



GREY MATTER VESTLANDET
EXPLORING NEW FORM OF LIVING AND AGEING TOGETHER
OPEN CALL MASTER COURSE AUTUMN 2020

Lørdagspikene sandviken, Bergen.
Credit Ørjan Deisz for BT

Grey Matter Vestlandet

Exploring new form of living and ageing together

Course Content

Introduction

We would like to propose a master course at BAS investigating new form of ageing and living together, placing our seniors at the centre of urban renewal.

This topic is a central preoccupation of our newly established office in Bergen called local. It follows our awarded intergenerational urban vision in the North of France for European 15 and a research grant in collaboration with Columbia University for the study of the NORCs (Naturally Occurring Retirement Communities) in New York. At the same time, we have just been selected to participate in this year's Seoul International Biennale of Architecture and Urbanism with our project Grey Matter Bergen presenting a documentary about how we are growing old in the city following the daily life of members in our senior community of Bergen.

Today more than ever, we think it is crucial to raise awareness about the way we are growing older, to open it and work as group from different background and imaging the multigenerational places of the future. Places where our future selves would like to live in.

It is a multidisciplinary adventure with a team of teachers from distinct fields. The aim is to expose the students to the topic of Health as a total phenomenon and bring architecture, planning, art, sociology and psychology together.

We hope you find it as meaningful and relevant as we do and that we can work together!

Grey Matter Vestlandet **Exploring new form of living and ageing together.**

The current situation has unfortunately drawn a clear picture: a high percentage of the fatalities of the COVID-19 pandemic has occurred in long-term care facilities, varying from 50% to one third of the total deaths in different periods of the crisis, both in the States and Europe¹. The numbers show the vulnerability of the secluded institutions of our

elders and put into question the continuation of the institutionalized living for the older population. The city as an intergenerational environment has proven more resilient, yet no clear synergy exists between aging and urban living.

A simple observation of two trends can prove mutually beneficial and unlock new social and urban potentialities. On one hand we are growing older faster than ever, most of the time in places that are unadapted, isolated. We are also healthier and active longer than ever. On the other hand, smaller cities in Europe have undergone stagnation and decline². The process of global shrinkage particularly affects cities that are not or no longer able to "hook up" to the networks of modern global capitalism.³

Grey Matter contradicts the common place that activity and productivity belong solely to the youth and criticizes the segregation of seniors that consigns them to isolation, passivity and dependence and claims that a productive city can also be inclusive⁴ to provide safety and freedom in an intergenerational urban context. There is an opportunity to revitalize existing urban structures by placing seniors at the heart of our urban life harnessing the total ecology of Health in cities to create new durable social and economic bonds. This raises questions about the place and cost of health and social sustainability in our living environment, inclusion and segregation, participation and new virtuous dependencies bringing a range of actors together durably.

Aging trends in Norway and Europe

One third of the population in Europe will be over 60 years old by 2060. Currently, 10% of these seniors are economically active⁵.

This number rises to 20% in Norway where seniors hold 75% of total private assets. The silver economy⁶ is a powerful and attractive reality for many that confronts to the other reality: 30% of the European females above 65 years old are at risk of poverty (5.5 million women and 1.5 million men) and all share important psychological burdens that are hardly addressed.

A report by the National Consultative Committee of French Ethics (CCNE)⁷ explained by Lara Marlowe, from Irish Time, is unapologetic and explains the challenges of aging in France that can also be applied to the European context. Lara writes: "The ghettoization "of the elderly is the result of aging, collective denial, and inappropriate and disrespectful policies."⁸ The report, entitled 'The

¹ N. GANDAL, M. YONAS, M. FELMAN, A. PAUZNER, A. TABBACHLONG. 'Long-term care facilities as a risk factor in death from COVID-19'. VOX, CEPR Policy Portal. July 2020

² DOGA, 'Skal finne nye distriktsinnovatører'. April 2021

³ POPSU TERRITOIRES, France, 2020

⁴ EUROPLAN France, Opinion from the Jury, <http://www.euoplanfrance.org/projet/grey-matter-692>

