

NEPAL

Senior Daycare Center Bauen in Entwicklungsländern
Projekt im 7. Semester Innenarchitektur WS 2024-25
der Technischen Hochschule Rosenheim

Betreuung: Lehrbeauftragten

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Senior Daycare Center Bauen in Entwicklungsländern

Zitat: „Altern ist eine ungute Gewohnheit, die ein beschäftigter Mensch gar nicht erst aufkommen lässt.“ „Die Jugend ist ein Geschenk der Natur, das Alter eine Kunst.“ „Nicht die Jahre in unserem Leben zählen, sondern das Leben in unseren Jahren.“ — Adlai E

Die Studierenden im 7. Semester der Innenarchitektur haben sich ein Semester lang mit dem Projekt Senior Daycare Center in Nepal, dem Ort Lubuh, 7 km östlich von Kathmandu auseinandergesetzt.

Grundlage Ihrer Planung waren die Planunterlagen, welche die Hilfsorganisation Nepalhilfe Beilngries e.V. zur Verfügung gestellt hatten. Zum einen beschäftigten sich die Studierenden mit der Kultur, dem Leben in Nepal und auch, wie dort tatsächlich gebaut wird. Hier war es erforderlich, sich mit dem Thema Erdbebensicherheit auseinander zu setzen, dabei trotzdem die „Einfache Bauweise“ mit zu berücksichtigen.

Insgesamt sind 10 interessante Projektbeiträge entstanden, welche Sie hier im Nachfolgenden anschauen können.

Wir freuen uns sehr, dass diese Entwürfe mit nach Lubuh kommen werden und sind natürlich gespannt, inwieweit hier Ideen der Studierenden einfließen werden in die Realisierung.





The Daycare Center

“Udaundo Surya, “the rising sun”) serves as a safe, warm and welcoming second home by day for the senior citizens of Lubhu, Nepal. The sun symbolizes new beginnings, hope and positive energy. Inspired by the course of the sun, the architecture is designed to ensure optimal use of natural light and to create a lively and fluid relationship between indoor and outdoor spaces. Udaundo Surya holds place for up to 60 guests and provides communal areas for social activities, retreats for quiet and privacy, a garden and terrace as well as medical and personnel spaces.

Thanks to the separation of these areas a variety of activities - from activation to relaxation can take place undisturbed by one another. The all-connecting outdoor area can be used for both crafty activities and gardening as well as regeneration and serves as an extension of the interior space into the natural environment.

The use of local and natural materials not only reflects the traditional, cultural and ecological characteristics of the region, but also supports sustainable and simple yet earthquake-proof construction, while creating a warm, inviting atmosphere.

By respecting the cultural and architectural context and consciously integrating the local architecture, while leaving room for modern adaptations, a place is created that forms a harmonious bond between traditional Nepalese architecture and modern demands.

Udaundo Surya is a place for encounters and exchange, that benefits not only the senior citizens but the regional community as a whole through contributing socially and culturally and furthers the character of Lubhu

TEAM 1
MIRIAM BLUM &
MILENA SIGL



CONCEPT

The Daycare Center “उदाउँदो सूर्य” Udaundo Surya, “the rising sun”) serves as a safe, warm and welcoming second home by day for the senior citizens of Lubhu, Nepal. The sun symbolizes new beginnings, hope and positive energy. Inspired by the course of the sun, the architecture is designed to ensure optimal use of natural light and to create a lively and fluid relationship between indoor and outdoor spaces.

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ELEVATIONS 1:100

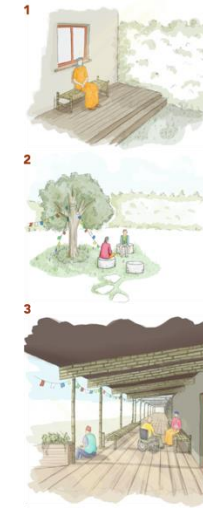
UPPER FLOOR PLAN 1:100



GROUND FLOOR PLAN 1:100



EXTERIOR



ZONING

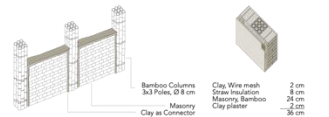


MATERIALS



The main materials of the Daycare Center are burnt clay bricks, bamboo, straw, clay and textiles. They were chosen because of their local and regional availability. This ensures environmental and socio-economic sustainability as well as a natural feel.

