

Bringing urban communities together through the activation of underutilized spaces with social programming in the Georgetown neighborhood of Seattle, Washington.



The following thesis project, entitled COMMUNITY (MAKE) SHIFT Bringing urban communities together through the activation of underutilized spaces with social programming in the Georgetown neighborhood of Seattle, Washington, was composed over the course of the 2016-2017 academic school year. The Thesis Program, as contained here, was initiated and completed in the fall semester as a part of the LA 563: Programming and Thesis Preparation course. Supplemental material, including the Thesis Boards and the Thesis Presentation documents, were generated in the spring semester as a part of the LA 572: Design Thesis studio. Any inconsistencies between the different documents, in terms of research and design, should be disregarded per the evolution of the project across the two semesters.



COMMUNITY (MAKE) SHIFT Bringing urban communities together through the activation of underutilized spaces with social programming in the Georgetown neighborhood of Seattle, Washington.

Primary Thesis Advisor

Secondary Thesis Advisor

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

By Catherine Rouillard

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Society today is gravitating towards urban communities, thus increasing population and growth in these areas. Although there are larger amounts of people per proximity in these areas, it does not stop people from feeling lonely. Loneliness is defined as the involuntary feeling of isolation, even when one is surrounded among others. The saying "lonely in a crowd" could be used to define urban loneliness. To counteract the effects of loneliness would be to create more interactions. The interactions made will help guide someone to social belonging. Research has shown that social belonging has been linked to a need for all mankind, otherwise when we suffer from loneliness our wellbeing is in jeopardy. My thesis is in Georgetown, which is located in Seattle, WA area, the project will explore the need for social belonging in the growing urban environment through the design of underutilized spaces.

Due to the growth of cities and loneliness, areas for public space is limited. That is why underutilized corridors will provide space for interactions to happen without taking up valuable property in our urban communities. The design will be based upon research and aesthetically pleasing decisions to create stronger uses to the existing urban corridors. Geared towards the local population of Georgetown and their needs and concerns in relation to social belonging in their community.



As a human we all have a need to belong socially and when we do not feel belonging it can harm our health. Our urban environments continue to grow which correlated to greater risks of loneliness. With the rise of urban loneliness, the importance of social belonging needs to be emphasized. Combined with the vast amount of underutilized public corridors left inactivated provides opportunity. To combine these two subjects in a design would be to provide urban dwellers who identify with loneliness a place to create new interactions.

Georgetown is a transitioning community located in Seattle, Washington. Once the center of the industrial movement it is now being retrofitted into an up and coming neighborhood. The change from industrial to multi use has cleared out spaces that have not yet designated to its new purpose. The developments happening it is important to maintain public space. The current demographics of the area are diverse but with the new attention brought on by the areas transition into a popular location it is important to be mindful of the needs of the people so to not leave current residents feeling isolated.

Thesis Design Premise

Social belonging can be achieved through the help of public space design.

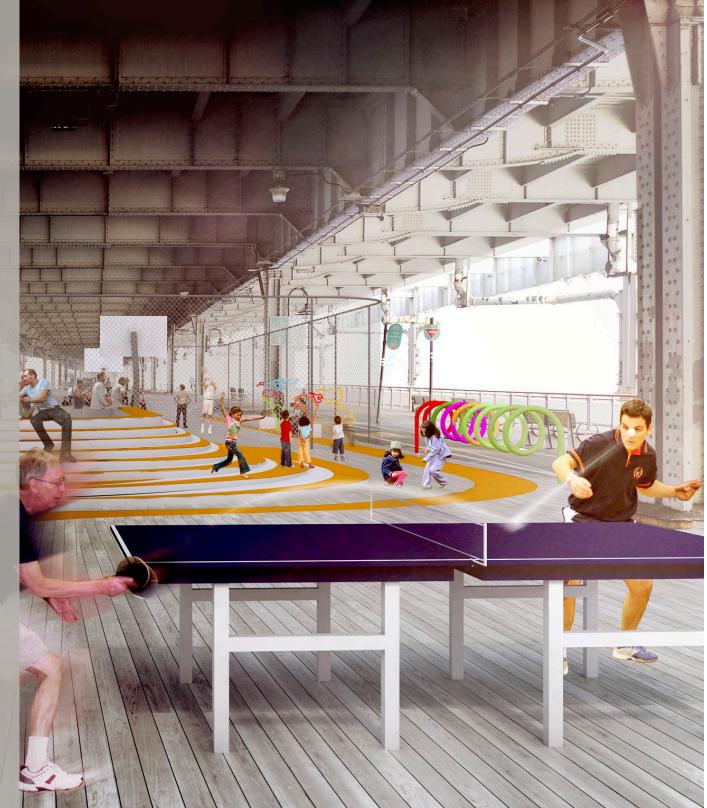
Designing spaces with a mixture of defined and interpreted programmatic elements will promote social interaction of strangers.

Project Typology

Urban Design of Underutilized Public Corridors.

Programmatic Design that Stimulates Interactions.

Public urban corridors are the circulatory space, as well as the adjacent spaces that make up a city or area. This may consist of alleyways, parking lots, dead space along building or sidewalks, as well as sidewalks. The spaces may be only serving one purpose or none at all. This provides opportunity to make adjustments and redefine the purpose to promote more usage of these spaces. The typology also addresses creating spaces that promotes interactions. Programming elements and design decisions have to all be made with the goal of creating interactions.



Project Emphasis

The emphasis on the design being focused in on loneliness, means that all the decisions being made will help bring people together whether you are a stranger or acquaintance. Social belonging is a human need and the design of this project will be centered around that basic need.

The emphasis of this project is addressing urban loneliness, with the purpose of helping people find social belonging through design that promotes interactions. Every decision made on this project will only be implemented if it will help users create interactions. This will be done through different methods due to the lack of resources on how design effects Ioneliness. Although Urban loneliness is referred to, minimal studies have been done on why that is in regards to actual physical space. Which leaves me to make the connections through methods of research.

In order to make successful decisions I have to be able to identify loneliness in a community, it will provide me with the knowledge of who the user of the project is. After identifying people who suffer from loneliness it will be crucial to understand what it really means to be lonely. Knowing what makes them feel lonely will provide the opportunities to know what would counter those triggers.

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Academic Goals

First and most important goal is to meet the requirements provided to me for the thesis project. Which allows me to explore the theories of design and its effects on how people interact or lack of interaction. Which helps me develop skills such as verbal and written story telling. I will discover what it really means to design for lonely people, through research based design. In which I will perform different methods of research to find answers of challenges. The research portion will challenge me intellectually to think of not only aesthetics but to give reason to each decision. When designing to promote interactions it will be important to know what each programmatic elements main use is as well as the user it attracts. I will have to access spaces and observe to fully understand the successes or failures of spaces. Overall I plan on expanding my knowledge on a specific topic that can be addressed in all urban environments.

Professional Goals

In the process of this research design project I will further develop my knowledge of software used in the professional world such as GIS, Revit, AutoCad, Sketchup, and rendering software. It will also give me a chance to create real world level site details to show off not only my design aesthetics but my knowledge on the matter as well. Overall it will show that I can design realistically, and address issues that any community has problems with which is loneliness.

Personal Goals

A large amount of the population has felt, or know someone who has felt lonely. Social loneliness is a growing subject and as designers it is our time to address it. I plan on seeking solutions to promote interactions among even strangers in hopes to provide spaces that give people a sense of belonging. This project provides me the chance to explore a group of people that inhabit our urban cities that are not fully understood yet. I personally feel very passionate about the topic due to my mother Uschi, who is an immigrant from Germany. She was 22 and the only person she knew was her husband when she came to America. She found times difficult due to the fact she did not know where or how to meet people. Which is why I plan on creating designs to give people a place to meet others and the opportunity to form relationships.

Client

With the project aimed to enhance the area of Georgetown, Seattle the client presents themselves as the City of Seattle. The Department of Planning and Development Collaborations, City of Seattle has already been conducting meetings where community feedback has been collected. This project will be a continuation of their efforts. Collaborations with Georgetown community officials and members will be a key part of the project's success. Local groups such as Georgetown Merchants Association and Georgetown Festival Street group will also provide as a valuable resource.