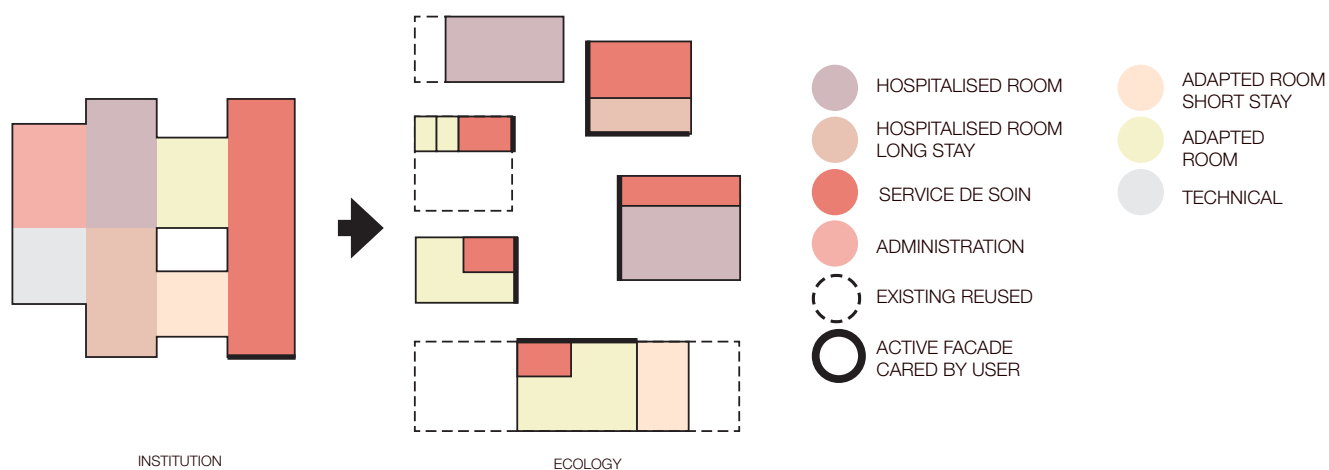
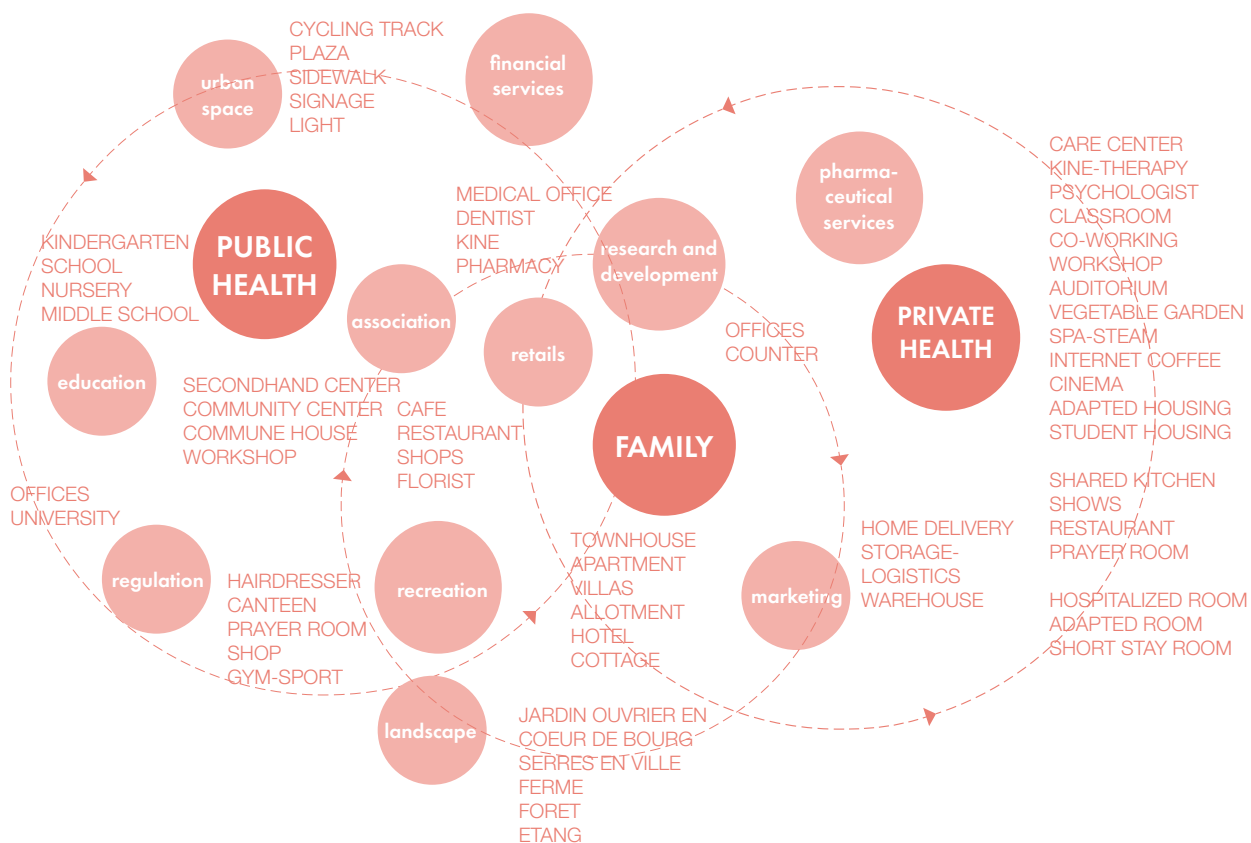
⁵ SPECIAL EUROBAROMETER 378 "Active aging", EUROSTAT

