

**MUNICIPAL FLATS FOR  
HEALTHCARE PROFESSIONALS  
IN ŠAFRÁNKA, PRAGUE BŘEVNOV**

Diploma Project  
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**GENERAL**

**01**



The project area is situated in a peaceful Šafránka neighborhood at the boundaries of Prague's Břevnov and Motol districts in the Czech Republic. The area is well known for its historical significance, natural surroundings, and Motol Hospital, one of the largest and most prestigious medical institutions in the country. The project area is located on Nad Motolskou Nemocnic Street, which bears the same name as the hospital. The surrounding area offers a tranquil and family-friendly atmosphere, making it an attractive place for both hospital staff and residents. The locality is a quiet and relatively green area, thanks to its proximity to Ladronka Park and its natural surroundings. Overall, the area offers a harmonious blend of residential tranquility, medical expertise, and convenient amenities. It provides a supportive environment for patients, families, and medical professionals, while also ensuring access to green spaces and convenient transportation options.

## HISTORY

### General Area

The first mention of the location of saffron appears in the 14th century. A vineyard with a vineyard house belonging to the townspeople Diviš from Ejzire was documented here. However, the first mention of the name Šafránka begins in 1784, when the current homestead was established. On the stable cadastre from 1842, the Šafránek building and the present-day Nad Motolská Nemocnicí and Šafránecká streets are clearly recorded. On the orientation plan of the royal capital of Prague from 1909 - 1914, we see other new buildings.

Between 1914 and 1953, several houses were built around today's Nad Motolská nemocnicí street. The Šafránka location underwent a fundamental change between 1953 and 1966. The three-lane Kuklova road was built, which created a barrier between the Šafránka building and the Nad Motolská hospital location. From 1966 until today, the location has not undergone any major changes. There was more construction or demolition work on small buildings.



1953



1975



1996



2022

## HISTORY

### Important Hospitals

#### HOSPITAL NA HOMOLCE

Hospital Na Homolce hospital building is located on the southern oriented slope between Roentgenova and Weberova streets in Prague-Motola and is the joint work of a trio of architects - Petr Kutnar, Jana Jeřková and Svatopluk Zeman. Typologically, the building is designed as a monoblock embedded in the terrain. The facades of the individual parts are horizontally distinct in colors. In the original plan, the hospital in Homolka was to serve mainly medical purposes for high-ranking party functionaries and national artists. However, thanks to the social changes that took place after the Velvet Revolution in 1989, it was decided that the hospital would serve all citizens.

Nowadays, the hospital mainly consists of three specializations - the neuroprogram, the cardiovascular program and the diagnostic program.



Hospital Na Holmoce

#### HOSPITAL MOTOL

Motol Hospital project was first prepared between 1937 and 1939, when the hospital had a capacity of 1,300 beds. However, the preparatory work was stopped by the invasion of German troops in 1939, and because of the occupation there was an urgent need to create a new hospital with a much larger capacity.

In 1941, the Ministry of Health and Welfare decided that the original hospital design would be simplified and a temporary barracks hospital would be built here as a temporary wartime solution. However, the hospital remained in operation until 1997, in the 1960s new buildings were built and the Motol hospital became one of the largest in the Czech Republic.

In 2006, the reconstruction of the children's section began, and the rest of the hospital should see reconstruction in the future.



Hospital Motol



## HISTORY

### Other Important Buildings

#### THE ŠAFRÁNKA HOMESTEAD

The homestead was established at the end of the 18th century. Almost until the end of the 20th century, it served the State Estate of the capital city of Prague. The building later fell into disrepair, but was rebuilt into a luxury residential complex in 2005 and 2006. Today it is on the list of cultural monuments of the Czech Republic.



The Šafránka Homestead

#### LADRONKA ESTATE

On the site of today's estate, there was originally a wine press from the 14th century founded by Charles IV. At the beginning of the 18th century, the estate was bought by the Grand Prior of the Order of the Knights of Malta, and during a plague epidemic, the dead were buried here in a common grave. In 1922, the building became the property of Mr. of the city of Prague and over time it fell into disrepair. Nowadays, the homestead is reconstructed and fully used again.



Ladronka Estate

# PHOTOS

## Other Important Buildings



Nad Motolskou Nemocnicí Street



Nad Motolskou Nemocnicí Street



Nad Motolskou Nemocnicí Street



## PHOTOS

## Other Important Buildings



Junction of Roentgenova and Nad Motolská Nemocnicí Street



Kukulova Street



Nad Motolskou Nemocnicí Street



Šafránka Estate from Roentgenova Street



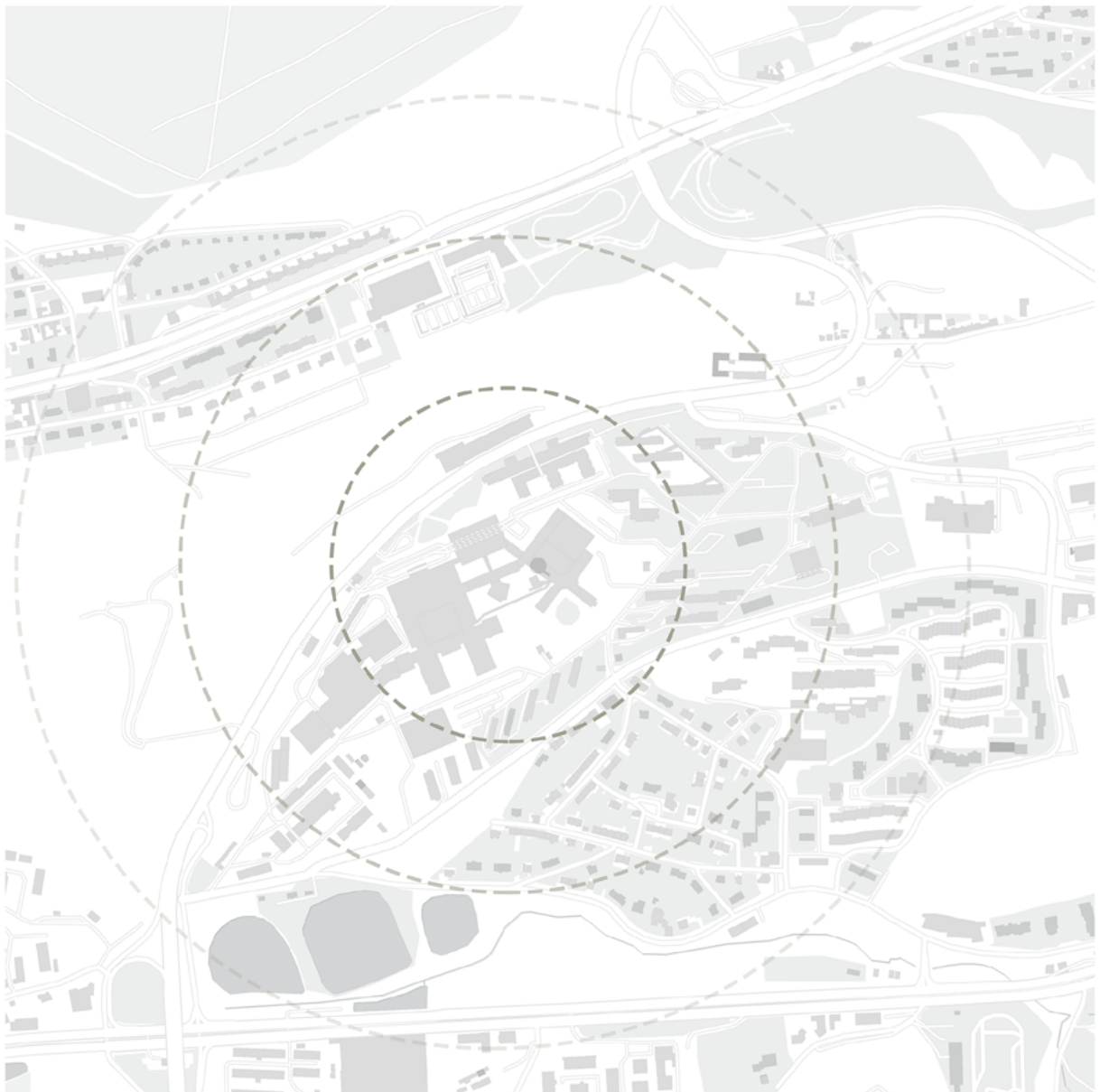


## ANALYSIS

### Accessibility

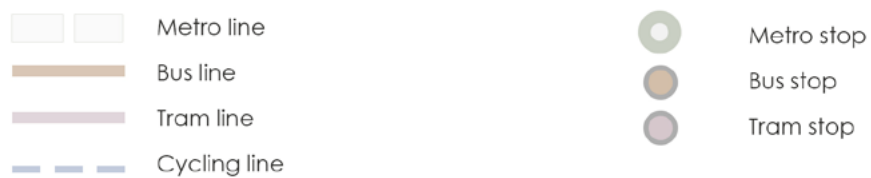
Distances from the hospital

- 300m
- 500m
- 800m



## ANALYSIS

### Transportation






The area is connected to city center by all types of public transport including bus, subway and tram. The district is located on green subway line and accessible by subway station named "Nemocnice Motol".



