



**UNPRECEDENTED TIMES:
THE FUTURE OF HOW WE WORK**

THESIS BRIEF BY LISA SINGER

Unprecedented Times: The Future of How We Work

Thesis Brief by Lisa Singer

Advisor: Sequoyah Hunter-Cuyjet

Drexel University M.S. Interior Architecture 2023

Contents

01 Research

- + Project Summary
- + Literature Review
- + Precedent Studies
- + Case Studies

02 Programming

- + Site Selection
- + Program
- + Bubble Diagrams

03 Design Development

- + Schematic Design
- + Design Development

04 Final Design

- + Renderings
- + Floor Plans
- + Building Sections
- + Site Plans & Diagrams

05 Appendix

- + Podium Presentation
- + Design Probes

01 Research

Project Summary

The COVID-19 pandemic created an unexpected and unprecedented global work experiment that permanently changed how we work, where we work, and the role work plays in our lives. This abrupt transition from a 'traditional' on-site work model to a remote work model has had a prolonged effect on people on psychological, emotional, and professional levels. While productivity levels increased, well-being and work/life balance decreased. I saw this as an opportunity to re-imagine the hybrid work model in a post-pandemic world. How do we combine the best parts of working on-site, such as socialization, movement, and routine, with the flexibility of working remotely? In my thesis, I have created a coliving and coworking community where groups of friends or colleagues can stay for extended periods of time to work remotely all while exploring the city of Portland, Maine together. Through deliberate space planning of the site, I decentralize 'work' and 'life' functions to foster socialization and movement and increase well-being and work/life balance.

Keywords

hybrid work model / coliving / coworking / community / tourism

Literature Review

UNPRECEDENTED TIMES:

How the COVID-19 Pandemic Changed the Future of How We Work

Lisa Singer
Thesis Literature Review
Drexel M.S. Interior Architecture Program
Written November 2022

Introduction

The COVID-19 pandemic created an unexpected and unprecedented global work experiment that permanently changed how we work, where we work, and what role work plays in our lives. This abrupt, yet prolonged transition from a 'traditional' on-site work model to a fully remote work model has had a prolonged impact on people on psychological, emotional, and professional levels. The following literature review examines the effect of the pandemic on employees, what the pandemic has taught us about how we work, and ideas about the future of the workplace.

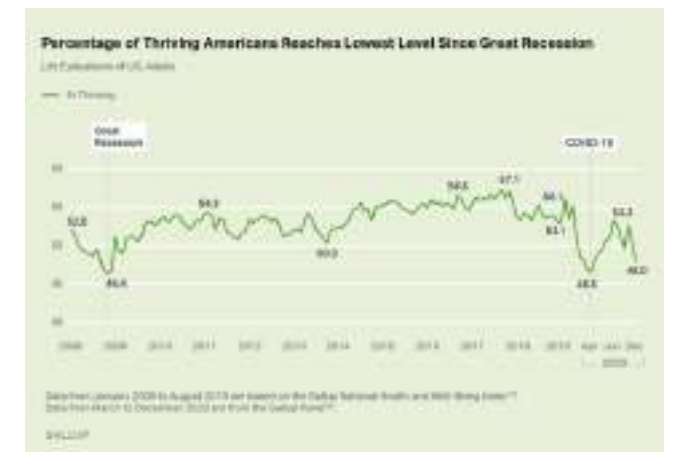
The COVID Catalyst: The Effect of the Pandemic on Employees

The shift from office-based work to working from home during the pandemic felt like it happened overnight. Many were told that working from home would only last for two weeks. As this "two week" period was repeatedly extended, the new reality began having significant effects on employee's work engagement and emotional wellbeing. While people were more productive than ever without office distractions and commute times, they were simultaneously feeling increasingly lonely, overworked, and burnt out. The following research discusses these factors and how they lead to the largest voluntary job resignation in recent American history.

The Employee Engagement-Wellbeing Paradox

Gallup, a global analytics firm, has been continuously tracking the relationship between the engagement and wellbeing of the workforce for thirteen years. They have described the COVID-19 workplace data trends as "truly nothing [they have] ever seen before" ("The Wellbeing-Engagement Paradox of 2020"). During the pandemic, personal wellbeing across the U.S. dropped 15% to the lowest levels since the Great Recession in 2008 ("Navigating Covid-19's Lessons on Burnout").

In the past, Gallup's research has found that employee engagement and wellbeing have had a reciprocal relationship, meaning that when one has increased, the other has as well. Employees who feel valued tend to be more engaged in work, and in return, the employees experience a greater sense of wellbeing. This wellbeing-engagement relationship in the workplace is integral to employee satisfaction ("The Wellbeing-Engagement Paradox of 2020"). In 2020, however, Gallup saw employee engagement and wellbeing diverge for the first time since they started tracking the relationship in 2009. Employee engagement hit record highs while personal wellbeing hit record lows. As many businesses either closed permanently or suffered major layoffs and furloughs due to the pandemic, employees who were fortunate enough to keep their jobs felt pressure to work even harder to prove their value to their employer and to pick up the slack caused by a reduced workforce 2008 ("Navigating Covid-19's Lessons on Burnout").



Source: Gallup

Employees were also experiencing an increased level of flexibility and autonomy while working from home that motivated them to continue working hard. Many employers expected employee engagement to plummet in response to the stresses of the pandemic but in contrast to both expectations and to decreased wellbeing, employee engagement hit record highs and exceeded pre-pandemic numbers. The takeaway

from this was that people were stressed and anxious, but more productive while working remotely. In fact, remote workers showed higher levels of engagement than on-site employees in 2020 according to Gallup's research. Gallup is attributing the high engagement rates to employees feeling united under a shared sense of purpose with fellow colleagues during a time of uncertainty ("The Wellbeing-Engagement Paradox of 2020").

Burnout, Loneliness, and their Greater Effect on Women during the Pandemic

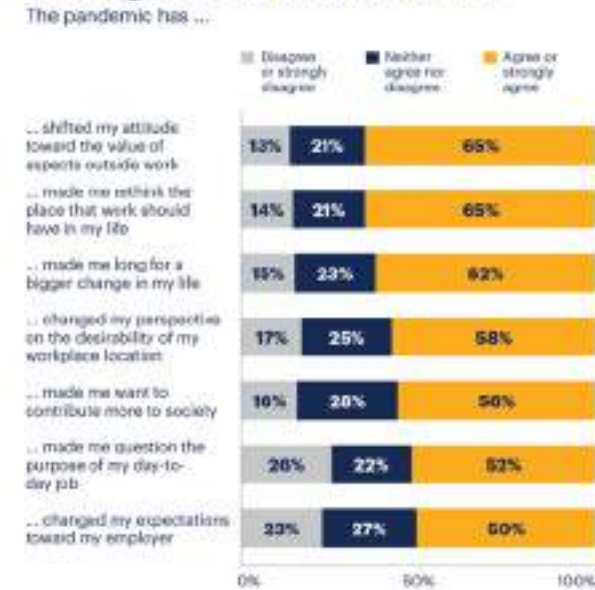
During the pandemic, employees showed record-breaking levels of resilience and engagement, but resilience can only be sustained for so long before it turns to burnout. The World Health Organization recognized burnout as a syndrome in 2019 and defines it as "resulting from chronic workplace stress that has not been successfully managed". It is characterized by feelings of energy depletion, exhaustion, mental distance from one's job and reduced professional efficacy ("Navigating Covid-19's Lessons on Burnout"). Both the U.S. National Library of Medicine and Gallup found that burnout particularly affected women during the pandemic. Their studies show that women's wellbeing was also negatively affected more than their male counterparts. This caused many women, particularly middle-to-high income working moms under the age of fifty, to leave the workforce. Many working moms felt an unprecedented weight on their shoulders to achieve success at work and at home with disrupted and inconsistent childcare and schooling (Ding, Yi ; Robison, Jennifer). In 2020, the U.S. workforce shrunk by 2.3 million women compared to 1.8 million men. Unfortunately, the pandemic hit just as women in senior business leadership was at an all-time global high. For women to flourish in post-pandemic leadership roles, Gallup predicts the need for companies to maintain a hybrid work model and to create a work environment that fosters "a tone of agility,

adaptability, and flexibility" (Robison, Jennifer). Another negative effect of the pandemic is what psychologists are calling the Loneliness Epidemic (Walsh, Colleen). This term refers to the emotional and psychological impact that prolonged isolation has played on people. Many unmarried people who worked remotely through the pandemic experienced a decrease in wellbeing as they were more susceptible to loneliness due to social-distancing restrictions. A Harvard study indicated that young adults aged 18-25 were particularly affected by loneliness during the pandemic (Walsh, Colleen). This statistic is consistent with the CDC's June 2020 findings that showed that 63% of people in that age group experienced substantial symptoms of anxiety and depression as well ("Mental Health, Substance Use, and Suicidal Ideation during the COVID-19 Pandemic").

'The Great Resignation' and Work's Shifting Role in People's Lives

More than 4.5 million people in the U.S. voluntarily left their jobs over the course of one month alone in 2021 (Wiles, Jackie). While many refer to this as 'The Great Resignation,' what is less frequently discussed is the mentality shift that lead to it. Gartner, a technological research and consulting firm, has been conducting extensive studies throughout the pandemic about how the shift in employee values is affecting the work landscape as a whole. They suggest that during the pandemic, people went into survival mode and it made them reflect on what truly makes them feel fulfilled. In a Gartner survey of more than 3,500 employees around the world in October of 2021, sixty-five percent of participants said the pandemic had made them rethink the role that work should have in their lives. Additionally, sixty-two percent of people said that the pandemic made them want to make a substantial life-change (Wiles, Jackie). Gartner thinks this is because the pandemic forced everyone to contemplate how they spend their time, energy, and social capital.

What Employees Say About How the Pandemic Has Changed Their Feelings About Work and Life



Source: Gartner

Gartner's findings suggest two main catalysts for people voluntarily leaving their jobs during the pandemic: the need to feel valued and the need for flexibility. Both of these factors out-ranked the desire for increased pay according to their survey (Wiles, Jackie). Employees are developing an increased sense of worth and need to feel valued, which many employers have not learned how to achieve in a remote work model. People want acknowledgment, growth opportunities, and to have a purpose. Additionally, people feel they have proven their ability to work remotely during the pandemic, and now that some companies are requiring employees to return to the office full-time, they feel a lack of trust and autonomy.

What the Pandemic has Taught Us About How We Work

Before the pandemic, most employers recognized two modes of working: in-office and remote. In reaction to the pandemic, many companies have switched to a "hybrid work model", meaning employees split their time each week between working at home and working in the office. A

successful hybrid model recognizes four work modes rather than two. Beyond just considering where we work, progressive companies are now considering how we work. The following research explains why the operation of four work modes contributes to maximized productivity and wellbeing, and it discusses the benefits of the hybrid work model as suggested by data collected during the pandemic.

Intentional Collaboration in a Hybrid World

Hybrid teams that collaborate intentionally have a stronger awareness of how, where and when to use each of the four hybrid collaboration modes.



Source: Gartner

The chart above describes the four work modes in a hybrid model. Location-based work modes include *collocated*, when teams are working from the same place, and *distributed*, when teams are working remotely. Time spend-based work modes consider whether teams are working *synchronously* or *asynchronously*.

Using this model, four work modes are created:

- **Working together, together:** when teams are collocated, contributing to meetings in a shared space.
- **Working together, apart:** when teams are distributed, but participating in virtual meetings.
- **Working alone, together:** when teams are in shared spaces, but not working at the same time.
- **Working alone, apart:** when teams are distributed, and individuals are conducting deep focus work.

Synchronous versus Asynchronous Work Styles

Synchronous work, or the 'traditional' style of working, describes when multiple people work together at the same time. Asynchronous work refers to the practice of working on a team that does not require all members to be working simultaneously ("Asynchronous versus Synchronous Work"). There are positives and negatives to both types of work.

Synchronous work is beneficial because it naturally provides team bonding opportunities. Problems are often solved quicker in synchronous work models because there are fewer delayed responses due to staggered work schedules. The biggest downsides of the synchronous work model are the lack of flexibility and the distractions. Instant messaging takes up over ninety minutes per day on average, which interrupts focused work ("Asynchronous versus Synchronous Work").

Asynchronous work comes with increased flexibility, which allows people to fit work into their schedules rather than the other way around. Asynchronous workers can maximize their productivity without waiting for others to complete a task. It also involves fewer interruptions than synchronous work, which allows for longer periods of concentration that can contribute to increased productivity, performance, and engagement. The sudden switch from synchronous work models to asynchronous work models during the pandemic could explain the record-breaking employee engagement discussed earlier. Disadvantages to asynchronous work are missing out on 'water cooler talk' (bonding with colleagues takes more of a deliberate effort) and a decrease in spontaneous creative brainstorming.

Due to the creative conversations that happens in face-to-face meetings, human resource leaders usually rank the synchronous modes of working as more important to collaboration and innovation. However, Gartner has found that asynchronous

work is just as valuable as synchronous work because it gives employees opportunities to focus and restore their mental energy (Gartner Human Resources Research Team). It also helps combat 'back-to-back meeting fatigue' which occurred frequently during the pandemic and was a major contributor to burnout ("Navigating Covid-19's Lessons on Burnout").



Source: Gartner

Successfully Collaborating in any Work Mode

Recent Gartner research indicated that seventy-one percent of HR leaders are concerned about employee collaboration in hybrid and remote work models. Although collaboration does not happen spontaneously in remote work, the Director of Research at Gartner, Alexia Cambon, states, "Our research shows that teams of knowledge workers who collaborate intentionally are nearly three times more likely to achieve high team innovation than teams that do not use an intentional approach" (Gartner Human Resources Research Team).

Gartner suggests that collaboration is possible in any work mode. There are various factors that determine which work mode best suits each employee – some of these factors include personality type, seniority, and generation. Progressive organizations need to accommodate all types of work modes to help their employees flourish. This will increase employee wellbeing and in turn, decrease turnover and burnout. Some

ways Gartner suggests for supporting distributed workers include providing ergonomic chairs for their at-home work stations, providing fitness memberships, and subsidizing memberships to coworking spaces for employees who focus better outside of their home environment (Gartner Human Resources Research Team).

Benefits of Hybrid and Remote Work Models

Prithwiraj Choudhury, a professor at Harvard Business School, conducted a study where he analyzed 30,000 emails sent between both distributed and colocated employees during Summer 2020 (Rand, Ben). There were three focus groups: remote workers, workers in a hybrid between remote and in-office, and in-office workers. Employees completed satisfaction surveys that assessed their wellbeing, and supervisors completed assessments on each employee's productivity. In all three categories measured – quantity of emails sent, employee satisfaction, and quality of work – the hybrid group outranked the remote and in-office groups. According to Chudhury, the hybrid group reported greater satisfaction with working from home, better work-life balance, and lower isolation than the other two groups. His research points to peak wellbeing and productivity when flexibility is the rule rather than the exception (Rand, Ben).

Another benefit of remote or hybrid work is in terms of environmental impact. In a case study of the US Patent and Trademark Office, Chudhury noted that switching permanently to remote work in 2012 has already reduced emissions by 44,000 tons and prevented employees from driving 84 million miles. It also reduced the company's hiring costs by 4.4%, decreased their office costs by \$38.2 million, and increased productivity (which in their case, mean they approved more patents) which significantly boosted the economy (Senz, Kristen).

The Future of How and Where We Work

"We used to always compete for talent on the basis of how awesome our offices were to work. Now we compete on a totally different dimension, which is flexibility."

- Steve Hafner, CEO of Kayak (Walsh, Nora)

Approximately three-quarters of U.S. companies are currently offering a hybrid work model for their employees. Less than half of those companies offered a hybrid model before the pandemic, which is an indication of the direction of workplace trends (McCain, Abby). In addition to hybrid worker, the digital nomad also had its 'big break' due to the pandemic. Digital nomads are people who work while traveling the globe due to their jobs being permanently remote ("What Is a Digital Nomad?"). The following research discusses current workplace trends, future workplace forecasts and the new opportunities of digital nomads due to the pandemic.

Work Location Forecast: Hybrid, Remote and On-Site Flexibility

Employees are valuing flexibility now more than ever. According to a study conducted by Gartner, seventy-five percent of hybrid or remote knowledge workers say their expectations for work flexibility has increased since the pandemic (Gartner Human Resources Research Team). After proving, contrary to employer expectations, that working remotely actually increased productivity, employees feel that they have earned the trust and autonomy to work remotely for at least part of their work week ("The Wellbeing-Engagement Paradox of 2020").

The way companies are responding to this varies depending on the size and type of the organization, how independent the work is, and how traditional or progressive the leadership team is. Gartner predicts that by 2023, the amount of knowledge

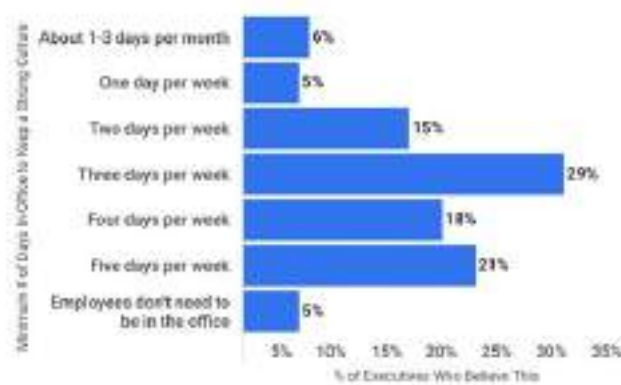
workers working remotely will increase from 27% in 2019 to 47% (Gartner Human Resources Research Team).

According to an Accenture survey, 83% of workers would prefer a hybrid work model in the future. The survey also indicated that employees who worked in a hybrid model during the pandemic were less burnt out than those who worked fully remote or in-office. Companies are seeing a 12% reduction in turnover when they allow for at least part-time remote flexibility (Smith, Christie, et al). Allowing employees to work remotely part time benefits employers as well – according to Accenture’s survey, companies save \$11,000 per year per remote or hybrid worker. When pairing this statistic with the higher productivity and engagement rates of hybrid workers, it indicates that the hybrid work model benefits both employers and employees. Workers also save money in a hybrid or remote model. Over one third of the hybrid workers surveyed saved over \$5000 a year on gas/commute costs, childcare costs and tax write-offs compared to when they worked fully on-site (McCain, Abby).

Seventy-four percent of companies in the U.S. are currently using a permanent hybrid work model. Of these companies, 47% offered a hybrid option pre-pandemic, whereas 27% started offering it as a response to the pandemic but plan on keeping it in effect. Sixteen percent of said companies moved to a hybrid model during the pandemic but are returning to a fully on-site model (McCain, Abby). This is a substantial cause of turnover in the current work landscape. Fifty-four percent of employees surveyed said they would leave their current job if hybrid flexibility is not maintained (Melin, Anders). Even though remote work proved to increase productivity, many executives still emphasize their desire for employees to come into the office a few days a week to maintain company culture, as indicated in the top chart below. The lower chart shows employee opinions on their ideal working situations based on their generation. In comparing both sets of data, it

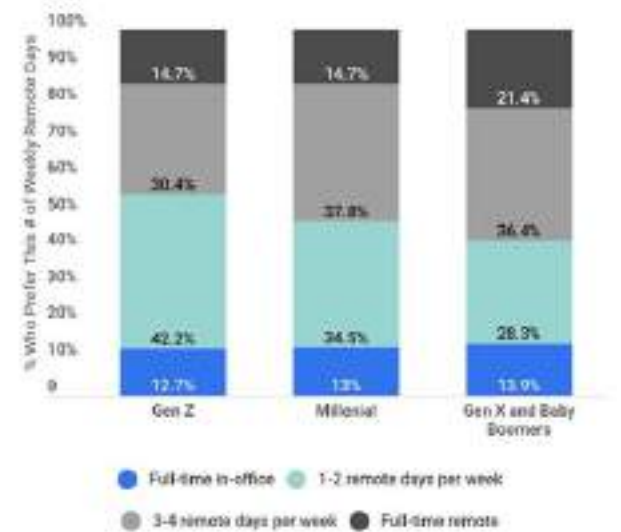
seems as if two to three days in office would make the majority of both employees and employers satisfied (McCain, Abby).

EXECUTIVE OPINIONS ON HYBRID WORK AND COMPANY CULTURE



Source: McCain

EMPLOYEE OPINIONS ON HYBRID WORK BY GENERATION



Source: McCain

The Rise of the Digital Nomad

The term ‘digital nomad’ was popularized in 1997 when it was the title of a book written by Tsugio Makimoto and David Manners. In the book, the authors predict that technology would allow for people to return to a nomadic state and work from anywhere in the world (“What Is a Digital

Nomad?”). Decades later, their prediction proved to be true. As of today, almost seventeen million Americans (about half of which are millennials) describe themselves as digital nomads, which is increased by 131% since before the pandemic (“2022 Digital Nomads Report Shows 131% Growth Since 2019”)

In response to a growing population of digital nomads, over twenty countries around the world are now offering remote work visas that allow foreigners to work remotely within their borders for up to ten years (Walsh, Nora). Portugal, Spain, Norway, Brazil, Thailand, and Costa Rica are among the pioneers of this movement. These visas would help countries create jobs to boost their economy. Caroline Trejos, the director of marketing for Costa Rica’s tourism board, estimates that each remote worker will generate over \$46k per year. Thailand is offering tax exemption initiatives for remote workers with the goal of bringing in young talent to supplement an aging work force (Walsh, Nora).

Airbnb CEO and co-founder Brian Chesky has reported that they have seen a twenty-five percent increase in long-term stays since 2021, and a ninety percent increase since 2019. He states that “the right solution should combine the best of the digital world and the best of the physical world” and is allowing his employees to live and remotely in more than 170 countries for up to ninety days a year in each location (Walsh, Nora).

In April 2021, Tara Cappel, founder of FTLO Travel, launched Sojrn to inspire remote-working professionals to take their careers abroad for month-long excursions around the world. Cappel describes the experiences as a fusion of work from home and study abroad. Some examples include Fashion in Paris, History in Rome, Architecture in Barcelona, and Wine in Tuscany (“SOJRN Chapters: Explore All Work and Travel Programs”).

Conclusion

Data collected throughout the COVID-19 pandemic has provided invaluable insights into how we work and how our work life affects our wellbeing. The widespread implementation of the hybrid work model has allowed employees to maximize their productivity, mental wellness, and work engagement while simultaneously saving them time and money. After working remotely during the pandemic, most employees prioritize flexibility in an employer over everything else. Data collected during the pandemic helped companies recognize that how we work is equally important to where we work. In my thesis, I want to use these insights to create a coworking space that is conducive to both synchronous and asynchronous work modes and fosters creativity, engagement, focus, and wellbeing. I aim to use interior architecture to create an evidence-based design that re-imagines what a workspace looks like by using innovative solutions for flexibility, privacy and innovation.

Bibliography

"2022 Digital Nomads Report Shows 131% Growth Since 2019." MBO Partners, 2 Nov. 2022, <https://www.mbopartners.com/state-of-independence/digital-nomads/#:~:text=The%20MBO%20Partners%202022%20State,the%20pre%2Dpandemic%20year%202019.>

"Asynchronous vs. Synchronous Work." Timing Blog, 21 June 2022, <https://timingapp.com/blog/asynchronous-vs-synchronous-work-how-to-stay-focused/#:~:text=Synchronous%20work%20is%20when%20multiple,team%2C%20you%20are%20working%20synchronously.>

Baker, Mary. "4 Modes of Collaboration Are Key to Success in Hybrid Work." Gartner, 6 Sept. 2022, <https://www.gartner.com/smarterwithgartner/4-modes-of-collaboration-are-key-to-success-in-hybrid-work.>

"Burn-out an 'Occupational Phenomenon': International Classification of Diseases." World Health Organization, World Health Organization, <https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>

Crawley, Kristina, et al. "Case Study: The Workplace of the Future." Wwww.leoadaly.com, 1 Sept. 2021, [https://leoadaly.com/perspectives/study-the-workplace-of-the-future/.](https://leoadaly.com/perspectives/study-the-workplace-of-the-future/)

Ding, Yi, et al. "Women Suffered More Emotional and Life Distress than Men during the COVID-19 Pandemic: The Role of Pathogen Disgust Sensitivity." International Journal of Environmental Research and Public Health, U.S. National Library of Medicine, 12 Aug. 2021, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8394728/#:~:text=Using%20a%20large%20nationwide%20Chinese,level%20of%20pathogen%20disgust%20sensitivity.>

Gartner Human Resources Research Team. "Expert Insight Video: The Future of Hybrid Working." Gartner, <https://www.gartner.com/en/documents/4004103.>

Melin, Anders, and Misyrlena Egkolfopoulou. "Return to Office: Employees Are Quitting Instead of Giving up Work from Home." Bloomberg.com, Bloomberg, 1 June 2021, <https://www.bloomberg.com/news/articles/2021-06-01/return-to-office-employees-are-quitting-instead-of-giving-up-work-from-home.>

"Mental Health, Substance Use, and Suicidal Ideation during the COVID-19 Pandemic." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 29 Dec. 2020, https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm?s_cid=mm6932a1_w.

McCain, Abby. Thirty Essential Hybrid Work Statistics [2022]: The Future of Work. Zippia, 23 Sept. 2022, [https://www.zippia.com/advice/hybrid-work-statistics/.](https://www.zippia.com/advice/hybrid-work-statistics/)

"Navigating Covid-19's Lessons on Burnout." Psychiatric Times, <https://www.psychiatristimes.com/view/navigating-covid-19s-lessons-on-burnout.>

Rand, Ben. "Does Hybrid Work Actually Work? Insights from 30,000 Emails." HBS Working Knowledge, 6 Sept. 2022, <https://hbswk.hbs.edu/item/does-hybrid-work-actually-work-insights-from-30000-emails.>

Robison, Jennifer, and Jane Miller. "7 Ways to Save Your Working Moms Before It's Too Late." Gallup.com, Gallup, 8 Sept. 2022, <https://www.gallup.com/workplace/333185/ways-save-working-moms-late.aspx.>

Senz, Kristen. "How Companies Benefit When Employees Work Remotely." HBS Working Knowledge, 29 July 2019, <https://hbswk.hbs.edu/item/how-companies-benefit-when-employees-work-remotely.>

Smith, Christie, et al. "The Future of Work Research." Accenture, Accenture, 1 Dec. 2022, https://www.accenture.com/us-en/insights/consulting/future-work?c=acn_glb_talentandorganimediarrelations_12163686n.

"SOJRN Chapters: Explore All Work and Travel Programs." SOJRN.TRAVEL, <https://www.sojrn.travel/abroad-programs.>

"The Wellbeing-Engagement Paradox of 2020." Gallup.com, Gallup, 28 Sept. 2022, <https://www.gallup.com/workplace/336941/wellbeing-engagement-paradox-2020.aspx.>

Walsh, Colleen. "Young Adults Hardest Hit by Loneliness during Pandemic." Harvard Gazette, Harvard Gazette, 17 Feb. 2021, [https://news.harvard.edu/gazette/story/2021/02/young-adults-teens-loneliness-mental-health-coronavirus-covid-pandemic/.](https://news.harvard.edu/gazette/story/2021/02/young-adults-teens-loneliness-mental-health-coronavirus-covid-pandemic/)

Walsh, Nora. "So You Want to Work Remotely: A Guide." The New York Times, The New York Times, 7 Oct. 2022, <https://www.nytimes.com/2022/10/07/travel/remote-work-guide.html?smid=url-share.>

Wiles, Jackie. "Employees Increasingly Seek Value and Purpose at Work." Gartner, 13 Jan. 2022, <https://www.gartner.com/en/articles/employees-seek-personal-value-and-purpose-at-work-be-prepared-to-deliver#:~:text=The%20pandemic%20has%20been%20a,to%20contribute%20more%20to%20society.>

"What Is a Digital Nomad?" Mighty Networks, <https://www.mightynetworks.com/encyclopedia/digital-nomad#:~:text=It's%20not%20clear%20who%20coined,who%20consider%20themselves%20digital%20nomads.>

Precedent Studies

Precedent Study: The Kitchenless Home



**The Kitchenless Home:
What is it?**

The Kitchenless Home is a co-living concept created by Spanish architect Anna Puigjaner (pictured above). She re-imagined the spatial experience of the home by taking out 'the most controversial part': the kitchen. She realized you could remove any part of the home without problem but as soon as you touch the kitchen, it generates an adverse reaction. According to Puigjaner, removing the kitchen is provocative because of its link to the 20th century values involving women, politics, domesticity, and the ideal family construct. Her project has received the Wheelwright Prize from Harvard along with a \$100,000 endowment to research communal residence models worldwide.



**What Does
it Solve?**

- + **Loneliness:** there is a lack of social outlets for the elderly & youth
- + **The need for healthy & sustainable neighborhoods:** building a sustainable community culture
- + **Reduces food waste:** Americans waste 30%, or \$48 billion, of food annually
- + **Saves time:** Getting back the time you spend cleaning your kitchen



**Keywords &
Concepts**

Co-Living
Kitchenless Home
Domestic Equality
Feminism
Collective Habitation
Community
Sustainability
Collaborative Economy
Sharing Culture
Sættedammen
Social Outlet
Reduced Food Waste
One Shared House 2030



How it Relates to my Thesis Topic

I looked at this project through the lens of the social and cultural benefits of co-living and how to create a community among strangers. By removing the kitchen from a home, it forces people to go to a common area to cook. In doing this, it creates a safe community that blends people of different cultures and backgrounds. Co-living decreases loneliness, increases creativity and collaboration, and reduces waste. The Kitchenless Home =challenged me to rethink which domestic functions require privacy versus which benefit from communal collaboration. With many companies removing their expectation of location-dependency, working is becoming a function of the home. Puigjaner applied the Space10 Survey to support her Kitchenless Home model.

Precedent Study: One Shared House 2030

What is the One Shared House 2030 Survey?

In 2018, Space10 conducted a “playful research project” called One Shared House 2030 that asked 14,000 people from 147 countries how they would like to live in the year 2030. The survey results indicated that almost everybody was willing to share something. There was an equal split of men and women, and 85 percent of respondents were 18–39 years old. Most respondents are either single or in childless relationships, and live in Northern Europe, North America and Asia. The objective of the survey was to build a database of knowledge for designers to reference when coming up with the programs for future living spaces.

What Makes Co-living Appealing to People?

01 Socialization

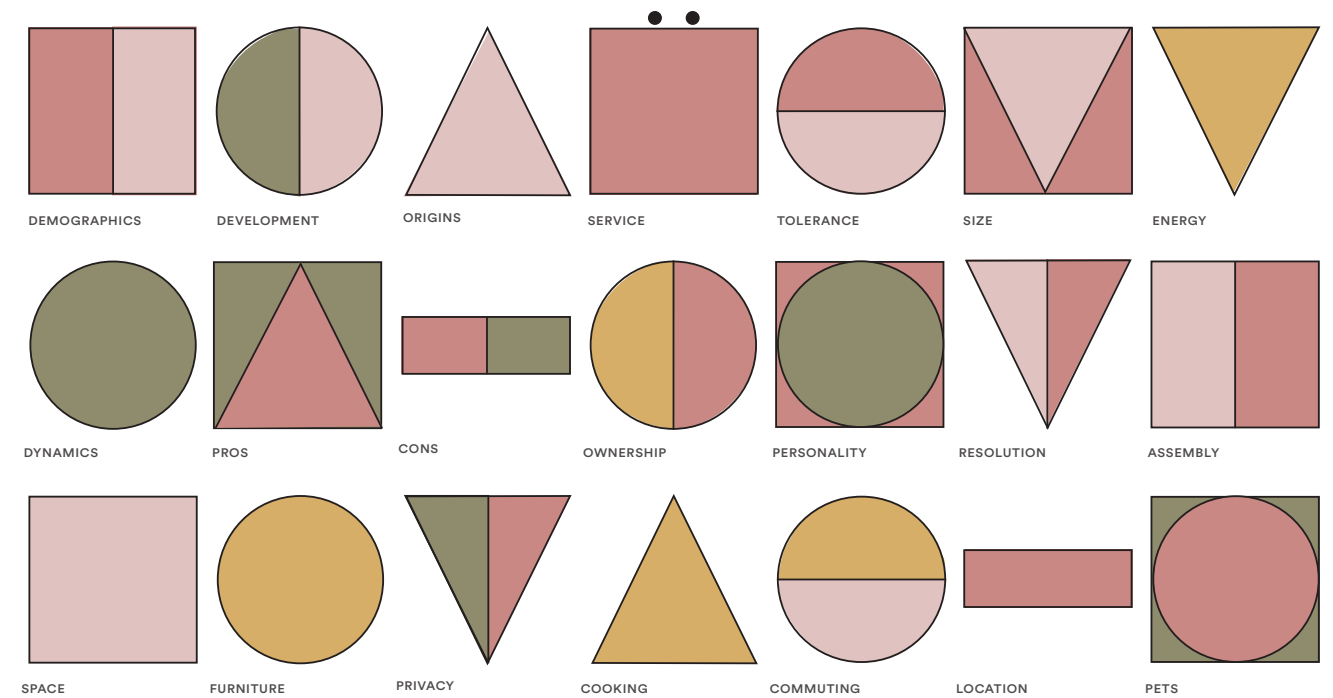
A surprising result of the survey indicated that socialization was the number one reason people are attracted to the idea of co-living. It outranked affordability, having access to shared facilities, and being able to live in an otherwise unaffordable neighborhood.

02 Combating the Loneliness Epidemic

Even though Social Media allows us to be more connected now than ever, studies show that people are feeling increasingly lonelier and that they lack a sense of community. Fifty percent of us also make less money than our parents did at our age, so it's no surprise that high living costs and loneliness were listed as the top two reasons to co-live.

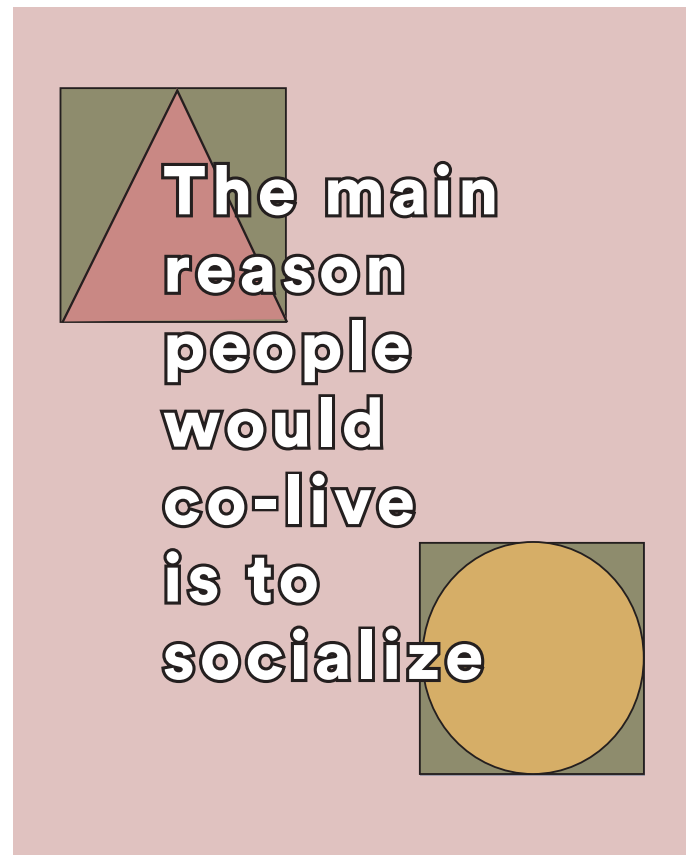
03 Tight-Knit Communities

While there are many benefits to co-living, the formation of a tight-knit community (even among childless respondents who don't need childcare) is the number one appealing factor. With so many people moving out of their parents houses before getting married and buying stand-alone homes, the community aspect is lost which can oftentimes result in increased loneliness.



