

Synergic Lift

- Restoring social cohesion by adding a fourth-place into Solheim Nord

Diploma 2021 - Bergen School of Architecture
Student: David Valen Aadland

Index

Project Description	p. 3
Diploma Program	p. 4
Team	p. 5
How my intentions changed	p. 6
Selection of process	p. 7 - 14
Timeline for work procedures	p. 16
Curriculum vitae	p. 17
Reading list	p. 18

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Solheim Nord (as follows Solheim) is southwest of Bergen city center, along Løvestakken's (477 m.a.s.l.) east side - stretching from fjord to mountain.

This has been a working-class area centered around the shipping industry for many decades.

The area consists of low-income high-rise buildings along Løvestakkens mountainside, working-class 20th century townhouses (in the middle), followed by modern, high-income, six story buildings by the waterfront.

My urban study shows a diverse city, but certain areas are neglected and forgotten.

Solheim is one of these and scores as one of the top three statistical units in the city center, among the lowest according to the survey on living conditions (Folkehelseoversikt Bergen Kommune 2019).

The area has seen a rapid transformation over the years, with no natural meeting places. Most industrial buildings have been replaced with modern housing complexes. Gated marinas and kitchen-living rooms facing the quay make the area less open.

The municipality of Bergen has, through regulations, demanded that ground floors must contain public functions.

However, most ground floors are still vacant. Furthermore, most housing complexes have entrances on other levels due to the regulation, leaving the street (Damsgårdveien) empty.

The area is left with a missing identity and synergy.

There is no mutual meeting ground.

Apart from Løvestakken - which is a popular hiking path, the area also lacks activated green spots.

The steeply sloped landscape causes less accessibility for people in the area with reduced mobility.

I have chosen to work with Kavlifabrikken (Solheimsviken), situated at Damsgårdveien 59, right next to the pedestrian bridge "Småpudden," which connects it to the highly activated neighborhood Møhlenpris.

There have been meaningful discussions about the future of the building in recent years.

Many want the building to be a cultural meeting place.

Some of the users of the building today are "BAKOM;" a meeting place for young filmmakers and game developers, a motorcycle workshop, an inventor, artist ateliers, and architects.

BOB - Bergen & Omegn Boligbyggelag, which has also been one of the area's leading developers, owns the building and will add two new floors with apartments on top of the existing factory building with 18 new residential units and refurbish the three existing/ original floors.

I have created a counter-proposal that takes human values and unity into account.

Ray Oldenburg, an American urban sociologist, introduced the term "third places" to describe our cities.

The "first place," as he describes it, is our home; the "second place" is our educational institutions and workplace.

In contrast, "third places" are environments (neutral zones) such as parks, cafes, public libraries, and bookstores.

Oldenburg argues that third places are essential for civil society, democracy, civic engagement, and establishing a sense of place. While first and second places are already well established in Solheim, the area lacks uniting public places.

For my diploma thesis, I have investigated how we can introduce a "fourth place" - a combination of the "three," into the existing factory building Kavlifabrikken.

The "fourth place" will operate as an extension of the adjacent kitchen - not to replace but supplement it.

The "fourth place" also includes environmental learning through practice and adds new jobs related to food to the area.

Kavlifabrikken is envisioned to benefit the greater good of Solheim - raising the standard of living for everyone.

My proposal is that Kavlifabrikken is given to the people of Solheim;

The factory building, which historically relates to food, will continue to do so.

This way, it becomes an extension of the adjacent residences - yet a fully public social platform intended to serve the whole area.

As an exploratory step in the process, I have studied how vegetables can become architecture. Both analog and digital tools have been part of the process, sometimes combined.

I have focused on variation, visual character, and structural tectonic to interpret and simplify the organic structure into architectural elements.

"Synergic Lift" is about creating suitable spaces and activities for different cultures and personalities to meet and learn from each other. In addition, the project aims to turn the old factory into a center for food and urban cultivation.

People will participate in a fully public roofed "allénning," shared kitchens of a different character, a learning and educational program based on learning through practice, an urban greenhouse, and an Asian-inspired water garden. The added vertical circulation will enable people to join the public rooftop garden, which adds views, colors, textures, tastes, smells, and new life to the area.



1st conceptual model: What is essentially needed for an urban kitchen?

Team, Synergic Lift

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Student: David Valen Aadland

Tutor AAP: Christof Mayer

Tutor DAV: Vibeke Jensen

Tutor KTF: Tord Bakke

Writing as a design tool: Pavlina Lucas

Tutor TTA: Kim Christensen, Andre Fontes

Helpers:

Petter Lysgaard - Model maker assistant

Martin Puntervoll - Model coloring

Nora Elise Hammer - Flower beds & misc.

How my intentions changed

My initial field of interest was to investigate what the kitchen could be in an urban context; does it have to be inside, or can it relate to an in-between threshold.

Simultaneously, Anna Puigjaner's research on "Kitchenless Cities," where she partially investigates how to replace existing kitchens with public ones, made me want to explore the field further.