⁶ SILVER ECONOMY STUDY, European Commission 2018

⁷ AGID REGIS Y., CROZIER s., DUEE P., FLEURY C., GRUAT F., PUECH F., LE FRIANT M., BERTRAND Q., The Ethical Issues of Aging. CCNE Opinion n° 128, February 2018

⁸ L. MARLOWE, 'Elderly in France are excluded and 'ghettoised', The Irish Times, May 2018

MUTUALIZATION OF FUNCTIONS OF HEALTH



HOW TO REINVENT THE ECOLOGY OF HEALTH AS A NEW SHARED LANDSCAPE IN OUR CITIES?

Ethical Stakes of Aging', asks: "What does it mean to concentrate the elderly among themselves, often against their will, in permanent residences until the end of their lives?"

In short, aging has become shameful, ignored, unmanageable, lonely, and with little or no network to explore alternatives that provide solutions for both seniors and family members to address this social challenge both economically and spatially.

The reports urge politicians and experts to explore alternatives that seek integrated centres or promote self-management of residences by the users themselves. These alternatives seem to shed light on the fact that "senior" can once again be understood as active, independent, productive and, ultimately, a significant player in our society. Shifting our understanding from "senior" = dependent to "senior" = independent brings some optimism to a discouraging analysis of the current picture.

Changing trends in the architecture of Health

Municipality alone can no longer be the sole provider of the civic life because there is simply not enough resource to do so and, in a long term, this is neither sustainable economically, ecologically or socially. At the same time there is a change undergoing in the private health sector that understands the benefits to deliver better integrated projects with added value that can contribute to the public life. Meanwhile, there is also a bottom-up effect and possible economic incentive by giving the opportunity for people to take more ownership in shaping their future and being included as an active member of the community.

Elderly facilities are both places of life and work, bringing together a variety of actors: seniors of different ages, cultural backgrounds and levels of dependency; doctors, nurses, psychiatrists, cooks, cleaners and family members. There is a variety of functions that can be found in the city, such as supermarkets, dentists, hairdressers, restaurants, nurseries, gyms, swimming pools or cafeterias that can be shared with these facilities. Interesting relationships can be established between the city and the architecture of Health.

"It is about being able to generate and share knowledge [...], with a shared vision, empowering people to see the different ways of aging, because in a diverse society, the way of aging is plural."⁹

⁹ NGD - Business and Dependency Management. Interview with SEGG vice president of Gerontology, Lourdes Bermejo: "In a diverse society, the way of aging is plural", November 2019
10 GOLDSTEIN D., Cities of the Old, PUBLIC, November 2017

Lourdes Bermejo vice president of the Spanish Society of Geriatrics and Gerontology.

Ageing in place: New forms of living together?

Most older people would prefer to continue living at home while growing older.¹⁰ Maintaining the network of affective and family ties in a known environment that provides an identity to the person is made possible by aging in the place where they have lived.

The examples of typologies that facilitate aging in are varied and their use and proliferation is linked to the country and the cultural context. NORC communities exist in the United States, self-managed senior communities are common in the United Kingdom, cohabitation or 'co-housing' solutions common in Scandinavia and Northern Europe, and multigenerational housing are a recent product of the United States housing market.¹¹

The case of Vestlandet

We have 147 district municipalities in Norway. Many struggle with well-known issues, such as relocation and lack of vibrant downtown streets, cultural offerings and attractive jobs.¹²

With Grey Matter Vestlandet we focus on the overall Region of Vestlandet as a starting point to understand how issues of program, geography, connectivity and mobility can be understood as part of a landscape of Health and establish a singular contrast between urban and rural areas in this region defined by its challenge landscape. By selecting both key locations and inspiring people we develop projects that address the topics of inclusive aging, shared living, work & social empowerment and attractive spaces of Health in the city.

