

An embracing and revitalizing urban space

The project concerns the urban renewal process, highlighting the improvement of city dwellers' sense of well-being when confronting challenging emotional and physical situations.

Many soldiers who have experienced battle find it the urban environment difficult to manage due to PTSD. The bustle, noise, and dense construction of the city overwhelms such soldiers and triggers the resurfacing of traumatic events they have experienced.

In several interviews I conducted and based on studies I read, I discovered parallels between soldiers with PTSD and a significant share of city residents. Both groups expressed feelings of pressure, alienation, lack of belonging, and the absence of connection to their environments.

The project offers planning tools to create a supportive and caring urban environment by designing gradual transitions between private and public spaces, providing the option to choose between different places to reside according to different levels of exposure, creating communal meeting places, and strengthening the connection between man, the city, and nature.

The project focuses on the **Bat Galim** neighborhood in Haifa, where there is an opportunity for both direct contact with the sea and adjacent urban anchor points.



Bat Galim , Haifa - Urban intervention - planning



Bat Galim , Haifa - A view from the sea



The square in front of the sea - enabling social gatherings



The boulevard - providing choices between different exposure situations

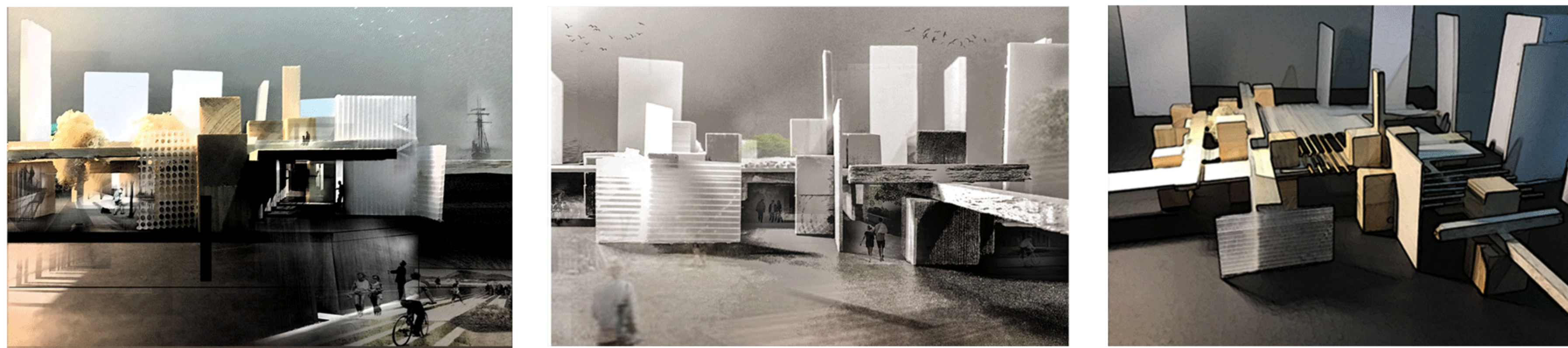
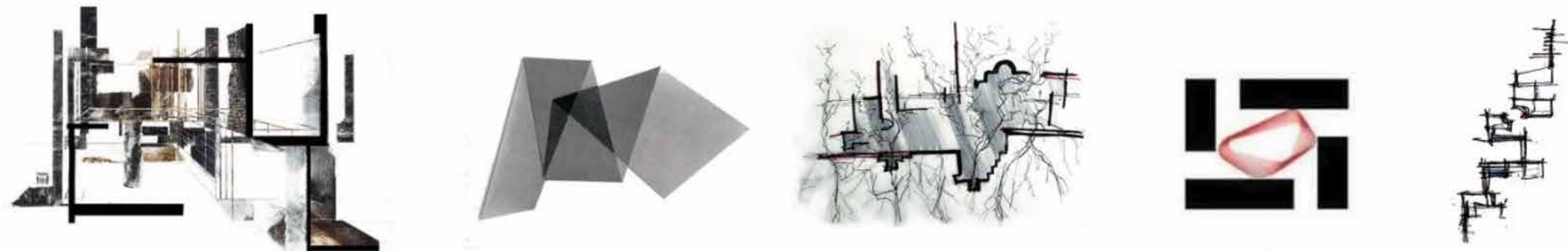


view of the sea and the Carmel mountains.