I started to research kitchens through art history and found inspiration in what a kitchen could become.

As I went on with the research and my social science paper, I realized that the kitchen had to be more. From my essay on the Norwegian packed lunch, I learned that people in the West face a global pandemic regarding our lifestyle, and many people take our food for granted how it's made.

I wanted to include a green ideology in the project, but I needed to find out where my project fit.

For my urban analysis and search for an area of focus, I used Ray Oldenburg's theory on first, second, and third places to perform the analysis. I mapped out the different programs throughout the city center (within a 10 km. radius research zone). Oldenburg argues that third places, which essentially are neutral (social) zones, are essential for civil society, democracy, civic engagement, and establishing a sense of place.

While first (homes) and second (workplace and educational institutions) are already well established throughout the city. Several areas within the city center stood out as areas that lacked third places.

My urban analysis led to an identified area I saw needed urgent attention.

Solheim Nord is one of the top statistical units (levekårssoner) that scores the lowest on the survey on living conditions.

The area has seen a rapid transformation over the years.

The waterfront area has become a popular and upcoming area. However, the social aspect hasn't been established yet.

The decision to work with Kavlifabrikken came to be since the building has been the center of discussion for many years.

The municipality has just accepted Bergen & Omegn Boligbyggelag's proposal to add two floors to the existing building.

The existing three floors will be renovated and become partially public (ground floor), while the 1st and 2nd floor will become offices. The current tenants will have to relocate due to the increased rental price.

My intentions grew, and I wanted to create a political counter-proposal where the building is given to the people.

During my design phase, I struggled to find a working methodology. I tried to use my research on kitchens, but my focus had changed. It was essential for me to keep the industrial character while simultaneously open up the structure and add new architectural elements.

I tried to find ways to make the building and existing exterior more inviting and, in that way, become a fourth place, based on Oldenburg's theory. The idea of a fourth space is based on a combination of the three.

To proceed with my design and to find a methodology, I ended up investigating vegetables. The casts and 3d-scanning of vegetables made it easier for me to explore new ways of approaching the architecture.

I started to explore how the existing factory building could be opened up using organic and simplified shapes - partially due to my intention of a green and social program. I used both analog and digital tools to proceed with the design phase.

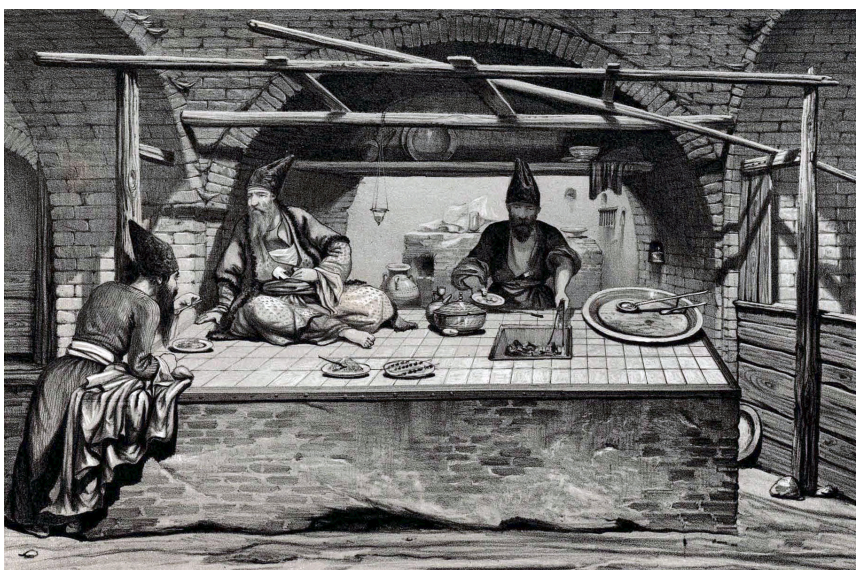
I would say my end result is a combination of pragmatic and exploratory architecture.



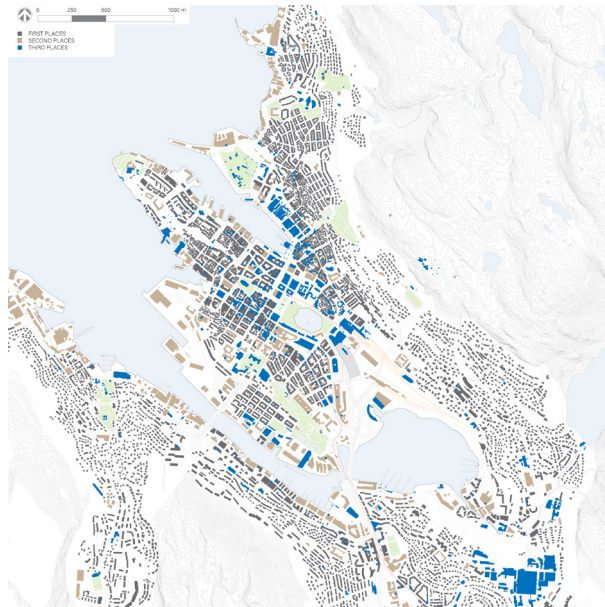
Apes Celebrating in the Kitchen, 17th century, Ferdinand van Kessel