Users and Audience

The project's main emphasis is social interactions thus it is important to understand the user of the site. In any community there are people who live, work, or play in the area. In the Georgetown area the majority of the people are middle age, the median ages being 35, 40, and 42. When it comes to gender the split between female and male is almost equal. Within the neighborhoods of Georgetown most of the people live in nonfamily households. 13-23% of the area's population are below the poverty line although only 4.29% are unemployed.

User Diversity

Major significance of the area is how ethnically diverse it is. The neighborhood to the North West has White 63%, Hispanic 31%, Multiracial 4%, and American Indian 2%. To the South it is dived into White 68%. Asian 20%, Hispanic 6%, Black 3%, American Indian 2%, and Multiracial 1%. The Neighborhood North East of Highway 5 is Hispanic 41%, Asian 26%, Black 17%, White 10%, and Multiracial 6%. Creating a wide variety of potential users of the site based on race. When creating social belonging the demographics will play a huge role in the decisions that have to be made about design.

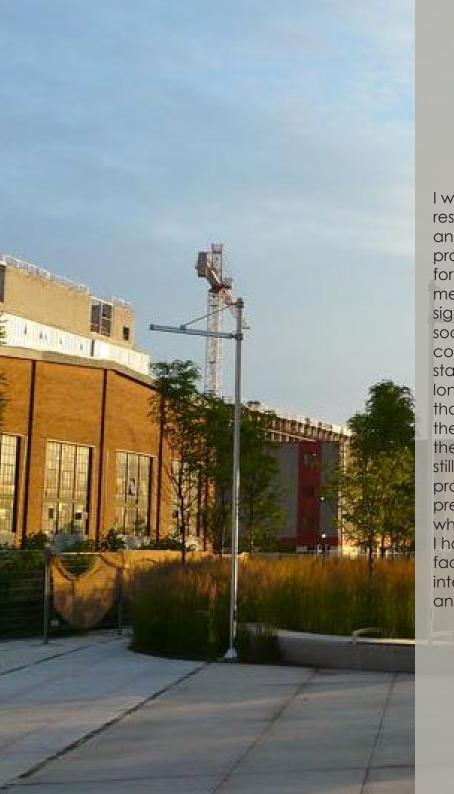
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Project Justification

The risks of loneliness are not made out to be as severe as they really are. In more recent years the extreme effects of loneliness have made the headlines. According to the PLOS Medicine Journal "The effect of a lack of social connection on mortality exceeds the impacts of well-known risk factors such as obesity and physical inactivity, and has a similar influence as cigarette smoking" (Holt-Lunstad, Smith, & Layton, 2010). With the knowledge that we have regarding social loneliness it is import to address the issue in as many aspects as possible such as design. With that being said designers have not yet addressed how designs can impact loneliness. It is our social obligation, even our ethics to address this, with research and comparative studies. With loneliness, especially urban loneliness, continues to grow it is important to start addressing the issues now.



Design Methodology

I will be using a combined research method of interpretive and evaluative research to solve problems such as what designing for loneliness in urban corridors means. This will allow me to identify significance to places with great social interactions and compare common themes to come up with standards for designing for the lonely. As well as accessing places that lack interactions, looking at the data of amount of visitors and their assessment of the place. While still comparing back to successful projects. This will provide me with the premise to do my research design which will take all the knowledge I have gained on the correlating factors that produce successful interaction and combine them into an aesthetically pleasing place.

Design Process Plan Documentation

My design process will be documented through a variety of methods. Starting with sketching, a tool I often use to better explain my ideas. Writing will be another important part of documentation. Writing will be important in conveying my research, as well as data graphics, tables, and charts. It is important to visually present findings to help create a link between research and design. Another way I will document my research project is through pictures and supporting graphics. Another component of the documentation will be a physical model.

Sketches
Narrative
Data Representation Models
Photos
Supporting Graphics
Physical Model

Project Schedule

Week 1 will be used to work on research and collect base materials such as various scales of plans.

Week 2 has a deadline for producing base materials which will be used as a transition point into conducting an analysis and creating a vision for the project.

Week 3 will hold two reviews days to go over the analysis and vision.

Week 4-6 Will be producing a master plan which may consist of numerous conceptual designs to get the finish plan.

Week 7 the master plan will be due.

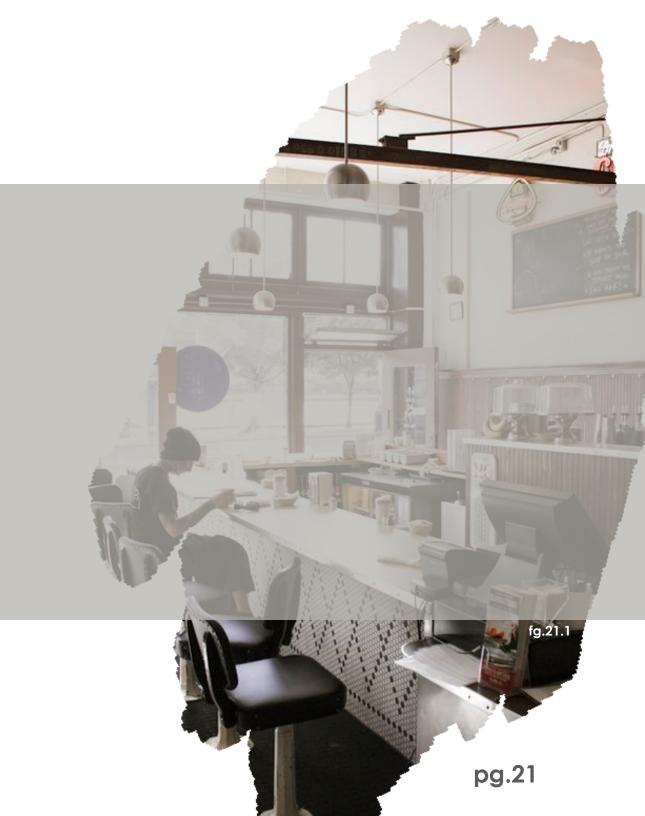
Week 8 will focus in on the small attributes of the site such as details.

Week 9 will be review days to go over the site plan and details that were made the week before.

Week 10 will be the first of thesis proposals.
Week 11 will be creating 3D models of the project, as well as starting to look into the model that will be presented with my thesis project.
Week 12-13 Will be finalizing the 3D models, preparing for rendering. Continuing work on the model as well, and looking into board design.
Week 14 the digital material is due, this will be the time to finish up renderings, boards, and models.
Week 15 is when physical presentations will be due, will require plotting and setting up the project to be displayed.

Week16 is the week of verbal presentations. Week 17 is finishing up documentation.

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research

research paper fg.24.1 pg.24

Social Loneliness and How it Pertains to Our Urban Environment

In urban society today when people do not interact with each other they are more prone to the feeling of isolation, which leads to greater health risks. According to the PLOS Medicine Journal "The effect of a lack of social connection on mortality exceeds the impacts of well-known risk factors such as obesity and physical inactivity, and has a similar influence as cigarette smoking" (Holt-Lunstad, Smith, & Layton, 2010). Social loneliness and belonging is becoming a major issue in urban environments, because informal interactions are not considered a design priority. In the design profession there are certain standards that a licensed landscape architect is held to. Designer ethics makes them aware of the impacts their work has on public health, safety, and welfare (Professional Liscensure).

Origins of Loneliness

"But who are the lonely people? While anyone can become lonely, some circumstances and some characteristics seem to leave us particularly vulnerable to Ioneliness." (Broome) In order to understand the importance as to why we need to design with the lonely in mind, one needs to know where social loneliness stems from. Circumstances and characteristics such as age, race, sexuality, relationships, occupation, and wellbeing can all influence one's likelihood in being affected by loneliness.