CONSTRUCTION



As shown in the graphics, the building is constructed with a supporting skeleton of bamboo columns, made up of round bamboo rods and tied together with rope. The spaces in between are filled with brickwork, while clay serves as a link between the two. Bamboo is highly suitable for earth-resistant construction due to combining elasticity and resistance with rotting and durability. The masonry provides further stability. Straw is used as insulation and held in place by a sub-construction and a wire mesh. Clay plaster is used on the inside as well as the outside of the walls, creating a homogeneous look and healthy room climate.

SECTION A-A 1:100



Section A-A cuts through the Quiet Room, the Garden Area and the Common Room. Section B-B shows the construction in greater detail, the Medical Quarters in the lower and the Personnel Apartment on the upper floor of the two-story building, as well as the Cloak Room and Workshop. The sections show exemplary furnishing and usage as well as atmosphere.

MOODBOARD



The Workshop has a warm color palette. The beige clay plaster is accented with vibrant red and orange accents in furniture and textiles. The atmosphere is inspiring, versatile and creative.

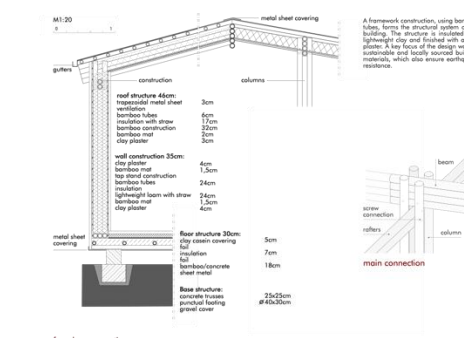
SECTION B-B 1:50



INTERIOR



कथा Kathāharū - a house full of stories



Kathaharu – Stories

The older a person becomes, the more experiences they gather throughout their life - and the richer the wealth of stories they carry with them.

The seniors at the daycare center bring with them plenty of diverse and unique life stories. Kathaharu is a place of connection and exchange, where stories come alive. Seniors, staff, and guests at the 'tea together' engage in conversation.

They share their experiences, exchange happy and sad moments and form relationships consciously relies on communal spaces to encourage interaction among visitors. Traditional building materials, textiles, and small garden plots create a link to the cultural roots of the seniors, evoking familiar memories.

The architectural concept, inspired by the silhouette of the mountains surrounding the Kathmandu Valley, reflects the origins of Nepal's history.

An engaging daily program offers activities such as dance, music and readings, creating opportunities for new experiences. In this way, Kathaharu becomes a vibrant place where stories are not only shared but also continually evolving.

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tea together

recreation space for movement and meditation

common room for action and meals

mainly used materials

the colors of the individual materials vary depending on the specific tone and are defined using the RAL color palette.

The color palette is an indication for the local nature of the clay plaster.

TEAM 2
VERONIKA KOCH & FELIZIA KERSCHL

DAS DAYCARE CENTRE

The ground floor of the building features an L-shaped design, incorporating large windows and adjacent green spaces. The east-facing entrance leads to a reception area with a front desk, cloakroom, and security post. Nearby is the staff area with a lounge, connected to the care section, which includes a sickroom and an accessible bathroom. A spacious corridor with seating niches overlooking the courtyard links the entrance to the central activity area, designed for meals, events, and social activities, completed with a kitchen and courtyard access. Two accessible and two disability-friendly restrooms are located in the southern section.

The bright relaxation room, styled as a winter garden, can be reached from the activity area. The circular layout promotes movement and offers clear orientation by maintaining a connection to the outside environment.