## ANALYSIS

### Greenery

-  Forests
-  Non-forest vegetation
-  Park and garden areas





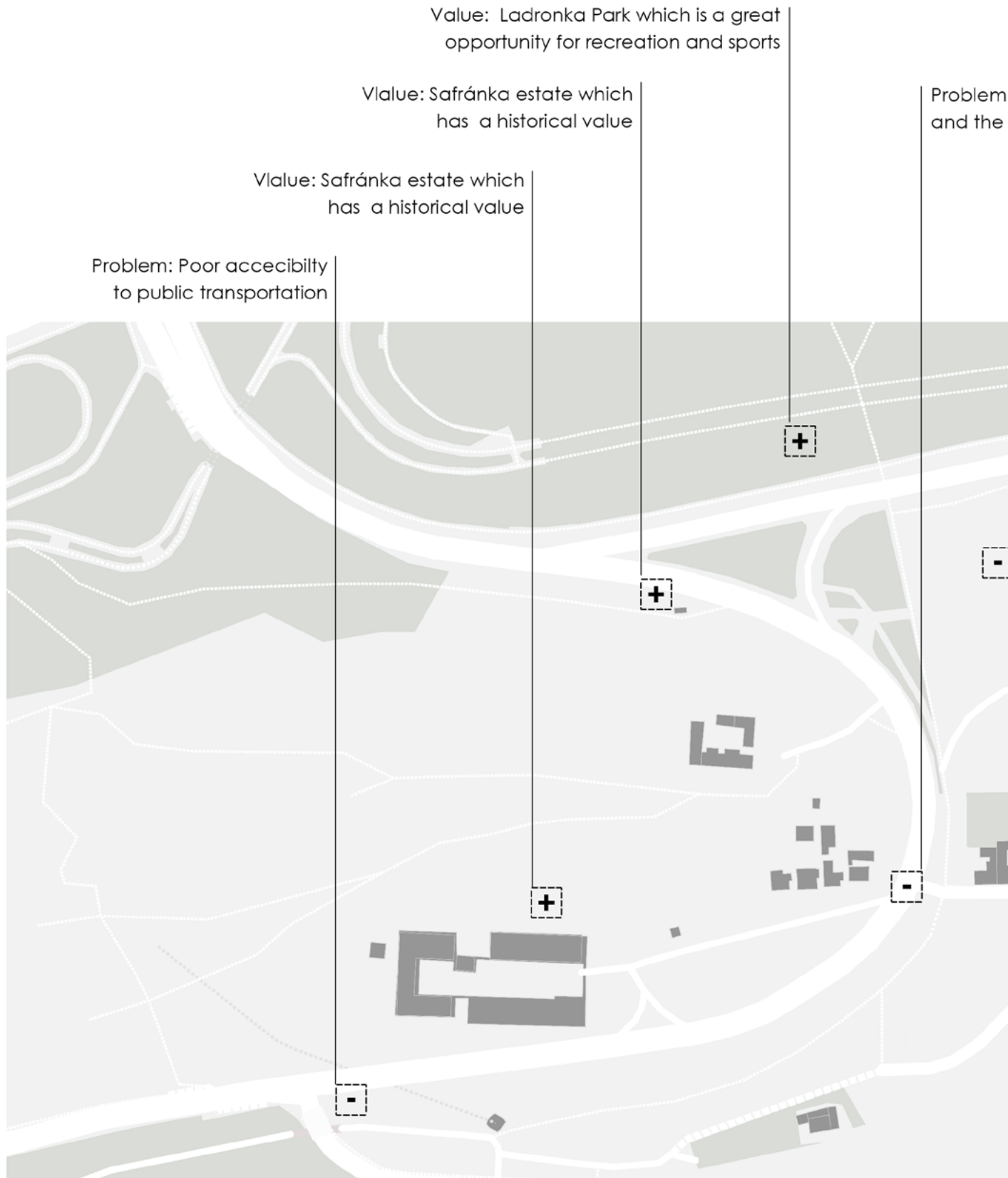
# ANALYSIS

## Civil Amenities

- Restaurant
- Shop
- Medical help
- School



# PROBLEM AND VALUE MAP

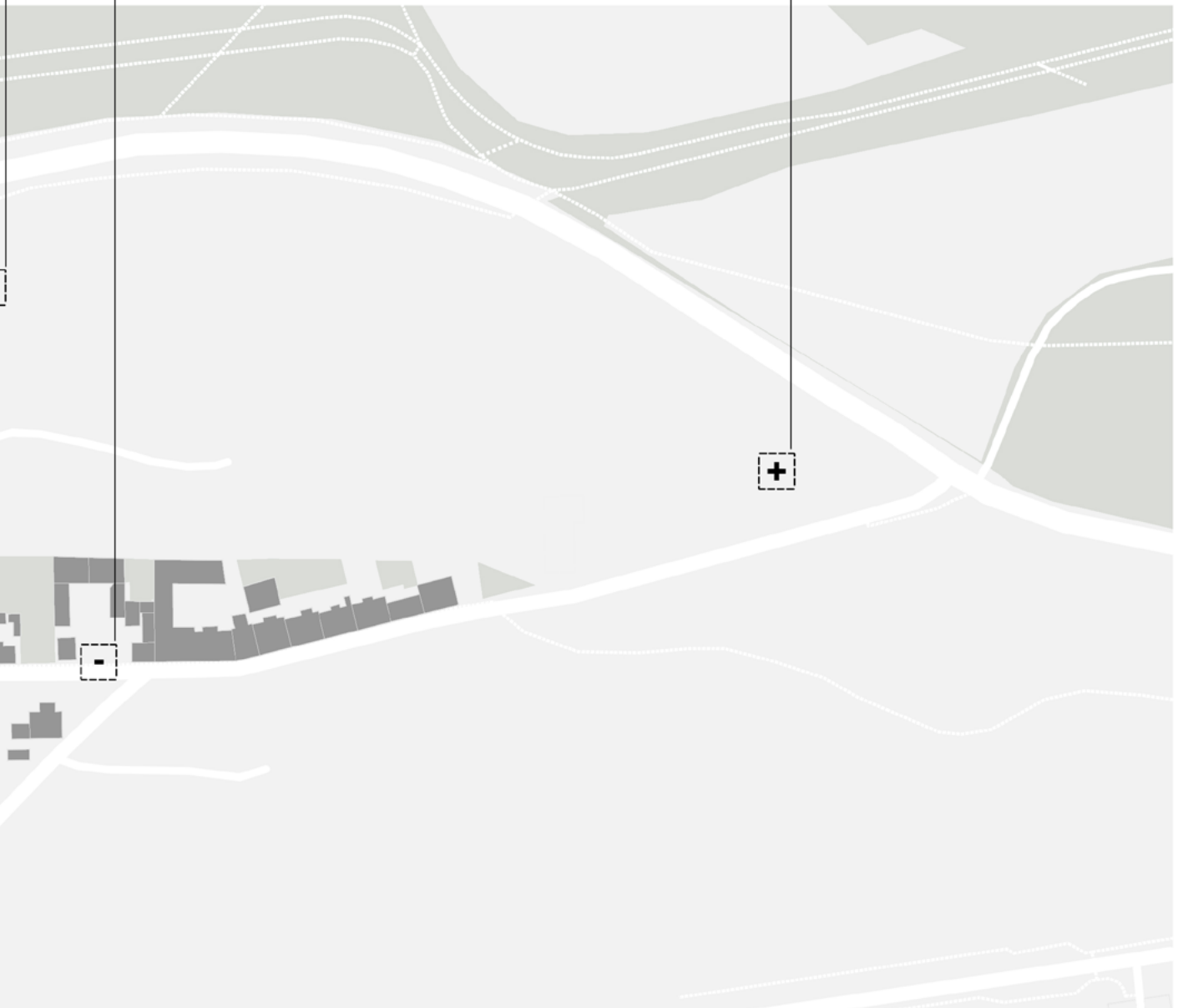


: The lack of pedestrian connection  
high frequency of traffic.

Problem: Large unbuilt area with poor condi-  
tion which is used for parking.

Problem: Absence of civic amenities

Problem: Large unbuilt area  
with poor condition which is  
used for parking.



## ANALYSIS

### SWOT

# S

#### STRENGTHS

- the character of the place
- the location on the hill offers very attractive views
- in the vicinity there are pleasant places for recreation - Ladronka, Obora Hvězda, Cihlářka and others
- close to the metro station - good transport accessibility

# W

#### WEAKNESSES

- insufficient civic amenities
- absence or poor accessibility of public transport stops
- annexation of the Šafránka location due to frequent traffic, absence of pedestrian links

# O

#### OPPORTUNITIES

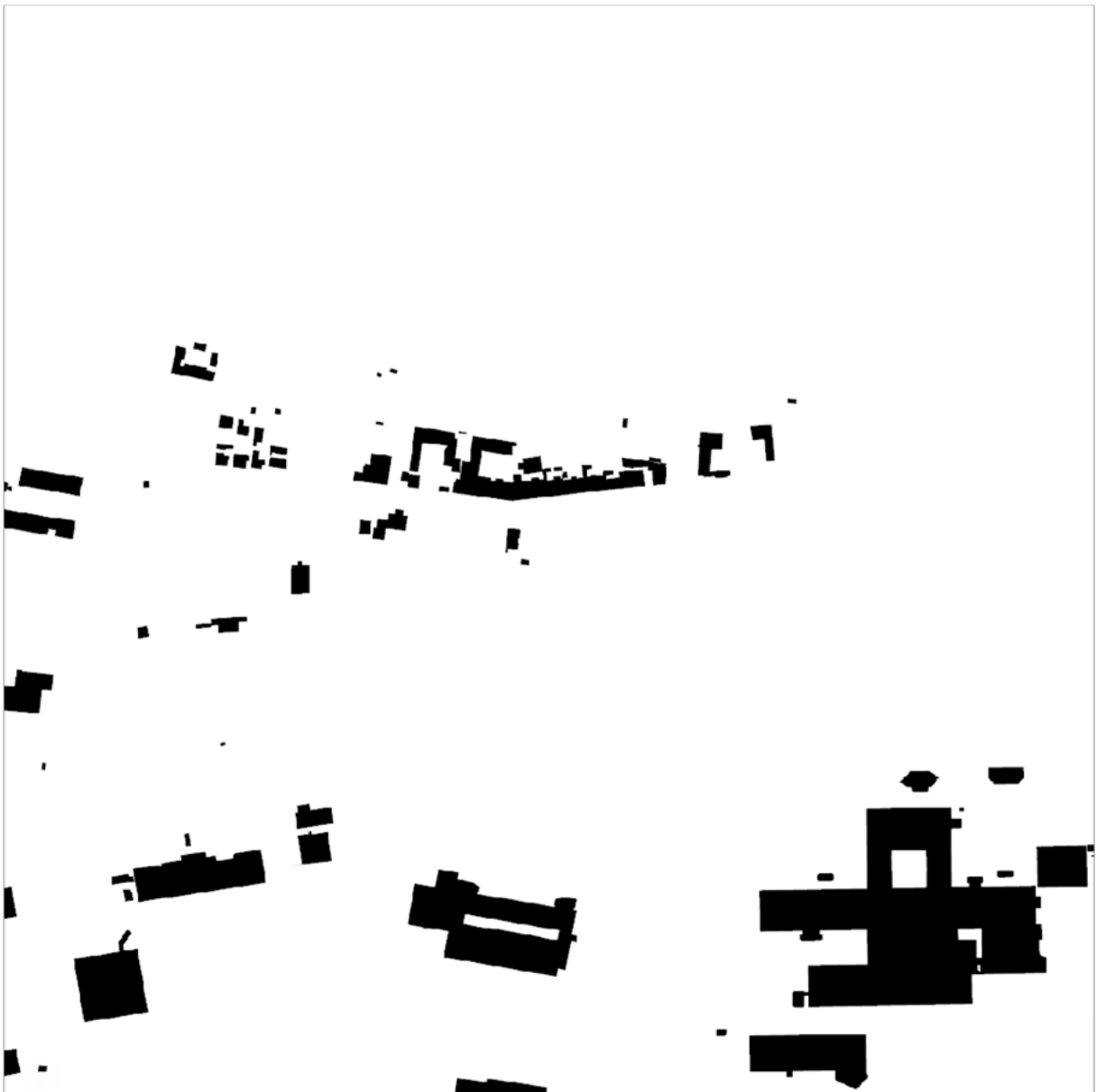
- the possibility of using free plots and plots of land
- The correctly chosen purpose and content of buildings can bring better civic amenities for the residents of Šafránka and also for neighboring locations
- Proximity to hospitals Na Homolce and FN Motol, there are opportunities to find new f-cs on free plots

# T

#### THREATS

- an inappropriately designed composition of new building materials could prevent views of existing buildings
- the busy Kukulova street, stands in the locality f-cn barriers

