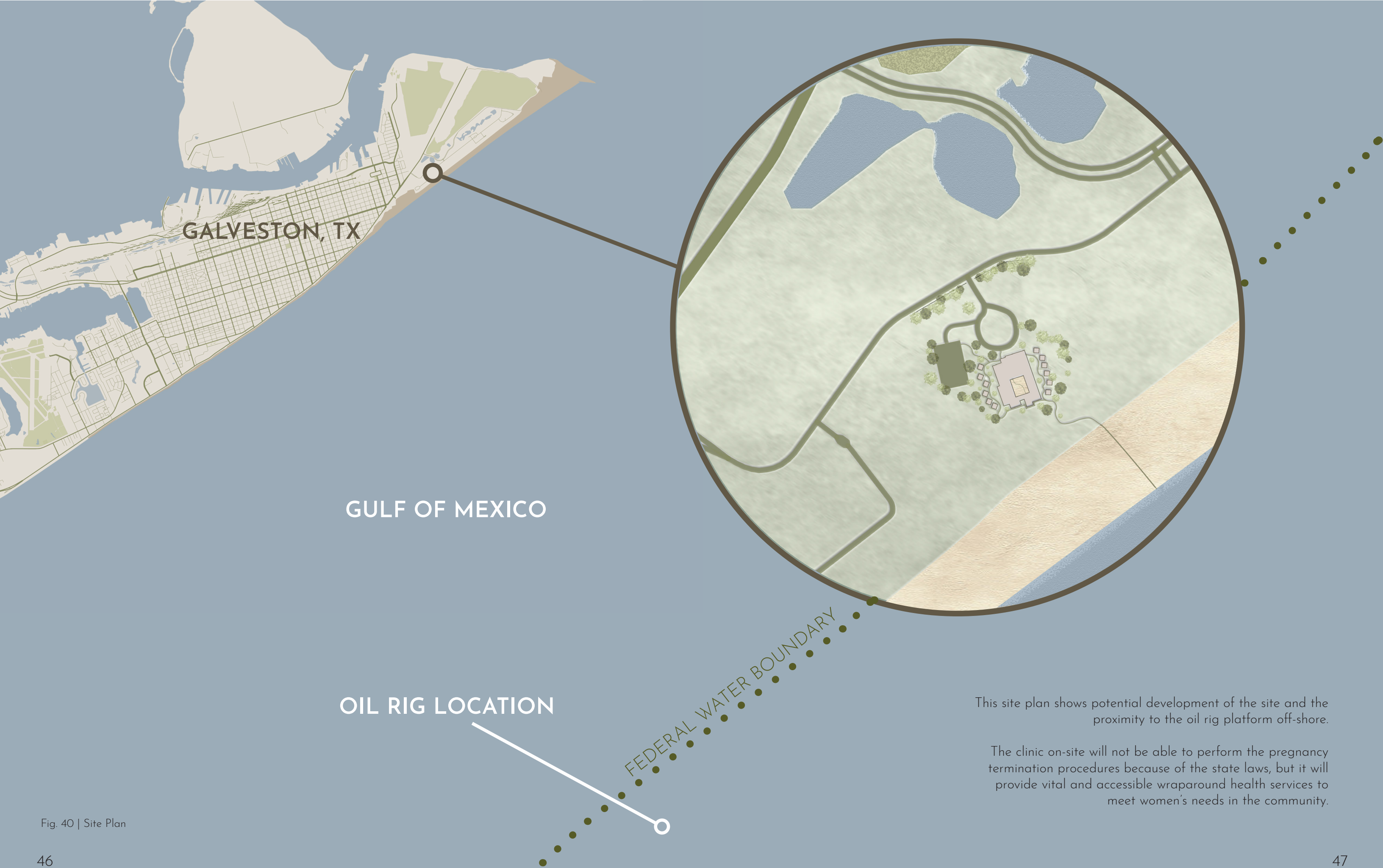


GALVESTON, TX

Chosen Oil Rig Platform

Federal Water Boundary

Fig. 39 | Oil Rig Map



This site plan shows potential development of the site and the proximity to the oil rig platform off-shore.

The clinic on-site will not be able to perform the pregnancy termination procedures because of the state laws, but it will provide vital and accessible wraparound health services to meet women's needs in the community.

Fig. 40 | Site Plan

The Design



Defensible Design Strategies



The use of wood slats throughout the facility prevents unwanted views into the space, while still allowing ample natural light to flood in.



The primary windows of the villas feature a translucent glass pattern that affords a measure of privacy while preserving outdoor views.



The courtyard is thoughtfully placed at the heart of the facility to provide a serene outdoor relaxation space while keeping guests safe from potential external threats.



Windows placed at a higher height were incorporated to preserve the interior's privacy while still allowing abundant natural light to pour in.

Fig. 42 | Defensible Design Strategies

Program

CLINIC

SHELTER VILLAS

ADMINISTRATION HOUSING

DINING CENTER

WELLNESS AREAS

GATHERING SPACES

CLASSROOMS

THERAPY ROOMS

AMENITY DECK

COURTYARD

OIL RIG PLATFORM CLINIC

First Level Plan

The first level floor plan includes primary areas such as the clinic, classrooms, gathering spaces, and the courtyard. The clinic provides healthcare services, while the gathering spaces and classrooms facilitate community interaction and education.