We ask ourselves: How can seniors play a central role in urban renewal and the transformation of rural places along the West-Coast of Norway?

Contrary to observed trends in Europe where many smaller cities face decline and population loss, people along the west-coast are relocating and live more densely than before in some towns but the question of lifestyle, mobility, activity in term of employment or social empowerment and attractiveness of centres are still very much at stake¹³.

-What is the role of architecture and urban design to make aging inclusive and affordable?

-How are the spaces of Health providing the right context to grow older with dignity?

11 ANAKER K., NGUYEN MT, VARADY DP The Routledge Handbook of Housing Policy and Planning. 2020 Taylor & Francis. ISBN: 978-1-138-18843-3

12 POULSEN H.: "Will find new district innovators", DOGA Website, April 2021

13 Vestland, Utfordringer for fylket og for regionane and Statistikk og utviklingstrekk. Vestland fylkeskommune



HOW CAN THE ARCHITECTURE OF HEALTH MANIFEST IN THE BUILT ENVIRONMENT ON A DIFFERENT SCALE?

- 01: Aubry, health loop
 02: New intergenerational neighborhood in Aubry
 03: Workshop in the intergenerational facility

Images : Grey Matter / Matière Grise (when the 'Thé dansant' is no longer an option), AUBY European 15 Runner-up, M. BOUSTANY, B. DESFONDS, E. MOSQUERA, J. PICARD. Collaborator: P. SUPHASIDH

-How can multigenerational typologies facilitate links of collaboration between generations that are mutually beneficial?

-How can art and music play an active role as intergenerational bidding and provide as well the space for interaction?

-How can introverted institutions open to create an ecology of health in the city?

- How can our living environment benefit durably and more equally from the growth of the Silver Economy?

It will be a journey from the scale of territory, looking at the urban and the rural, the micro scale of human stories that will conform the main focus of the master course. Ultimately, how can their stories inspire us designers to reflect on possible future form of inclusive and resilient living?

Project site

The studio is proposing different sites, urban or rural for project groups to choose, where the full ecology of Health can be investigated in many ways. The sites are applicants to the Gnist-programmet from DOGA or have ongoing planning work with identified challenges such as growing communities or declining in population, urban structures, or lack of urban structures. The studio will have access to robust background information and responsive interlocutor.

Tønna and park Trossefjora, Fjaler municipality. Fjaler municipality envisions a new attractive residential project on the proposed area of 4200m² and link to the area of Tross with new recreational facility. There is currently an old barrel factory and warehouse buildings, currently used as a timber warehouse and shop with beautiful view of the Dalsfjord.

Øystese looking to the Folgefonna glacier in Kvam municipality who also are looking for innovative methods and processes to shape the future of the town with art institutions and a new waterfront park.

Os, the regional centre in Osterøy municipality, just 30 minutes driving from Bergen, which has grown in number of inhabitants in the last years but depends on Bergen as a job provider is facing challenges building communities with mixed used urban structures around their "historical" centre.

Førde in Sunnfjord municipality with a forward-leading administration and interesting on-going projects despite being notorious for the award of the ugliest town in Norway.

The outcome of the course is a project-based proposal. The scale of projects ranks from medium-small neighbourhood scale to architectural scale. Project sites will be narrow down and area of

intervention defined prior to the course. Students working in group will be able to choose one site.

Working and learning activities

Time frame and phases

Period: from August 21st to December 20th, 2021.
19 weeks

The course is structured in three phases of that are articulated between each other:

1. Theory & Case study (30%) 5 weeks
2. Exploring & Translating (20%) 4 weeks
3. Proposing (50%) 9 weeks

The course offers a methodological insight of how to deal with a complex field, to clarify margin for architectural maneuvering and a scope of action at different scale, in balance between theory and practice.

Group presentation

Each phase is concluded by a group presentation that allows the studio to share and discuss methodologically knowledge gained and questions. Each have a different goal:

1. Understanding theoretical starting point, setting vision and ambition as a group. Creating a common production of drawings, diagram, maps and shared knowledge.
2. Articulating sites and topic in potential thesis for project using creative practice and field actions.
3. Final presentation presents the studio theoretical knowledge acquired and the group/individual projects developed during the course.

