



DISCONNECT TO RECONNECT
LP POINT WELLNESS RETREAT

DISCONNECT TO RECONNECT

USING ARCHITECTURE AND MASTER PLANNING TO AID IN PERSONAL CONNECTION WITH NATURE

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SIGNATURE PAGE

Disconnect to Reconnect

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TABLE OF CONTENTS

SIGNATURE PAGE	IV	PERFORMANCE CRITERIA	42
PERMISSION RIGHTS	V	SPACE ALLOCATION	43
TABLE OF CONTENTS	VI	SPACE INTERACTION MATRIX	43
LIST OF TABLES & FIGURES	VII	MASTER PLANNING OF SPACES	44-45
		PROGRAMMED USER EXPERIENCE	46
		CLIENT AND USER PERCEPTION	47
		DESIGN INSPIRATION	48-49

THE PROPOSAL

ABSTRACT	5
NARRATIVE	6
THESIS QUESTION	7
PREMISE	7
PROJECT TYPOLOGY	7
TYOPOLOGICAL RESEARCH	8
01 - CASE STUDY 1	10
02 - CASE STUDY 2	12
03 - CASE STUDY 3	14
04 - CASE STUDY 4	16
05 - CASE STUDY 5	18
TYOPOLOGICAL SUMMARY	20
RESEARCH - FOREST BATHING	21
BENEFITS - FOREST BATHING	22
IMPACTS OF NATURE ON US	23
MAJOR PROJECT ELEMENTS	24
USER + CLIENT DESCRIPTION	25
JUSTIFICATION	25
THE SITE	26-28
PROJECT GOALS	29
PROJECT EMPHASIS	30
PLAN FOR PRECEDING	31-32

THE PROGRAM

SITE ANALYSIS	36-39
SITE EXPERIENCE	40-41

THE DESIGN

MASTER PLAN	52-53
GREAT HALL	54
FLOOR PLAN	55
EATERY	57
FLOOR PLAN	58
ONE BEDROOM CABIN	60
TWO BEDROOM CABIN	62
THREE BEDROOM CABIN	64
MOTEL	66
OUTDOOR ACTIVITIES	68
PROGRAMMED ACTIVITIES	70
MATERIALS	72
PRESENTATION SLIDES	74-93
PRESENTATION BOARD	93
APPENDIX	94-96
REFERENCES	94-95
PREVIOUS EXPERIENCE	96

LIST OF TABLE AND FIGURES

<u>FIGURE NUMBER</u>	<u>PAGE</u>	<u>PAGE</u>	
FIGURE 1	<u>10</u>	FIGURE 35	<u>54</u>
FIGURE 2	<u>10</u>	FIGURE 36	<u>54</u>
FIGURE 3	<u>10</u>	FIGURE 37	<u>55</u>
FIGURE 4	<u>12</u>	FIGURE 38	<u>57</u>
FIGURE 5	<u>12</u>	FIGURE 39	<u>57</u>
FIGURE 6	<u>12</u>	FIGURE 40	<u>58</u>
FIGURE 7	<u>14</u>	FIGURE 41	<u>60</u>
FIGURE 8	<u>14</u>	FIGURE 42	<u>60</u>
FIGURE 9	<u>14</u>	FIGURE 43	<u>62</u>
FIGURE 10	<u>16</u>	FIGURE 44	<u>62</u>
FIGURE 11	<u>16</u>	FIGURE 45	<u>64</u>
FIGURE 12	<u>16</u>	FIGURE 46	<u>64</u>
FIGURE 13	<u>17</u>	FIGURE 47	<u>66</u>
FIGURE 14	<u>18</u>	FIGURE 48	<u>68</u>
FIGURE 15	<u>18</u>	FIGURE 49	<u>68</u>
FIGURE 16	<u>18</u>	FIGURE 50	<u>68</u>
FIGURE 17	<u>19</u>	FIGURE 51	<u>69</u>
FIGURE 18	<u>26</u>	FIGURE 52	<u>70</u>
FIGURE 19	<u>27</u>	FIGURE 53	<u>70</u>
FIGURE 20	<u>28</u>	FIGURE 54	<u>70</u>
FIGURE 21	<u>36</u>	FIGURE 55	<u>71</u>
FIGURE 22	<u>37</u>	FIGURE 56	<u>71</u>
FIGURE 23	<u>38</u>	FIGURE 57	<u>72</u>
FIGURE 24	<u>39</u>	FIGURE 58	<u>72</u>
FIGURE 25	<u>40</u>	FIGURE 59	<u>72</u>
FIGURE 26	<u>40</u>	FIGURE 60	<u>72</u>
FIGURE 27	<u>41</u>	FIGURE 61	<u>72</u>
FIGURE 28	<u>44</u>		
FIGURE 29	<u>45</u>	<u>TABLE NUMBER</u>	
FIGURE 30	<u>48</u>	TABLE 1	<u>42</u>
FIGURE 31	<u>48</u>	TABLE 2	<u>43</u>
FIGURE 32	<u>49</u>	TABLE 3	<u>43</u>
FIGURE 33	<u>49</u>		
FIGURE 34	<u>52</u>		

THE PROPOSAL

ABSTRACT

Technology is rooted in our society from a very young age, everywhere you look a child has some electronic device in their hands, impacting their lives. This is not necessarily a good thing for development and presents an opportunity for improvement. Architecture is a possible way to address this problem through the use of programming and construction of buildings to build a connection with oneself and disconnect from technology. By looking at similar buildings and researching new ideas this can be investigated. The Wellness Retreat proposes a way to disconnect from technology and reconnect with yourself, providing spaces for all types of people from all walks of life. After a stay at the Wellness Retreat you will leave with a sense of self and less reliance on technology in our daily lives.

Title: Disconnect to Reconnect

Typology: Wellness Retreat

Site: Perham, Minnesota, USA

Project Size: 60 acre site

Think back to when you were a teenager or even younger and what you did for fun. How much of it involved doing something outside with your friends or peers? Now think back to the stories that you heard from people that are older than you about what they did when they were a teenager and how many of those stories happened while outside playing in the dirt or the woods and how fun everything seemed to be. As a society we are losing that aspect of childhood. Kids, teens and even adults are spending much more time on electronic devices or attempting to be the best at a singular sport, and thus are reliant upon these devices, hindering growth and knowledge. We need to get everyone back in the outdoors to make new memories and have new experiences that will add to cumulative knowledge base.

The process to do this begins with one simple thing, technology. Technology has become a crutch to us, and to continue to learn and grow that crutch needs to be removed. Providing a space for people to disconnect from technology and connect with oneself and to interact with the outdoors and each other without that crutch is essential.

Connecting with oneself has many benefits, most of which are not physically noticeable to others. To connect with yourself or nature you need to be put in a situation that allows this to happen naturally after the decompression from technology has taken affect. In providing a safe space for this to happen both indoors and outdoors among nature you can create an unrivaled experience for the user. Leaving the retreat, refresh, renewed and rejuvenated.

By creating an outline of what is needed you come to a question and problem. The resulting question is how all of these things can be accomplished in a way that is effective, efficient, energy conscious, as well as blend well with the site conditions. This can be a challenge to determine what fits these need best.

THESIS QUESTION

Can architecture be used to reconnect people with nature on a basic level without the use of personal technology?

PREMISE UNDER INVESTIGATION

Everything has been progressing in our society extremely fast, including architecture, and this changes the way that we are designing for a new world, but maybe that is not the best thing for us. Should we use old ideas to bring us back to reality and develop a connection with the earth that we live on? Is it always a good thing to be progressing so quickly or is it concerning about the nature of society becoming so wasteful and trivial. Something needs to be altered if we want to keep using the outdoors effectively.

PROJECT TYPOLOGY

The project typology is a wellness retreat with a focus on disconnecting from technology to improve our connections with ourselves and the outdoors. This will include temporary residences, outdoor activities, places to learn of the outdoors and its benefits as well as, stress free activities.

TYPOLOGICAL RESEARCH

Typological research projects has been chosen based on a few criteria, the major factors that contributed to each study were:

1. Typology
Retreat, wellness center, or camp
2. Context
Woodland setting near a body of water
3. Climate
Upper Midwest location
4. Comparable Size
Rough square footage size of buildings or total campus size is important
5. Sustainability
The project was completed in a sustainable manner for the location of the project potentially LEED accredited

Special consideration was given to the following projects for typological research:

- | | |
|---------------------------------|---------------------|
| 1. Wild Rice Retreat | Bayfield, Wisconsin |
| 2. Crestone Mountain Zen Center | Crestone, Colorado |
| 3. Troutbeck | Amenia, New York |
| 4. The Boulder | Lysefjorden, Norway |
| 5. Wolf Ridge | Finland, Minnesota |

01 - CASE STUDY

WILD RICE RETREAT BAYFIELD WISCONSIN



Figure 1



Figure 2

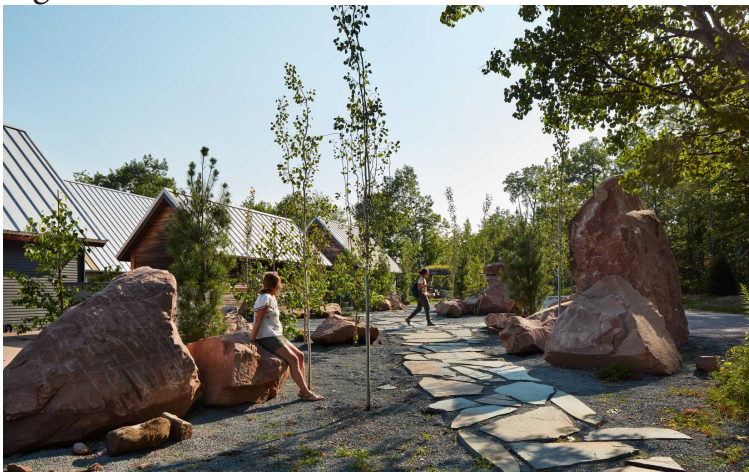


Figure 3

Wild Rice Retreat is a beautiful eco-friendly retreat center located in the Bayfield Peninsula in Wisconsin. The retreat is situated on 114 acres of land and overlooks the serene Lake Superior. It was designed by David Salmela, a well-known architect from Duluth, Minnesota, and completed in 2019.

Design Concept:

The retreat was designed to blend in with the natural surroundings and take full advantage of the beautiful views of Lake Superior. The design concept was based on the Scandinavian style of architecture, which emphasizes simplicity, functionality, and natural materials. The architect utilized a mix of wood, steel, and glass to create a modern and sustainable retreat that complements the surrounding landscape.

Building Materials:

The building is clad in cedar siding, which has been left untreated to weather naturally over time. The untreated cedar siding gives the building a rustic look and helps it blend in with the natural surroundings. The roof is made of standing seam metal, which is both durable and energy-efficient.

Interior Design:

The interior of the retreat is designed to be both modern and cozy. The architect has used a combination of wood and steel to create an open and airy space that is filled with natural light. The main living area features a double-height

ceiling with large windows that offer stunning views of Lake Superior. The interior walls are finished with a combination of drywall and wood paneling, which adds warmth and texture to the space.

Sustainability:

The retreat was designed with sustainability in mind. The architect has used a number of energy-efficient features to reduce the building’s environmental impact. The building is heated with a geothermal system, which utilizes the natural heat from the earth to warm the building. The retreat also features a rainwater collection system, which collects rainwater for use in irrigation and other non-potable uses.

Conclusion:

Wild Rice Retreat is a beautiful example of modern eco-friendly architecture. The design concept, building materials, and sustainable features all work together to create a unique and harmonious space that complements the natural surroundings. The retreat is a peaceful oasis that offers visitors the opportunity to connect with nature and experience the beauty of Lake Superior in a truly unique way.

How is Wild Rice Retreat Different from a Hotel?

Unlike hotels, Wild Rice Retreat offers daily class offerings for all retreat guests. Classes may include yoga, meditation, movement practices, cooking classes and demonstrations, garden classes and demos, mixology, essential oils guidance, and much more.

Wild Rice Retreat offers simple luxury designed for maximum relaxation. Wild Rice Retreat’s facilities do not feature televisions, rather, the spaces offer a quiet environment for rest and renewal. Guests are encouraged to enjoy the grounds, facilities and amenities throughout their stay. While some guests may focus on learning and creativity, others may be maximizing relaxation, rest, and quiet time in nature, whether through a scheduled guided or unscheduled personal retreat.

02- CASE STUDY 2

CRESTONE MOUNTAIN ZEN CENTER CRESTONE, COLORADO

The Crestone Mountain Zen Center is located in the town of Crestone, Colorado, in the United States. Crestone is a small community nestled in the foothills of the Sangre de Cristo Mountains, which are part of the Rocky Mountains. The town is known for its spiritual and alternative communities, and it has become a popular destination for those seeking a contemplative lifestyle.

The center's location in Crestone is significant for a number of reasons. First, the natural beauty of the area provides an ideal setting for contemplative practice. The surrounding mountains and wilderness areas offer a sense of peace and solitude that can be difficult to find in more urban environments. Additionally, the high altitude of the area, which is over 7,500 feet above sea level, can be conducive to meditation and other spiritual practices.

Crestone is also home to a number of other spiritual communities and centers, which creates a supportive and inclusive environment for those interested in spirituality and mindfulness. The town is home to a variety of religious and spiritual traditions, including Christianity, Buddhism, Hinduism, and Native American spirituality, among others. This diversity creates a unique opportunity for interfaith dialogue and learning.

In addition to its spiritual and natural context, the Crestone Mountain Zen Center is also influenced by the architectural traditions of Japan and other East Asian countries. Zen Buddhism originated in China



Figure 4



Figure 5



Figure 6

and was later transmitted to Japan, where it developed its distinctive aesthetic and architectural style. The architecture of Zen Buddhist temples and monasteries often features simple, unadorned forms and natural materials, such as wood and stone. This aesthetic reflects the Zen emphasis on mindfulness, simplicity, and living in harmony with nature.

Overall, the Crestone Mountain Zen Center is situated in a unique context that combines natural beauty, spiritual diversity, and architectural traditions. These factors have contributed to the center's distinctive character and its reputation as a supportive and peaceful environment for spiritual practice.

CMZC is situated on a 50-acre property that includes several meditation halls, residential facilities for monastics and lay residents, a vegetable garden, and a small animal farm. The center is affiliated with the White Plum Asanga, a Zen Buddhist organization that traces its roots back to the Japanese teacher Taizan Maezumi.

The Crestone Mountain Zen Center offers a variety of meditation retreats, workshops, and classes throughout the year. The center's main focus is on Zen meditation practice, but it also incorporates elements of other Buddhist traditions and teachings from other spiritual traditions.

Overall, the Crestone Mountain Zen Center is a well-respected Buddhist community that offers a supportive and peaceful environment for individuals seeking to deepen their spiritual practice. The Crestone Mountain Zen Center is situated on a 50-acre property that includes several buildings, such as meditation halls, residential facilities, and a vegetable garden. The architecture of the center appears to be simple and understated, consistent with the Zen Buddhist philosophy of simplicity and mindfulness.

The meditation halls at the center are likely designed to promote a sense of calm and tranquility, with minimal ornamentation and natural materials such as wood and stone. The residential facilities may be designed with a similar aesthetic, with small, functional rooms that prioritize comfort and privacy.

The center's commitment to sustainability and ecological stewardship is likely reflected in its architecture as well. For example, the use of solar power and composting toilets suggests a desire to minimize the center's impact on the environment. The vegetable garden may also be designed using permaculture principles, which prioritize sustainability and biodiversity.

Overall, the architecture of the Crestone Mountain Zen Center appears to be aligned with its mission of providing a supportive and peaceful environment for spiritual practice, while also demonstrating a commitment to sustainability and environmental responsibility.

03 - CASE STUDY 3

TROUTBECK AMENIA, NEW YORK



Figure 7

Troutbeck is a historic estate located in Amenia, New York that has undergone several architectural transformations over the years. The estate's original farmhouse dates back to the late 18th century, and subsequent additions have been made to the property, including a lodge, a barn, and several cottages. In recent years, Troutbeck has been transformed into a boutique hotel and conference center that preserves its historic character while offering modern amenities.



Figure 8

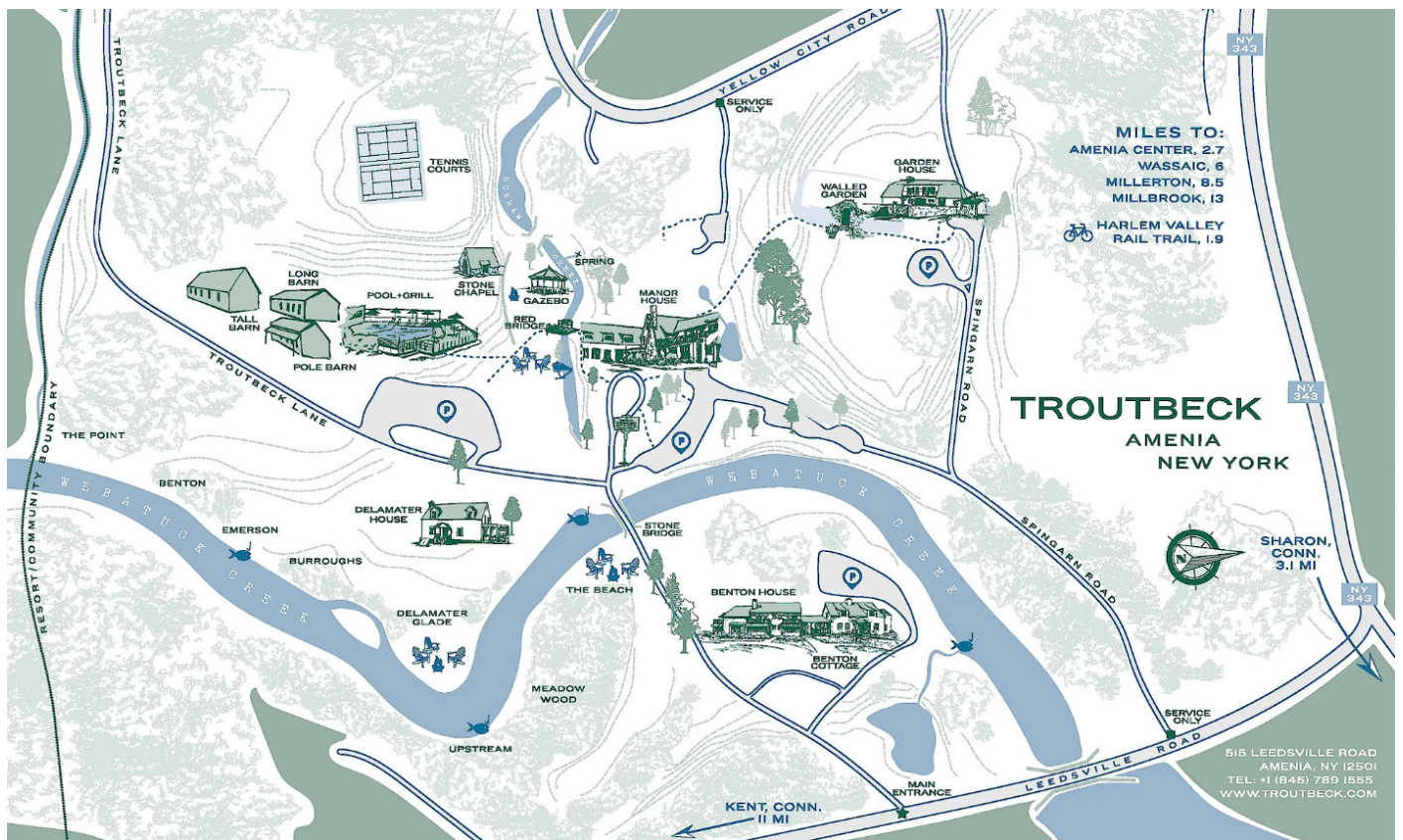


Figure 9

Architectural Style:

The architecture of Troutbeck reflects the estate's evolution over time and the influence of various design styles. The original farmhouse is a classic example of colonial architecture, with its simple lines, pitched roof, and symmetrical façade. The later additions to the property, including the lodge and the barn, reflect the Arts and Crafts movement of the early 20th century, with their rustic, naturalistic forms and use of local materials such as stone and wood.