## SCHWARZPLAN

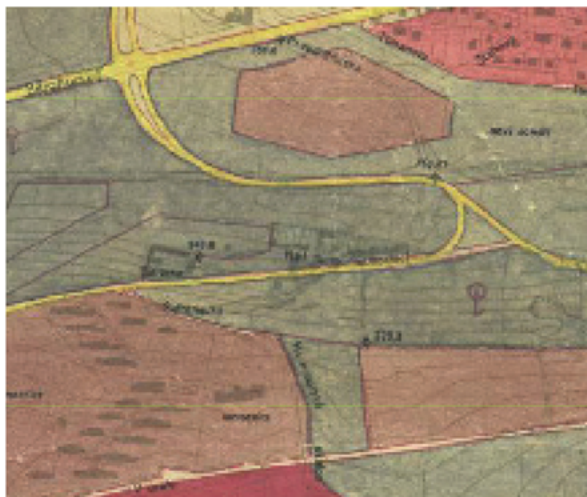


**SPATIAL  
PLANNING**

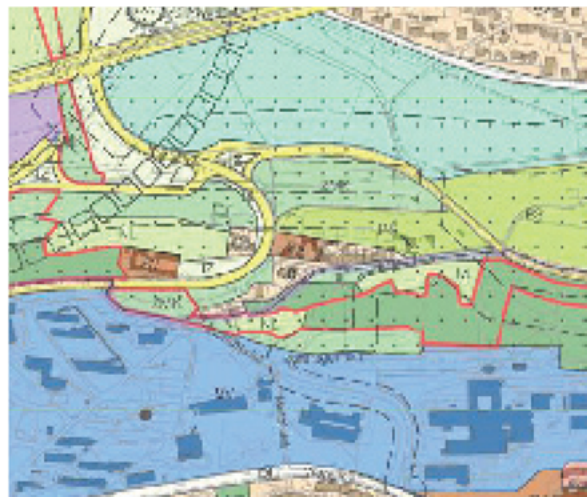
**03**

# LAND USE PLAN

## Historical Development



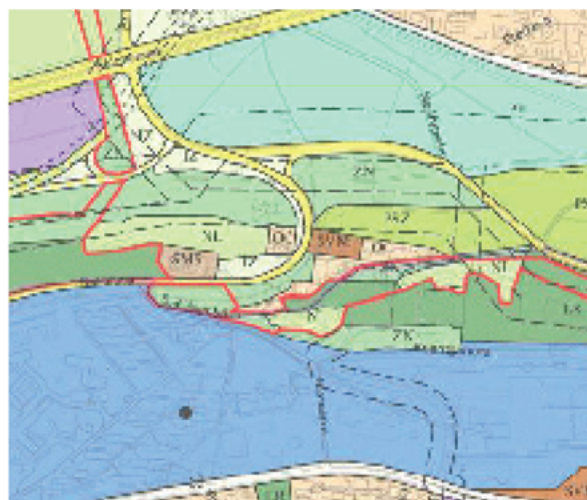
1964



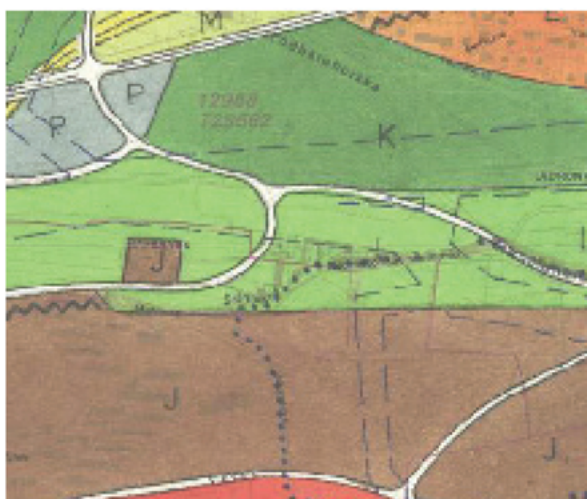
1994



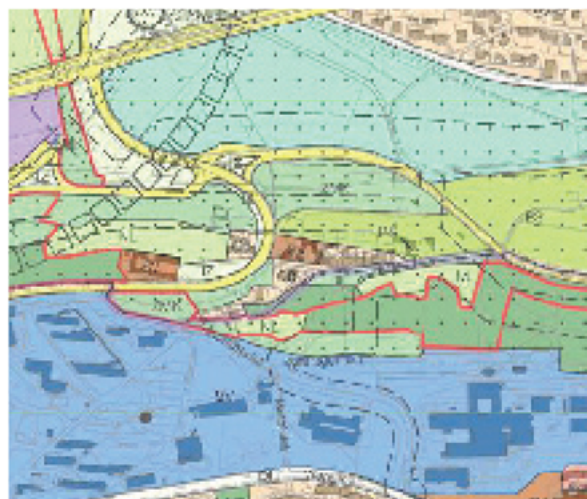
1971



1999

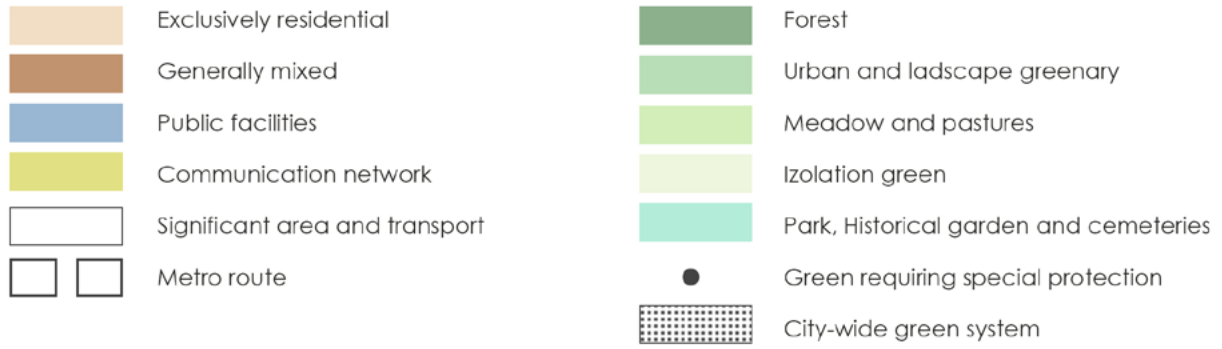


1986



2009

## LAND USE PLAN





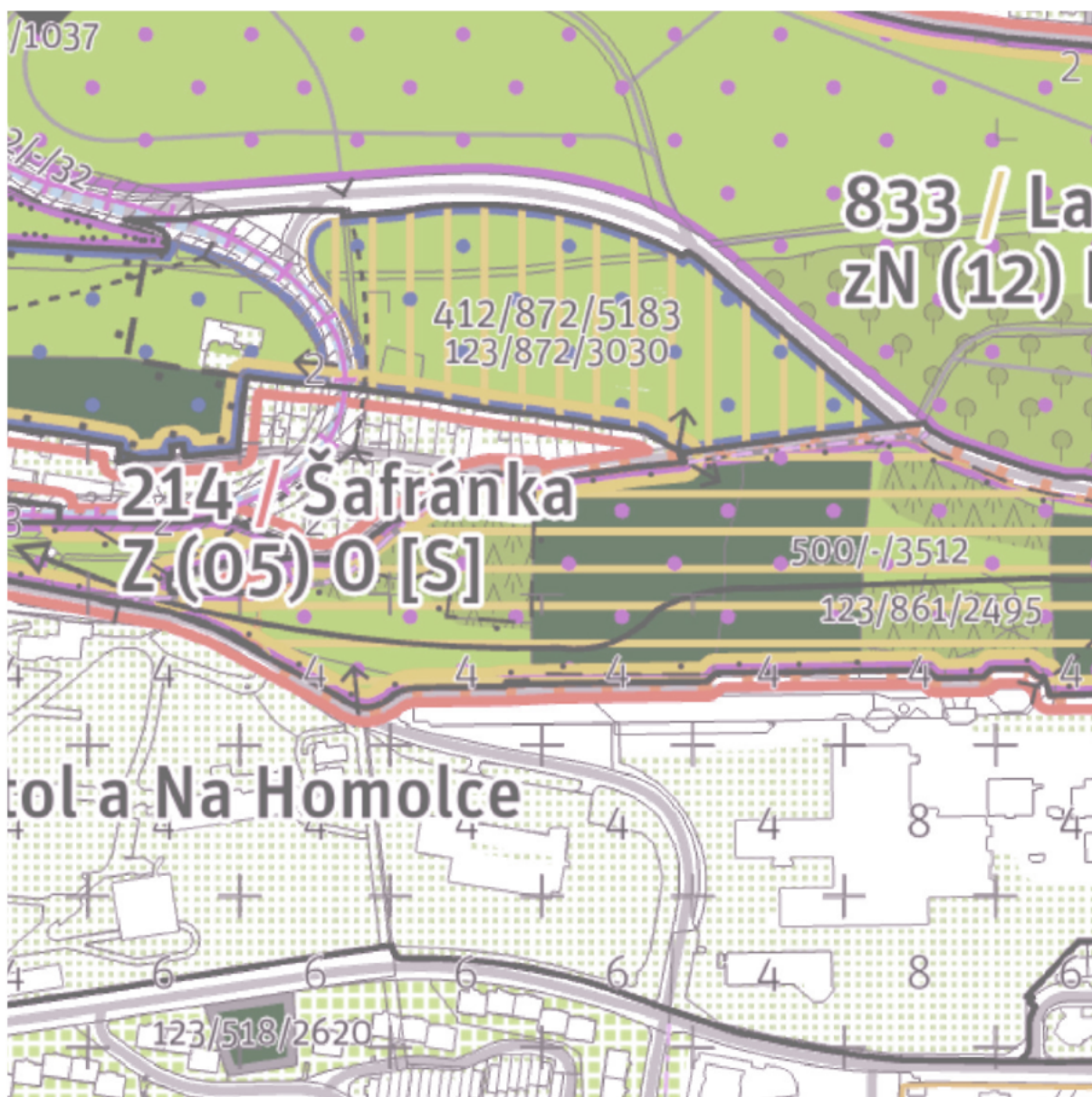
## METROPOLITAN PLAN

214 / ŠAFRÁNKA

Structure type: Village structure

Target character of the site: Complete and strengthen the target character of the buildable, stabilized, residential location Šafránka with structure village. The location is part of the landscape defined in the ZÚR named Urban Landscape of Prague.

The Šafránka locality is defined as a locality with an original village structure. The regulations' design aims to retain the village's spatial configuration surrounding the historic Šafránka homestead and to make it more accessible to the nearby Pod Ladronkou and Motolský háj park areas.



**RESEARCH**

**04**

## HEALTH AND WELL-BEING

Sustainable Development Goal



Sustainable Development Goal 3, regarding "Good Health and Well-being", is one of the 17 Sustainable Development Goals established by the UN. Targets of SDG3 to ensure healthy lives and promote well-being for all at all ages.

The built environment affects our physical and mental health as humans. With increases in population and unequal infrastructure, considerations of access to health-care, the spread of diseases, and preventable premature mortality are major concerns for sustainable futures. 'Design for Health' problematizes what design for healthy communities can be. From the direct design of hospitals and places for healing to the strategic design of health-care facilities to reduce the transmission of communicable disease or focus on vulnerable groups, architecture contributes to the reduction of mortality rates and better health.

## HEALING ARCHITECTURE

### Concept and Principles

Providing suitable living accommodations for the healthcare workers is crucial for their well-being and the efficient delivery of healthcare services.

Healing Architecture is a specific architectural approach that recognizes the impact of the built environment on human well-being, particularly in the context of healthcare settings. It focuses on creating spaces that support the physical, mental, and emotional healing processes of individuals. By incorporating specific design principles and elements, healing architecture aims to create environments that promote comfort, reduce stress, privacy, and foster a sense of well-being.

# 01

## NATURAL LIGHT & VENTILATION

Access to natural light is vital in healing spaces as it has been linked to improved patient outcomes. It helps regulate the body's circadian rhythms, enhances mood, and provides a connection to the outside world. Similarly, proper ventilation systems that supply fresh air contribute to a healthier indoor environment, reducing the risk of infection and improving air quality.

# 02

## BIOPHILIC DESIGN

Biophilic design seeks to connect people with nature by incorporating natural elements into the built environment. This can include features such as large windows with views of greenery, indoor gardens, natural materials, and the presence of water elements. Studies have shown that exposure to nature and natural elements can reduce stress levels, improve mood, and accelerate the healing process.

## )3

## CALMING &amp; RESTORATIVE SPACE

Healing architecture emphasizes the creation of spaces that promote relaxation and stress reduction. Incorporating elements such as comfortable seating areas, soothing color schemes, soft lighting, and acoustical considerations can help create calming environments that encourage rest and recovery. Private spaces for contemplation or meditation can also be included to support emotional well-being.

## )4

## PRIVACY AND DIGNITY

Respecting patients' privacy and dignity is crucial in healthcare environments. Healing architecture incorporates design elements that ensure confidentiality and minimize disruptions. Adequate room layouts, soundproofing measures, and visual barriers can help create private spaces that foster a sense of security and dignity for patients and their families.

## )5

## SUSTAINABILITY

Incorporating sustainable design principles into the architecture of these flats is essential to reduce environmental impact and promote energy efficiency. Efficient insulation, natural ventilation systems, and energy-saving appliances can lower utility costs and contribute to a greener living environment. Access to outdoor green spaces or community gardens can also enhance the overall well-being of the residents.

## )6

## SENSORY CONSIDERATION

Healing architecture takes into account the impact of different sensory stimuli on individuals' well-being. By designing spaces that address sound, lighting, temperature, and tactile comfort, healthcare environments can minimize stress and create more pleasant experiences. Controlling the noise levels, optimizing lighting, thermal comfort, and selecting appropriate materials and textures are key considerations in this regard.

## AFTERCARE

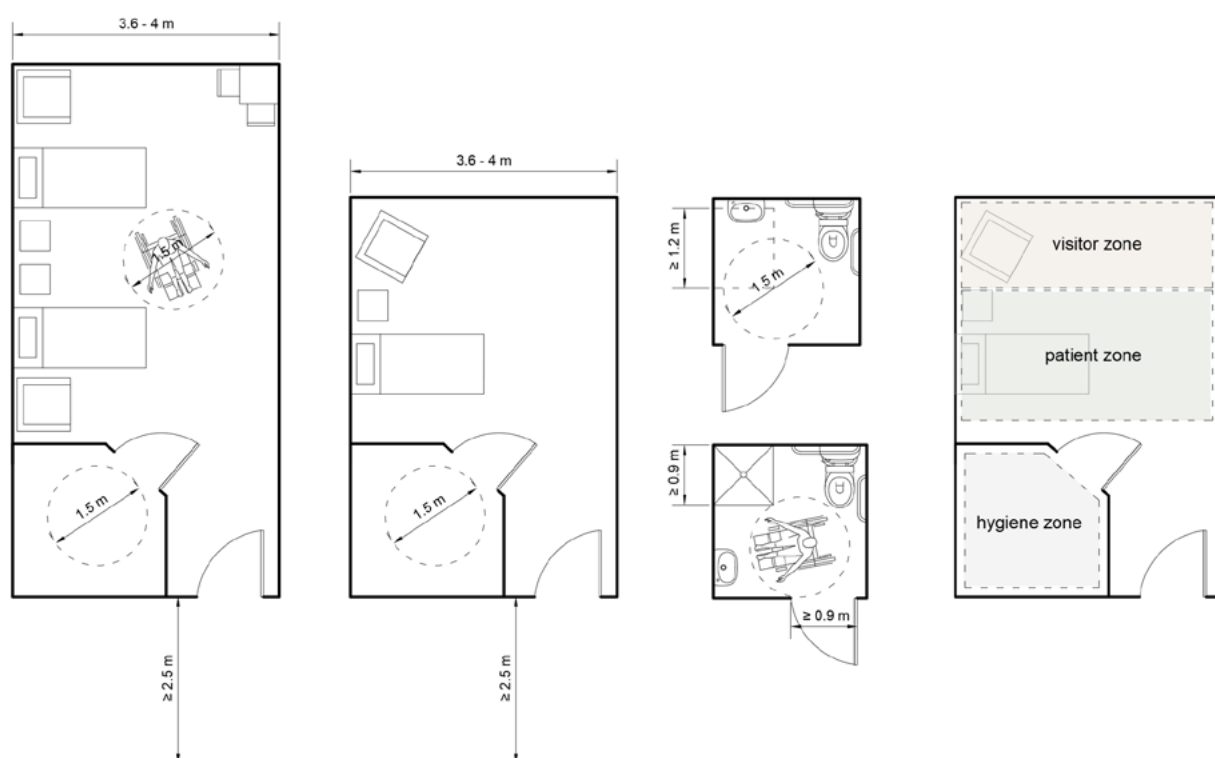
### General Area



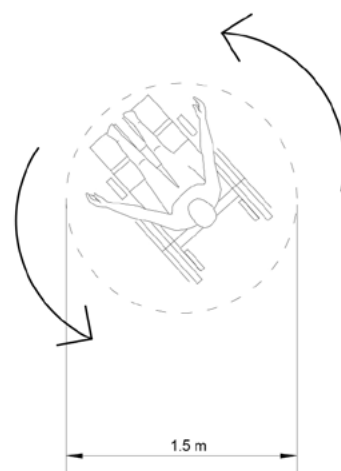
Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This is how the World Health Organisation (WHO) describes the concept of human health. In hospitals and care facilities, or where health is restored or maintained, this holistic concept of health is still too often reduced to the purely physical condition. However, we recognise a change in thinking that had already found its way into architectural discussions with the advent of environmental psychology in the 1970s, and that has become more relevant and described as, Healing Architecture.

Aftercare architecture focuses on creating environments that support the rehabilitation and continued recovery of individuals who have undergone medical treatments or therapies. These spaces aim to provide a supportive and healing atmosphere where individuals can regain their strength, relearn skills, and reintegrate into their daily lives. The psychological wellbeing of the individuals is among its top priorities. The atmosphere should provide a sense of home and coziness for the patients. Since some patients frequently have restricted movement and spend most of their time in bed, the room should give them a direct view of the outside.

The facility should also enable psychological support with the help of the patient's relatives. The design should contain community areas inside and outside where patients can meet their loved ones. In order to accommodate this, the exterior should be changed to resemble a park where different types of activities or strolls might be done. A growing number of studies worldwide that have explored the influences of built space on interaction and behaviour, on physical as well as psychological well-being, now support this thesis of healing architecture.



