Abstract

This thesis responds to the need to balance between work, play and being responsible for our health in the everyday working life. The three aspects towards maintaining mental and physical health are through leisure, therapy and education. In the modern urbanscape, these are divided and accommodated in isolated purpose built environment. The architecture aims to provide conditions for the engagement of leisure, therapy and education within the urban working environment.

The vehicle chosen is a health station comprising three operations. There is a Chinese medical center providing therapy and educational services, a health club with exercise and bathhouse facilities, as well as retails providing health merchandise. The station is situated at a sloping site within the Ann Siang Hill area, surrounded by offices operating in conserved shophouses.

The proposed complex consists of activity blocks with intermediate thematic courtyards. A public path connecting the retail services across the station brings the visitor from the lower to the upper level of the slope. The placement of vertical and horizontal architectural elements and the treatment of building skin serve to reciprocate the context of activities, nature and site. As one moves through the station, one has visual and physical access to the different activities provided within the station. These provide a memorable urban experience for the replenishment of the body and mind.