In the mid-20th century, Troutbeck underwent another architectural transformation, as the property was expanded and updated to serve as a country inn. During this period, the estate's interiors were updated with mid-century modern furnishings and décor, reflecting the design trends of the era.

In recent years, Troutbeck has been updated with luxurious furnishings and modern amenities, while still maintaining its connection to its historic past. The estate's original farmhouse has been carefully preserved and restored, with period details such as hand-hewn beams and wide-plank floors. The later additions to the property have also been updated with modern technology and high-end finishes, creating a seamless blend of old and new.

Design Features:

Troutbeck's design features reflect its evolution over time and the influence of various architectural styles. The estate's original farmhouse features a symmetrical façade with a central entrance, double-hung windows, and a pitched roof. The interior of the farmhouse has been updated with modern furnishings and décor, while still retaining its historic character.

The lodge, which was added to the property in the early 20th century, is a classic example of Arts and Crafts architecture. The lodge features a rustic, naturalistic design with exposed timber framing, stone walls, and a steeply pitched roof. The interior of the lodge has been updated with modern furnishings and technology, while still retaining its original charm.

The barn, which was also added to the property in the early 20th century, has been converted into a stunning event space. The barn features a soaring ceiling with exposed timber framing, a large fireplace, and a stage for live performances. The space has been updated with modern lighting and audio-visual technology, creating a flexible and versatile venue for weddings, conferences, and other events.

In recent years, Troutbeck has also added several cottages to the property, each with its own unique design and décor. The cottages feature a mix of historic and modern design elements, with luxurious furnishings and high-end finishes creating a comfortable and stylish environment for guests.

Conclusion:

Troutbeck is a historic estate that has undergone several architectural transformations over the years. The estate's original farmhouse, lodge, barn, and cottages reflect the influence of various architectural styles and design trends, creating a unique and eclectic environment. In recent years, Troutbeck has been transformed into a luxurious boutique hotel and conference center that preserves its historic character while offering modern amenities. The estate's blend of old and new, historic and modern, makes it a popular destination for those seeking a tranquil and inspiring retreat.

04- CASE STUDY 4

THE BOULDER PROJECT LYSEFJORDEN, NORWAY



Figure 11



Figure 10

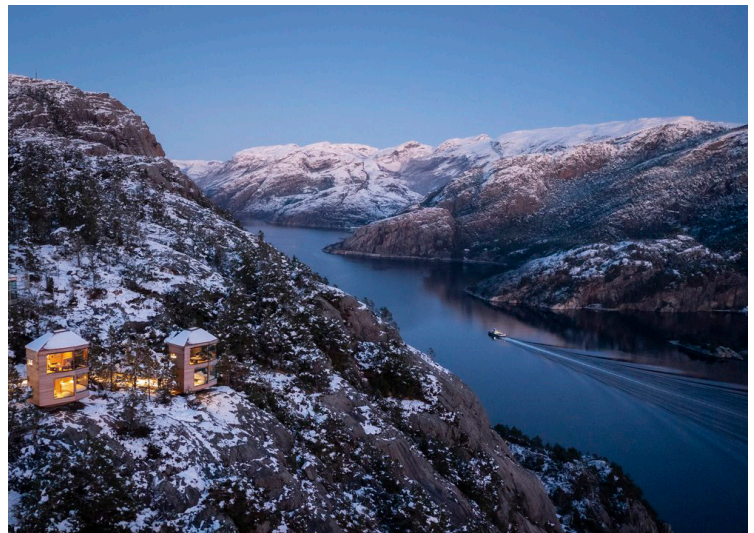


Figure 12

Snøhetta has been working with local, Norwegian entrepreneur Tom Bjarte Norland and Danish interior brand Vipp to develop a unique experience on the edge of Lysefjorden on the Norwegian west coast.

The Boulder project consists of four cabins lifted over the ground designed to harmonize in the best possible way with the surrounding nature and blur the lines between being indoors and outdoors. The project, which started in 2020, grew out of the desire to create an experience that is truly special and authentic, where nature plays a major part. The four cabins, named: Stylten, Myra, Stjerna and Eldhuset are located on the edge of Lysefjorden, built to blend in with landscape with a minimal footprint on the surrounding nature. They are lifted above ground on large concrete pillars and have glass facades for guests to appreciate the natural surroundings from inside their private cabin and to bring the outdoors inside.

With the Bolder project, Snøhetta strived to preserve the nature and enhance the experience of moving in an untouched landscape, with the smallest possible footprint on the surroundings. The cabins are lifted over the ground to create a weightless feeling on the edge of the spectacular, steep mountain sides, diving down into the clear blue fjord.

The goal was to create a total experience for the visitors - coming back to a cozy, warm wooden nest with a spectacular panoramic view of the ever-changing weather after a full day of hiking along the fjord



Figure 13

To reflect the nature of the building site, dominated by granite and slow-growing pine trees, Snøhetta chose to work with wood and concrete with aggregate from the actual site as the primary materials for the project. The trees that had to be taken down during the construction have been set aside to be re-used for other parts of the projects, and the granite that has been cut out of the ground has been used to make the concrete for the construction.

The wood used to build the cabins is untreated red Cedar that will gray with time, to create a natural look and to blend into the rocky landscape. The Oak wood used inside is treated differently in the three small cabins, so visitors can have a slightly different experience when coming back.

05- CASE STUDY 5

WOLF RIDGE FINLAND, MINNESOTA

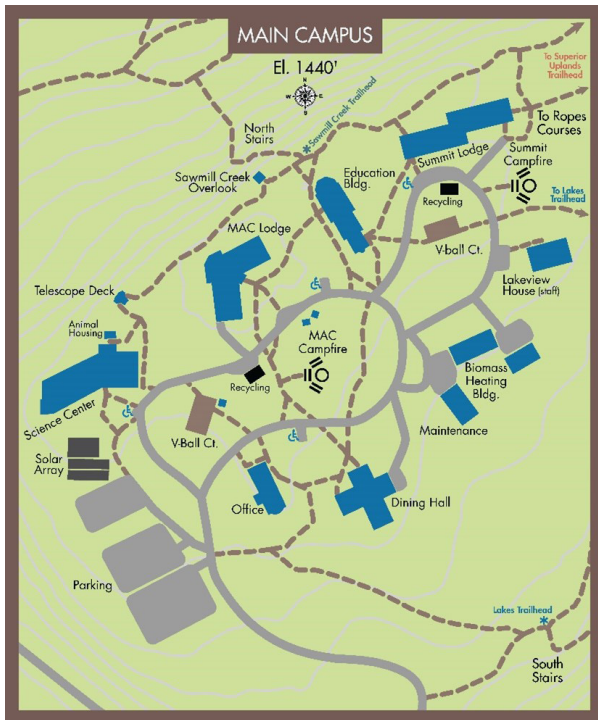


Figure 15



Figure 14



Figure 16

Wolf Ridge Environmental Learning Center is located in Finland, Minnesota, a small town in the northern part of the state that experiences a humid continental climate with long, cold winters and short, warm summers. The center's location in a rural area also means it is subject to the effects of climate change and the impact of human activity on the environment.

Temperature and Precipitation:

Finland, Minnesota experiences a humid continental climate, with cold winters and mild summers. The average temperature in Finland is around 38°F (3°C), with temperatures dropping below freezing for much of the winter months. The average high temperature in the summer is around 76°F (24°C). In terms of precipitation, Finland receives an average of around 31 inches (79 cm) of rainfall per year, with the majority of precipitation falling in the summer months.

Impact of Climate Change:

Like many areas of the world, Finland is experiencing the effects of climate change, including rising temperatures, more frequent and severe weather events, and changes in precipitation patterns. These changes can have a significant impact on the environment, including the local flora and fauna, and the ability of ecosystems to adapt and thrive.

At Wolf Ridge, the impact of climate change is a major focus of the center’s education and outreach efforts. The center offers programs and resources to help visitors understand the impact of climate change on the environment, and ways they can help reduce their carbon footprint and contribute to sustainable practices.

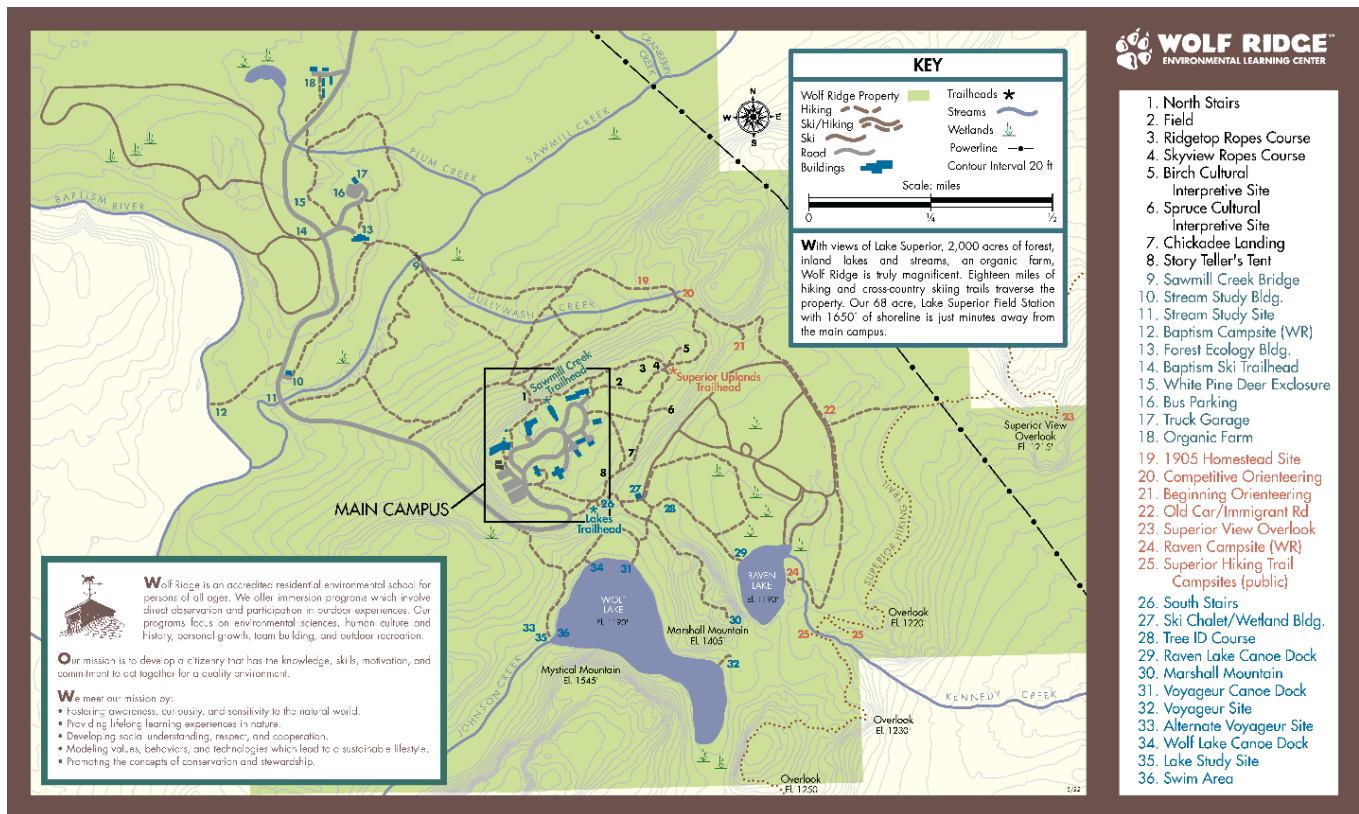


Figure 17

Human Impact:

In addition to the effects of climate change, Wolf Ridge is also subject to the impact of human activity on the environment. The center is located in a rural area where logging and mining are common activities, which can have a significant impact on the local ecosystem. The center works to educate visitors about sustainable forestry and mining practices, and the importance of protecting natural resources for future generations.

Conclusion:

Wolf Ridge Environmental Learning Center is located in a region of Minnesota that experiences a humid continental climate, with cold winters and mild summers. The center is subject to the impact of climate change, including rising temperatures, more frequent and severe weather events, and changes in precipitation patterns. The impact of human activity on the environment, including logging and mining, is also a concern for the center. The center’s education and outreach programs focus on sustainability and protecting natural resources for future generations.

TYPOLOGICAL RESEARCH SUMMARY

While each of the locations listed has a unique architectural style, there are some similarities and differences worth noting:

Wolf Ridge: The buildings at Wolf Ridge are designed to blend in with the surrounding environment, using natural materials and colors to create a rustic and harmonious feel. Many of the buildings feature large windows and open spaces, allowing visitors to connect with the natural surroundings.

The Boulder in Lysefjorden: The boulder itself is a natural wonder and does not have any significant architectural design. However, the hiking trails and lookout points are designed to offer visitors stunning views of the surrounding natural beauty.

Troutbeck: The buildings at Troutbeck reflect the estate's historic past, with a mix of architectural styles that span several centuries. The estate features a main house with Georgian and Victorian elements, as well as several outbuildings and cottages that have been converted into guest accommodations.

Crestone Mountain Zen Center: The buildings at Crestone Mountain Zen Center are designed in a traditional Japanese Zen style, with simple lines, clean shapes, and minimal ornamentation. The center features several meditation halls, as well as residential quarters for practitioners.

Wild Rice Retreat: The buildings at Wild Rice Retreat are designed to create a cozy and comfortable atmosphere, with a mix of modern and traditional elements. The main lodge features a large stone fireplace and expansive windows that offer views of the surrounding forest.

Although the architectural styles of each location are different, they all share a common focus on providing visitors with opportunities to connect with nature and pursue personal growth and wellness. Each location offers a unique environment for learning, reflection, and exploration, whether it is through environmental education, outdoor activities, or spiritual practice.

Additionally, all of these locations are situated in beautiful natural settings, with varying degrees of remoteness and seclusion. This allows visitors to escape from the hustle and bustle of daily life and immerse themselves in the tranquility and beauty of the natural world. Overall, they all provide a space for individuals to unplug, relax, and connect with themselves and the natural environment.

Overall, each of the locations listed has a unique architectural style that reflects its purpose and setting. Whether blending in with the natural environment or embracing historic or traditional design elements, each location uses architecture to enhance the visitor experience and create a sense of harmony and connection with the natural world.

RESEARCH - FOREST BATHING

Forest Bathing: How Trees Can Help You Find Health and Happiness” is a book written by Dr. Qing Li, a physician and researcher who is a leading advocate of Shinrin-yoku, or “forest bathing,” a practice that originated in Japan and involves immersing oneself in nature to promote physical and mental well-being.

Dr. Qing Li is a medical doctor and researcher who is considered one of the world’s leading experts on forest medicine and the benefits of spending time in nature. He is the author of “Forest Bathing: How Trees Can Help You Find Health and Happiness” and has published numerous research articles on the subject.

Dr. Li received his medical degree from the First Military Medical University in China and went on to complete a Ph.D. in immunology at Tokyo University in Japan. He is a professor at the Nippon Medical School in Tokyo, where he is the chairman of the Japanese Society for Forest Medicine and a board member of the International Society of Nature and Forest Medicine. He has also served as a visiting fellow at the University of California, Berkeley, and as a visiting professor at the University of East Anglia in the UK.

In addition to his research on forest medicine, Dr. Li has also conducted studies on immunology, allergy, and cancer. He has been recognized for his contributions to the field of forest medicine and has received awards such as the Friendship Award from the Chinese government and the Grand Prize from the Japan Society of Physiological Anthropology.

The book explores the benefits of spending time in nature and the science behind forest bathing, as well as offering practical tips for incorporating the practice into everyday life. Dr. Li discusses the many ways in which trees and forests can improve our health, from boosting our immune systems and lowering stress levels to increasing our energy and creativity.

In addition to its focus on the benefits of spending time in nature, “Forest Bathing” also emphasizes the importance of protecting our natural environment and preserving our planet’s forests. Overall, the book is a compelling and informative exploration of the ways in which connecting with nature can enhance our well-being and lead to greater happiness and fulfillment.

BENEFITS OF FOREST BATHING

Forest bathing, also known as Shinrin-yoku, has been shown to have numerous physical, psychological, and emotional benefits. Here are some of the benefits of forest bathing that have been supported by research:

Reduced stress: Spending time in nature has been shown to have a calming effect on the mind and body. One study found that people who spent time in nature had lower levels of cortisol, a stress hormone, compared to those who spent time in an urban environment. The natural setting of a forest can provide a peaceful and serene environment that can help reduce anxiety and stress. Additionally, the sights and sounds of nature, such as bird songs and rustling leaves, can provide a soothing sensory experience that can further reduce stress levels.

Improved immune function: Exposure to the natural chemicals emitted by trees and other plants, called phytoncides, has been shown to boost the immune system and increase the production of natural killer cells, which help fight off infection and disease.

Increased energy: Spending time in nature can help increase feelings of vitality and energy, as well as reduce fatigue and feelings of exhaustion.

Improved mood: Forest bathing has been shown to improve mood and reduce symptoms of depression, anxiety, and other mood disorders.

Improved cognitive function: Spending time in nature can enhance cognitive function, including attention, memory, and creativity.

Lowered blood pressure and heart rate: Research has also shown that spending time in nature can help lower blood pressure and heart rate. A study conducted in Japan found that forest bathing for just two hours led to a significant decrease in blood pressure and heart rate compared to a control group that spent time in an urban environment. It is believed that exposure to phytoncides, the natural chemicals emitted by trees, can help reduce sympathetic nervous system activity, which is responsible for the “fight or flight” response that can lead to elevated blood pressure and heart rate. In addition, the calming effects of nature and reduced stress levels can also contribute to lower blood pressure and heart rate.

Enhanced spiritual well-being: Many people report feeling a sense of connection to something larger than themselves when they spend time in nature, which can enhance feelings of spiritual well-being and provide a sense of purpose and meaning in life.

Overall, forest bathing can provide a range of physical, emotional, and psychological benefits that can help improve overall well-being and quality of life. The reduced stress and lowered blood pressure and heart rate benefits of forest bathing can have significant impacts on overall health and well-being. Chronic stress and elevated blood pressure and heart rate have been linked to a range of health problems, including cardiovascular disease, so the ability to reduce these factors through spending time in nature is an important finding.

IMPACTS OF NATURE ON US

“The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative” is a book by Florence Williams that explores the scientific evidence behind the benefits of spending time in nature. The book draws on research from a range of fields, including neuroscience, psychology, and environmental science, to make the case that nature is essential to our well-being.