Bed, bedside table, wardrobe, chair and wet room - these are the recurring elements of a patient's room. And significant health-related factors are already at play in the question of whether single- or double-bed rooms should be planned. Apart from the obviously greater privacy, single-bed rooms are also the clear favourite from a hygiene standpoint, because they significantly reduce the risk of nosocomial infection, i.e. infection within the hospital. Accommodation in a single room can also contribute to improving doctor-patient communication. During ward rounds, doctors and patients can exchange ideas in a more concentrated and intimate manner. Two-bed rooms, on the other hand, are more advantageous from the point of view of social interaction and mutual control, for example in the event of a fall. The influences of natural lighting and a view of the countryside are often cited as factors that promote recovery. In fact, the relationship between recovery and access to daylight can be established and proven beyond doubt. Patients also rate their condition and satisfaction better when they have the positive distraction of a view of the outside world.



Turning circles of 1.50 m diameter are recommended inside the rest room to allow for full-turn maneuvering of a wheelchair.

## CASE STUDIES

### PRINCESS MÁXIMA CENTRE FOR CHILD ONCOLOGY

Architects: LIAG Architects

Location : Utrecht, The Netherlands

The Princess Máxima Centre for child oncology designed by LIAG brings together all expertise in the field of care and research at the very highest level. The Princess Máxima Centre is unique, and at 45,000 m<sup>2</sup> it is the biggest child oncology center in Europe. Great attention has therefore been given to the child and the family, resulting in the new layout of the center.

The designers paid particular attention to aspects such as daylight, air, views, clarity and the general layout in order to facilitate the healing process. Moreover, a calming environment, which supports natural processes such as the rhythm of night and day as well as the experience of the seasons and weather, contributes to the recovery and well-being of young patients. In addition, each age category has a space of its own, designed according to the group's needs, thereby optimally stimulating social and emotional development.





## 26 PASSIVE APARTMENTS

Architects: Benjamin Fleury

Location : Montreuil, France



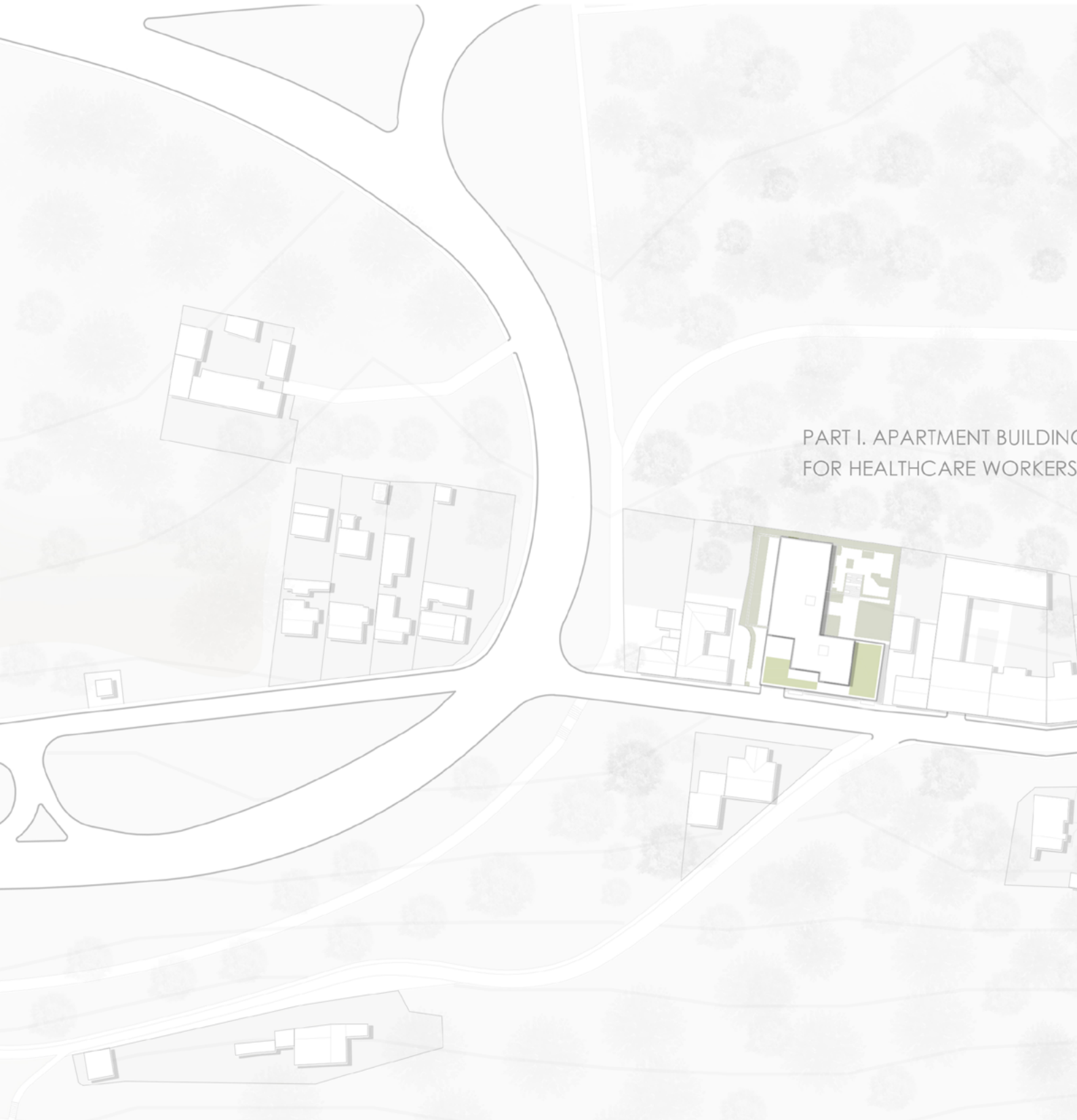
This project is integrated into a suburban housing environment. Located in the Rue des Chantereines in the city of Montreuil, the site of the project faces housing blocks typical from the sixties which heights goes from five to ten stories. On the other hand, the inner borders of the parcel are surrounded with houses and their gardens. The environmental concerns in addition to the need of reducing maintenance costs, led the design towards passive solutions. Firstly, the only vertical circulation, completed with the footbridges and passageways, enables 85% of dual-aspect flats. All rooms are facing East or West and are largely bathed with direct sunlight in order to take advantage from the heat gain.

## PROJECT DEVELOPMENT

# 05



MASTERPLAN | 1:1000



PART I. APARTMENT BUILDING  
FOR HEALTHCARE WORKERS



PART II. REHABILITATION CENTER



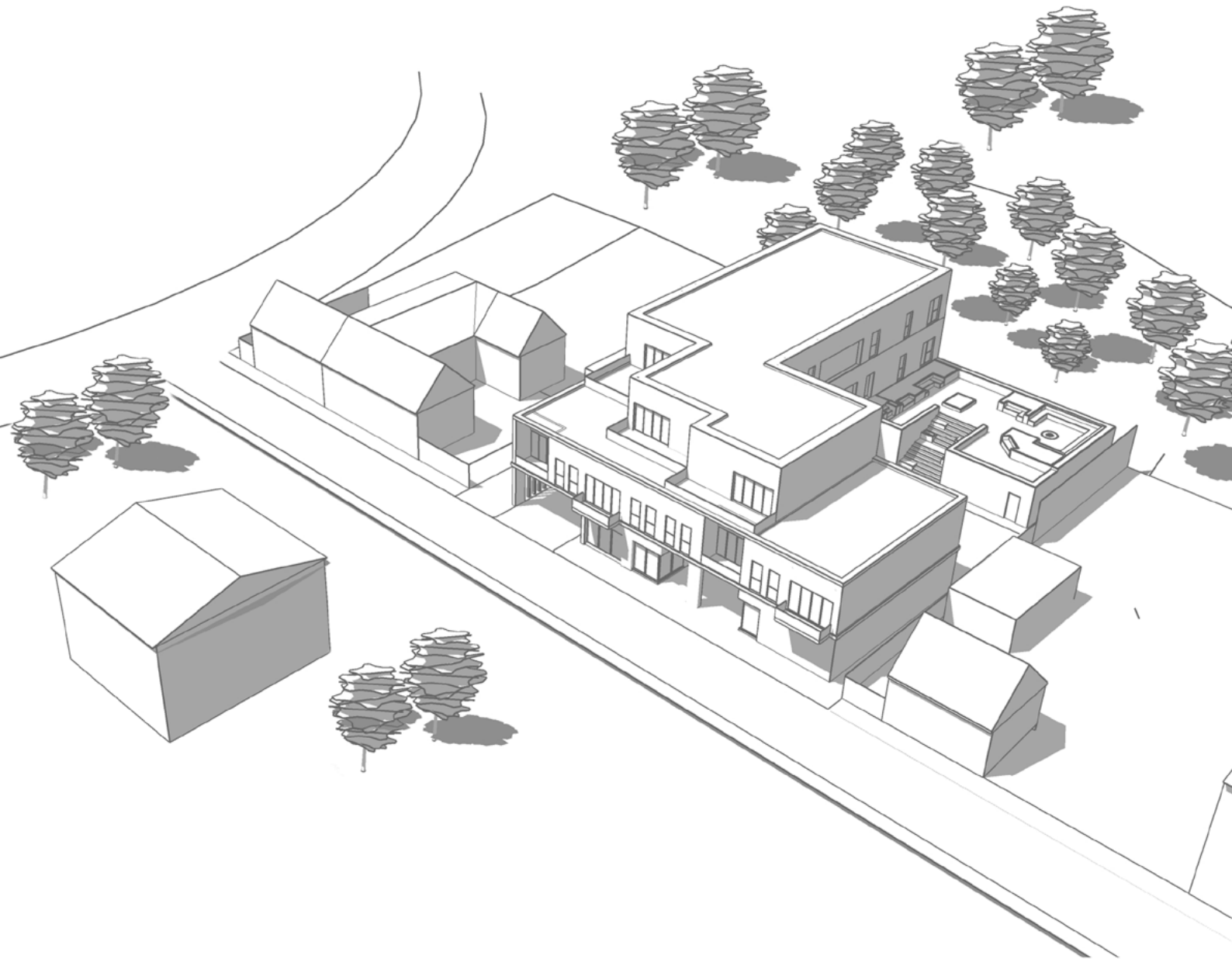
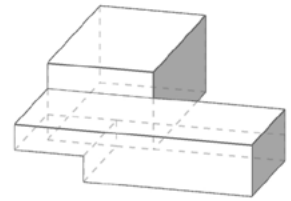
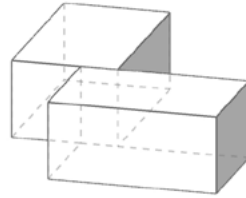
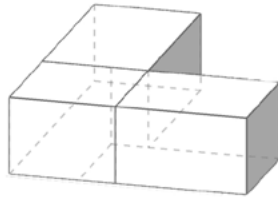
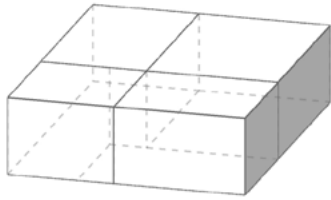
## PART I

### APARTMENT BUILDING FOR HEALTHCARE WORKERS



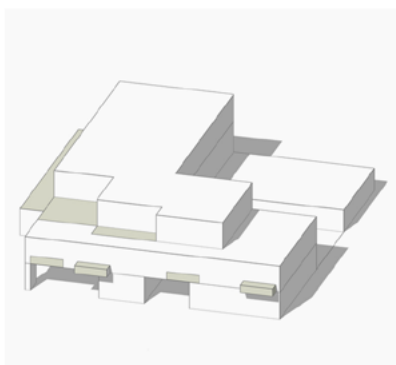
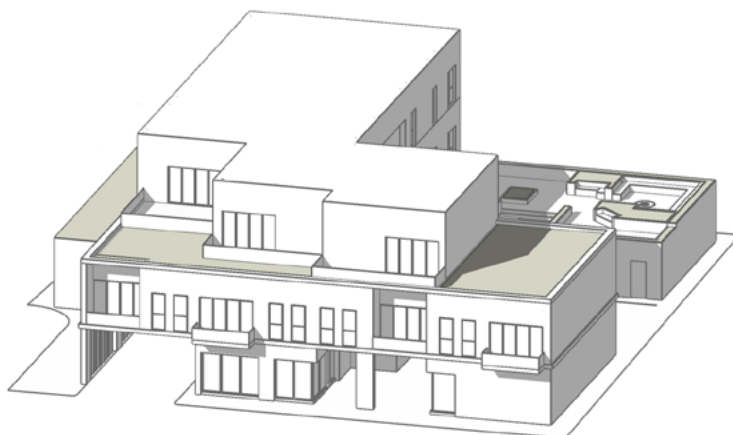


## CONCEPT DEVELOPMENT



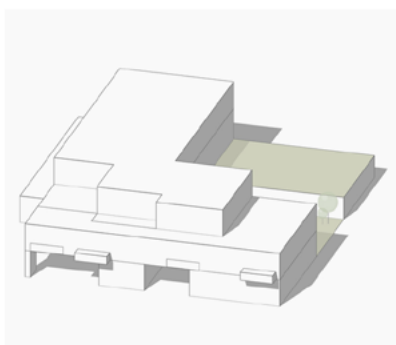
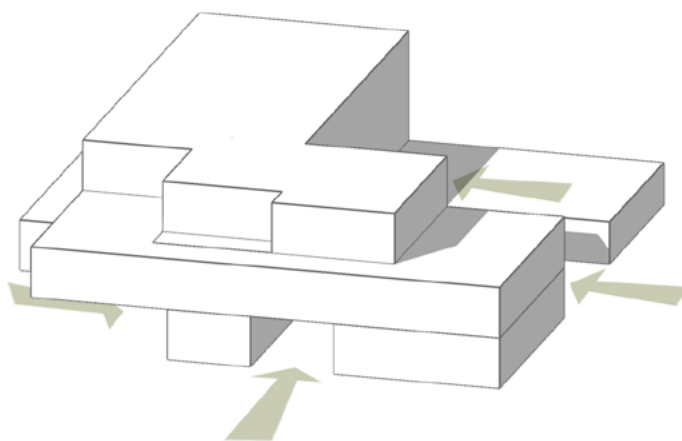


The apartment building for healthcare professionals is situated on Nad Motolskou Nemocnicí street. The structure has three floors above the ground level. The building's design blends multiple volumes of various sizes. The project's design and development were carefully tailored to the area's topography. To give the sensation of semi-privacy, the entrances to building and courtyards through the passage. Amenities as cafe and a yoga studio are located on the street facing side.