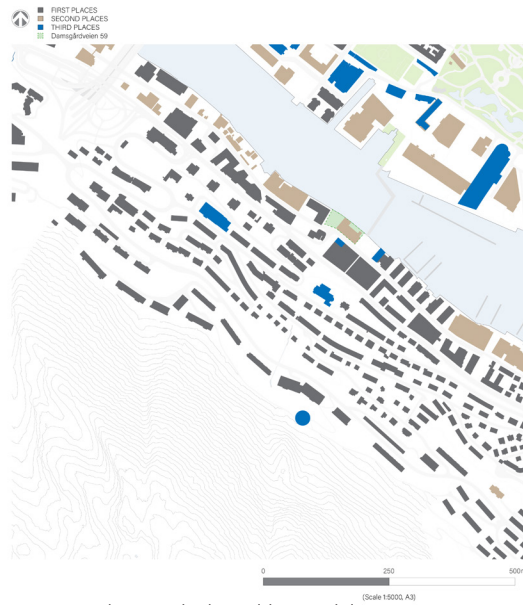
Royal Kitchen at the Royal Pavilion in Brighton, 1826, John Nash



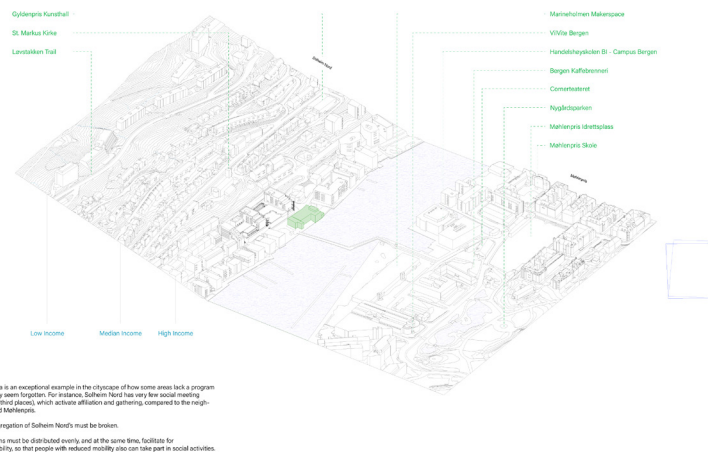
Kitchen Bazaar Tehran, 1840, Eugène Flandin



I decided to work with Solheim Nord based on interdisciplinary research.



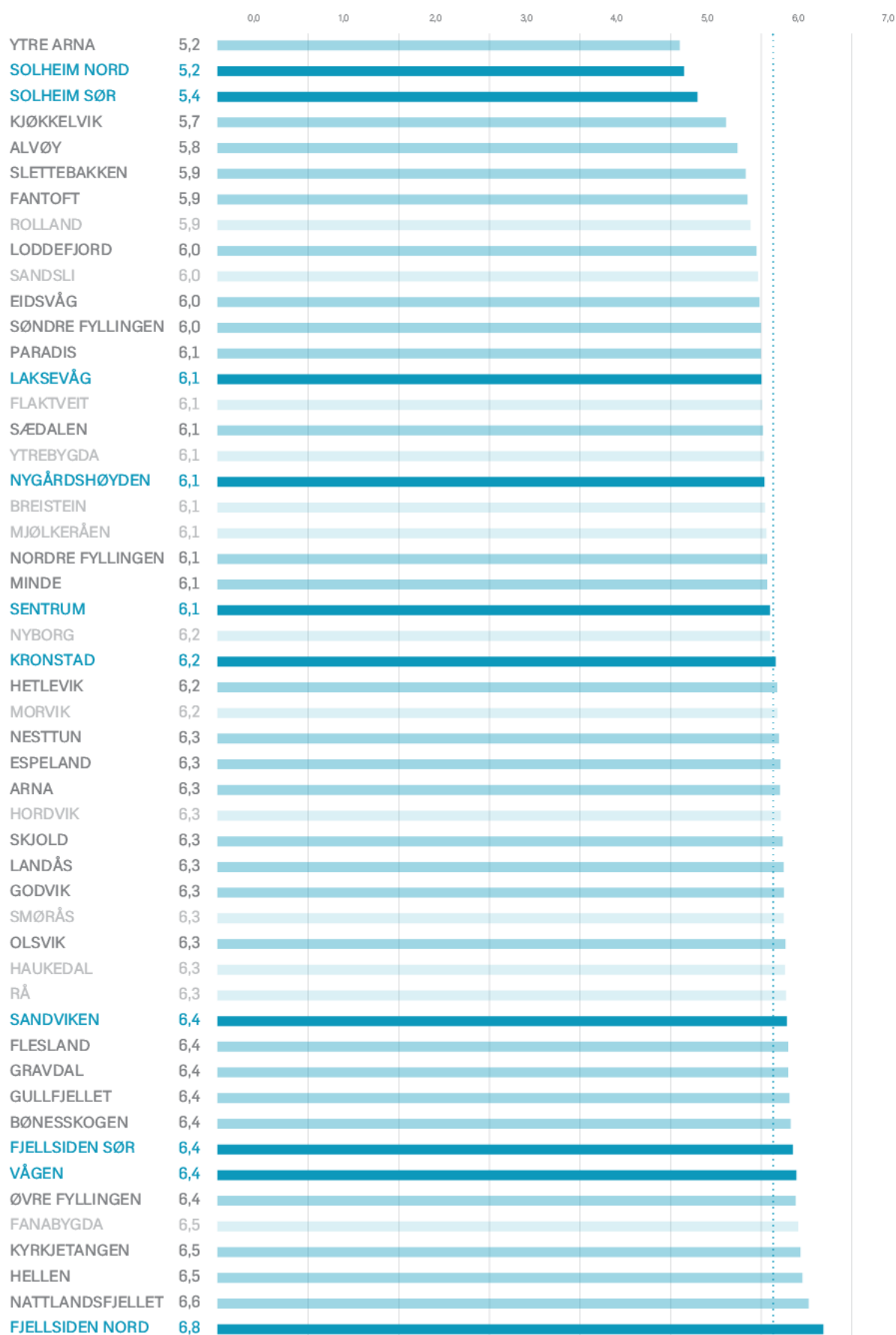
The area lacks uniting social program.
Most of the existing social meeting places are expensive restaurants & bars along the harbor, segregating the area.