The correlation of loneliness and age is commonly researched. This has brought into sight how the older generations are more susceptible to the feeling of isolation. According to a study published by Cambridge University Press, on urban neighborhoods and how they face loneliness, estimates show 10 to 67 percent of older people suffer from loneliness, the strongest cases being among the oldest age groups in the United States. (Havens, Hall, Sylvestre, & Jivan, 2004) Older age brings many hardships such as "loss of a loved one, infrequent visits from family members, financial worries, dwindling social networks, and even retirement, can all contribute towards feelings of loneliness and isolation." (Antrobus, et al., 2014) Race is another factor that plays a role in loneliness, ethnic minority groups being the most susceptible.

Although there has been preconceived thoughts about their households with their "'traditional' family structures, with young relatives looking after, or even living with, their older relatives, and it is often assumed that this will mean they are less lonely." (Antrobus, et al., 2014) Sadly, that is not always the case with these households.

When it comes to one's sexual orientation, isolation can be created by their non-traditional lifestyles. For the demographic of lesbian, gay and bisexual people there are numerous factors that can affect loneliness. In comparison to heterosexuals, they are "more likely to be single, more likely to live alone and less likely to see a biological family member on a regular basis." (Antrobus, et al., 2014) All of these contribute to the lack of social connection leading to

loneliness. On that same note, just because someone is heterosexual, lesbian, gay, or bisexual when they are "having abundant relationships or a significant couple relationship does not guarantee escape from loneliness." (Antrobus, et al., 2014) Problems within matrimony, such as "poor relationship quality, with increased conflict and low levels of support, lead to higher levels of loneliness" (Antrobus, et al., 2014)

Another facet of people who are more likely to feel loneliness can be found within certain occupations. Care giving is one of these occupations. Stressors including time, energy, and emotional demands can be draining, leading to neglect of one's own needs. (Antrobus, et al., 2014) As said in Alone in the Crowd, "you can feel invisible, as you fade into the background and the needs of the person you are caring for take center stage." (Antrobus, et al., 2014) On the other hand, not having a job can form

someone's isolation especially when faced with homelessness. A study on the correlation of loneliness and homelessness noted that "the homeless are not only burdened with issues of daily survival, violence and social ostracism, but also experience loneliness, depression and fear." (Rokach, n.d.)

When studying loneliness, one's well-being can prevent someone's social belonging for numerous reasons such as substance abuse, disabilities, and health issues. Due to ease of access and cultural acceptance, "evidence suggests that loneliness can be a barrier to overcoming an alcohol problem once it has been established. Even for those able to resolve their issues with binge drinking, loneliness, loss and social isolation can lead people to start relying on alcohol again." (Antrobus, et al., 2014) Addiction clearly does not go one way; alcoholism can lead to loneliness or loneliness can lead to alcoholism.

loneliness can lead to alcoholism.

Disabilities can play a role in alienation from others as well. For example, within the deaf community "people may be left with no means to communicate their feelings and anxieties, an isolating situation which has to be addressed." (Antrobus, et al., 2014) The isolation will eventually lead to loneliness for the individual. Health changes are another potential stressor in someone's life, and can leave someone feeling isolated. In recent studies, cancer patients noted that "a lack of support from family or friends is not the only reason why some people with cancer face isolation and loneliness." (Antrobus, et al., 2014) Someone with cancer may be unable to socialize due to exhaustion, poor immune system, or the feeling that no one understands. Summed up; "loneliness results from the interaction of personal factors and situational constraints." (Rokach, n.d.)

Defining Loneliness

When understanding where loneliness comes from it is also important to know what it imposes on the individuals.

"Recent studies suggest
that a large proportion of
the population feel lonely
frequently. Loneliness has
been linked to depression,
anxiety, and interpersonal
hostility, to an increased
vulnerability to health
problems, and even to
suicide." (Rokach, n.d.)

This study brings attention to what loneliness exposes someone too. The link between depression and loneliness in earlier years was not

entirely defined but links between loneliness and depression have been made. "Dependency depression is linked to desire for an intimate one-on-one relationship and selfcritical depression is linked to feeling alone in the world." (Ernst & Cacioppo, 1999) The same issues that someone who faces isolation or a lack of connection applies to someone who is depressed. Studies later done by Cacioppo showed more of a connection between the two, indicates that "loneliness and depressive symptomatology can act in a syneraistic effect to diminish wellbeing." (Cacioppo, Elizabeth, Waite, Hawkley, & Thisted, 2006) In regards to suicide a study conducted on the subject revealed a "correlation between suicidal ideation and Ioneliness." (Ernst & Cacioppo, 1999) This takes the risks of loneliness to the highest level of concern when someone is questioning on whether

or not they want to live or die.

Understanding loneliness and one's will to be socially active, provides a basis for what designers need to address. Isolation can be thought of similarly, but in actuality they are distinctly different. "Social isolation is an objective measure of contact with other people, while loneliness is considered to be the subjective expression of dissatisfaction with the level of social contact." (Havens et al., 2004) In a basic definition, social isolation is solitude, although in some cases is by personal choice. It is key to note that it can be someone's choice to be socially isolated, where as in loneliness it is not. In other words, "those who are socially isolated are not. In other words, "those who are socially isolated are not necessarily lonely." (Havens et al., 2004)

Loneliness, is tied to "the experience of negative feelings about the quantity and quality of

social contact and is, therefore, an experience that occurs irrespective of choice." (Havens et al., 2004) From that concept, loneliness is defined as emotional or social. The first, emotional loneliness. is "described as the lack of a reliable attachment figure, such as occurs from the loss of a partner." (Havens et al., 2004) Second, is social loneliness, which applies to the premise of what needs to be addressed in design. Social loneliness "is distinguished by a lack of social belongingness, the perception of missing relationships, or a lack of quality companionships." (Havens et al., 2004) Although emotional loneliness is important, designers work on public spaces can directly address social loneliness.

The Social Relationships and Mortality journal uses a method of measuring social relationships. Although it is setup to use as a tool for measuring, it also brings to light

to several important topics. Social relationships can be measured through functional and structural type. Functional relationships can be defined as "functions provided or perceived to be available by social relationships." (Holt-Lunstad et al., 2010) Within functional measurement it is broken down into received support, the perception of social support, and the perception of loneliness. The second measure of social relationships is structural being "The existence and interconnections among differing social ties and roles."(Holt-Lunstad et al., 2010) These relationships can be broken down into six categories; marital status, social networks, social integration, complex measures of social integration, living alone, and lastly social isolation. With all the different types of measurements there are for social relationships there is a greater lack of knowledge to understanding relationships.

Linking Loneliness to Our Environment

Design currently does not address how people interact in their environment, ultimately crating missed opportunities of people finding where they belong socially. Our society is growing and we have to be aware of how we design our environment. As population goes up and places becomes denser, does not mean individuals are excluded from loneliness. Cities will be the most threatened by this, research states that cities are "regarded as a more impersonal environment where one could become 'isolated in a crowd'"(Havens et al., 2004) In our urban environment physical barriers and perceptions of space

have impact on whether not someone feels comfortable to interact with those spaces. Attitudes towards urban cities are have described as "dull, meaningless and lack appropriate social spaces." (Simões Aelbrecht, 2016) An urban environment and its social interactions is represented through what is commonly known as the "life of the city." Even though the importance of life and interactions are shown as important there has not been clear action in addressing it through design.

"Urban design still lacks a thorough theorization of urban social life, although it increasingly acknowledges its importance, which is particularly the case with work that adopts a more user and behavioral-centered approach." (Simões Aelbrecht, 2016)

This gives the opportunity to take what is known about the origins of loneliness, the different types, and then connect it to space. Although a difficult subject that is object to change due to location and demographics it is important we start the process now.

In designing landscapes, the physical objects in a site are typically addressed first. Although most things are placed for the straight forward use, those same objects could help facilitate relationships or deter them. The other thing that can have major impacts on loneliness is how the physical objects of the site react to change of users and age. "The physical characteristics of some urban areas may no longer be conducive to maintaining the types of social relationships that can protect older people from isolation and loneliness or facilitate good mental health." (Scharf & Gierveld, 2008) This is one example of how the lack of social belonging and one's environment can be connected.