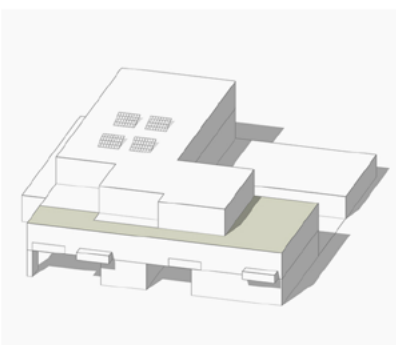
#### Connection to nature

There are flats with balconies, terrace and private garden. Because connection to nature can enhance mood and improve overall well-being.



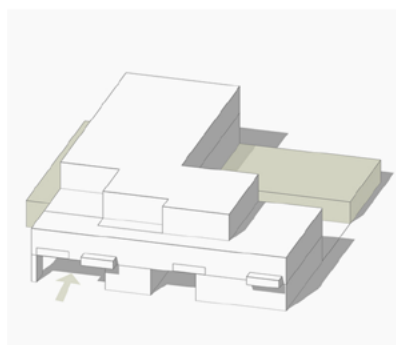
#### Recreational Spaces

To promote well-being and work-life balance, building include courtyard with comfortable furniture, open space for activities and playground.



#### Sustainability

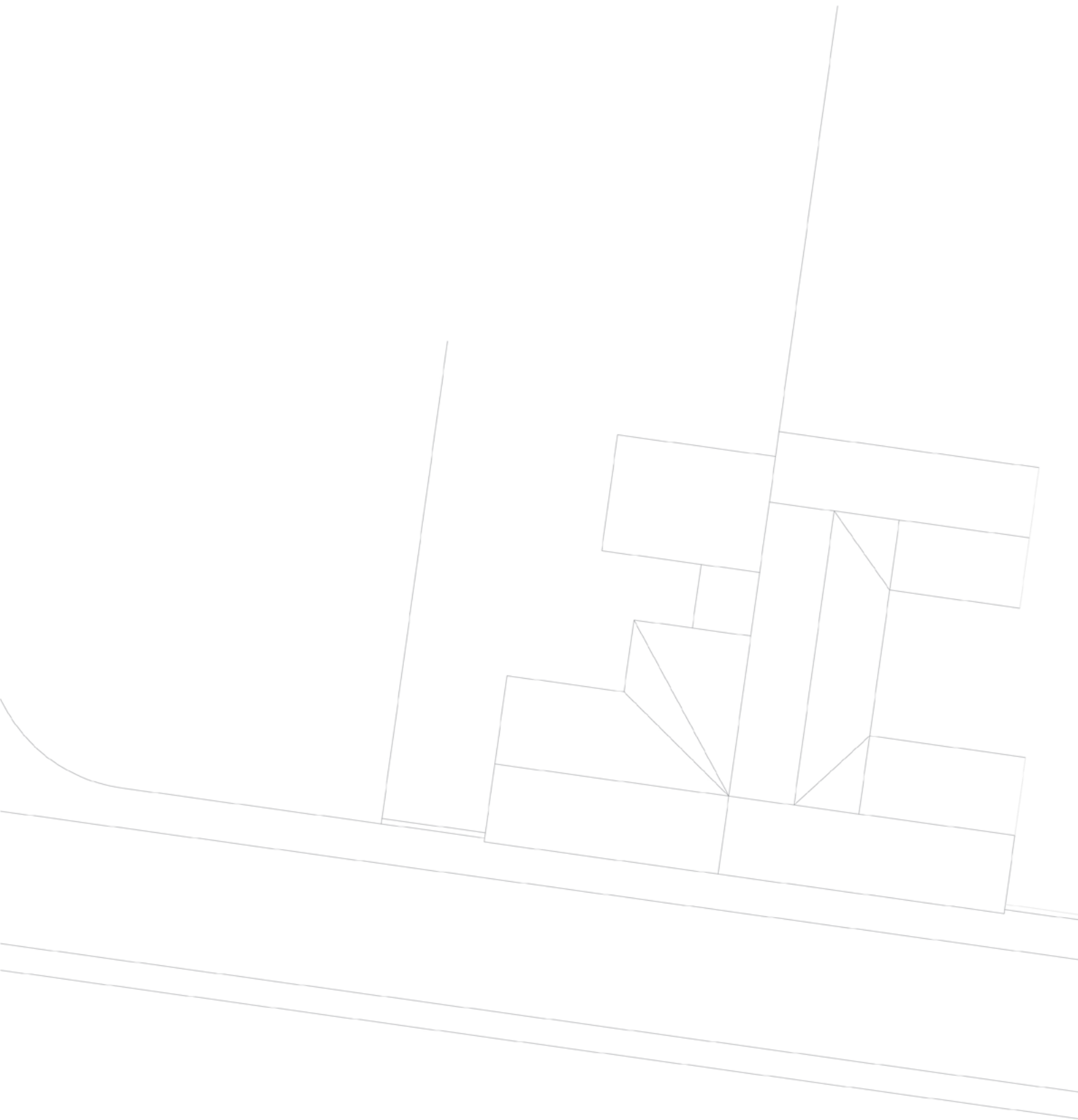
Materials and a green roof enable a structure to maintain sustainability. The solar panel utilization on a flat roof is also feasible.

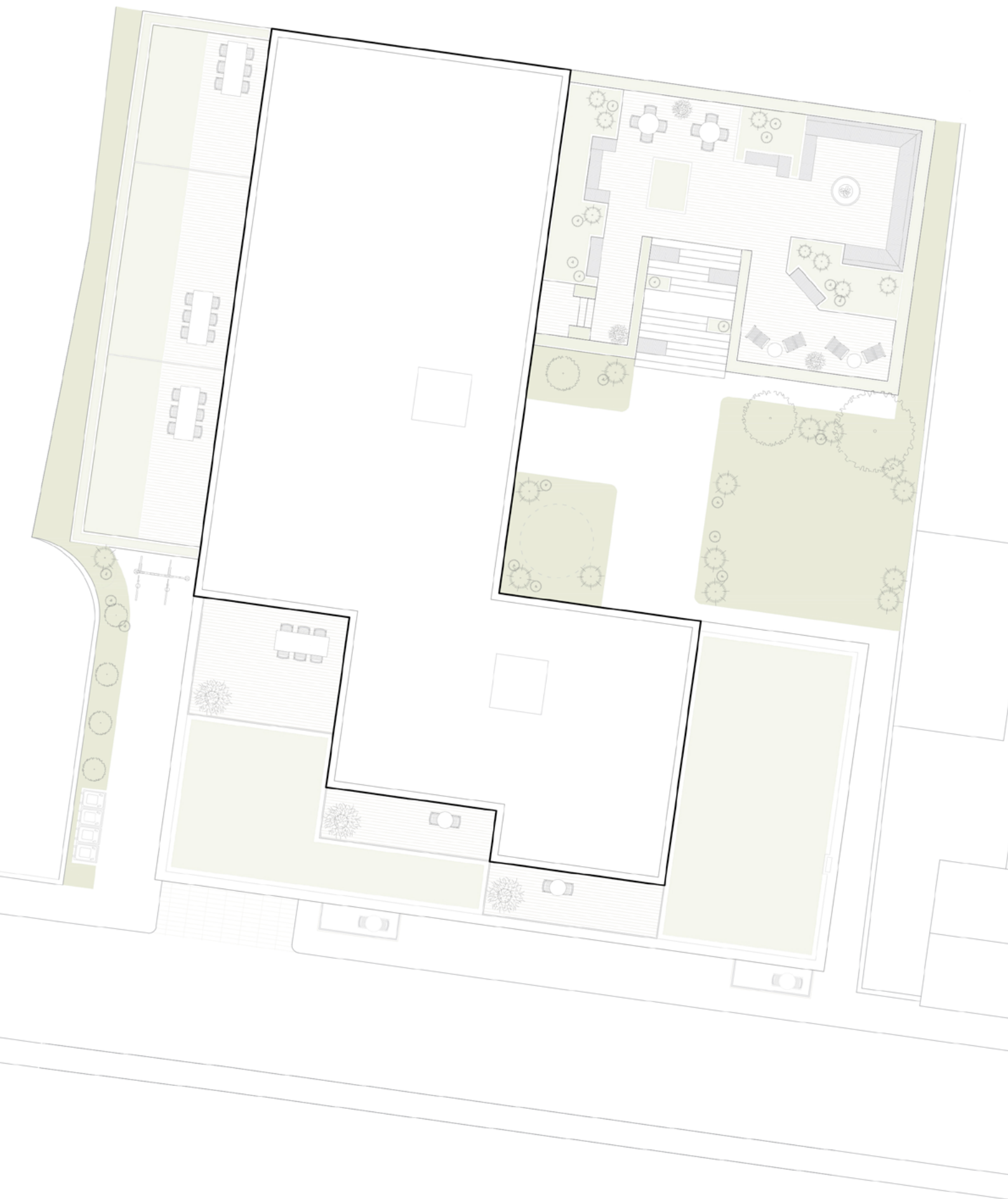


#### Parking facility

The area dedicated to parking is located on ground floor and connected to both parts of building. There are also bicycle stands in the area.

SITE PLAN | 1:200

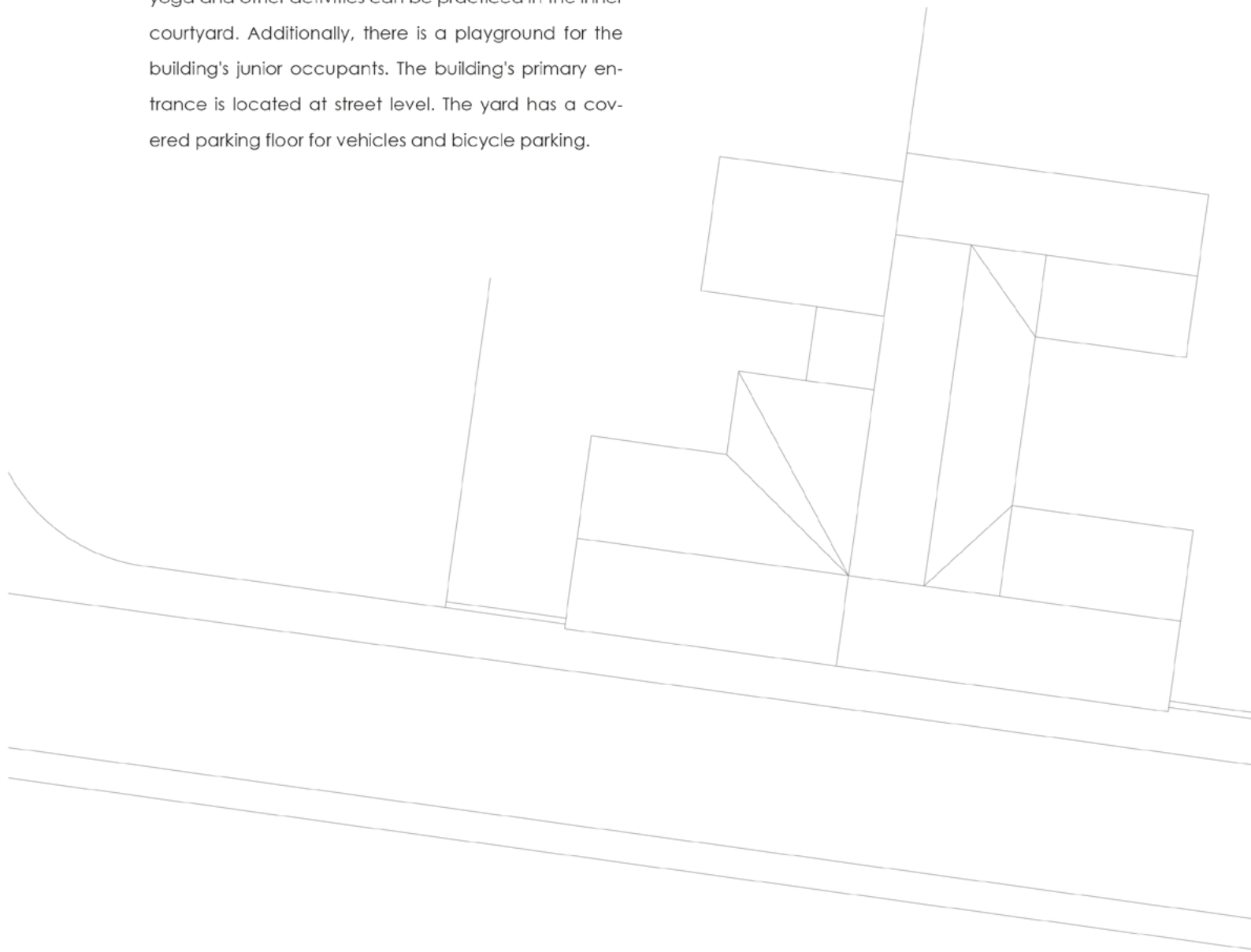




## PLAN

### Ground Floor | 1:200

On the ground floor, there are entrances to the building block, parking, a cafe, and a yoga center. The locals and others who live nearby will benefit from the yoga center's effective impact on their mental and physical health. During the warmer seasons of the year, yoga and other activities can be practiced in the inner courtyard. Additionally, there is a playground for the building's junior occupants. The building's primary entrance is located at street level. The yard has a covered parking floor for vehicles and bicycle parking.





