



BODIES AND WATER

A public bath for the community of Askøy

DIPLOMA PROGRAM

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BODIES AND WATER

WHY: The weightless experience of being in water has accompanied me through my years as a swimmer. Experiencing many pools in different parts of the world to swim, train, compete, and in later years, to relax.

All over the world, water is the centre of many cultures. It has a strong social aspect to it. The great importance of water substantiates this social sense; we all need it. Therefore, it is not simply the architecture of swimming pools in relation to the movement in water that has caught my attention.

Sensory stimuli, such as pressure, temperature, pain and vibrations are perceived through receptors in the skin and are referred to as the sense of touch, or the tactile sense.

The sense of touch starts to develop already in the fetus. This sense remains active even after vision and hearing are impaired in old age. The sense of touch is ageless.

Being close to water amplifies the feeling of vulnerability. The feeling of freedom, however, weighs up. Bodies in water become equal, they are all exposed to the same tactile sense. Water is the great equalizer.

Swimming is a way of touching water. Gliding weightlessly, slicing a silent trail through whatever path, is a sensual feeling everyone can, and should have the opportunity to experience. Periods of silence, freedom, undisturbed by daily surroundings, like a reset button, gives water a healing power.

The sensory experience of being in water, through resistance, is giving an awareness of where the arms and legs are. Through our senses we can build an understanding of ourselves, as a part of a larger, and perhaps more important, context. To create an opportunity for coexistence between man and water, and to prepare humanity for the climate of the future, one must know how water behaves.





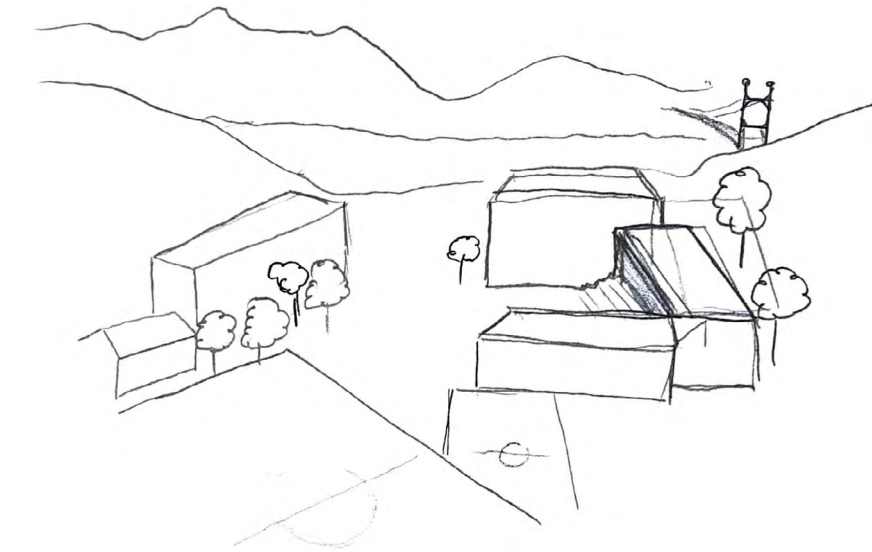
WHAT: In this project I want to create a space where people can connect with water in its different shapes and forms. Water is ever-present and its cycle and different states are important qualities of the landscape.

I want to highlight the importance of feeling safe in and around water. Therefore, to create a space to make people feel comfortable touching the water, but also being touched by the water.

I want to explore my ideas and experiences related to water by creating a place for coming in close contact with the substans. In its entirety, I hope that the water will contribute to creating a stronger and healthier community on Askøy.

WHERE: The site is located on the island Askøy, just outside Bergen. This area used to be a swamp with its own ecosystem, which was later dried out and benn asphalted. This is not just harmful to nature; it also has an impact on the surrounding landscape.

In a radius within 500 meters from the site you'll find a variety of age groups. A kindergarten, a primary school, a secondary school, a high school and a senior center. The space is intended to be used by all these age groups.



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“(the skin) is the oldest and the most sensitive of our organs, our first medium of communication, and our most efficient protector (...) Even the transparent cornea of the eye is overlain by a layer of modified skin (...) touch is the parent of our eyes, ears, nose, and mouth. It is the sense which became differentiated into the other, a fact that seem to be recognized in the age-old evaluation of touch as the mother of the senses.”

