
Glossarium

The Bright Side of the Moon

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Masterstudio
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1. Atmosphere

Atmosphere describes the pre-reflexive multisensory experience of space. It includes environmental qualities such as light, view, sound, smell, temperature, humidity, air movement, as well as color, texture, pattern, shape and form. The atmosphere of a place can have a significant effect on people's behavior, often without their awareness. This is also the category with the most evidence of how environmental exposure and building design strategies impact cognitive processes. The terms atmosphere and aesthetic are sometimes used interchangeably. We distinguish them referring to aesthetic as the degree of attractiveness, because the term is used more typically to describe (primarily) visual experience and sense of beauty, and atmosphere to describe the multi-sensory, bodily experience in space that evokes emotional, physiological, and cognitive responses.



Bioscleave House, East Hampton, 2008 by Shusaku Arakawa and Madeline Gins

2. Balance

Balance involves making more substantial investments, and having more positive experiences, in the areas that are most important to you.



Biophilic Design

3. Biophilic Design

Although what people consider attractive can vary by culture and personal characteristics, environmental preference studies show people place higher attractiveness and pleasantness ratings to biophilic designs, qualities emphasizing our biologic affinity with nature. These include preferences for varied complexity/mystery use of natural materials (e.g., wood, stone, fibers), views of nature (windows, plants, and artwork), and day lighting, and incorporating organic shapes and forms in architecture, furniture, and décor.



The Sfer Ik arts centre at AZULIK Uh May in Mexico by Roth (Eduardo Neira)

4. Blue Zones

The concept of blue zones grew from the demographic work Gianni Pes and Michel Poulain outlined in the Journal of Experimental Gerontology, identifying Sardinia, Italy as the region with the highest concentration of male centenarians.

Pes and Poulain drew concentric blue circles on the map highlighting these villages of extreme longevity and began to refer to this area inside the circle as the blue zone. Building on that demographic work, Dan and a team of scientists often including Pes and Poulain, pinpointed other longevity hotspots worldwide and dubbed them blue zones.

In practice, a blue zone (BZ) is defined as a rather limited and homogenous geographical area where the population shares the same lifestyle and environment and its longevity has been proved to be exceptionally high.



5. Changeability

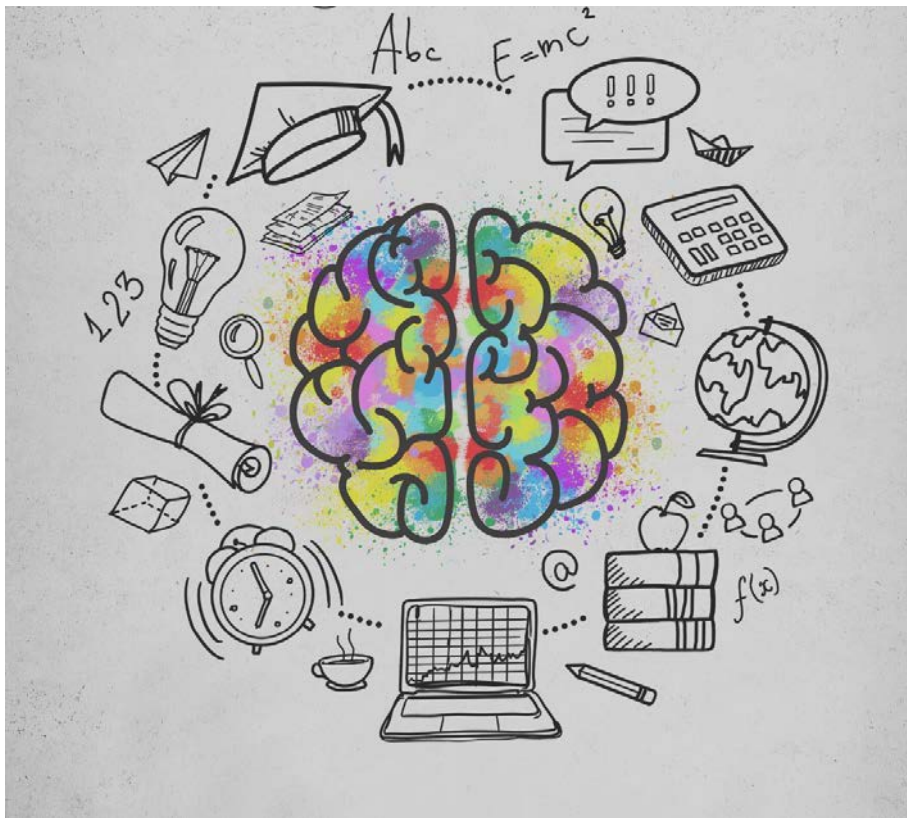
If something is changeable, it has the property of being able to change its shape. The suffix «-able» indicates that there is a possibility for transformation. But it remains open when and where the transformation takes place. The crucial questions are why change will take place and what will come of it. In arriving at a final state, several stages of transformation may be traversed, or the changeable may be in constant motion or change. When it comes to the point of transformation, existing certainties break up and something new arises. The change of shape can lead to a shape that suits the circumstances better than the original (as in Ovid's *Metamorphoses*). Beck describes our world as being in a phase of metamorphosis that results in an «epoch-making change in worldviews» and that «sets in motion hitherto unshakable certainties. They metamorphose and transform. [...] through which we launch into something that obeys a completely different logic. We become part of a world that is fundamentally different from what we believe and expect.»