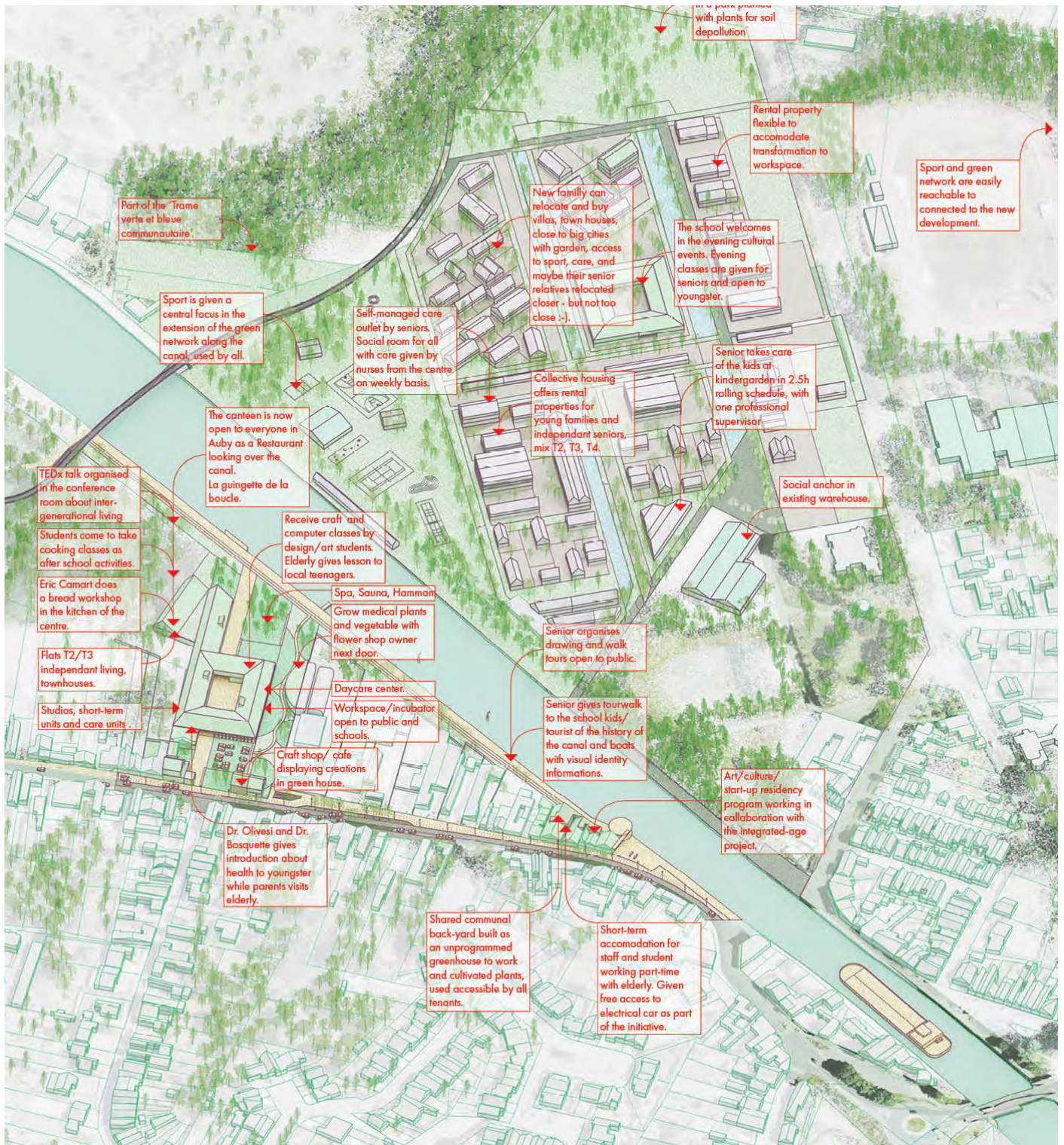
Study trip - 5 days

The study trip serves a double purpose. One it is aimed at discovering as a group the different project site proposed in the course. Second, this trip around the region will allow us to look at the different scales and places of Health and its relation to the unique landscape of the West-coast and interact actively with the different users and actors. With both students coming from different parts of Norway and abroad, we can take this opportunity to look in-depth into our surrounding, with the advantage of a group able to exchange local and global knowledge.