- 1 MAIN LOBBY
- 2 SHELTER VILLA
- 3 CLASSROOMS
- 4 MENS RESTROOM
- 5 WOMENS RESTROOM
- 6 BREAK ROOM
- 7 CLINIC
- 8 ADMIN. HOUSING
- 9 MENS LOCKER ROOM
- 10 WOMENS LOCKER ROOM

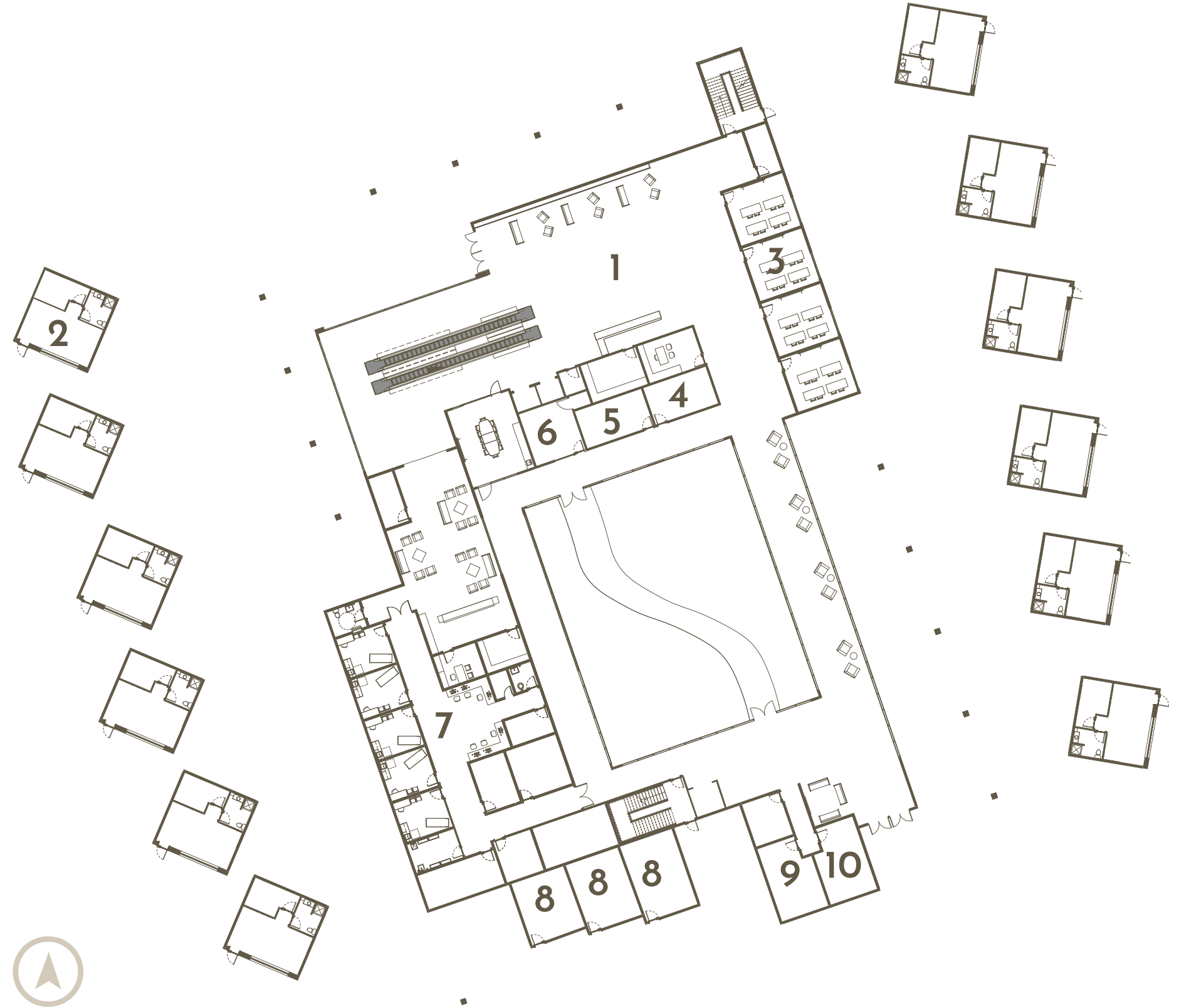


Fig. 43 | First Level Plan

Main Lobby

Upon arrival, a woman will be led into the main lobby, and greeted by security personnel if needed at the primary entrance. There will also be volunteer escorts to guide patients, visitors, and employees past unwanted guests.

As the woman steps into the lobby, she will be greeted by a welcoming reception desk. The desk staff will direct her to the area she requires, be it a classroom, clinic, therapy, dining center, etc. Designed with soft pre-cast concrete and rich Douglas Fir wood plank walls, the lobby exudes a sense of calm and serenity, fostering a peaceful and healing environment. The lobby's warm and welcoming ambiance sets the tone for the woman's visit, creating a sense of comfort from the moment she enters the facility.