The book is divided into several chapters, each of which explores a different aspect of the relationship between nature and human health. Some of the key themes of the book include:

The benefits of spending time in nature: The book explores the many ways in which spending time in nature can improve our physical health, including reducing stress, lowering blood pressure, and boosting our immune systems. It also explores the psychological benefits of nature, including improved mood, increased creativity, and enhanced cognitive function.

The science behind our connection to nature is a growing area of research that seeks to understand how and why humans have an innate affinity for natural environments, and how exposure to nature can benefit our physical, mental, and emotional health.

One key area of research in this field is the role of the hormone oxytocin in our connection to nature. Oxytocin is often referred to as the “love hormone” because it is released during social bonding activities such as hugging, kissing, and sexual activity. Research has shown that exposure to natural environments can also trigger the release of oxytocin, which can enhance feelings of social bonding and trust, and may explain why we feel a sense of calm and relaxation when we spend time in nature.

Another area of research explores the impact of natural sounds and scents on our well-being. Studies have found that exposure to natural sounds, such as bird songs and water flowing, can reduce stress and improve mood. Similarly, exposure to natural scents, such as those found in forests, can have a calming effect on the body and help reduce stress.

Research has also shown that spending time in nature can improve cognitive function, including memory, attention, and creativity. One theory is that exposure to natural environments provides a break from the constant stimulation and distractions of modern life, which can give our brains a chance to rest and recharge.

The importance of preserving natural environments: The book argues that preserving natural environments is essential to our health and well-being, and explores the ways in which human activity is impacting natural habitats around the world.

Overall, “The Nature Fix” provides a compelling argument for the importance of spending time in nature and preserving natural environments. The book draws on a wealth of scientific research to make the case that nature is essential to our physical, psychological, and emotional well-being, and offers practical tips for incorporating more nature into our daily lives.

MAJOR PROJECT ELEMENTS

RETREAT CENTER

Informational Center

This will be the first point of contact for anyone entering the property interested in a stay or session with us.

Food Preparation

A commercial kitchen is necessary to feed users and a separate instructional kitchen is also needed to learn valuable skills.

Educational Facilities

Classrooms will need to be available for use for people that are staying here and for outside groups to use as a meeting area or lecture space.

Dining

Along with a serving kitchen comes a place to eat. Both indoor and outdoor areas should be considered. Outdoors can be enclosed with screens for bugs or open to the elements.

Exercise Studio

Exercise is an important part of wellness and it is crucial that this is incorporated somehow into the design in a flexible way.

Parking

Driving will be the primary mode of transport to get here and vehicles will stay in the parking while people are staying here, so two separate a lots would be ideal.

Waterfront Features

Since the site is located on a lake it is best to make use of all that space. A dock, pier and other water oriented structures should be considered and implemented.

OUTDOOR ACTIVITIES

Leisure

Benches, swings, nature outlooks, walking trails and bike trails are all great things to include and consider.

Education Opportunities

There will be various spaces throughout the property to educate the client on nature activities and the importance of things within our local ecosystem.

Pavilions

In the outdoors there are never enough places to have a covered place to sit and enjoy what is beautiful around you in comfort.

Sports

Tennis courts, sand volleyball courts, basketball courts, and any other sport that keeps you from technology and can be played semi casually is great to incorporate into the final design solution.

LODGING

Cabins

For those still wanting some of the creature comforts of the advanced world we will have fully furnished cabins available with running water and lights.

Motel

For those that are in between sleeping on the ground in a simple campsite and a cabin to themselves, a familiar style of housing for many goal to make people comfortable in their surroundings.

Simple Campsites

The most primitive of our solutions. No creature comforts, bring your own tent or we can supply one for use while you are staying at the retreat.

USER AND CLIENT DESCRIPTION

The primary user will be people who wish to decompress from the world or get away from the stress and strain of technology in their everyday life and learn how to live without it. Many different types of people will use this facility so everything will need to be taken into account. Staffing will be kept to the absolute minimum possible to reduce unnecessary interactions. The retreat will be used by a number of people at any given moment so that will need to be accounted for, in all aspects, parking, restrooms, circulation within buildings and throughout the site, and landscape considerations to make best use of the natural landscape available

Instructional staff will be experts in their field and provide a valuable insight into whatever topic they are in charge of handling. We will also have basic staff that is involved in the day to day of running any business. Information givers, custodial staff, and chef's on site. Some trained medical personnel will also be present should the need arise.

PROJECT JUSTIFICATION

Being in nature is something that no child, teenager or adult should be deprived of. If this happens we start to depend on the technology in every aspect of our lives and this is very detrimental in many different ways. For this to change a place needs to be created to release from technology and develop a sense of self outside of being constantly connected to technology. There is not an obvious solution to this issue and that provides an opportunity for research and development for an in depth project that could have a societal impact throughout the world.

THE SITE - GENERAL

Located in west central Minnesota, specifically East Otter Tail County. This is the most lake populated county in the United States with just over 1,000 lakes alone. The site is located on one of these lakes, Little Pine Lake. Little Pine lake is 2,080 acres and is a wonderful recreational lake which is home to nearly 20 species of fish.

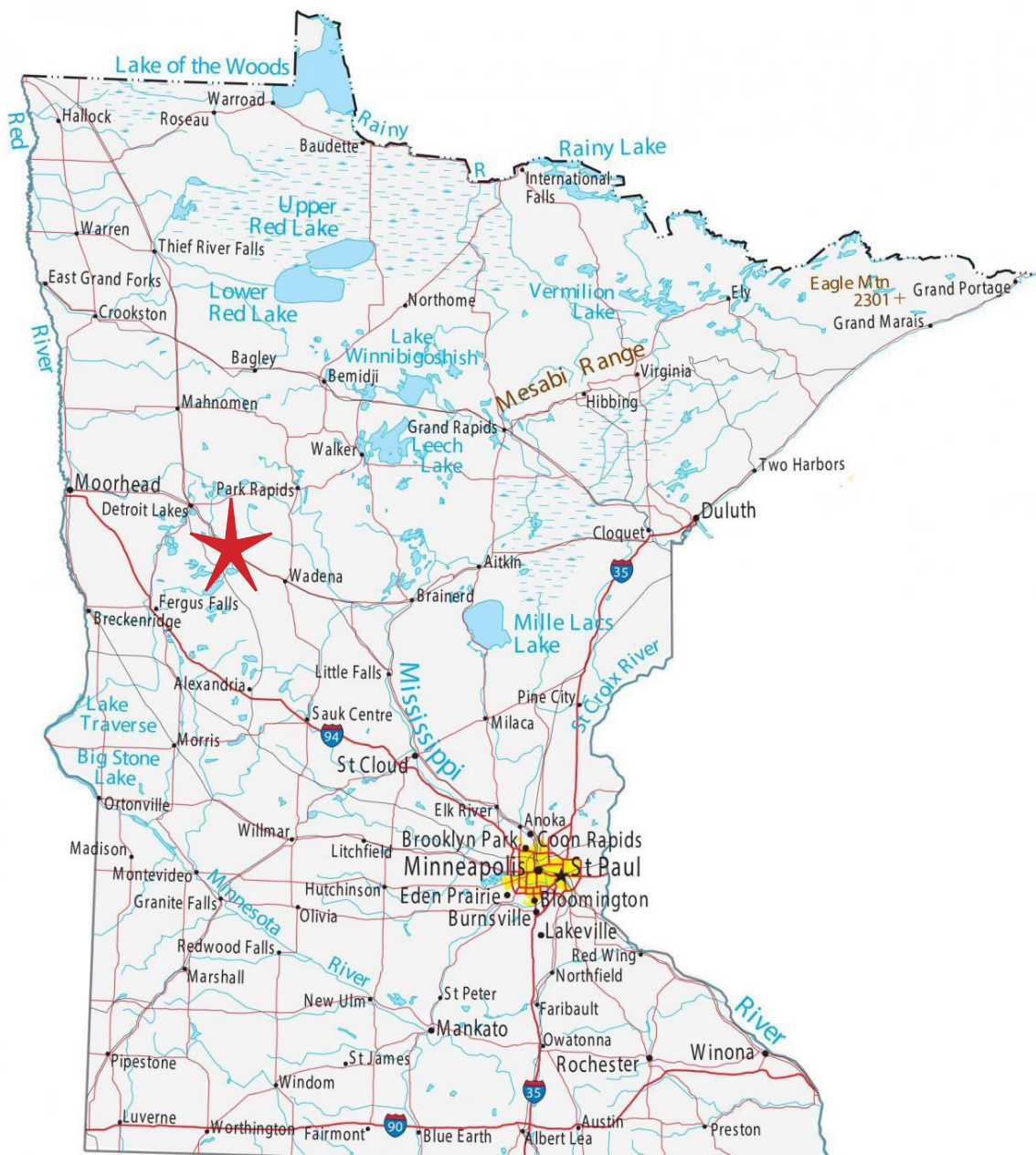


Figure 18

THE SITE - LOCAL

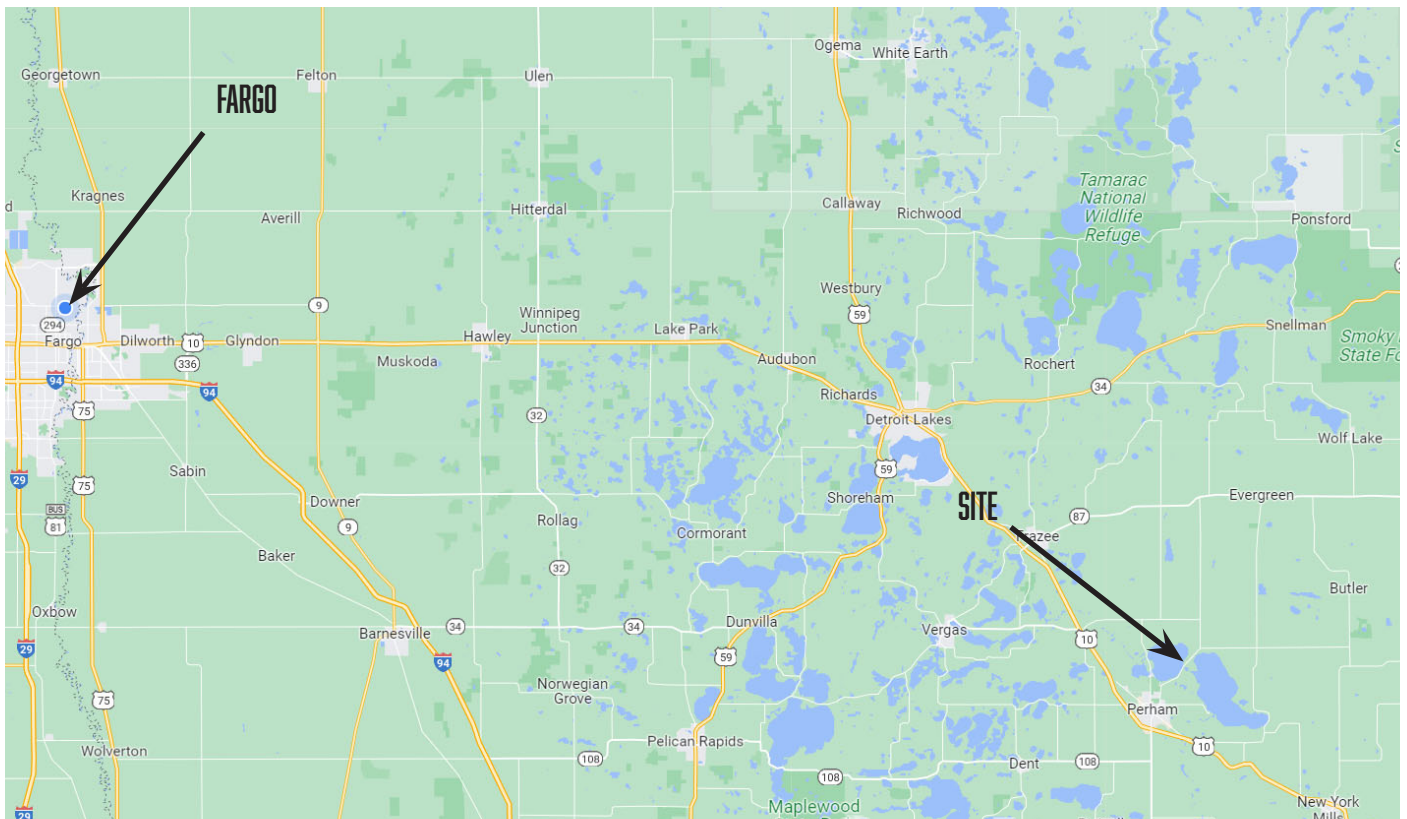


Figure 19

The site is roughly 80 miles east of Fargo North Dakota. Located just outside of Perham, Minnesota on Little Pine Lake on a few unoccupied pieces of wilderness that is owned by the Village of Perham as well as some local residents which for this purpose would be purchased from them to be able to spread out and use the site but also preserve the natural environment to the best of their ability. Perham is a small town that prides themselves on their local specialty shops and these shops bring in a lot of tourists to the area. Also due to the abundance of lakes around the area Perham thrives during the summer months with the influx of tourists and lake goers.

THE SITE - SPECIFIC



Figure 20

Situated between Otter Tail County Highway 8 and Little Pine Lake this site is roughly 50 acres and is heavily wooded. Currently unoccupied by any buildings this provides a wonderful opportunity for this to be a wellness retreat to get away from troubles of the world. To have unobstructed use of this area, Benny Trail located on the map would be closed and the access to the house that uses this road would be rerouted through Benny Lane. On the northeast side of the site.

PROJECT GOALS

The goal of the thesis project is to create a beautiful and elegant space for people from all walks of life to come and decompress from technology and connect with themselves. Along with this they can learn some important skills that can develop them in many different ways, whether it be becoming more physically fit, mentally awake or morally straight, this will be an experience that everybody can benefit from in some way. Gaining knowledge in many different activities is important to keep a sharp mind as well as potentially make connections in other parts of the user's life. To emphasize the nature aspect of this project it would be beneficial to build a physical model which will aid in the understanding of the project as well as building materials incorporated into each individual building within the complex.

PROJECT EMPHASIS

1. Inclusive Access

With the potential for a diverse group of people to be present at this facility it is important to design with this in mind. Being inclusive to all people, whether it be people that have a physical disability and designing so they can access everything or designing for someone that is gender fluid or non-binary with inclusive restrooms, and it is important to design for different religions as well.

2. Landscape Assessment

The site is heavily wooded and the intent is to keep this a prominent aspect in final design. Doing this will require an in depth landscape assessment to best use the 20 acres without removing too much of the natural landscape and keeping things natural yet safe.

3. Connection to the ground

In holistic design it is important to have a connection with the earth to feel grounded, this will need to be incorporated throughout the entirety of the facility in every aspect of design.

4. Sustainable Design

This proposal will have a major emphasis on sustainable design mostly due to the nature of intended use and the type of people that will be actively using the facility. Sustainability is an important thing to be considered for every project in the future so all generations can enjoy life the way that we currently do.

PLAN FOR PROCEEDING

RESEARCH DIRECTION

Primary research will be conducted through the use of surveys and interviews with fellow graduate students as well as undergraduate students in the architecture program. This is not a subject that needs to be tread lightly around so questions and answers should be relatively easy to produce. Research will be conducted of historical data that can be applied to this project as this is not an entirely new idea. Case study research will be performed as well.

DESIGN METHODOLOGY

After an original idea has been finalized the study of typological research will begin. Case study research will take up a large amount of time and after a in depth understanding is met then the other aspects of design can begin. A survey will be produced to determine the average amount of time that various ages spend on technology in a given day. This step should happen early in the research phase to influence design.

DOCUMENTATION OF THE DESIGN PROCESS

It will be important to document all step of the design process, from the beginning of site analysis all the way up to a completed final design. Documentation can take place in a variety of ways and it is important that every part is documented somehow, whether it be through personal photographs and sketching, this is a process and can only be accomplished during the time that it is occurring.

ESTABLISH A SPECIFIC SCHEDULE OR WORK PLAN

Week of:

October 13 - Proposal Due

October 16 - Case Study 1

October 23 - Case Study 2

October 30 - Case Study 3

November 6 - Research Methods

November 13 - Spatial Organization

November 20 - Performance Criteria

November 27 - Site Analysis

Thanksgiving Break

December 4 - Typology of Space

December 11 - Program Rough Draft

End of Semester - Christmas Break

December 18 - Premise Research Topic 1

December 25 - Premise Research Topic 2

January 1 - Premise Research Topic 3

January 8 - Historical, Social and Cultural Context

January 10 - First Day Back for Spring Semester

January 15 - Finding a sense of spaces and place

January 22 - Floor Plans

January 29 - Floor Plans

February - 3D models and elevations

March - Structure and systems developments

Spring Break

April 1-15 - Sections, Details

April 16-30 - Presentation, drawings and models

May - Reviews

THE PROGRAM

SITE ANALYSIS - BASE MAP



Figure 21

Little Pine Lake is a freshwater lake located in central Minnesota, in the United States. The site conditions around the lake are influenced by several factors, including the lake's location, topography, and geology.

Location:

Little Pine Lake is situated in a region of central Minnesota that is characterized by a mix of forested areas and agricultural land. The lake is located in close proximity to several other small lakes and wetlands, creating a diverse ecosystem that supports a variety of plant and animal life.

Topography:

The topography around Little Pine Lake is relatively flat, with gently rolling hills and a few small bluffs in the surrounding area. The lake itself has a relatively shallow average depth of around 10 feet, with a maximum depth of approximately 40 feet in some areas.

Geology:

The geology around Little Pine Lake is characterized by glacial deposits and bedrock formations. The lake basin was formed during the last ice age, when glaciers scraped away the underlying

SITE ANALYSIS - SUN PATH

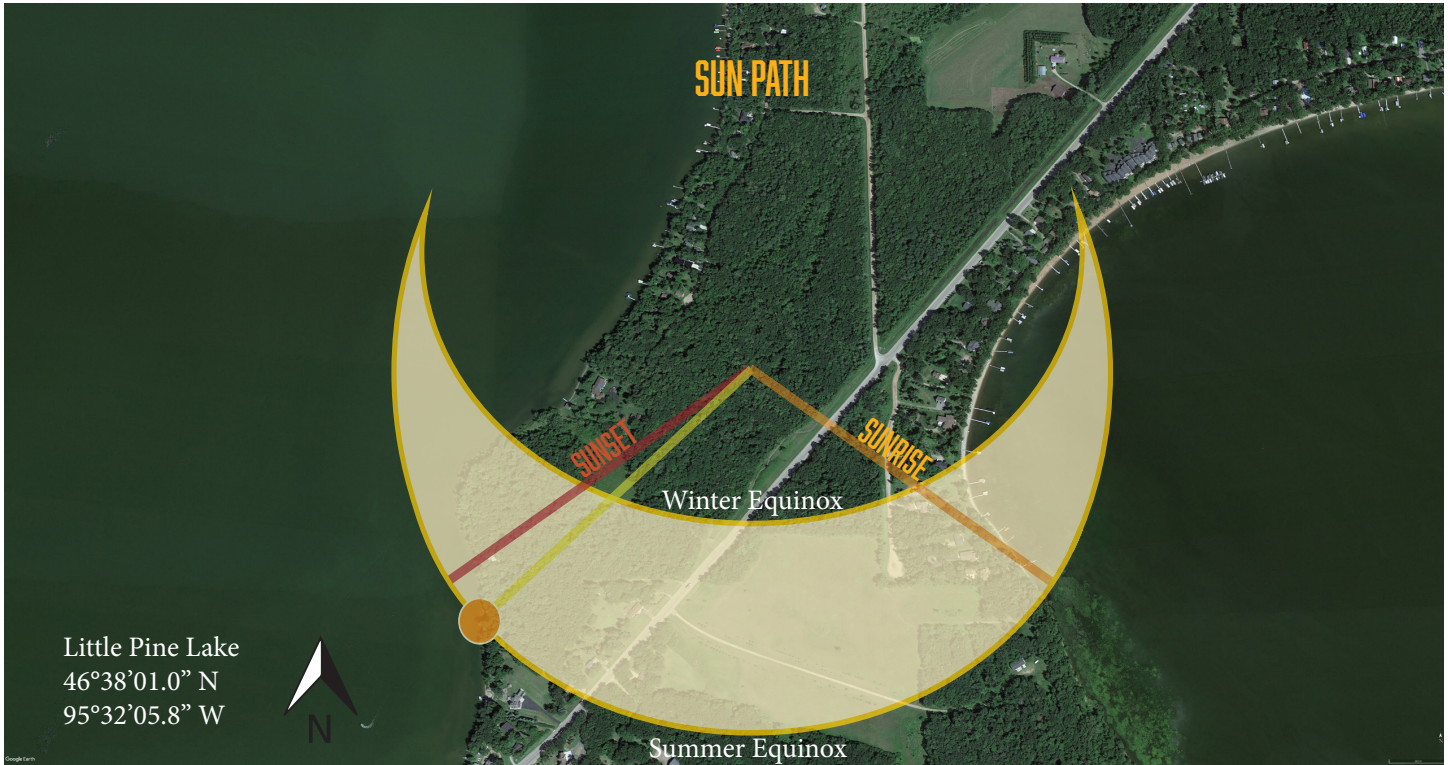


Figure 22

bedrock and deposited sediment in the area. This sediment, along with other organic matter, has accumulated over time to create the lake's bottom sediments.

