

Media Architecture | LIFESPHERE

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In our daily routine, we are exposed to increasing stress. The stress of our day-to-day life, at work or in our free time, has become a constant companion.

The concept "lifesphere" deals with this topic and includes interactive elements.

The pavilion is reminiscent of a quiet forest space, with interactive light that lights up in different colours depending on your needs, because colours affect our bodies differently.

For the concept, I chose colours that have a calming, stress-reducing effect on the human body and mind.

For example, blue increases productivity while lowering our heart rate, green reduces stress, red increases brain activity, and pink has a relaxing effect.

The pavilion consists of five individual "recreation zones" where you can withdraw and recover. The interaction is that the individual places of retreat only light up with a specific colour when someone walks up to them and take a seat; before that, the lights are not active.