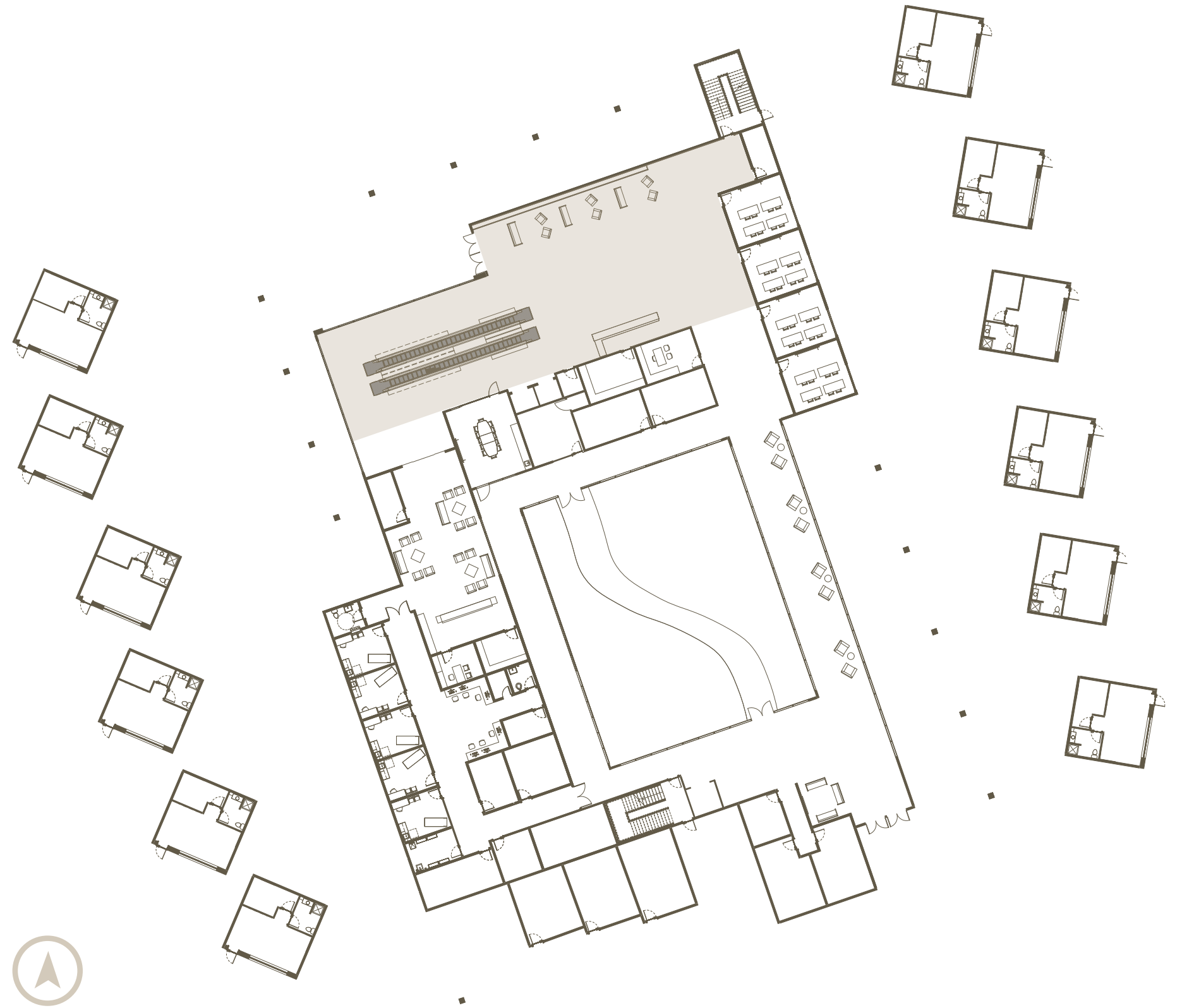


Fig. 44 | Main Lobby Plan

Main Lobby



Fig. 45 | Main Lobby

Clinic

Women may be coming to Her Way Forward for healthcare services, where they would then enter the clinic from the lobby. The clinic provides a wide range of healthcare services specifically tailored to meet the needs of women.

Once the woman enters the clinic, she will enter the waiting area. The waiting area is designed to evoke a sense of calm and relaxation, with soft lighting, comfortable seating, and the use of the same materials as the lobby to create a sense of continuity and flow throughout the space. To maximize natural light and create a connection to the outdoors, the waiting area is strategically located to allow for daylight to filter in from the courtyard. By utilizing these design strategies, the waiting area is transformed into a soothing and inviting space where patients can relax and feel at ease before their appointments.