Community space in Kanagawa, Japan by Aki Hamada

6. Cognitive Skills

An individual's cognitive ability provides the foundation for his or her innovative capabilities. Such cognitive abilities include intelligence, perseverance, creative thinking ability, and even pattern recognition. Cognitive ability refers to the functioning usually considered to be a person's mental faculties. In general, the higher an individual's cognitive abilities, the more able that person is to develop innovations and implement innovations from other sources. Leonardo da Vinci and Michaelangelo are perhaps the exemplars of strong cognitive abilities being linked to great innovations.



7. Comfort

It is certainly difficult to imagine any discussion of the quality of life that is not, at the same time, a discussion on the "livability" of our surroundings. But this "livability" cannot be proposed (and still less attained) in all contexts in the same way. For example, in a social reality in which human beings are forced to struggle for the most elementary survival, in a reality in which hunger, deprivation, illness, violence, and physical and moral compulsion on individuals, in fact, rule, the program of "livability" is identified with efforts to change such a reality. There are, however, other contexts that are not characterized (at least not to a major degree) by indigence and repression. In these other contexts, "livability" has a very different meaning: practically, it means the services that a particular ambient reality can provide in terms of convenience, ease, or habitability. In short, comfort.

Tomas Maldonado (The Idea of Comfort)

Translated from the Italian by John Cullars.



8. Connectivity

“Keep your ageing family members nearby, this way they can get better care and they can be tapped for their wisdom. Sticking together as a community is the core value and the building block of a community is the family.” - Dan Buettner



9. Craftsman

Every good craftsman conducts a dialogue between concrete practices and thinking. This dialogue evolves into sustaining habits, and these habits establish a rhythm between problem solving and problem finding. The slowness of craft time serves as a source of satisfaction; practice beds in, making the skill one's own. Slow craft time also enables the work of reflection and imagination—which the push for quick results cannot.

Sennett quotes a passage from Charles Wright Mills: “The laborer with a sense of craft becomes engaged in the work in and for itself; the satisfactions of working are their own reward; the details of daily labor are connected in the worker's mind to the end product; the worker can control his or her own actions at work; skill develops within the work process; work is connected to the freedom to experiment; finally, family, community, and politics are measured by the standards of inner satisfaction, coherence, and experiment in craft labor.”

Richard Sennet (The Craftsman)