Climate:

The climate around Little Pine Lake is characterized by cold winters and warm summers, with precipitation spread relatively evenly throughout the year. The lake is subject to seasonal changes in water level and temperature, with the water temperature generally reaching its peak in late summer.

Sun Path:

The surrounding topography can also affect the sun path in the area. Trees, hills, and other features can block the sun's rays or create shadows, which can have an impact on the amount of sunlight that reaches the lake and the surrounding area.

In terms of recreational activities, the site conditions around Little Pine Lake offer a variety of opportunities for outdoor recreation, including fishing, boating, and swimming. Visitors can also enjoy hiking and camping in the surrounding area, which is home to several state parks and forests.

SITE ANALYSIS - WIND



Figure 23

The wind patterns in this area are influenced by several factors, including the lake's location, the topography of the surrounding area, and the prevailing weather conditions.

The prevailing winds in the region are from the west and northwest, which bring cooler air from the Northern Plains and Canada. During the summer months, winds can shift to the southeast and bring warmer, more humid air from the Gulf of Mexico.

Because Little Pine Lake is relatively small and surrounded by trees and hills, the wind patterns around the lake can be somewhat variable. Wind speeds are typically lower over the water than they are over the surrounding land, due to the effect of friction. However, when winds are strong, they can create waves and choppy conditions on the lake.

It's also worth noting that the wind patterns in this area can be affected by local weather conditions, such as thunderstorms or heat waves. During these events, winds can become more variable and unpredictable, with gusts of wind and shifting directions.

In terms of recreational activities, wind patterns can be an important consideration for boaters, fishermen, and other water sports enthusiasts. Understanding the prevailing wind patterns and how they affect the lake can help visitors plan their activities and stay safe on the water.

SITE ANALYSIS - ROADS, POWER AND NOISE



Figure 24

Proximity to major roads or highways:

The site's distance from major roads or highways could impact the amount of road noise experienced at the location. The road to the southeast is moderately busy during the winter and is much busier in the summer due to surrounding lakes.

Topography and natural barriers:

The surrounding topography and natural barriers such as trees, hills, or buildings can impact the amount of road noise experienced at the site. There is a hill or ridge between the road and the site so this will reduce the amount of road noise.

Building orientation and design:

The orientation and design of buildings on the site could impact the amount of road noise that enters the building. The use of sound-absorbing materials can also help to reduce noise levels within buildings.

SITE EXPERIENCE - PERSONAL



Figure 25



Figure 26

This site is quite close to my hometown. I grew up in Perham, Minnesota less than 5 miles from the chosen location. Growing up I visited the site for the first time in my youth during an event held by the local boy scout troop to engage the boys of the younger organization cub scouts. So I must've been in my early teens or maybe even younger. Most of the site is currently owned by the city of Perham with the primary user being the Boy Scouts, if this were to come to fruition, the rest of the land used in the proposal would need to be purchased from the current landowner. I continued through cub scouts to boy scouts and with that we spent many summer nights on a portion of the site camping, swimming in little pine lake, and bonding as a group of like minded boys. We learned a lot of outdoor and life skills here that I value to this day.

The site made such an impression on me I took it

upon myself to restore a key landmark to the little pine lake community, a large wooden cross that was originally erected in 1972 by the scoutmaster at the time John Knight. With this staple deteriorating, I decided it was time to take action and replace and improve this monument for my eagle scout project. The images you see here are drone photos taken by myself in the last 5 years of that very project. Visible during both the daytime and the nighttime through the use of solar rope lighting the project was a success and I was awarded the rank of eagle scout thereafter.

This goes to show that I have a great understanding of the area and would love to have others experience many of the same things that got me to fall in love with this site in the first place.



Figure 27

PERFORMANCE CRITERIA OF SPACES

Daniel Zitzow
Performance Criteria of Spaces

	Usage Type	Hours of Operation	Relative Space Size	Lighting Type	Materials Needed	Psychological Impact	Aesthetic Views	Energy Consumption	Individ. Climate Control
Entry Vestibule	All	24/7 Restrict. Acc	Small	Natural and Artificial	Industrial	Welcoming	Y	Low	Y
Welcome Area	All	8am to 8pm	Medium	Natural and Artificial	Commercial grade comfortable	Welcoming	Y	Low	N
Yoga Studio	Guest +1	8am to 8pm	Medium	Natural	Comfortable	Relaxed	Y	Low	Y
Commercial Kitchen	Staff	4am-7pm	Medium	Artificial	Sanitary/ Stainless	Work	N	High	N
Dining Room	All	5am-9pm	Medium	Natural and Artificial	Easily Cleaned/ Comfortable	Rejuvenated	Y	Low	N
Practice Kitchen	Guest +1	8am to 8pm	Small	Artificial	Sanitary/ Stainless	Learning	N	High	N
Restrooms	All	24/7	Small	Artificial	Sanitary	Relaxed	N	Medium	N
Laundry	Staff	4am to 8am	Small	Artificial	Industrial	Work	N	High	N
Classroom 1	Guest + 1	8am to 8pm	Large	Natural and Artificial	Comfortable	Learning	N/A	Medium	Y
Classroom 2	Guest + 1	8am to 8pm	Large	Natural and Artificial	Comfortable	Learning	N/A	Medium	Y
Exhibit Area	Guest	8am to 8pm	Large	Natural and Artificial	Commercial grade comfortable	Learning	Y	Low	Y
Lounge/ relaxation	Guest	24/7	Medium	Natural and Artificial	Comfortable	Relaxed	Y	Low	Y
Spa	1:1 Guest:Staff	8am to 8pm	Small	Natural	Plush	Relaxed	Y	Low	Y
Sauna	Guest	24/7	Small	Natural	Cedar/ Wood	Relaxed	N	Medium	Y
Custodial	Staff	24/7 Restrict. Acc.	Small	Artificial	Industrial	Work	N	Medium	N
Mechanical	Staff	24/7	Medium	Artificial	Industrial	Work	N	High	N

Performance
Measurement Source

Performance Analysis Simulations Simulations Models Simulations Drawings/ Models Time spent in the space once completed

Table 1

Performance criteria of spaces refer to the set of measurable factors used to evaluate the effectiveness of a space in meeting its intended purpose. These criteria are used to ensure that the space is designed and built to achieve its desired functionality and provide a comfortable and safe environment for its occupants.

Performance criteria of spaces are essential for ensuring that a space meets its intended purpose and provides a comfortable and safe environment for its occupants. These criteria are specific to the type of space and are used to evaluate the functionality, safety, and comfort of the space. By designing spaces that meet these criteria, architects and designers can create high-performing spaces that meet the needs of their users.

Space Allocation is a table that illustrates the amount of space that each room takes up within a space in comparison to the overall square footage and footprint. This can be for a small room, average room and large room size for comparison.

A space interaction matrix is a tool used to analyze and visualize the relationships between spaces in a building or a facility. It is a diagram that shows how different spaces within a building interact with each other and how they are interconnected. The matrix can be used to understand the movement of people, goods, and information within the building and to evaluate the effectiveness of the building's layout and design.

SPACE ALLOCATION

Main Area Allocation of Finished Floor Space (square feet)	Small	Pct.	Average	Pct.	Large	Pct. 2
Entry Vestibule	70	2%	80	2%	100	1%
Yoga Studio	350	9%	400	8%	500	7%
Commercial Kitchen	500	12%	600	11%	800	12%
Dining Room	250	6%	300	6%	450	7%
Practice Kitchen	300	7%	350	7%	500	7%
Restrooms	450	11%	500	10%	600	9%
Laundry	175	4%	250	5%	300	4%
Classroom 1	300	7%	400	8%	550	8%
Classroom 2	300	7%	400	8%	550	8%
Exhibit Area	300	7%	400	8%	500	7%
Lounge/ relaxation	300	7%	400	8%	500	7%
Spa	150	4%	250	5%	350	5%
Sauna	30	1%	60	1%	100	1%
Custodial	200	5%	250	5%	350	5%
Mechanical	420	10%	600	11%	700	10%
	4095	100%	5240	100%	6850	100%

Table 2
 Space interaction matrices can be used to evaluate the effectiveness of a building’s layout and design in facilitating the interactions required for the building’s intended function. The matrix can be used to identify areas where there is a lack of interaction or where interactions are impeded by physical barriers or other design features. By using the matrix to identify areas for improvement, architects and designers can create more efficient and effective building designs that better meet the needs of their users

SPACE INTERACTION MATRIX

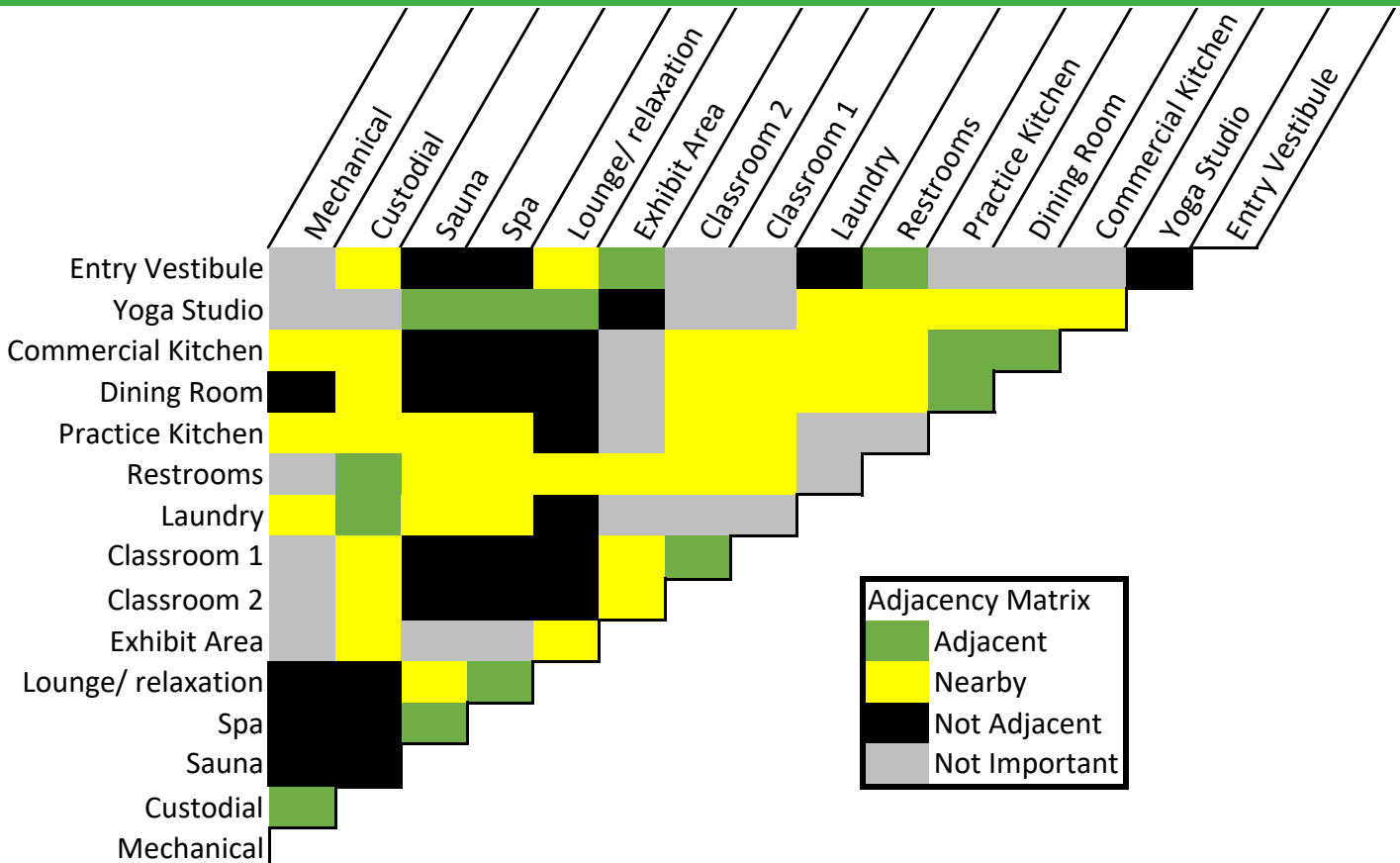


Table 3

MASTER PLANNING OF SPACES SKETCH

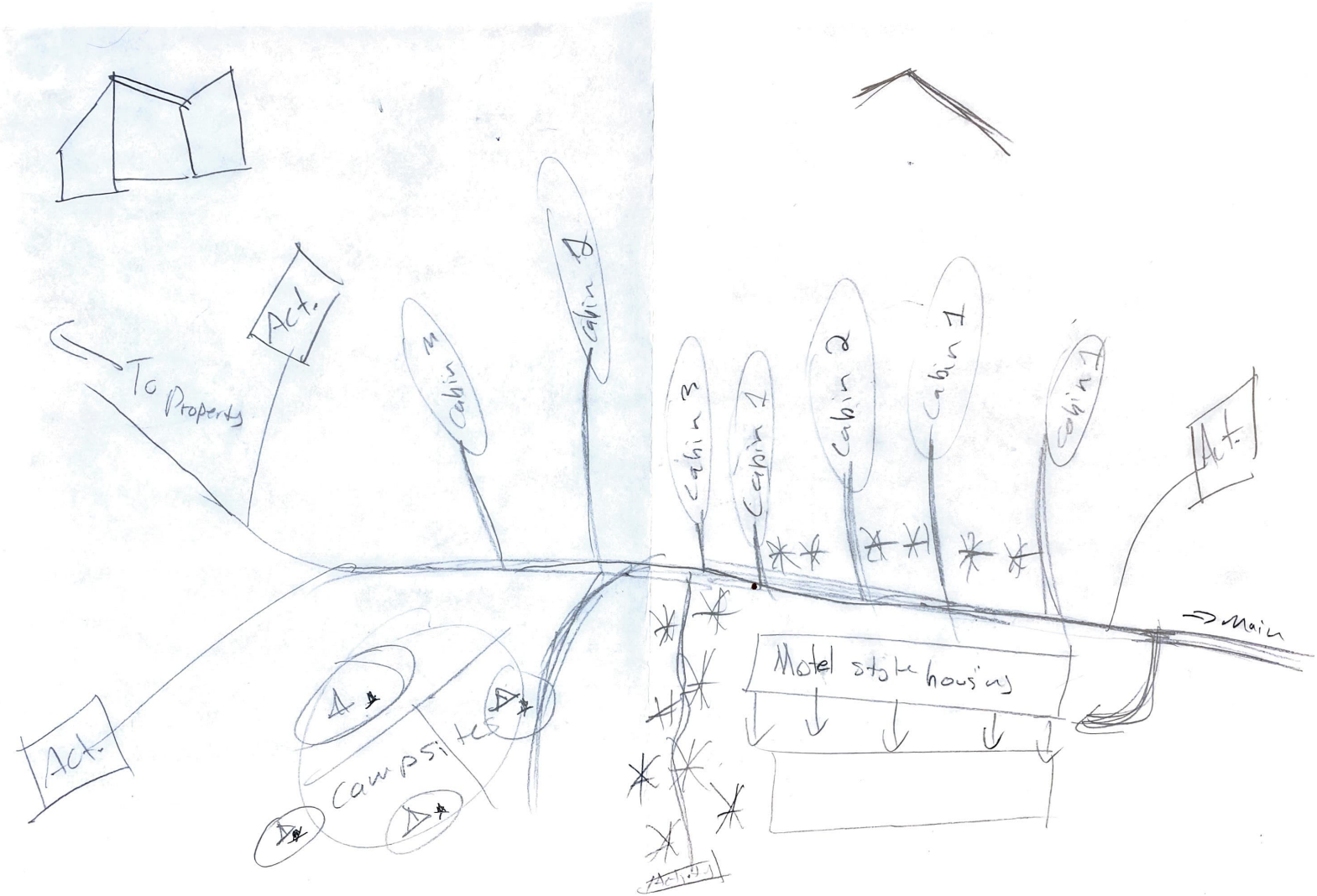


Figure 28

The master site plan began by expanding upon the space interaction matrix and also incorporating things into a tree like design. This tree like form and shape helped to create a central trunk for transportation and circulation for the user as well as emergency services should such a need arise. This transformed later in the design process into a much more segregated approach with different functions being located on different branches in close proximity to each other. This sketch is not oriented with north being up rather it was an arbitrary design principle with a focus on how the user experienced the space and moved throughout the complex and retreat.

The main functions of the site are located in close proximity to each other all of which are situated near the entrance. This will help with people to flow between the structures and experience the nature around them. Also the auxiliary and support spaces would be close but tucked behind the natural cover and hidden from the every day user's eyesight. They should be far enough from each other that the views are still preserved and the buildings stand alone.