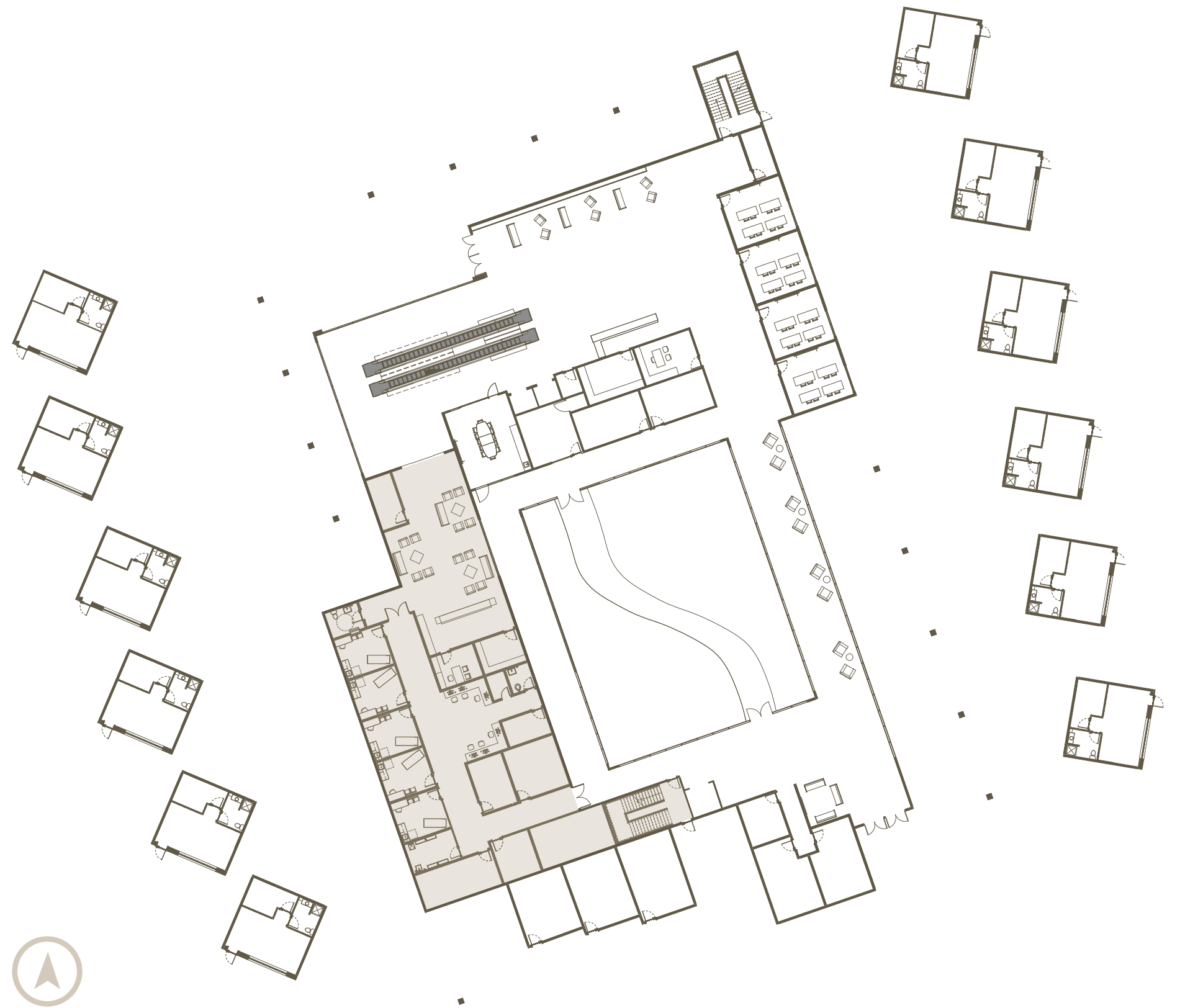


Fig. 46 | Clinic Plan

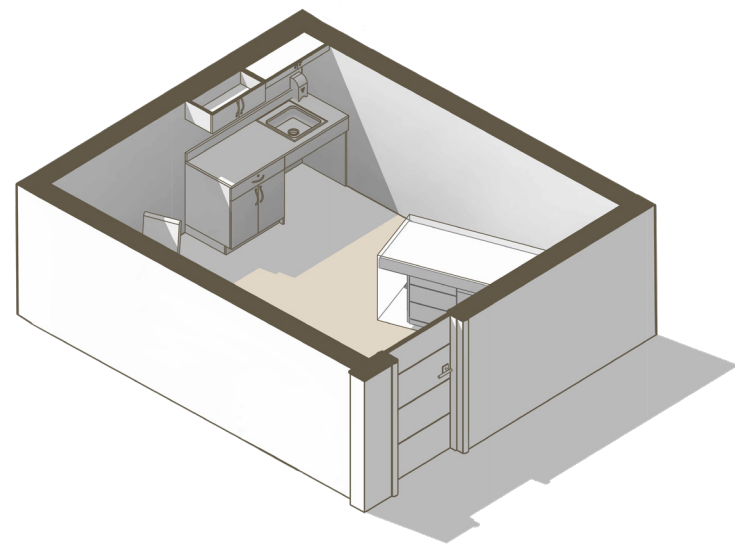
Clinic Waiting Area



Fig. 47 | Clinic Waiting Area

Enlarged Clinic Plan

The clinic is equipped with five examination rooms, each designed to provide patients with a comfortable and private space for medical appointments. Here, patients can receive routine check-ups, preventative care, and screenings for conditions such as breast cancer and cervical cancer. The clinic also provides prenatal care for expectant mothers, including regular check-ups and ultrasounds to ensure the health of both the mother and baby.



ISOMETRIC
EXAM ROOM

Fig. 48 | Exam Room



Fig. 49 | Enlarged Clinic Plan

Shelter Villas

Each villa is designed to be a private and comfortable area for tenants, with space for sleeping, storage, and relaxation. The villas are equipped with amenities such as a kitchenette, bathroom, and bedroom to create a sense of home for the woman and/or children staying.

Additionally, the villas are designed to promote healing and wellness, with calming colors, natural light, and a connection to the surrounding natural environment. By providing a comfortable and supportive living environment, the shelter villas are designed to help women feel empowered and supported as they work towards rebuilding their lives.