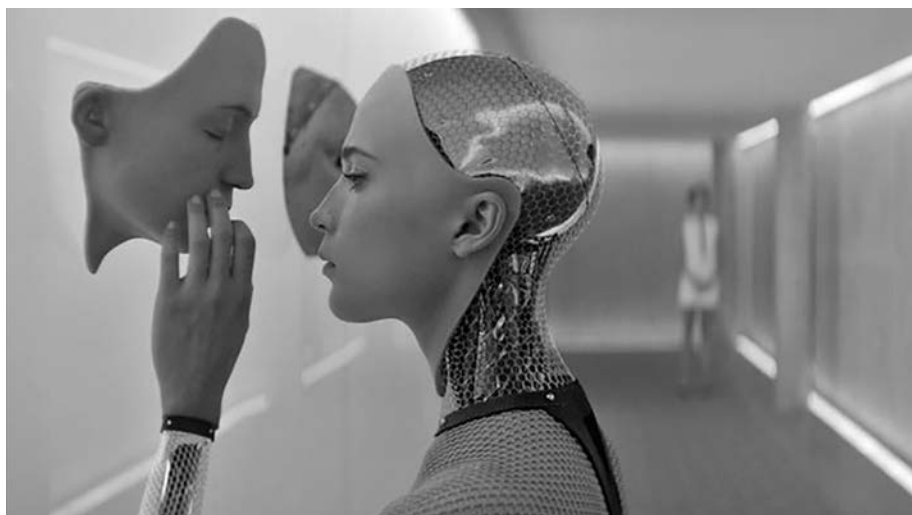


Stadsarchief Antwerpen
www.stadsarchief.be

Empathy

10. Empathy

The term empathy in ancient Greek means physical affection (empathēia) and encompasses different phenomena, with sociologists and psychologists disputing its definition and understanding. In general, empathy is divided into two levels of meaning - cognitive empathy, which is the ability to understand another person's perspective or mental state, and affective empathy, which is the ability to respond with an appropriate emotion to another person's mental state. The study of empathy has developed in the fields of primatology and neuroscience, economics (wealth inequality weakens empathic response), literature (reading fiction can improve it) and gender studies (e.g. the importance of women in care work). In contemporary philosophy, empathy also challenges our ability to empathise with objects (OOO) and the natural world.



11. Enriched Environment

The term Enriched Environment (EE) was coined to describe how complex settings stimulate positive physiological and cognitive changes in the brain. Conversely, Impoverished Environments (those with low complexity and stimulation) are associated with more pronounced cognitive decline.



Environment

12. Environment

With policies aimed at keeping people intergenerationally engaged, walking, and purchasing healthy foods, Singapore represents healthy longevity.



13. Ikigai

Finding your ikigai: the Japanese secret to health and happiness.

"A kind of mission and a sense of purpose. It is the main factor of spiritual health of the centenarians. They are keeping their mind engaged and their bodies moving. They can sum up their life meaning and the reason they wake up in the morning." - Dan Buettner



Interactivity

14. Interactivity

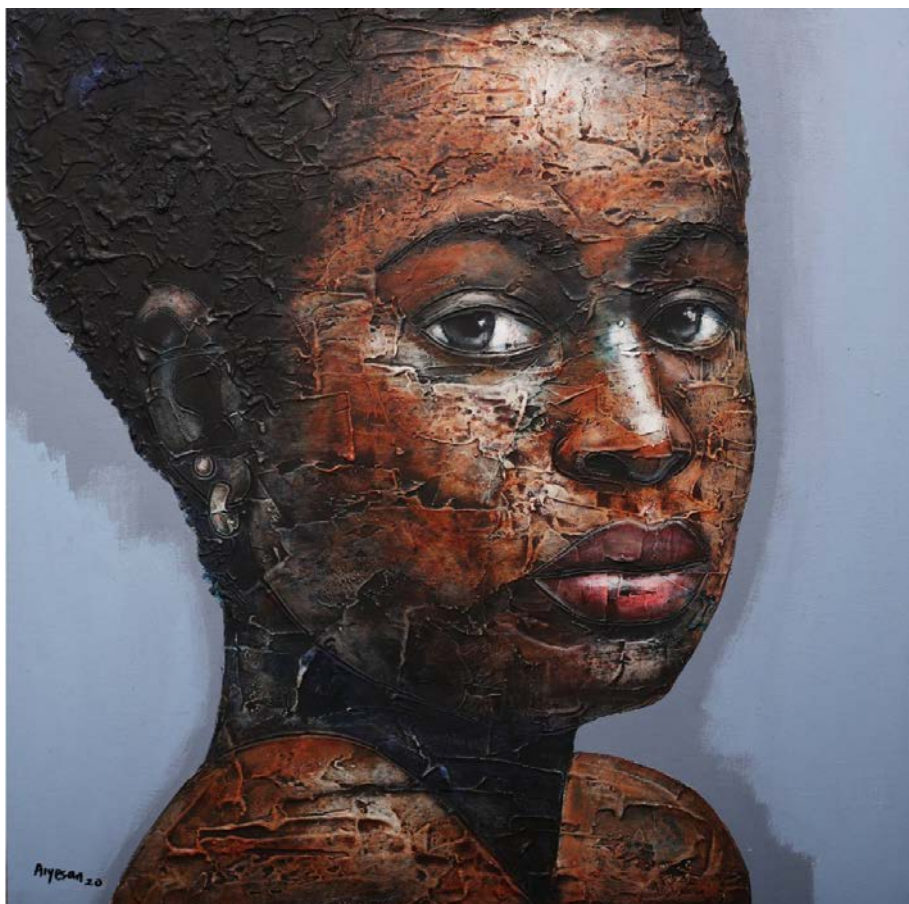
Interactivity describes a reactive relationship between humans and/or machines and/or media. In relation to architecture, interactivity involves a new relationship of mutual influence between user and building. Architecture responds to the movements and needs of its users; conversely, users adapt to the performance of the house.