- Pallasmaa, The eyes of the skin, architecture and the senses

Oldest known motive for swimming	Swimmers in the Icelandic sagas	Bathing gradually accepted again in Europe	Dr. Wieseners Folkebad, in Bergen, opened	Other sports in water startet growing	11% of the cities, 15 % in the rural areas	NSF's main goal	Inclusion project in Tønsberg
The oldest known motive found for swimming is from Nagado in Egypt. Here, inscriptions have been discovered in a burial chamber with an illustration of four figures of a person swimming crawl.	In the Icelandic sagas you can read about both men and women who master the art of swimming. In the history of the Nordic peoples (Olaus Magnus, 1490- 1557) we find several illustrations of swimmers.	During the Enlightenment. Sweden got its first swimming club already in 1796. In Norway, the first bathhouse was established in 1820 in the capital. The bathhouses were often placed on a barge, so that they could be moved where it was appropriate. (A.Cross)	The bathhouse was erected by the city's citizens in gratitude for Dr. Joachim Wiesen's work as a doctor and his efforts as a citizen. The bath was erected "in order to provide the less well-to-do part of the town's population with cheap baths and to raise a memorial to the late Dr. Wiesener through this socially beneficial measure." (A. Pedersen)	Among the first we find Bergen Swimming Club (BSC) (1908), Kristiania Kapsvømning's Klubb (1910), Bergen-Svømme og Livredningsklubb (1910), and Trondhjems Svømme og Livredningsklubb (1910)	Many wanted help learning, but the NSF had little money and referred people to the NLS because they had many walking teachers.	"New teams must be formed, members recruited and training work carried out with general swimming lessons and lifesaving".	Mentally handicapped were included. Since then, several clubs have started similar courses.
3200 BC	1200-1300	1700	1889	1908-1910	1911	1948	1989
193 AD	1500	1864	1890	1910	1913	1985	2013
The story of the Hero Leander. Every night he swam to his beloved Hera on the other side of the river. She showed the way with an oil lamp, but when the storm one night blew out the light in her lamp, it went wrong. Leander drowned. This story can put into words the forces of water, and dominance over humans.	Associated with sin and shame This period stands out in swimming history as it was associated with sin and shame. After the Reformation in the 16th century, bathing and swimming were associated with indecency, sin and the spread of infection. In Norway, almost all public saunas disappeared due to this.	First race of swimming in Horten This year the event was a distance of 100 acres plus underwater swimming and "transport swimming with birch logs". The birch logs exercise was intended for the military where it replaced the rifle. This may indicate that the sport of swimming was intended for men and masculinity.	Considered part of the sport in Norway Started to establish sports teams such as Kristiania sports association, Norrøna and Sleipner took swimming as a competitive sport. Which may indicate that you are starting to see the importance of being able to swim.	NSFis founded. The Norwegian Swimming Federation .This is the start of a more organized development of swimming skills in Norway.	Swimming for children in school This contributed to increased support in the capital, among other places.	Children's swimming school. Through this scheme, which was later called the Norwegian Swimming School, tens of thousands of children learned to swim.	New goal for NSF "All people are given the opportunity to exercise swimming based on their wishes and needs"