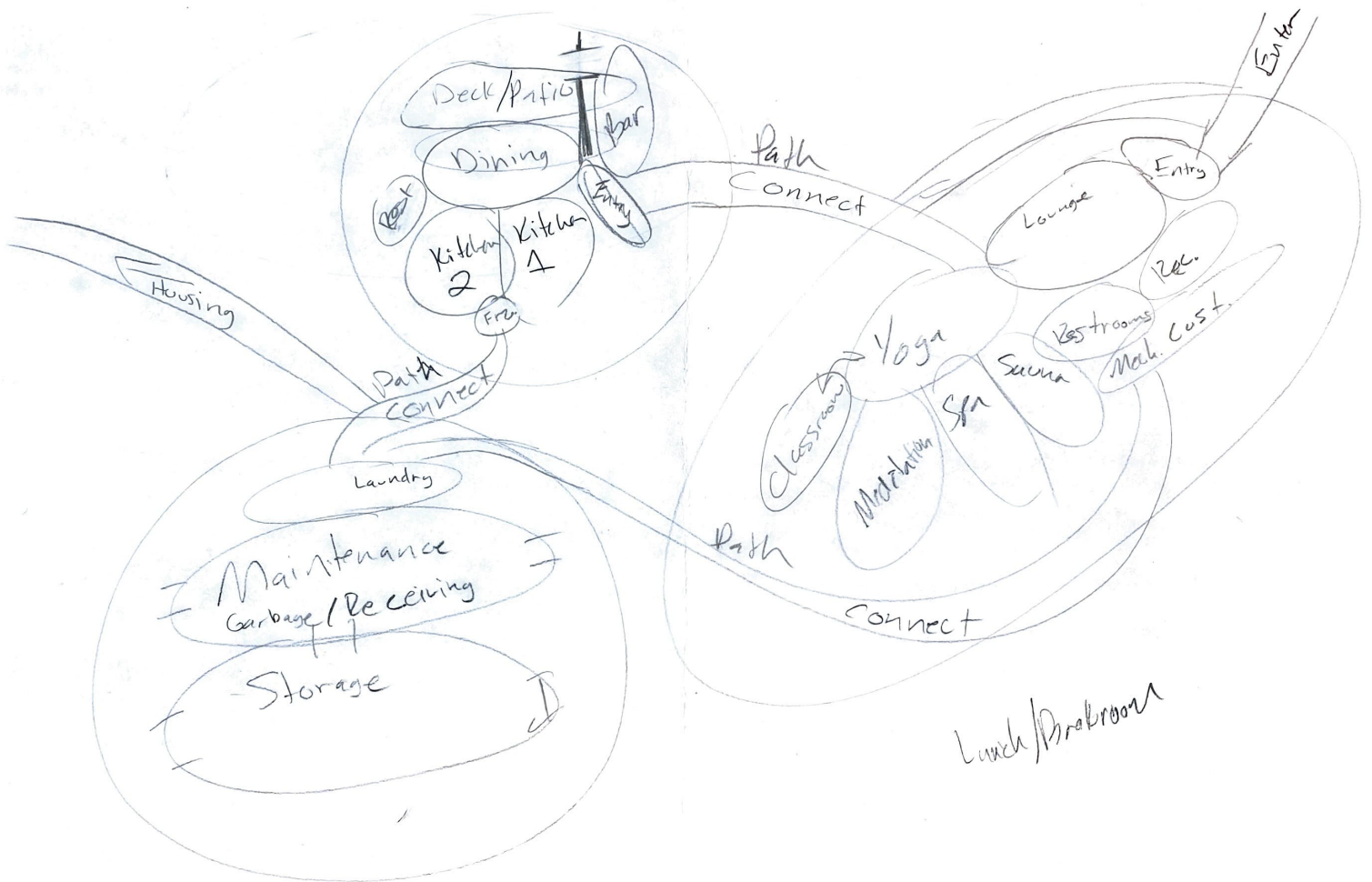


Figure 29

PROGRAMMED USER EXPERIENCE

While on site the user or guest will have some programmed spaces and experiences but also be able to create their own things and make their own memories and connections with the nature around them. A guest will want to come here and escape from the burdens of technology and social media. They will be able to do this through the isolated cabins and campsites as well as the serene nature of the woods around them. Nature is healing and that will help many of the people that will come here. Artisan meals will be prepared by a gourmet chef, health and wellness classes and seminars will be led by professionals in their respective fields and many others will be around to answer questions that may arise.

USER PATH THROUGHOUT THE SITE

Users will enter the retreat from the north and either park in the lot or continue through the check in loop. Afterwards they will proceed to the Great Hall and Reception area. Once checked in they will be given some information about the site and where they will be staying. Staff will then valet the guest to their preferred lodging location and drop them off to get settled in. Once settled the guests will be able to explore the grounds as desired and create their own unique connection with nature.

USER'S IDEAL FEELING

A guest should be absolutely comfortable in their stay with the desire to return once it has concluded. The natural environment will calm you automatically and this will bring together a sense of mindlessness and bliss. Since the goal is to encourage interaction with the natural environment by getting out of the built environment the structures and buildings need to provide a respite between the two extremes.

WHO IS THE IDEAL CLIENT

The ideal client is someone who may be slightly uncomfortable with nature before they get here but is open to new ideas. This may be someone who is heavily technology dependent or just not used to being in the outdoors which can be frightening to new people.

DESIGN INSPIRATION



The lodging and some of the supporting structures have taken inspiration from a broken over tree. This shape creates a natural overhang for a roof condition and a vertical element for a wall and then also inserting window elements in natural openings in the branches.

Figure 30
Many of the structures will have vertical elements meant to make the buildings look taller without making them abnormally so. The use of timbers and vertical elements draw from that of trees growing vertically next to a path through the woods.



Figure 31

The image to the left emits a calming sense and a desire to explore further along the path because you feel safe from everything around you. The goal is to incorporate these elements into the structure of many of the main buildings to evoke this sense of serenity. The interiors also need to be warm and inviting



Figure 32

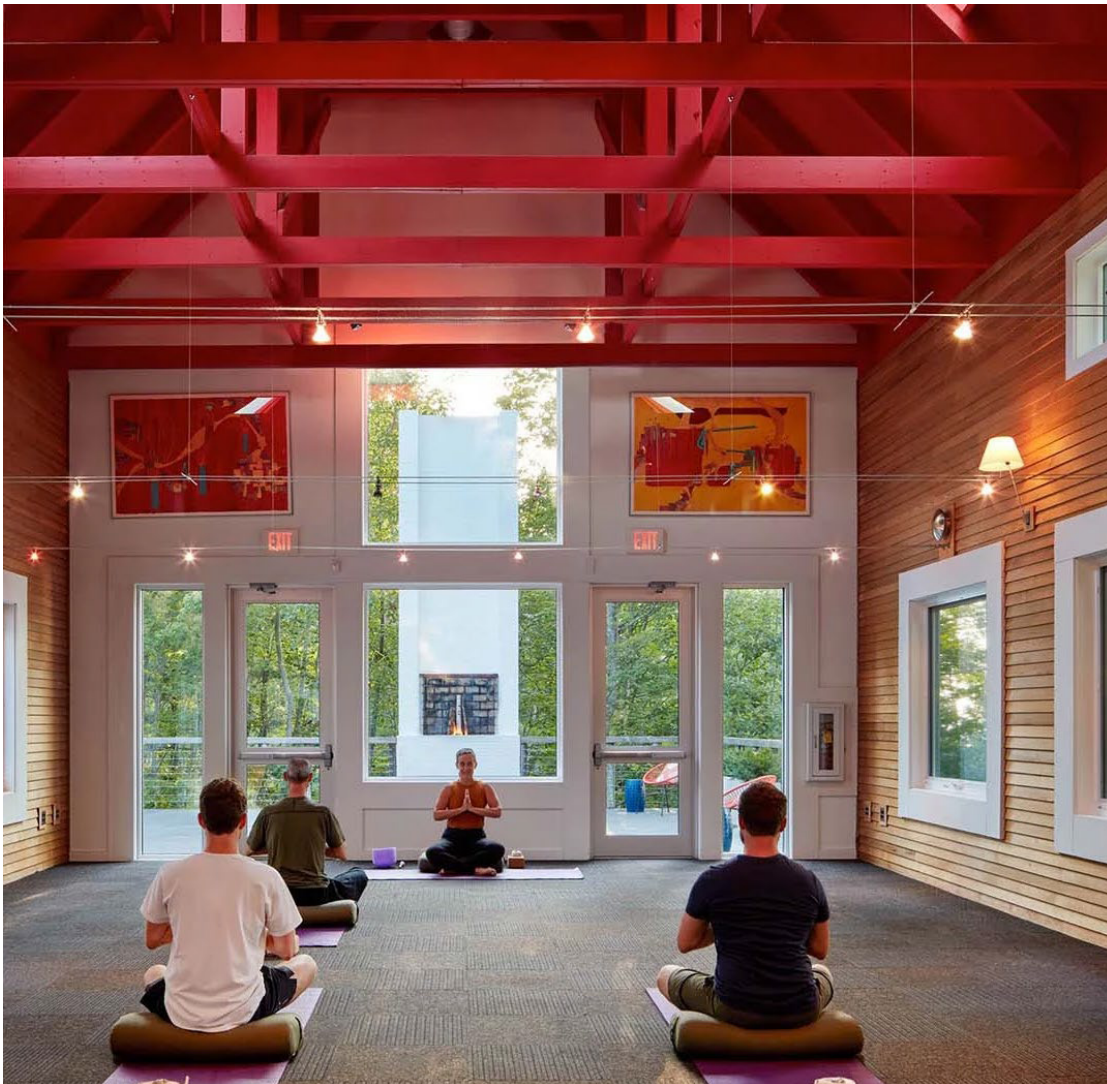
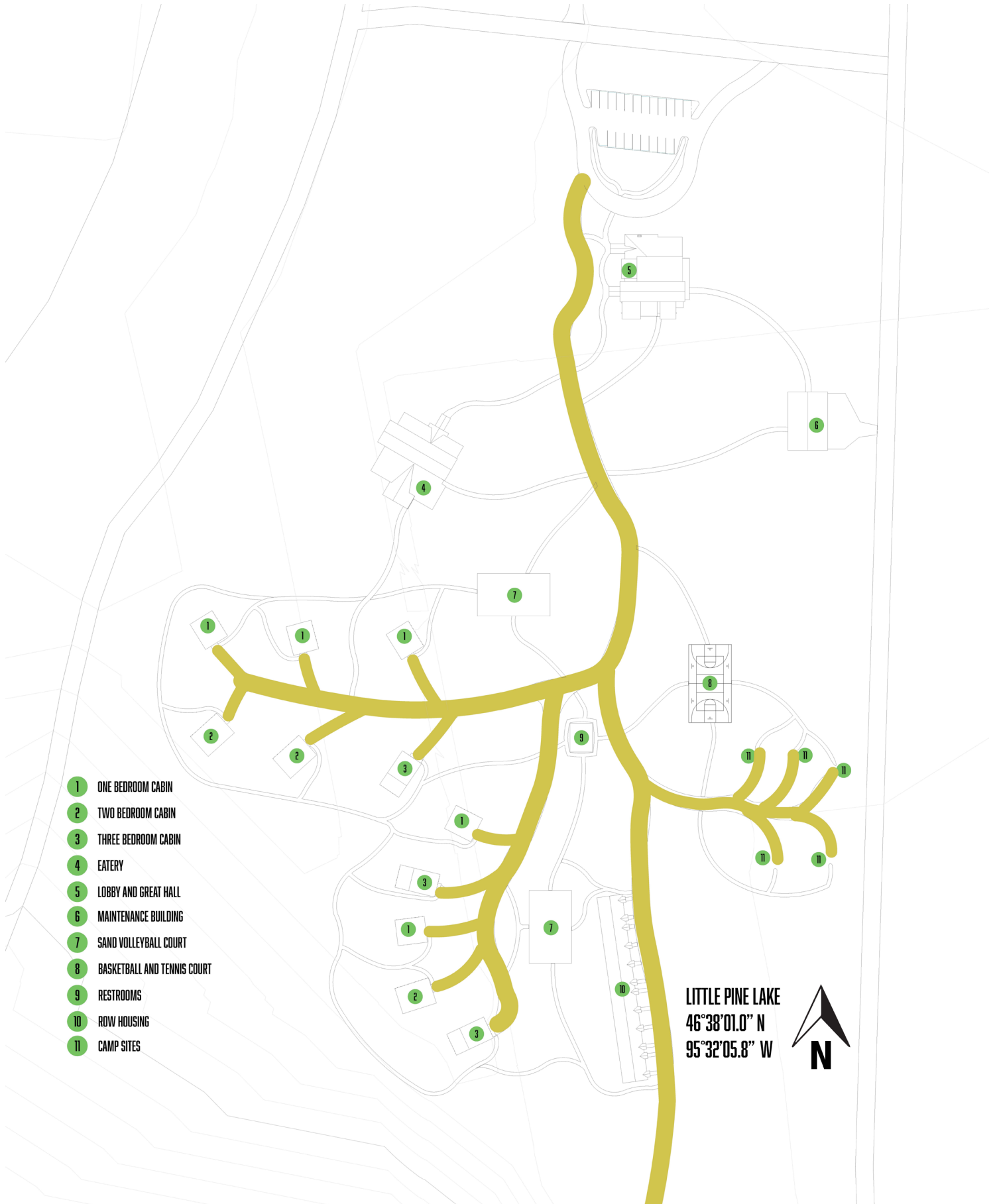


Figure 33

THE DESIGN

MASTER PLAN



- 1 ONE BEDROOM CABIN
- 2 TWO BEDROOM CABIN
- 3 THREE BEDROOM CABIN
- 4 EATERY
- 5 LOBBY AND GREAT HALL
- 6 MAINTENANCE BUILDING
- 7 SAND VOLLEYBALL COURT
- 8 BASKETBALL AND TENNIS COURT
- 9 RESTROOMS
- 10 ROW HOUSING
- 11 CAMP SITES

LITTLE PINE LAKE
 46°38'01.0" N
 95°32'05.8" W



The visual to the left illustrates the extent to which master planning has taken place. Eleven different functions, structures or activities have been programmed across this visual of the site. As is illustrated the functions are arranged in a tree branch like pattern. The entry to the site is on the northern most part of the site with parking located near the great hall and reception building, additional parking is also across the road for overflow. As you move through the site the main trunk or the path stays the same size for emergency vehicle access and staff and caretaker access.

There are a few functions that are not located on the main trunk and that is by design. These functions are located away from the main driving path to encourage guests to get away from the comfort of the large path and explore the woods a little bit more. The majority of these functions are activities but at least one of them is a main function of the retreat and that is the eatery. You will have no choice but to access this building through the walking path network. Also located off the main path is the support space which includes maintenance, laundry, receiving and any other applicable functions. This is to eliminate it from the eyes of the guest and allow for a seamless experience.

Lodging areas are grouped together at the farthest end of each branch to create isolation and a sense of privacy for the guests. Located around these branch ends are a few major activity spaces for the guests to enjoy without traveling far from their temporary lodging.

The tree like design continues throughout the rest of the site every so often branching off to various other functions throughout the site, picnic shelters, clearings, and eventually down to the waterfront.

GREAT HALL



Figure 35



Figure 36

GREAT HALL FLOOR PLAN

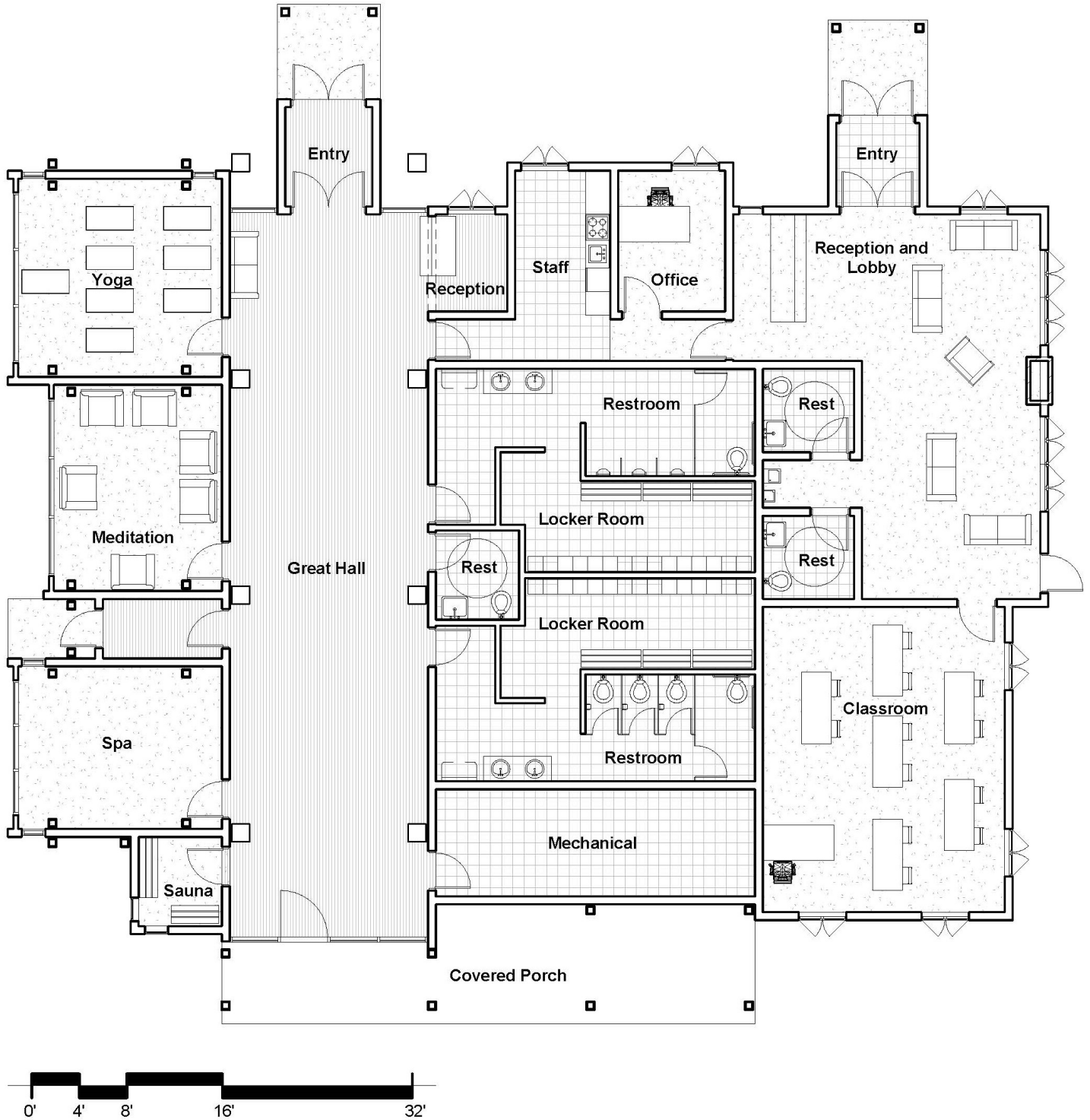


Figure 37

The Great Hall houses a number of things including the reception desk and community classroom area on one side and on the other side most of the major programming elements are located off of the majestic great hall corridor.

The reception area is the closer entrance to the parking and is much lower, creating a less ominous entry condition. This part of the building can be secured from the rest of everything so the community can use the space. The classroom is large enough that meetings could be held here for local organizations or events and instructional seminars and classes could also take place in this space. These things would provide an additional source of revenue for the retreat during a slow period.

Through the other entrance would be the main functions of the retreat. You would enter into the great hall which serves as both a common space for guests and a circulation space as well. Located off of the great hall is a number of flexible spaces that have been given a purpose in this case for ease of reading. On the right side of the corridor from the entry there is a yoga room right near the entrance, meditation room, spa, and a sauna at the far end. The other side of the corridor houses the support spaces for these activities, reception, staff area, mens and womens restrooms and locker rooms, a family restroom and a mechanical space. At the far end of the great hall is a covered porch that can be used for a variety of purposes. All of these spaces have large glazing systems to look outside that are actually operable bi-fold doors that are able to be opened across the entire room creating a seamless experience with the outdoors and nature.

The form of the building is like that of an evergreen tree. It has one section that stands above the rest with many rooms branching off of the tall section like the lower branches of an evergreen tree.