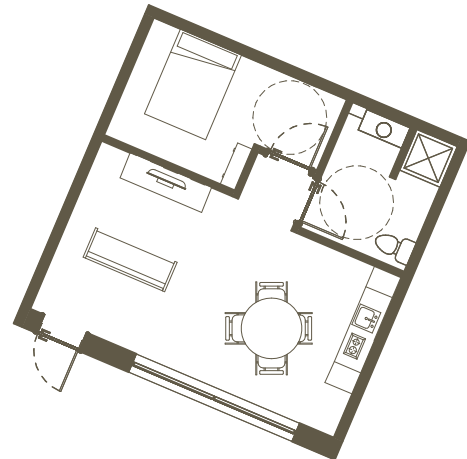


Fig. 50 | Enlarged Shelter Villa Plan

ENLARGED
SHELTER VILLA

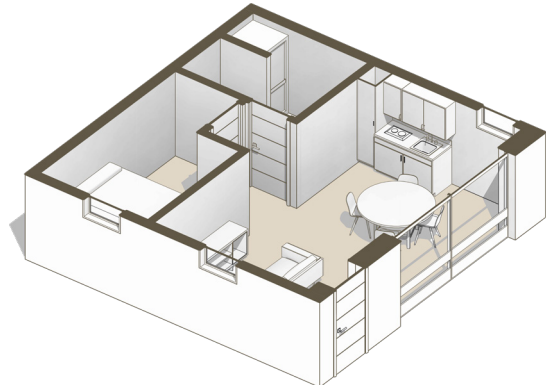


Fig. 51 | Shelter Villa

ISOMETRIC
SHELTER VILLA

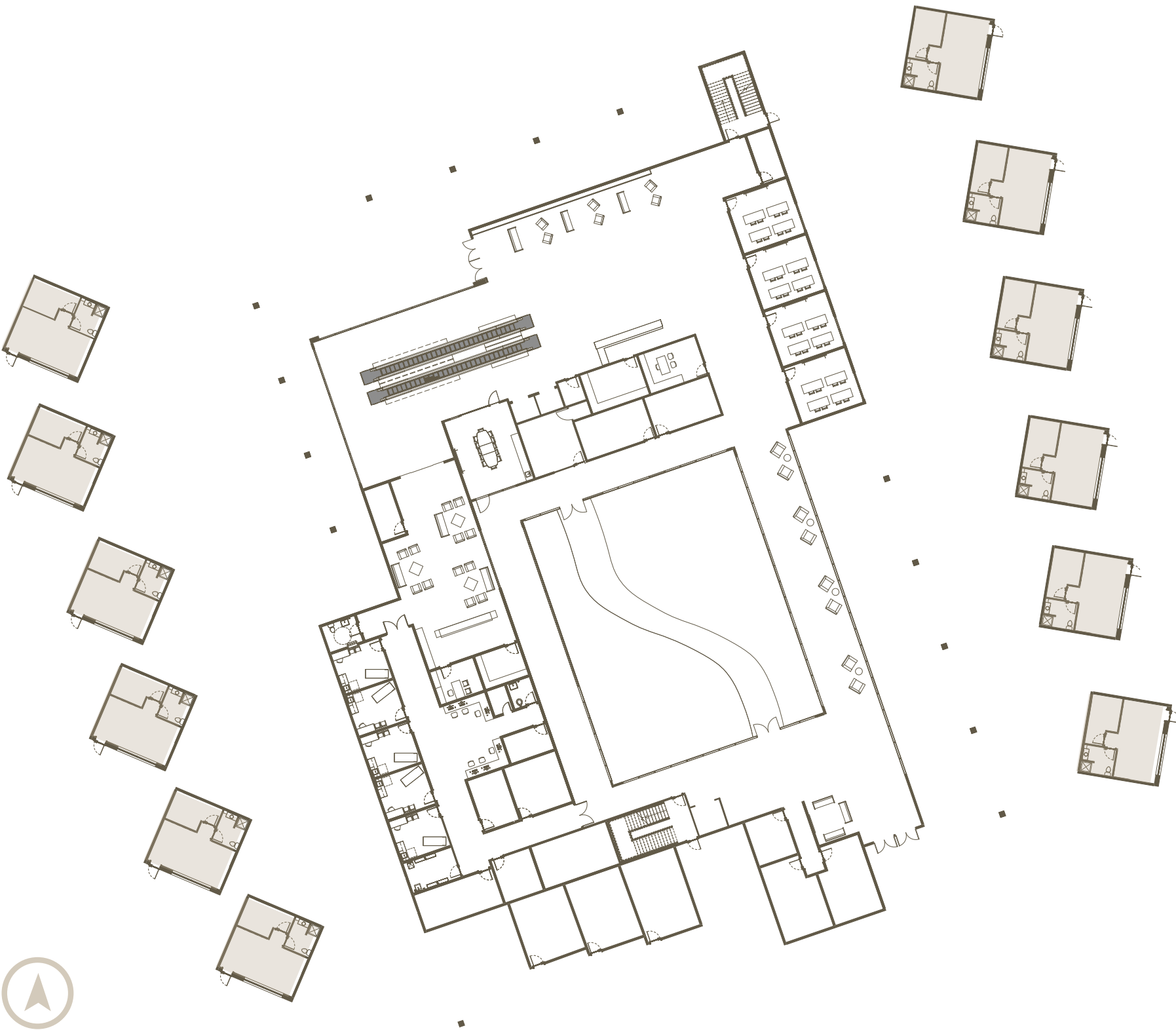


Fig. 52 | Shelter Villa Plan

Shelter Villa



Fig. 53 | Shelter Villa

Courtyard Plan

The courtyard at Her Way Forward is a central feature of the facility's design, providing a peaceful and calming outdoor space for women to relax and connect with nature. The courtyard is designed to provide a private and secure outdoor environment.

The courtyard features a variety of plants, as well as a walking path and seating areas. By offering a protected outdoor space, the courtyard is a key element of the women's retreat center, promoting healing, wellness, and connection to nature.