Main Survey Takeaways

- + **Couples without children and single women** are the demographic who found the concept of co-living most appealing
- + **People want to furnish their own spaces**, but they want common areas designed and furnished professionally
- + **People are willing to share utilities, internet, gardens and workspaces.** However, bedrooms, bathrooms and shared groceries are off limits. Some respondents would be willing to share a communal kitchen as well.
- + **People want to vote for new members and value diversity.** Most prefer couples and single men and women. Couples with small children and teenagers are least preferred. The most important qualities in a co-living housemate are cleanliness, honesty and consideration. The least important qualities are being funny, handy and attractive
- + **People still prioritize privacy.** Lack of privacy was the respondents' top concern. Most people are willing to share common area spaces but still want off-limits private spaces. People are willing to blur the line between public and private but still value boundaries between “my space” and “your space” and “our space”
- + **People would rather help clean** than have daily dinners.
- + **And most importantly, pets are welcomed**



Precedent Study: Co-Working in Sant Magí



About the Project

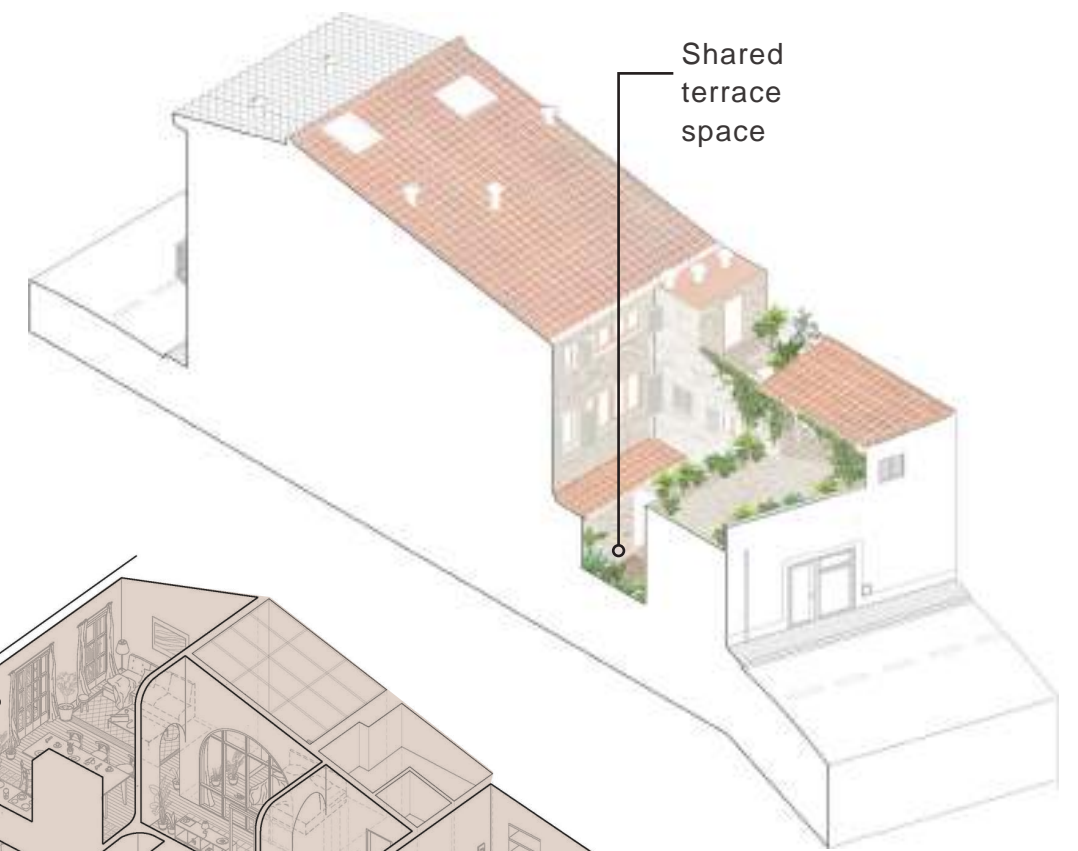
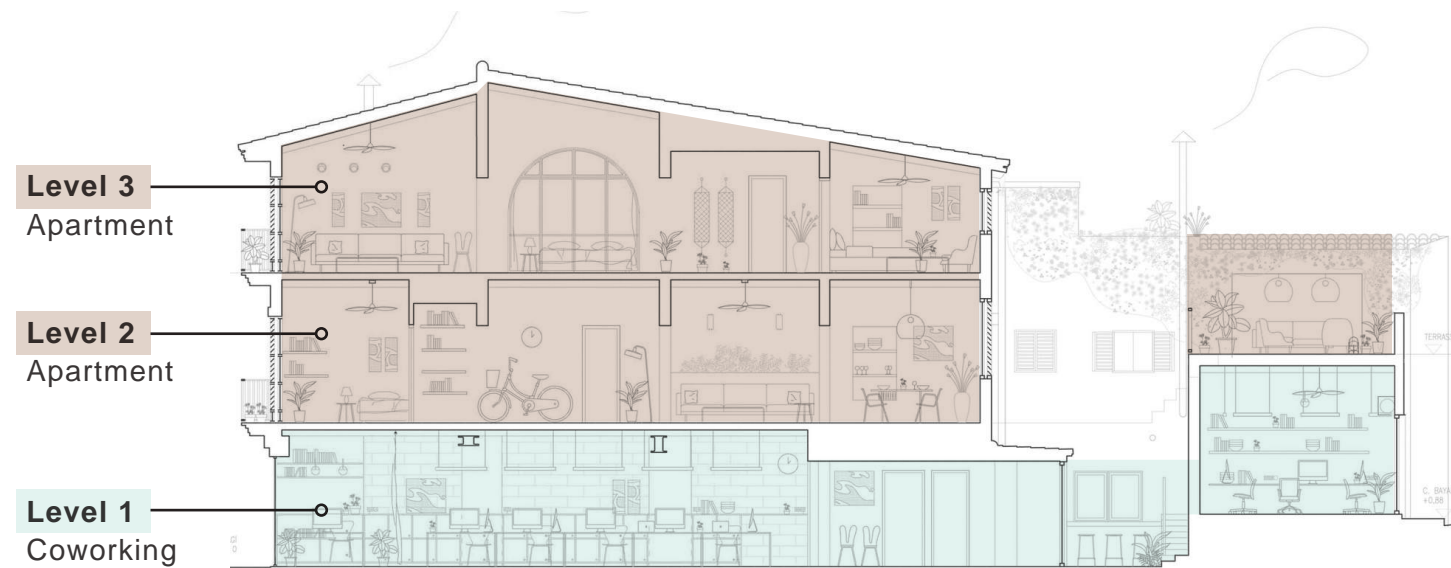
Location	Palma de Mallorca, Spain
Architects	BARRI Studio
Building Size	4,940 SF
Project Type	Adaptive Reuse, Refurbishment
Program	1 level of coworking, 2 levels of luxury suites
Completion	2022
Photography	José Sanchez Masterton

Aspects that resonated with me:

- Shared public & semiprivate spaces
- The adaptive reuse method
- The refined yet welcoming aesthetics
- The locally sourced materials palette
- The programming model: coworking mixed with living spaces

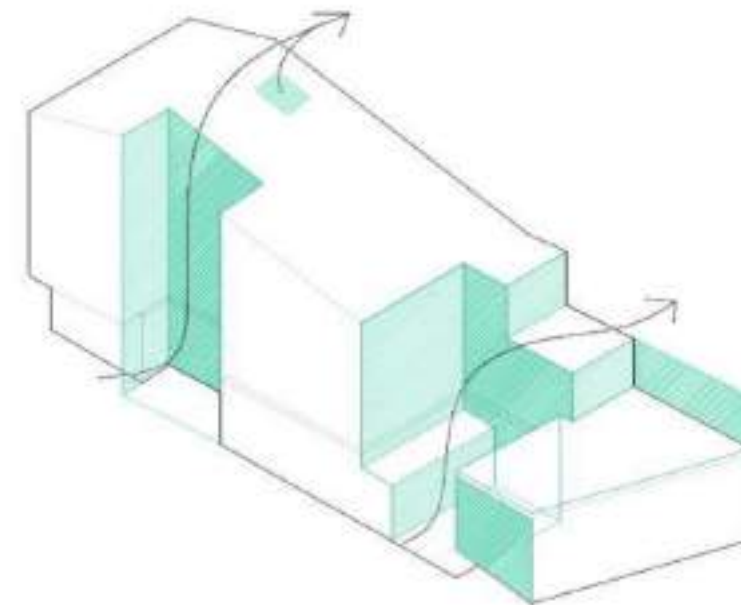
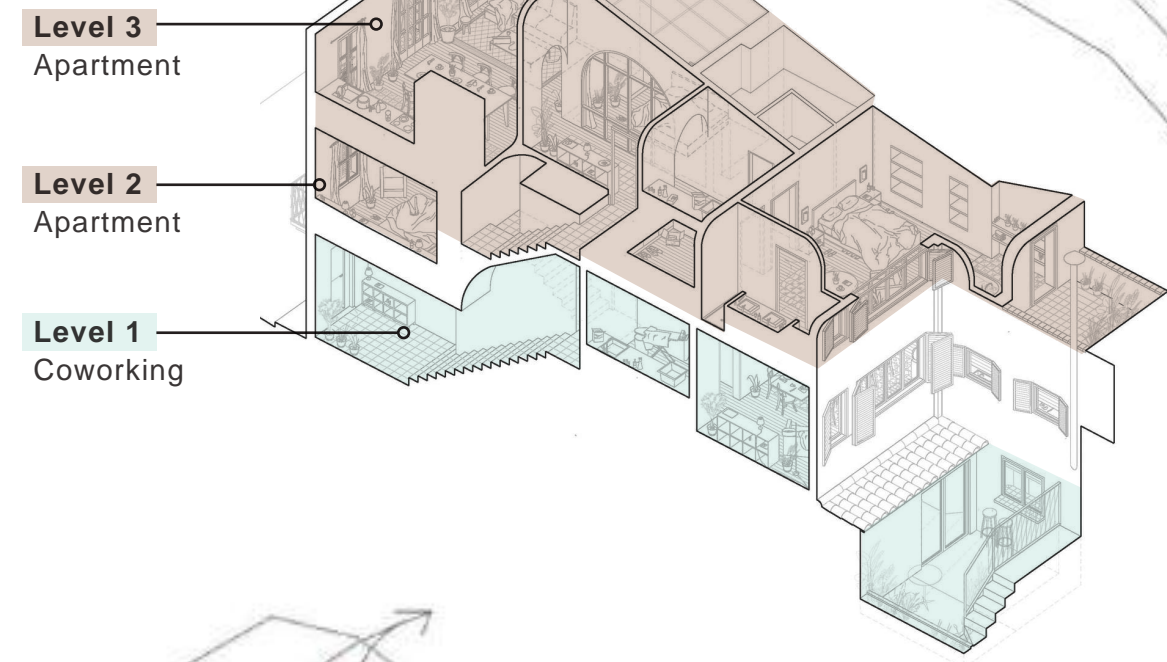
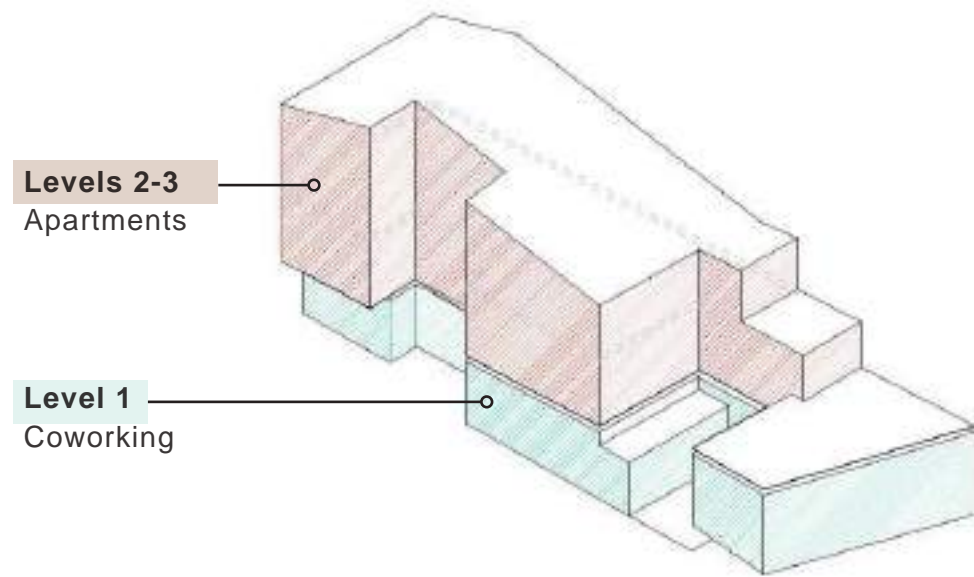


Sant Magí is an adaptive reuse project of a three story building in the historic district of Palma de Mallorca in Spain. The ground floor has a coworking space while the upper levels consist of two luxury suites. The coworking space opens to the main street and to an indoor patio at the back of the plot. Materials were locally sourced. Vegetation is used to tie the indoor and outdoor spaces together, and to achieve privacy. The outdoor terraces act as an oasis for patrons to enjoy the Mediterranean weather and atmosphere.



Building Diagram and Sections

Working spaces are indicated in blue and living spaces are indicated in red. The outdoor terrace space is shared among coworking tenants and apartment tenants.

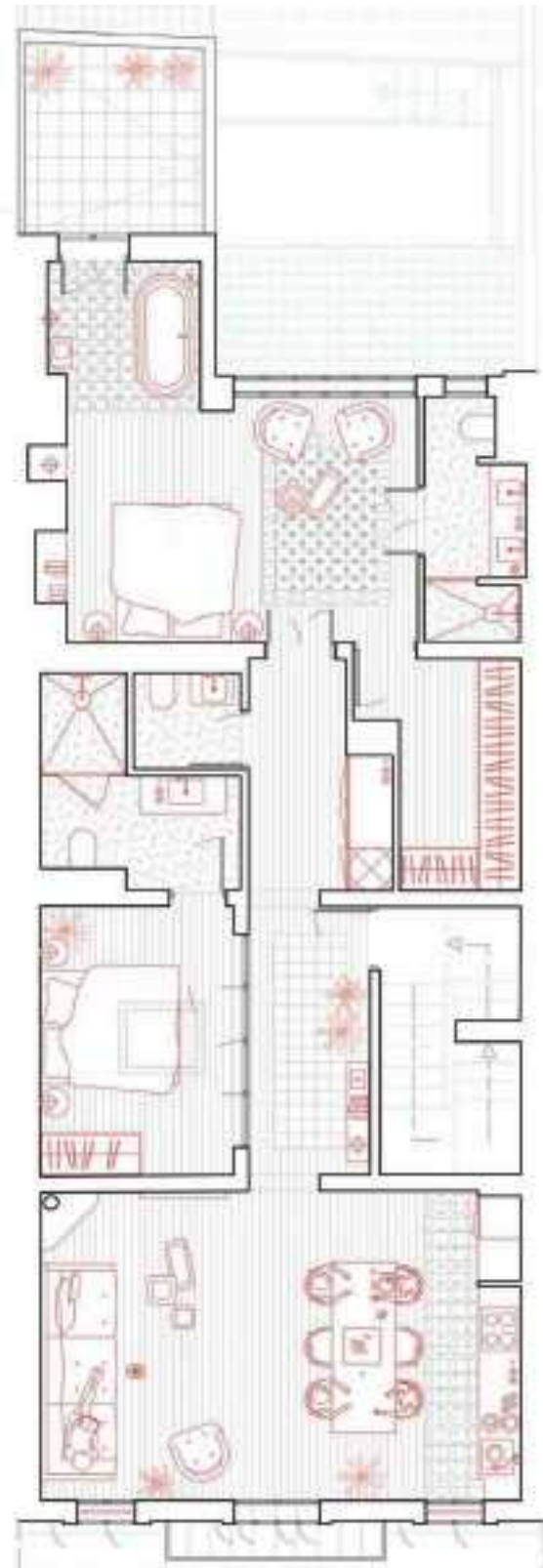


Air Circulation Diagram

The diagram on the left shows the air circulation of the building space, taking into account the open-air staircase atrium and shared outdoor terrace.



Workspace Floor Plan
Source: ArchDaily

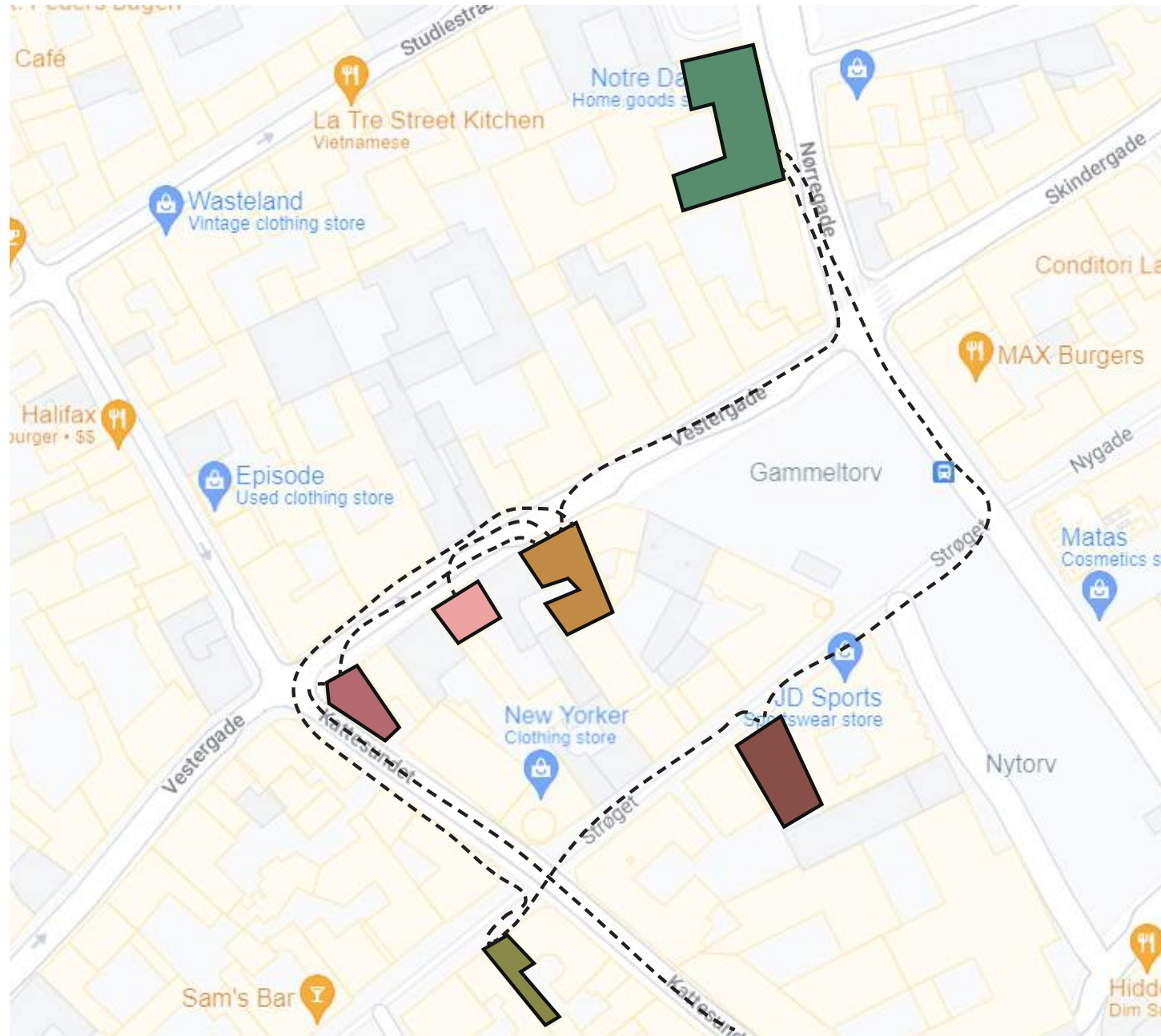


Apartment Floor Plan
Source: ArchDaily



Case Studies

Case Study: Copenhagen Summer



Copenhagen, DK INDRE BY NEIGHBORHOOD

- My coffee shop
- Student Hub
- My favorite lunch spot
- Studio
- Lecture hall
- Art supply store

While **studying abroad** in Copenhagen this summer, I was able to **immerse myself in a new city** and develop a **routine** that made me feel like a local. I enjoyed my morning commute - a short subway ride, then a 10 minute walk where I would stop for a coffee and croissant on the way to class. Our studio, lecture space and our student hub (library/printers) were all in different buildings in the same neighborhood which forced me to get some **movement** in throughout the day and explore the city. I found that having this routine helped with my **mental health** and clarity and even helped with my **creativity** - I'd often pass buildings on my commute that would inspire my designs for my studio project.



STUDIO



COMMUTE



LECTURE HALL



COFFEE SHOP

Case Study: Work Survey

On January 4, 2023, I conducted a ten-question survey with **100 participants** (median age range 25-45) to gauge what their work model looks like currently compared to what it looked like before the pandemic. I also wanted to see how people felt about their current work model, what they liked and disliked about working remotely during the pandemic, and what they missed about being in the office.

Summarized Results

01 The number of hybrid workers has tripled since before the pandemic.

76% of participants **never** worked from home before the pandemic (unless they had a doctor's appointment). Now, **78%** of participants work either **entirely remotely** or have a **hybrid model**. This aligns with the published data I referenced when writing my Literature Review.

02 Employee happiness has increased since before the pandemic.

The **majority of participants** are happier now than they were pre-pandemic with their hybrid or remote work model, but **29%** need more **flexibility** like they had while being fully remote at the height of the pandemic

03 Remote employees missed work-life balance & socialization.

Socializing with coworkers and the **separation of work and life** were the two most-missed parts about being in the office while working at home during the pandemic. They also missed their morning routine and shower.

04 Half of participants have never worked from a coffee shop.

Over **half of participants** have **never worked from a coffee shop** due to feeling distracted, the need for multiple monitors, having coffee at home, or the nature of their work. Those who do work at coffee shops need a change of scenery to help them focus and enjoy the people watching. **Post-survey follow-up:** many of the people who replied that they do work at coffee shops work in creative industries or identify as creatives.

05 Most people want to work remotely from somewhere new.

83% of participants would take the opportunity to **work remotely from a different part of the country** with their partner or friends for a month or two.

06 People are willing to share.

Three-quarters of participants are willing to **share utilities, wifi and outdoor areas in a co-living space, and almost half are willing to share a communal kitchen.**

Survey Questions

How often did you work from home *before* the pandemic?

- 53% Never**
- 23% Doctors appointments
- 10% Always
- 9% A few days a week
- 5% Other

How often did you work from home *during* the pandemic?

- 71% The whole time**
- 24% Occasionally
- 5% Never

How often are you able to work from home *now*?

- 41% Always**
- 37% A few days a week
- 8% Never
- 7% Doctors appointments
- 7% Never

Are you happy with your company's current work model?

- 61% Yes, happy overall**
- 29% No, need more flexibility
- 10% No, I want to be remote

What did you enjoy about working from home during the pandemic?

- 93% Throwing laundry in**
- 92% Saving commute time/money
- 73% Better work/life balance
- 61% Sleeping in
- 45% Employer's trust
- 16% Easier for childcare

What did you miss if you worked from home during the pandemic?

- 68% Separation of work & life**
- 68% Socializing with coworkers**
- 56% An excuse to shower
- 37% Working in the office
- 35% Face-time with boss
- 30% Morning routine
- 30% Alone time
- 27% Space from partner

Have you ever worked from a coffee shop or co-working space?

- 55% No**
- 45% Yes

If you worked from a coworking space, which functions outside of work stations/conference rooms would be appealing to you?

- 80% Coffee shop**
- 36% Bar
- 30% Communal kitchen
- 23% Childcare
- 18% Private nursing rooms
- 16% Podcast booth
- 11% Photography backdrop
- 8% Bike storage

If you were able to work remotely from anywhere in the country for a month, would you do it?

- 90% Yes**
- 10% No

In a co-working space, which would you be comfortable sharing?

- 85% Outdoor areas**
- 78% Utilities/wifi
- 45% Kitchen
- 11% Nothing

Case Study: Kismet Co-working Spaces

Interview with the Founder of Kismet: Christopher Plant

CONDUCTED JANUARY 25, 2023

In January, I interviewed the founder and owner of the Kismet Co-working spaces Christopher Plant in the Manayunk space. He currently runs two co-working spaces, in Manayunk and Chestnut Hill, and has recently closed one in Callowhill. He has learned an extensive amount about what works and what doesn't work when it comes optimal building sizes and program since he opened his first space in 2018. For example, his **16,000 SF space worked a lot better than his 6,000 SF space** because it had more offices, which bring in the most revenue per month, and because **people want anonymity and bigger spaces provide that.**



He toured me around the Manayunk space and introduced me to the members working that day. Most people working were office renters - only three people were working at the individual work stations. Plant said having an area that can be used as a bar is an investment because Kismet makes a lot of their revenue by renting the space out for private events on weekends. He said his members feel like colleagues - they have a drink in the office at the end of the day and pop by each other's offices. Many people work there because **they miss the socialization of an office and the opportunity to exchange creative ideas.**

His current Manayunk space, which cost 1.2 million dollars to build, has ten teams of four to six people who use Kismet as their only office space. Plant observed that people use the private phone booths very frequently and the podcast booth as well but said in his next space, he will consider acoustics more since noise is their biggest problem.

About the Project

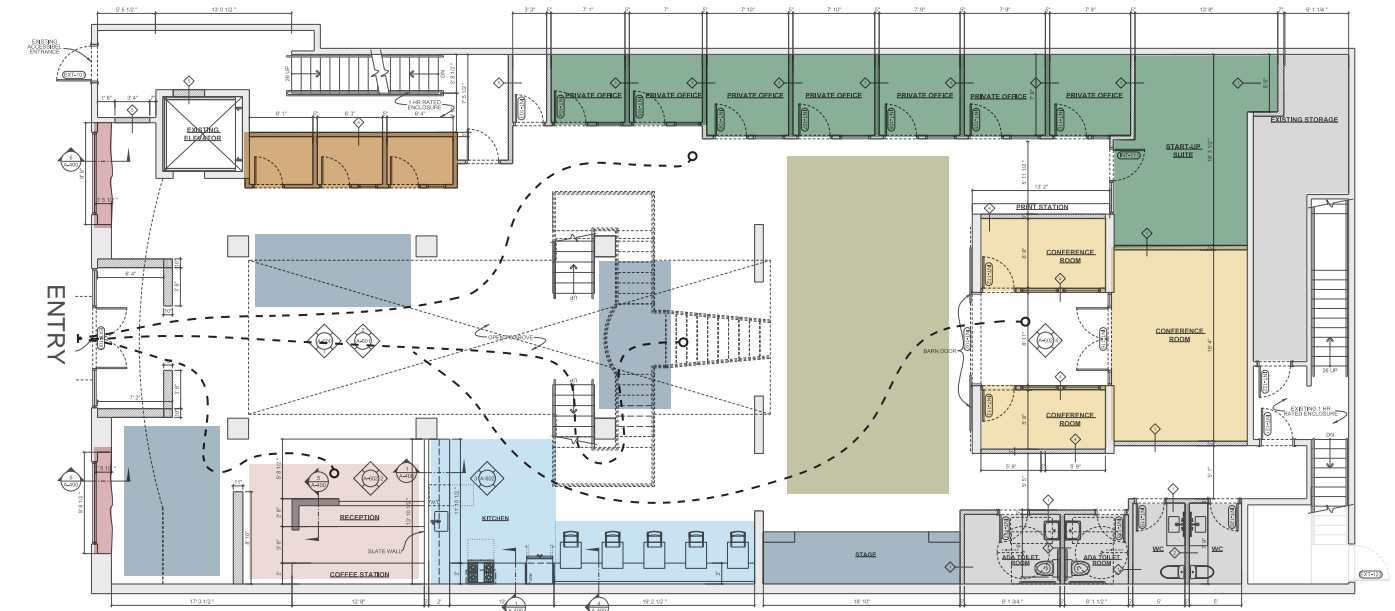
Location	Manayunk, PA
Architects	M Architects LLC
Building Size	16,000 SF
Project Type	Co-working space
Opening Date	2018
Levels	Two levels

Program Details

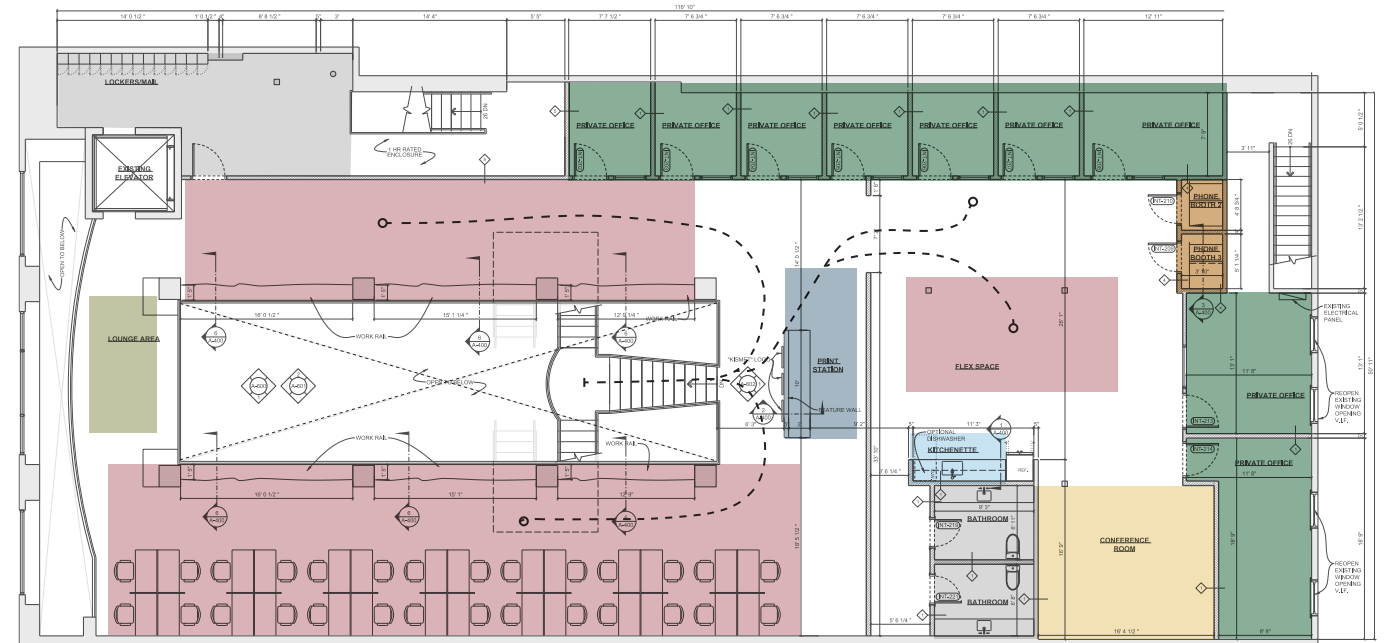
17 offices	8'-0" x 8'-0"	64 SF each
60 work stations	4'-0" x 4'-0"	16 SF each
4 conference rooms	12'-0" x 6'-8"	80 SF each
1 reception	17'-10" x 13'-10"	246 SF
1 entry lounge	15'-10" x 11'-10"	187 SF
2 kitchenettes	14'-0" x 12'-0"	168 SF each
2 print stations	10'-0" x 7'-8"	78 SF each
6 restrooms	5'-0" x 7'-9"	38 SF each
5 phone booths	3'-10" x 5'-0"	19 SF each
1 start-up suite	18'-3" x 12'-10"	234 SF
1 lockers/mail room	27'-5" x 8'-10"	242 SF

Kismet Manayunk: 4131 Main Street

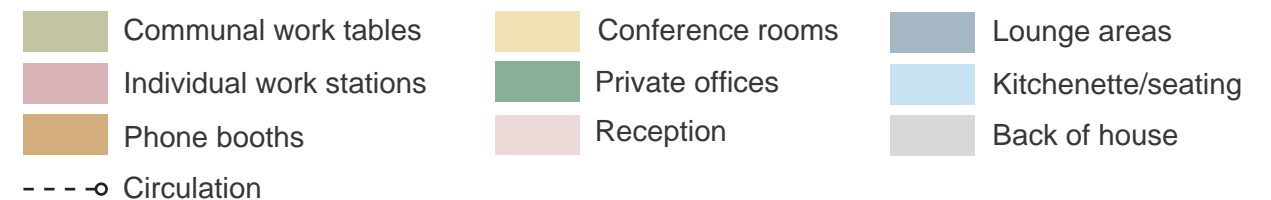
PHILADELPHIA, PA | OPENED 2018, RELOCATED 2022



FIRST LEVEL FLOOR PLAN



SECOND LEVEL FLOOR PLAN



Kismet Manayunk: 106 Jamestown Avenue

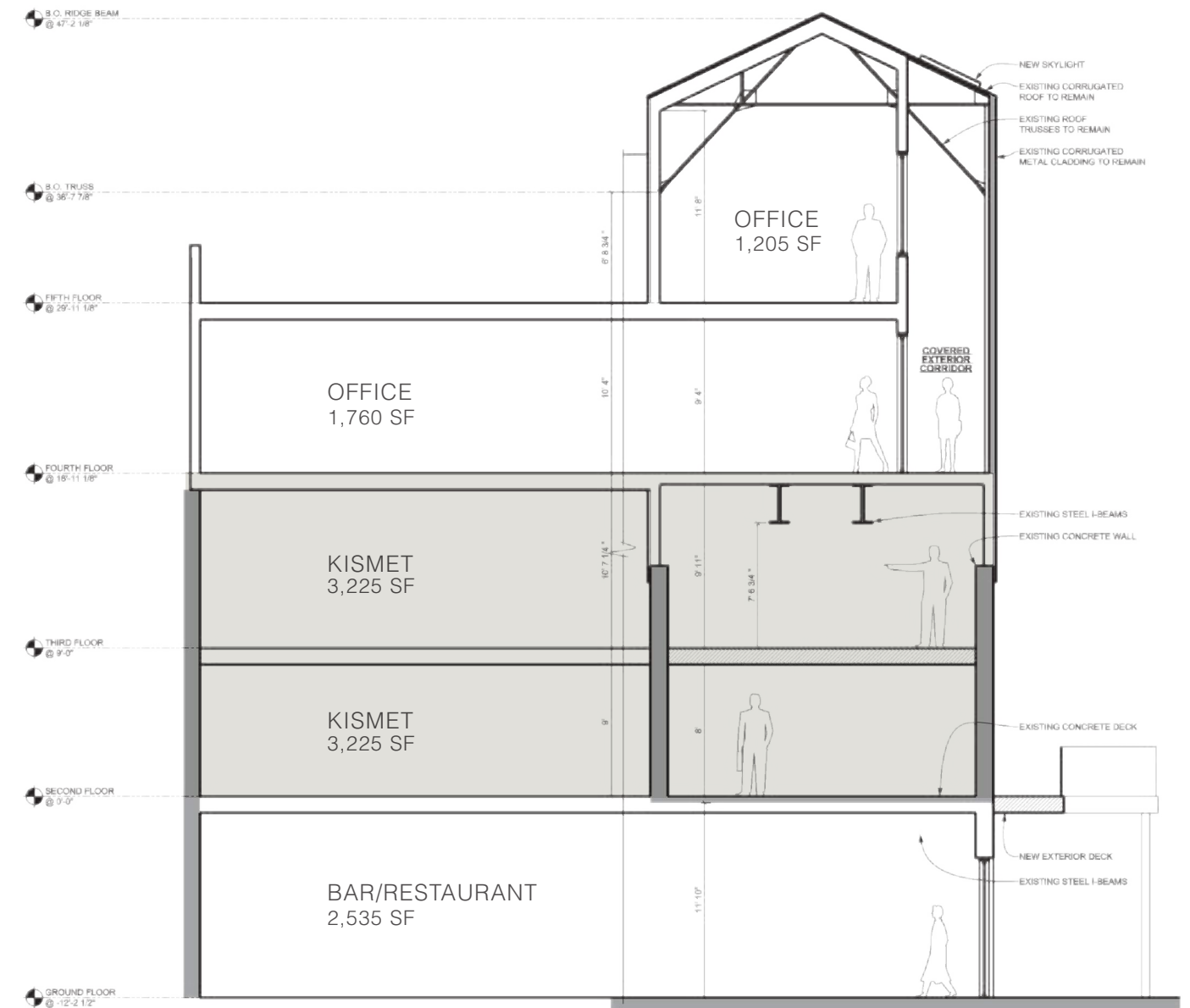
PHILADELPHIA, PA | NEVER OPENED - LEASE FELL THROUGH



DESIGNED & RENDERED BY M ARCHITECTS, LLC

About the Project

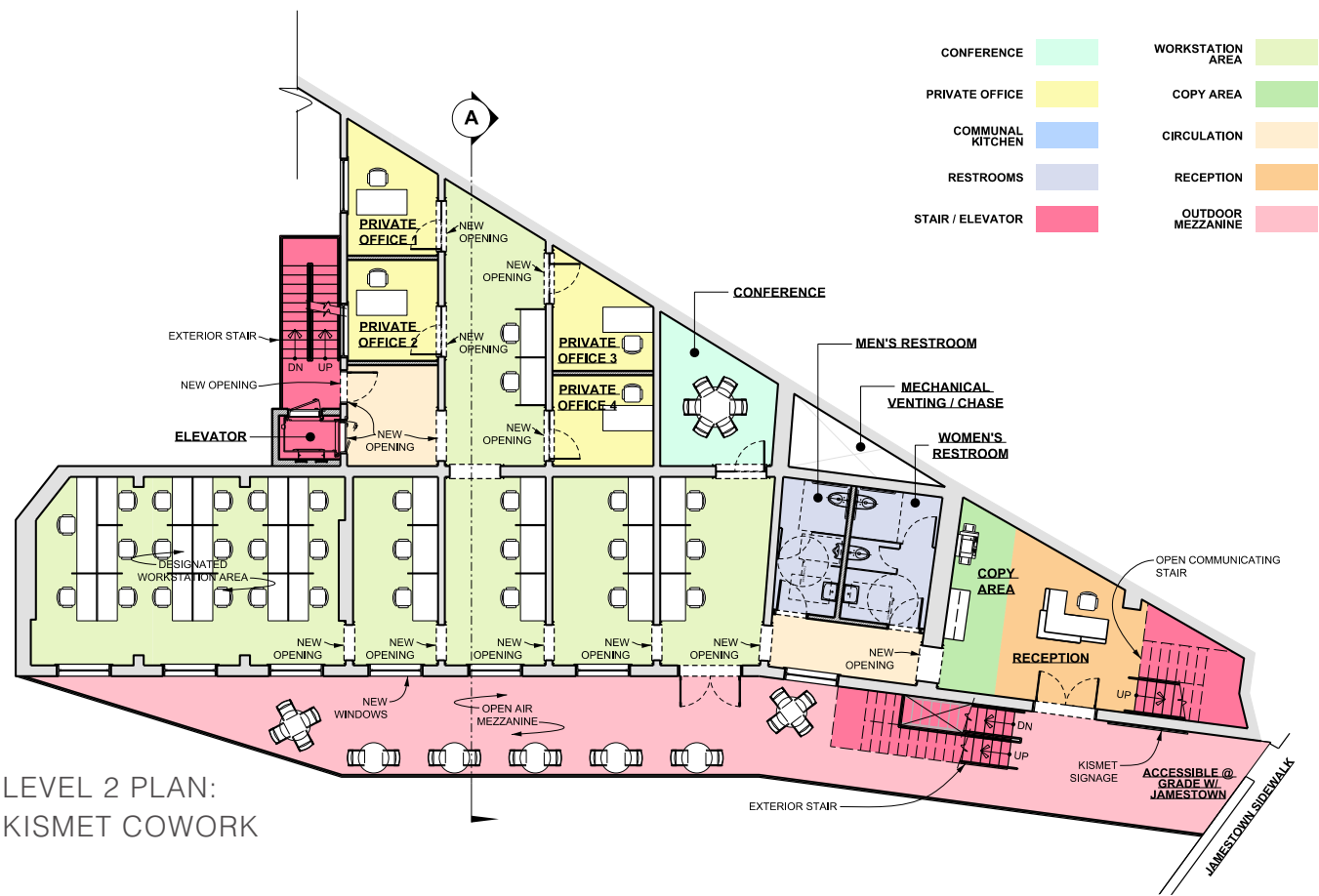
Location	Manayunk - Philadelphia, PA
Architects	M Architects LLC
Designed	2017
Building Size	11,950 SF + covered outdoor areas
Project Type	Mixed-use occupancy + Bar/restaurant 2,535 SF + Co-working space 6,450 SF + Office space 2,960 SF
Levels	Five levels
Parking	Yes - parking lot
Public Transit	Adjacent to Septa line (great for accessibility, bad for sound)



BUILDING SECTION | N.T.S.