## PLAN

### First Floor | 1:200

The entire first floor is dedicated to apartments. On this floor, there are 2KK and 3KK apartments. As stated in the project's concept, one of the key requirements is that residences have balconies and private gardens that blur boundaries with nature and the environment. In accordance with the terrain of the area where the project is located, the courtyard continues at this level as an elevated yard, covering the top of the parking floor. There is one more entrance to one of the buildings from this elevated yard. Residents may gather and relax in this courtyard, which has comfortable furnishings such as tables and chairs and a space for a bonfire. Since it covers the top of the parking floor, a semi-intensive green roof structure is used to create a maximum natural environment.





## PLAN

### Second Floor | 1:200

In contrast to the first level, the second floor also has 1KK units. This floor's major advantage are the flats with terraces with city views. In terms of sustainability, an extensive green roof covers the remaining area of the rooftop.

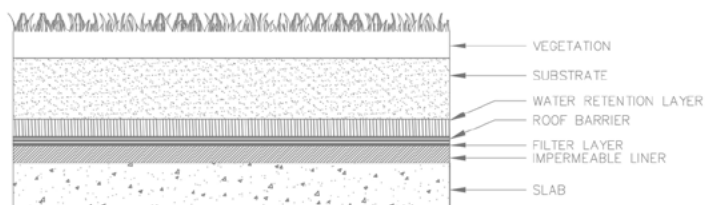




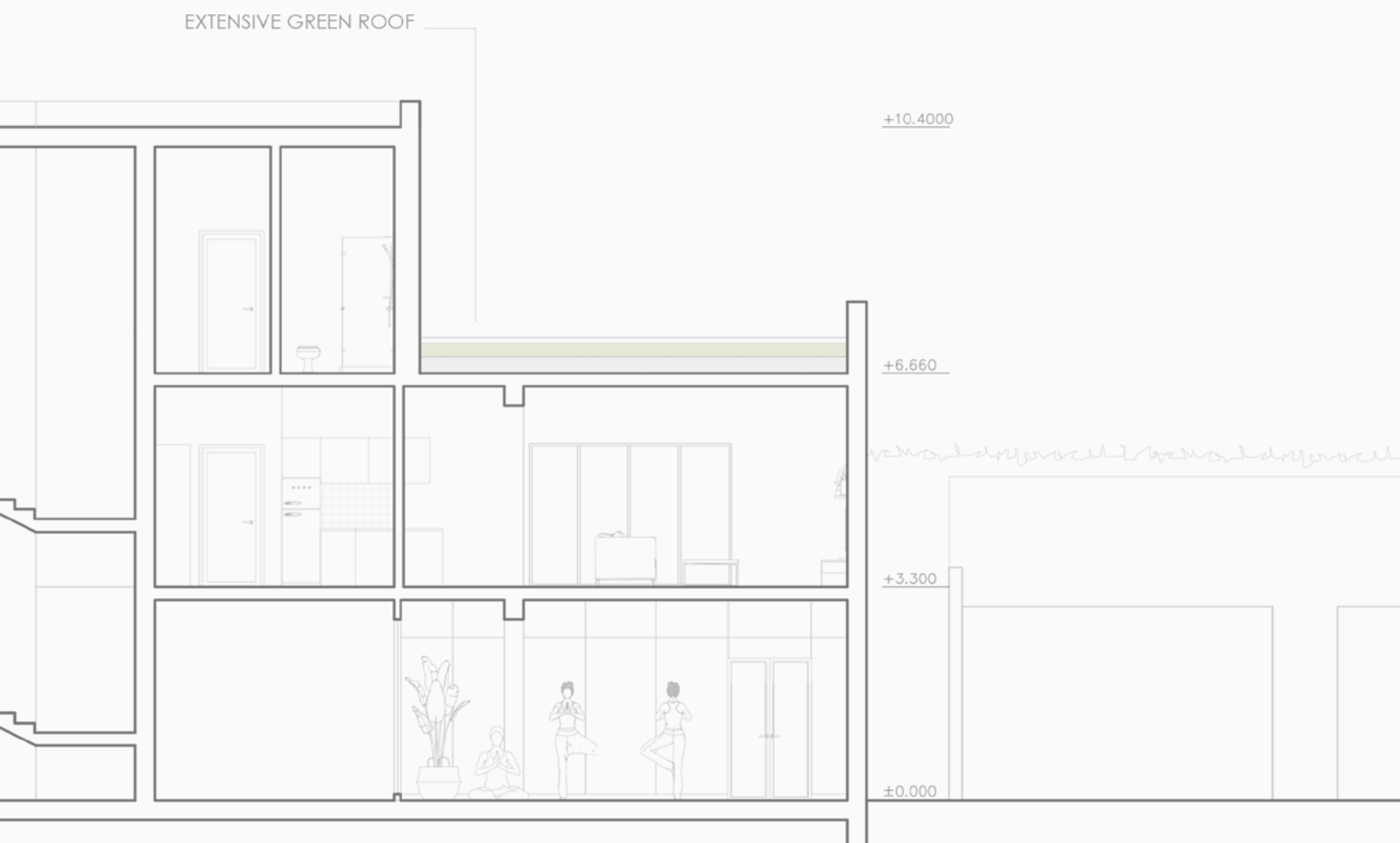


## SECTION B | 1:100





In terms of sustainability, the environment, and perceived value, a green roof has several advantages. The vegetation converts CO<sub>2</sub> into oxygen and filters particulate matter from the air. On the roof construction an extensive green roof system is utilized due to its ability to flourish in the harsh environments, cost effective, and lightweight system requirements.



SECTION A | 1:100  
West Elevation

+10.400

+6.660

+3.300

±0.000

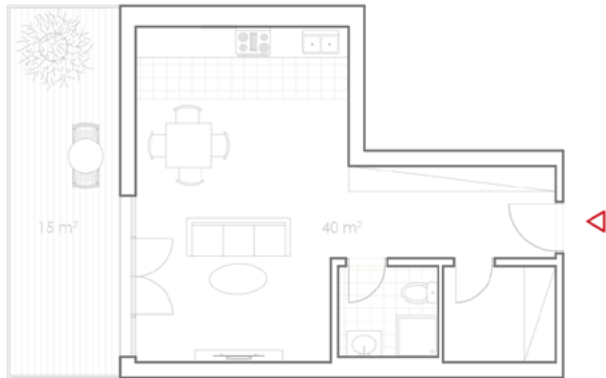




## LAYOUT

### Flat Samples

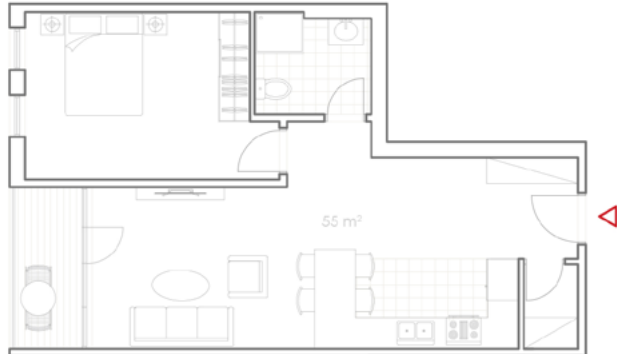
In general each flat have different layouts, samples from each type are illustrated on following page.



#### 1KK FLAT

With Terrace

1KK flats are located on the top floor of the structure and offer terrace that overlook the city. Designed for single or couple living, these apartments are the perfect choice for traveling healthcare workers and academics.



#### 2KK FLAT

With Balcony

2KK flats have three variations: basic, with balcony and with private garden.



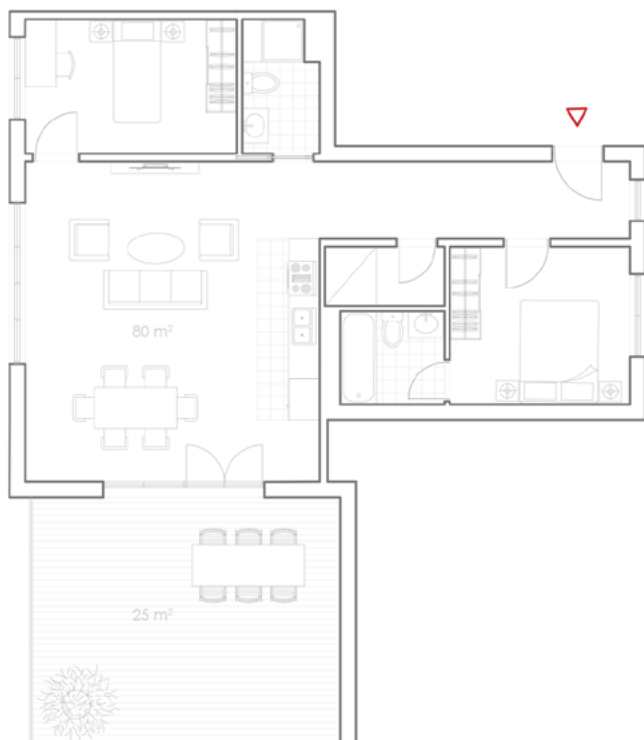
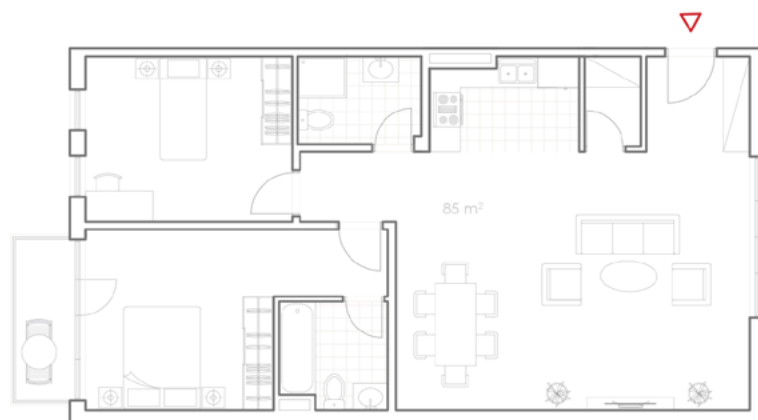
#### 2KK FLAT

With Private Garden

### 3KK FLAT

With Balcony

3KK flats have four variations: basic, with balcony, with terrace and with private garden.



### 3KK FLAT

With Terrace



### 3KK FLAT

With Private Garden

ELEVATIONS | 1:100



North Facade





ELEVATIONS | 1:100



East Facade







## **PART II**

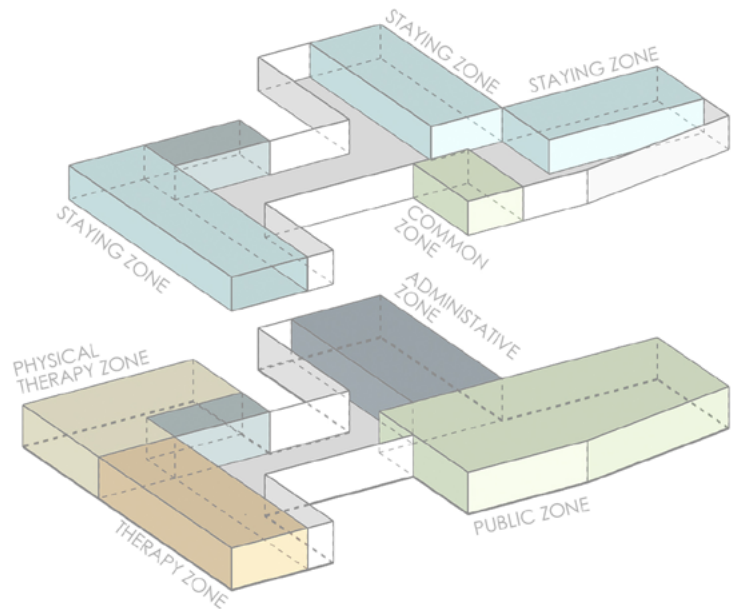
### REHABILITATION CENTER





## CONCEPT DEVELOPMENT

Rehabilitation center is located on Nad Motolskou Nemocnicí street, in the same row as residential houses. This aftercare facility is a specialized establishment designed to provide support and assistance to individuals who have completed a treatment program, such as mental health treatment, or rehabilitation. The architecture and design of an aftercare facility promote a healing and supportive environment for the patients and the healthcare workers.



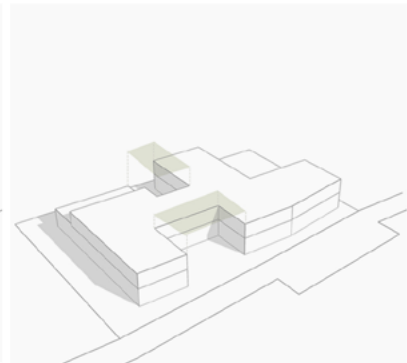
### Natural Light and View

Incorporating ample natural light and providing views of nature can enhance mood, reduce stress, and improve overall well-being.