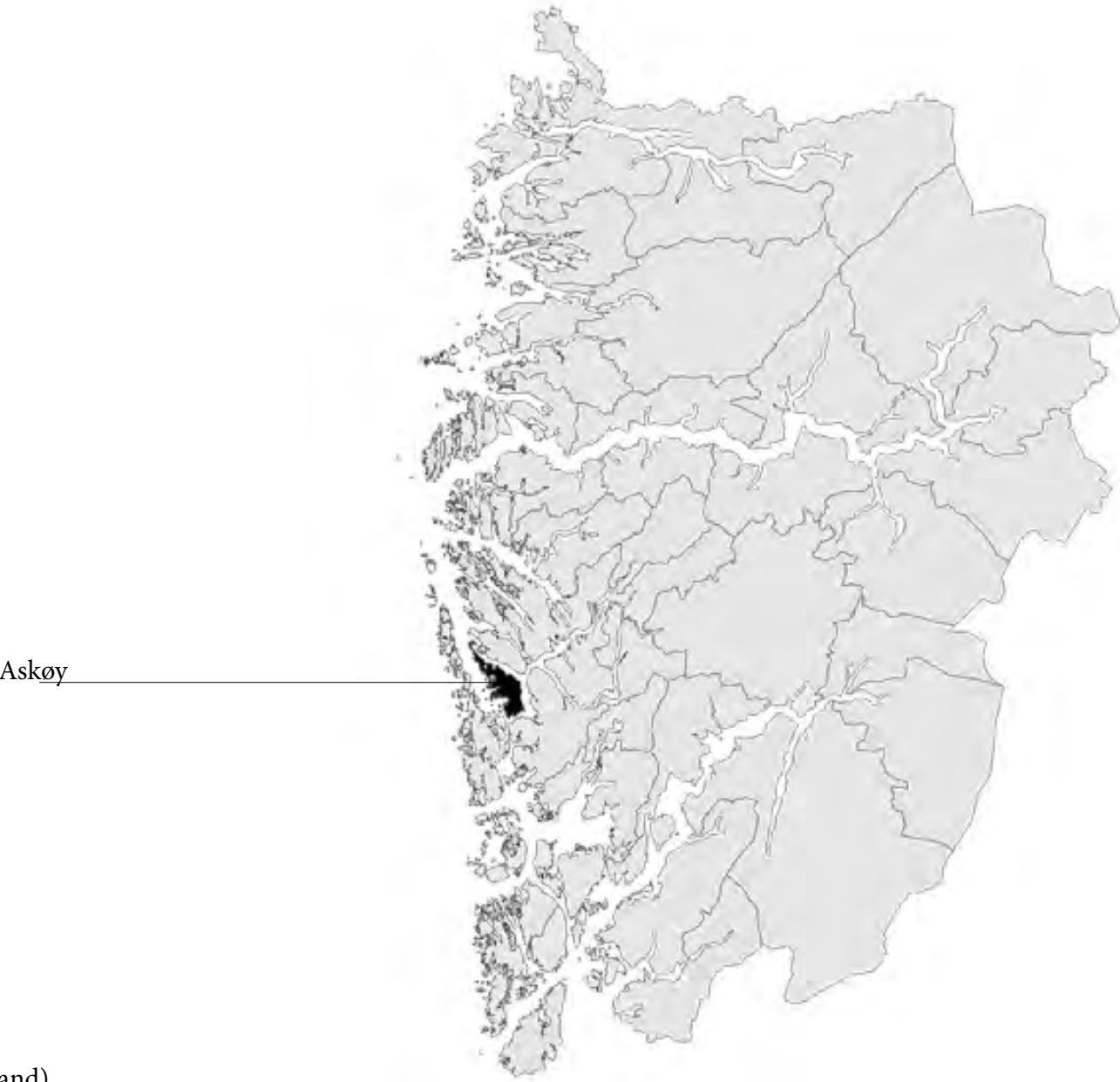
Today’s swimming pools are too poor and create greater differences than opportunities. By this I mean that the challenges that prevent some individuals on land can be eliminated when moving in water. Water is a unifying element, both in a swimming pool and on the surface of the earth.

In many parts of the world you are dependent on being able to swim, it can be fatal not to have a good relationship with the water. The design of swimming pools today is largely characterized by the 25 meters that should be able to define how good you are at dealing with water.

Askøy is a municipality consisting of islands, located just outside Bergen. Askøy has its name from the farm on Ask, which in turn has its name from the tree of the same name (Ask, Norwegian). The island developed from being a natural landscape, to becoming a cultural landscape. Large parts of the island still consist of rich nature, with heather, deciduous and pine forests.

The site is located on the island Askøy, just outside Bergen. Here, on the place called Myrane, there is a dilapidated swimming pool. It is decided that a new swimming hall will be built here in close future.

LANDAREAL: 94 km²
POPULATION: 29 275
ADMINISTRATION CENTER: Kleppestø
Vestland (from 01.01.2020, formerly Hordaland)