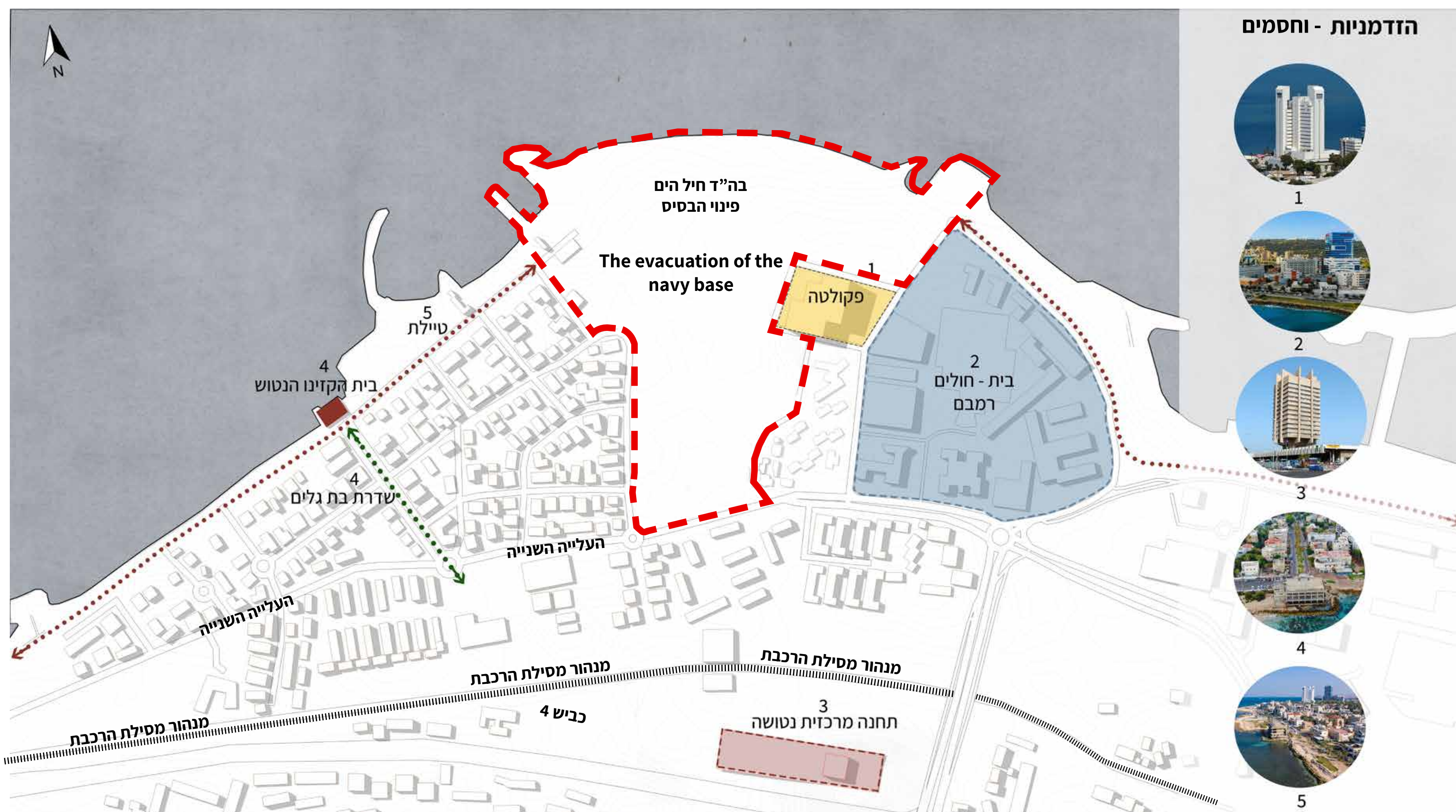
Work process & and basic guidelines



A collage that simulates the experience of an ex-soldier with PTSD when exposed to the urban space