Kismet Manayunk: 106 Jamestown Avenue

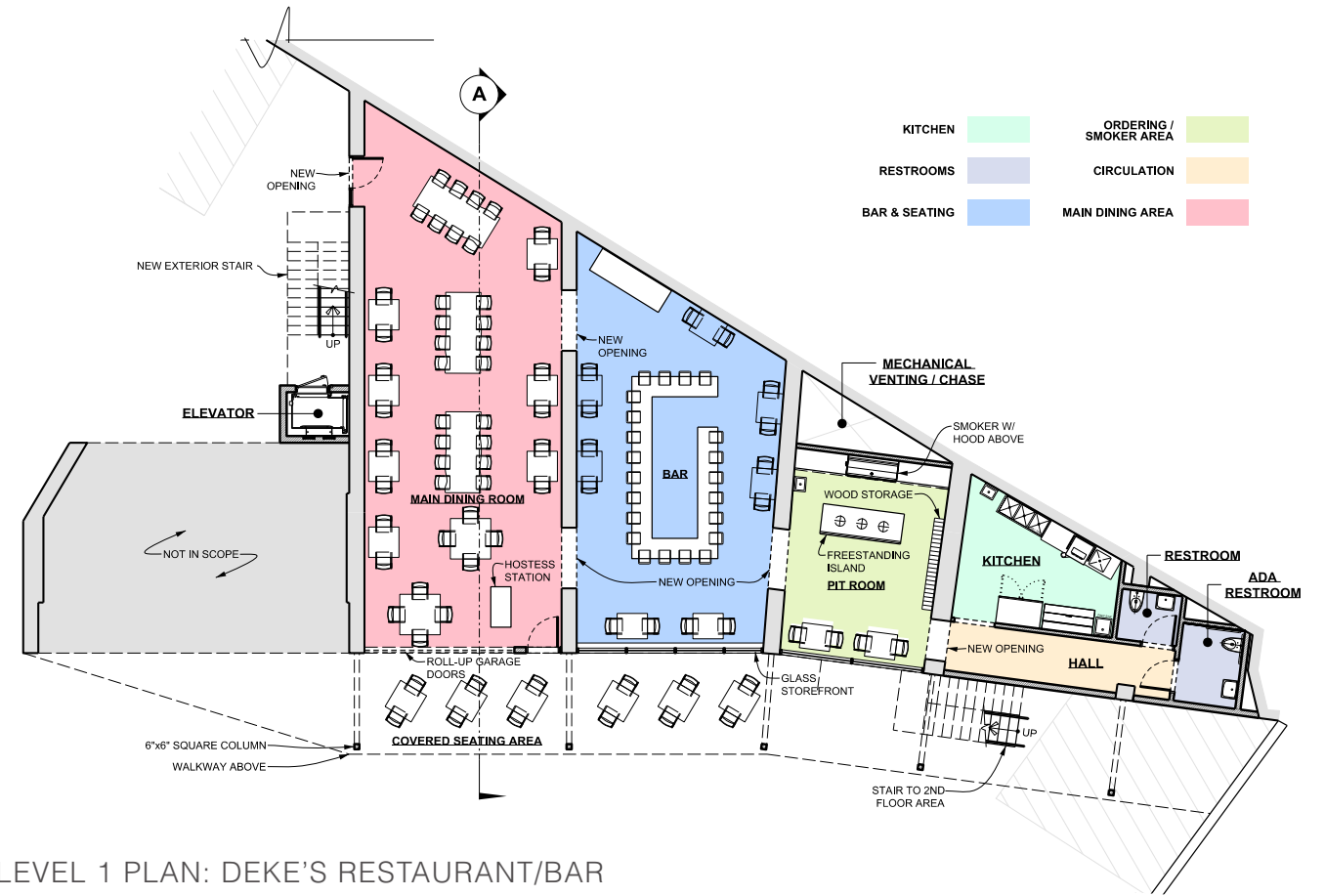
FLOOR PLANS | DRAWN BY M ARCHITECTS LLC IN 2017



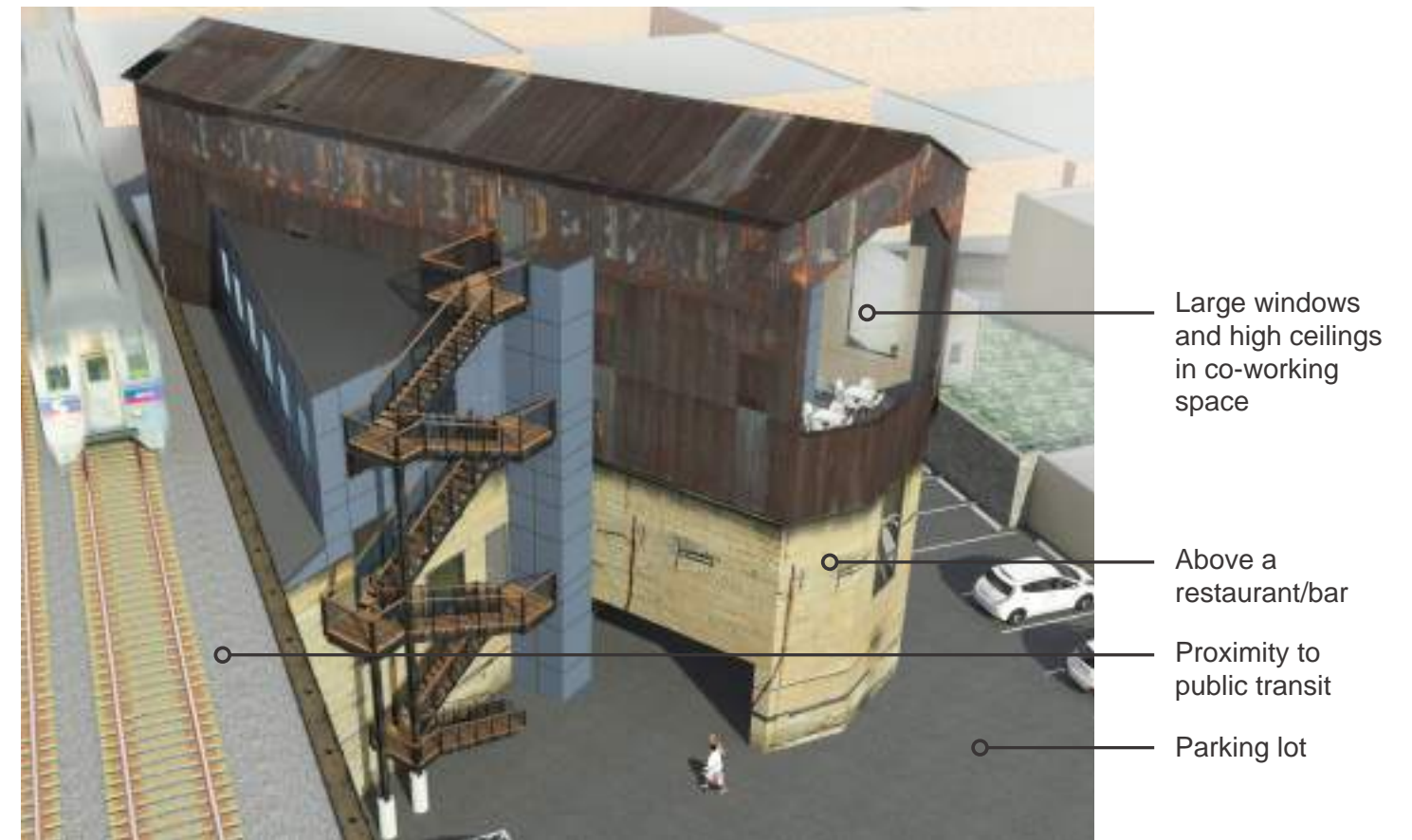
LEVEL 2 PLAN:
KISMET COWORK



LEVEL 3 PLAN:
KISMET COWORK



LEVEL 1 PLAN: DEKE'S RESTAURANT/BAR

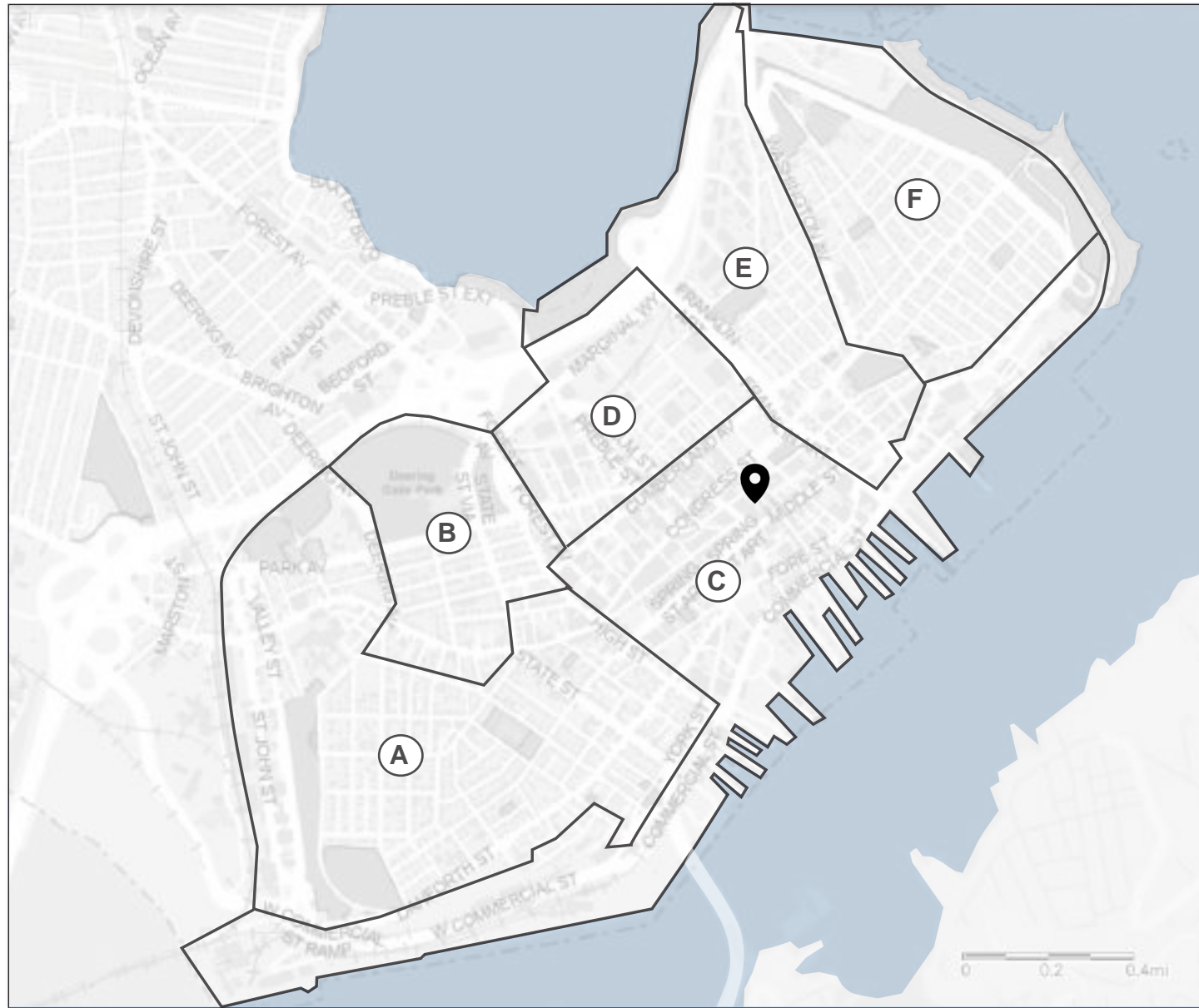


02 Programming

Site

Portland, Maine

PENINSULA | THESIS SITE



- A West End**
Median age: 31.7
- B Parkside**
Median age: 29.5
- C Downtown**
Median age: 33.5
Includes Old Port
- D West Bayside**
Median age: 34.8
- E East Bayside**
Median age: 28.1
- F Munjoy Hill**
Median age: 33.5
Mostly residential
- Thesis Site**
Old Port Neighborhood

Why Portland, Maine?

- + Portland has a great and growing art, culture and culinary scenes
- + The mix of city and nature - there is a lot to do both indoors and outside in every season, and it's on the water
- + Tax incentive for young adults to work from there (recent college graduates can deduct what they paid in student loans, up to \$377 a month, from their state income tax by working in Maine)

Old Port Neighborhood

DOWNTOWN PORTLAND SITE MAP



Food & Drink	Retail	Lifestyle	Site Buildings
<ul style="list-style-type: none"> 01 Bar 02 Grilled Cheese Cafe 03 Bakery 04 Ice Cream Shop 05 Pizzeria 06 Restaurant 	<ul style="list-style-type: none"> 07 Skateboard Shop 08 Souvenir Shop 09 Stationery Shop 10 Clothing Boutique 11 Artisan Ceramics 12 Antique Store 13 Jewelry Store 14 Cannabis Shop 15 Flower Shop 	<ul style="list-style-type: none"> 16 Tattoo Shop 17 Pilates Studio 18 Public Parking 19 Hotel 20 Bank 	<ul style="list-style-type: none"> A 21 Exchange Street B 42 Market Street C 46 Market Street D 31 Exchange Street
<ul style="list-style-type: none"> ----- Mainly Driving & Biking Mainly Pedestrian ////// Cobble Stone Street 			



Building A: 21 Exchange Street

Floors: 4
Floor Size: 2,268 SF
Height: 69'-0" tall
Built: 1900

Original Use: Toy factory
Overall Size: 9,072 SF total
photo from 1924 tax records

9,072 SF



Building B: 42 Market Street

Floors: 2
Floor Size: 3,067 SF
Height: 34'-0" tall
Built: 1874

Original Use: Glass & copper smith's shop
Overall Size: 6,134 SF total
photo from 1924 tax records

6,134 SF



Building C: 46 Market Street

Floors: 3
Floor Size: 2,302 SF
Height: 52'-0" tall
Built: 1894

Original Use: Plumber's shop
Overall Size: 6,906 SF total
Outdoor area: 1,708 SF
photo from 1924 tax records

6,906 SF



Building D: 31 Exchange Street

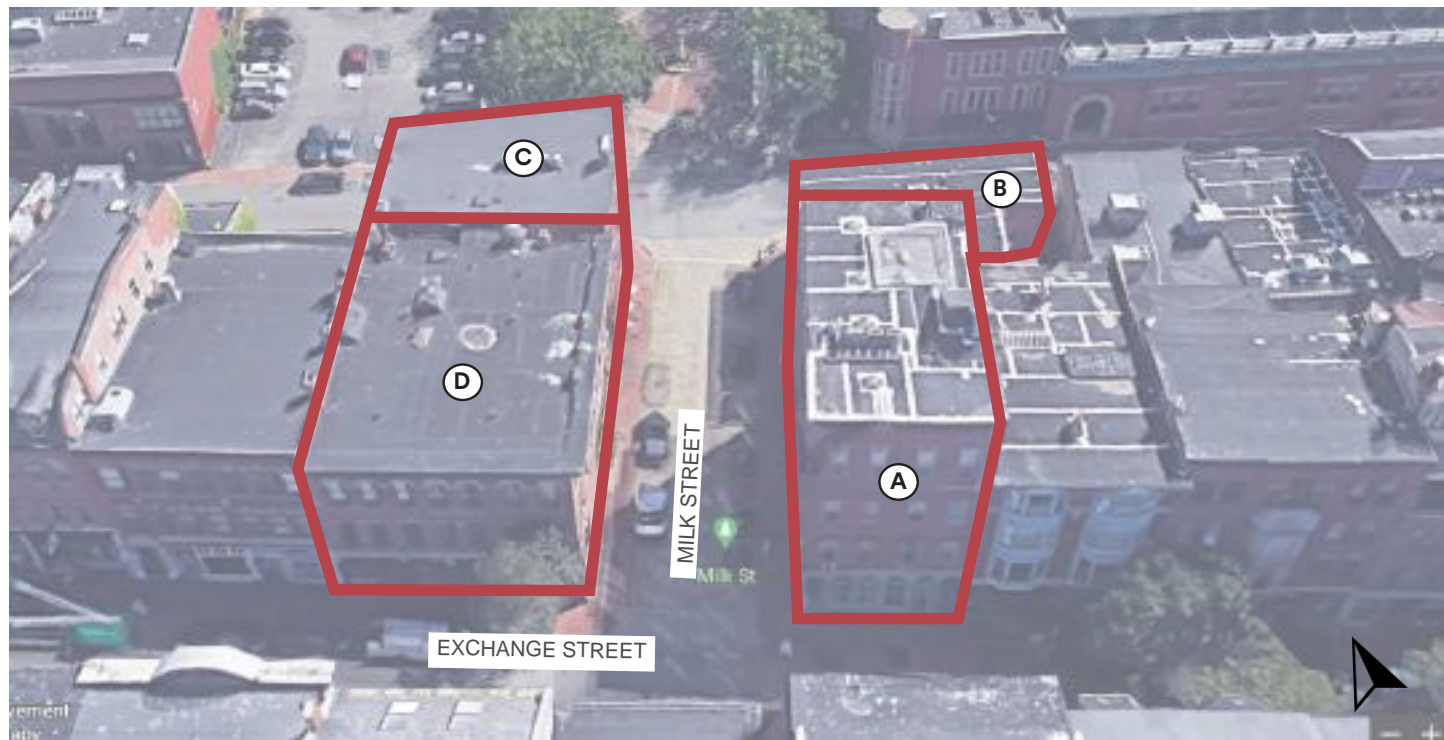
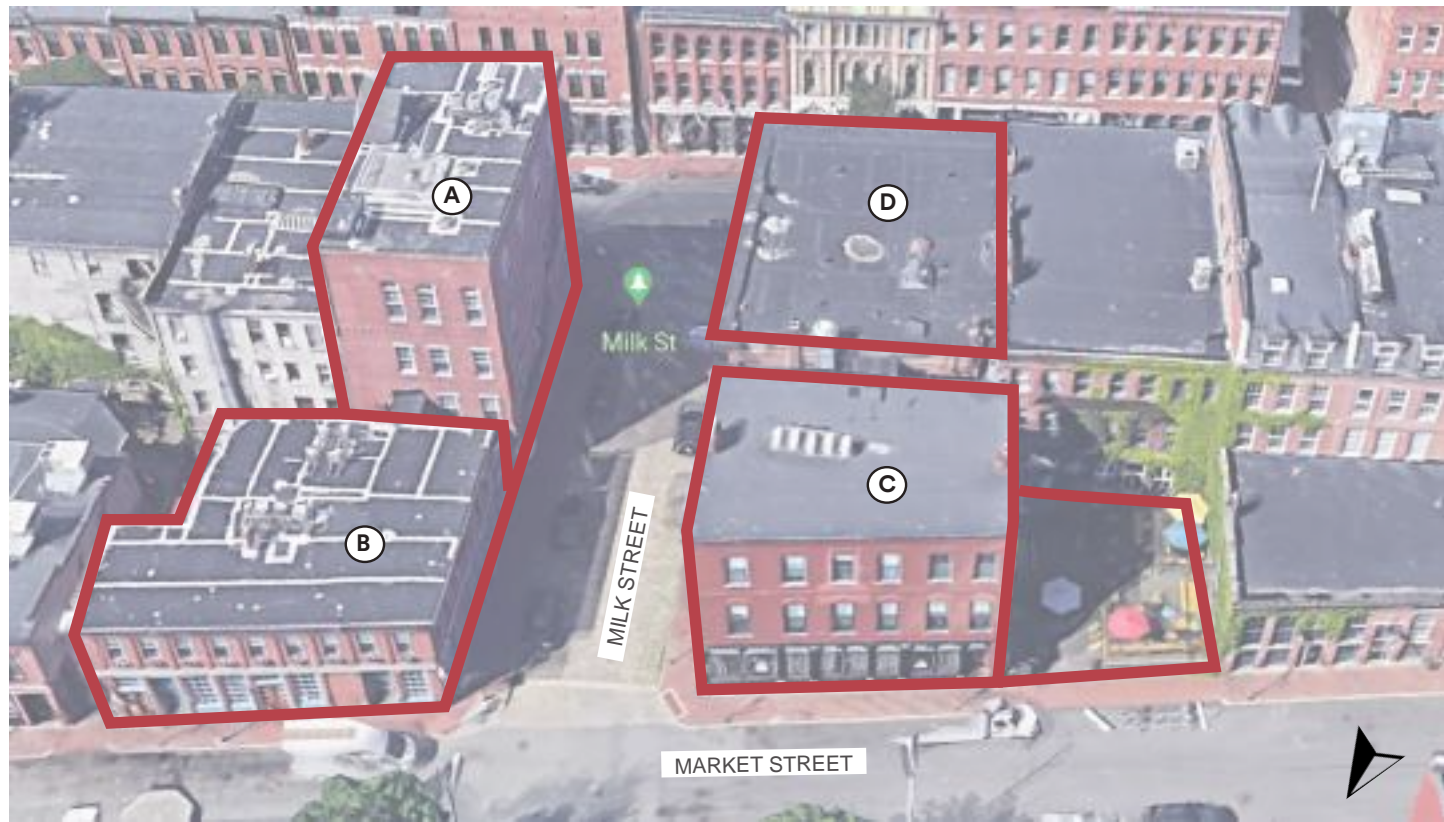
Floors: 3
Floor Size: 3,835 SF
Height: 52'-0" tall
Built: 1920

Original Use: Shops & offices
Overall Size: 11,505 SF total
photo from 1924 tax records

11,505 SF

Aerial Views

SOURCE: GOOGLE EARTH



(A) 21 EXCHANGE STREET

(C) 46 MARKET STREET

(B) 42 MARKET STREET

(D) 31 EXCHANGE STREET

Site Analysis

EXISTING CONDITIONS



BIKE-FRIENDLY ROADS

MAIN DRIVING ROAD

MAIN PEDESTRIAN ROADS

COBBLE STONE STREET

SUN PATH

THESIS SITES

Program

Project Overview & User Demographic

Program Description

Co-working/co-living community for groups of friends or colleagues who want to experience a new city together

User Demographic

- + Groups of friends or colleagues in their mid twenties to late thirties looking to explore a new city
- + Hybrid or remote workers who are able to work from anywhere
- + Stays ranging from one to four weeks
- + Group sizes ranging from four to ten

Site Criteria

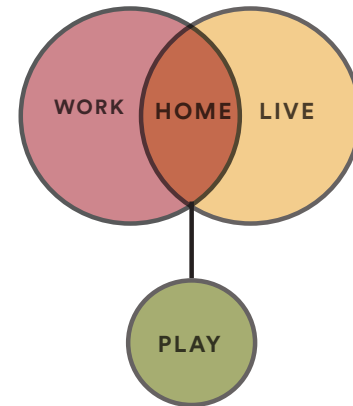
- + Location - it must be walkable to downtown
- + A group of historic buildings in close proximity to each other
- + All buildings should be multi-level with storefront presence on street level
- + Outdoor space for socializing and food trucks
- + Access to a parking lot
- + Walkable / bike-able part of town
- + Area with lots to do - restaurants, breweries, shops

Project Objective: Decentralize Work & Life

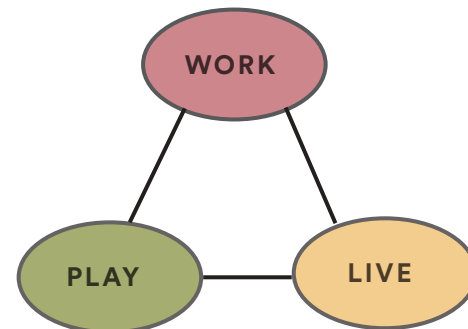
While working remotely has opened a lot of doors for employees, including increased flexibility and being able to break away from the 9 to 5 work schedule, it also has its downsides. It blurs the lines between work and life, and also causes many people to put in more hours without taking a break or socializing. Many remote workers surveyed said while they were happier overall with their new work model, they still missed their morning routine, socialization, and movement throughout the day. The goal of this project is un-blur those lines while still within the remote work model. My aim is to mix the best parts of working in an office with the best parts of working remotely by decentralizing work and life.

My program creates a community within a community in Downtown Portland. There are co-living units for groups of four to ten people, a coworking space, a restaurant, a board game cafe, a laundromat and a gym. To get from one space to another, guests will have to leave their living unit and walk down the street. While it may sound like a small task, reduced movement during the pandemic was a big contributing factor to depression. Movement throughout the day benefits our physical and mental health and boosts creativity. Bike rental will be included to promote an active lifestyle and provide the opportunity to explore all that Portland has to offer.

Another goal of this project is to allow guests to fully immerse themselves in the culture of a new city. The site I chose is in Old Port - the historic and walkable part of Downtown Portland. It is rich in history, culture and nature, and has a booming restaurant, art and shopping scenes.



CENTRALIZED MODEL
(REMOTE WORKING)



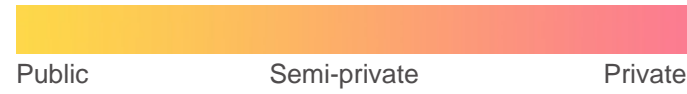
DECENTRALIZED MODEL
(THESIS MODEL)

Decentralizing work, play & life can help re-introduce routine, socialization, movement and work/life balance into the hybrid and remote work models

Primary List of Spaces

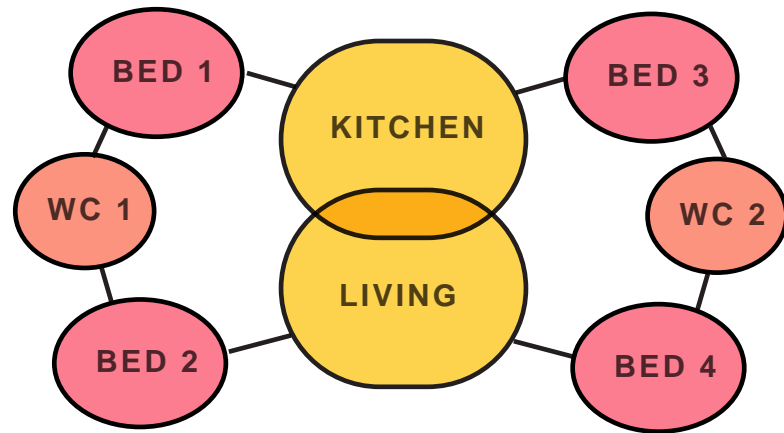
	Space Type	Street Level	Upper Level
WORK	individual work stations	✓	✓
	zoom / conference rooms		✓
	private phone booths		✓
	product shoot area		✓
	coffee bar	✓	
	podcast booth		✓
	makers spaces		✓
	private offices	✓	✓
	communal work tables	✓	✓
	kitchenette	✓	✓
lounge areas	✓	✓	
LIVE	co-living space		✓
	gym & sauna		✓
	laundromat	✓	
	event space (within cowork)	✓	✓
	bodega	✓	
	coffee shop	✓	
	mail room	✓	
	bike storage	✓	
PLAY	bowling alley	✓	
	fast-casual dining	✓	
	board game cafe	✓	
	food trucks	✓	
	bar	✓	
	outdoor area	✓	

Programming: Living Spaces



CO-LIVING UNITS

● Bedrooms (1 per guest)	12'x10'	120 SF
● Bathrooms (1 per 2 bedrooms)	5.5'x7.5'	46 SF
● Kitchen	12'x15'	180 SF
● Living room	10'x10'	100 SF
● Entry lobby / coffee station	12'x15'	180 SF
● Package room	8'x8'	64 SF
● Bike storage	5'x15'	75 SF
● Housekeeping	12'x10'	120 SF
● Janitorial	7'x9'	63 SF
Circulation	15%	



BUBBLE DIAGRAM
FOUR BEDROOM UNIT

4 BEDROOM UNIT

sleeps 4-8 guests

4 x Bedrooms = 4x120 = 480 SF
 2 x bathrooms = 2x46 = 92 SF
 1 x kitchen = 1x180 = 180 SF
 1 x living room = 1x100 = 100 SF

UNIT SIZE: 872 SF

6 BEDROOM UNIT

sleeps 6-12 guests

4 x Bedrooms = 6x120 = 720 SF
 3 x bathrooms = 3x46 = 138 SF
 1 x kitchen = 1x180 = 180 SF
 1 x living room = 1x100 = 100 SF

UNIT SIZE: 1,138 SF

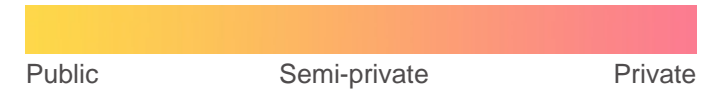
8 BEDROOM UNIT

sleeps 8-16 guests

8 x Bedrooms = 8x120 = 960 SF
 4 x bathrooms = 4x46 = 184 SF
 1 x kitchen = 1x180 = 180 SF
 1 x living room = 1x100 = 100 SF

UNIT SIZE: 1,424 SF

Programming: Living Spaces



GYM & SAUNA

AVERAGE: 10 SF PER GUEST

	SIZE	QTY.	TOTAL
● Workout equipment area	700 SF	1	700 SF
● Saunas (72" x 95")	45 SF	2	90 SF
● Lockers & restrooms	150 SF	2	300 SF
			1,090 SF

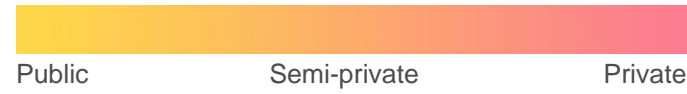
LAUNDROMAT

	SIZE	QTY.	TOTAL
● Laundry Area (15' x 17')	255 SF	1	255 SF
+ washers		8	
+ dryers		8	
+ folding area		1	
+ circulation		25%	

BODEGA

	SIZE	QTY.	TOTAL
● Sales Floor	840 SF	1	840 SF
+ dry goods	530 SF	1	530 SF
+ 8-door cooler (21 LF)	55 SF	1	55 SF
+ circulation		25%	
● Cash wrap / back wrap	150 SF	1	150 SF
● Cold storage	150 SF	1	150 SF
● Office/break room	100 SF	1	100 SF
● Dry storage	150 SF	1	150 SF
● Bathroom	60 SF	1	60 SF
			1,450 SF

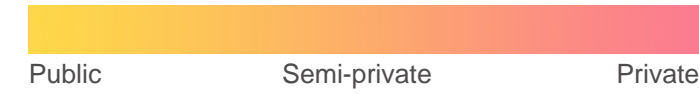
Programming: Working Spaces



CO-WORKING SPACE

	SIZE	QTY.	TOTAL
● Lobby / reception desk	300 SF	1	300 SF
● Lounge areas	100 SF	4	400 SF
● Personal work stations	16 SF	50	800 SF
● Communal work stations	64 SF	10	640 SF
● Private phone/zoom rooms	20 SF	8	160 SF
● Conference rooms	80 SF	8	640 SF
● Coffee shop & bar	500 SF	1	500 SF
● Makers Space	500 SF	1	500 SF
● Photography area	120 SF	1	120 SF
● Podcast rooms	120 SF	2	240SF
● Common area kitchen	160 SF	2	320 SF
● Nursing room	70 SF	2	140 SF
● Bike storage	75 SF	1	75 SF
● Lockers	75 SF	1	75 SF
● Restrooms	50 SF	8	400 SF
● Storage (extra monitors etc)	200 SF	2	400 SF
● Print Room	200 SF	1	200 SF
● Private offices	65 SF	15	975 SF
● Event space	1000 SF	1	1000 SF
● Circulation	25%	1	1920 SF
			9,800 SF