EATERY



Figure 38



Figure 39

EATERY FLOOR PLAN

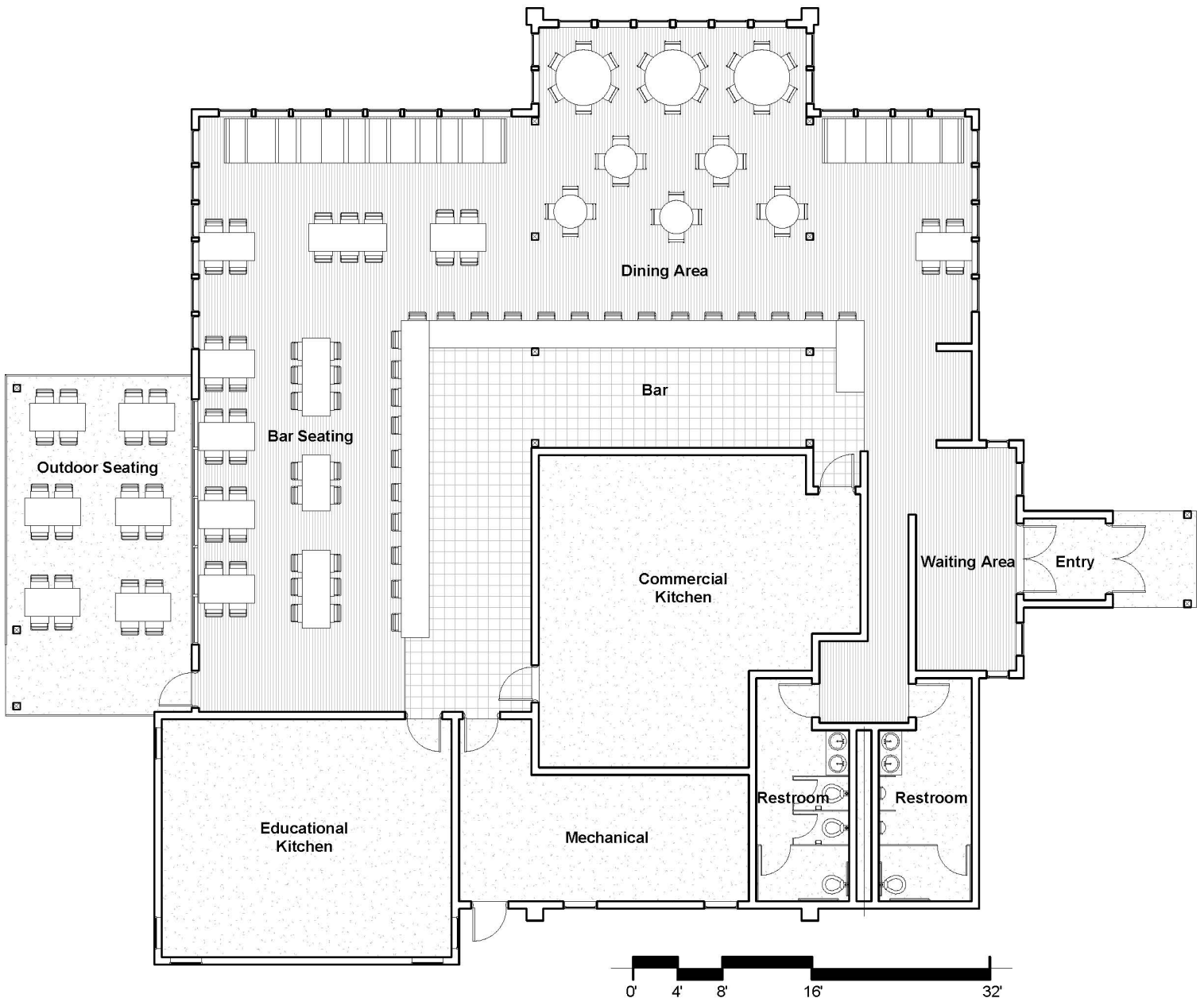


Figure 40

Nestled in a lush forest, surrounded by towering trees lies a secluded restaurant that offers a truly unique dining experience. This hidden gem is a haven of peace and tranquility, far away from the hustle and bustle of the city, and is the perfect retreat for anyone looking to escape the stresses of daily life.

As you approach the restaurant, you'll feel as though you've stumbled upon a secret oasis, as the sounds of nature and the rustling of leaves surround you. The building itself is a rustic, timber framed building, with large windows that offer breathtaking views of the surrounding wilderness. Inside, the decor is warm and inviting, with soft lighting, comfortable seating, and natural elements like stone and wood to create a cozy atmosphere.

The menu features a range of delicious, locally sourced dishes that showcase the flavors of the region. The chef uses only the freshest ingredients, and the flavors are expertly crafted to create dishes that are both comforting and innovative. Whether you're in the mood for a hearty steak or a light salad, you'll find something on the menu to satisfy your cravings.

The real draw of this restaurant, however, is its seclusion. With no noise or distractions to interrupt your meal, you can truly savor every bite and enjoy the company of your companions without any interruptions. As you dine, you'll be surrounded by the beauty of nature, with the gentle sounds of the forest providing a soothing soundtrack to your meal.

Additionally, the thought of being able to create these dishes yourself is a draw for the guest and user. The availability of culinary classes to learn from the master chefs at this eatery is an added bonus to anyone staying at the retreat. Pair this with the mixology class and you have yourself a set of skills that will last a lifetime to impress nearly everybody.

ONE BEDROOM CABIN



Figure 41

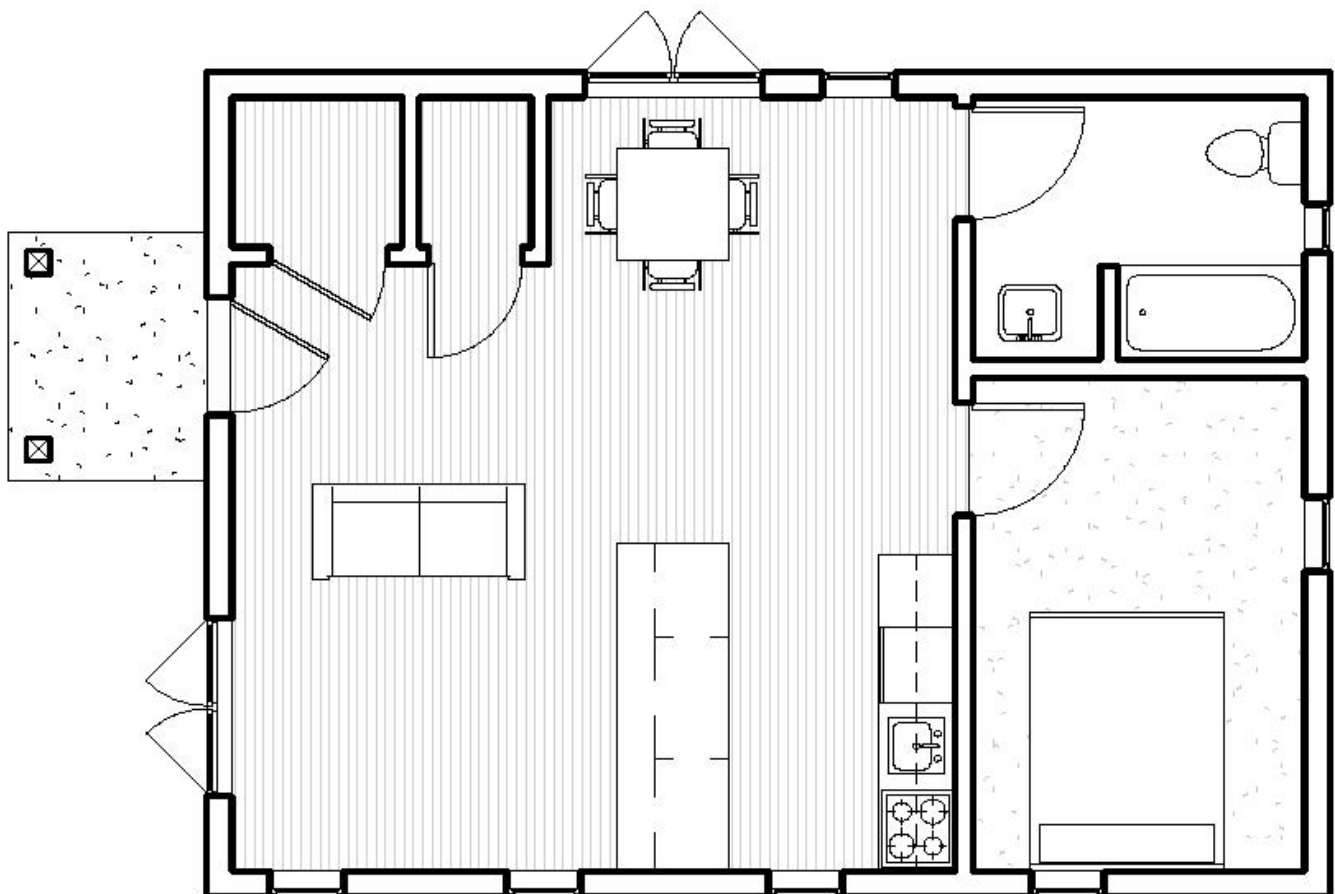


Figure 42

Surrounded by the beauty of nature, stands a number of small one-bedroom cabins in the woods. These provide a quaint and charming retreat, perfect for those seeking solitude and serenity. As you approach the cabin, you'll notice the natural beauty that surrounds it, with towering trees, wildflowers, and chirping birds.

The cabin itself is made of warm, natural wood, with a pitched roof and a small front porch. The front door opens into a cozy living room, furnished with comfortable seating, and a small coffee table. Large windows let in plenty of natural light and offer views of the surrounding forest.

Adjacent to the living room is a compact kitchen, equipped with all the necessities for cooking simple meals. There's a small stove, a refrigerator, and a sink, as well as a small dining table and chairs for enjoying meals. The cabinets and countertops are made of natural wood and quartz, adding to the rustic charm of the cabin.

The bedroom is located at the back of the cabin, with a comfortable queen-sized bed and cozy linens. A small closet provides space for hanging clothes, and a dresser offers additional storage. Large windows let in plenty of natural light during the day and offer views of the forest at night.

The bathroom is small but functional, with a shower and tub, sink, and toilet. A few toiletries and fresh towels are provided for your convenience.

Outside, there's a small deck with a table and chairs, perfect for enjoying your morning coffee or an evening meal. A small fire pit is located nearby, providing the perfect spot for roasting marshmallows or enjoying a campfire under the stars.

TWO BEDROOM CABIN



Figure 43

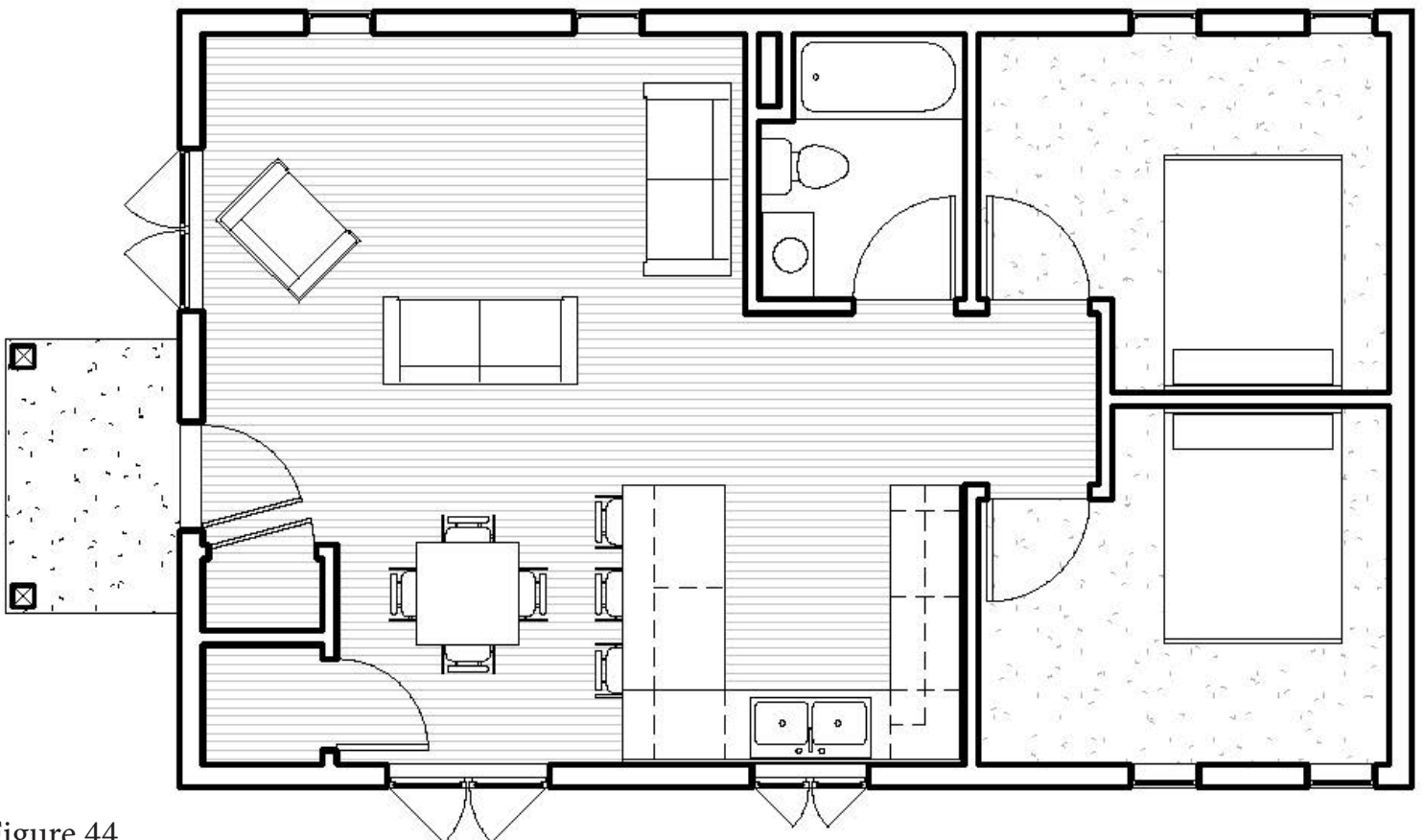


Figure 44

The two bedroom cabin is much the same feel as the one bedroom only bigger. The cabin has similar roof line but a slightly different entry condition.

Inside, the cabin offers a comfortable living room with cozy seating, a coffee table. The large windows provide ample natural light and stunning views of the surrounding forest. Adjacent to the living room is a small dining area with a table and chairs.

The compact kitchen is located next to the dining area and is equipped with all the essentials for cooking meals. The kitchen includes a small stove, a refrigerator, a sink, and plenty of counter space and cabinets. The natural wood cabinets and quartz countertops add to the cabin's rustic aesthetic.

The two bedrooms are located at the rear of the cabin, ensuring privacy for guests. The first bedroom features a comfortable queen-sized bed, nightstands, and a dresser. The second bedroom also has a queen bed perfect for kids or additional guests. Both bedrooms have large windows that allow plenty of natural light to stream in during the day and offer breathtaking views of the forest.

Near the two bedrooms, there is a bathroom complete with a shower, sink, and toilet. Fresh towels and toiletries are provided for guests' convenience.

Outside, a grill is available for guests who prefer to cook outside. Additionally, a fire pit is located nearby, providing the perfect location for guests to gather around and enjoy a campfire under the stars. A small deck with a table and chairs offers an ideal spot to enjoy meals or relax and take in the beautiful surroundings.

THREE BEDROOM CABIN



Figure 45



Figure 46

Nestled in a serene and secluded retreat, surrounded by lush greenery and tranquil scenery, stands a spacious 3-bedroom cabin. Upon arrival, the first thing you'll notice is the cabin's charming exterior, with a natural wood finish unique roof design.

As you step inside, you'll be greeted by a warm and inviting atmosphere. Large windows allow plenty of natural light to flood the room, offering stunning views of the retreat's natural surroundings. The living room is tastefully furnished with comfortable seating, and a coffee table.

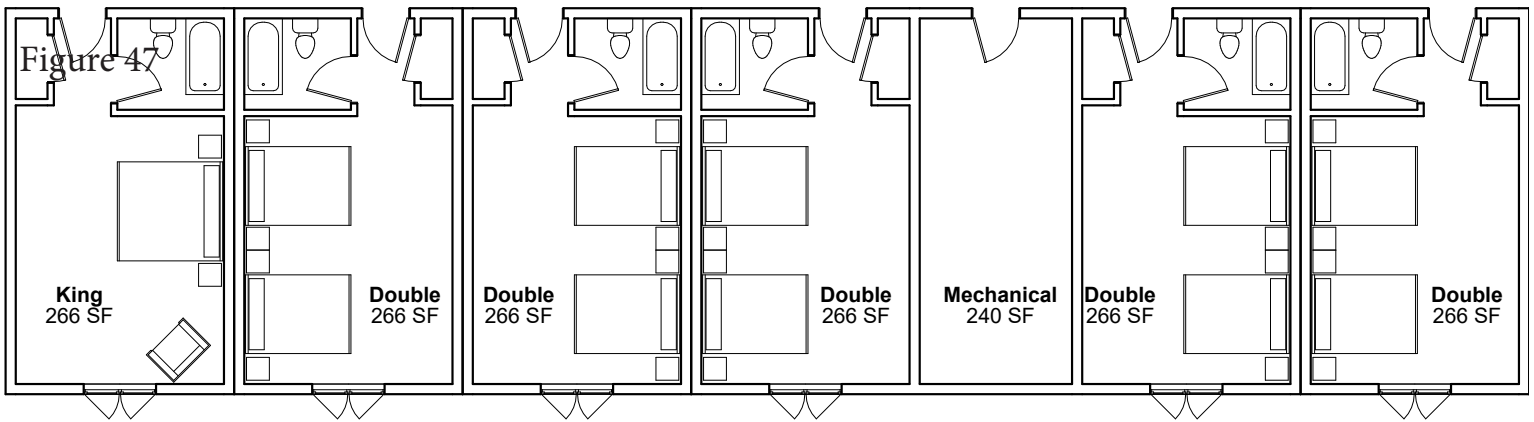
Opposite the living room is the kitchen. The kitchen is well-equipped with modern appliances, including a refrigerator, stove, dishwasher, and microwave. The kitchen also features ample counter space, cabinets, and a kitchen island, making it easy to prepare meals for your family and friends. The dining area is adjacent to the kitchen, with a large dining table and chairs that can comfortably seat six.

The cabin's three bedrooms are located the rear. each tastefully furnished and decorated to create a cozy and inviting ambiance. All three bedroom feature queen beds but could be altered for different party sizes. All three bedrooms have large windows that offer breathtaking views of the retreat's natural beauty.