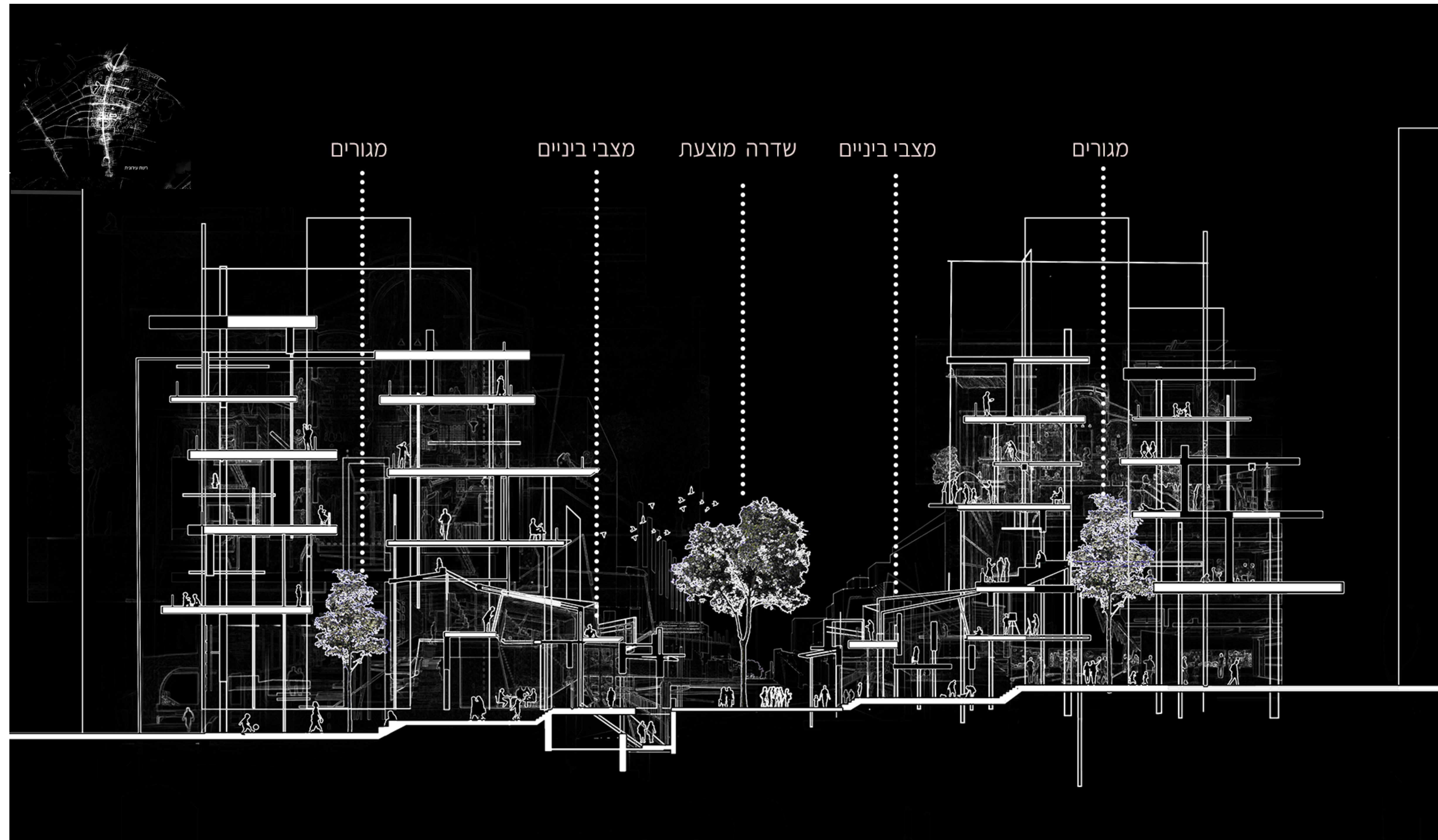
Bat Galim - Haifa



Bat Galim Haifa neighborhood opportunities and barriers