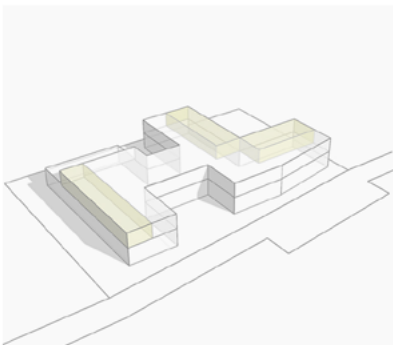
### Greenery

Green cover is very important as connection and view to nature have a huge positive effect on human physical and mental health.



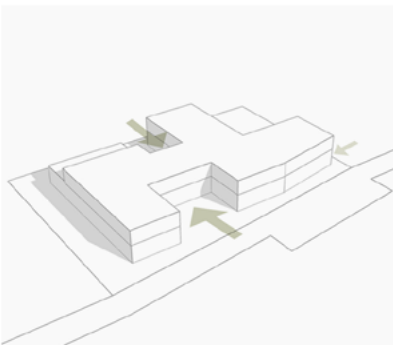
### Relaxation Spaces

The design includes two courtyards to create calming environments that encourage rest and recovery.



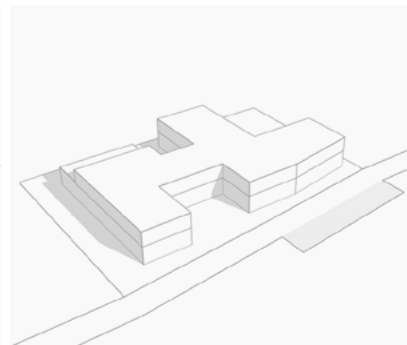
### Noise Reduction

Acoustic design plays a crucial role in healing environments. The patient rooms were designed facing out of the road, with greenery views.



### Accessibility

The building has three entrances: one main from the street, one from the courtyard, and an additional service entrance.



### Parking facility

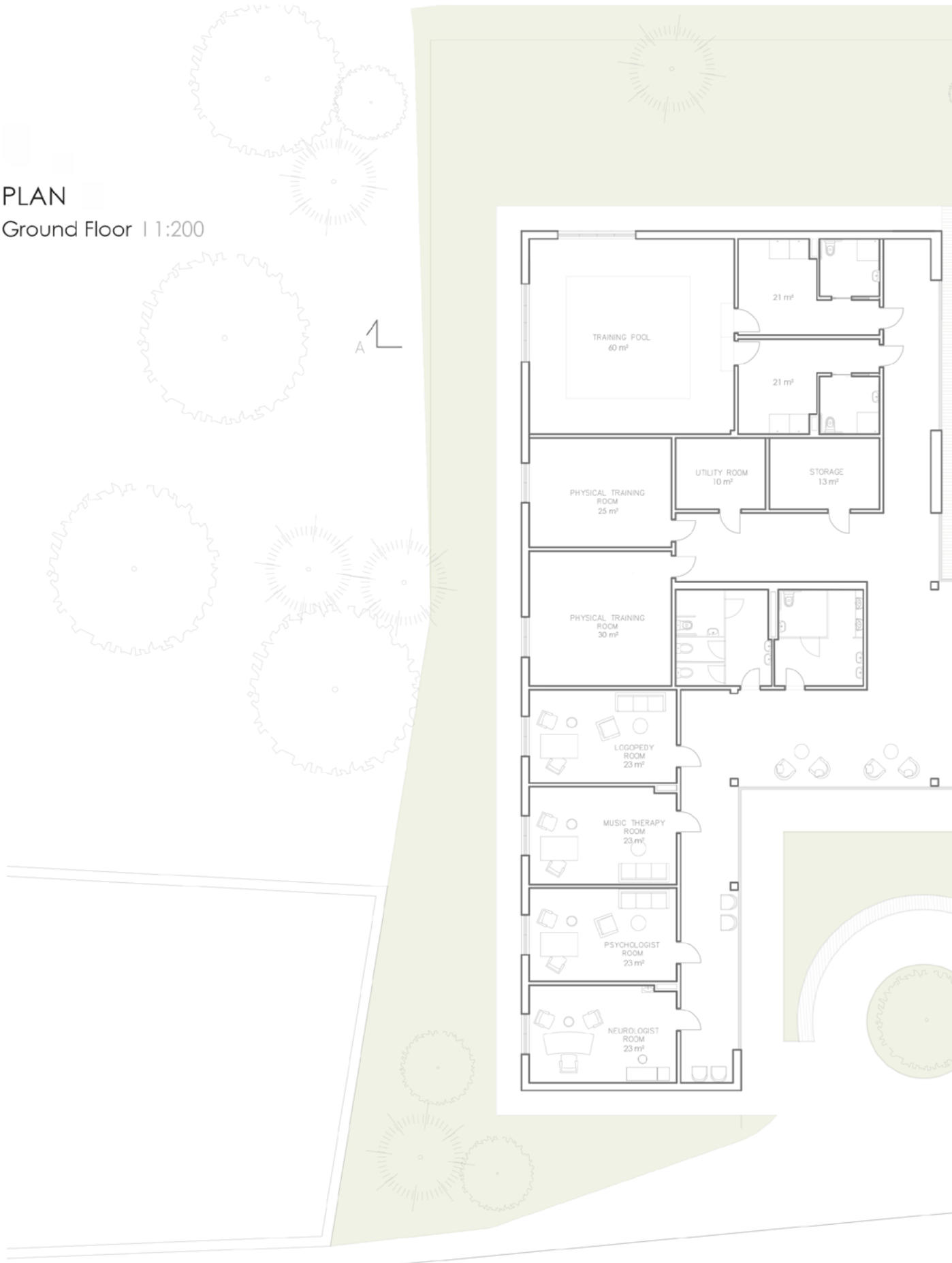
The area dedicated to parking for healthcare workers and visitors is located on the opposite side of the street.





