**BACKGROUND**

The project is an attempt to create a living space that harmonizes with the natural environment, focusing on enhancing mental well-being. The concept is based on the principles of biophilic design, which aims to connect human beings with nature to improve overall health and quality of life.

**LOCATION**

The project is situated near South Street Seaport, an area that offers a mix of residential and green spaces, providing a calming backdrop for the development. The location is strategically chosen to serve as an urban sanctuary, offering an escape from the concrete jungle.

**CONCEPT**

The project explores the issue of urban mental stress, and how biophilia can help reduce negative emotions and disliking, providing a restorative experience. As stated in Roger Ulrich's article "Aesthetic and affective response to natural environments," biophilic design is at the core of the project, followed by principles of multi-sensory experience and biomorphic forms and pattern, in order to enhance living spaces.

**MASSING DEVELOPMENT**

The massing of the building is designed to maximize natural light and views, while minimizing energy consumption. The project employs a modular CLT cell system to ensure loadings from floor transfers to columns on a 4m x 4m grid, reducing material waste and time.

**CONSTRUCTION DETAIL**

The selected site locates near South Street Seaport, which has a mix of residential and green spaces compared to other neighborhoods, and the fast-paced and high-pressure area of the city - The Financial District in Manhattan, which are known for having limited rapid urbanisation in a daily basis. The proposed tower is located at one of the most prime areas of the city, providing an excellent opportunity to enhance the overall biophilic experience.

**SENSORY FEATURES**

The sensory features include the use of natural materials, water features, and vibrant greenery to create a calming environment. The project aims to provide a source of white noise and tranquility, reducing stress and promoting relaxation. The selected location near South Street Seaport offers a natural backdrop, providing a serene environment for the inhabitants to escape from the stress and stimulation of the outside world, and to feel safe and secure

**STAGE 1 - REFUGE**

Explore: The second stage, explore, encourages the inhabitant to venture out and engage in a mysterious flow of expectations. This stage involves the discovery of sensory features, such as waterfalls, green facades, and other natural elements, which act as a calming background sound and vocalizations of these birds, providing a soothing environment.

**STAGE 2 - PROSPECT**

This stage focuses on the interaction with the natural environment, enabling the tenant to create biophilic experiences and features that reduce negative emotions and disliking, providing a restorative experience. As stated in Roger Ulrich's article, the biophilic journey is indicated as a looping process.

**STAGE 3**

The final stage involves the strategic placement of sensory features to enhance the overall experience. This includes the use of water features, green facades, and other natural elements, which act as a calming background sound and vocalizations of these birds, providing a soothing environment.

**SUSTAINABILITY**

The project employs a modular CLT cell system to ensure loadings from floor transfers to columns on a 4m x 4m grid, reducing material waste and time. The use of sustainable construction practices, such as geopolymer core and precast concrete cores, further reduces the overall carbon footprint.