Kleppestø Ungdomsskole



Basic Fitness

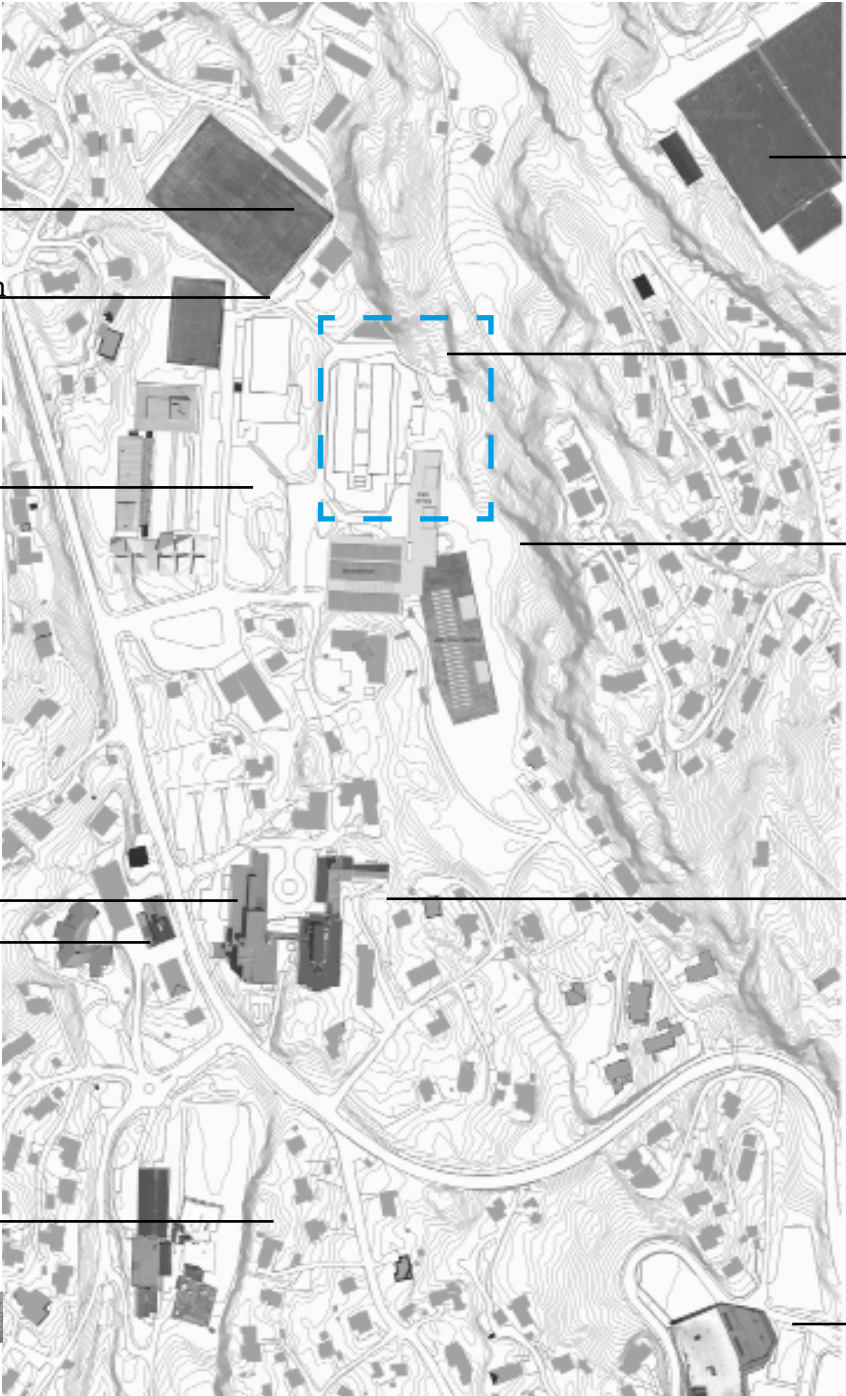
Kleppestø barnehage



Kleppestø barneskole

”Myrane” 11 bane

Mohn Banen



Bergheim

SITE: Askøyhallen

Askøy Videregående Skole



Helsetunet



Kleppestø senter

I want to explore my ideas and experiences related to water by creating a new swimming pool at Myrane. Instead of approaching the task as swimming pools often appear to be projected, my desire is to work from the perspective of a human body.

I will get in touch with different people and let them tell their story, or explain their relationship to water. In this way, I want to create an inclusive environment in the arena. This will be done by communicating with different groups on the basis of age, settlement, skills and intentions.

Today, a new sports hall is planned on this site. I want to challenge their suggestions on size, shape and adapt this to the body's needs. I'm planning on solving this task while working across scales through various media and methods.