Public spaces are the foundation for social interactions. although when poorly addressed can have major impacts on its usage. "The behaviors and feelings of public space users have often been ignored in past studies. Environment behavior researchers arque that public space evaluation must consider the use value of a public space from the perspective of its users." (Chen, Liu, & Liu, 2016) The feelings a space gives off has been has to do with the "encounter between strangers. and our public spaces play an important role." (Simões Aelbrecht, 2016) Encounters and public spaces work simultaneously together, and provide much success when thought carefully through. Some cities have taken this on with their policy agendas that promote mixed housing communities and inclusive town centers. The biggest impact

being "the increasing investment in

government funded and academic research to identify the potential contact spaces and desirable qualities that support positive social interactions" (Simões Aelbrecht, 2016) Some differences are made regarding creating interactions when it comes to the scale of public spaces. For example, there are certain special characteristics that go into large scale projects such as,

"Provision and distribution of enough facilities, the meticulous division of space, the various and colorful edges, the moderate coverage ratio of vegetation, and the presence of shadow, are important factors that influence user behavior in large-scale public open spaces." (Chen et al., 2016)

When placed in the right environment a person may feel comfortable to interact with others. This may stem other positive reactions, "encouraging more users will generate a synergistic effect by attracting even more users, thereby improving the safety situation in the space." (Chen et al., 2016) By creating spaces with frequent interactions can also provide the feeling of safety. Public spaces have a huge opportunity to attract wide variety of people and give them opportunities to find their social belonging.

Within design comes new ways of looking at spaces, the recognition of "fourth places" show great potential for combating loneliness with design. As stated in the journals title

"'Fourth places': the contemporary public settings for informal social interaction amona strangers" address space in regard to its social aspect. Described as an informal social space that are "more mixed relational locales, more socially diverse in terms of user groups and social relations and realms. than 'third places' that mainly cater for parochial life among socially homogeneous groups." (Simões Aelbrecht, 2016) With the development of these spaces provides numerous opportunities The journal goes on to talk about newly designed spaces, and by being new, sociologically bring strangers together. (Simões Aelbrecht, 2016) The insight on "fourth places" holds lots of design potential for urban society.

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As humans we have a need to belong, especially among our community that is why our community spaces need to reflect that. The effects that the lack of these spaces can have an impact on someone's sense of belonging.

"Exclusion from adequate resources (that hinder social participation in family and other social contexts), exclusion from the labor market (and related possibilities for social amendment), exclusion from specific public and commercial services (telephone, central heating), and exclusion from social relationships (death of partner, non-participation in groups and clubs)" (Scharf & Gierveld, 2008)

Within certain communities there are less opportunities to gather or be amongst one another in a public setting which can contribute to the feeling of isolation.

Poorly programmed spaces also can have an effect on social belonging and loneliness. When programmed events and spaces are successful they can create asocial node. The events that are most successful at this is one of a small to regular scale. Although big events are quickly enlivened, it is short lived and does not hold much impact. (Simões Aelbrecht, 2016) The concept of cities having poor programming has been researched in comparison to rural areas. Surprisingly the

perception of urban spaces and how much they offer was poor, they noted that there is "less isolation in rural areas, where there were greater opportunities for people to gather and interact." (Havens et al., 2004) To change this perception on urban environments programming needs to be addressed as a higher priority.

The perception of a space is just as important as the physical characteristics of a space, due to the fact if a space is perceived as unwelcoming it will prevent people from using it. Reasons behind a negative perception could be cultural, whether or not an area is diverse, and the most common is safety. Diversity can pertain to one's sexuality. For example,

"if a neighborhood or area holds more traditional views it can have hold the perception that is not welcoming whose sexuality defies the norm such as for the gays, lesbians, and bisexuals. Such views can prevent someone from venturing outside their home, many respondents grew up in a time when it was illegal to be gay, when teachers were forbidden to mention sexual orientation in the classroom, and when it was all too common for them to face rejection from their families just for loving who they loved." (Antrobus, et al., 2014)

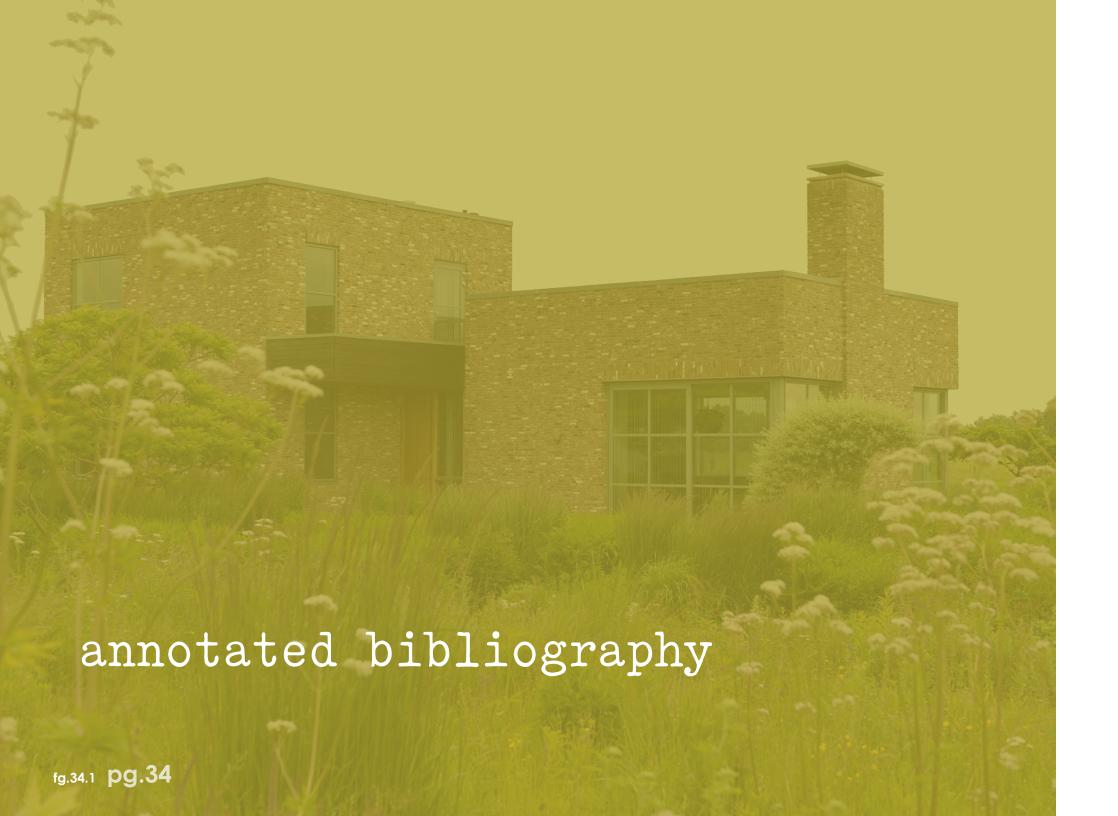
The lack of safety a place gives off can be a result of numerous things, not having support by your community, or someone feels as if they have outgrown the community. Feelings of safety is a major concern for older people. They sometimes feel as if they have been 'edged out of town,' due to intimidation from younger people. (Scharf & Gierveld, 2008) Others have found the least safe is "being in the park after dark or using poorly lit areas, especially when alone, were top responses given for when and where users would feel unsafe." (Gobster, 2002) Although it is often a concern of designers to look at safety as physical characteristics the perception of the space can have a

major impact.