The staff Area

The staff living area, connected to the ground floor, includes three bedrooms designated for caregivers and security personnel, along with a shared kitchen and two separate bathrooms. These facilities enable staff to live on-site, ensuring quick response times and uninterrupted care for the elderly. The dedicated accommodations provide privacy and rest after demanding shifts, while the shared kitchen fosters interaction and teamwork, creating

TEAM 3

ANIKA BORCK&

SABRINA FEIN

MALA SEWA

SENIOR DAYCARE CENTRE LUBHU, NEPAL
IN COLLABORATION WITH "NEPAL HLFE"

THE PLACE

LUBHU - A NEW OPPORTUNITY
Lubhu is a historic town in the Kathmandu Valley, renowned for its rich culture and traditional craftsmanship. The region was severely impacted by the 2015 earthquake, with many buildings, including the planned center, destroyed. The reconstruction of the senior daycare centre in Lubhu not only represents a fresh start but also highlights the resilience of the community and its deep connection to tradition and togetherness.

THE NAME

MALA SEWA - THE CHAIN OF CARE
Mala Sewa means "prayer beads" (Mala) and "service" or "help" (Sewa) in Nepal. The name symbolizes peace, dedication, and compassion. The Senior Daycare Centre represents a space of community where elderly individuals receive support, respect, and harmony. It unites spiritual values with selfless service to society, embodying the mission of placing love and kindness at its core. A place where everyone can help one another.

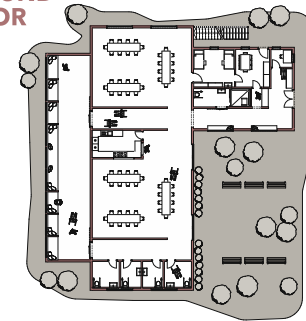
THE PURPOSE

COMMUNITY AND CARE
The Mala Sewa Senior Daycare Centre provides a space of community and care for the elderly in Nepal. In a society where seniors traditionally age within family circles, many now face loneliness due to migration and economic challenges. The Centre creates a haven for connection, support, and dignity, helping to prevent isolation and enhance overall well-being.



GROUND FLOOR

M1:100

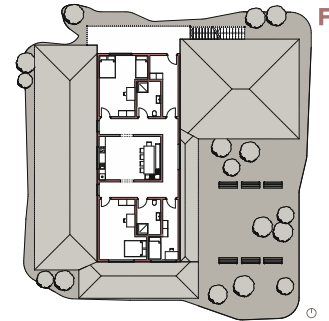


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FIRST FLOOR

M1:100



THE STAFF AREA

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House Chara

The bird is a striking symbol of freedom, with its outstretched wings representing independence, self-reliance, and the effortless ability to move through the skies. With our design, we aim to give weight to this powerful symbol and translate its idealistic value into architecture. Our free and dynamic forms are intended to inspire confidence in free thought and inner clarity, especially for people in their later years.

The bird embodies freedom, independence, and self-reliance like no other creature. It stands as a symbol for the element of air and represents free thoughts, communication, and mental clarity. We strive to capture these values in our design and make them tangible through architecture.

The flag, which visually and symbolically frames the project, complements this idea. It reflects the duality of exterior and interior: the exterior represents energy, vitality, naturalness, and the dynamic tension of life. The interior, on the other hand, stands for comfort, a sense of belonging, and protection. Both elements seamlessly flow into one another, forming a harmonious unity—a whole that conveys both freedom and security.

TEAM 4

LAURA HEUSCHNEIDER &

FLORIAN GREULICH



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left: elevation west M:1:100
right: elevation east M:1:100