All project site will also be available via public transport (bus) if needed to go again outside the study trip, to communicate with the community or test out part of the project on site.

Lectures and seminars

Lectures are given by teachers and guests lecturer invited to contribute to the theoretical study and present practical example during the project phase. The aim is to increase reflexivity related to ageing as a lifelong and multifaceted process and expose



HOW CAN A NEW, INCLUSIVE AND SHARED VISION OF LIVING TOGETHER GIVE A NEW MEANING TO THE AGING PROCESS?

the students to the topic of Health as a total phenomenon. We will bring architecture, planning, art, sociology and psychology together in the panels.

As an example, one of the topics will be how ageing seems to increase diversity, boldness and individuality, while in society old age seems dominated by stereotypes and prejudices more than in any other phase of life.

We will explore what is, and could be, at the intersection of societal/personal challenges and communal/individual resources.

A small seminar about these topics could include Eli Lea and Hanne Jones who are working towards a house of culture for people with dementia, Jill Halsted who is a professor of music at KMD and works with citizenship through the arts around Europe, and Mary Miller who is passionate about the social function of opera.

Tools

Writing, diagram, drawing, model. ArchiCAD and Rhino-tricks workshop can be organised at the student request during the first phase.

Requirements

- As teachers of the course we trust the student to be actively engaged with a level of independence required for a Master and able to come together as a group willing to learn from each other and take decision to where their projects and the course can develop.

Weekly meeting attendance with one or more of the teachers, planned on Thursdays.

- Two specific submissions (Phase 2 and 3) during the course and one text submitted at the end of the course in Phase 3 but started from Phase 1. Text length standard for Master. Booklet format presented in the form of slideshow.

- Assessed on the basis of submissions and participation.

Learning Outcome

1. Skills

Oral presentation, Group work, ArchiCAD Rhino modelling, Strong concept diagram, Making interview and participatory process from DOGA guideline.

2. Knowledge

KPA 2018, UU Rules, SINTEF guidelines, In-depth and pluri-disciplinary understanding of Health and Ageing as one of our most important societal

challenge in the future.

3. Competencies

Transversal approach to urbanism, architecture and design.

Develop mature concept and design linked to a wider theme.

Understand planning process at city and regional scale.

Reading list and bibliography

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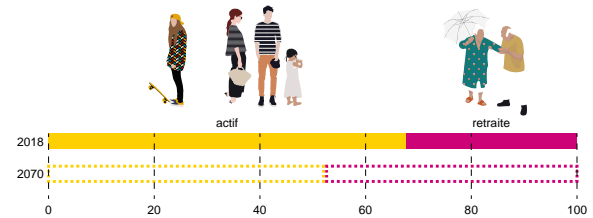
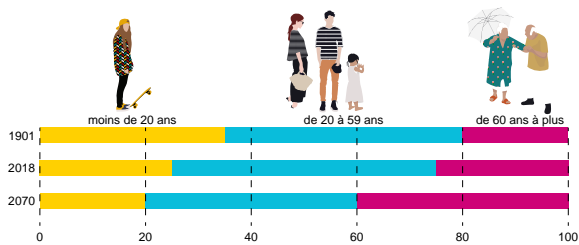
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Teaching team

Elida Mosquera and Jerome Picard:
course organization and studio (Architecture and Urbanism).

Eva Kun: artist teacher DAV.

Liz Eva Tøllefsen and Anna Helle-Valle:
transdisciplinary role linked to planning, sociology and psychology.



Elida Mosquera – teacher in charge
Architect March/MNAL
www.local-eu.com

Elida is a founding partner and CEO of local Bergen, an architecture and urbanism studio based in Bergen, Brussels and Paris. With more than 14 years of experience working with leading international offices such as OMA, Elida has a strong transversal experience from concept design through construction phase of complex international projects. She has a robust experience in design coordination on site of BIM projects. In 2020 Elida was awarded with the research grant ARQUIA to develop a study in collaboration with Columbia University about the NORCs in New York city (Naturally Occurring Retirement Communities).



Eva Kun - teacher
Teacher DAV/ Artist
www.evakun.no

Most of my artistic work is situational. I work mostly with light, - light touching, form and space. This has resulted in a number of «light installations» interior and exterior. I work mainly with site based ideas; content and character. Materials are chosen according to the idea and in relation to the site. My choice of materials is unlimited; anything from traditional materials to building- or natural materials. The light can be natural or a variety of artificial light. The situations can be either small or large but always with one or another form of energy. My main focus is on relativity of space/form/light with a versatility. Light and space relativity is common to all my works. I am fascinated by light, yet not necessarily limited to the colour white whenever the situation requires something else.