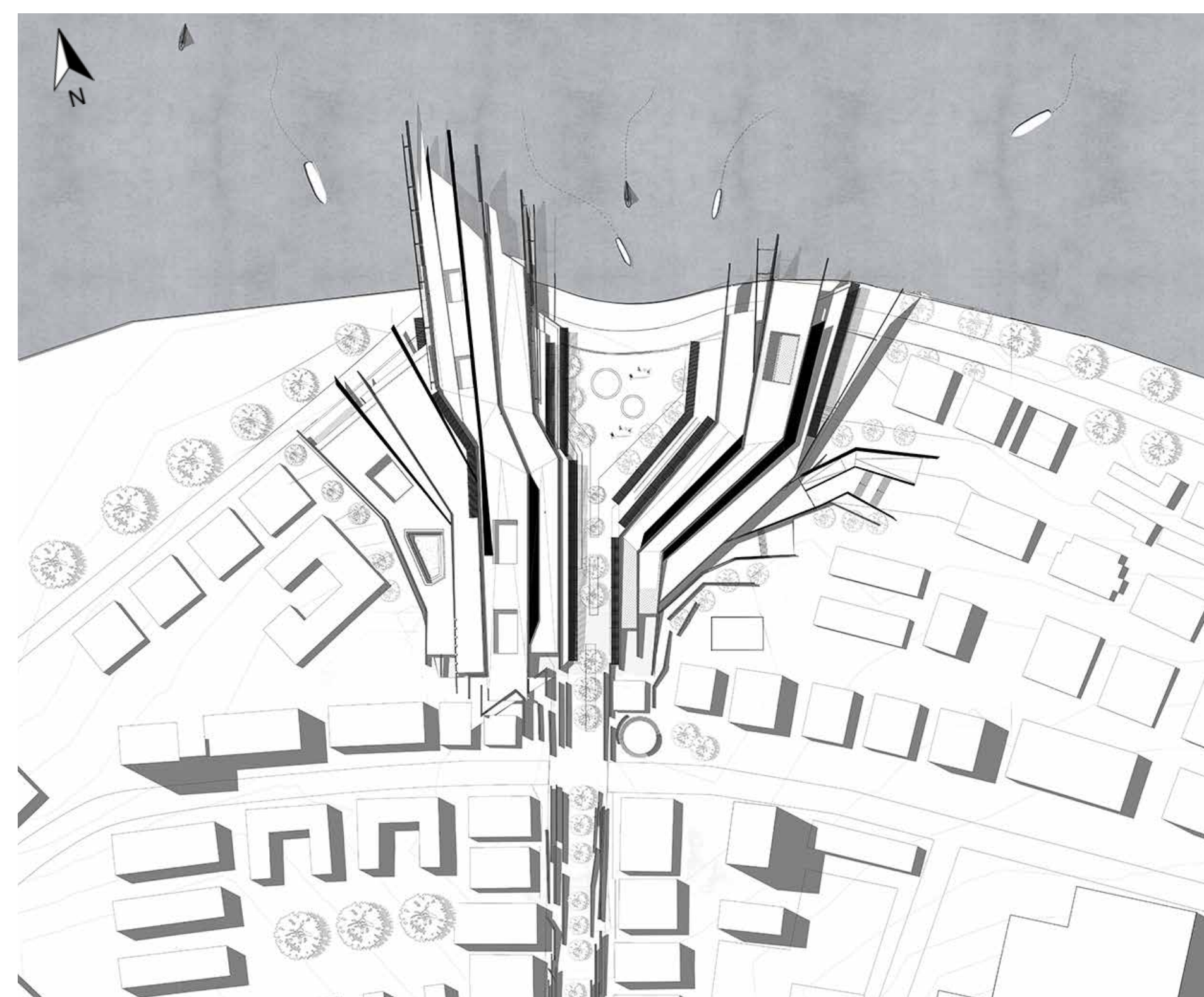
Urban intervention - planning process



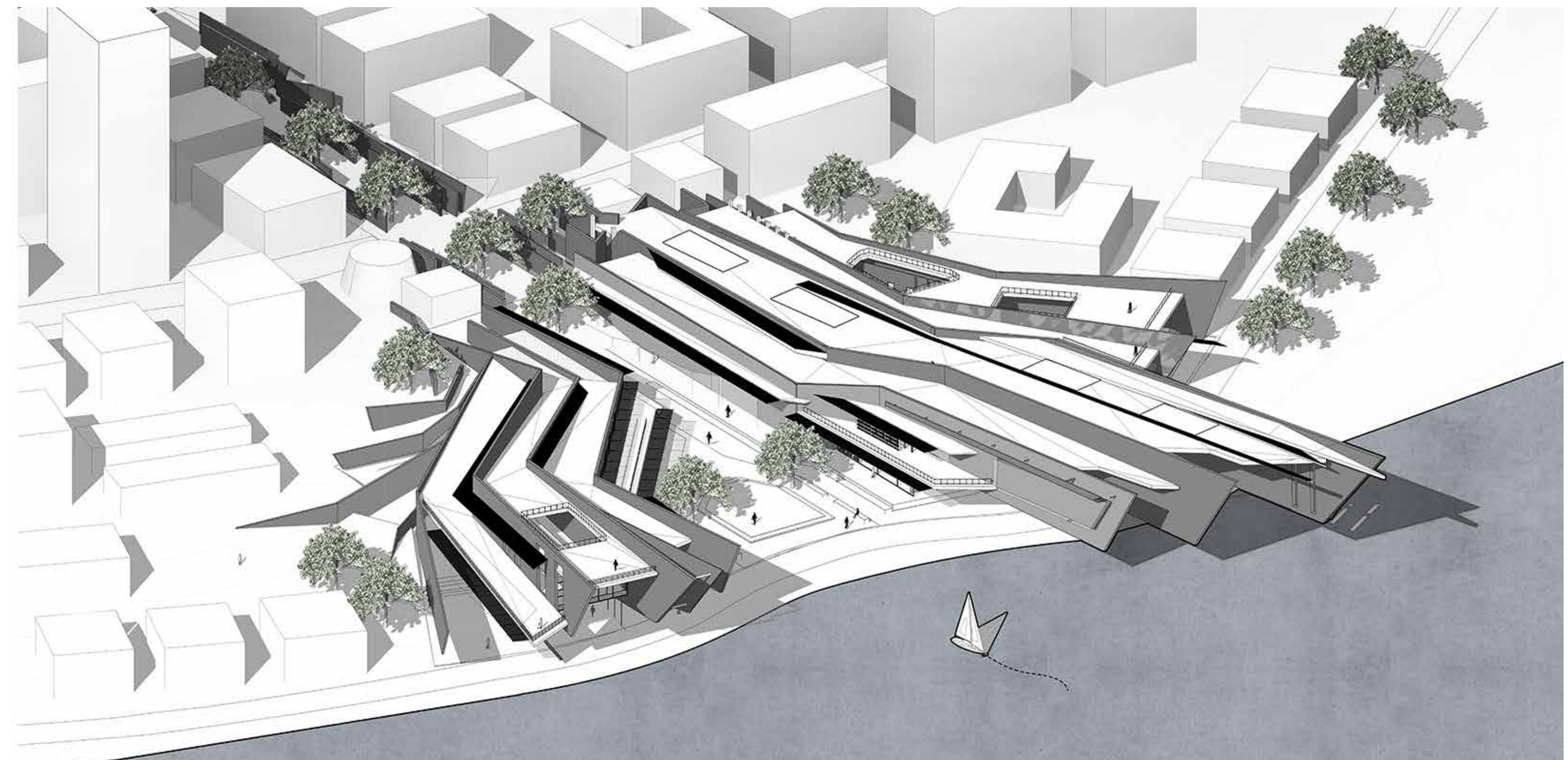
A typical boulevard section representing the gradual transitions and intermediate spaces between private and public space