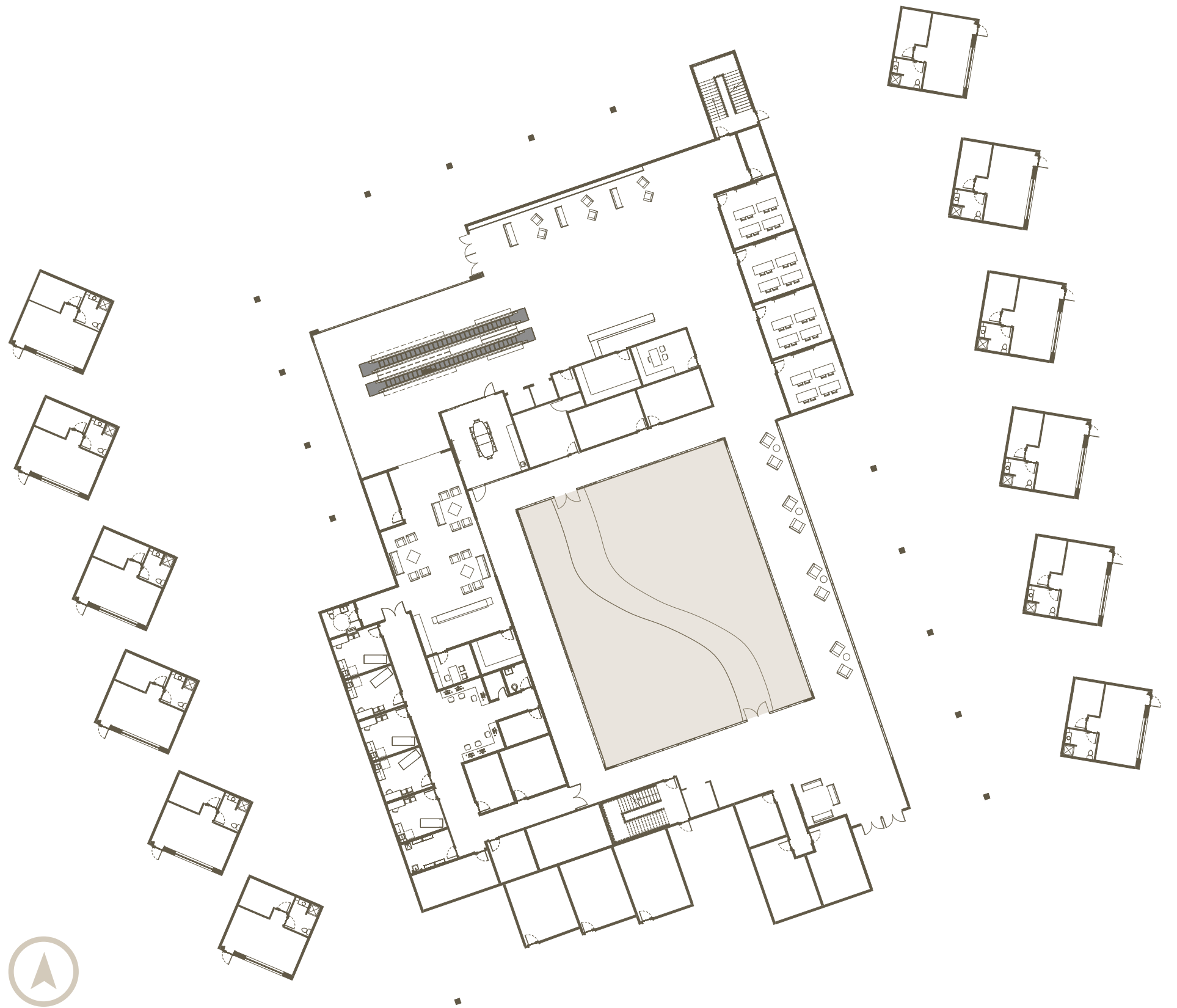


Fig. 54 | Courtyard Plan

Courtyard



Fig. 55 | Courtyard

Second Floor Plan

- 1 SEATING AREA
- 2 DINING CENTER
- 3 OFFICES
- 4 MENS RESTROOM
- 5 WOMENS RESTROOM
- 6 MENS LOCKER ROOM
- 7 WOMENS LOCKER ROOM
- 8 MULTI-PURPOSE ROOM
- 9 FITNESS CENTER
- 10 LIBRARY
- 11 COMPUTER LAB
- 12 THERAPY ROOMS
- 13 KITCHEN
- 14 AMENITY DECK

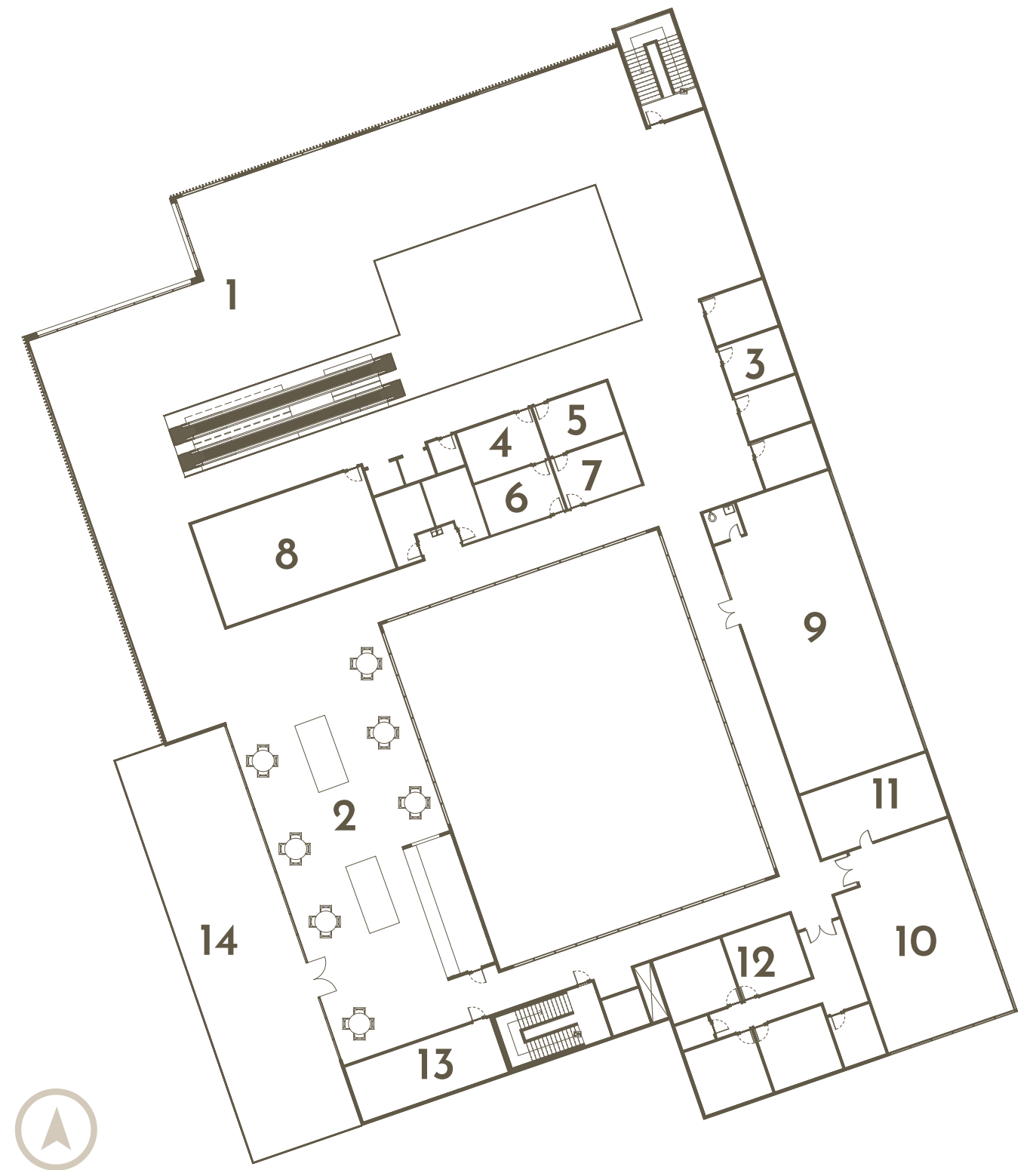


Fig. 56 | Second Level Plan

Dining Center

The dining center is an essential component of the facility, serving as a central hub for socialization and nourishment.

The woman would find her way to the second floor and enter the dining center area to get a meal. The dining center also serves as a gathering place for her to socialize, unwind, and connect with others.