Conclusion

"Anything that promotes a sense of isolation often leads to illness and suffering. Anything that promotes a sense of love and intimacy, connection and community, is healing." (Rokach, 2011) Designers have the opportunity to address one of the biggest concerns in health right now. Through understanding where loneliness comes from, what it means to be lonely, and how that applies to space provides an opportunity to re imagine our urban environment. They have the capability to change the social norm that "although many of us experience loneliness at one time or another, it is often overlooked or dismissed." ("The Lonely Society?," 2010) Designing with informal interactions as priority will bring the issue of social loneliness and belonaina in urban environments to an end.

pg.32 pg.33



Antrobus, S., Devane, C., Edward, J., Farmer, P.,
Herklots, H., Houghes, J., . . . Taylor, J. (2014,
May). Alone in the Crowd: Loneliness and
Diversity. Retrieved from Campaign to End
Loneliness: file:///C:/Users/cathe_000
Downloads/CEL-Alone-in-the-crowd.pdf

The Campaian to End Loneliness was founded in 2011 in response to the growing loneliness population. They provide an evidence-based campaigning to commissioners, which is founded by the Calouste Gulbenkian Foundation, the Tudor Trust, the Esmée Fairbairn Foundation and the John Ellerman Foundation. With the founding that these foundations have given the campaign allows them to create evidence based documentation resources like the Alone in the Crowd: Loneliness and Diversity. This specific document is a collection of essays written by members of the Campaign to End Loneliness, to show the range of people who suffer from loneliness. Direct quotes and journal refrence provide further information on understanding where these individuals loneliness comes from.

The quotes that were taken from this document helped further my argument of who the so called lonely people are and why it is important to know who they. Without understanding where loneliness comes from there is no way of determining how to aide people with relieving the feeling of isolation.

Broome, S. (n.d.). The Missing Million: In Search of the Loneliest in our Communities. Retrieved from Campaign to End Loneliness: http:/www.campaigntoendloneliness.org/wpcontent/uploads/The-Missing-Million-report FINAL.pdf

The Missing Million: In Search of the Loneliest in our Communities document also comes from the Campaign to End Loneliness. Its significance is pointing out the large masses that make up lonely people, "There are an estimated one million, one hundred thousand people 65 and over who are chronically lonely. They are difficult to find and our report provides guidance on how to find the loneliest in our communities." (Broome) Steve Broome, the author, is a freelance researcher, evaluator and project/service developer working across community development, mental wellbeing, social networks, substance misuse, criminal justice, and local economic development.

The information provided allowed me to present an attention getting introduction into who is lonely, which allowed me to talk about the diversity of loneliness. Cacioppo, J. T., Elizabeth, M., Waite, L. J., Hawkley, L. C., & Thisted, R. A. (2006). Loneliness as a Specific Risk Factor for Depressive Symptoms: Cross-Sectional and Longitudinal Analyses. Psychology & Aging, 21(1), 140–151. https:/ doi.org/10.1037/0882-7974.21.1.140

Loneliness as a Specific Risk Factor for Depressive Symptoms work is on finding the correlations loneliness has with including lack of independent living, alcoholism, elevated blood pressure, impaired sleep, and suicide. (Cacioppo, Elizabeth, Waite, Hawkley, & Thisted, 2006) The results of their work matched up with their preconceived thoughts that loneliness and social isolation effects much more than one's social life.

Within defining loneliness, the risk factors of suffering from it, needed to be address to show urgency to the topic of designing. The main factors being mental illnesses and suicide, showing the extremeness the loneliness can take.

Chen, Y., Liu, T., & Liu, W. (2016). Increasing the use of large-scale public open spaces: A case study of the North Central Axis Square in Shenzhen, China. Habitat International, 53, 66–77. https://doi.org/10.1016/j habitatint.2015.10.027

Determining what is required in large scale public spaces is a contributing factor of knowing what is needed to bring people together. That being said Increasing the use of large-scale public open spaces: A case study of the North Central Axis Square in Shenzhen, China does this through studying the spaces and documenting the similar characteristics. With the process they were able to determine the necessary components needed for a successful social space. Within my paper when talking about public spaces I referenced these characteristics.

Ernst, J. M., & Cacioppo, J. T. (1999). Lonely hearts: Psychological perspectives on loneliness. Applied and Preventive Psychology, 8(1), 1–22.https://doi.org/10.1016/S0962 1849(99)80008-0

Lonely hearts: Psychological perspectives on loneliness is another journal associated with the understanding of the negatives aspects that are associated with loneliness. It also goes into more of the necessary feelings to avoid loneliness. The journal talks about the complexity of feeling isolated or lonely, and the human need to find social belonging. Which is the majority of what my paper is trying to establish.

Gobster, P. H. (2002). Managing Urban Parks for a Racially and Ethnically Diverse Clientele. Leisure Sciences, 24(2), 143–159. https://doi.org/10.1080/01490400252900121

Leisure Sciences posted a journal in 2002 about Managing Urban Parks for a Racially and Ethnically Diverse Clientele. This focused in on Chicago, a very diverse city, within the study it evaluated Chicago's largest park and how the users interacted with the space based upon their race. The data showed very distinct uses based upon the users, these number and set activities is supposed to bring insight to other cities.

As perception of spaces and physical characteristics of spaces to promote social interaction can differ due to user it was important to show how the information from this article could represent domes perception of a space not having diversity. In the end preventing someone from using the space and not being able to connect socially.

Havens, B., Hall, M., Sylvestre, G., & Jivan, T. (2004).
Social Isolation and Loneliness: Differences
between Older Rural and Urban Manitobans.
Canadian Journal on Aging / La Revue
Canadienne Du Vieillissement, 23(2), 129–140.

A significant amount of research has been done on connecting older people and loneliness, this takes it one step further and connects it with urban neighborhoods. Social Isolation and Loneliness examines different urban neighborhoods and its levels of social Ioneliness. This journal also gives detailed descriptions on what isolation is versus what social and emotional loneliness is.

This reading provided to be useful in two areas of my research paper, first being in defining loneliness. Its detailed descriptions set the tone for how loneliness is viewed in relation to the urban environment. Secondly it provided information on connecting the issues such as isolation and loneliness to space in the form of an urban environment to help me write the final section of my paper.

Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social Relationships and Mortality Risk: A Meta-analytic Review. PLOS Med, 7(7), e1000316.https://doi.org/10.1371/journal. pmed.1000316

Social Relationships and Mortality Risk: A Metaanalytic Review is a journal associated with the mortality risk of not feeling socially belonging or simply to feel lonely. The research done accessed the quality and quantity of ones' social relationships. "Data were extracted on several participant characteristics, including cause of mortality, initial health status, and preexisting health conditions, as well as on study characteristics, including length of follow-up and type of assessment of social relationships." (Holt-Lunstad et al., 2010) With the information gathered they determined that the mortality rates of loneliness or lack of social belonging is in comparison to well-known mortality risks.

This information that was provided from this journal set the tone to my paper, letting people know the severances of loneliness, and the importance of addressing the problem sooner rather than later. With the results of loneliness mortality rates exceeding that of obesity and physical inactivity allows one to compare it to well-known health issues.

Professional Liscensure. (n.d.). Retrieved from American Society of Landscape Architecture: https:// www.asla.org/uploadedFiles/ CMSGovernment_Affairs/Public_Policies/ Professional_Licensure.pdf

The American Society of Landscape Architecture provided the means to support my article. In the professional licensure document, it states the role of a landscape architect and their duty to the environment and people. With the use of this documents guidelines for a licensed landscape architect it clearly stated that one must beware of the impact landscapes can have on health. The issue being creating spaces with the lack of social interaction.

Rokach, A. (2011). From Loneliness to Belonging: A Review. Psychology Journal, 8(2), 70–81.

From Loneliness to Belonging: A Review goes over the concepts of isolation, loneliness, and belonging. Loneliness and isolation are described as impeding factors that affect our communities and then belonging as our most basic need. This also helped further the understanding and defining of the different levels of interactions. It also provided overall context of the bigger issue to not designing to our needs.

Rokach, A. (n.d.). Private Lives in Public Places: Loneliness of the Homeless. Social Indicators Research, 72(1), 99–114. https://doi.org/10.1007s11205-004-4590-4

While loneliness is not as well known for being a social environment concern, homelessness is. Private Lives in Public Places: Loneliness of the Homeless depicts describes the different between feeling lonely and feeling lonely when you are homeless. The impacts of not having a home and its correlation to loneliness is more common than most like to admit. This provided me with the opportunity to express the diversity of loneliness and how it affects some people in a greater way.