Kavlifabriken in context.

WELL-BEING IN THE NEIGHBORHOOD

WELL-BEING IN THE NEIGHBORHOOD IN A SCALE FROM 1-7 AMONG FAMILIES OF CHILDREN



6,1 AVERAGE ALL ZONES

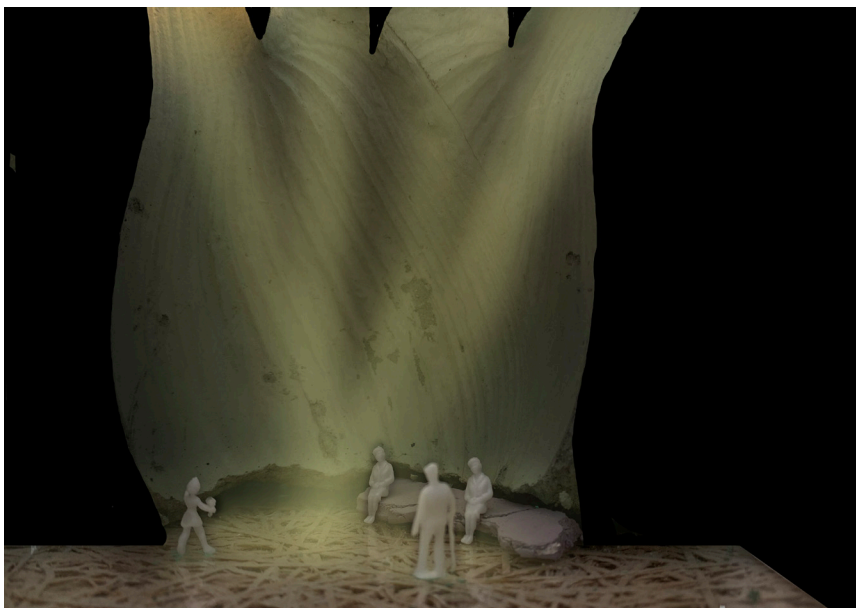
SOURCE: FOLKEHELSEOVERSIKT - LEVEKÅR OG HELSE I BERGEN 2019, PAGE 66



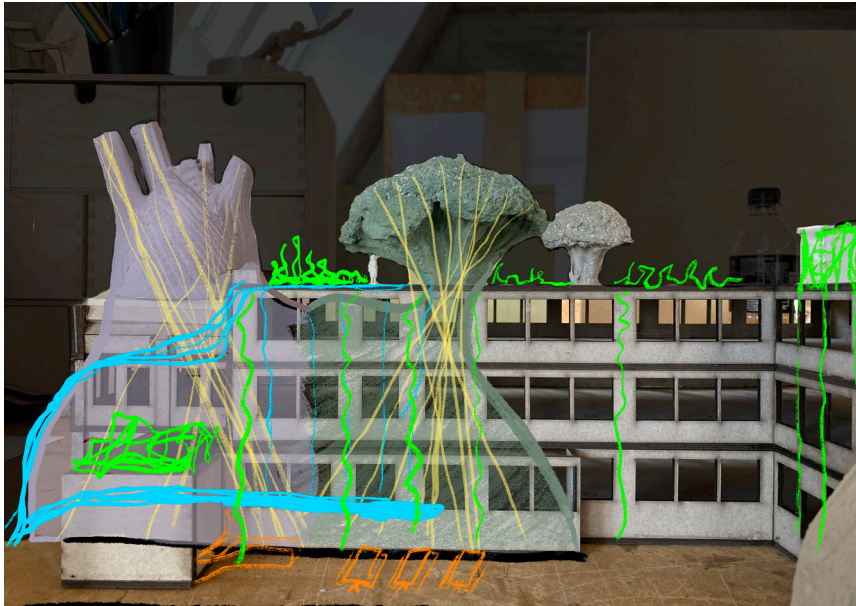
The diversity of vegetables can be seen as a metaphor for both the diversity of programs in the building, but also the area's multicultural settlement.