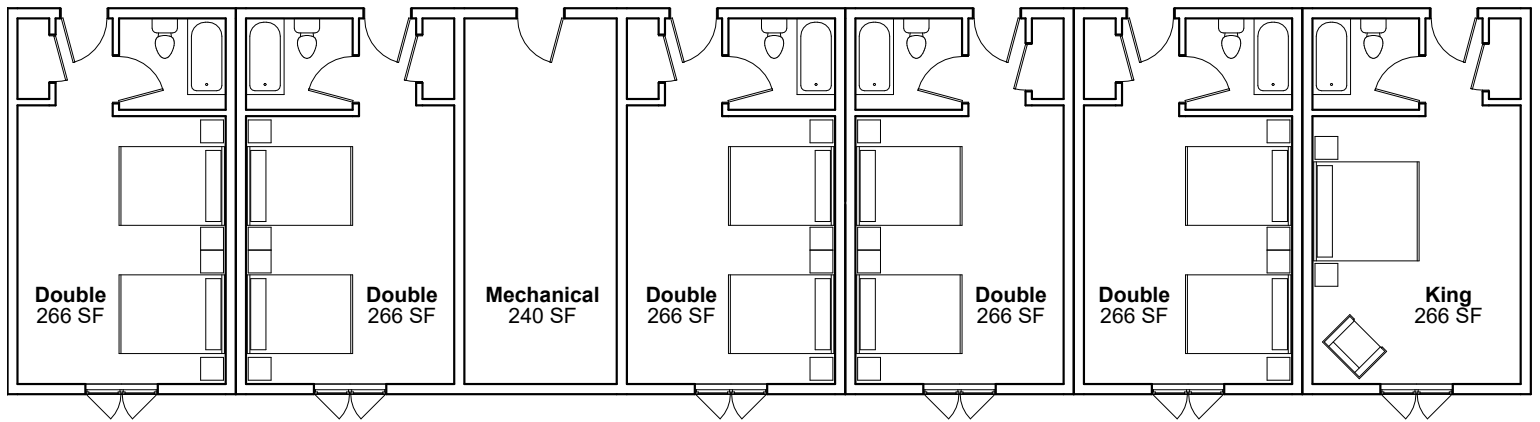
There is a single bathroom near the bedrooms, equipped with modern fixtures, including a bathtub and a shower. Fresh towels and toiletries are provided for guests' convenience.

This 3-bedroom cabin at a retreat provides a serene and tranquil escape for those looking to get away from the hustle and bustle of everyday life. With its modern amenities, tasteful furnishings, and breathtaking surroundings, it's the perfect destination for a family vacation or a group retreat.

MOTEL



The motel is a simple and familiar structure to most people with all the doors located on the same side and entry from the exterior. This style of housing can provide a level of comfort for those that are apprehensive in coming to the retreat. The retreat has different styles of rooms show in the plan, a double queen room and a single king room serving different clientele



These room types will be much more short term than the cabins and campsites because there is only a sleeping area and a bathroom and a small closet. I image these rooms to be two or three nights maximum and occupied by a couple or small family. Centrally located are two mechanical rooms to provide all the needs for this type of housing.

OUTDOOR ACTIVITIES



Figure 48



Figure 49



Figure 50

As mentioned earlier the site will have an abundance of outdoor activities.

Outdoor exercise has many advantages, some of which include:

Fresh air and sunshine: Outdoor exercise exposes you to fresh air and sunshine, which can help boost your mood and energy levels. Sunlight is also a natural source of vitamin D, which is essential for healthy bones and overall well-being.

Improved mental health: Studies have shown that exercising outdoors can help reduce symptoms of anxiety and depression. Being surrounded by nature and fresh air can help reduce stress and improve mood.



Figure 51

Varied terrain: When you exercise outside, you have access to varied terrain that can help improve your overall fitness level. Running or hiking on trails, for example, can help build strength and balance.

Socialization: Outdoor exercise also provides an opportunity to socialize and connect with others. You can join a group or club, or simply meet friends for a walk or run in the park.

Cost-effective: Outdoor exercise is often free, or at least significantly cheaper than joining a gym or fitness studio. This makes it accessible to people of all income levels.

Overall, outdoor exercise can provide many physical and mental health benefits, while also being a fun and enjoyable way to stay active

PROGRAMMED ACTIVITIES



Figure 52



Figure 53



Figure 54

Activities will include:

- Basketball
- Sand Volleyball
- Hiking, Tennis
- Canoeing
- Kayaking
- Fishing
- Swimming
- Paddle boarding
- Yard Games
- Snowshoeing
- Cross Country Skiing
- Skating
- Yoga
- Meditation
- Spa
- Sauna
- Spirit-free Mixology Classes
- Artisan Culinary Instruction
- Health and Wellness Classes
- Running Groups
- Many additional activities



Figure 55

These practices all prioritize self-care and self-improvement, with a focus on holistic health that addresses both physical and mental well-being.

They also often incorporate mindfulness, relaxation techniques, and healthy lifestyle choices, such as eating nutritious foods, staying physically active, and managing stress.



Figure 56

Additionally, these practices often promote a sense of community and support. These communities can provide support and encouragement to individuals seeking to improve their health and well-being. Finally, all of these practices can be adapted to fit individual needs and preferences, allowing individuals to tailor their approach to health and wellness based on their unique goals and lifestyles.

MATERIALS



Figure 58



Figure 57



Figure 59



Figure 60



Figure 61

Using natural materials in construction and architecture can offer numerous benefits, both for the environment and for human health and well-being. Here are some of the benefits of using natural materials:

Sustainability: Natural materials, such as wood, stone, bamboo, and adobe, are often renewable and have a lower environmental impact than synthetic materials. Using natural materials can reduce carbon emissions, conserve energy, and preserve natural resources.

Durability: Many natural materials are durable and can withstand the test of time, especially when properly maintained. For example, stone and adobe structures have been known to last for centuries, even in harsh environments.

Aesthetics: Natural materials can provide a unique and visually appealing aesthetic, with textures, patterns, and colors that cannot be replicated by synthetic materials. This can add value to a building or home, and create a sense of connection to the natural environment.

Health: Many natural materials, such as wood and clay, have been shown to have positive effects on human health and well-being. They can help regulate temperature and humidity, improve indoor air quality, and create a more comfortable and healthy living environment.

Cost: While some natural materials may be more expensive than synthetic materials, others can be more cost-effective, especially when considering the long-term benefits of durability and sustainability.

Overall, using natural materials in construction and architecture can offer a wide range of benefits that can improve sustainability, durability, aesthetics, health, and cultural heritage. By incorporating natural materials into building design and construction, we can create more sustainable, healthier, and more beautiful built environments.

Disconnect to Reconnect

Using Architecture and Master Planning to aid in personal connection with nature

Daniel Zitzow

Table of Contents



INTRODUCTION
AND HISTORY



SITE LOCATION



DESIGN
PROCESS



DESIGN
SOLUTIONS



USER
EXPERIENCE

Thesis Question

- Can architecture be used to reconnect people with nature on a basic level without the use of personal technology?

Introduction and History

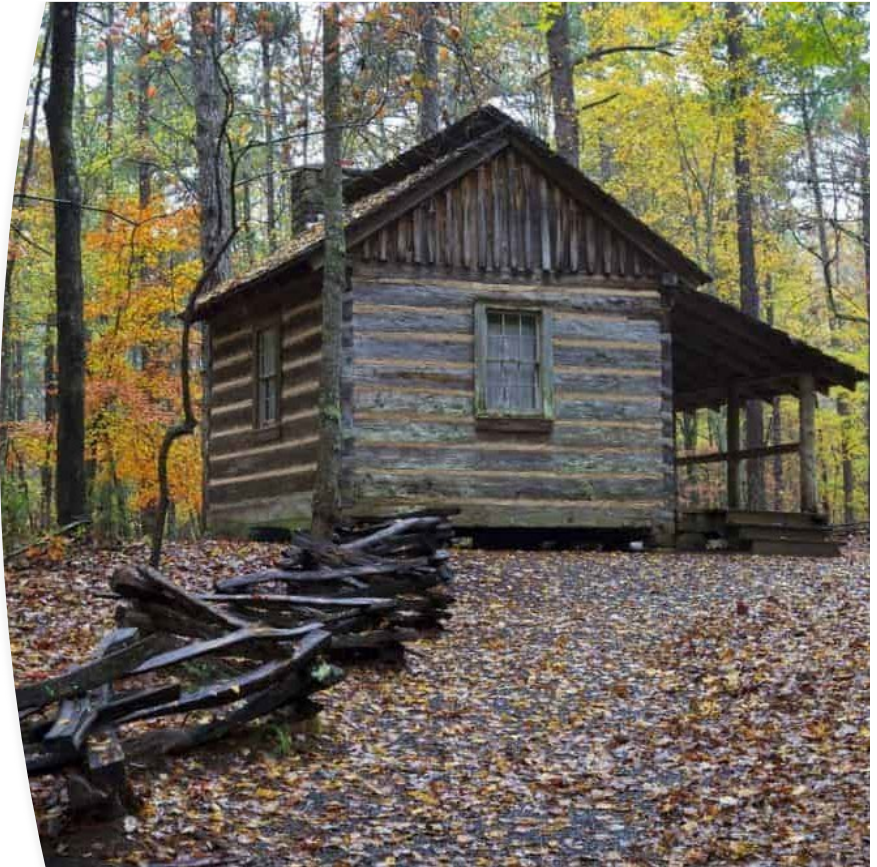
Abstract

- Technology is rooted in our society from a very young age, everywhere you look a child has some electronic device in their hands, impacting their lives. This is not necessarily a good thing for development and presents an opportunity for improvement. Architecture is a possible way to address this problem using programming and construction of buildings to build a connection with oneself and disconnect from technology. By looking at similar buildings and researching new ideas this can be investigated. The Wellness Retreat proposes a way to disconnect from technology and reconnect with yourself, providing spaces for all types of people from all walks of life. After a stay at the Wellness Retreat you will leave with a sense of self and less reliance on technology in our daily lives.



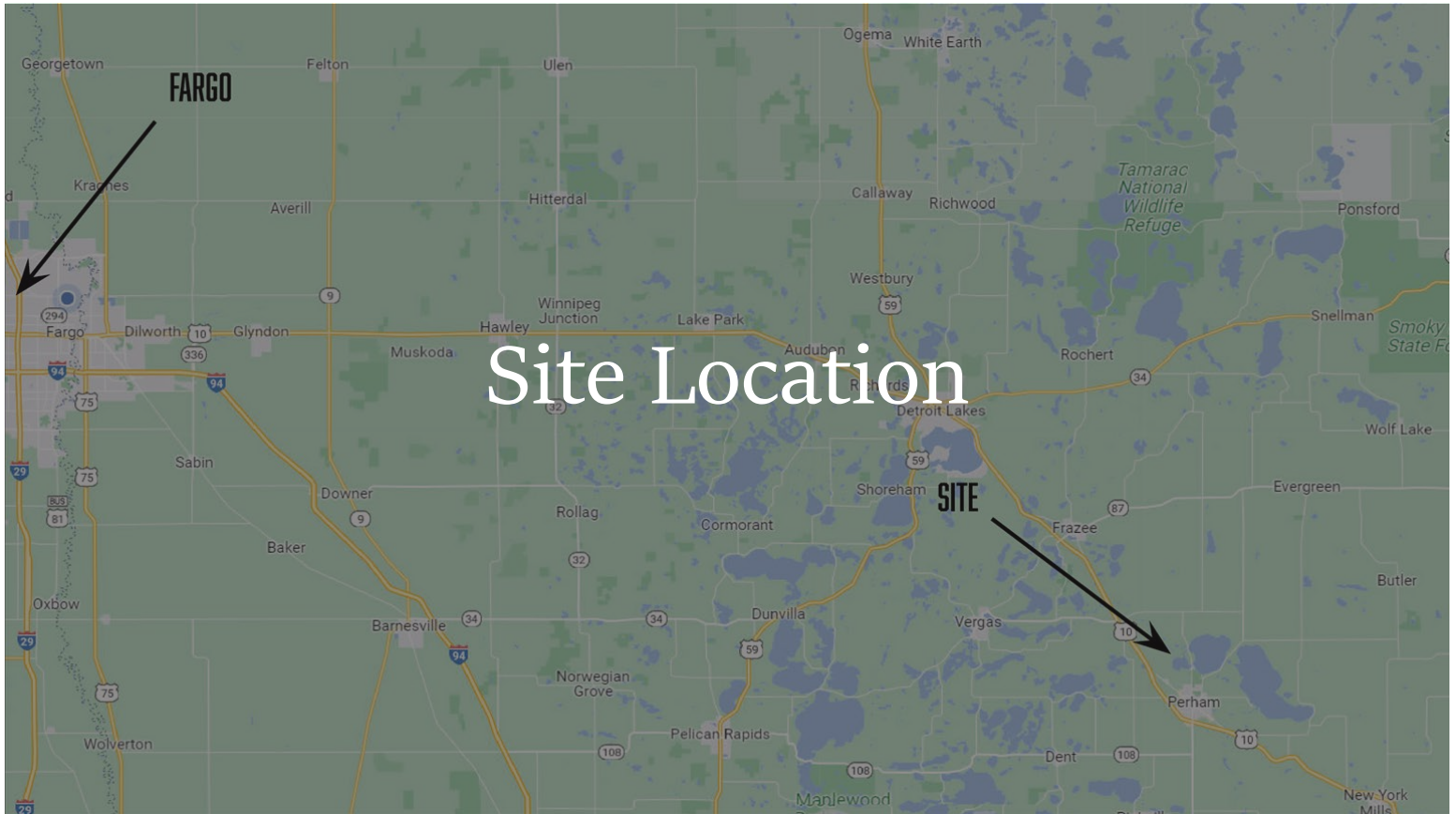
History

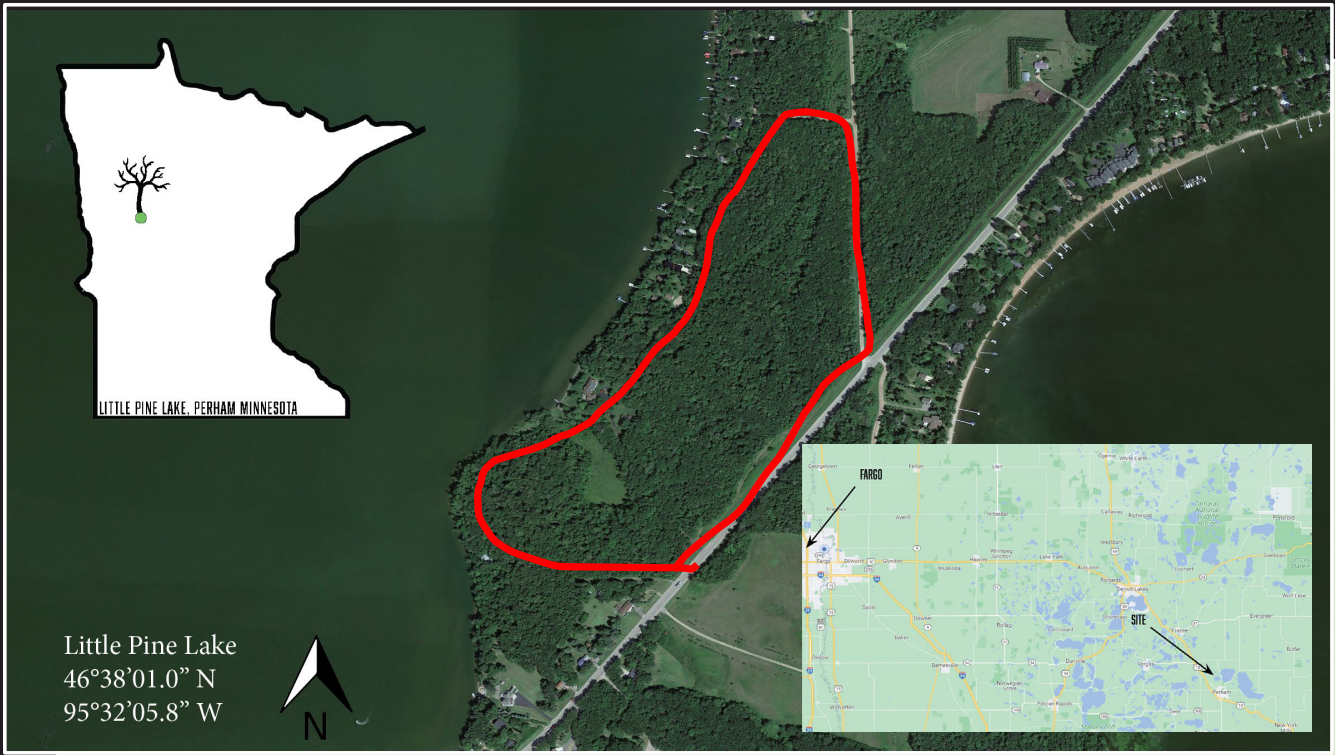
- Before technology, to learn something you had to either have someone teach you that already knew the subject or activity or use trial and error yourself to find the answer. We are losing this element in the modern development of our youth. In the recent years, our obsession with technology as a distraction for children and youth has come into question about how beneficial it really is for us, both old and young. Since we have everything at our fingertips, learning is not really occurring, and this makes us as a society collectively more dependent upon technology. Throughout history we have learned from our surroundings and maybe it is best to get back to that again.



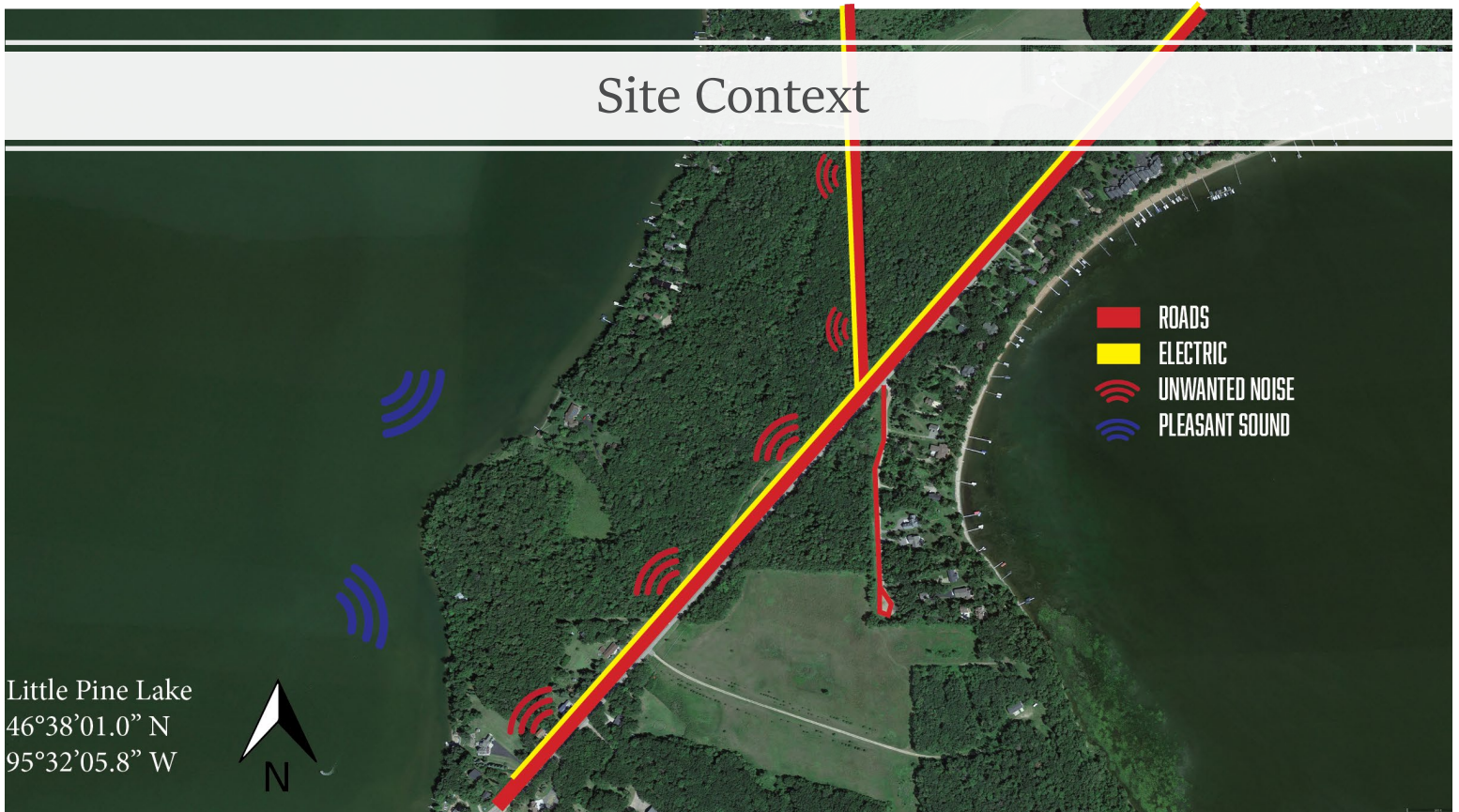
My Experience with the Site

- I grew up less than 5 miles from this place. A place that I visited quite often during my teenage years through participation in the local boy scout troop. I spent many nights in a tent on these grounds and completed my eagle scout project on the hillside of little pine lake. It is a place I cherish and wish more people could experience.