Scharf, T., & Gierveld, J. de J. (2008). Loneliness in urban neighbourhoods: an Anglo-Dutch comparison. European Journal of Ageing, 5(2), 103.https://doi.org/10.1007/s10433-008-0080-x

Loneliness in urban neighbourhoods is a comparative study of two urban neighborhoods in Europe. The study measure loneliness based upon regional and demographic differences. Bringing to light who is feeling isolated, where they feel the most alone, and why they are feeling that way. Surveys were done of numerous individuals which provided the majority of the data.

With the comparative study that was performed there were key aspects that were useful to me. The journal provided a good comparative study of the success and failures of a neighborhood based upon characteristics that proved useful.

Simões Aelbrecht, P. (2016). "Fourth places": the contemporary public settings for informal social interaction among strangers. Journal of Urban Design, 21(1), 124–152. https://doi.org/1 0.100/13574809.2015.1106920

When it comes to spaces that promote informal interactions among strangers "Fourth Places" accomplishes that. In this journal article it discusses the defining a new category of places, putting them into a new category that better represents these informal functions such as waiting, people watching, or killing time. This concept provides the groundwork in how designing to address loneliness could work. It gave me the opportunity to take a thought on a typology of design, and apply it to a known method.

The Lonely Society? (2010, May 2). Retrieved October 11, 2016, from https://www.mentalhealth.org. uk/publications-the-lonely-society

The Mental Health Foundation released a document called The Lonely Society? Which provides individuals with the necessary resources to understand loneliness from a mental health perspective. Key topics it takes form is the discussion whether or not we, as a society, are getting lonelier. Another topic being who does loneliness affect, and the last thing addressed is the actions that can be taken to prevent loneliness. Using the information provided, gave me a distinguishable conclusion that summed up the whole premise of my paper.





analysis & program





1 Brooklyn Bridge Park

Location: Brooklyn Heights, NY 11201 United States

Designer: Michael Van Valkenburgh Associates, Inc.

Empire Fulton Ferry, Fulton Ferry Landing,

"Brooklyn Bridge Park's lush lawns, young trees

Greenway, John Street, Main Street, Pier 1, Pier 2, Pier3

and beautiful flowers have created a robust landscape

and brought nature to this former industrial site. Public

access to the long, narrow site was enabled by "urban

junctions," neighborhood parks at key entry points that

transition between the park and adjacent residential

communities. These entry parks host program such as

The strongest factor of this park is its vast

dog runs, civic lawns and playgrounds, which foster community stewardship and the safety that comes with

activities that one can partake in. Although Brooklyn

of many different sections either divided by water or

elevations. The amount of green space however ties the different spaces in as well brings the people to the

Bridge Park is under one name it actually is made up

Greenway Terrace, Pier 4 Beach, Pier 5, Pier 6, and

Operated by: Brooklyn Bridge Park Corporation

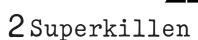
Area: 85-acre

Open: All year

Created: 2008-present

Sauibb Park & Bridge.

constant occupation."



Client: City of Copenhagen Location: Nørrebro, Copenhagen Site area: 30,000 sq. m, 750-m-long public space Authorship: BIG, Topotek1 & SUPERFLEX Collaboration: Lemming Eriksson, Help PR & Communication

The Red Square

"A red carpet covers the entire square, the lines and edges creating a big red pattern. If entered from Nørrebrogade the square is an open space, serving as an extension to the activities in the nearby

The Black Market

"This is where the locals meet. There are benches and barbecue facilities, tables for playing backgammon and chess, and a Japanese octopus playground. The pattern here is composed of white lines, which curve around the furniture to highlight it." The Green Park

"The soft green hills appeal to children, young people and families. Many of the sport facilities have been moved here, with brand new pitches for hockey and basketball. The area also attracts people for picnics, sunbathing or just taking a nap on the grass."

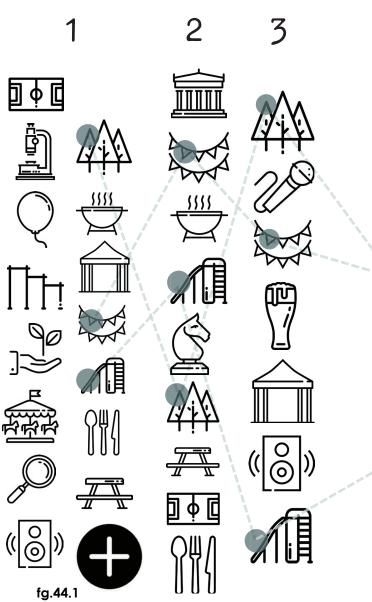
3 Mauerpark

Mauerpark includes the largest amount of open space which comes out to be its biggest feature. The space promotes open programming based upon the needs of the people who occupy it. The park has rich historical value being known as the "death strip" but when the wall came down it brought with it new hope to people that lived alongside it, the people claimed the space as public green space.

1989: After the opening of the Berlin Wall (Mauer) on November 9, the "death strip" becomes accessible to all citizens. 1990:The Mauer is torn down; wild plants begin to take root. 1992:Residents begin planting trees on the western edge. July 1992:In a design competition landscape architect Prof. Gustav Lange takes first place with his proposal. 1993:Integration of the historical Schwedter Str., incorporation of the amphitheater and several groves. June 1993: Construction of the first phase of Mauerpark. Autumn 1994:Inauguration of the first section of the park. 1995: First construction on the fourth section: the youth farm. May 1999: Opening of what is today the Moritzhof youth farm. 1999: Construction of the Rainbow Playground. March 2004: Inauguration of the climbing wall. Through July 2004: Completion of the playground and inauguration of the fourth section.

Program Element Comparison

The only common activities amongst all three locations were Green Space, Events Held, and Playgrounds. Brooklyn Bridge park holds the most activities offered. Superkilen has three distinct spaces that host three different sets of activities. Mauerpark holds the fewest activities offered. The success of the park has to do with these shared features of overlap.



Alcohol Consumption **Board Games** Carousel Civic Children Programs Concerts Dining Education Environmental Interactions Events Exercise Green Space Grilling Karaoke Market Picnic Facilities Playground Protected Science Sports

Preced Co All of the scaled and country Brooklyn Bridges space to the sense of naturity jungle, Super and culture was a super a super

fg.45.3

Precedent Analysis Conclusion

All of the parks are larger scaled and offer vast amenities and different aesthetics. While the Brooklyn Bridge Park takes green space to the piers to provide the sense of nature in the concrete jungle, Superkilen is a pop of color and culture with its vibrant sections. Mauerpark might be the most subtle when it comes to design but is a destination for natives and tourists. They all provide spaces for interaction in urban society. The different activates that are offered at these three parks allows people to partake in ones that suit there interest and have opportunities to meet strangers who share their same interests. Getting to these sites is made easy by multiple forms of transportation and proven with their high walk scores. The forms of all the parks is linear providing a long main circulation path, while the Brooklyn Bridge Park has many nodes on the way the other two parks are made

up of primarily one space. The spaces all have significant history built into the projects which gives it value to the people who use the space. The most important part of these parks is that it attracts people of all demographics, including locals or tourist who have heard the successfulness of the parks.



Program Elements

These are some of the various programming elements, that spark interactions, as they pertain to type, user, and size. This will be used as a tool for designing.

When deciding where programming elements should be spatially, I had to look at some contributing factors. First by braking it down into type, user, and then size I was able to make sure that a variety of options for every circumstance is covered. Some of the other factors I looked into were, what is mandatory to what I am wanting to achieve as far as bringing people together. Then to give as much variety to the user of the site, I looked into which program elements can be overlapped so gives the user a choice. Overall, I do not know what my site needs but this will act as a tool and a method to providing programming pieces to a site.