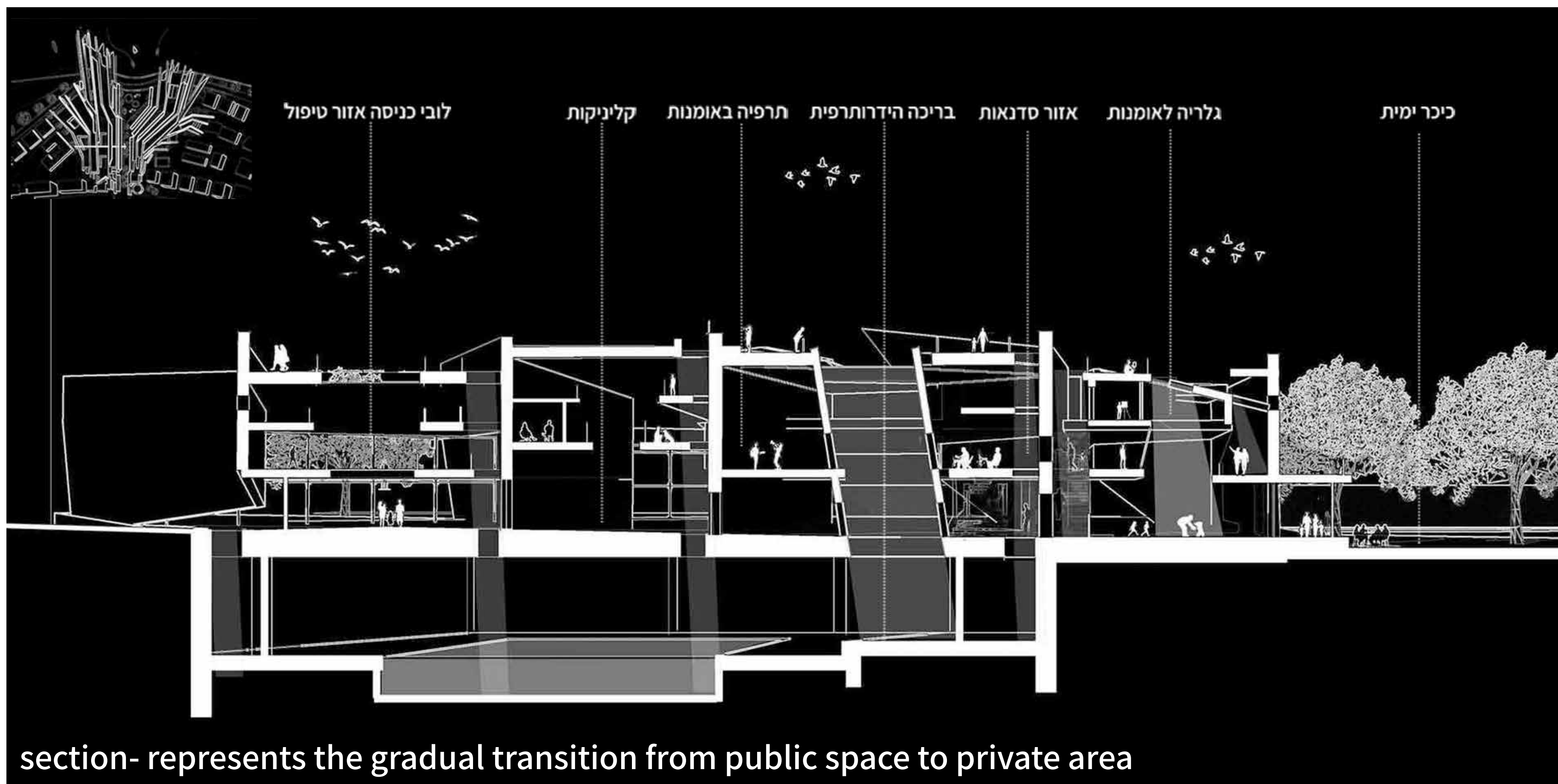
Floor plan



Roof plan



The square in front of the sea serves as a highlight and an intersection between the avenue, the sea, and the promenade



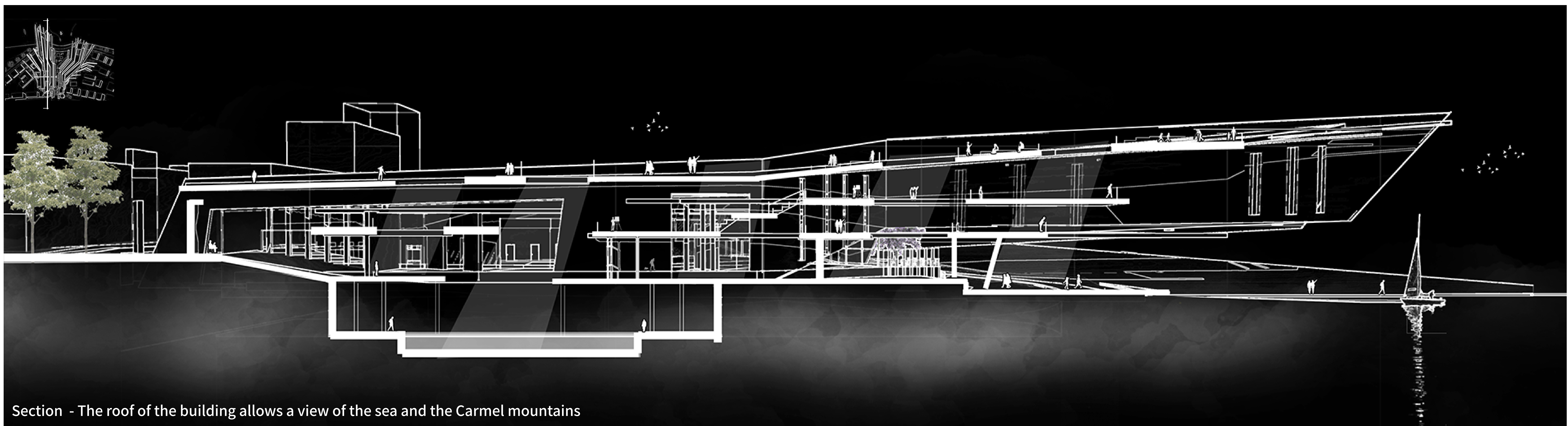
section- represents the gradual transition from public space to private area



Natural light and other natural elements are used in the area of the therapy



Facade - relationship between the city and nature



Section - The roof of the building allows a view of the sea and the Carmel mountains