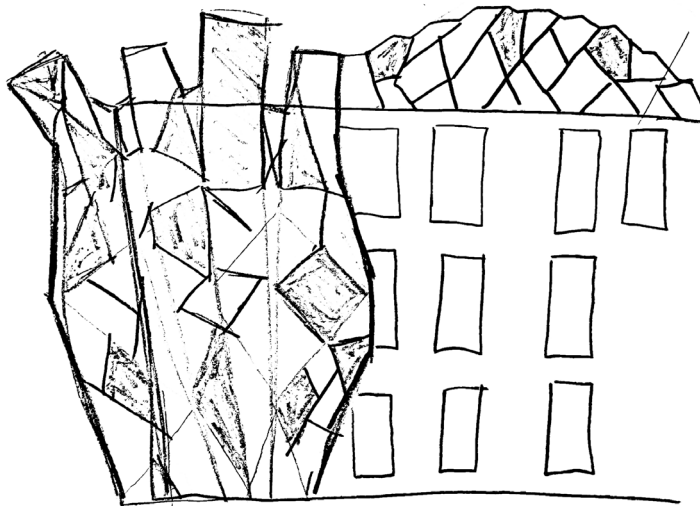
The negative casts became as much a fundamental part of the process as the positive.



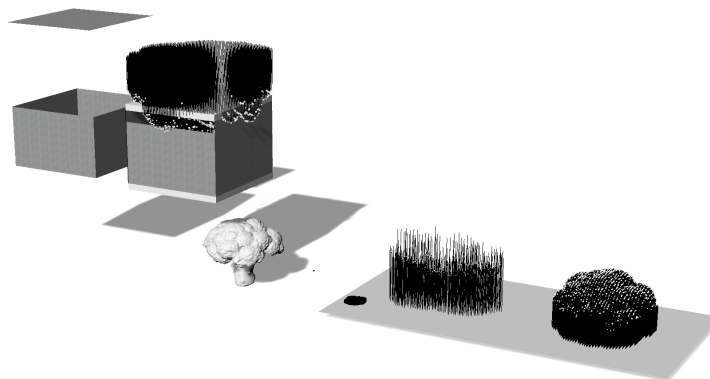
Though investigating the negative space was an intriguing part of the study, it became challenging to include in the design.



The casts of vegetables have been studied in a literal and figurative way to proceed with the design.



Finding ways of simplifying the selected shapes have been an important step of the process.



As part of the study, 3D scanned vegetable made it possible to write codes that could further simplify and adjust the shape.