Installation view, 'Berlinde De Bruyckere. Plunder / Ekphrasis', MO.CO. Montpellier Contemporain, Montpellier/FR 2022

15. Invisibility

With Enlightenment and the Industrial Revolution, the concept of invisibility shifted from its religious context to that of philosophy, art and science. In current usage and especially in relation to the second modernity, the invisible is usually something 'hidden', both in the material and the immaterial sense of the word. Many infrastructures relevant to today's society, such as the internet, are physically very limited in appearance. The same applies to software, whose algorithms usually remain hidden from the user. An increase of the invisible and the hidden also took place in philosophical discourse, e.g. in relation to the dissolution of ideology.



16. Inviting

If you say that something is inviting, you mean that it has good qualities that attract you or make you want to experience it.



Monash University in Australia

17. Legibility

Legibility is the degree to which an environment communicates expected behaviors to its users. This includes explicit signage and environmental graphics, implicit cues suggested by furniture, decorative objects, and other interior design elements, and trace evidence left behind by activities of other users. Studies demonstrate that the greater the legibility of a setting, the more likely it is that residents will use it as intended.



18. Longevity

Practically speaking, gerontologists use the term longevity to refer to any individual who is beyond the age 90 and actively functional. Living to 100 is an attractive threshold in the lifespan for the media as well as for research although it does not have any demographic significance in itself. Other age thresholds could be used to define the gates of longevity¹ but the majority of research dealing with longevity considers usually centenarians.



19. Modai

"A committed social circle of people who originally got together by pooling their money and helping each other in times of hardship" - Dan Buettner

Mo•ai (/mo,eye/) Japan

noun

1. A group of lifelong friends
2. A social support group that forms in order to provide varying support from social, financial, health, or spiritual interests



20. Mobility

“Uphill or downhill. One of the biggest predictions of longevity is how steep your village is. Moving naturally all day long reduces the risk of diabetes and heart disease.” - Dan Buettner



Narrative

21. Narrative

The concept of narrative is about the story-telling and descriptive quality of architecture. Narrative can be understood as a counter-model to the concept in architectural design. Concepts serve to open up fields of operation in design. They operate pictorially by means of analogies, diagrammatically on the level of arrangements in plan or linguistically, for example, by means of metaphors. Concepts rely on the (big picture) as a kind of organising principle from which all design decisions are derived and developed. However good at clarifying concepts may be, they are often at risk of creating architecture that is purely monocausal or self-referential. Moreover, in complex tasks concepts are often too rigid and lead to self-imposed constraints. While concepts begin with wholes and operate from large to small, narratives follow the opposite approach. In design, the good narrative manages to arrange sometime-contradictory details and to cement them together into a meaningful whole. The proverbial (common thread) can provide countless twists without ever tearing, through which the story can create more tension and richness. Additionally narrative manages to relate the most diverse topics to one another. For this, language is the central instrument of design, from the determining of the intentions of the brief as a catalyst of the design, through to the assessment of design decisions.



Samuel Palmer, *The Shearers* (c 1833-5)

22. Nature Interaction

Similarly, exposure to nature via interaction with green spaces in urban areas is related to improved sustained attention and directed attention in young as well as older adults. Many scientists believe it is the stress-reduction effect of spending time in nature that is most impactful to cognitive performance.