section A-A M:1:50

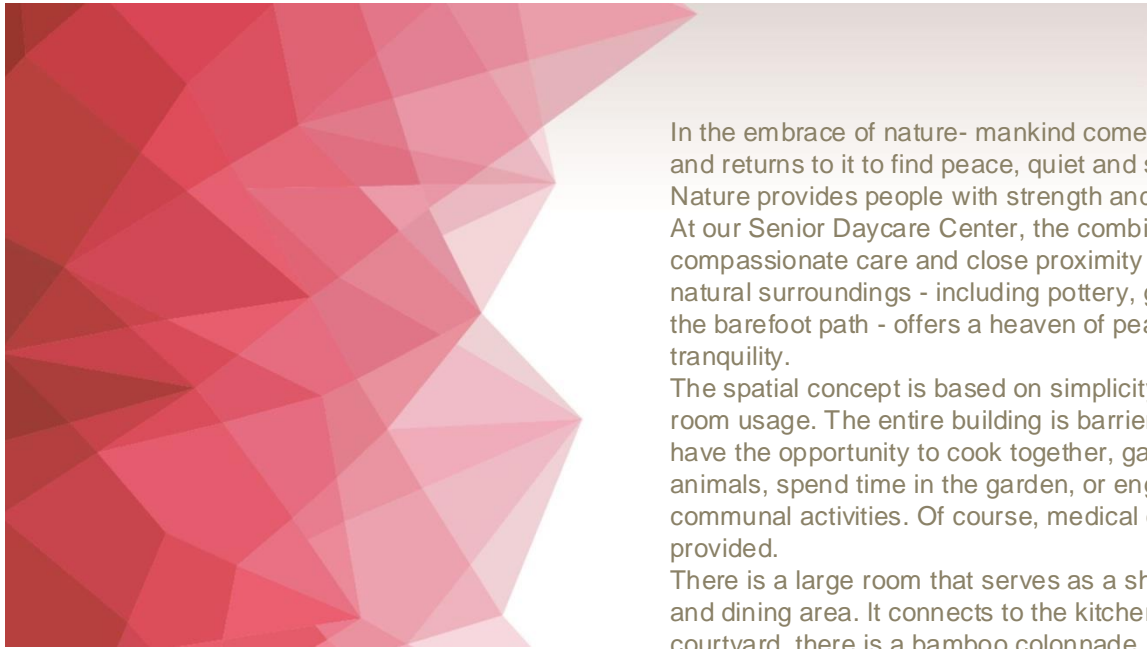


floorplan ground floor M:1:100 N



floorplan first floor M:1:100 N





In the embrace of nature- mankind comes from nature and returns to it to find peace, quiet and selfreflection. Nature provides people with strength and balance. At our Senior Daycare Center, the combination of compassionate care and close proximity to the large natural surroundings - including pottery, gardening and the barefoot path - offers a heaven of peace and tranquility.

The spatial concept is based on simplicity and flexible room usage. The entire building is barrier-free. Guests have the opportunity to cook together, garden, care for animals, spend time in the garden, or engage in communal activities. Of course, medical care is also provided.

There is a large room that serves as a shared lounge and dining area. It connects to the kitchen. Around the courtyard, there is a bamboo colonnade. The prayer pavilion is also made of bamboo and is located in the garden.

The staff apartment is on the second floor and accommodates three employees, each with their own room, while sharing a bathroom, kitchen, and living area. The beds are wide enough for two people.

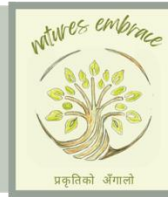
Our foundation and construction are earthquakeresistant.

The insulated walls are 40 centimeters thick and made of rammed earth, which has been cast into molds. Further the walls are erosion- and rain-resistant.