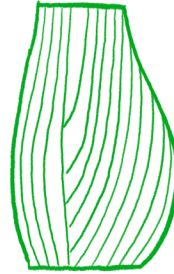
Vegetables as architecture



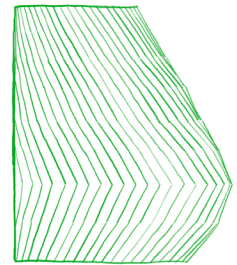
Fennel



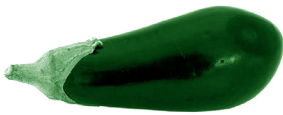
Diagonal



Structure



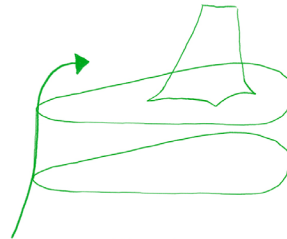
Structural System



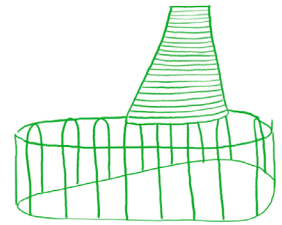
Aubergine



Horizontal



Structure



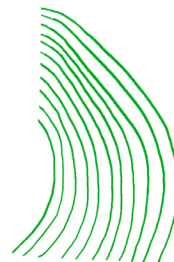
Structural System



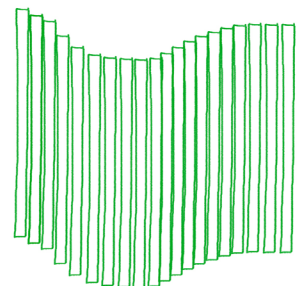
Onion



Layered



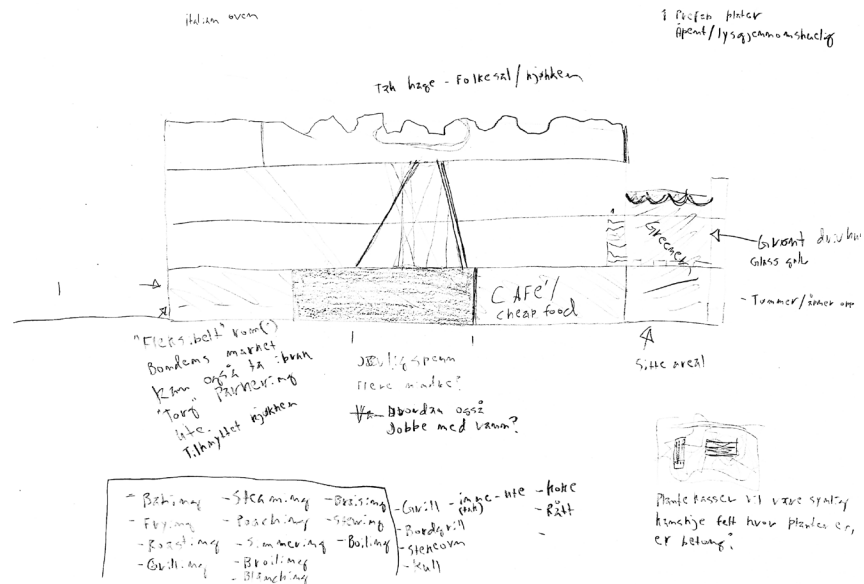
Structure



Structural System

Vegetables are an essential part of my daily diet, both as a side dish and main course. While some vegetables share familiarities, others have their unique character, taste, and smell. How they go alone or together is something that will define the outcome of a meal.

For my diploma, I wanted to find a way to interpret some of my frequently used vegetables into architecture without being absurd about it. My selection of vegetables functions differently visually, programmatic, and functionally - creating a rhythmic journey and experience throughout the building.



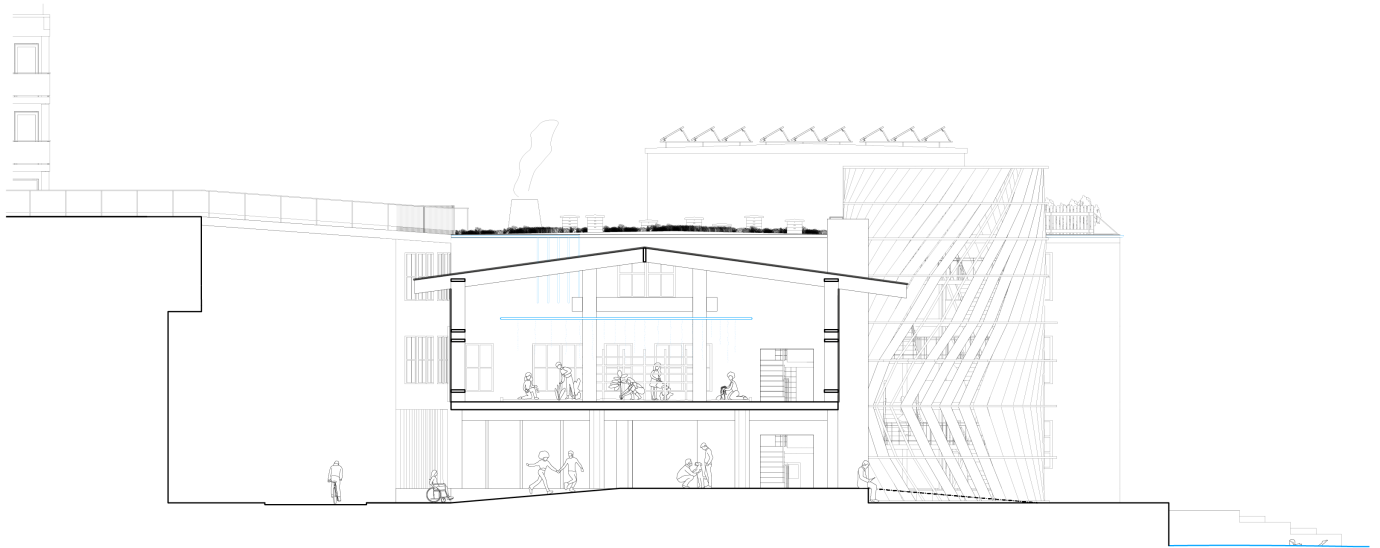
Kavlifabrikken is a long and narrow building - therefore, it has been essential to establishing a natural center point regarding program and access points.