#	Program Element	Area Type	Target User	Size
1	Amphitheater	Event	Families, Everyone	Large
1-3	Basketball Court	Active/Play	Older Children, Pre Teen, Young Teen, Young Adults, Adults	Large
1+	Chess	Active/Play	Pre Teen, Young Teen, Young Adults, Adults, Elderly	Small
1-2	Community Garden	Green	Older Children, Pre Teen, Young Teen, Young Adults, Adults, Elderly, Families	Medium, Large
1+	Dinning	Event	Families, Everyone	Small, Medium
1+	Foursquare	Active/Play	Young Children, Older Children	Small
1+	Hopscotch	Active/Play	Young Children, Older Children	Small
1+	Lawn	Green	Families, Everyone	Various
1-2	Market	Event	Families, Everyone	Large
1	Outdoor Classroom	Education	Young Children, Older Children, Pre Teen, Young Teen	Medium
1+	Path Systems	Circulatory	Everyone	Various
1+	Ping Pong Table	Active/Play	Pre Teen, Young Teen, Young Adults, Adults	Small
1	Running Track	Active/Play	Everyone	Large
1+	Seating	Circulatory	Everyone	Small
1	Sensory Play	Education	Young Children, Older Children, Pre Teen, Young Teen, Families	Medium
1+	Slide	Active/Play	Young Children, Older Children, Pre Teen, Young Teen	Small
1	Stage	Event	Older Children, Pre Teen, Young Teen, Young Adults, Adults, Elderly, Families	Medium
1-4	Swing/Play Set	Active/Play	Young Children, Older Children, Families	Small
1+	Vegetation	Green	Everyone	Various
1+	Work Out Equiptement	Active/Play	Young Adults, Adults, Elderly	Small

Tbl.47.1

TYPE PROGRAMMING ELEMENTS TARGET an □e □ver□appe fg.48.1

function

In order to provide a space for people to feel social belonging the site need to attract people, and bring them into the space.

Circulation and viewpoints will be a key focus in design.

To promote interactions there will have to be activities that takes more than one person to participate.

Giving people a space that they feel as if they can personalize and fit in will be done by providing spaces with multiple functions giving user the option to decide how they want to use the site.

economy

Due to part of the site being under an overpass it is important to understand the heights of the elements being placed there.

Since the goal is to attract as many users as possible, there will be a need to design with overlapping elements, such as a basketball court with four square and hopscotch drawn in.

Due to all the different types of spaces in Georgetown, the master plan must respond to the various sites.

form

Due to the various programming elements the site will require people to maintain and facilitate such activities.

Since this will be benefiting the community that is there, the city will be the proposed main contributors.

Georgetown is a foreseen up and coming area there is more money going into the town which provides a good time to invest in public space.

Since the design must require hired, or preferably volunteers, staff it is important to monitor costs and cut down on costs when able.

time

Since the town is up and coming and more people are moving to Georgetown, it is important to include spaces to fluctuate with the different demographics that could potentially occupy the sites.

With the town population growing it will also be important for the master plan to expand as well, and to make sure there is available public space for everyone.

Due to the importance of keeping these spaces relevant it is important the site designs are done in phases to reflect the times and people who live there.

pg.48

fg.4

g.48.2

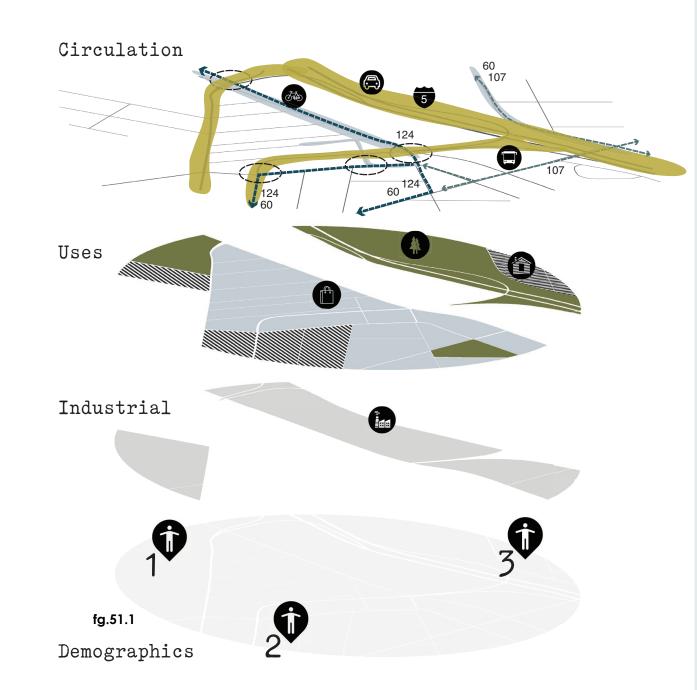
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fg.49.2

site analysis



"When pioneers first came to the area in the 1850s, Georgetown was one of the places they settled. Then, it was right along the Duwamish river, a fertile valley great for growing hops and other crops. The first railroad began here in 1875, connecting Tacoma and Seattle. Because of its many taverns, which were prohibited in the city, and the Rainier Brewery, Georgetown was a destination for many Seattleites looking to unwind. The neighborhood has long been industrialized and not very residentfriendly, but starting in the 1970s, that has slowly changed. Artists moved in to take advantage of cheap loft spaces, old brick buildings have been turned into cool living quarters, and a delightful little business district has developed."



Demographics

- Population | 528
 Households | 328
 Household Status | Family 20%, Nonfamily 80%
 Race | White 63%, Hispanic 31%, Multiracial 4%,
 American Indian 2%
 Gender | Female 56%, Male 44%
 Unemployment | 4.29%
 Below the Poverty Line | 13.5%
 Median Age | 42
- Population | 652
 Households | 340
 Household Status | Family 40%, Nonfamily 60%
 Race | White 68%, Asian 20%, Hispanic 6%,
 Black 3%, American Indian 2%, Multiracial 1%
 Gender | Female 43.5%, Male 56.5%
 Unemployment | 4.29%
 Below the Poverty Line | 23.2%
 Median Age | 35
- Population | 1,123
 Households | 350
 Household Status | Family 62%, Nonfamily 38%
 Race | Hispanic 41%, Asian 26%, Black 17%,
 White 10%, Multiracial 6%
 Gender | Female 62%, Male 38%
 Unemployment | 8.18%
 Below the Poverty Line | 4.48%
 Median Age | 40



Georgetown Overall Comprehension Analysis

Georgetown, Seattle has a lot to offer. The wide demographics of the area shows variety in races which contributes to social loneliness. Many people in this community struggle with unemployment and poverty, which can form isolation. There however are many people living in the area which gives great opportunity to bring people together. With the historic value of the area it attracts people to go enjoy the industrial views or go enjoy the repurposed venues. Georgetown provides a variety of uses with the local parks, mixed use downtown, and residential neighborhoods. Commuting in the area is made easy with the multiple forms of transportation such as Interstate 5 that has on and off ramps that lead right into the downtown. For people

who use public transportation there are multiple bus routes the overlap in the area that lead right to downtown Seattle. As for biking there are multiple sharrows and bike lanes that allow navigating through Georgetown. The neighborhood itself got a walk score of 86, which states that Georgetown is very walkable. Lastly with all these factors together provides a space to conform to the needs of the community, as well with its change from an industrial area to a multifunctional neighborhood allows space for community spaces.



eighborhood Commercial e Family 720 Lowrise Industrial Buffer Industrial General 2 Georgetown, Seattle

Zoning Map

Street-level Uses Non-residential uses required at street-level on street-facing facades.

Residential uses are limited to 20% of the street-level, street-facing facade. Street-level Non-residential Design Transparency required for 60% of a street-facing facade. Nonresidential uses at street level must have an average depth of 30', and have a minimum height of 13'.



Design Character

Seattle's Complete Streets policy
Safe streets for everyone. In 2007,
the Seattle City Council passed
Ordinance 122386, known as
the Complete Streets ordinance,
which directs Seattle Department
of Transportation (SDOT) to design
streets for pedestrians, bicyclists,
transit riders, and persons of all
abilities, while promoting safe
operation for all users, including
freight.

Green Factor Landscaping is required to achieve a Green Factor score of 0.30 or higher (functionally equivalent to landscaping 30% of the lot). Credit is awarded for planting areas, green roofs, vegetated walls, permeable paving, and other features. Planting strips and/or screening is required along a street to screen parking areas from the street and abutting residential lots, and to lessen the impact of blank facades; street trees are also generally required.