Programming: Recreational Spaces



BOWLING ALLEY / BAR

WITH OUTDOOR FOOD TRUCKS

	SIZE	QTY.	TOTAL
● Bowling lanes (42" x 60' long)	210 SF	3	630 SF
● Bowling seating area (84"x84")	50 SF	4	200 SF
● Check-in desk/shoe storage	100 SF	1	100 SF
● Restrooms	100 SF	2	200 SF
● Bar/lounge	900 SF	1	900 SF
● Office/storage	150 SF	1	150 SF
● Circulation	15%	1	300 SF
			2,485 SF

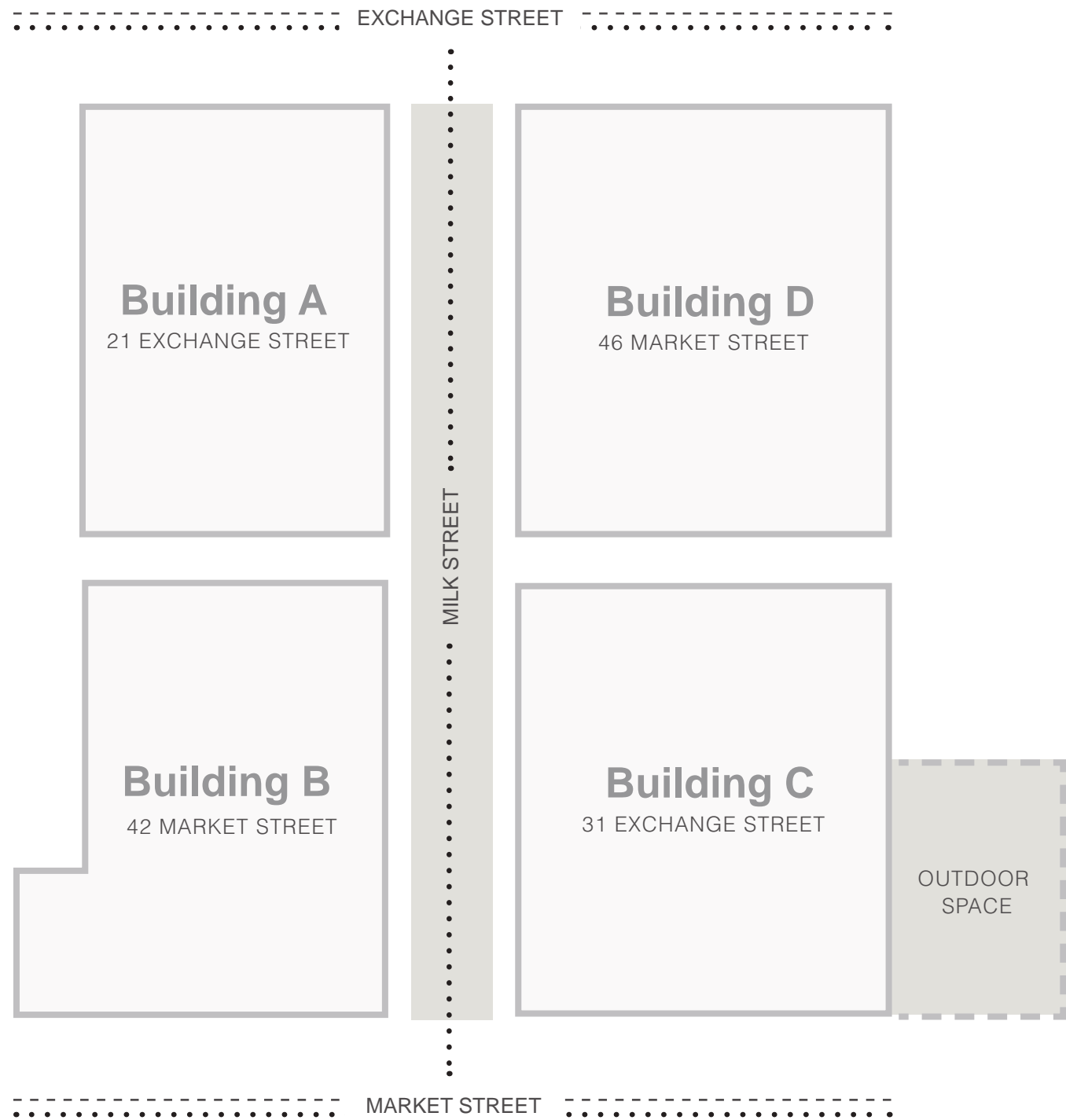
BOARD GAME COFFEE SHOP

1,000-1,800 SF FOR 15-25 PEOPLE

	SIZE	QTY.	TOTAL
● Coffee counter / cashwrap	100 SF	1	100 SF
● Seating	800 SF	1	800 SF
● Office/Storage	150 SF	1	150 SF
● Kitchen	200 SF	1	200 SF
● Restrooms	50 SF	2	100 SF
● Board game storage	50 LF	1	
● Circulation	15%	1	200 SF
			1,550 SF

Site Diagram

BUILDING RELATIONSHIP SITE PLAN



----- CARS

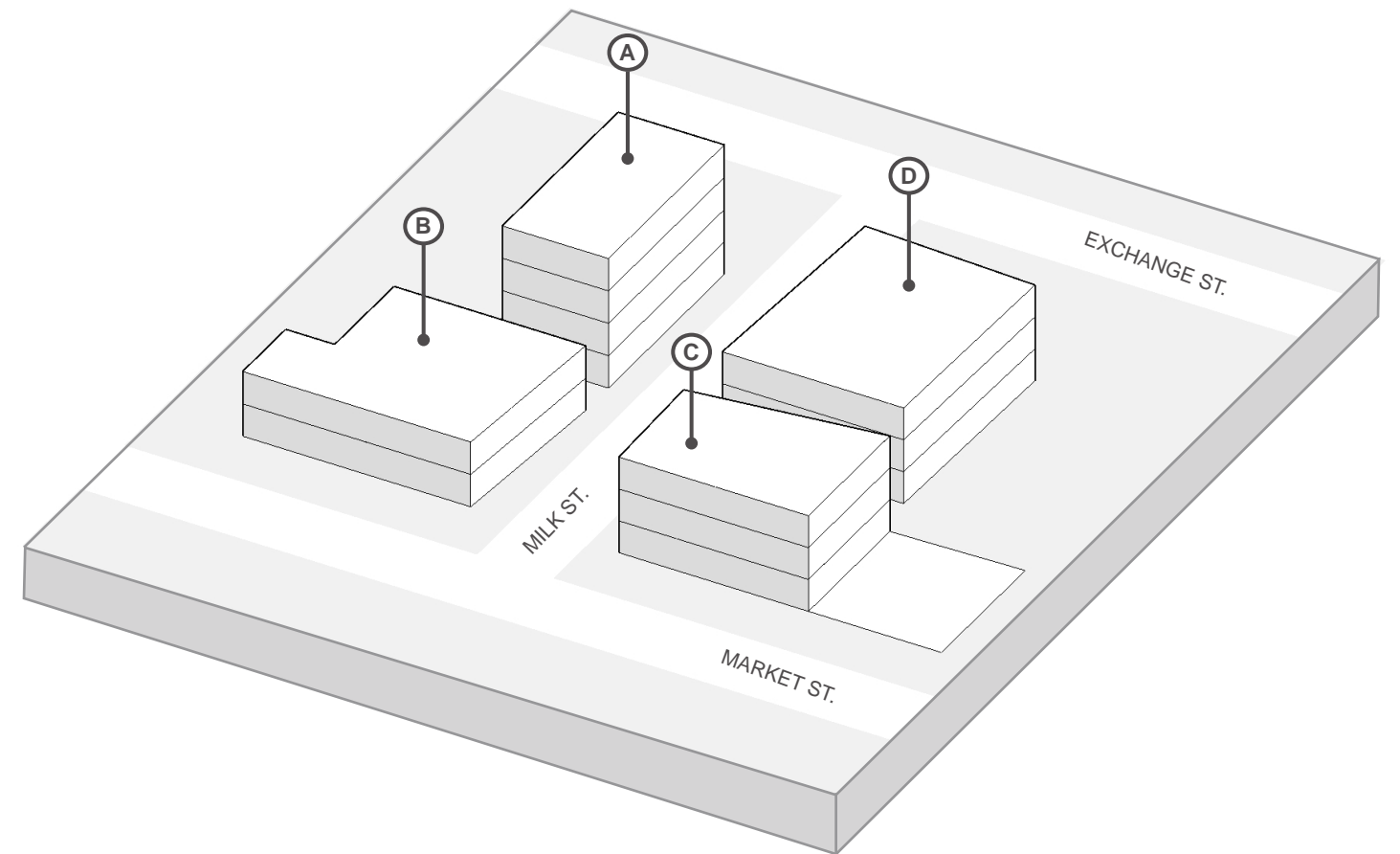
..... PEDESTRIAN

■ ACTIVATED OUTDOOR AREA



Site Diagram

ISOMETRIC SITE PLAN



Building A
21 Exchange Street



Building B
42 Market Street



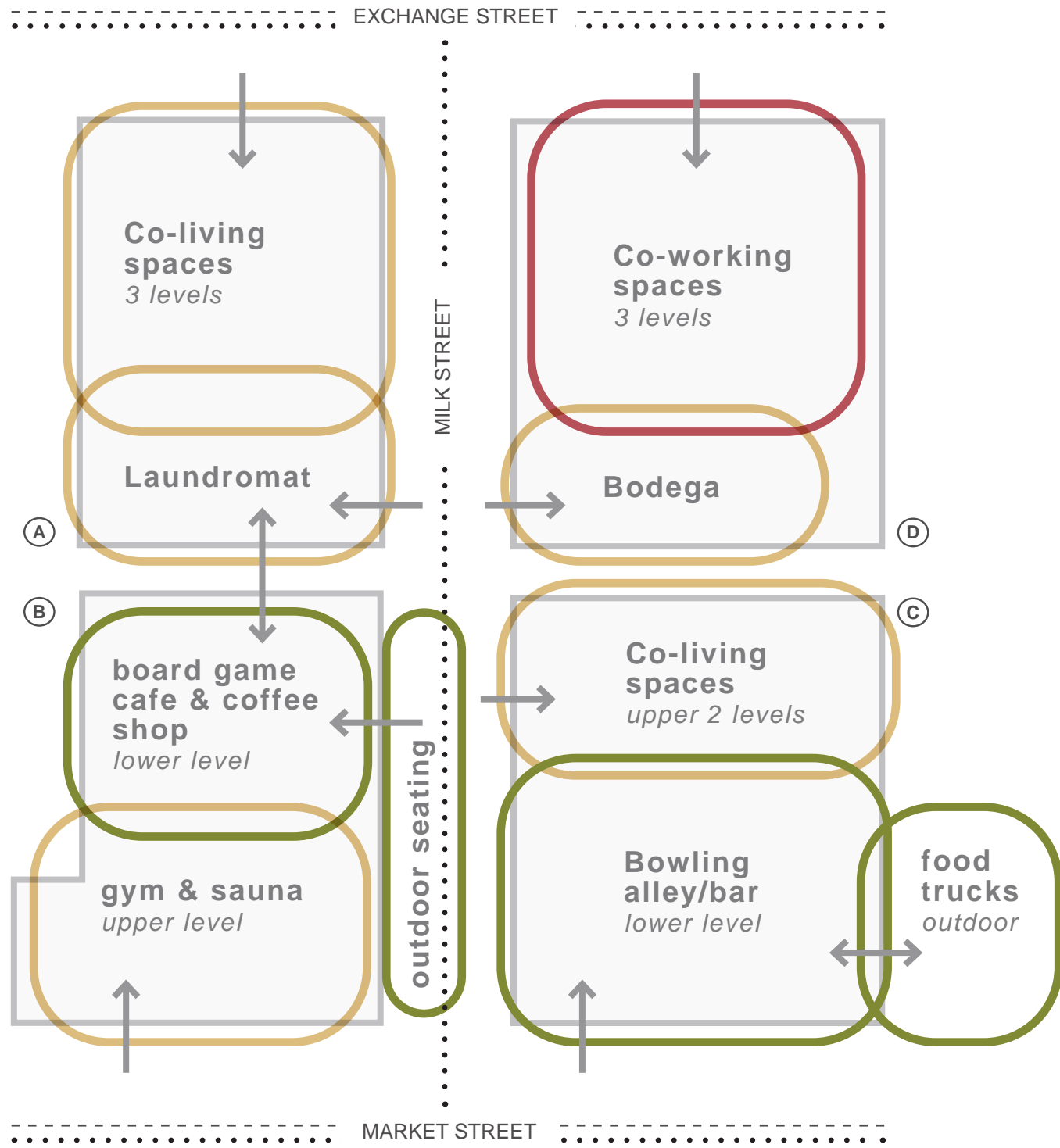
Building C
46 Market Street



Building D
31 Exchange Street

Bubble Diagrams

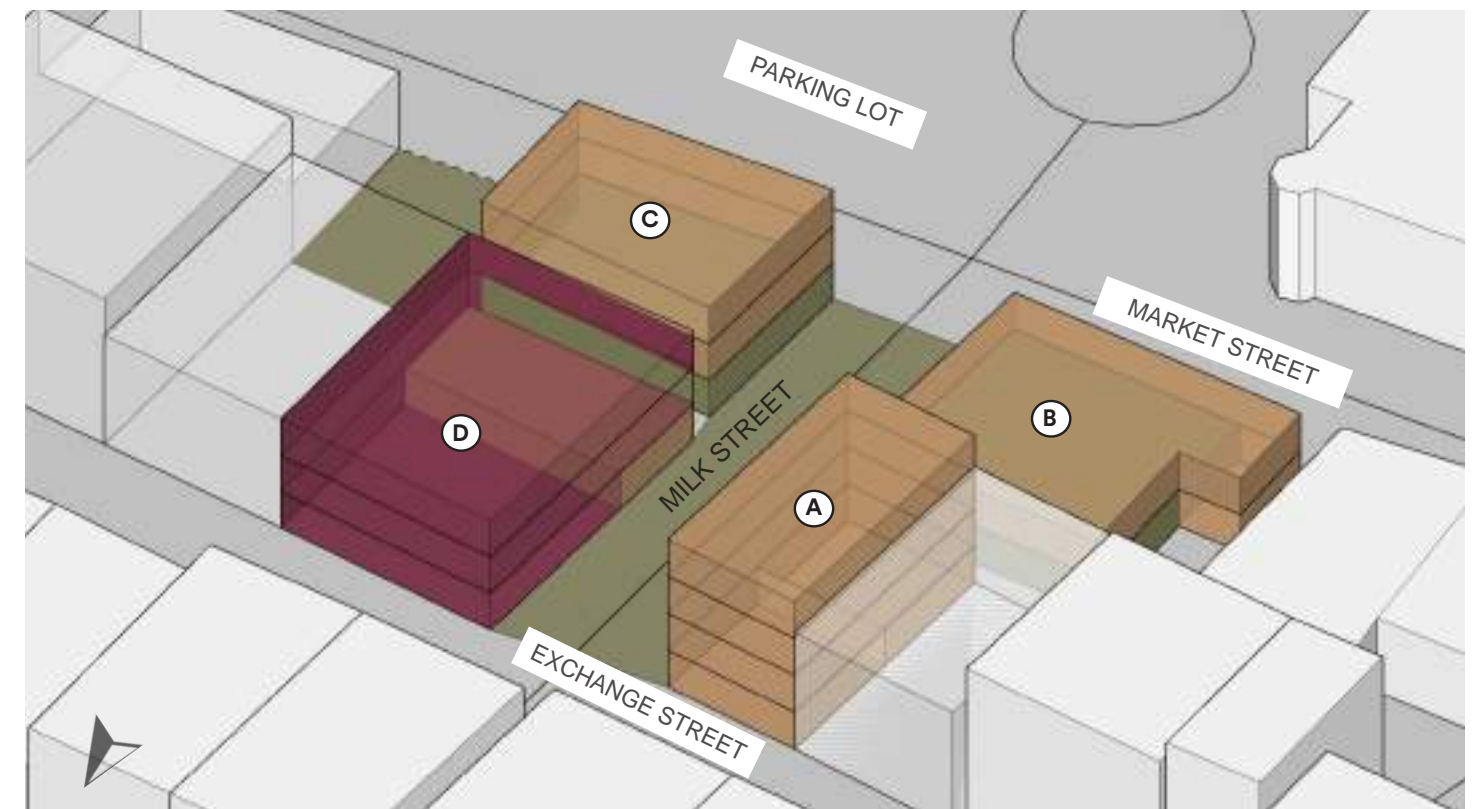
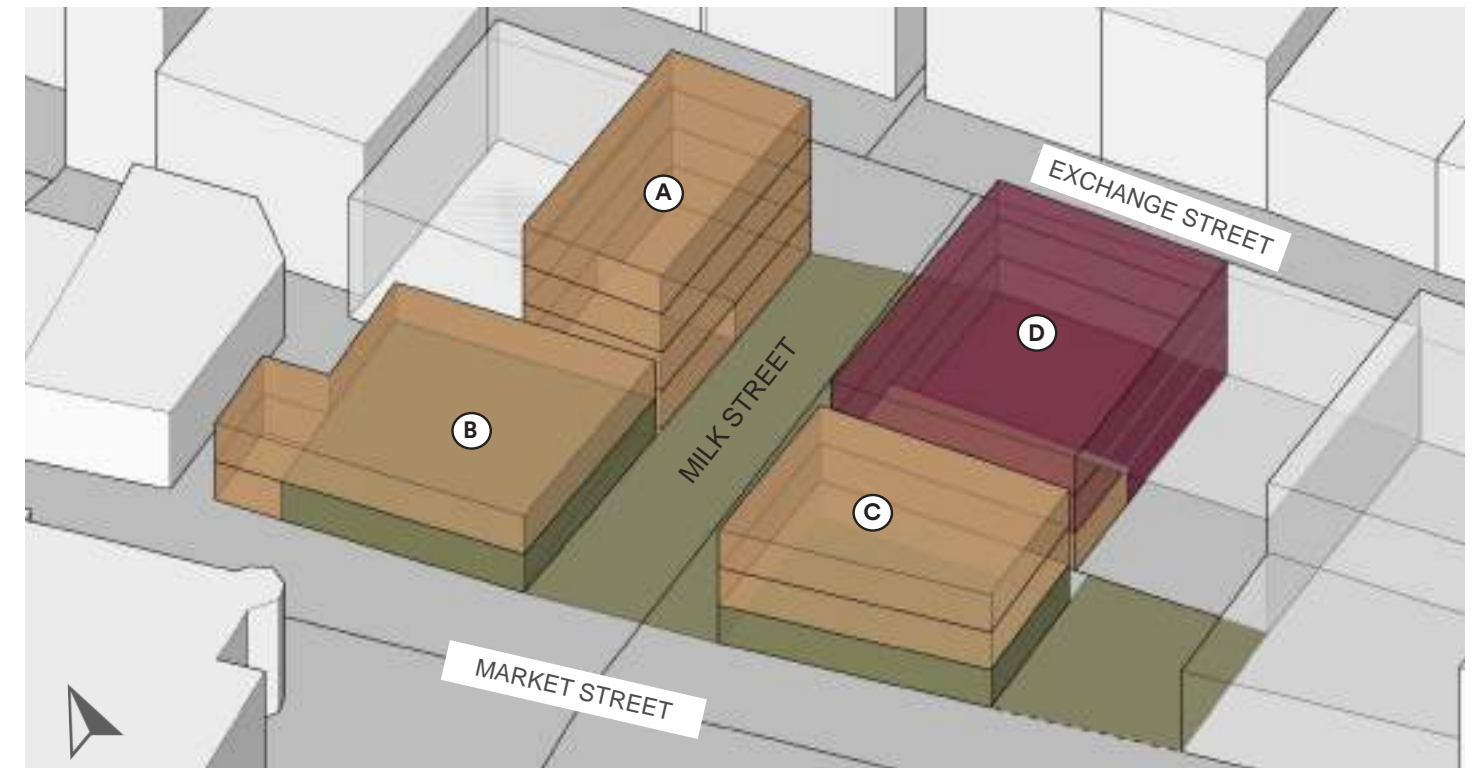
OPTION ONE BUBBLE DIAGRAM | PROGRAM IN SITE



----- CARS PEDESTRIAN ——— LIVE ——— WORK ——— PLAY

Programming Diagrams

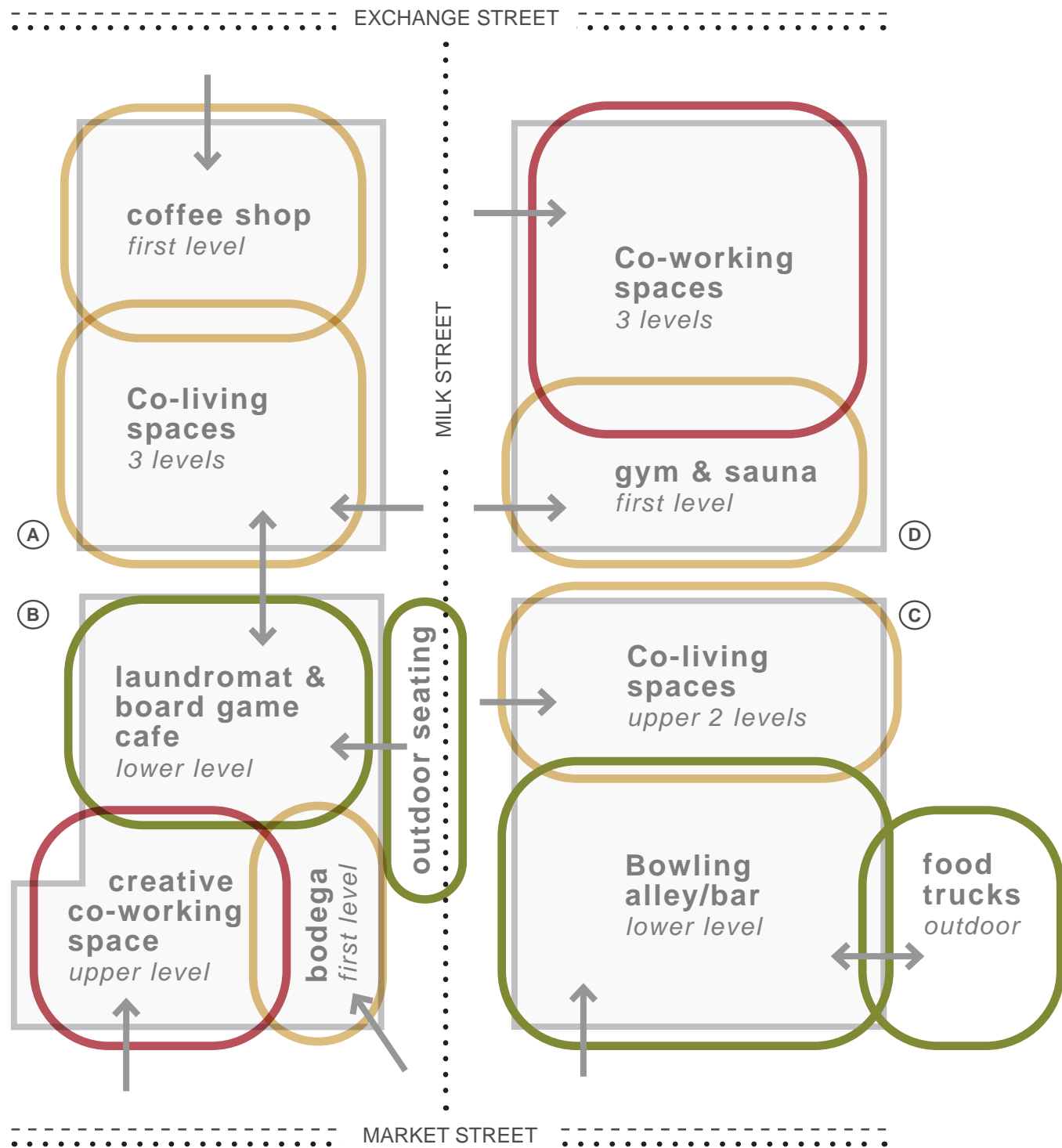
OPTION ONE | ISOMETRIC SITE VIEW



A: 21 Exchange Street	B: 42 Market Street	C: 46 Market Street	D: 31 Exchange Street
2,268 SF per floor	3,067 SF per floor	2,302 SF per floor	3,835 SF per floor
9,072 SF total	6,134 SF total	6,906 SF + 1,783 SF outdoor	11,505 SF total

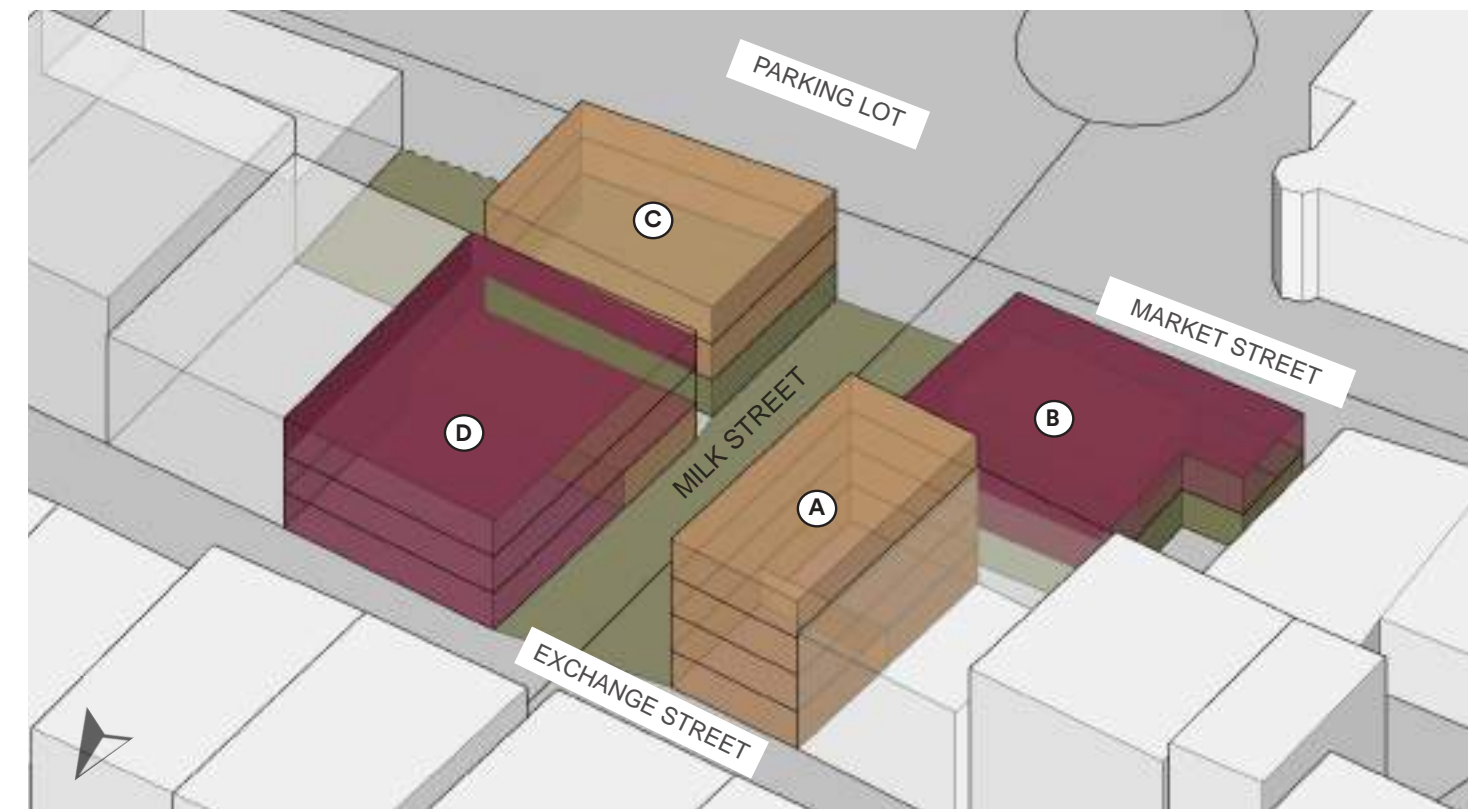
Bubble Diagrams

OPTION TWO BUBBLE DIAGRAM | PROGRAM IN SITE



Programming Diagrams

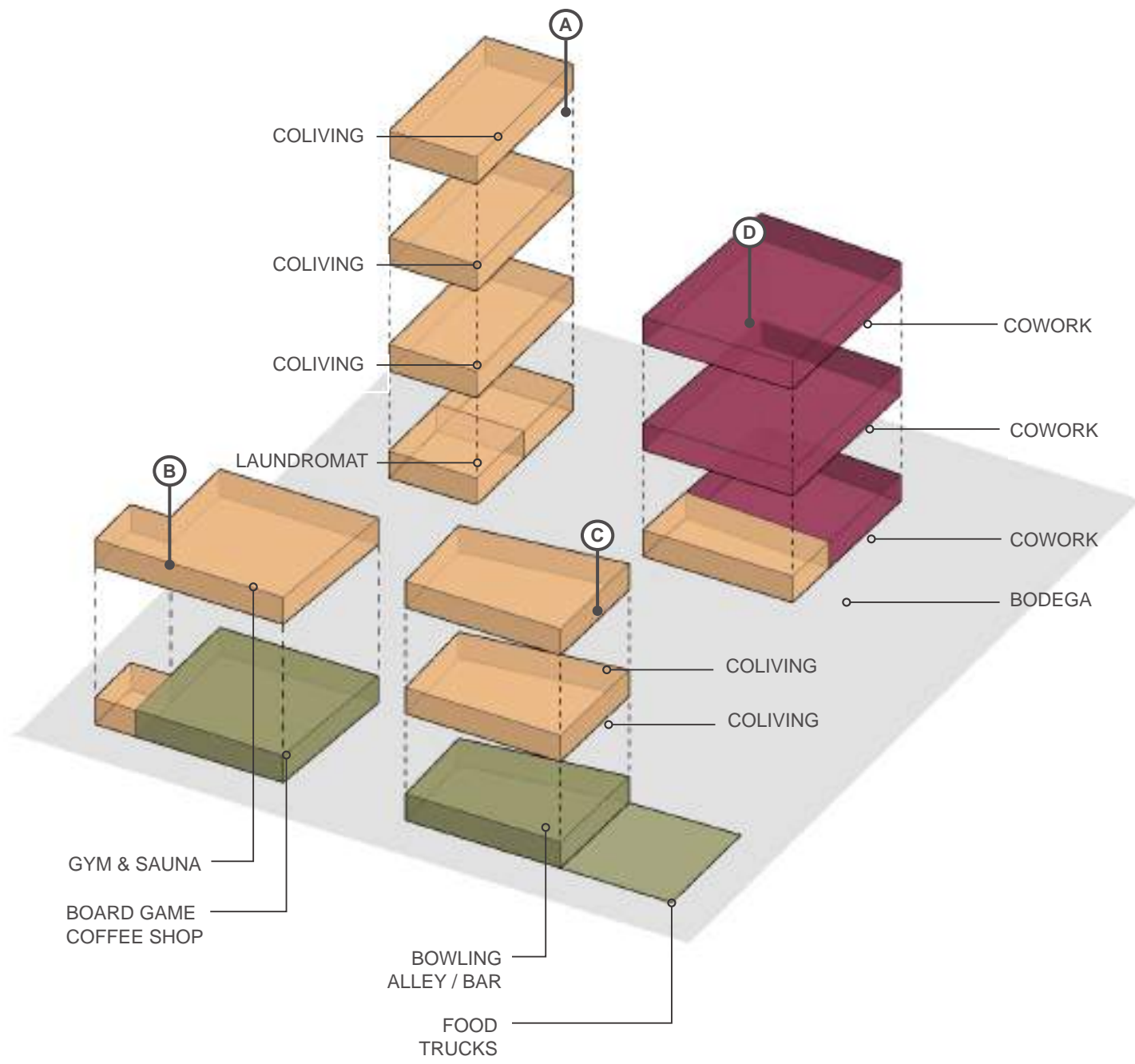
OPTION TWO | ISOMETRIC SITE VIEW



A: 21 Exchange Street	B: 42 Market Street	C: 46 Market Street	D: 31 Exchange Street
2,268 SF per floor	3,067 SF per floor	2,302 SF per floor	3,835 SF per floor
9,072 SF total	6,134 SF total	6,906 SF + 1,783 SF outdoor	11,505 SF total