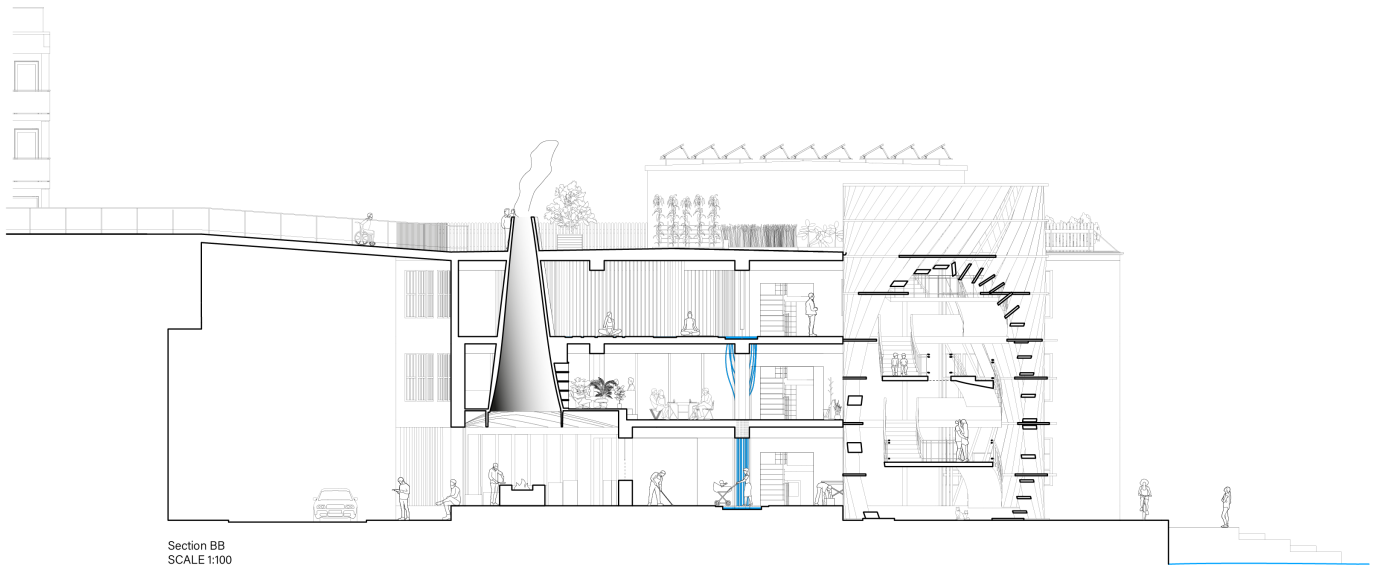
The new center point has become a semi-public kitchen.



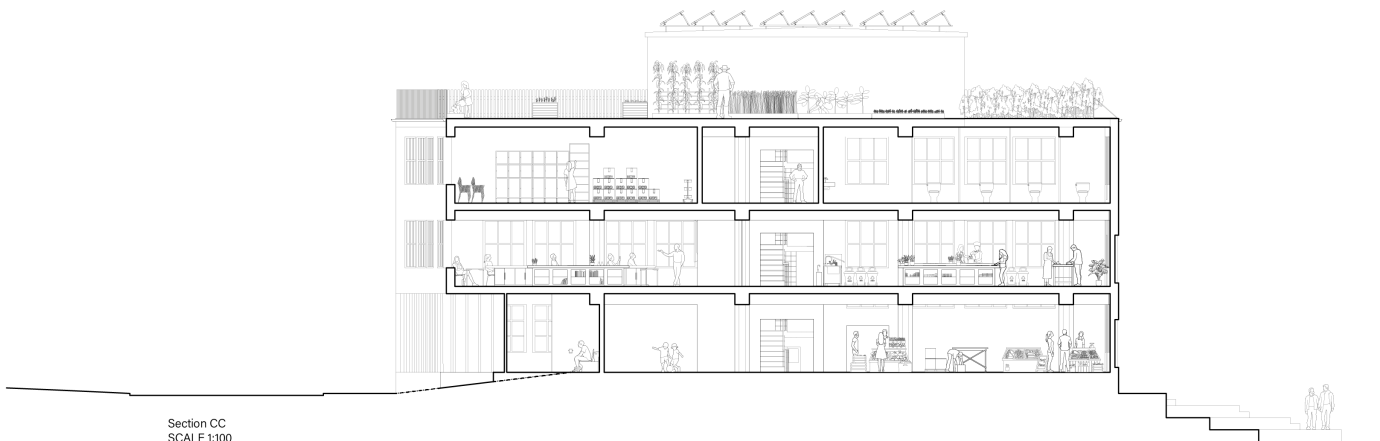
The new architectural elements work to preserve the building's industrial character while simultaneously being perceived as innovative.