General Accessibility Codes and Regulations

4.8.1 General

Any part of an accessible route with a slope greater than 1:20 shall be considered a ramp and shall comply with

4.8. 4.8.2 Slope and Rise

The least possible slope shall be used for any ramp. The maximum slope of a ramp in new construction shall be 1:12. The maximum rise for any ramp run shall be 30 inches. Curb ramps and ramps to be constructed on existing sites or in existing buildings or facilities may have slopes and rises, if space limitations prohibit the use of a 1:12 slope or less.

4.8.3 Clear Width

The minimum clear width of a ramp shall be 36 inches.

4.8.4 Landings

Ramps shall have level landings at the bottom and top of each run. Landings shall have the following features: 1. The landing shall be at least as wide as the widest ramp run leading to it. 2. The landing length shall be a minimum of 60 inches clear. 3. If ramps change direction at landings, the minimum landing size shall be 60 in. x 60 in. 4. If a doorway is located at a landing, then the area in front of the door shall comply with 4.13.6.

Bike Infrastructure

Seattle's "Bike Smart" "Implementation approach –

Creating a bicycle project delivery process ensures that SDOT will be consistent to provide the public with an understanding of how a project will be developed, designed, and implemented. This process includes extensive public engagement, data collection, technical analysis, identification and analysis of alternatives and a preferred design." Bike lanes and sharrows may be implemented if to provides the public with a well thought out plan that will connect to existing bike ways in the city.







Definitions of Research Direction

Research will be conducted throughout the whole process of my thesis project. The research will be geared towards understanding what makes interactions happen, especially among strangers. Another direction of the research will be understanding the effects loneliness has on someone when they are interacting with the environment.

Plan for Design Methodology

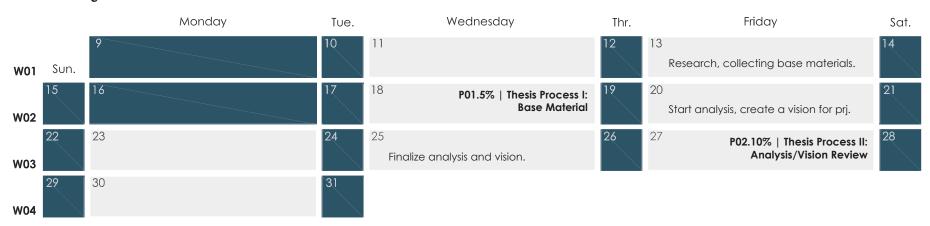
The plan for my research method will start with the collection of landscape projects documents and resources, this will be collected by week one. Next will be analyzing those projects, the success from the failures. It will include the interpretive method in which I will identify and assigning significance to elements in which are seen to be correlated with social interaction. Then I will compare and contrast those elements to other projects that were either successful or failed. This will be done by the first research review day which is during week three. By week six a master plan will be due, so in order to complete that task I will have to apply the design research model to create a new space that reflects the research I have done. I will continue my research till project completion which is listed as week fifteen. This will provide the reasoning behind all my design decisions throughout my project.

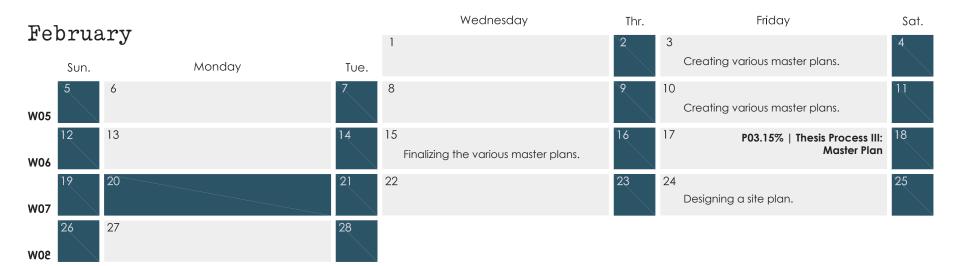
Plan for Documenting the Design Process

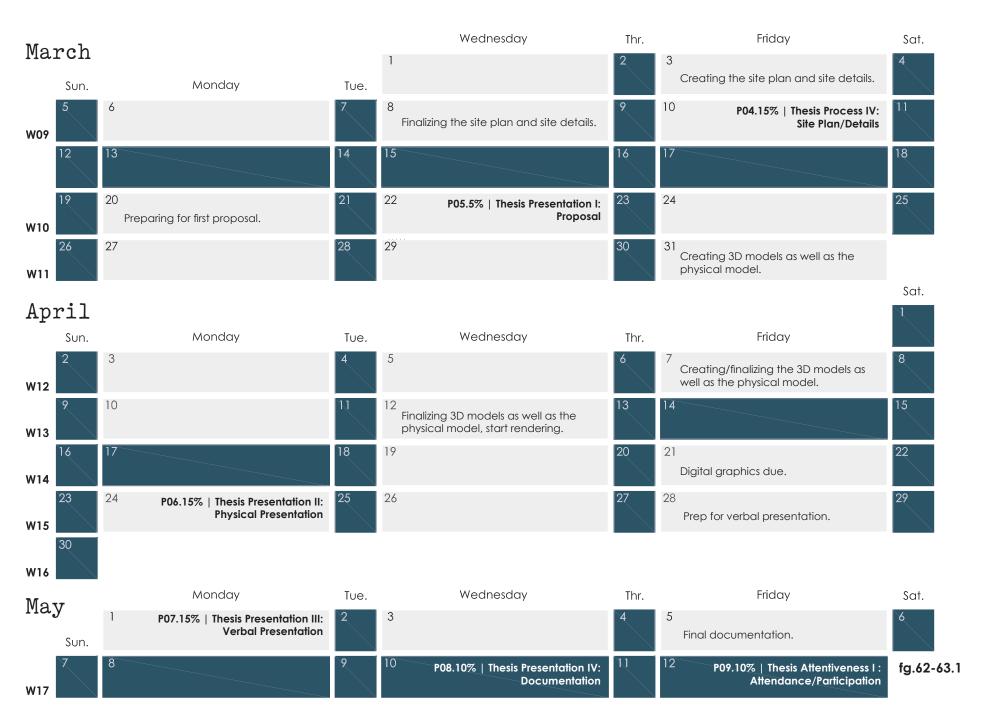
Documenting during the entirety of the project is important in portraying the process. Each week will provide new opportunities to complete tasks. During the research phase it I will create narratives, collect photos, make charts and tables, and design data research models. In the analysis and visionary part of the project I will be documenting through sketching, collecting photos, and writing narratives. The design part of the project will be documented through sketches, renderings, narratives, and physical models, some charts and tables may be added. All of these attributes will be combined for the final presentation, boards and book.

project schedule

January









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(Corson Building 2) http://www.thecorsonbuilding.com/

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(Georgetown Context Map) Created by Catherine Rouillard

(Georgetown Exploded Map) Created by Catherine Rouillard

(Georgetown Map) Created by Catherine Rouillard

(Georgetown Steam Plant) http://www.trover.com/seattle-wa/jet-city-crossfit

(Georgetown Winery) http://www.cntraveler.com/activities/seattle/charles-smith-wines-jet-city

(Georgetown Zoning Map) Created by Catherine Rouillard

(Historic Photo of Georgetown 1) https://pauldorpat.com/2016/03/05/seattle-now-then-albert-brauns-brewery-ingeorgetown/

(Historic Photo of Georgetown 2) https://pauldorpat.com/2016/03/05/seattle-now-then-albert-brauns-brewery-ingeorgetown/

(Mauerpark) Photo taken by Catherine Rouillard

(Piet Oudolf Design) http://oudolf.com/

(Precedent Map) Created by Catherine Rouillard

(Programmatic Elements Graphic) Created by Catherine Rouillard

(Programming Comparison) Created by Catherine Rouillard

(Programming) Created by Catherine Rouillard

(Programming) Created by Catherine Rouillard

(Ramp/Stairs) http://arci212.blogspot.com/2012/09/ramps-and-stairs.html

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(Seattle Bridge) Photo taken by Catherine Rouillard

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(Urban Loneliness 3) http://www.gailalberthalaban.com/

(West Oakland Avenue) http://www.projectreconnect.net/about-us/

pg.#66