TEAM 5

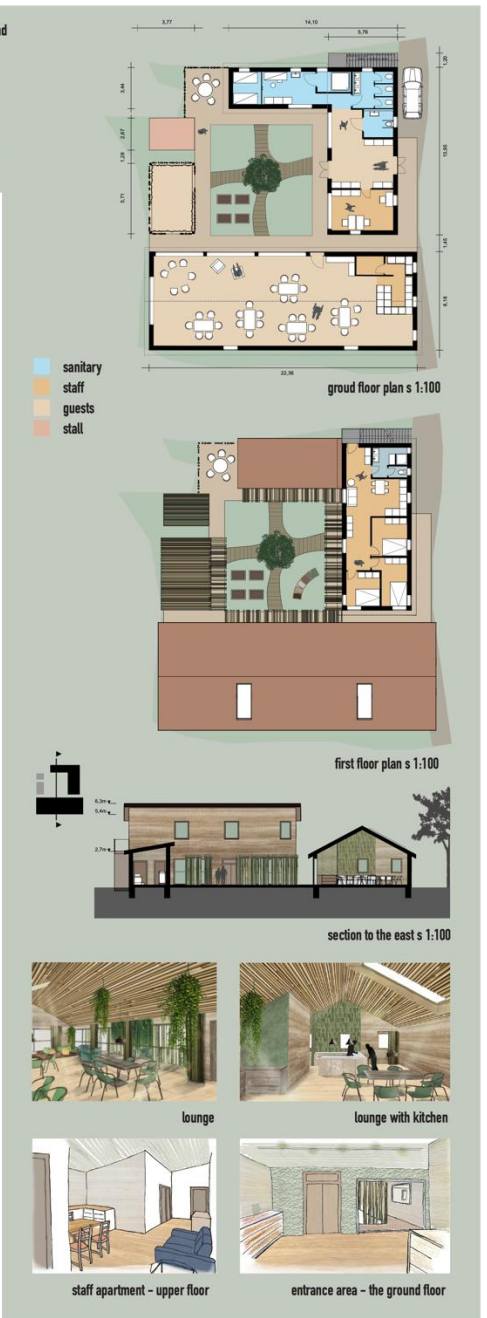
ANNA CARINA LEHNER &

FLORENTINE HELLDÖRFER



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MANDALA

For Nepalis, especially in Kathmandu, mandalas are sacred geometric representations embodying spiritual and cosmic significance. They serve as tool for meditation, religious rituals, and symbolize the universe as well as the connection between the material and spiritual worlds in Buddhism and Hinduism.

SYMMETRY

The geometric arrangement of a mandala, with its circular center around which everything symmetrically aligns, represents the cosmic order and the inner journey toward enlightenment, moving from the outer world to the center.

CENTER

The center of a mandala symbolizes the source of the universe or the divine, from which all things originate and to which they return. It also represents the innermost core of the self, the state of enlightenment, or the ultimate goal of meditation.

YIN-YANG

Yin and Yang represent the balance between calm, restful energy (Yin) and dynamic, active energy (Yang), highlighting the interconnectedness and harmony of opposites.

TEAM 6

JANA WÜNSCH &

LAURA FISCHBACHER

SOUL CARE

MINDFULL SPACE (1)



GARDEN (2)



ACTIVE SPACE (3)



EXTERIOR



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ELEVATION WEST



ELEVATION SOUTH



रमाइलो भेट

ramā'ilō bhēṭa | joyful encounter

The Senior Daycare Center, called "Joyful Encounter", is made up of three individually designed building complexes that merge into a harmonious unit. The design is conceived in such a way that all rooms are barrier-free and cater specifically to the needs of senior citizens. In the first cube, visitors will find a wide range of opportunities for communal activities. There is enough space for communal meals and a variety of leisure activities. A wheelchair-accessible kitchen worktop invites guests to participate in joint cooking sessions. This area forms the center for social interaction and promotes exchange among the guests. The second building is dedicated to physical and health care. On the first floor there are sanitary facilities, a medical treatment room and a physiotherapy and sports room. Here, guests can maintain and improve their physical fitness in a relaxed atmosphere. On the upper floor of this building there is a shared apartment for four people, which can also accommodate partners. The area is accessible via an external staircase in a quiet location. The third complex houses a creative area that offers guests space for personal development. Here they can engage in artistic and handicraft activities - be it painting, sewing or pottery. Fine motor skills are encouraged here and creativity is stimulated. The adjoining administration rooms house the staff, a storage room and the security guard. This ensures the safety and organization of the centre. The three areas are connected by a spacious, covered terrace, which serves as a central meeting point. Here, guests can chat and relax in the open air. The garden is accessible via a ramp. It includes small flowerbeds as well as a pavilion where daily prayers or meditations can take place in a peaceful, natural environment.