Stages of the water cycle

The sea

Evaporation

Evapotranspiration

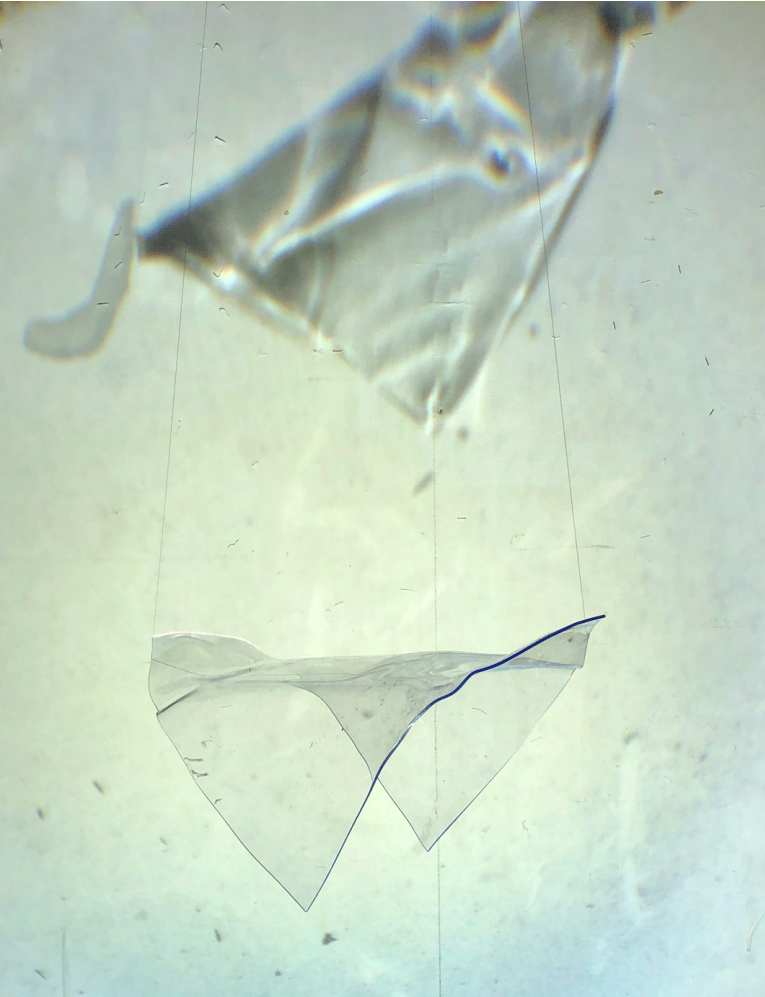
The atmosphere

Condensation

Precipitation

Surface runoff water

Water flowing in rivers



“People and water. An anthropological exploration.”

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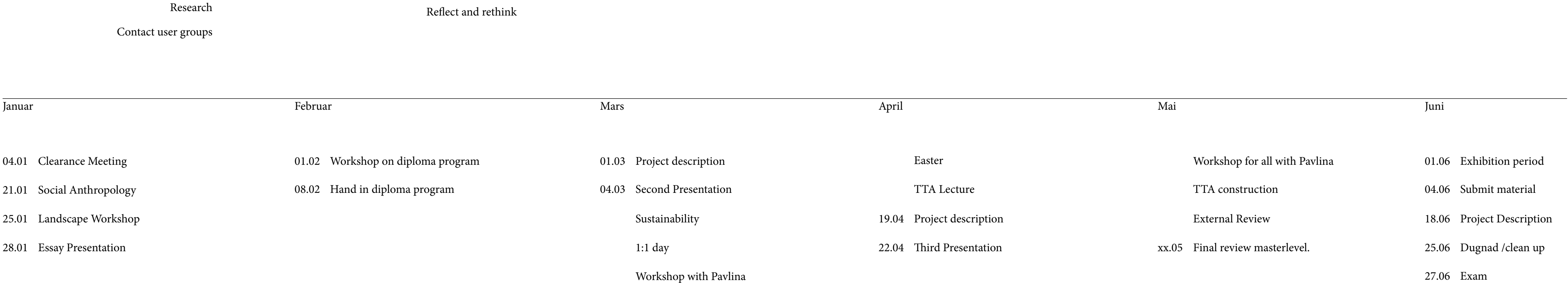
This assignment explores, among other things, people’s presentation of themselves, and how people relate to each other in a swimming pool. Through an analysis of different rooms in the swimming hall, I want to investigate the importance of atmosphere, personal space and the comfort zone. This essay is written on the basis of Goffman and Halls theory among others, and otherwise builds on my own experiences and research. This can help to create an expression of values and attitudes in society, and in Norway’s bathing culture.