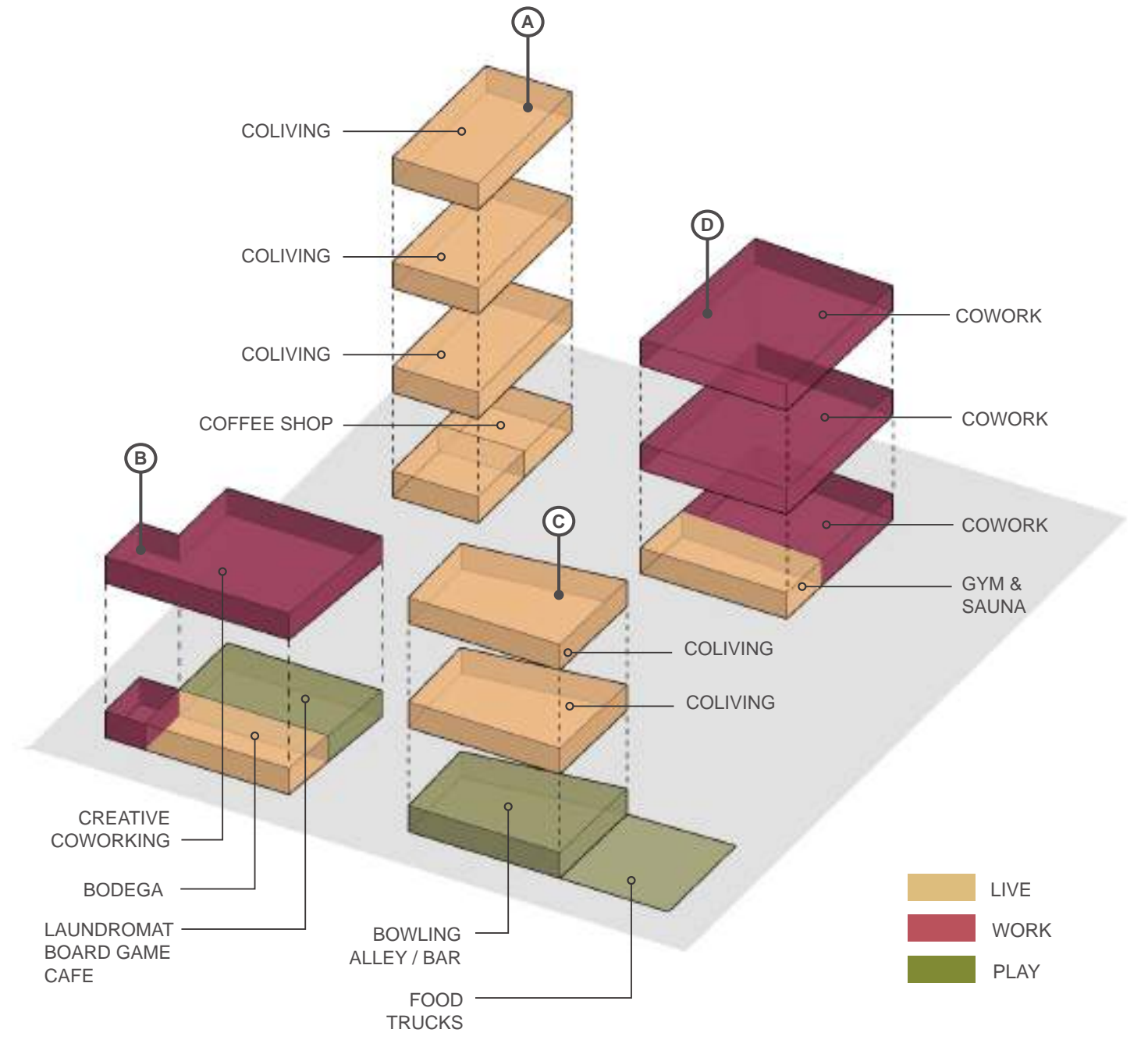
Exploded Axons

OPTION ONE PROGRAM



Exploded Axons

OPTION TWO PROGRAM



03 **Design
Development**

Schematic Design

Site Model

SCHEMATIC DESIGN



MILK STREET ELEVATION

Site Model

SCHEMATIC DESIGN



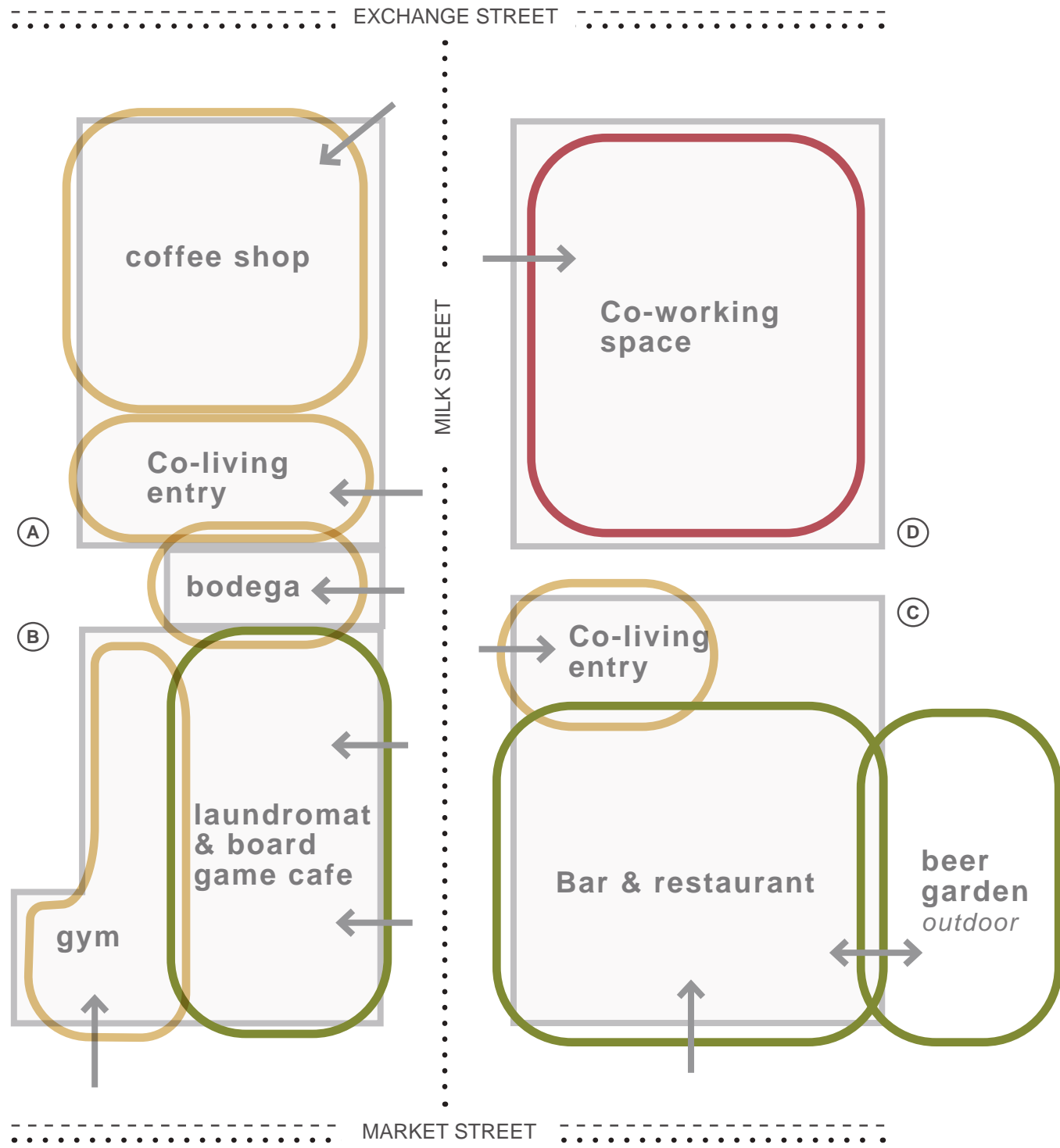
MARKET STREET ELEVATION



EXCHANGE STREET ELEVATION

First Level

SCHEMATIC DESIGN BLOCKING DIAGRAMS



Second Level

SCHEMATIC DESIGN BLOCKING DIAGRAMS

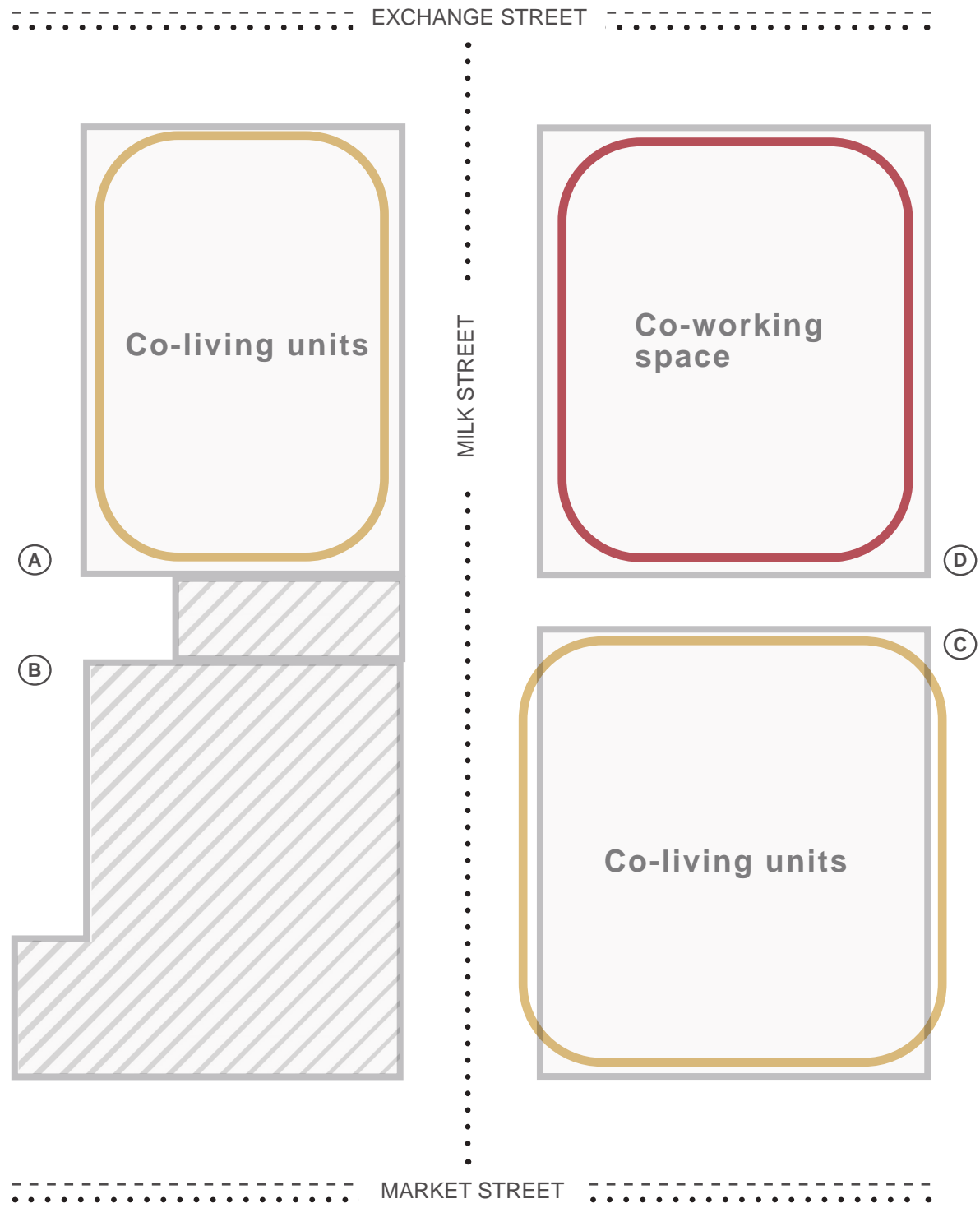


----- CARS PEDESTRIAN ——— LIVE ——— WORK ——— PLAY

----- CARS PEDESTRIAN ——— LIVE ——— WORK ——— PLAY

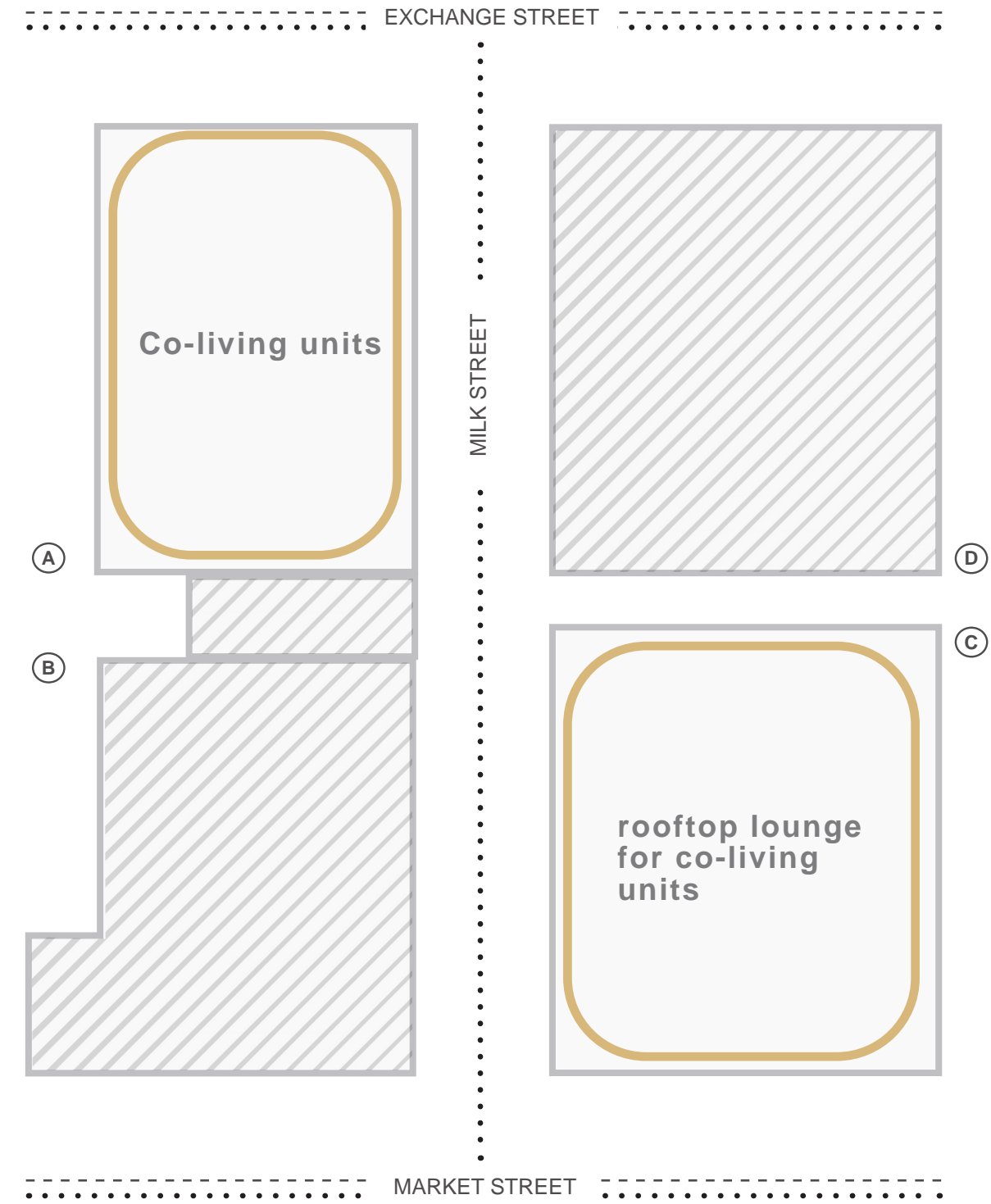
Third Level

SCHEMATIC DESIGN BLOCKING DIAGRAMS



Fourth Level

SCHEMATIC DESIGN BLOCKING DIAGRAMS



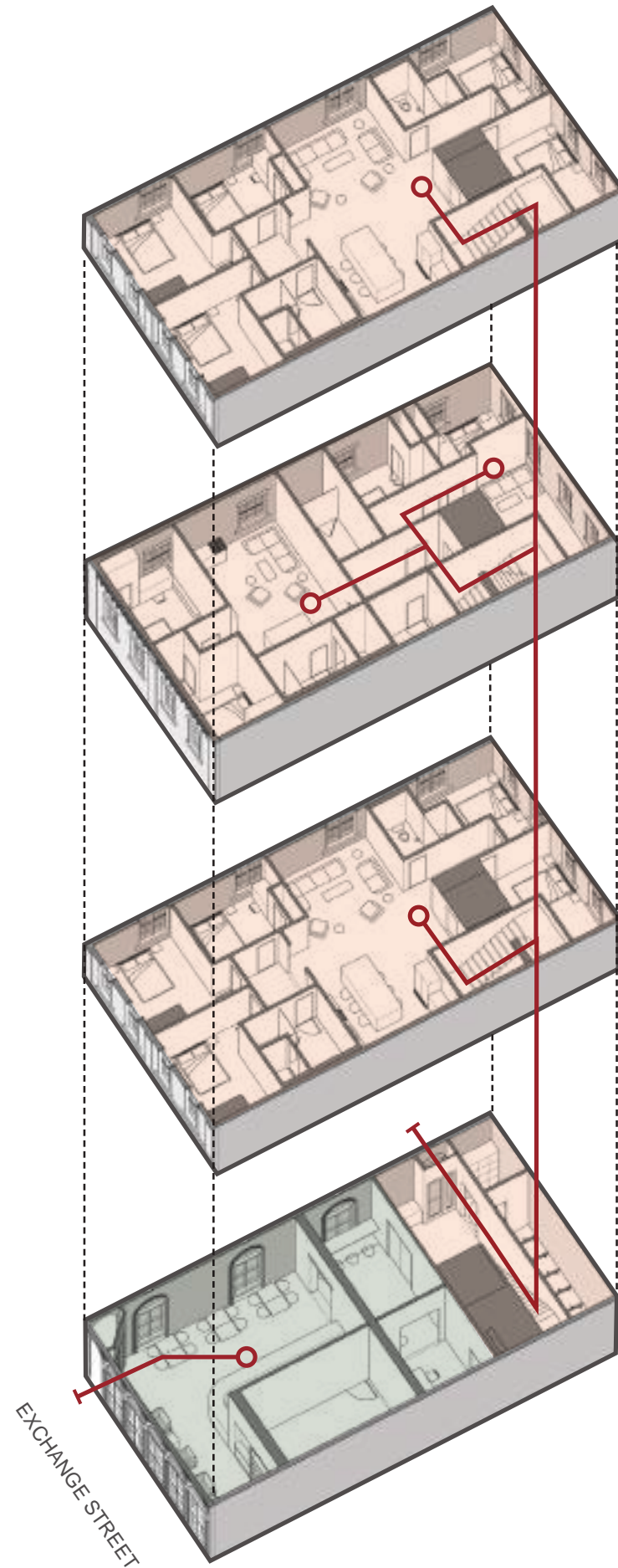
--- CARS PEDESTRIAN --- LIVE --- WORK --- PLAY

--- CARS PEDESTRIAN --- LIVE --- WORK --- PLAY

Building A

EXPLODED AXON

- COFFEE SHOP
- COLIVING UNITS
- CIRCULATION



Level 4

+ ONE 5-BEDROOM COLIVING UNIT

Level 3

+ TWO 2-BEDROOM COLIVING UNITS

Level 2

+ ONE 5-BEDROOM COLIVING UNIT

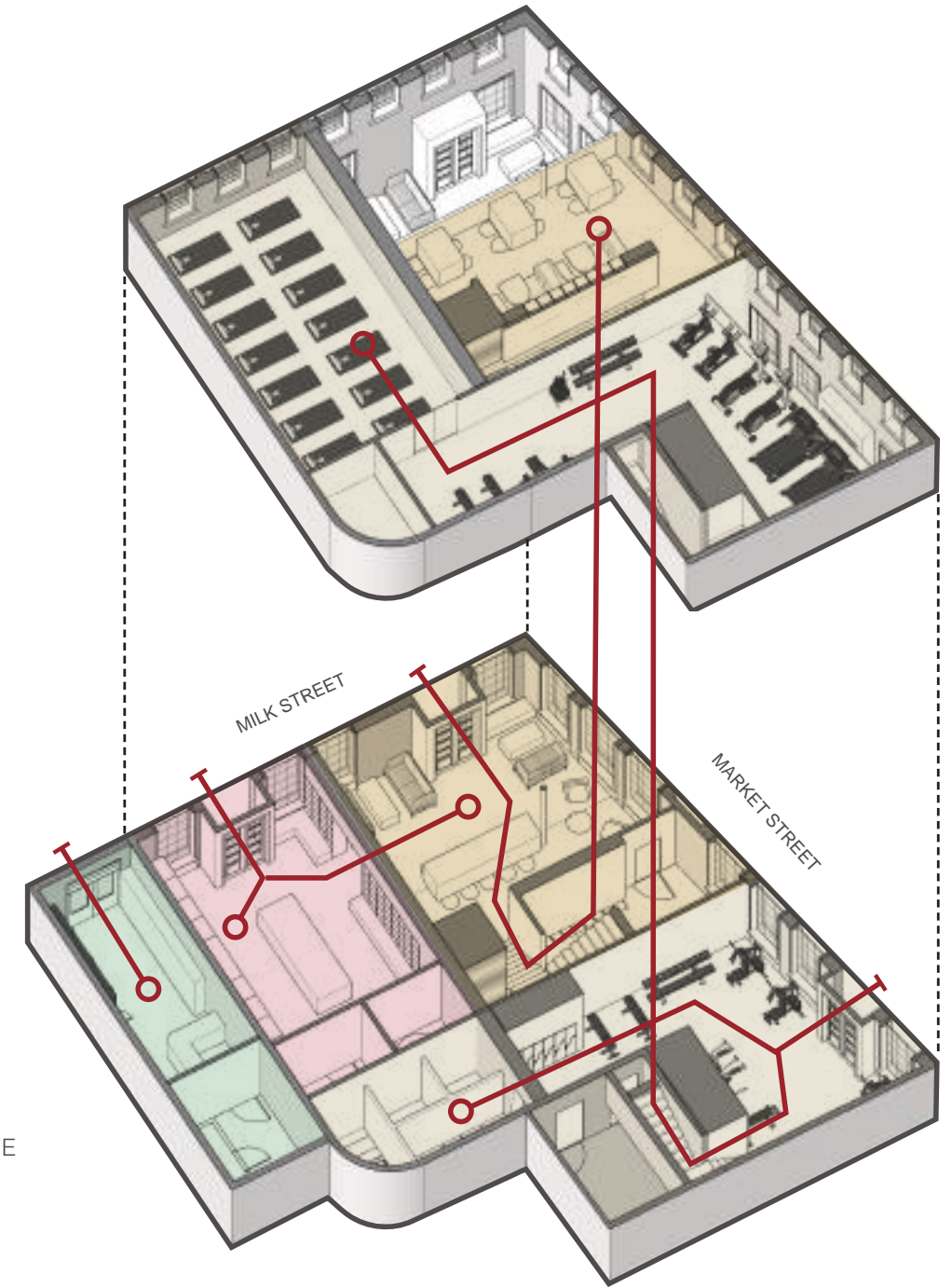
Level 1

+ COFFEE SHOP
+ COLIVING LOBBY & BIKE STORAGE

Building B

EXPLODED AXON

- BODEGA
- LAUNDROMAT
- BOARD GAME CAFE
- GYM & SAUNA
- CIRCULATION



Level 2

+ BOARD GAME CAFE
+ CAFE MEZZANINE
+ WORKOUT AREA
+ YOGA STUDIO

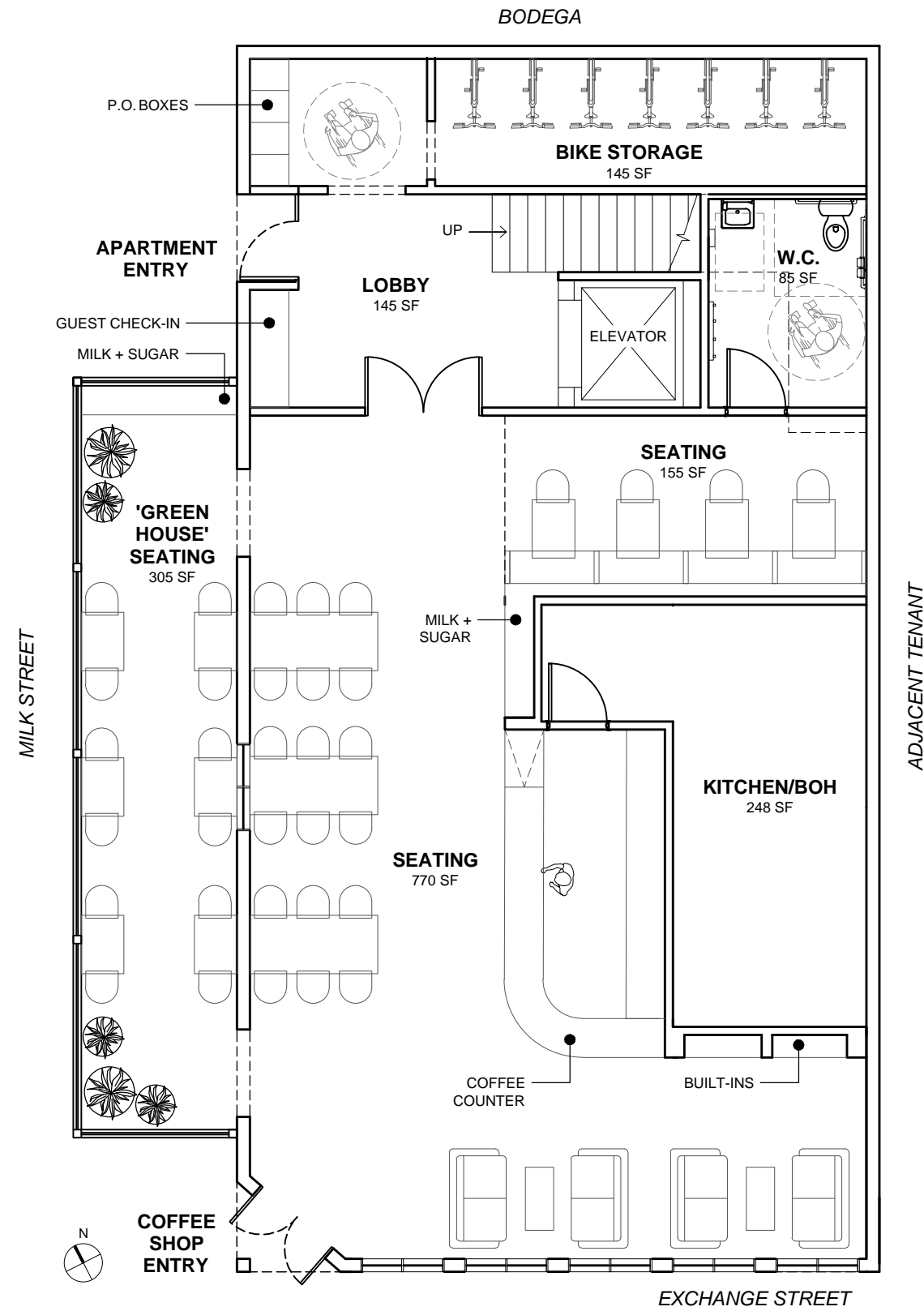
Level 1

+ BODEGA
+ LAUNDROMAT
+ BOARD GAME CAFE
+ WORKOUT AREA
+ SAUNA

Design Development

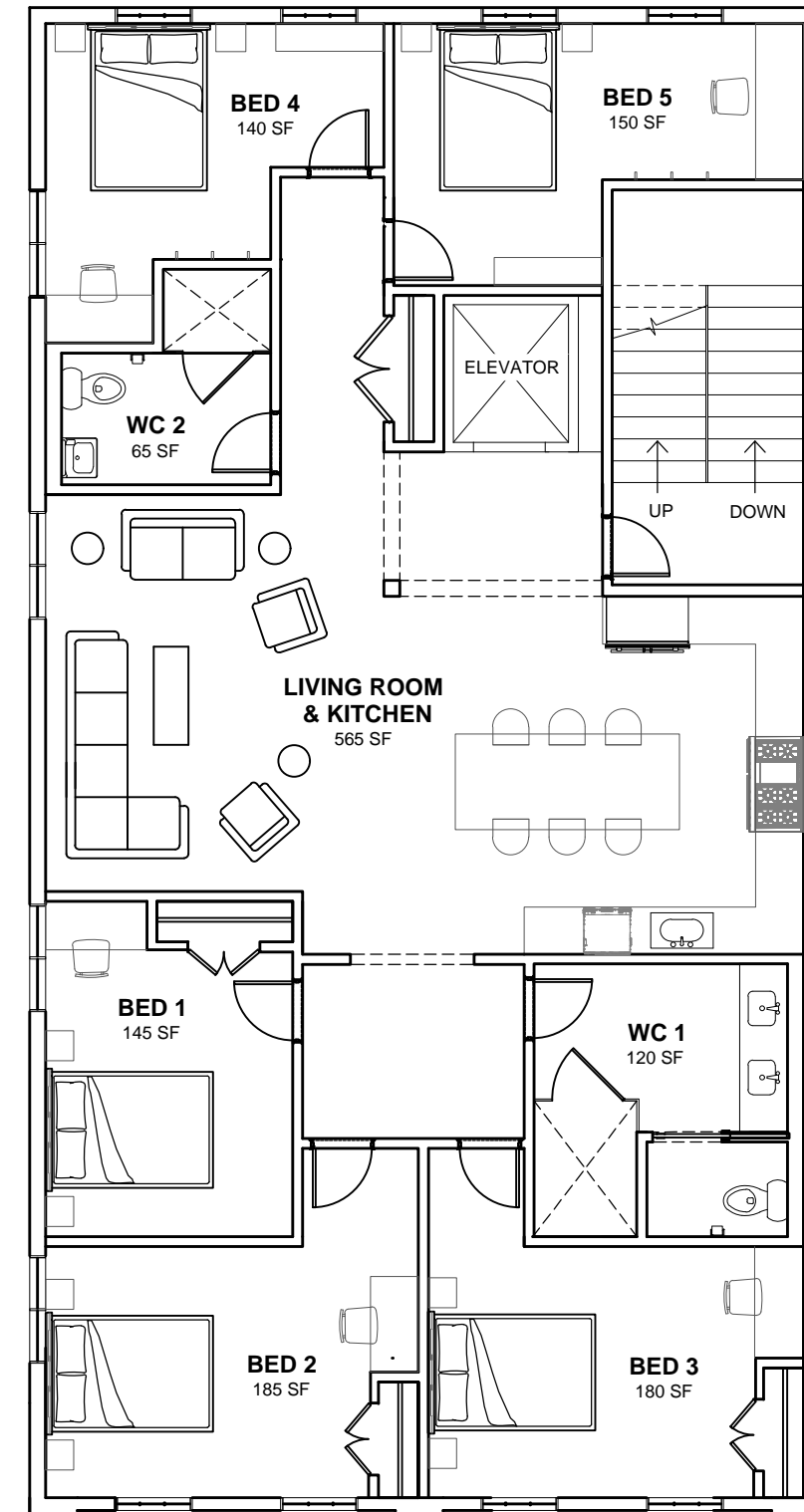
Building A

FLOOR PLAN: LEVEL 1 | SCALE: 1/8" = 1'-0"



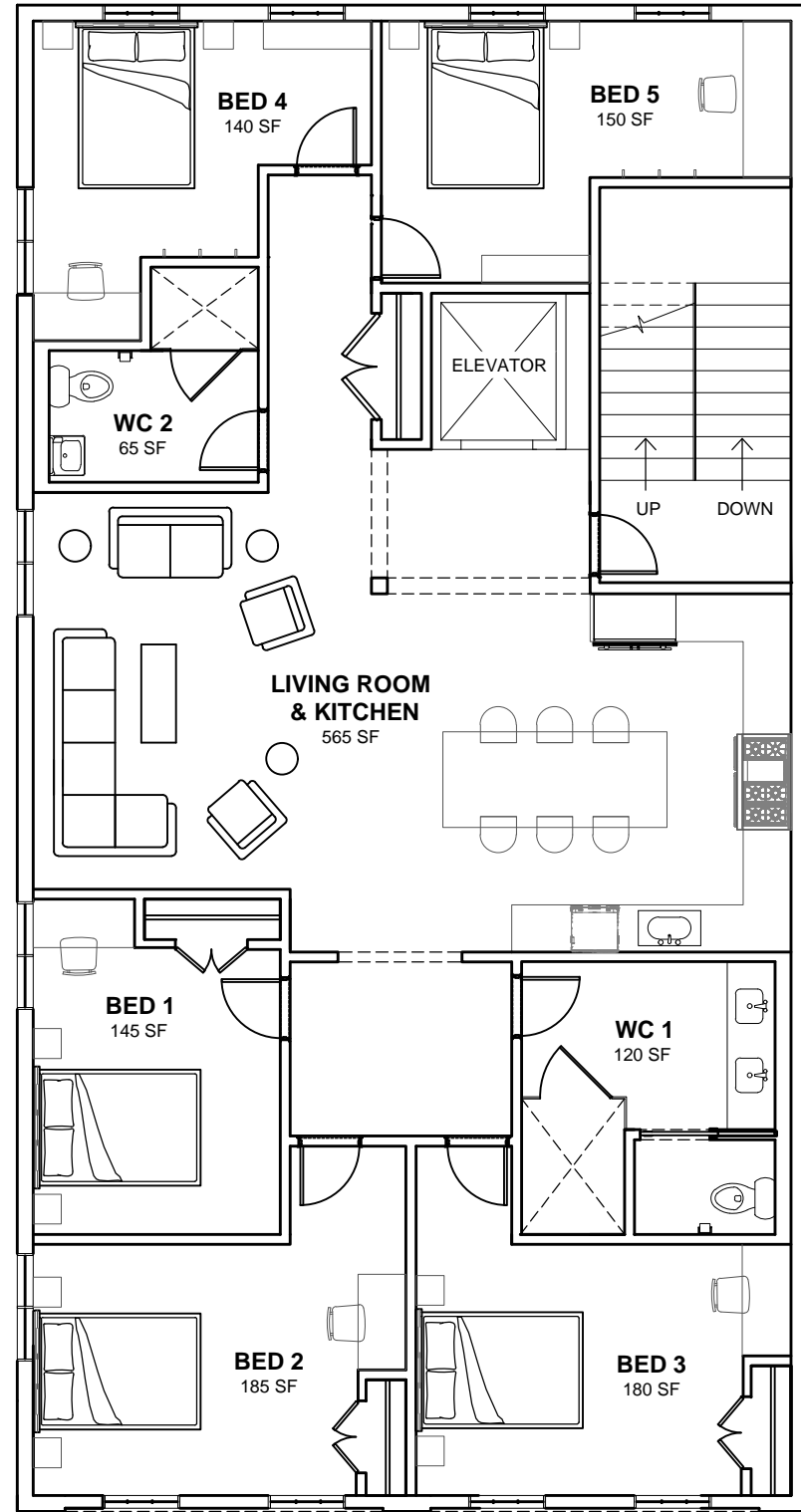
Building A

FLOOR PLAN: LEVELS 2 & 3 | SCALE: 1/8" = 1'-0"



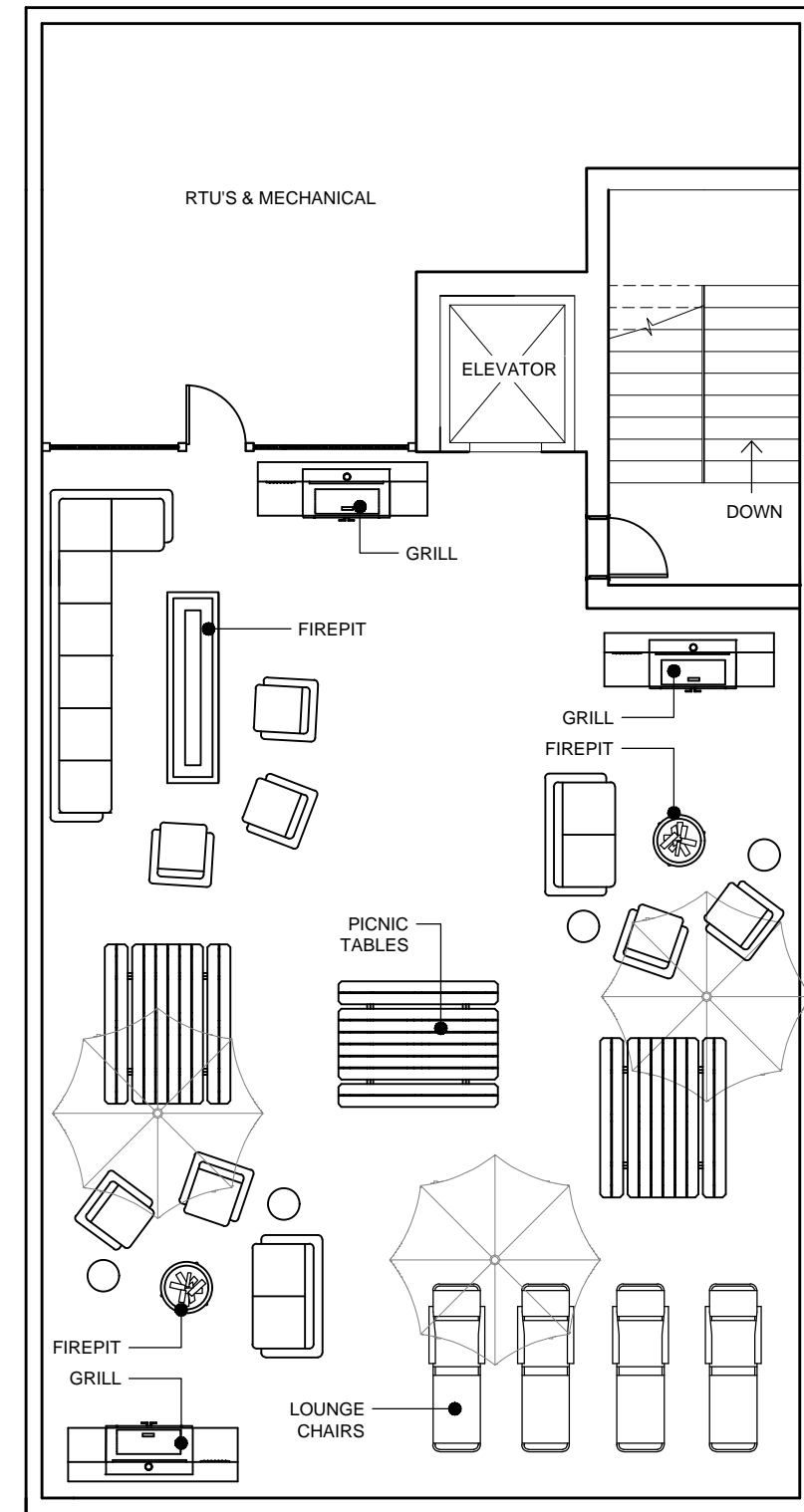
Building A

FLOOR PLAN: LEVEL 3 | SCALE: 1/8" = 1'-0"