# PLAN

Ground Floor | 1:200



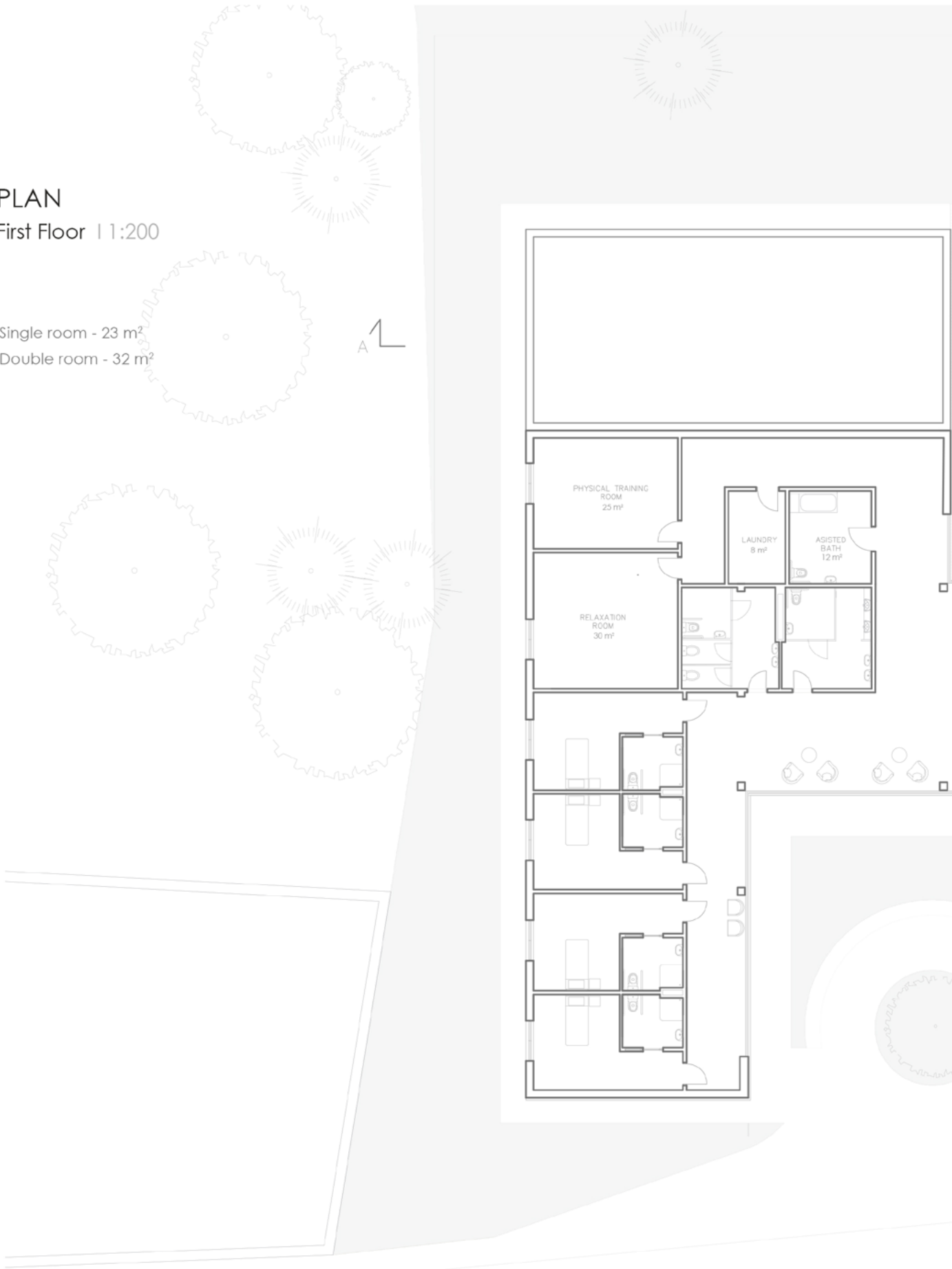


# PLAN

First Floor | 1:200

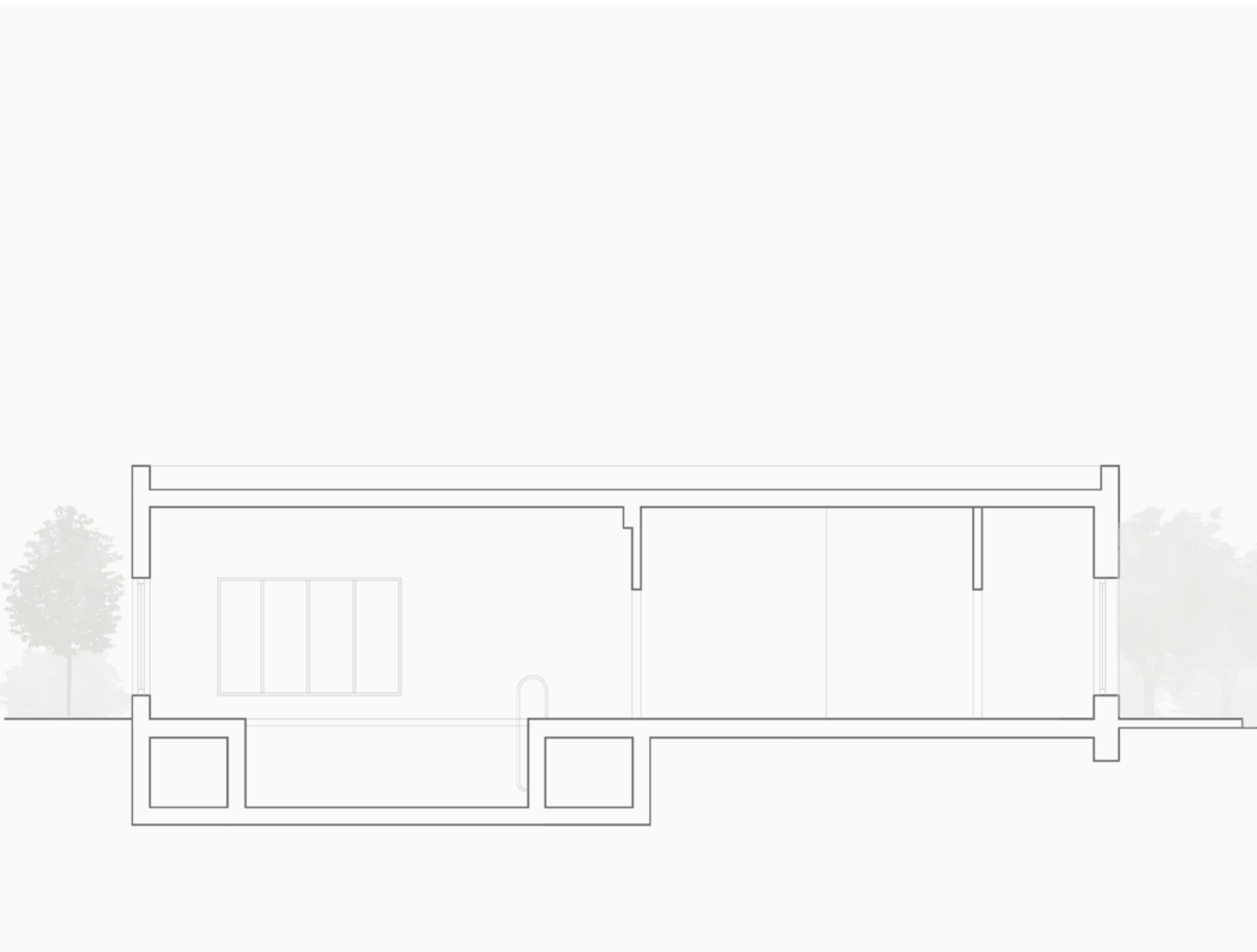
Single room - 23 m<sup>2</sup>

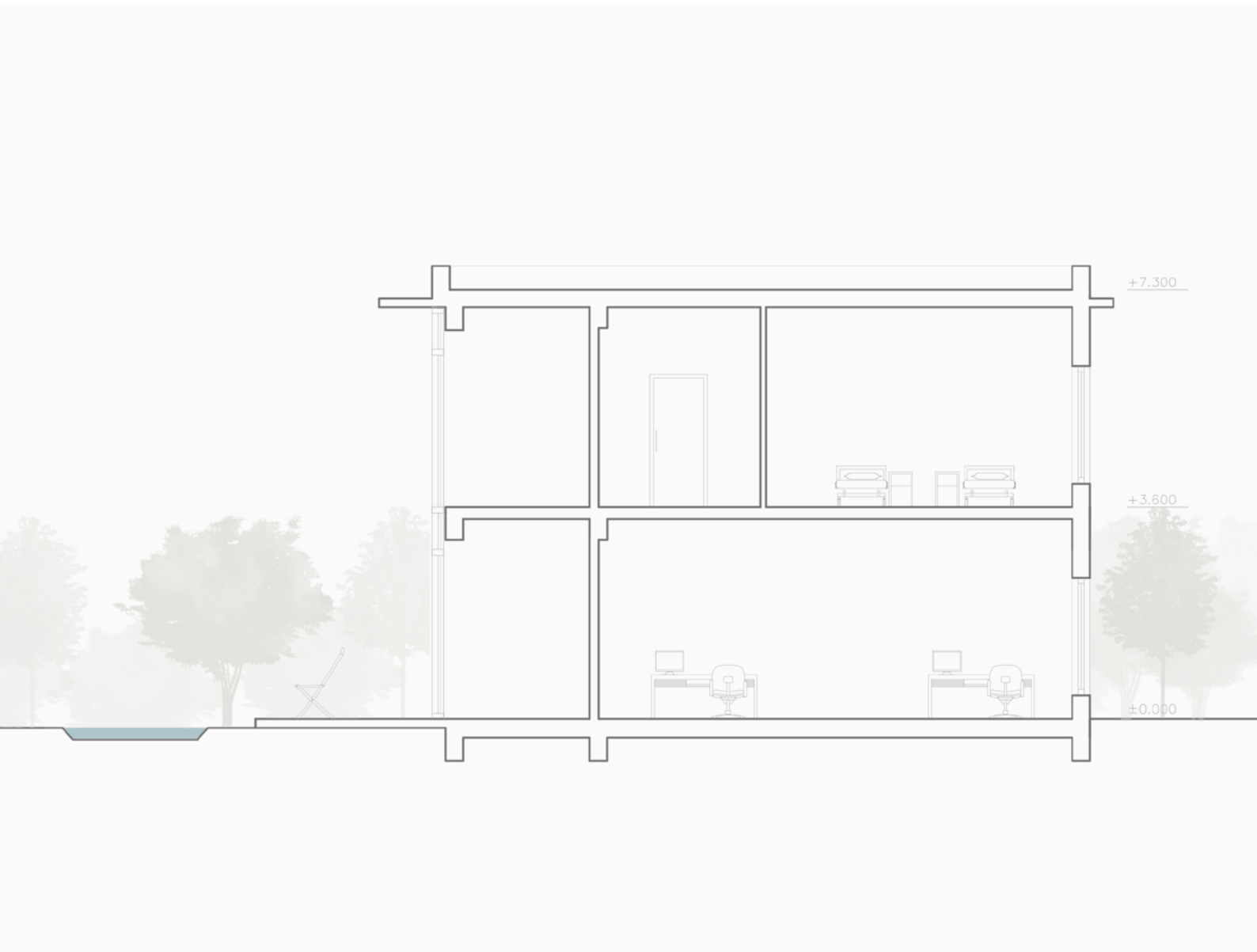
Double room - 32 m<sup>2</sup>





SECTION A | 1:100





ELEVATIONS | 1:200

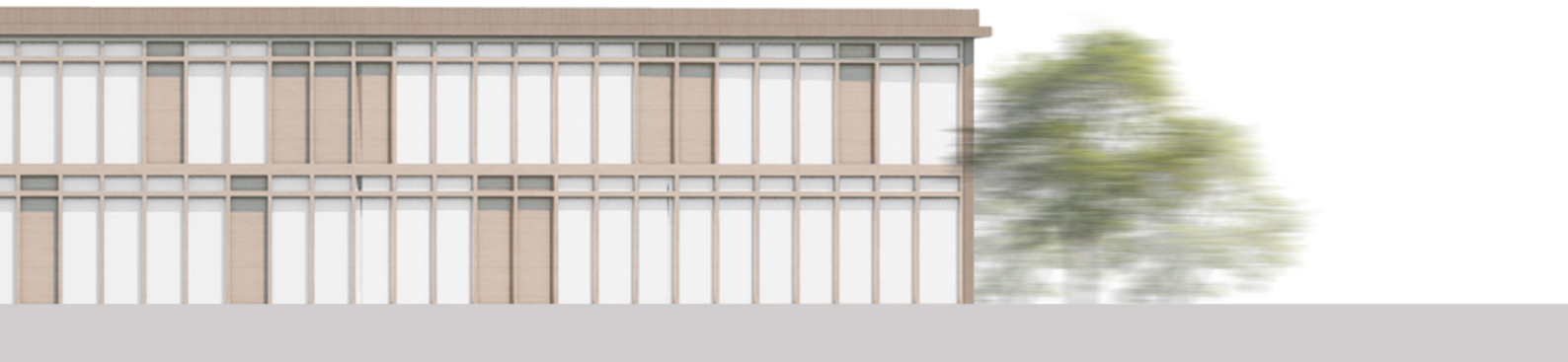


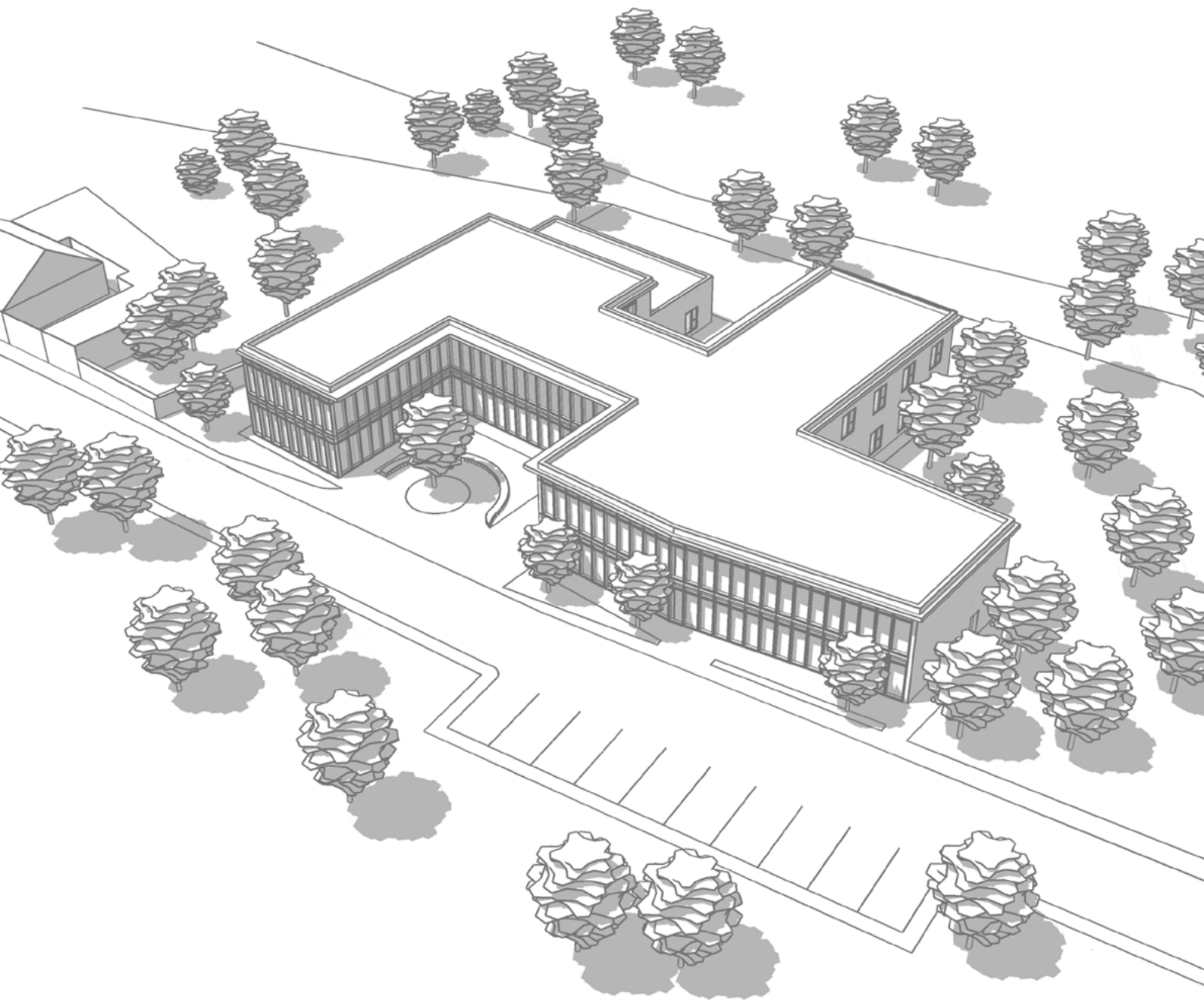
South Elevation



North Elevation







## REFERENCES

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Czech Technical University in Prague, Faculty of Architecture

## ASSIGNMENT of the Diploma project

Master degree ARCHTECTURE AND URBANISM

AYAN NASIBLI

Date of Birth:

18.09.1999

Academic Year / Semester: 2022-2023 / SUMMER

Department Number / Name: 15118 / BUILDING THEORY

Diploma Project Tutor: IRENA ŠESTÁKOVÁ

Diploma Project Theme:

**Municipal Flats for Healthcare Professionals, Šafránka, Prague Břevnov**

### 1/ Description of the project assignment and the expected solution objective

The picturesque enclave of several houses with village spatial arrangement offers several empty residues suitable for completion.

The aim of the assignment is the design of new housing, which will complete the preserved village character of the place and offer temporary accommodation and long-term housing for Motol health workers, intern students and visiting professors. Living in family houses and starter apartments will be complemented by hotel-type accommodation and after-care facility for patients who have been discharged from the hospital and their health condition requires post-treatment before returning to normal life.

### PROJECT PROGRAM

1. family houses, apartment buildings
2. starter apartments
3. hotel-type accommodation

The capacity of parts 1-3 will be chosen on the basis of the territory analysis and the decision of the diplomat.

## after-care facility

### public part

entrance area & information centre including exhibition space, sanitary facilities and cloakroom

cafe with children's play area

- dining and serving area
- cafe facilities (kitchen and preparation area, dish/pot-washing, storages, trash, food receiving)

2 counselling rooms 15-20 m<sup>2</sup>

seminar room approx. 30 m<sup>2</sup>

staff area (offices, kitchenette, cloakroom and toilet)

### therapy and rehabilitation

entrance area with reception (nursery) 20 m<sup>2</sup>

#### therapy

- 2 surgeries (neurologist, psychologist) 15-20 m<sup>2</sup>
- logopedy 15 m<sup>2</sup>
- music therapy approx. 20 m<sup>2</sup>
- ergotherapy 30 m<sup>2</sup>
- internet, computers approx. 30 m<sup>2</sup>
- training of daily activities

#### rehabilitation – dry part

- group physical training 36 m<sup>2</sup>
- 3 x individual physical training 15-20 m<sup>2</sup>

#### rehabilitation – wet part

- training pool 6,5 m<sup>2</sup>/person
- bath and underwater massages 5-12 m<sup>2</sup> / person

#### cloakrooms

sanitary facilities

equipment storage 10 m<sup>2</sup>

laundry storage 10 m<sup>2</sup>

utility room

### staying part (short stay, capacity 18 beds)

- single and double rooms with barrier-free bathroom with toilet and shower
- common room (main living space) with a dining area with kitchenette and food storage approx. 40 m<sup>2</sup>
- nursery including background and medicine storage 30 m<sup>2</sup>
- assisted bath 12 m<sup>2</sup>
- cleaning chambre 6 m<sup>2</sup>
- staff toilet
- compensation equipment storage 8 m<sup>2</sup>
- laundry storage clean / dirty 10/8 m<sup>2</sup>
- waste storage 5 m<sup>2</sup>
- utility room

### staff area

3 offices 15-20 m<sup>2</sup>

archive

relaxation room 15 m<sup>2</sup>

kitchenette

cloakrooms with bathrooms with toilets

storages

utility room

### technical fit-out

## 5. outdoor area and parking

therapeutic garden

2 parking spots for after-care facility

other parking spots according to the capacity of housing and individual parts

description of the final result, outputs and elaboration scales

1. TEXT  
- see the PORTFOLIO/BOOK specification of the diploma project (downloadable on the FA website)
2. SITE PLAN  
1:5000  
1:500 or 1:1000
3. FLOOR PLANS, ELEVATIONS AND SECTIONS 1:200  
(or other suitable scale according to the poster format)  
- ground floor plan will be designed including parter
4. TWO PERSPECTIVE VIEWS
5. CONSTRUCTION SCHEME OF THE BUILDING AND SELECTED ARCHITECTONIC-CONSTRUCTION DETAILS  
/to be specified during the work/

3/ List of further agreed-upon parts of the project (model)

1. MODEL  
1:500
2. DESIGNATION OF POSTERS

All posters and book will be labelled with the name of the school, department and studio, as well as the name of the tutor and diplomat /including the handwritten signature/, the title of the assignment and the date of submission.

Date and Signature of the Student: 02.03.2023 

Date and Signature of the Diploma Project Tutor: 27.3.2023 

Date and Signature of the Dean of FA CTU: 