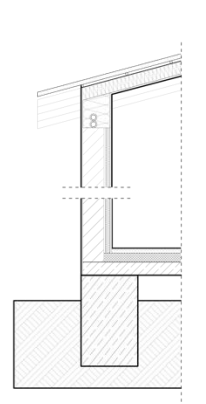
section b-b | scale 1:50



section a-a | scale 1:100



construction | scale 1:10



ground floor plan | scale 1:100



north elevation | scale 1:50



upper floor plan | scale 1:100



west elevation | scale 1:50



atmospheric view into the common area



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TEAM 7
ISABELLA BACHMAIER &
DANA REITER



The "Oasis"

Senior Day Center in Nepal is designed to be a sanctuary for the elderly, offering comfort, community, and joy. The name "Oasis" symbolizes a place of relief and renewal, much like a refuge in the desert, providing a space where seniors can find support, connection, and rejuvenation amidst the challenges of aging. At its core, the center represents a haven from isolation, fostering a sense of belonging and companionship. It is a place where seniors are welcomed with warmth, allowing them to rediscover joy and engage in meaningful activities that inspire creativity, physical activity, and connection.

The design of the center reflects a thoughtful approach to safety, resilience, and sustainability, particularly in light of Nepal's susceptibility to earthquakes. The building is divided into three distinct areas: the utility wing, which houses administrative functions; the dining wing, dedicated to meal preparation and communal dining; and the activity wing, which provides a welcoming space for music, dance and social activities. This separation enhances functionality while reducing structural stress during seismic events, ensuring the building's resilience.

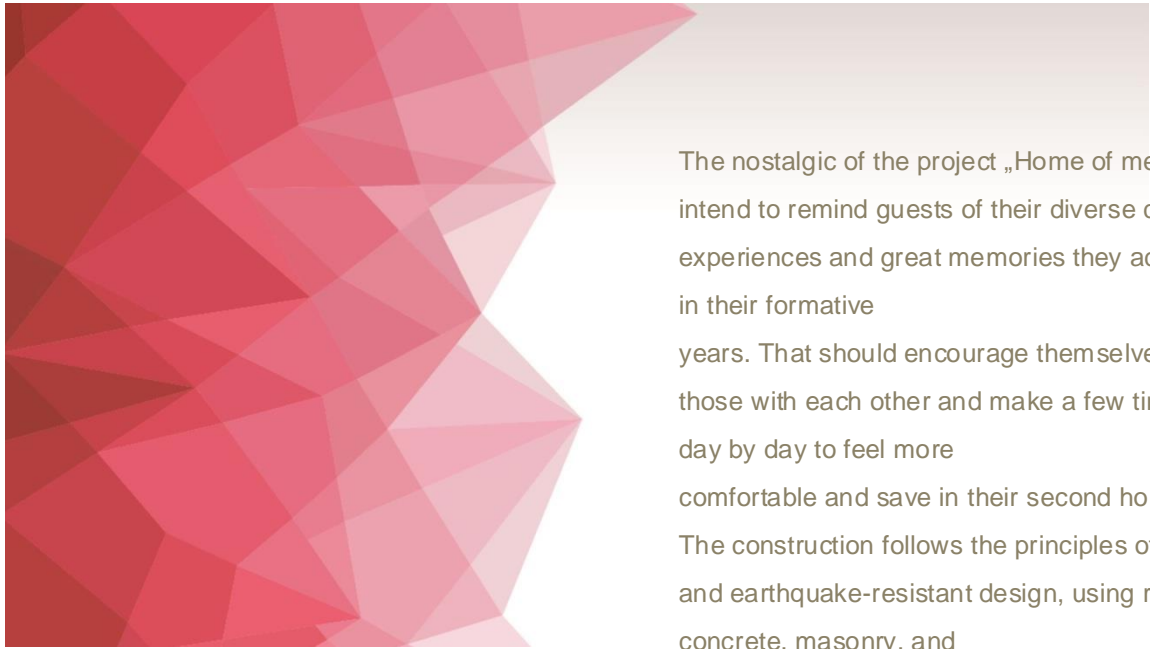
To further protect against earthquakes and flooding, the structure is elevated slightly above the ground on point foundations. Bamboo, a renewable and flexible material, forms the primary framework of the building. Known for its lightweight yet durable properties, bamboo provides natural elasticity, allowing the structure to adapt to ground movement. The framework is reinforced with masonry elements to enhance stability while maintaining an eco-friendly and aesthetically pleasing design. This thoughtful combination of materials and techniques ensures that the "Oasis" Senior Day Center is not only safe and durable but also a sustainable and uplifting space for the elderly.