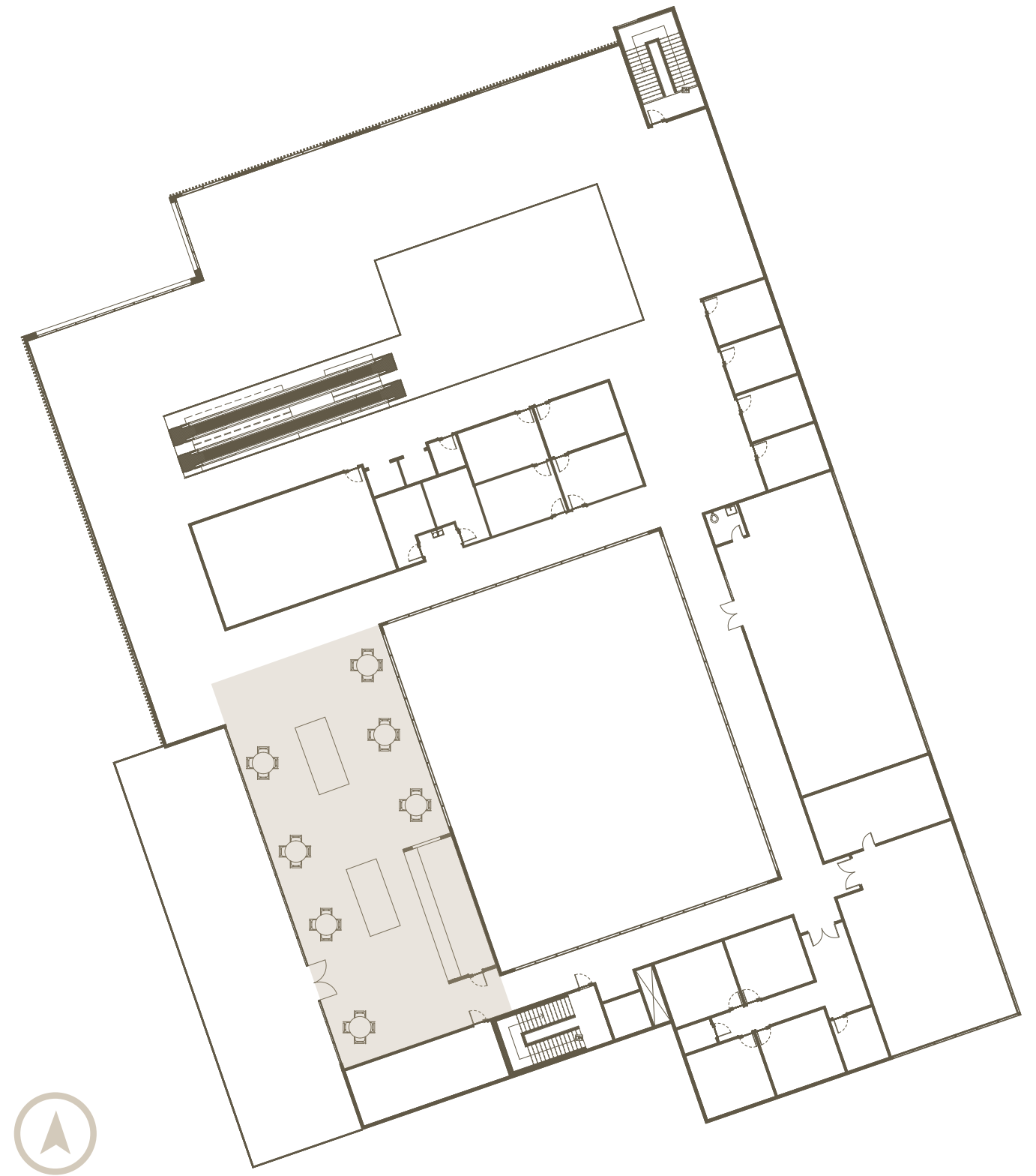


Fig. 57 | Dining Center Plan

Dining Center



Fig. 58 | Dining Center

Fitness Center

The fitness center is a vital component of the facility's holistic approach to wellness. The center provides women with a space to focus on their physical and mental health, with a range of equipment and amenities available to help them achieve their goals.

If the woman wanted to engage in physical activity, she could do so here. It offers a view of the Gulf, providing a peaceful and inspiring setting for users to exercise in. Regular physical activity has been shown to improve mood, reduce stress, and promote overall health and wellbeing, making the fitness center an essential part of the mission to empower and support women.