Liz Eva Tøllefsen - teacher
Senior Adviser Urban Development
Department for Planning, Climate and Public Health, Department of Strategic Development and Digitization
www.vestlandfylke.no/planlegging/by--og-stadutvikling

With a degree in Architecture from Bergen Architecture school and experience in Spanish and Norwegian firm as an architect and urban planner, Liz Eva is currently a senior advisor in the regional planning department of Vestlandet. She works on developing framework for everyday life in cities and towns in Western Norway with a focus on connecting several disciplines and ensuring active participation in planning processes.



Anna Helle-Valle - teacher
Psycholog, Daglig leder og festivalsjef Siste kapittel
www.sistekapittel.no

Anna Helle-Valle is a trained psychologist, has a doctorate in music therapy and works in the agency for nursing homes in Bergen municipality. She is leading Siste kapittel, and Aldringsfestival in 2021 in bergen. Last Chapter is an ideal organisation that aims to expand and challenge perspectives on ageing. In addition to the need for new democratic spaces, we need resource-oriented contexts for co-experience. We live in an increasingly specialized and age-segregated society, with fewer playful and informal meeting places. Artistic venues such as festivals, theatrical performances, concerts, choirs and dances can facilitate joyful and moving meetings between generations and between amateurs and professionals. Art helps us experience and discover ourselves and can strengthen our sense of participation and belonging. The Last Chapter festival draws together different art forms and fields and innovatively brings together artistic experiences, research dissemination and democratic dialogue to create new connections, commitments and change.