Section AA
SCALE 1:100



Section BB
SCALE 1:100



Section CC
SCALE 1:100



Process material

https://miro.com/app/board/o9J_lWFTENg=

Timeline for work procedures

<u>Week number</u>	<u>Month</u>	<u>From - to date</u>	<u>What</u>
6	February	07.02 - 13.02.21	preliminary research - urban analyses
7	February	14.02 - 20.02.21	preliminary research - urban analyses
8	February	21.02 - 27.02.21	preliminary research - urban analyses, digital maps & models + 2nd. concept model decision of city neighbourhood/ district
9	February/ March	28.02 - 06.03.21	preliminary research - historical research, 2nd. concept model preparation 2. presentation
10	March	07.03 - 13.03.21	preliminary research - historical research
11	March	14.03 - 20.03.21	preliminary research - historical research, urban analyses = sum up
12	March	21.03 - 27.03.21	preliminary research - historical research = sum up + decision of plot(s)/ building
13	March/ April	28.03 - 03.04.21	design vegetable studies
14	April	04.04 - 10.04.21	design vegetable studies
15	April	11.04 - 17.04.21	design vegetable studies
16	April	18.04 - 24.04.21	official rules & laws
17	April/ May	25.04 - 01.05.21	easter holiday (27.03 - 05.04.21) design, reading
18	May	02.05 - 08.05.21	design preliminary research - vegetable studies
19	May	09.05 - 15.05.21	design preliminary research - vegetable studies
20	May	16.05 - 22.05.21	design furniture model
21	May	23.05 - 29.05.21	re-think
22	May/ June	30.05 - 05.06.21	design furniture model
23	June	06.06 - 12.06.21	finish project/ drawings, print, build exhibition
24	June	13.06 - 19.06.21	print, build exhibition
25	June	20.06 - 26.06.21	build exhibition
26	June	27.06 - 30.06.21	Exam

Curriculum vitae

David Valen Aadland
28.06.1989
dvadland@gmail.com

Education

Bergen School of Architecture, Master	2019 - 2021
Bergen School of Architecture, Bachelor	2015 - 2018
DTK, The Interdisciplinary Art Institute	2013 - 2015
Journeyman Painter	2007 - 2009

Master courses

Year	2020 Fall
Course Title	Masquerade
Teachers	Frederik Petersen, Anne Friis
Project Title	Title House of I
Team	David Valen Aadland

Year	2020 Spring
Couse Title	Spaces of Encounters, Meeting Rooms,
Teachers	Jan Liesegang, Helgard Haug, Andrea Spreafico
Project Title	Activating The Public Void'
Team	David Valen Aadland, Lorentz Bjelland

Year	2019 Fall
Course Title	Explorations in Ocean Space
Teachers	Nancy Couling, Vibeke Jensen
Project Title	Last Drop
Team	David Valen Aadland, Alvar Elias Ekhougen Larsen, Mats Edal

Independent Work

What	AR9 Arkitekter w/ David Valen Aadland
Year	Redrawing & editing architectural projects
Client	2020 - Ongoing a-works

What	Various art constructions & installations	
Project	'Everything flows'	2020
	Evil Spirits Only Travel in Straight Lines	2018
	31 Buildings	2018
Client	Apichaya Wanthiang, Cristian Stefanescu	

Organizational Work

Organization	Bergen School of Architecture	
Position(s)	Laser Cutter Operator	2019 - 2021
	Appeals Committee	2019 - 2021
	The University College Board	2017 - 2018
	Admissions Committee	2017, 2018

Organization	Student Organistation w/ Bergen School of Architecture	
Position(s)	Student Representative	2016, 2021
	Secretary	2020
	Vice president	2019 - 2020
	President	2017 - 2019

Organization	National Union of Students in Norway (NSO)	
	Professional Council in Architecture and Landscape Architecture	
Position(s)	Student Representative	2017 - 2018

Reading list

Primary literature

- An Atlas of Commoning: Places of Collective Production, Editors: Anh-Linh Ngo, Mirko Gatti, Stefan Gruber, Christian Hiller, Max Kaldenhoff, Arch+ Co-Publisher: Institut für Auslandsbeziehungen e.V. (ifa).
ISBN: 978-3-931435-48-6
- A History of Collective Living : Models of Shared Living, Susanne Schmid
Birkhauser (2019)
ISBN: 978-3-0356-1850-1
- The Rituals of Dinner, Margaret Visser
Penguin Books Ltd (1992)
ISBN: 978-0-1401-7079-5
- Much Depends on Dinner, Margaret Visser
Grove Press / Atlantic Monthly Press (2010)
ISBN: 978-0-8021-4493-5
- Kitchenless Cities, Anna Puigjaner
IF OBTAINABLE
- Discrimination by Design, Leslie Weisman
University of Illinois Press (1992)
ISBN: 978-0-2520-6399-2
- The Great Good Place, Ray Oldenburg
Marlowe & Co (1999)
ISBN: 978-1-5692-4681-8
- The Art of Social Relations, Marianna Gullestad,
Scandinavian University Press (1991).
ISBN-10 : 8200216527

Secondary literature

- Food and Architecture at the table, Samantha L. Martin-McAuliffe, Bloomsbury Academic (2016).
ISBN: 978-0-8578-5734-7
- Designing Public, Michael Erlhoff, Philipp Heidkamp, Iris Utikal, Köln International School of Design (2008).
ISBN: 978-3-7643-8667-2
- Celebrating the Third Place, Ray Oldenburg
Avalon Travel Publishing (2001)
ISBN: 978-1-5692-4612-2
- Bowling Alone, Robert D Putnam,
SIMON & SCHUSTER (2020)
ISBN: 978-1-9821-3084-8
- The Flavour Thesaurus, Niki Segnit,
Bloomsbury Publishing PLC (2010)
ISBN: 978-0-7475-9977-7
- The Flavor Bible, Karen Page , Andrew Dornenburg,
Little, Brown & Company (2018)
ISBN: 978-0-3161-1840-8