Site Context



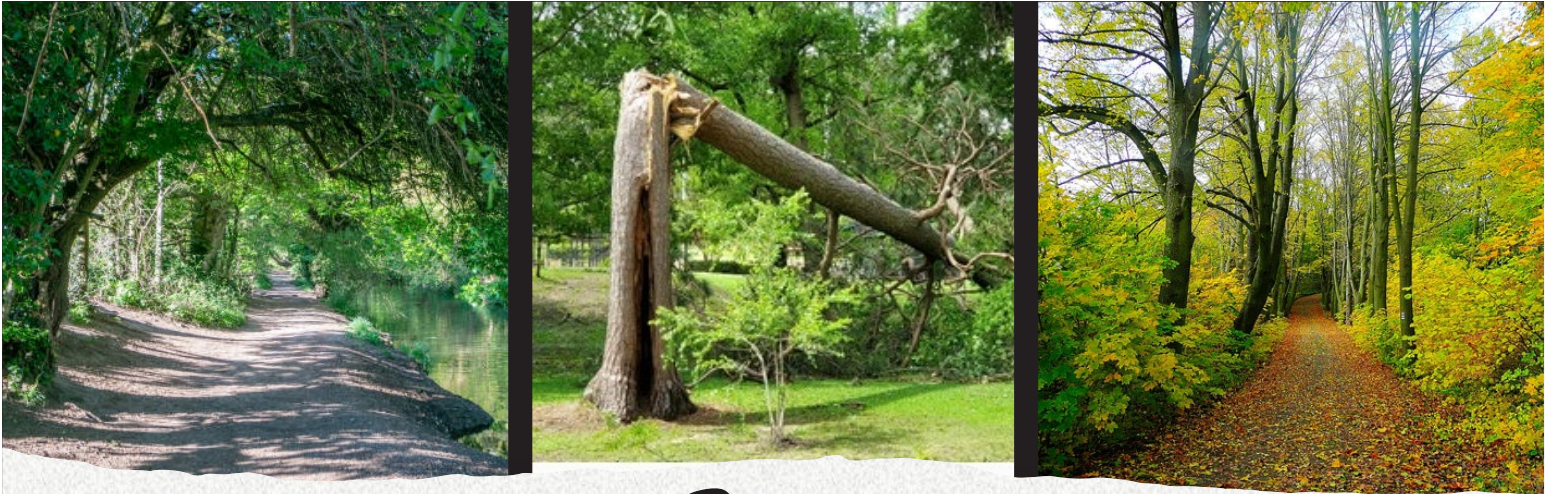
Project Elements

Master planning of programmed spaces

- Great Hall
- Eatery
- Lodging
- Outdoor Activities
- Programmed Activities



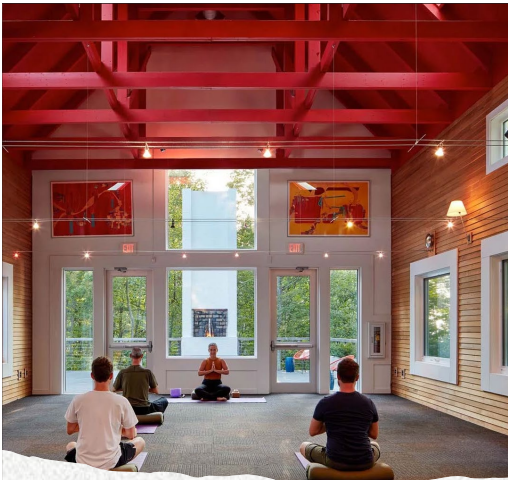
Design Process



Design Inspiration

Connection with nature

- The goal was to create a series of buildings that felt like they were engrossed in nature while also still enjoying the luxuries of the built environment. In having these structures spaced across dozens of acres we can then use the pathways and circulation to get these people back connected to nature seamlessly. Additionally providing outdoor activity spaces is beneficial to the user to promote more time spent in nature than they normally would in transition from one building to another.



Connection with nature through materials

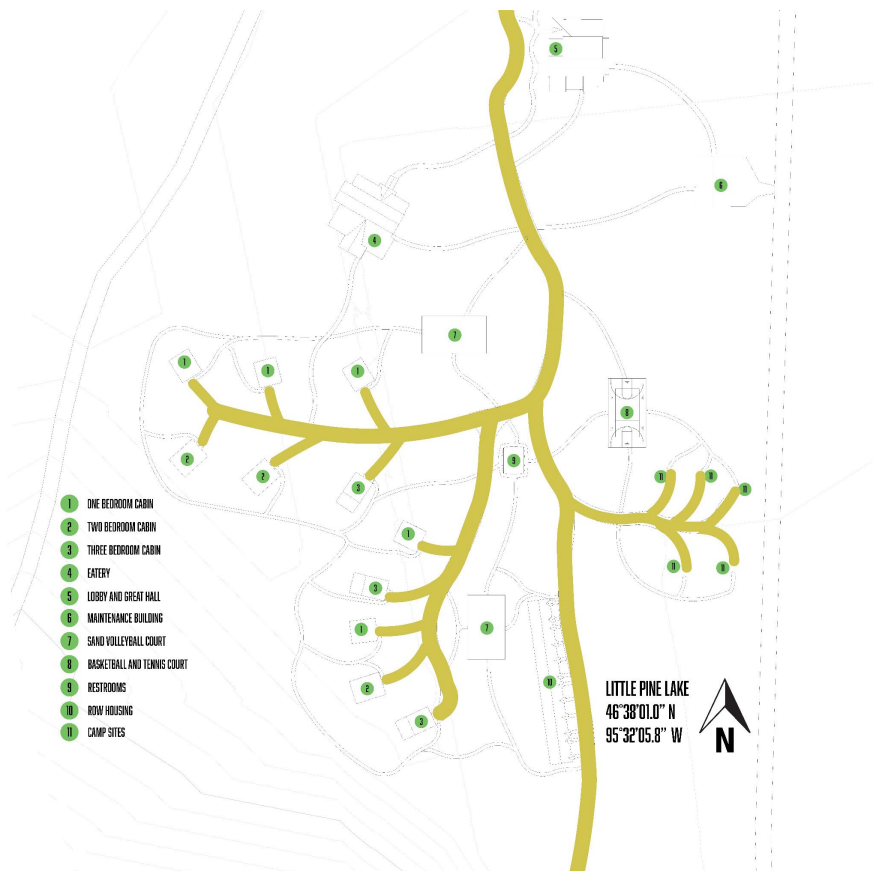
- We can create a connection to nature indoors if we incorporate the use of materials that could be found on the site, many instances of decorative wood, stone, plants and some heavy timbers.

Design Solutions

Master Planning, Great Hall, Eatery, Guest Lodging

Master Planning

- Tree like design
- Create community like spaces at each branch
- Incorporate different lodging within each branch
- Continue branch like design throughout the rest of the site to the south and west.



Great Hall

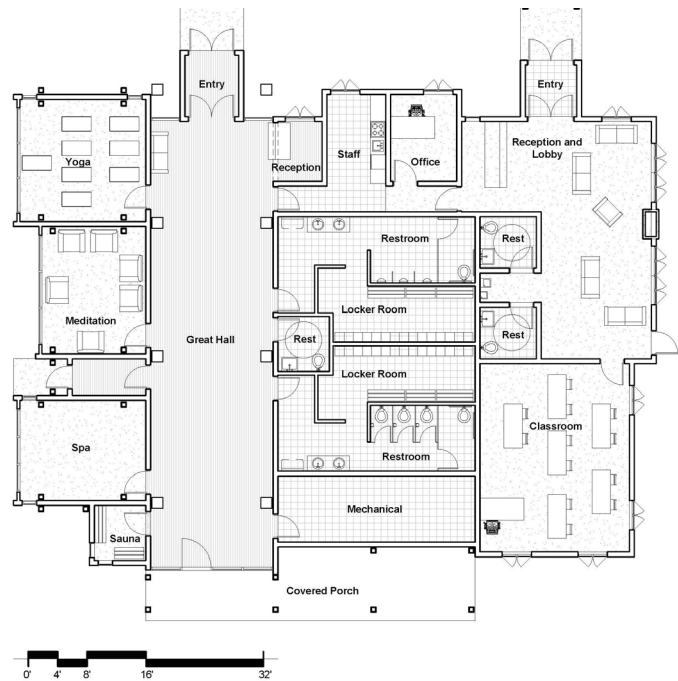


Great Hall



Great Hall

Great Hall Floor Plan



Eatery

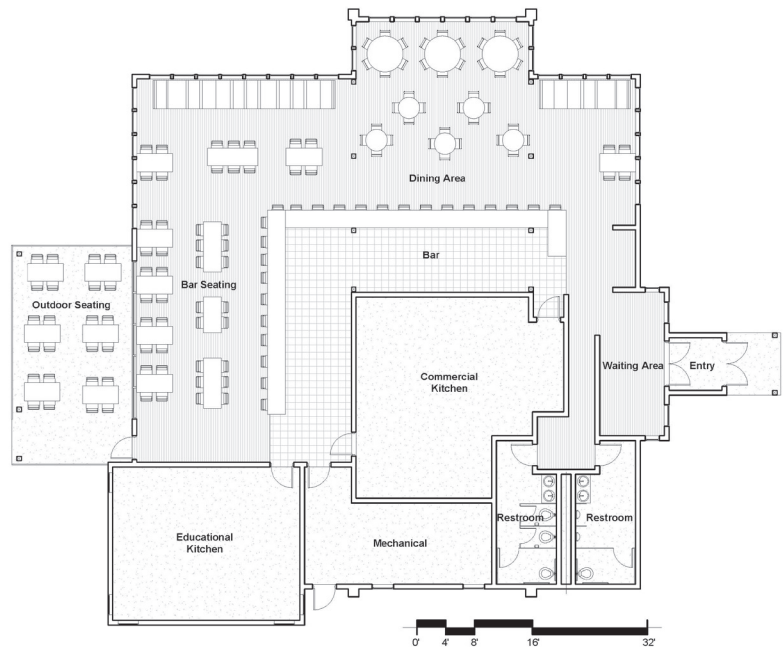


Eatery



Eatery

Eatery Floor Plan

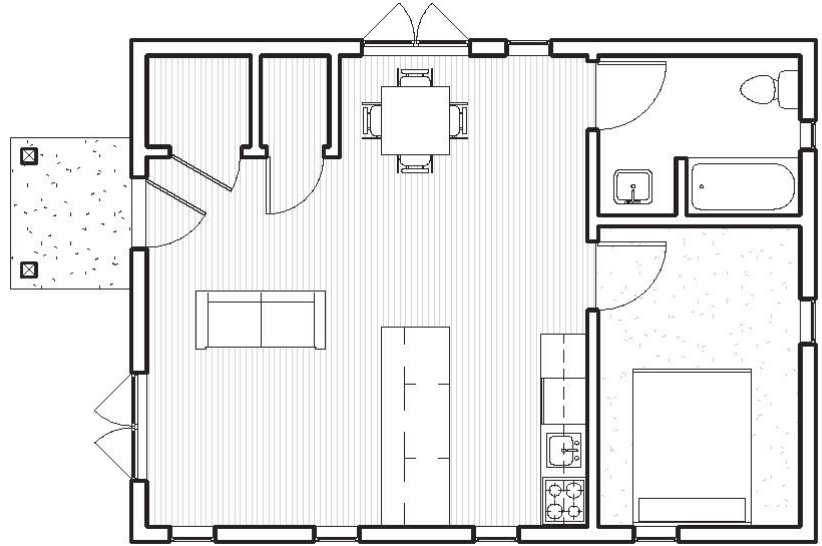


Cabins

One Bedroom Cabin

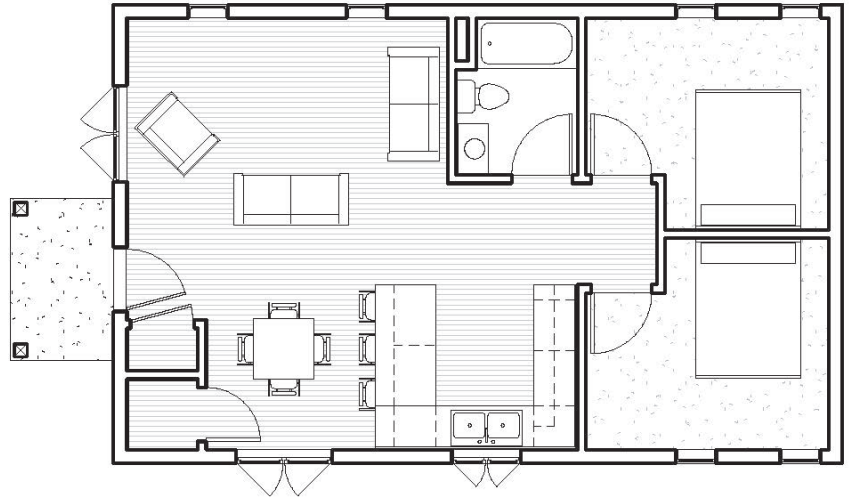


One Bedroom Cabin Floor Plan



Two Bedroom Cabin

Two Bedroom Cabin Floor Plan



Three Bedroom Cabin



Three Bedroom Cabin Floor Plan



Outdoor Spaces

- Pergolas
- Firepit gathering areas
- Picnic Shelters
- Seating
- Reflection clearings
- Lakeshore firepits



User Experience

Outdoor Activities



Basketball



Sand Volleyball



Hiking



Tennis



Canoeing



Kayaking



Fishing



Swimming



Yard Games



Snowshoeing



Cross Country
Skiing



Skating



Programmed Activities

- Yoga
- Meditation
- Spa
- Sauna
- Spirit-free mixology
- Artisan culinary instruction
- Health and wellness classes

Materiality

Wood

Natural Stone

Quartz Counters and Sills

Butcher Block Tabletops

Heavy Timber

Concrete



Questions?

DISCONNECT TO RECONNECT

USING ARCHITECTURE AND MASTER PLANNING TO AID IN PERSONAL CONNECTION WITH NATURE

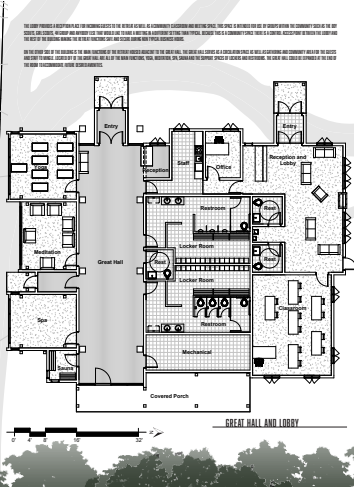
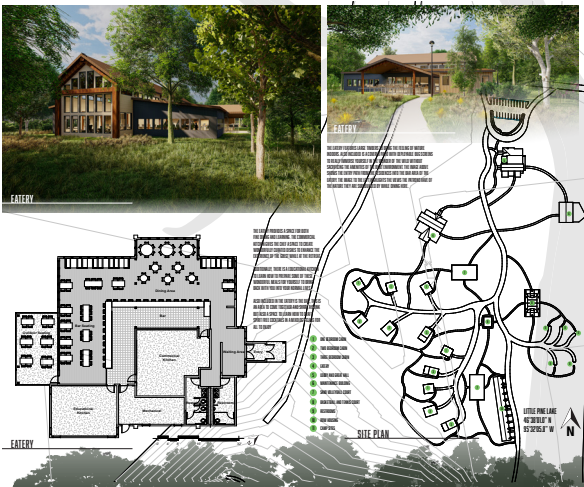


LOBBY AND GREAT HALL

THE BUILDING IS DESIGNED AS A PLACE TO DISCONNECT FROM PERSONAL TECHNOLOGY IN ORDER TO RECONNECT WITH THE NATURE. PERFORMANCE SPACES AND AN OUTDOOR PATIO ARE PROVIDED FOR THE BEST OF BOTH WORLDS. THE BEST CONNECTIONS TO NATURE ARE MADE THROUGH PERFORMANCE SPACES AND AN OUTDOOR PATIO ARE PROVIDED FOR THE BEST OF BOTH WORLDS. THE BEST CONNECTIONS TO NATURE ARE MADE THROUGH PERFORMANCE SPACES AND AN OUTDOOR PATIO ARE PROVIDED FOR THE BEST OF BOTH WORLDS.

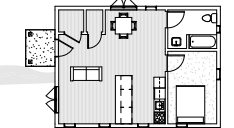
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OUTSIDE THE GREAT HALL, WE HAD THE OPPORTUNITY TO CHOOSE WHAT TYPE OF LODGING THEY WOULD USE. THE ONE AND TWO BED ROOMS OFFER A RANGE OF CHOICES AND THE THREE BED ROOMS OFFER A RANGE OF CHOICES. THE ONE AND TWO BED ROOMS OFFER A RANGE OF CHOICES AND THE THREE BED ROOMS OFFER A RANGE OF CHOICES.

GUEST LODGING



APPENDIX

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PREVIOUS DESIGN STUDIO EXPERIENCE

- 2nd Year: Fall 2019** Project 1 - Land Art Studio
 Typology - Residence and Studio
 Project 2 - Boathouse
 Typology - Training Facility
 Instructor - Emily Guo
- Spring 2020** Project 1 - Retirement Community for Marfa, Texas
 Typology - Residential
 Project 2 - Mixed Use Building Fargo, North Dakota
 Typology - Commercial/ Mutli Family
 Instructor - Milton Yergens
- 3rd Year: Fall: 2020** Project - Brick Project - Mixed Use Downtown Fargo, ND
 Typology - Restaurant/ Retail
 Instructor - Paul Gleye
- Spring: 2021** Project - Dennis Lanz Pavilion Competition
 Typology - Outdoor Pavilion
 Instructor - Cindy Urness
- 4th Year: Fall: 2021** Project - Capstone - Miami, Florida
 Typology - Highrise
 Instructor - Amar Hussein
- Spring: 2022** Project - Low Income Housing, Fargo North Dakota
 Typology - Multi Family Midrise
 Instructor - David Crutchfield
- 5th Year: Fall 2022** Project - Wetlands Research Facility outside of Ulen, MN
 Typology - Research Facility
 Instructor - Cindy Urness