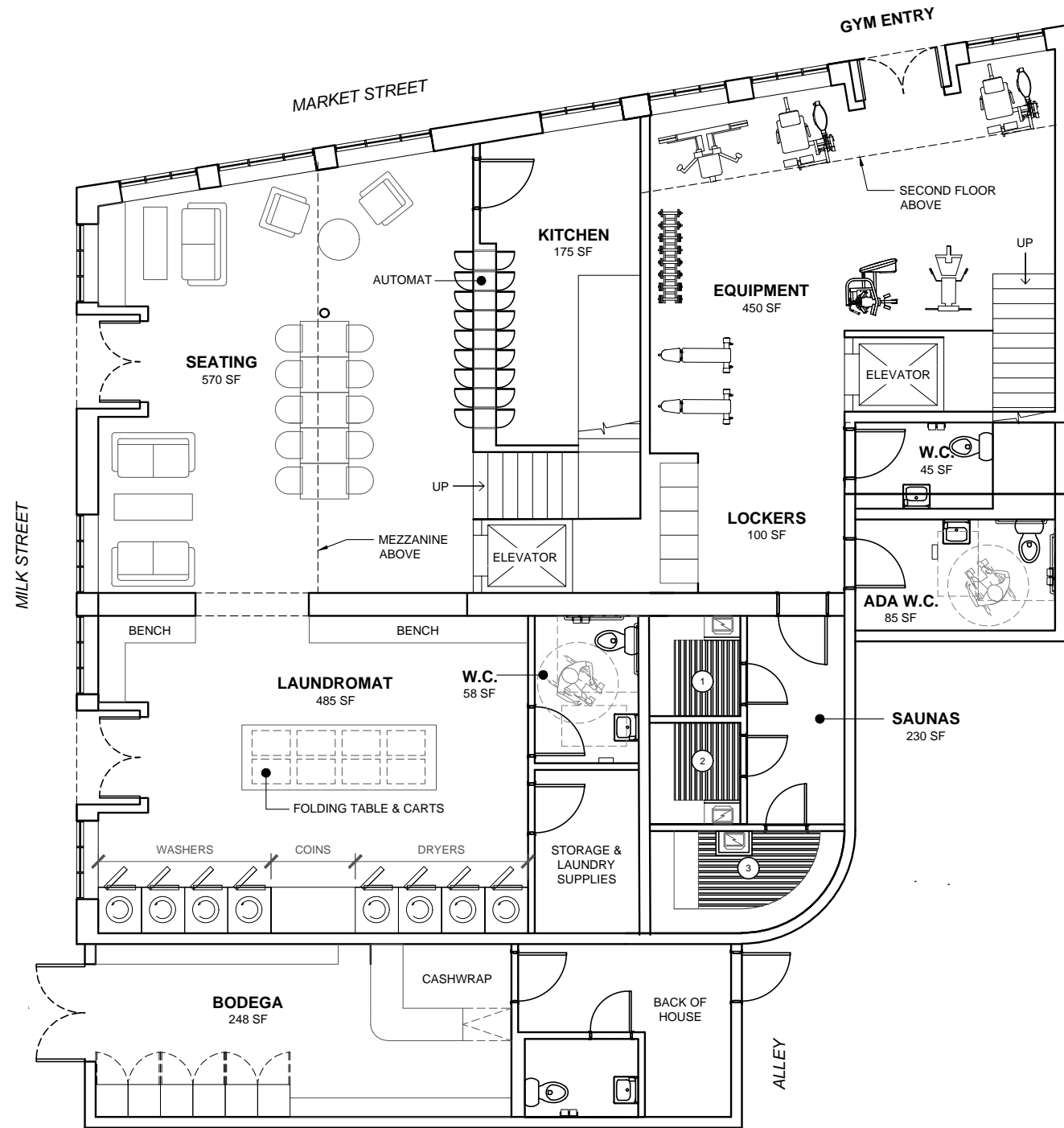
Building A

FLOOR PLAN: ROOFTOP | SCALE: 1/8" = 1'-0"



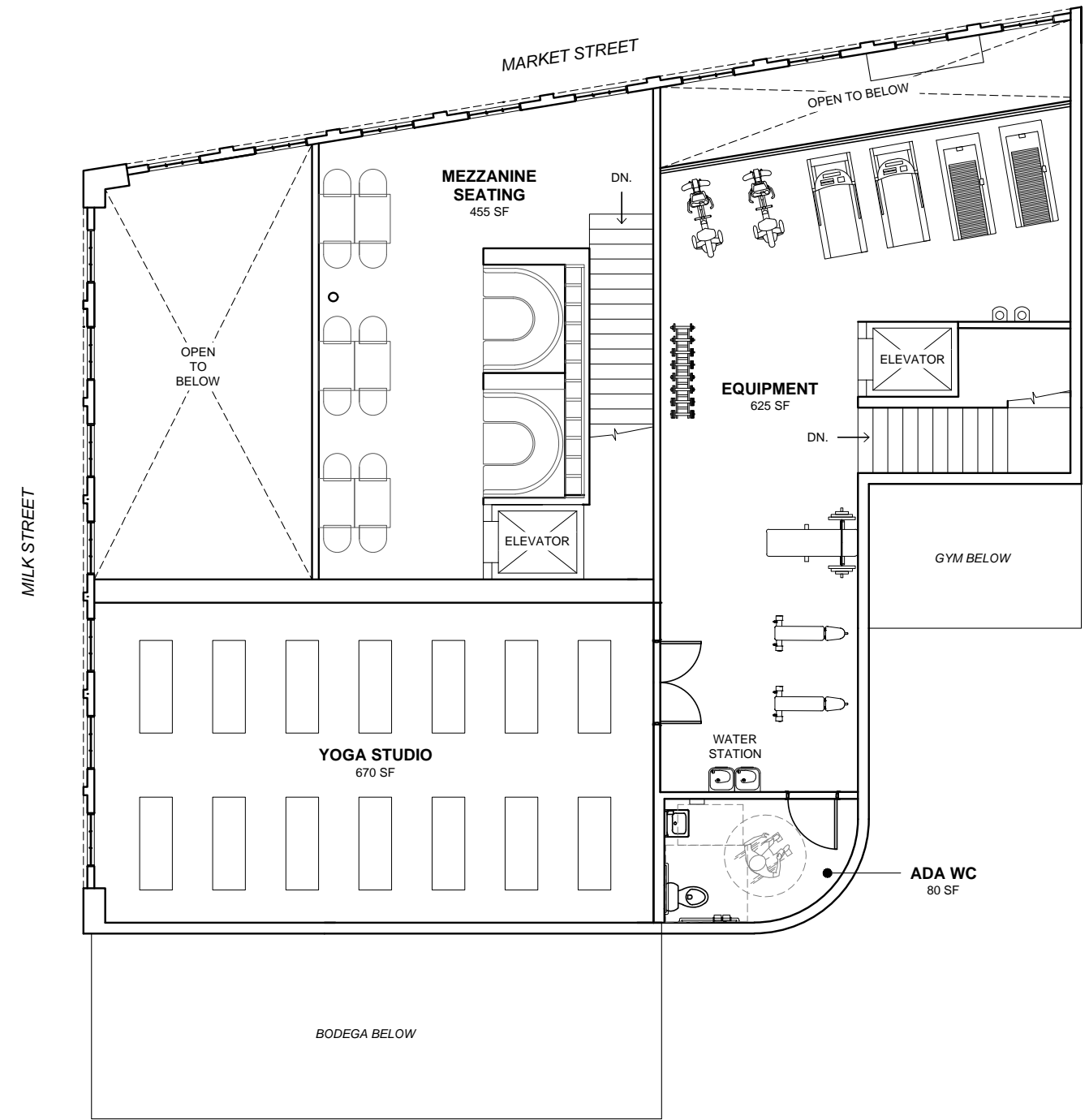
Building B

FLOOR PLAN: LEVEL 3 | SCALE: NOT TO SCALE



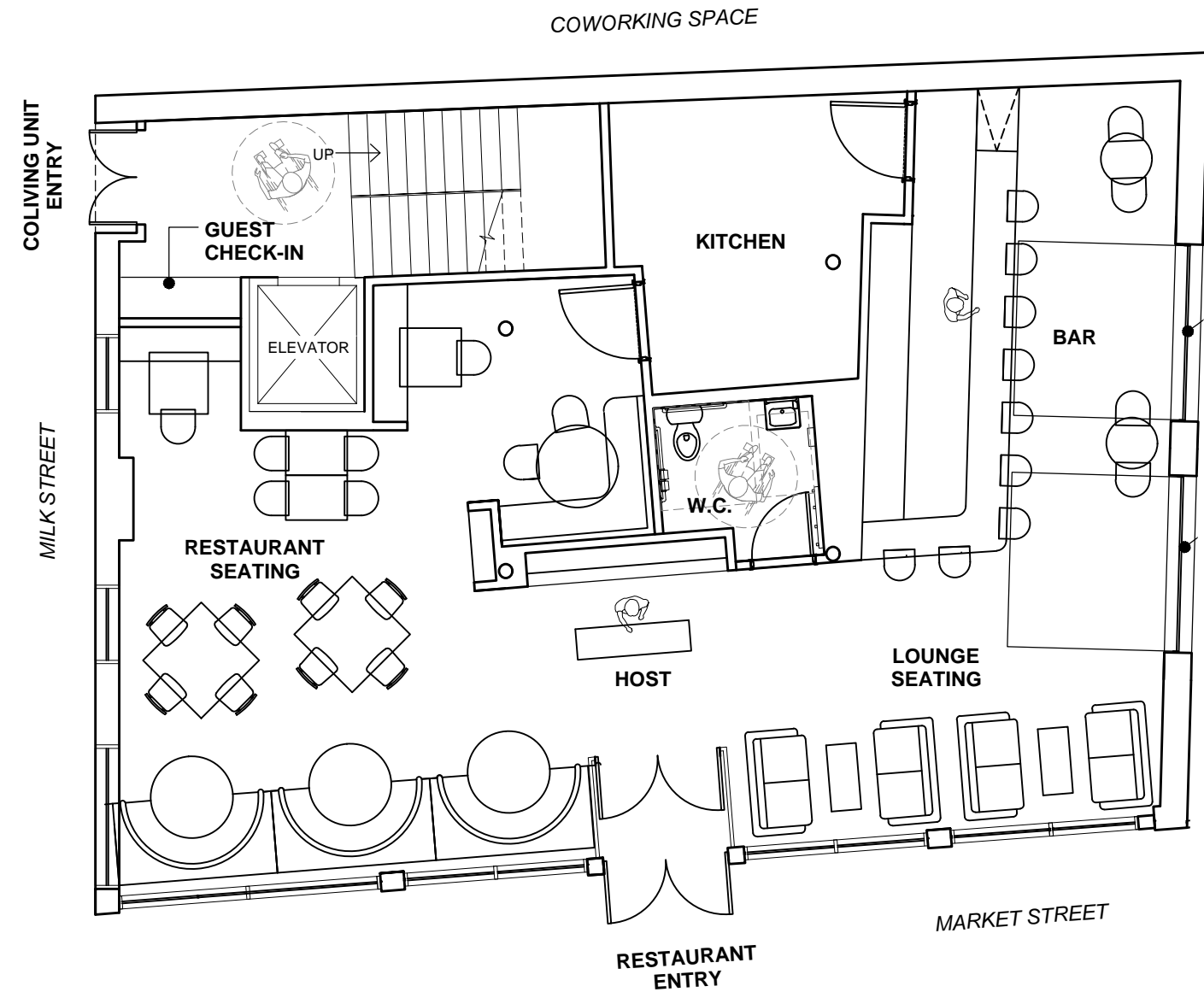
Building B

FLOOR PLAN: ROOFTOP | SCALE: NOT TO SCALE



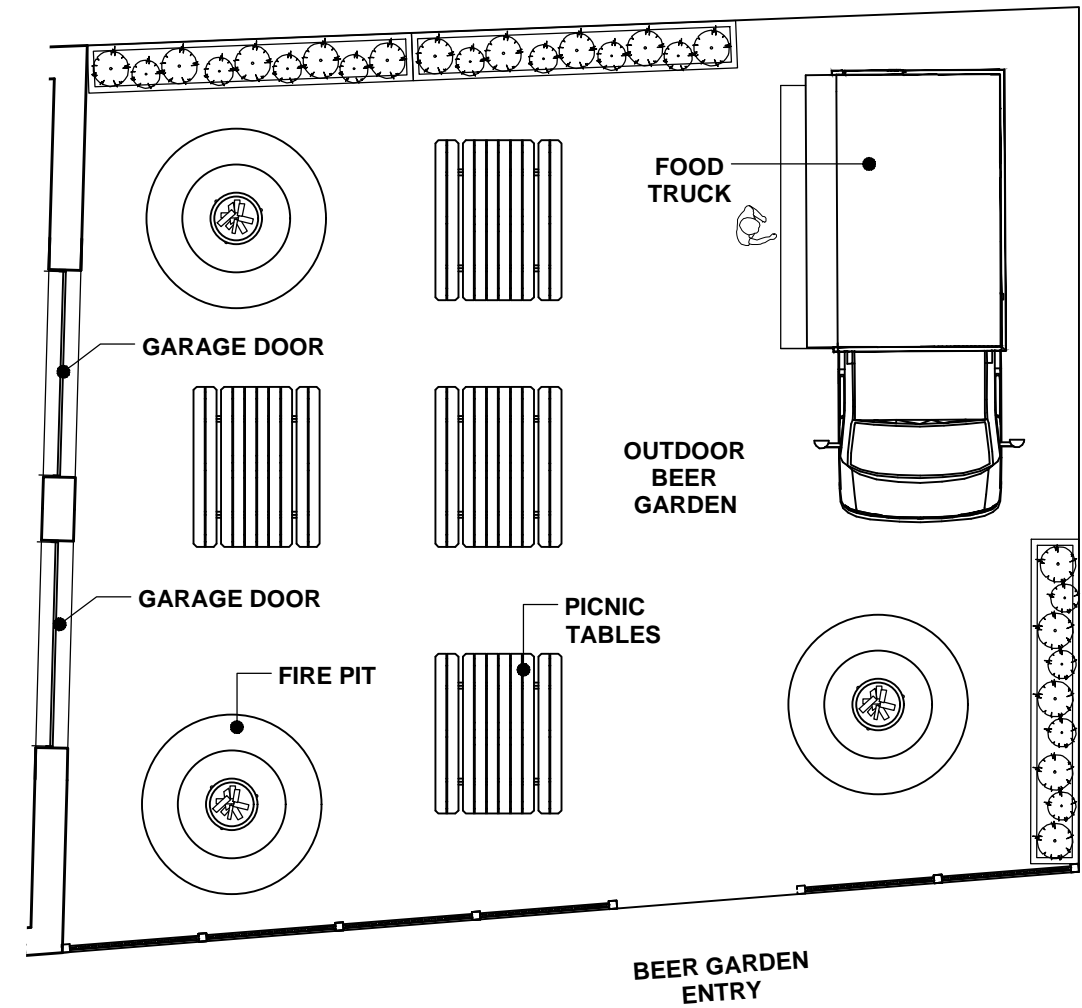
Building C

FLOOR PLAN: LEVEL 1 INTERIOR | SCALE: 1/8" = 1'-0"



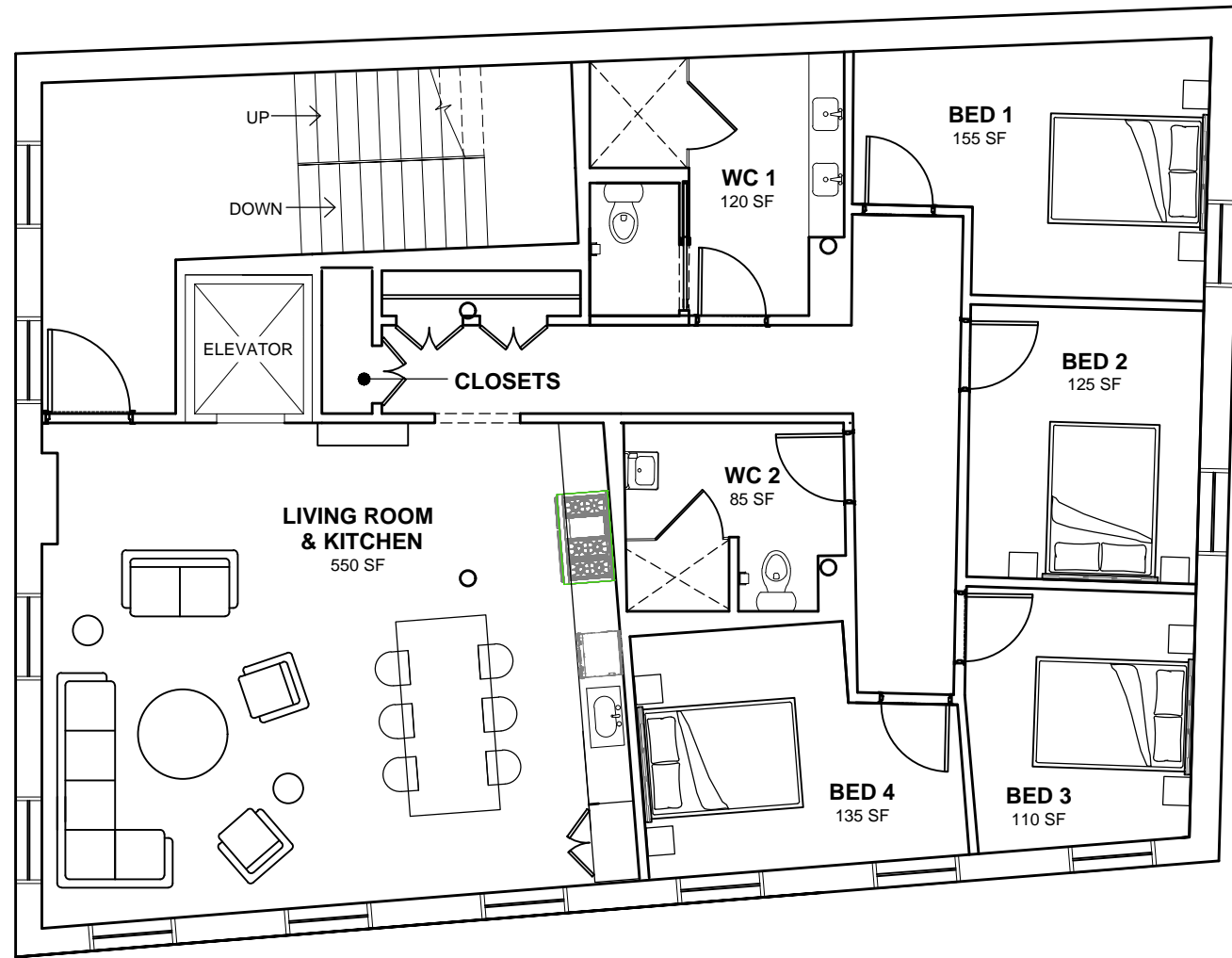
Building C

FLOOR PLAN: LEVEL 1 EXTERIOR | SCALE: 1/8" = 1'-0"



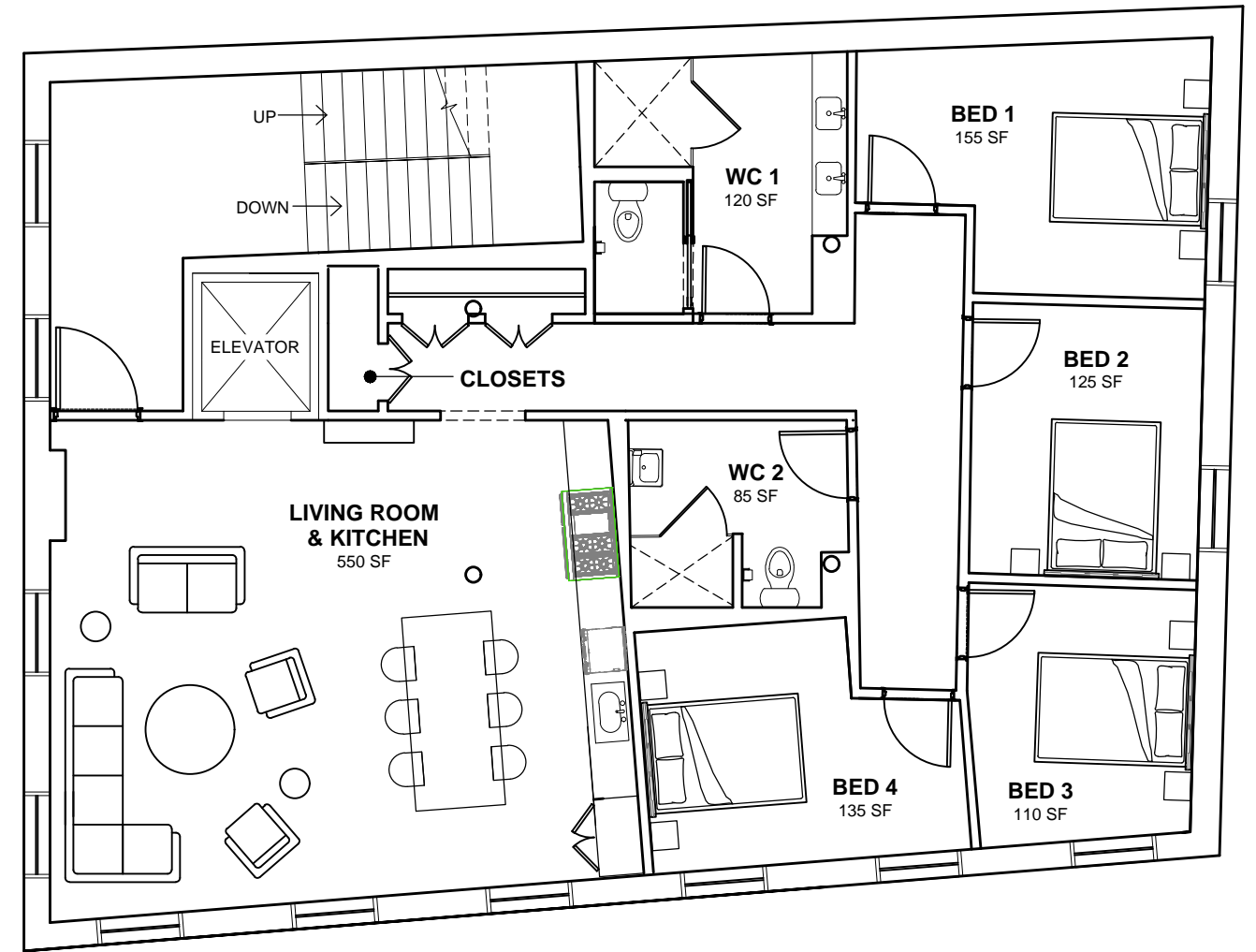
Building C

FLOOR PLAN: LEVEL 2 | SCALE: 1/8" = 1'-0"



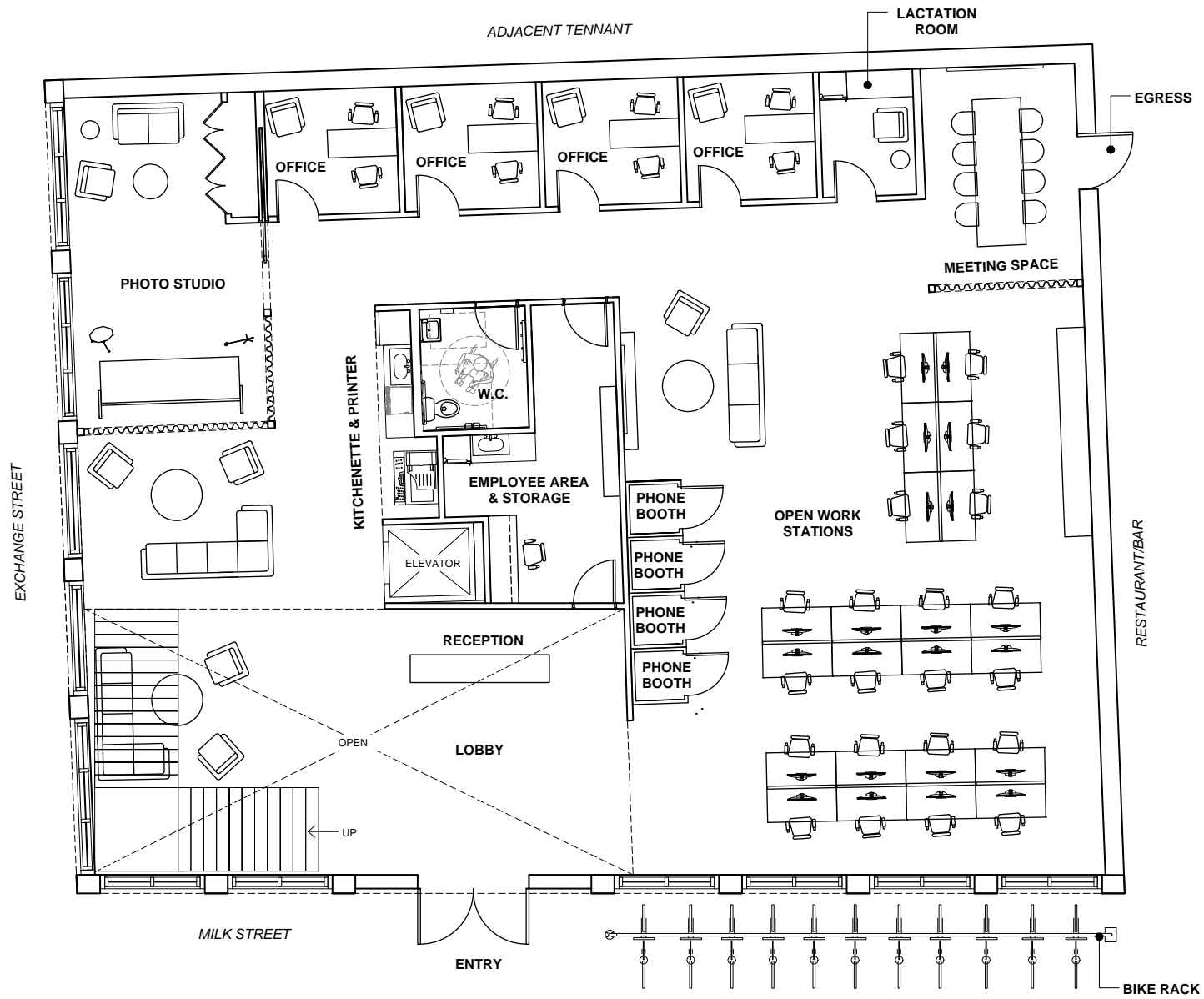
Building C

FLOOR PLAN: LEVEL 3 | SCALE: 1/8" = 1'-0"