Fallingwater in Stewart Township, Pennsylvania, 1935 by Frank Lloyd Wright

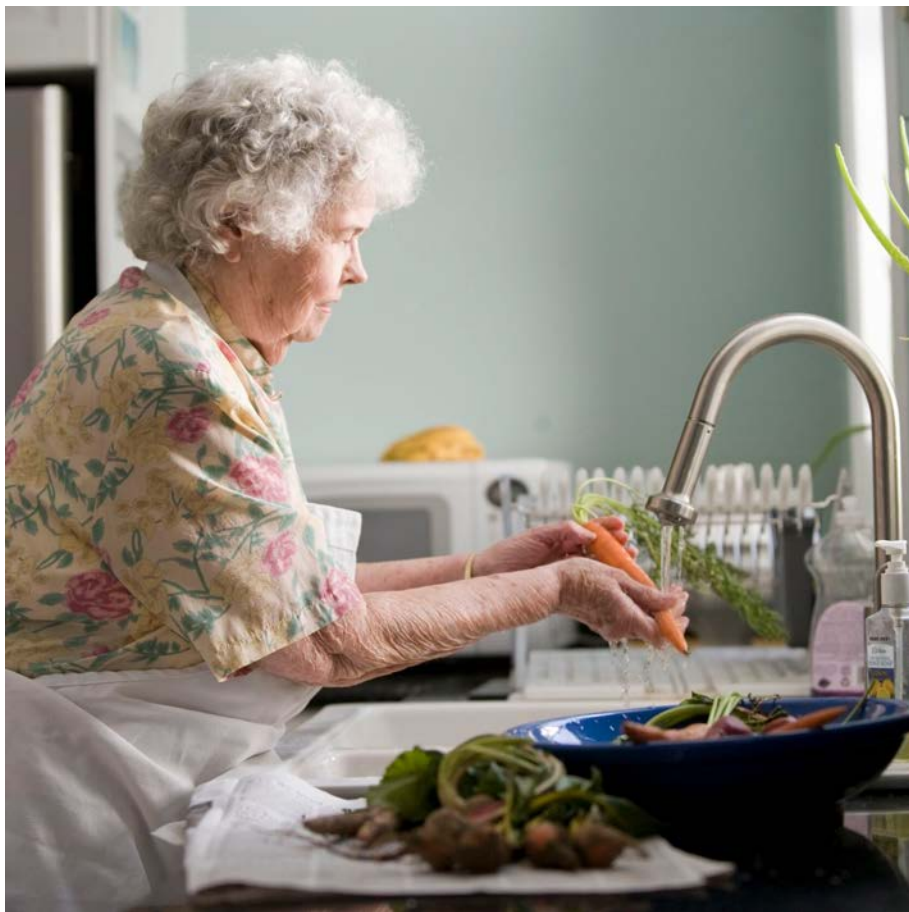
23. Self-reliant

In Emerson's essay "Self-Reliance," he boldly states society (especially today's politically correct environment) hurts a person's growth.

Emerson wrote that self-sufficiency gives a person in society the freedom they need to discover their true self and attain their true independence.

"Unleash your inner strength & embrace independence" - Emerson

"a reliance on internal resources to provide life with coherence (meaning) and fulfillment" (Baumeister, 1987: 171).



24. Sensory Perceptions

Sensory perceptions play a crucial role in our daily encounters with the world in all kinds of activities, such as when we buy clothes, stationary, toothpaste and soap, choose a restaurant or download mobile ring signals. We make those decisions based on our preferences for certain colours, smells, textures, tastes and sounds.



25. Spatial

The spatial configuration of the seniors housing facility can promote activity and social engagement behaviors. This focuses on circulation spaces including common areas, hallways, stairs, elevators, and other opportunities for navigation, such as through landscape designs, and is supported by the largest body of research. These facility areas can best promote walking and stair climbing, lifestyle activities, which have significant health benefits and fit seamlessly into daily routines of living. Because older adults are typically sedentary for 8-9 hours a day, buildings designed to increase lifestyle activity can play a large role towards supporting enriched lifestyle.



Territories

26. Territories

"Territory is not only a physical space[...]. It is where relationships among humans, and with the environment occur;[...]. It is also history, memory and culture, and the roots and spirituality that form the worldview of each people. Territory is where individual and collective identities are constructed. Therefore, to defend territory is to defend the forms of life that inhabit it."

Teresa Pérez González, Defending the body-earth territory: an alternative for social movements in resistance, 2016 ([Link](#))