TEAM 8

HANNAH DENGLER &

ANNIKA REICHL





The nostalgic of the project „Home of memories“ intend to remind guests of their diverse childhood experiences and great memories they accumulated in their formative years. That should encourage themselves to share those with each other and make a few time travels day by day to feel more comfortable and save in their second home.

The construction follows the principles of simplicity and earthquake-resistant design, using reinforced concrete, masonry, and bamboo as main materials.

The foundations are massiv and deep into the ground, with an elastomer layer dampening vibrations, while a thick floor slab provides stability.

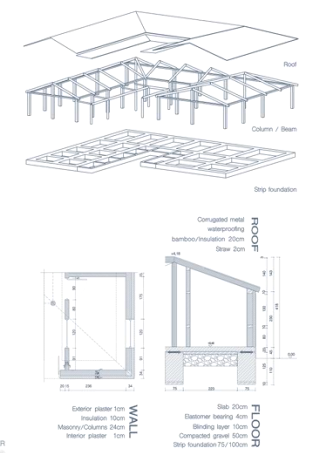
TEAM 9
RAFFAELA WEBER &
MERA DE BENEDETTTO
LUKAS METZLER



HOME OF MEMORIES



LOW-TECH CONSTRUCTION



NOSTALGIA

SECTION BB

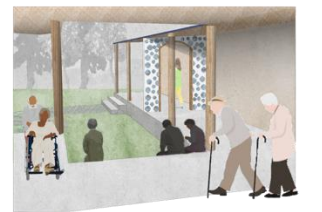


SECTION AA



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Concept

Our senior day center, Mitrata Bhavan, is located near Kathmandu, Nepal. It offers older people an environment where they can structure their everyday lives meaningfully and enjoy company. On a plot of just under 600 m², we create a space that allows seniors to stay active and escape the loneliness many experience daily. Statistics show that loneliness significantly impacts the quality of life in old age. It is estimated that around 20–30% of older people worldwide feel lonely, which is associated with a higher susceptibility to depression and health problems.

At Mitrata Bhavan, we firmly believe that social contact and community are the keys to a happy and fulfilling daily life. That is why we focus on bringing a smile to seniors' faces through interaction and connection in their everyday lives.

TEAM 10
LISA HAINDL &
LAURA DEMMEL



view east

concept

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visualizations atrium



visualization dining room

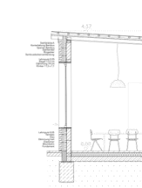


visualization creativ space

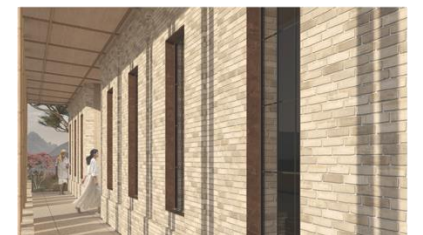
The name **Mitrata Bhavan** (House of Friendship) embodies our core values: solidarity, connection, and shared joy. We aim to create a place where no one is alone, children and older people come into contact, and everyone feels like part of a loving community. At Mitrata Bhavan, we celebrate the power of community and ensure that every guest takes home a piece of happiness and warmth. Together, we create a home of friendship where all moments of life are shared, appreciated, and filled with meaning.



floor plan



detail 1:50



visualizations main entrance