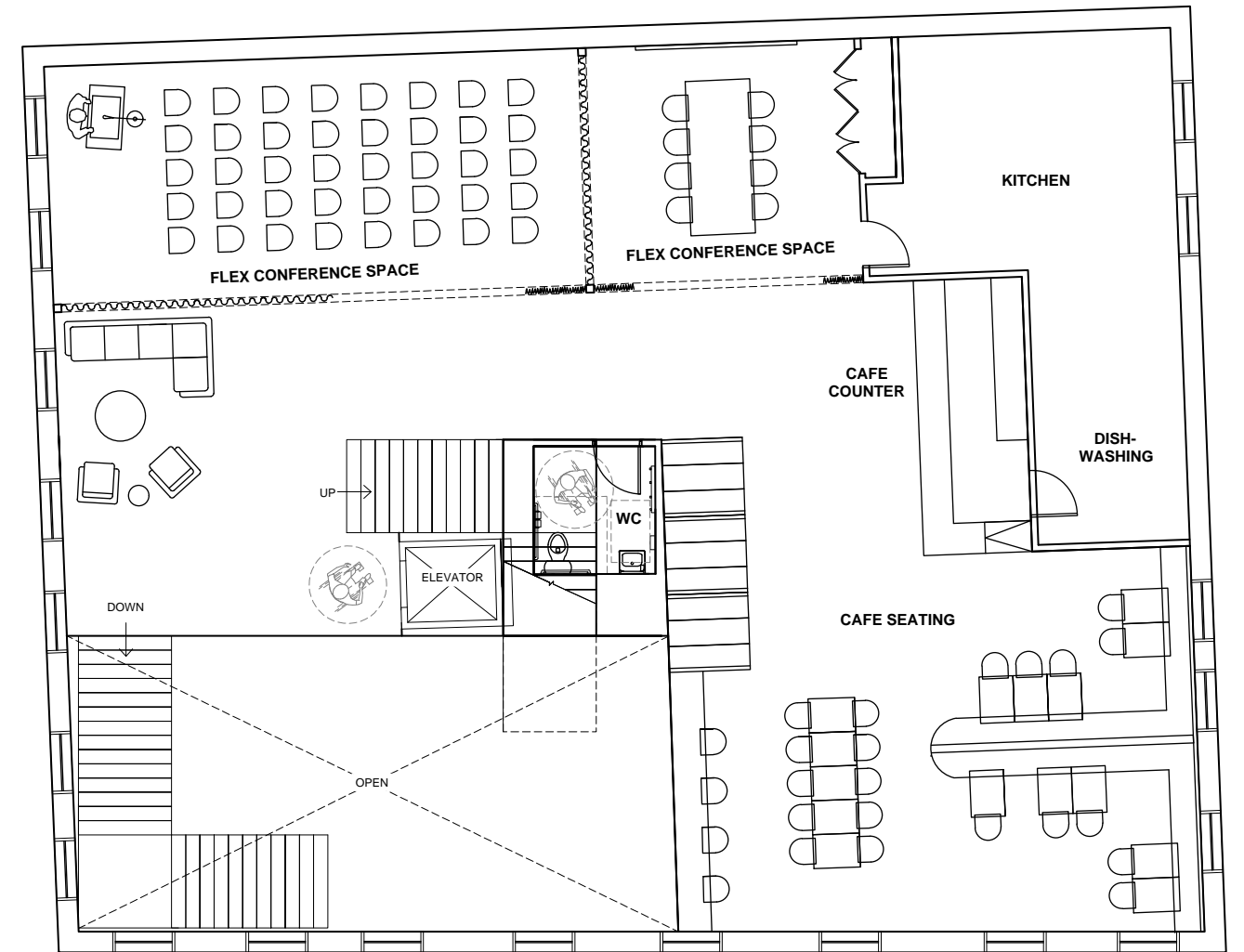
Building D

FLOOR PLAN: LEVEL 1 | SCALE: NOT TO SCALE



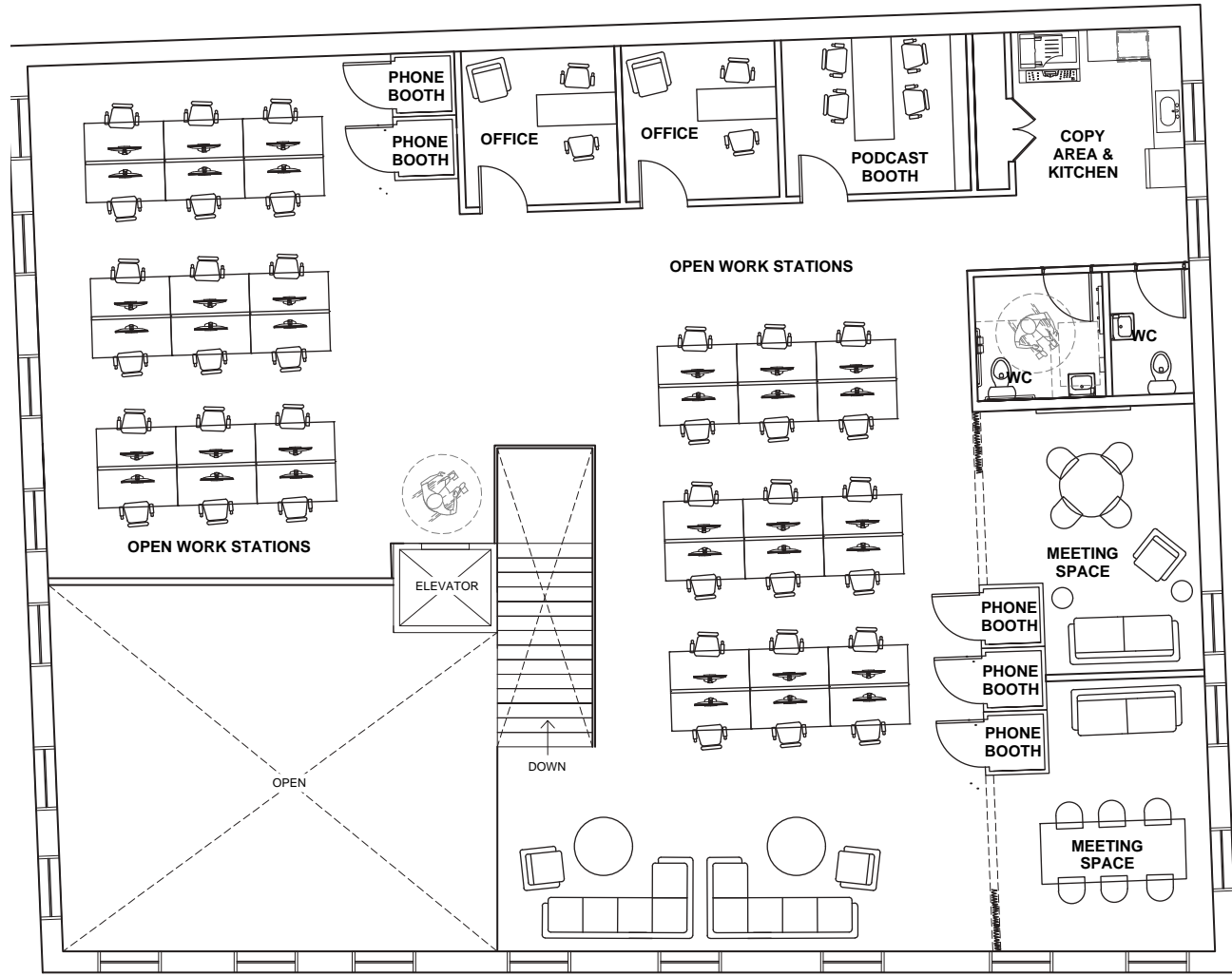
Building D

FLOOR PLAN: LEVEL 2 | SCALE: NOT TO SCALE



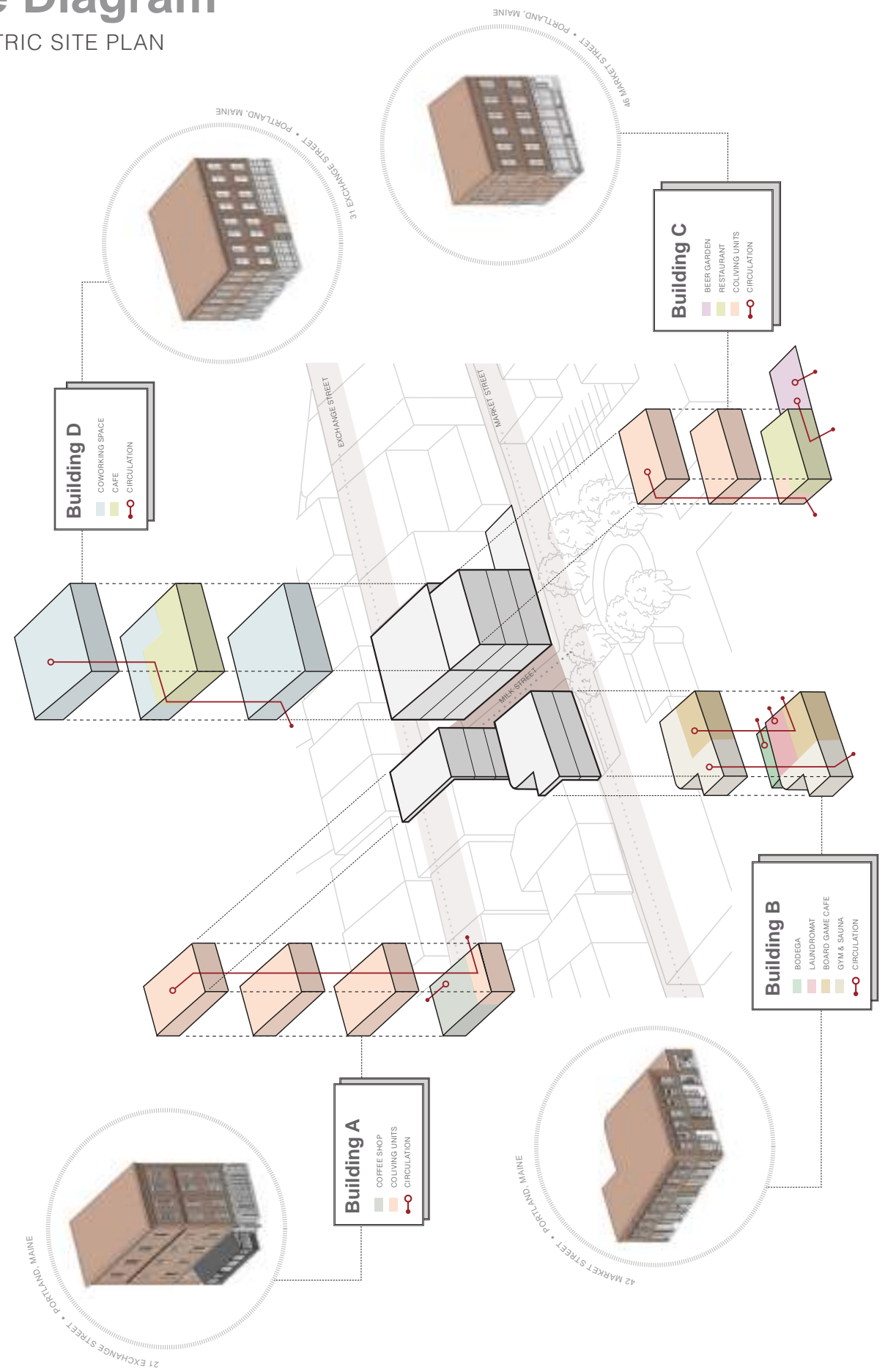
Building D

FLOOR PLAN: LEVEL 3 | SCALE: NOT TO SCALE



Site Diagram

ISOMETRIC SITE PLAN



Renderings

EXTERIOR ELEVATIONS



MILK STREET ELEVATION

Renderings

EXTERIOR ELEVATIONS



MARKET STREET ELEVATION



MILK STREET ELEVATION



EXCHANGE STREET ELEVATION

Renderings

BUILDING A



COFFEE COUNTER

Renderings

BUILDING C



RESTAURANT ENTRY ELEVATION



'GREENHOUSE' AND COFFEE SHOP

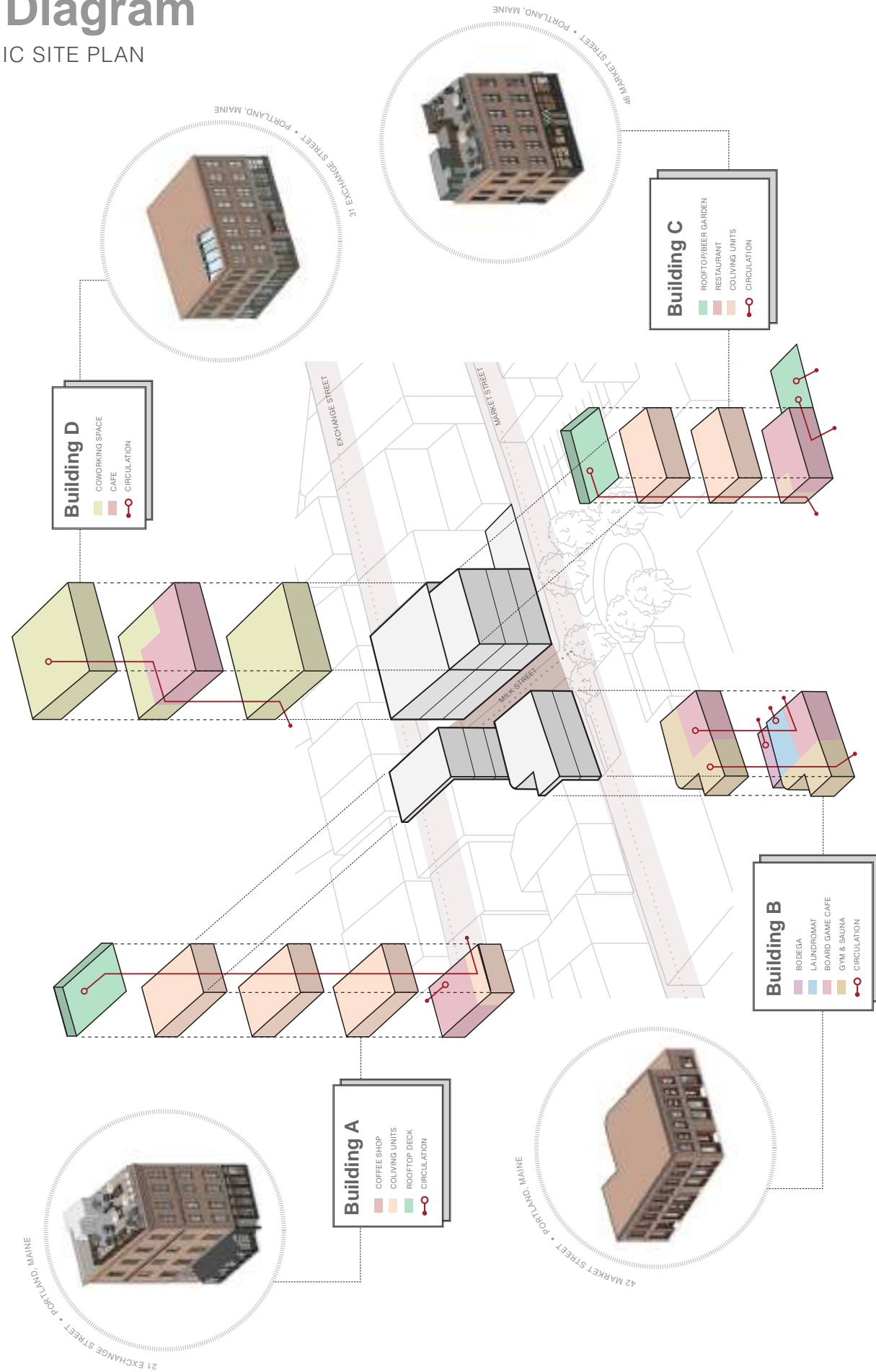


RESTAURANT BAR

04 Final Design

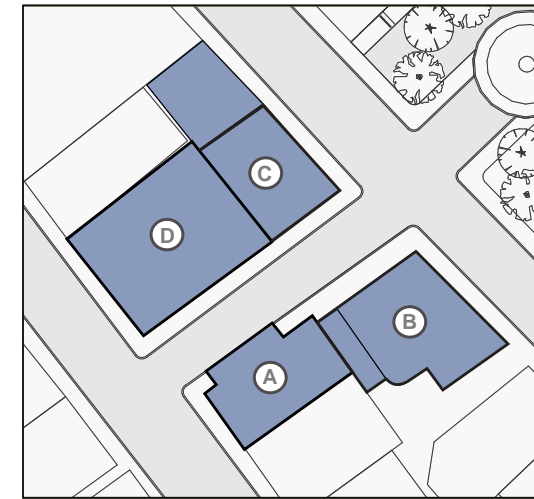
Site Diagram

ISOMETRIC SITE PLAN



Site Plans

NOT TO SCALE



Key Plan



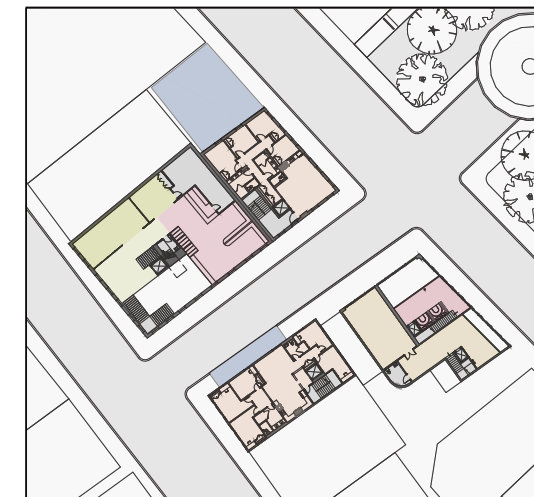
First Level

BUILDING A

- COFFEE SHOP
- COLIVING UNITS
- ROOFTOP DECK
- CIRCULATION & BOH

BUILDING B

- GYM & SAUNA
- BOARD GAME CAFE
- LAUNDROMAT
- BODEGA
- CIRCULATION & BOH



Second Level



Third Level

BUILDING C

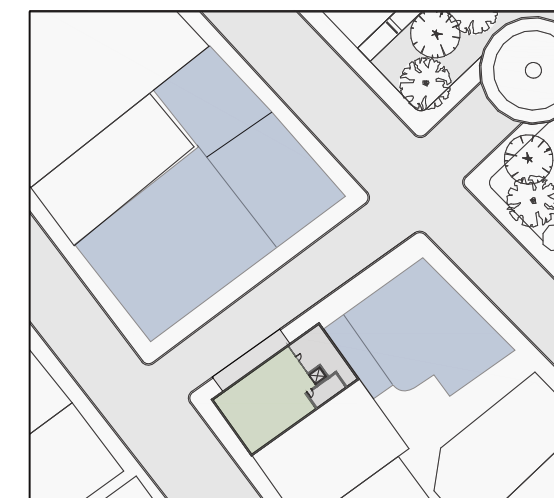
- RESTAURANT
- BAR & LOUNGE
- COLIVING UNITS
- BEER GARDEN & ROOFTOP
- CIRCULATION & BOH

BUILDING D

- WORK: PRIVATE
- WORK: COLLABORATIVE
- LOBBY/LOUNGE
- CAFE SEATING
- CIRCULATION & BOH



Fourth Level



Fifth Level

Building A

RENDERINGS



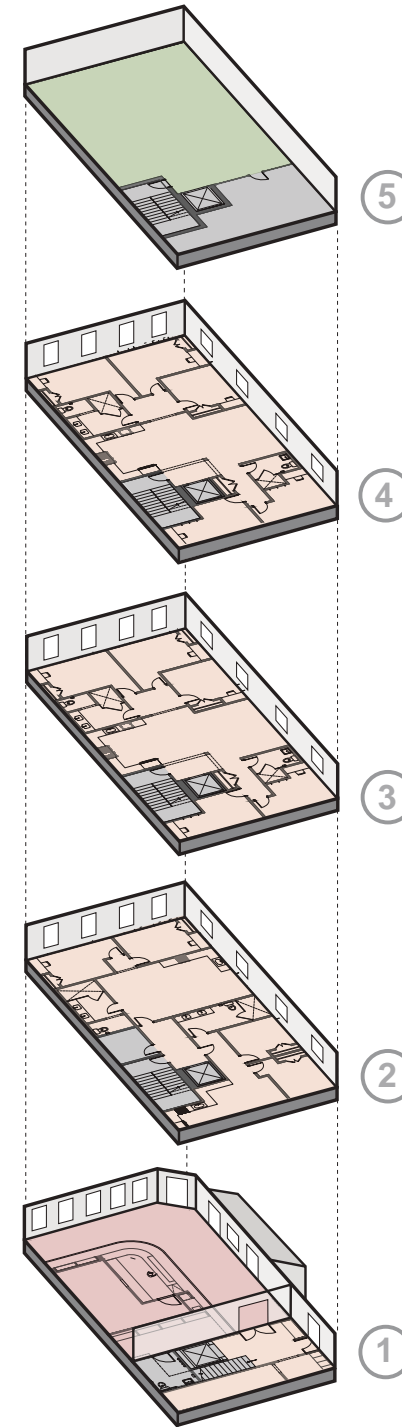
COFFEE SHOP EXTERIOR



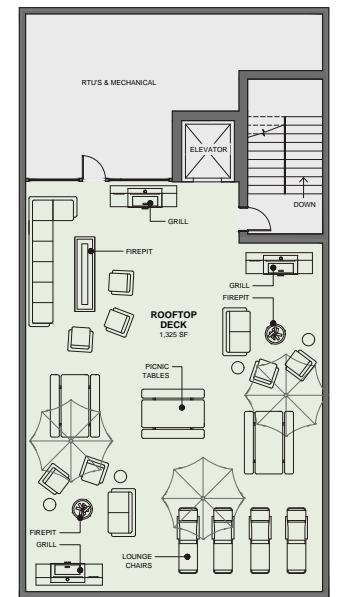
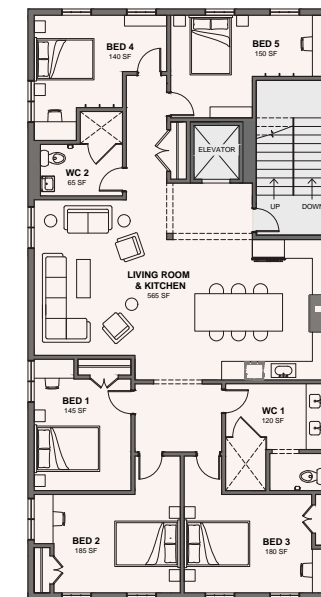
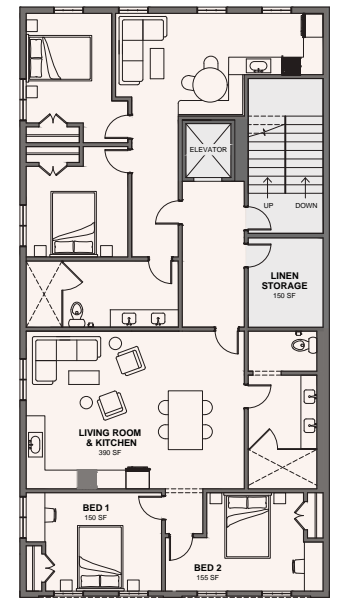
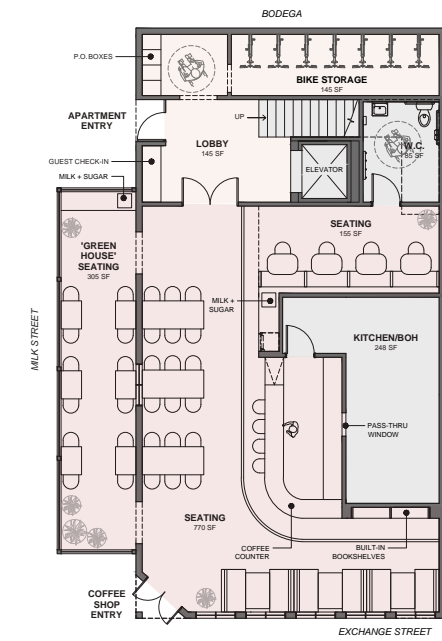
COFFEE COUNTER

Building A

PLAN SUMMARY

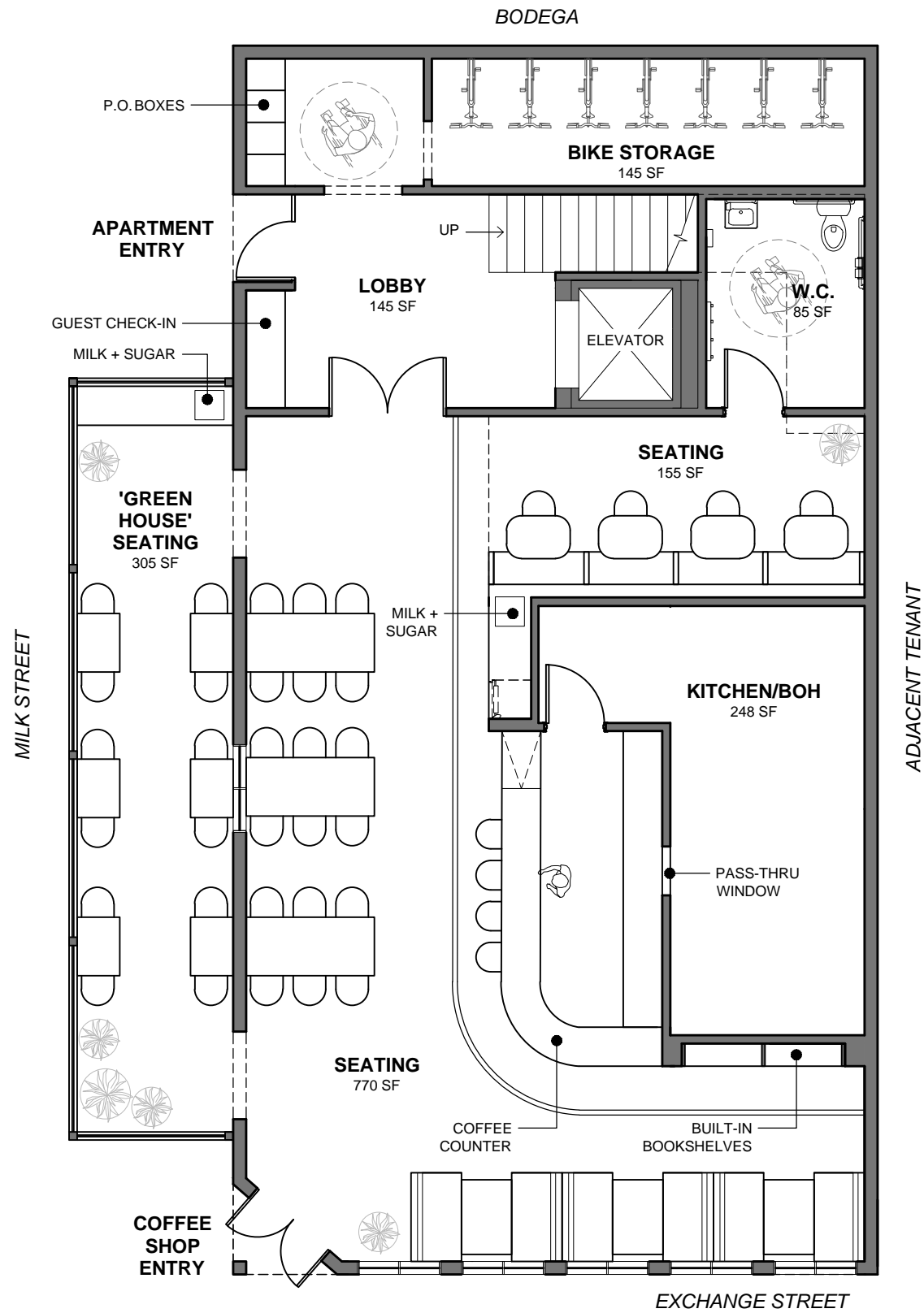


- COFFEE SHOP
- COLIVING UNITS
- ROOFTOP DECK
- CIRCULATION & BOH



Building A

FLOOR PLAN

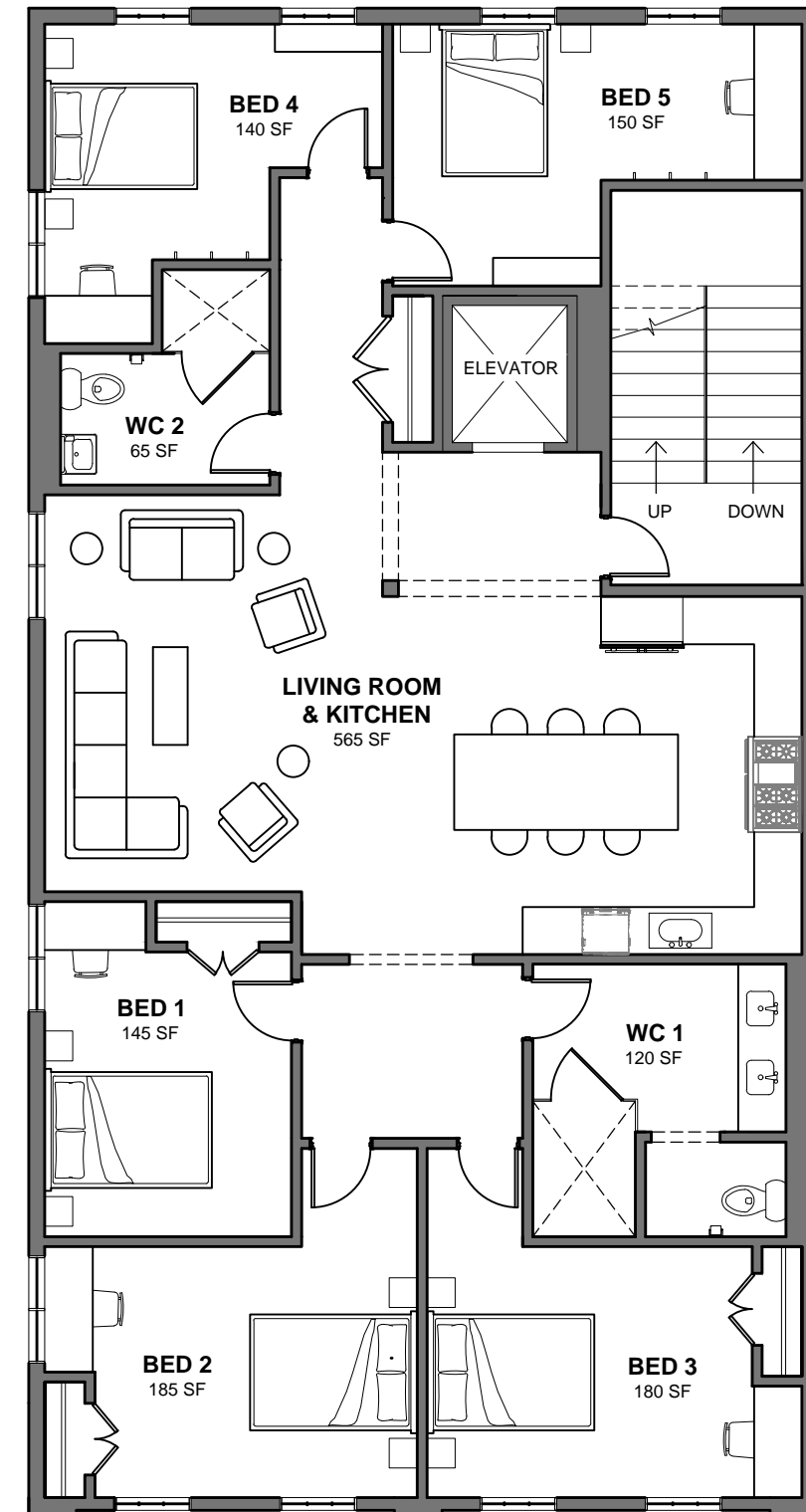


FIRST LEVEL PLAN

SCALE: 1/8" = 1'-0"

Building A

FLOOR PLAN

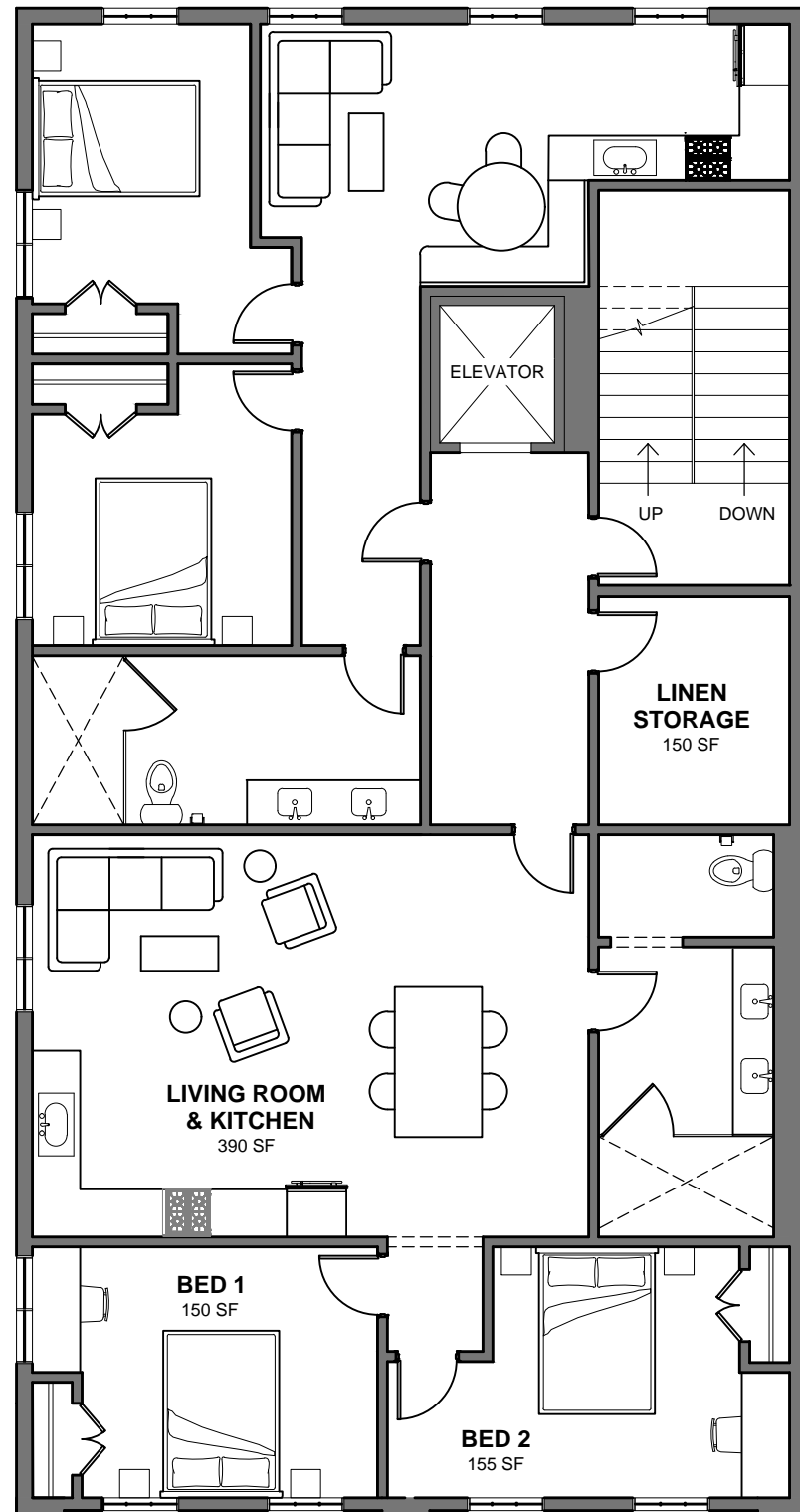


SECOND & THIRD LEVEL PLANS

SCALE: 1/8" = 1'-0"

Building A

FLOOR PLAN

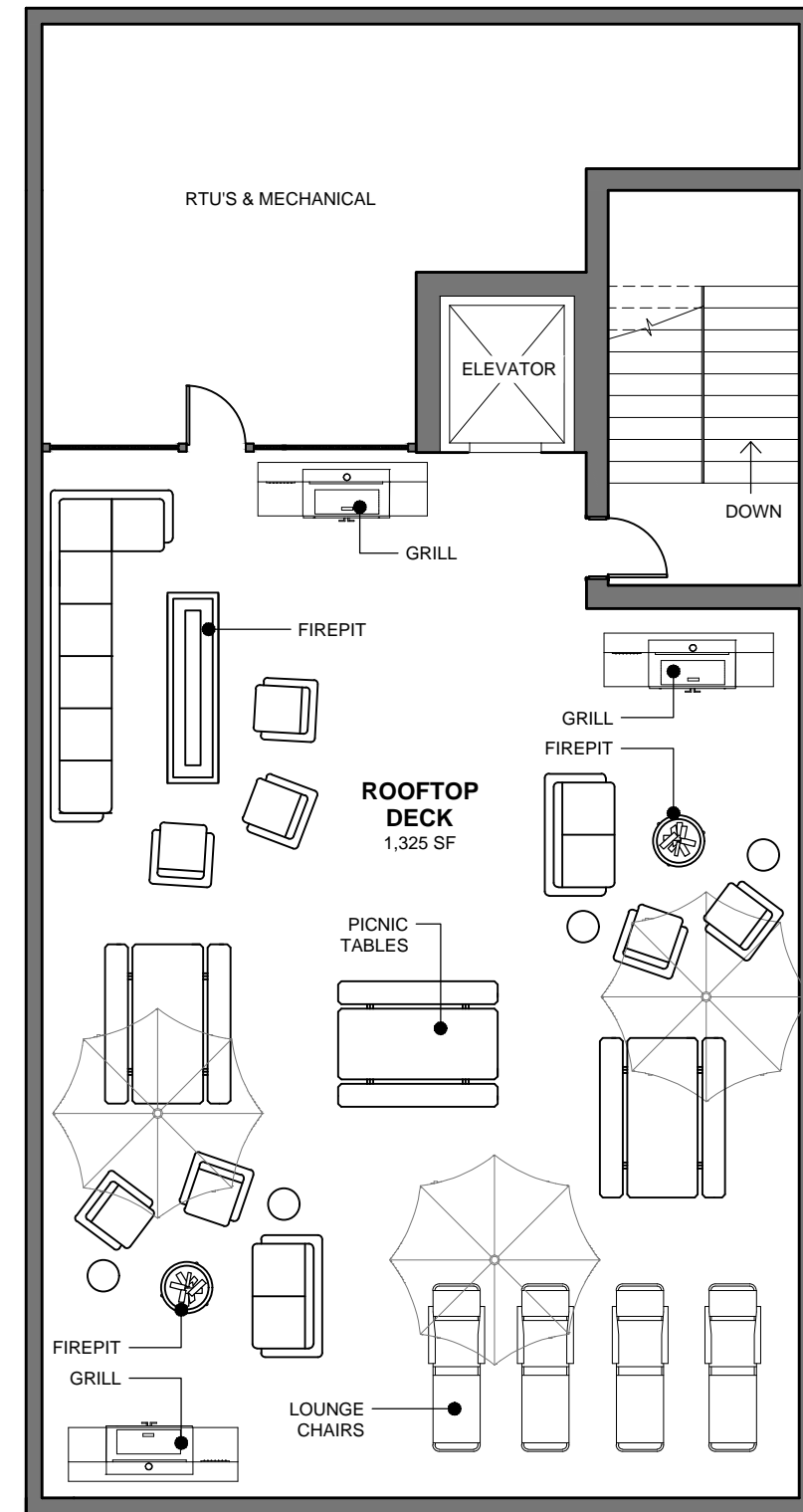


FOURTH LEVEL PLAN

SCALE: 1/8" = 1'-0"

Building A

FLOOR PLAN



ROOFTOP PLAN

SCALE: 1/8" = 1'-0"

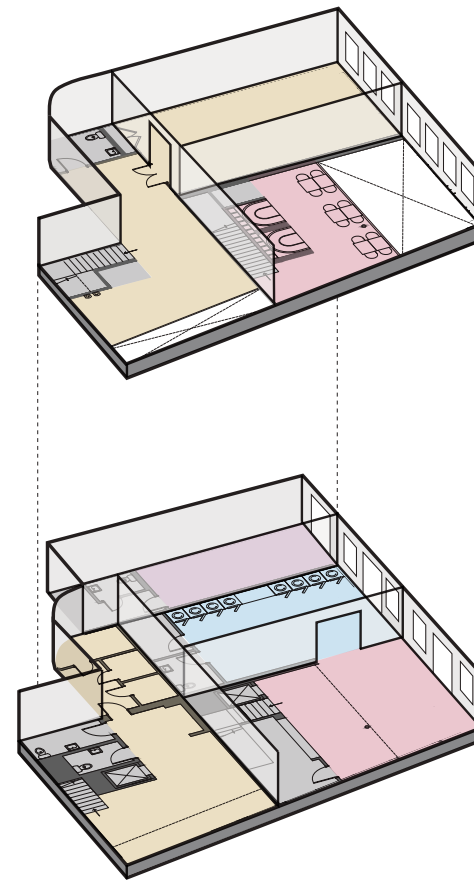
Buildings A & B

SECTION PERSPECTIVES

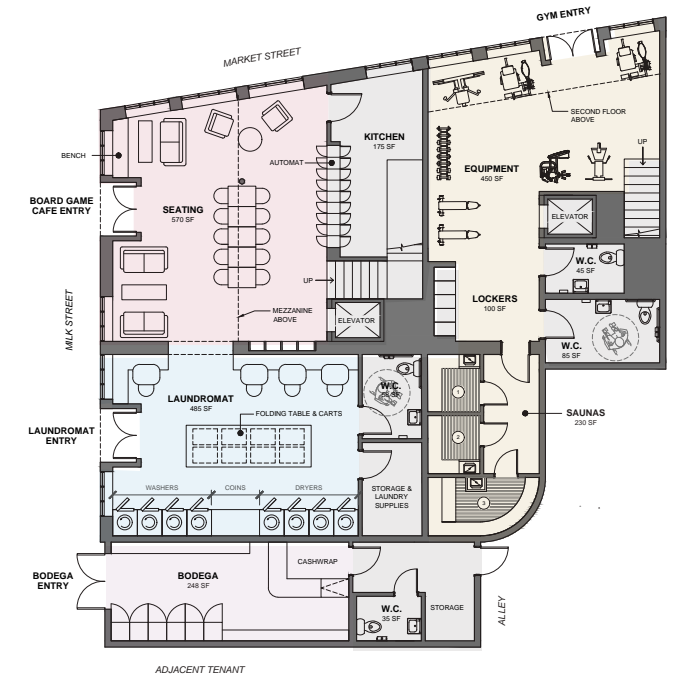


Building B

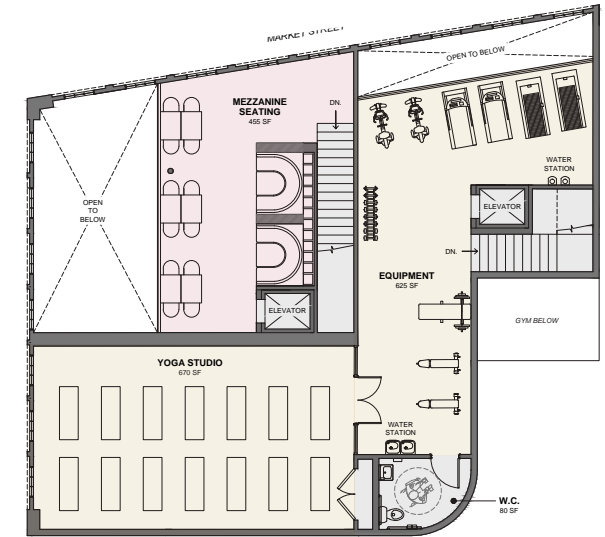
PLAN SUMMARY



- GYM & SAUNA
- BOARD GAME CAFE
- LAUNDROMAT
- BODEGA
- CIRCULATION & BOH



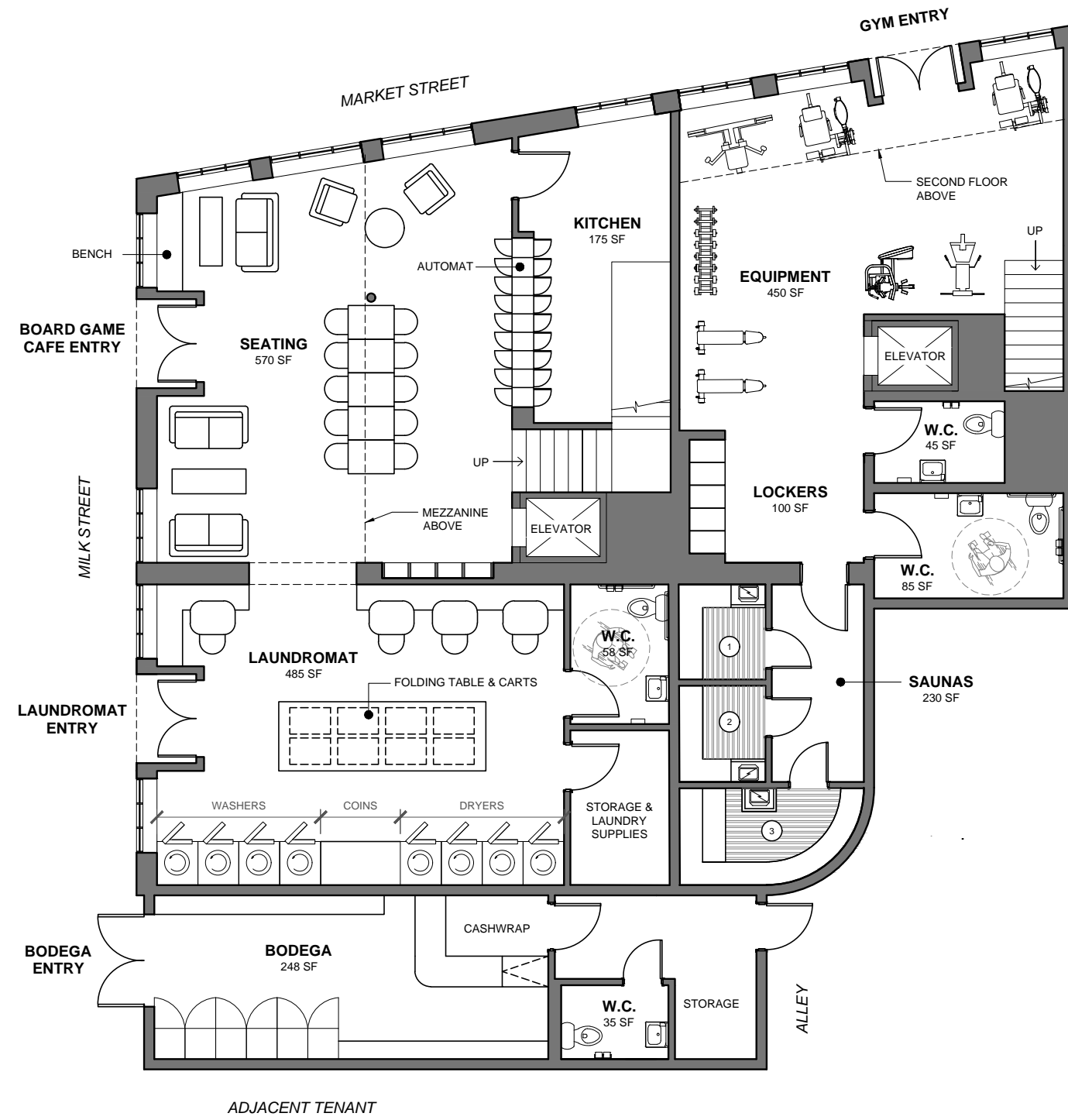
Level 1
1/8" = 1'-0"