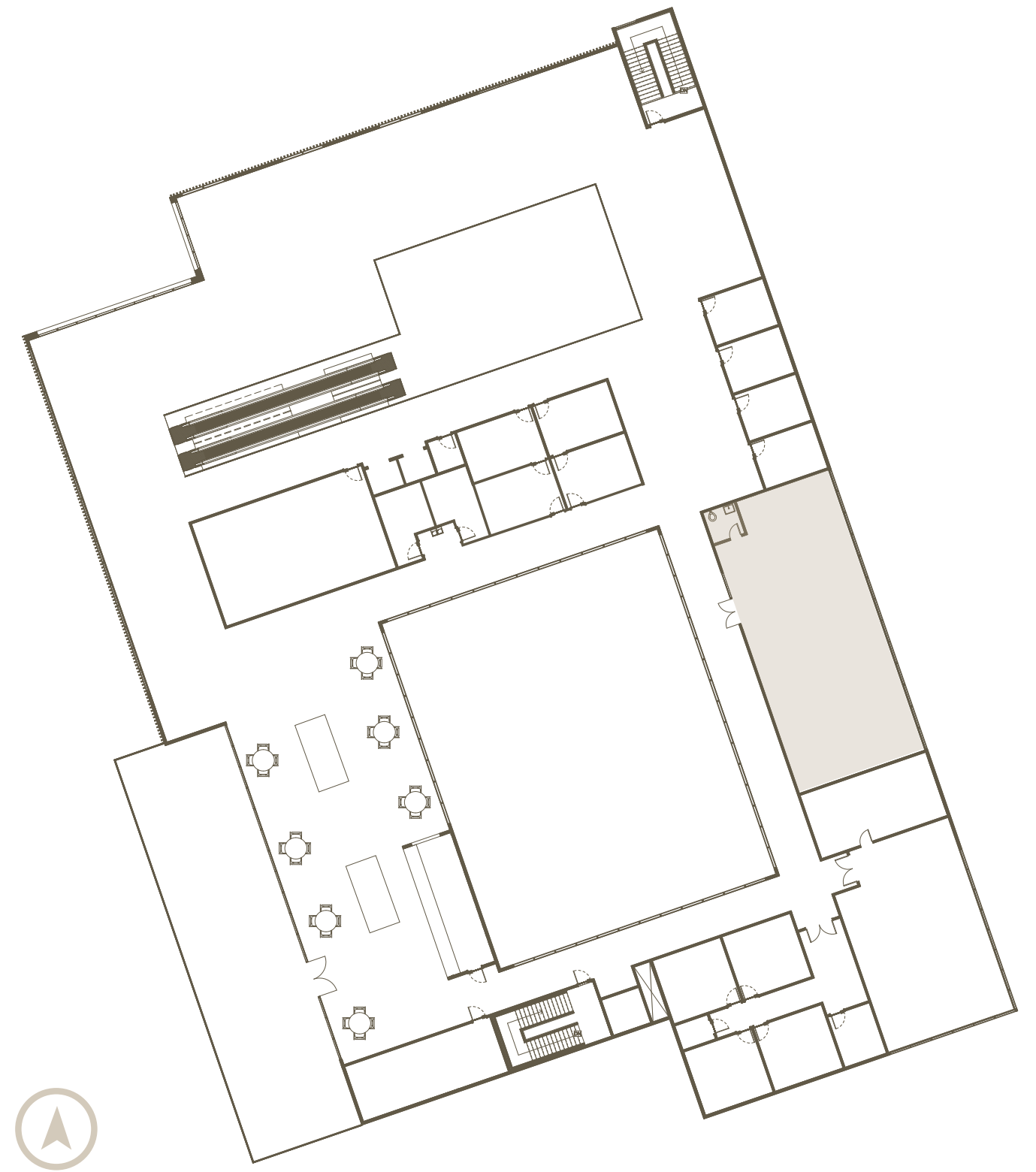


Fig. 59 | Fitness Center Plan

Fitness Center



Fig. 60 | Fitness Center

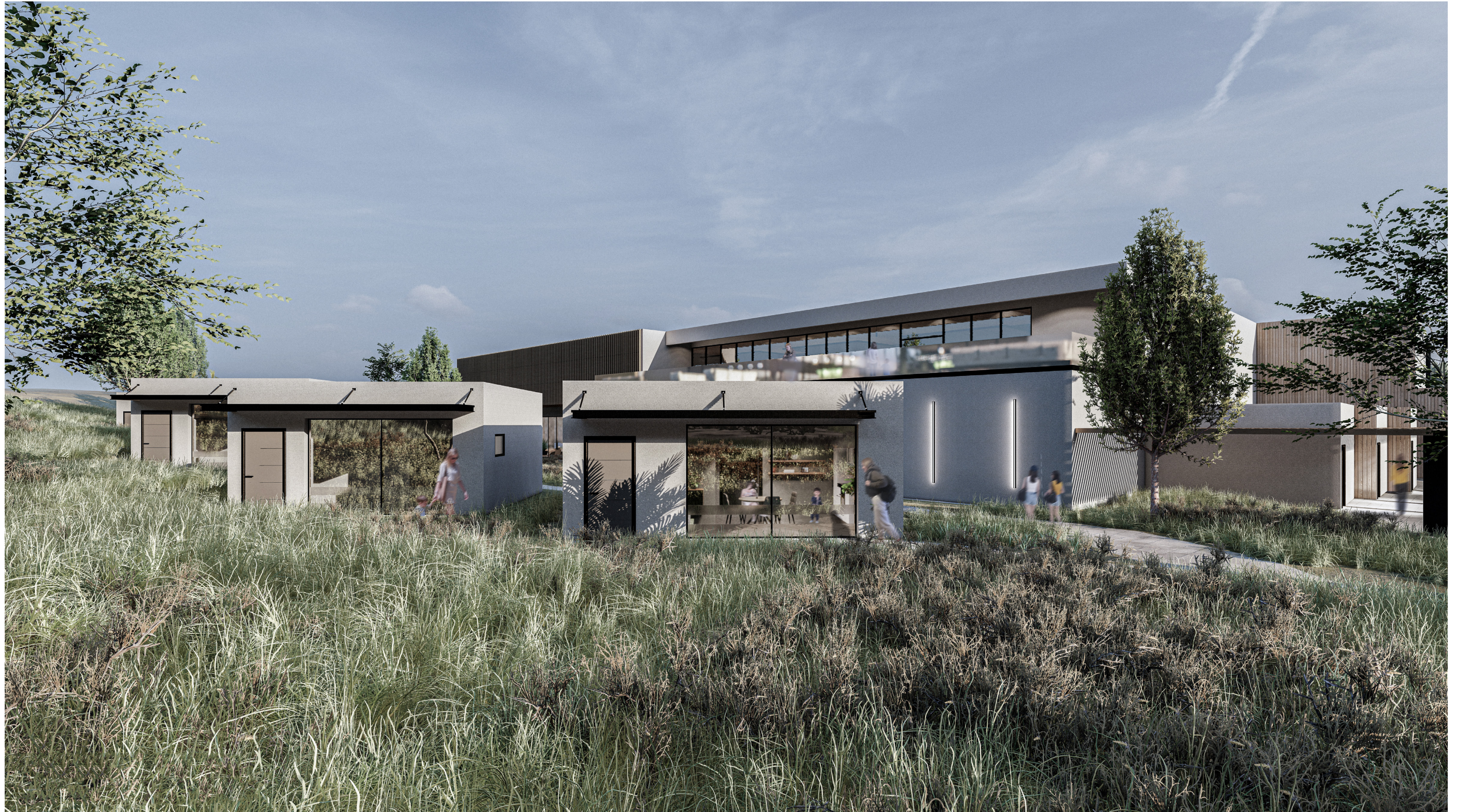


Fig. 61 | Exterior Perspective



Fig. 62 | Digital Board



Fig. 63 | Board Installation

Thesis Appendix

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Design Studio Experience

2nd Year

Fall Semester: Ronald Ramsay

Artist Studio | Moorhead, MN
Boathouse | Minneapolis, MN

Spring Semester: Cindy Urness

Dwelling | Cripple Creek, CO
Mixed-Use | Fargo, ND

3rd Year

Fall Semester: Paul Gleye

Cultural Center | Fargo, ND
Downtown Mixed-Use | Fargo, ND

Spring Semester: Emily Guo

Airport | Grand Forks, ND
Downtown Pavilions | Fargo, ND

4th Year

Fall Semester: Mark Barnhouse

Highrise Capstone | Miami, FL

Spring Semester: Kristi Hanson

Marvin Windows | Middle Cormorant Lake, MN
Medora Masterplan | Medora, ND

5th Year

Fall Semester: Ronald Ramsay

Akron Plan Board Game

Spring Semester: Ronald Ramsay

Graduate Thesis Project