The essay has been relevant for me in my work because I wanted to get a deeper understanding of how the different rooms are connected to each other, and how people use them, and interact with each other differently. My focus has been on different user groups, and how you can separate the different groups based on their intentions. I have also focused on different zones, designated for different activities or rituals. Lastly I have seen how different people use facilities differently.



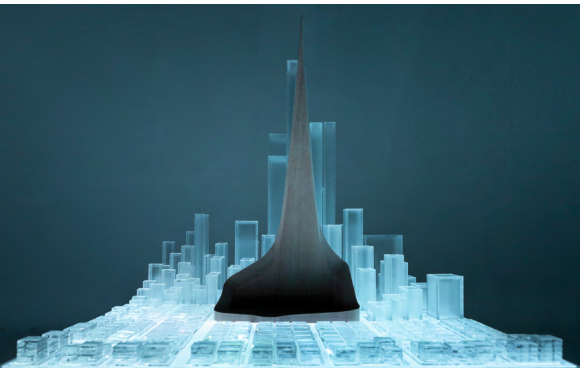
Swimming halls are built up by zones, which creates patterns on which visitors are expected to follow. Between the main zones, middle zones arise. Sometimes it may be difficult to separate one zone from the other. The model contains different zones of tactility, and textures, moving in different directions, acting at several different scales at once.

FRAMEWORK



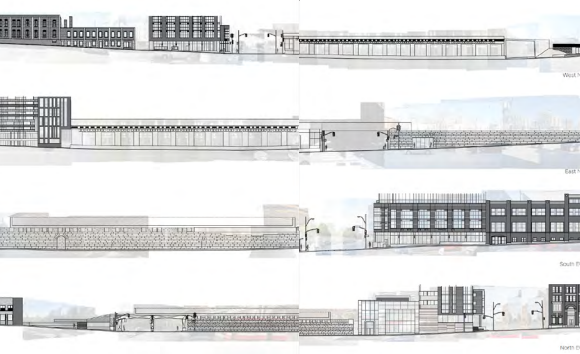
Four Futures Studio, rentism

The course is based on Peter Frase’s book, Four Futures, Life After Capitalism. Peter Frase argues that increasing automation and a growing scarcity of resources, thanks to climate change, will bring it all tumbling down. This course consists of individual and group based assignments. The task is to imagine how this post-capitalist world might look, deploying the tools of both social science and speculative fiction to explore what communism, rentism, socialism and exterminism might actually entail.



Forensic Architecture Studio

Forensic Architecture (FA) is a developing architectural practice or discipline that “regards the common elements of our built environment—buildings, details, cities, and landscapes, as well as their representations in media and as data—as entry points from which to interrogate contemporary processes. A group project has been undertaken that tests the methods, assumptions, and critical vocabulary relevant to the field. The project of this studio will be tailored to each student’s specific dsign research interests.



Masquerades

The project is about exploring a personal horizon. The mask acts as a viewing device, based on my field of vision. By adding and subtracting elements from landscapes, I get the opportunity to experi ence two sides of the horizon at the same time, like an amphibian. I’m able to experience the feeling of staying in an infinity landscape when I place my body in the right position. The mask performs as a tool to reveal the landscape, or to tell a story that is only known below the surface.



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EDUCATION

Sports
2013-2014. Norges toppidrettsgymnas Tertnes vgs.
2014-2016. Amalie Skram VGs. Toppidrett Svømming

Architecture
2016-2019. Bergen Arkitekthøgskole, Batchelor
2019-2020. Ryerson University, Utveksling
2020-2021. Bergen Arkitekthøgskole, Master

Finance / Management / Sustainability
2018-2022. Norges Tekniske og Naturvitenskaplige Universitet,
Economy, management and sustainability

EXPERIENCE

2013-d.d Personal assistant, Uloba BPA

Tutor and Helpers

Tutors:

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DAV	Trudi Jaeger
TTA	Andre Fontes, Kim Christensen
Writing	Pavlina Lucas
SocialScience	Frode F. Jacobsen, Tord Bø Bakke
Sustainability	Marco Casagrande, Nancy Couling
1:1	Cecilie Anersson, Alberto Altes

Helpers:

Eirik Helgaker(economics student) - Placed trees in the model