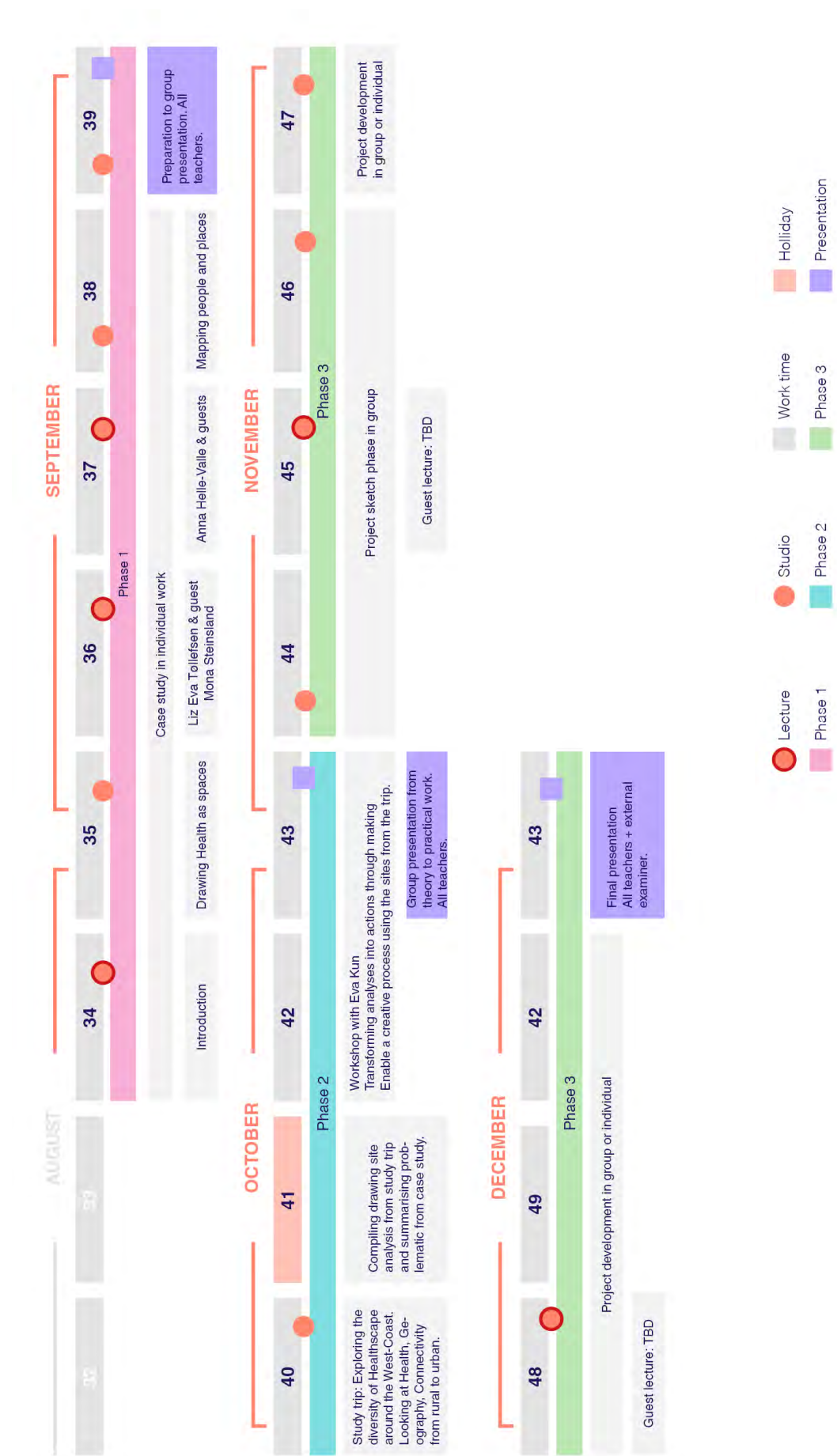


Jerome Emmanuel Picard
Architect MNAL, Interior architect MNIL
www.local-eu.com

Jérôme Picard is a founding partner at local leading urban and architectural projects, with previous experience in international firms such as OMA in Rotterdam and DPA in Paris. With a dual degree in spatial design from Ecole Boulle in Paris, and urbanism from the AA in London. Jerome moves freely between the disciplines of architecture to bring with him skills in creative direction, strategic urban thinking and construction. He has a strong background linked to the design and construction of different Health facilities in Norway, including a reference project for a new model of Alzheimer center in Furuset. He led the awarded project of European 15, an intergenerational urban vision for a small city in Aubry (France).

Jerome is a member of the Norwegian Committee for an Age-Inclusive Society with number SN / K581 (linked to ISO / TC 314 Aging societies).

He has a robust teaching experience in different European universities like Brighton Architecture School, Londonmet, ENSAAMA Paris and BAS in Bergen.



Specific conditions

A master course is considered a formal exam at BAS. The only grading is Pass /Fail.

An external examiner will be present during the final review, and participate on the final grading of the student in collaboration with the teacher(s) in charge on the course.

If a student lacks the minimum level and attendance in order to be evaluated for the exam, the student shall receive written notice of this as soon as possible, and at the latest 2 weeks before the final review. Then this student will have failed the course. As a master course is based on the effort and work during a whole semester, this will be the basis for the approval for the exam.

Written notice/warning can be given throughout the semester if a candidate does not have the required progress or attendance. Then it is the student's responsibility to put in the extra effort and resources.

Even though a student does not receive a warning/notice from the teachers, the final result will be depending on an evaluation also by an external assessor, and the result can therefore not be guaranteed.

If a student has special needs and will need facilitation during the master course, the student must contact BAS before the course starts and inform the school about this. It is required to have documentation of a diagnosis in order to have facilitation. If you have had a process with this earlier in your study, you nevertheless have to contact adm. to inform and agree upon the specific needs for facilitation for the upcoming semester.

The final assessment

will be made by the teacher(s) in charge of the course plus an external examiner during the final review, and will be based on:

1. The individual submission for the different stages of the project.
2. The level of participation and contribution to the collective/group work.
3. The assessment of the work/project as presented at the final review.

After the final review one will receive either a pass or fail. If there are minor weaknesses that could improve the project in order to pass, a candidate may be given supplementary work that is to be completed within 2 weeks after the final review. The supplementary work will be evaluated to either a pass or a fail by the teacher(s) in charge. If the weaknesses are not possible to overcome by doing supplementary work, the grade will be fail. This decision of giving supplementary work is solely up to the teacher and the external examiner.

Specific requirements for design and build courses

For design and build courses it is very important that the student participates on the collective work, as well reflect on one's own effort and learning outcome.

The final decision as to the performance of each student will be taken by the external examiner (senior) on the basis of both group performance, the report on individual participation done by the teachers, and a portfolio made by the student showing the extent of individual and collective contributions to the studio.

Portfolio

a student is expected to make a portfolio of all 3 master courses before diploma. This is to be submitted at the beginning of the diploma semester.



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