Level 2
1/8" = 1'-0"

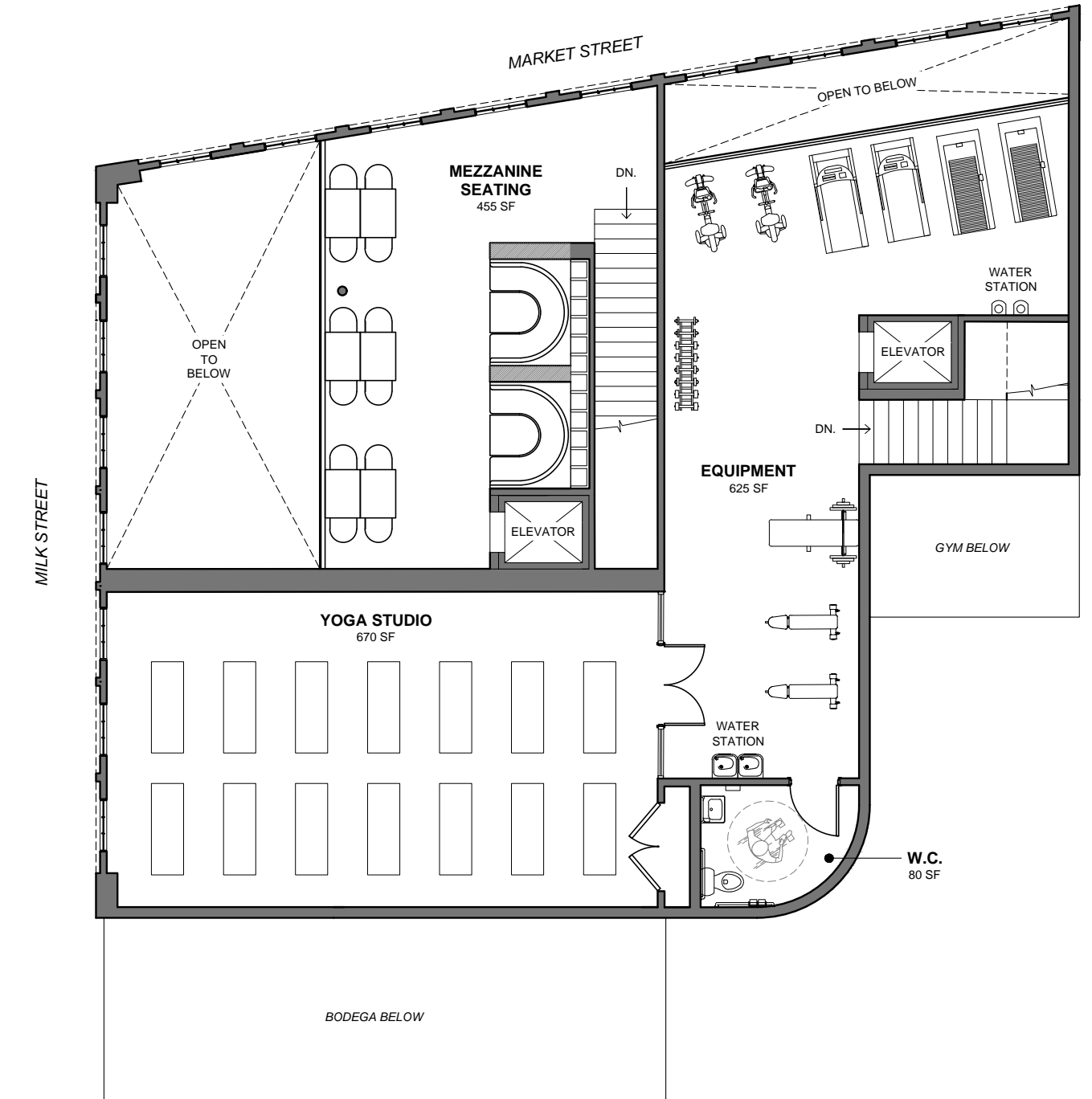
Building B

FLOOR PLAN



Building B

FLOOR PLAN



Building C

RENDERINGS



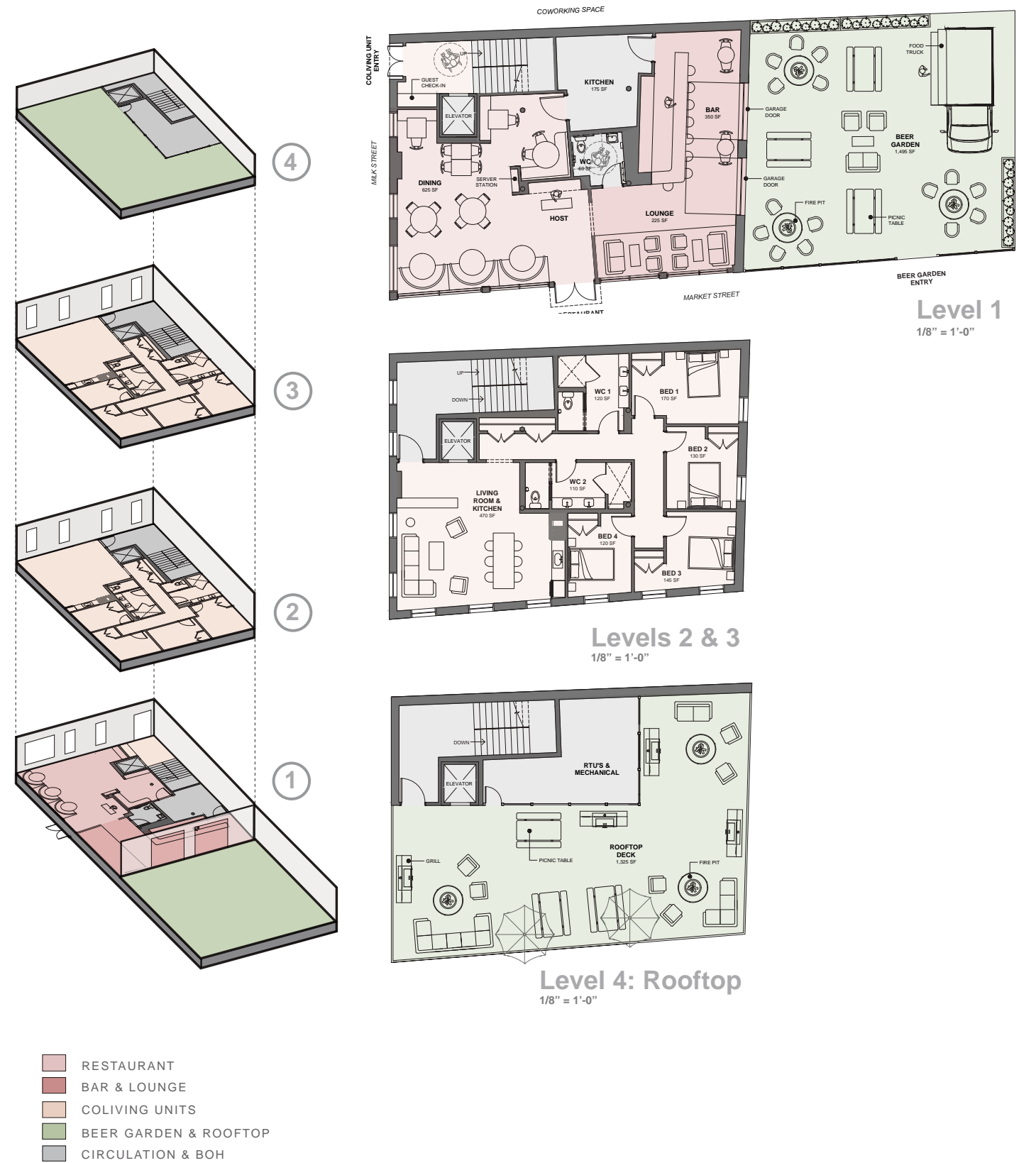
RESTAURANT EXTERIOR



RESTAURANT BAR

Building C

PLAN SUMMARY



Building C

RENDERINGS



LIVING ROOM & KITCHEN



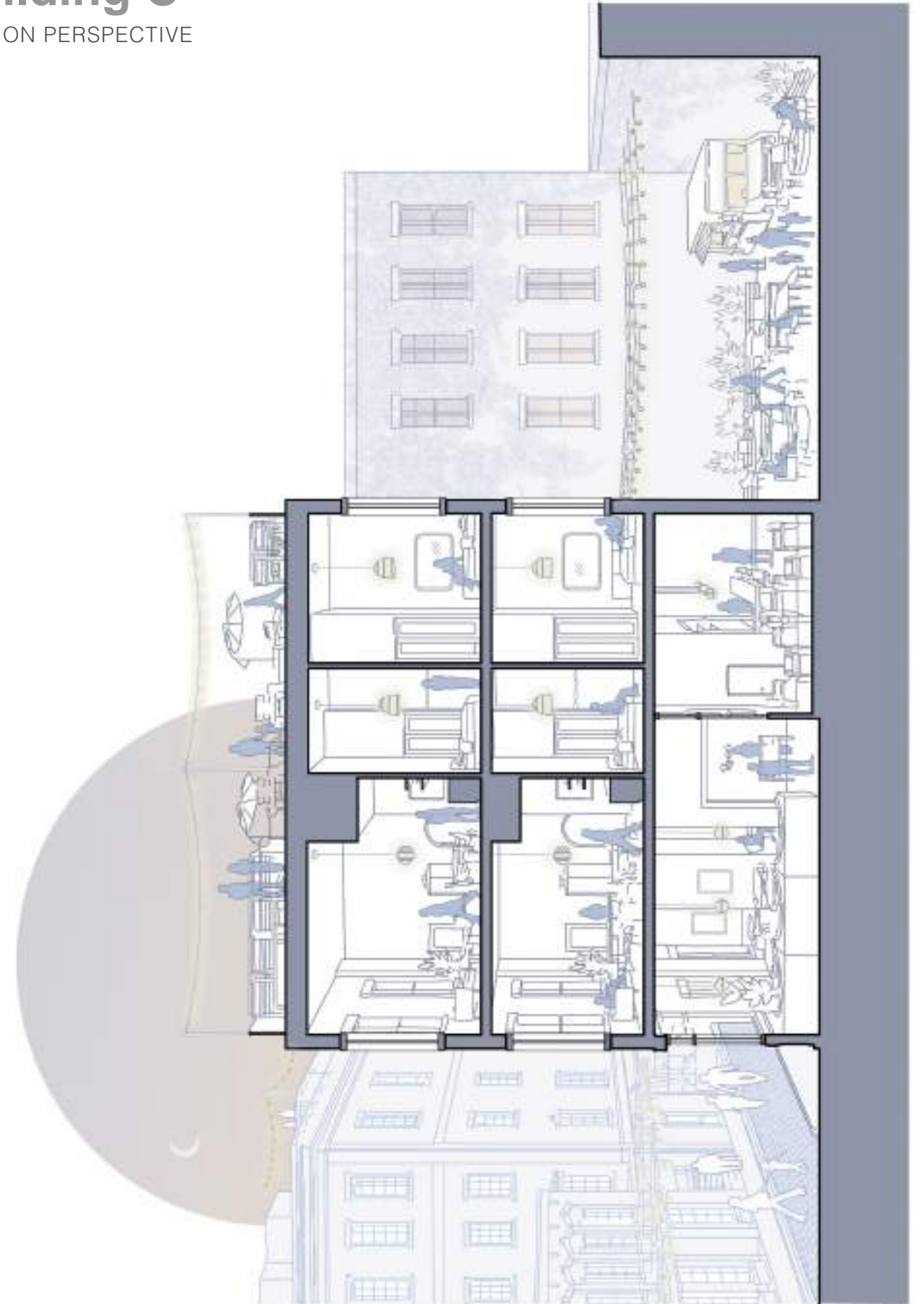
BEDROOM



ARTWORK BY ERIKA STEARLY

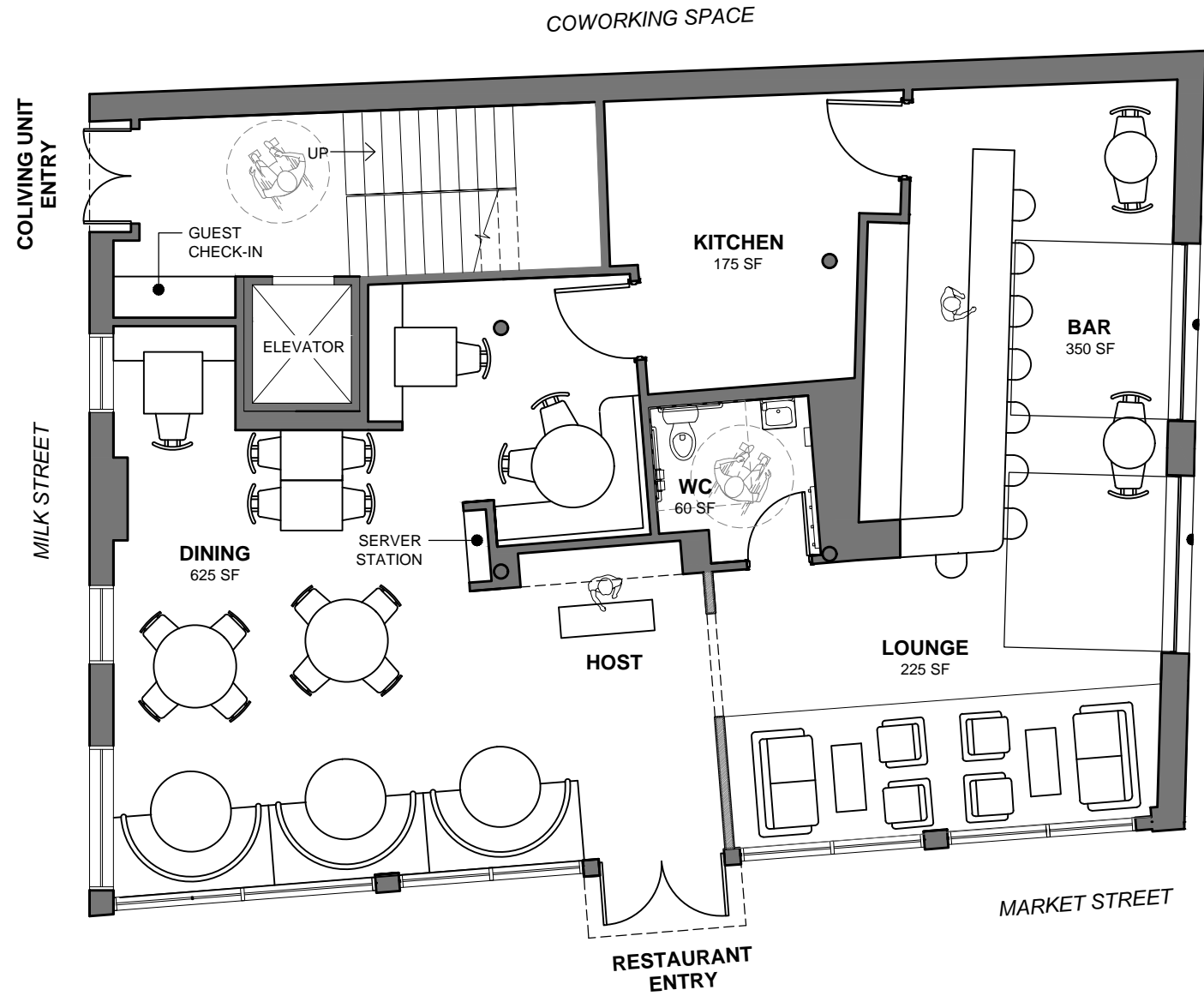
Building C

SECTION PERSPECTIVE



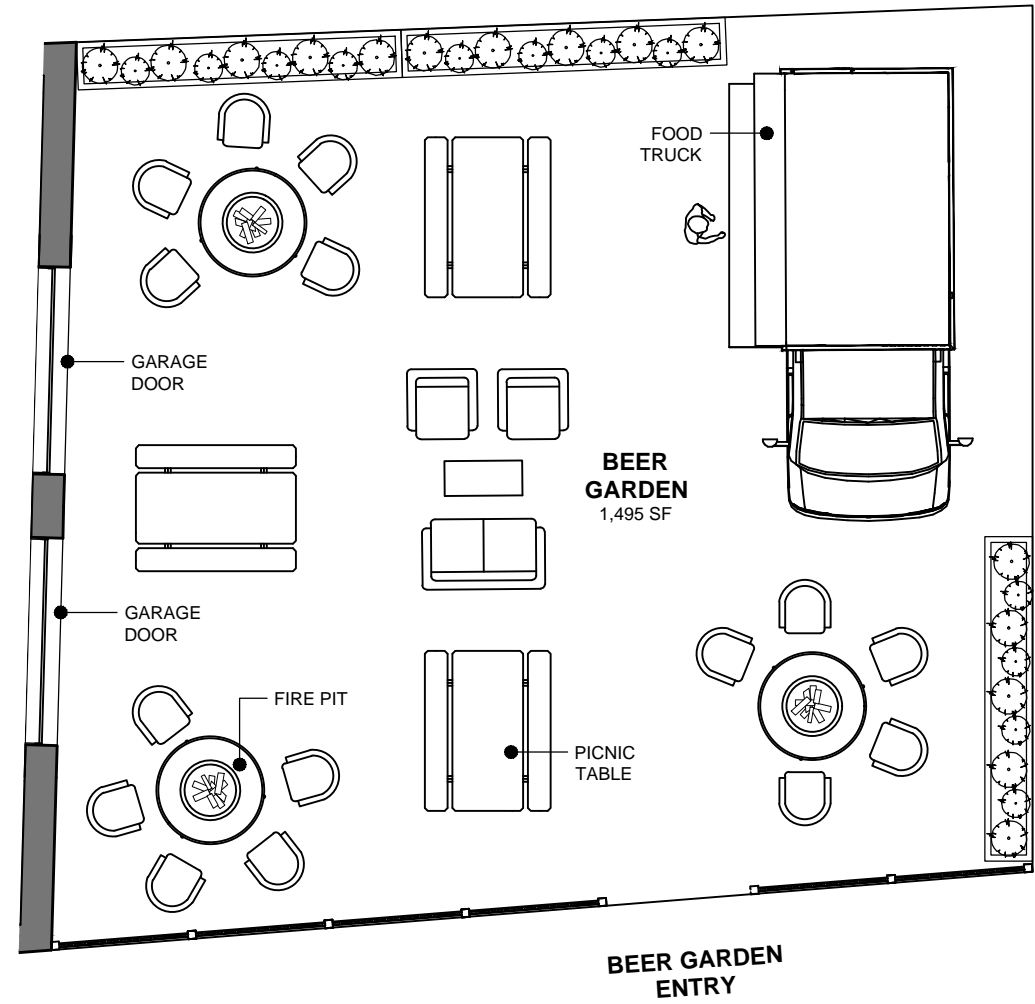
Building C

FLOOR PLAN



Building C

FLOOR PLAN



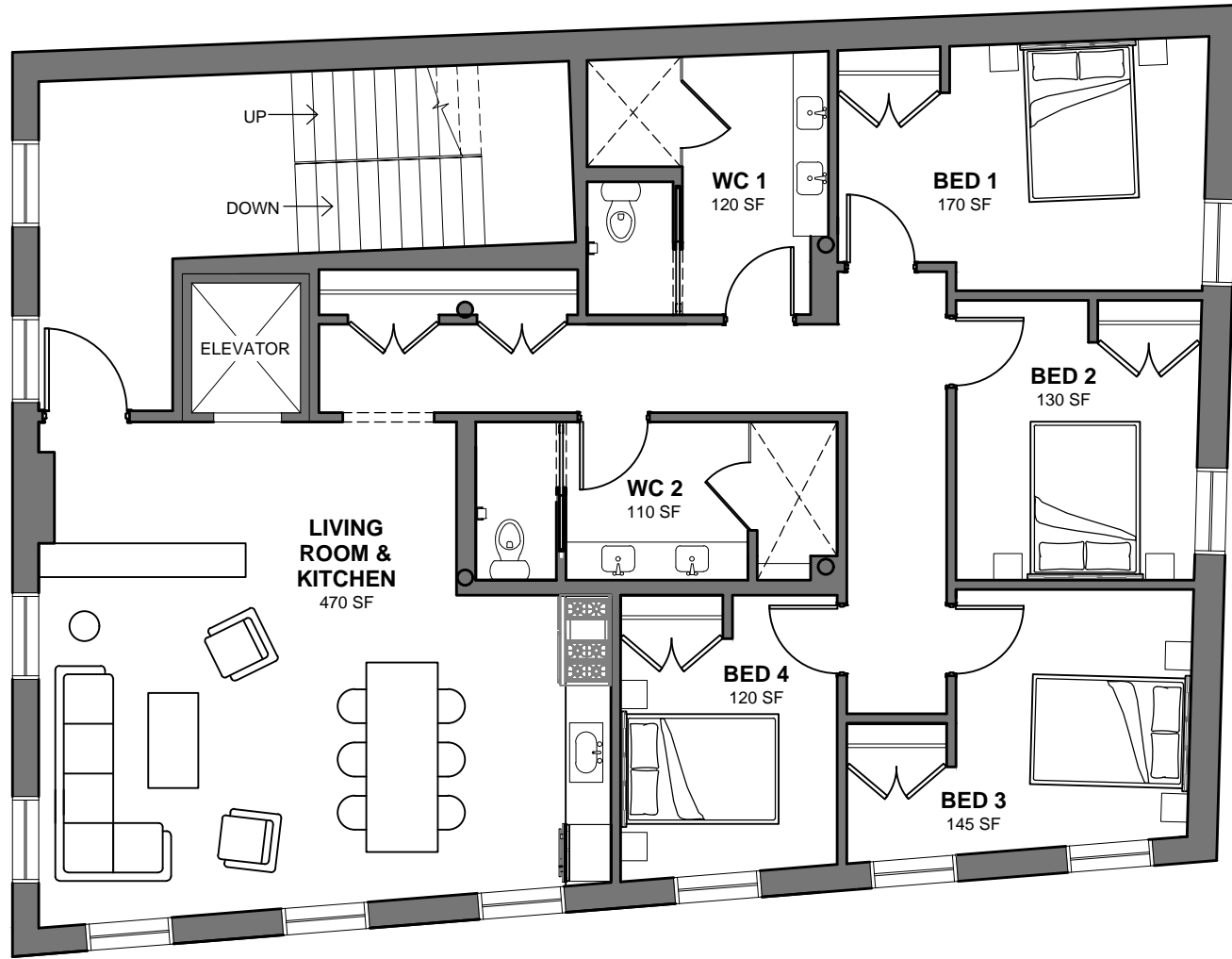
FIRST LEVEL PLAN & OUTDOOR SPACE
SCALE: 1/8" = 1'-0"

Building C

FLOOR PLAN

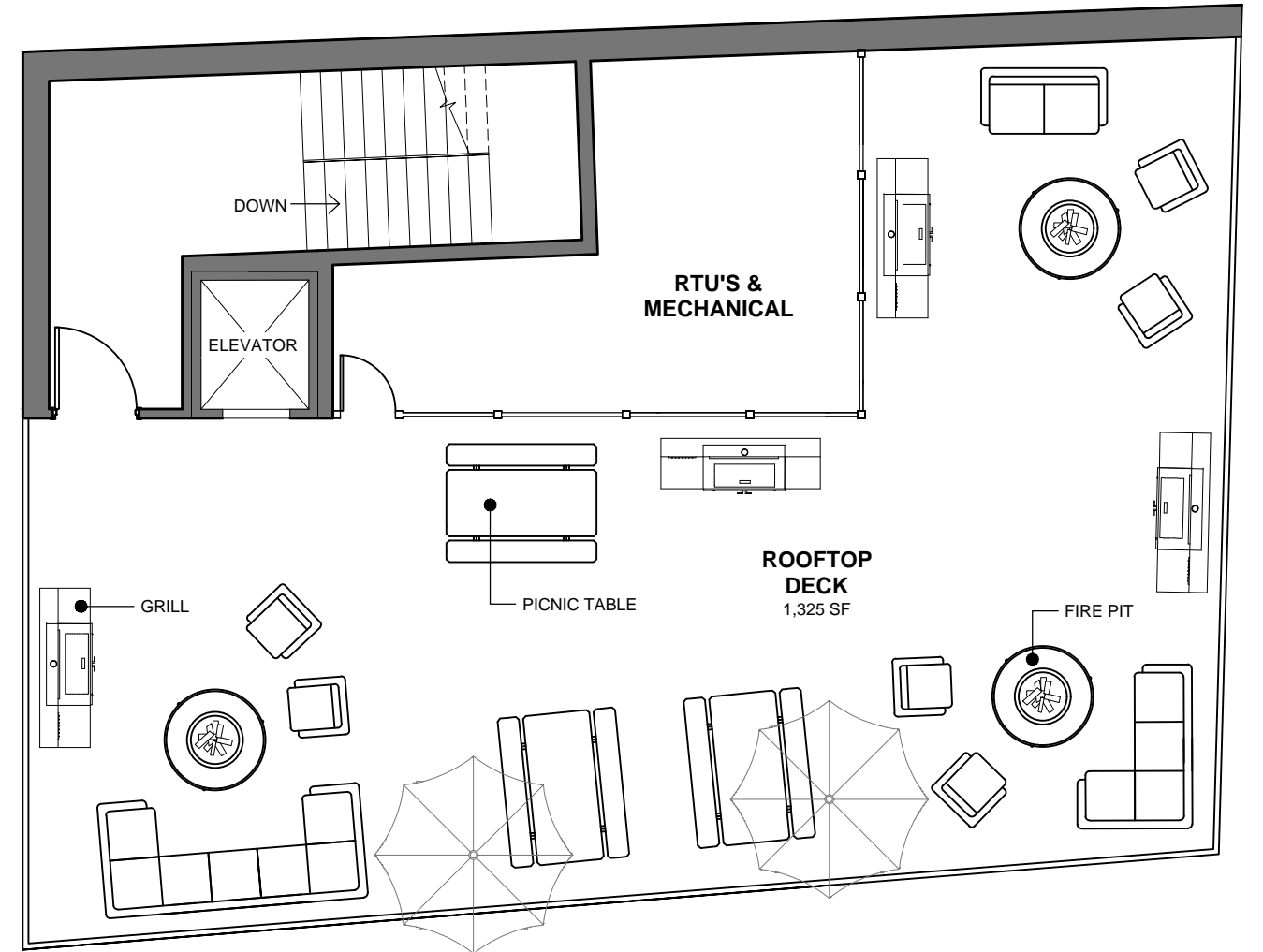
Building C

FLOOR PLAN



SECOND & THIRD LEVEL PLANS

SCALE: 1/8" = 1'-0"



ROOFTOP PLAN

SCALE: 1/8" = 1'-0"

Building D

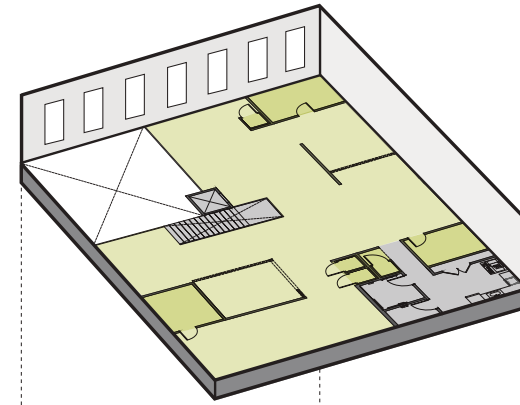
RENDERINGS



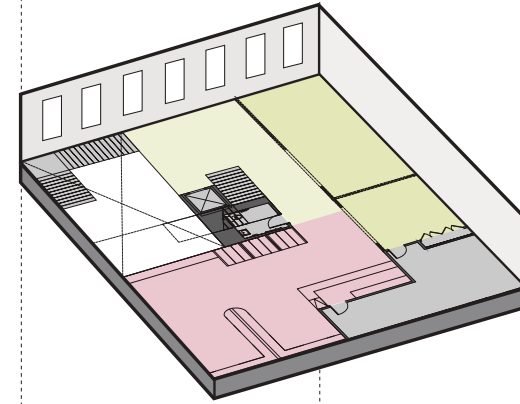
COWORKING AREA

Building D

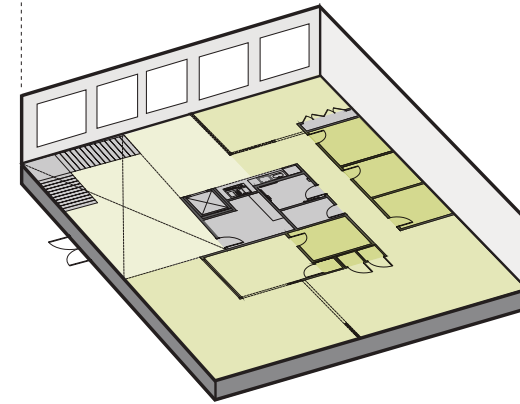
PLAN SUMMARY



3

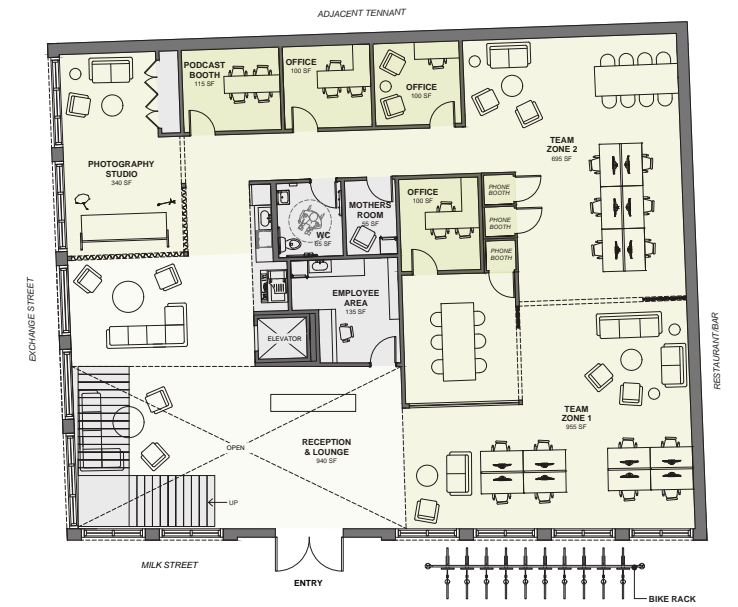


2



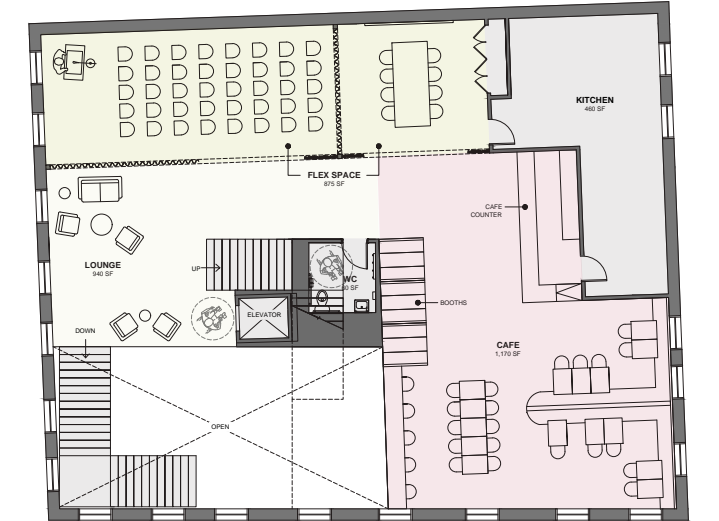
1

- WORK: PRIVATE
- WORK: COLLABORATIVE
- LOBBY/LOUNGE
- CAFE SEATING
- CIRCULATION & BOH



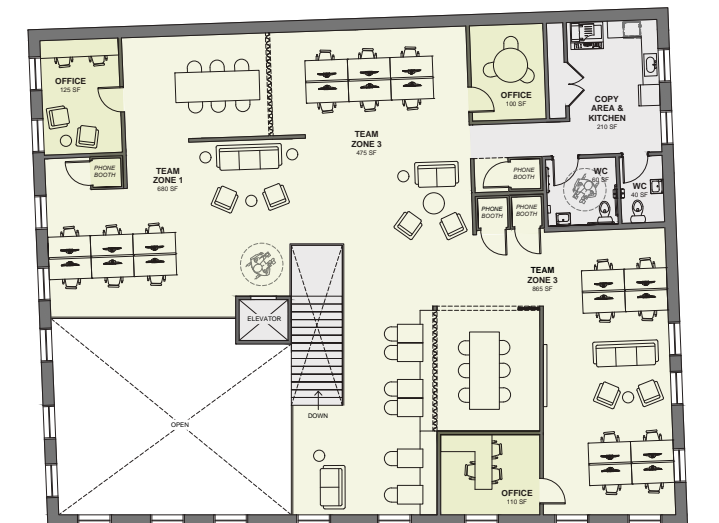
Level 1

1/8" = 1'-0"



Level 2

1/8" = 1'-0"

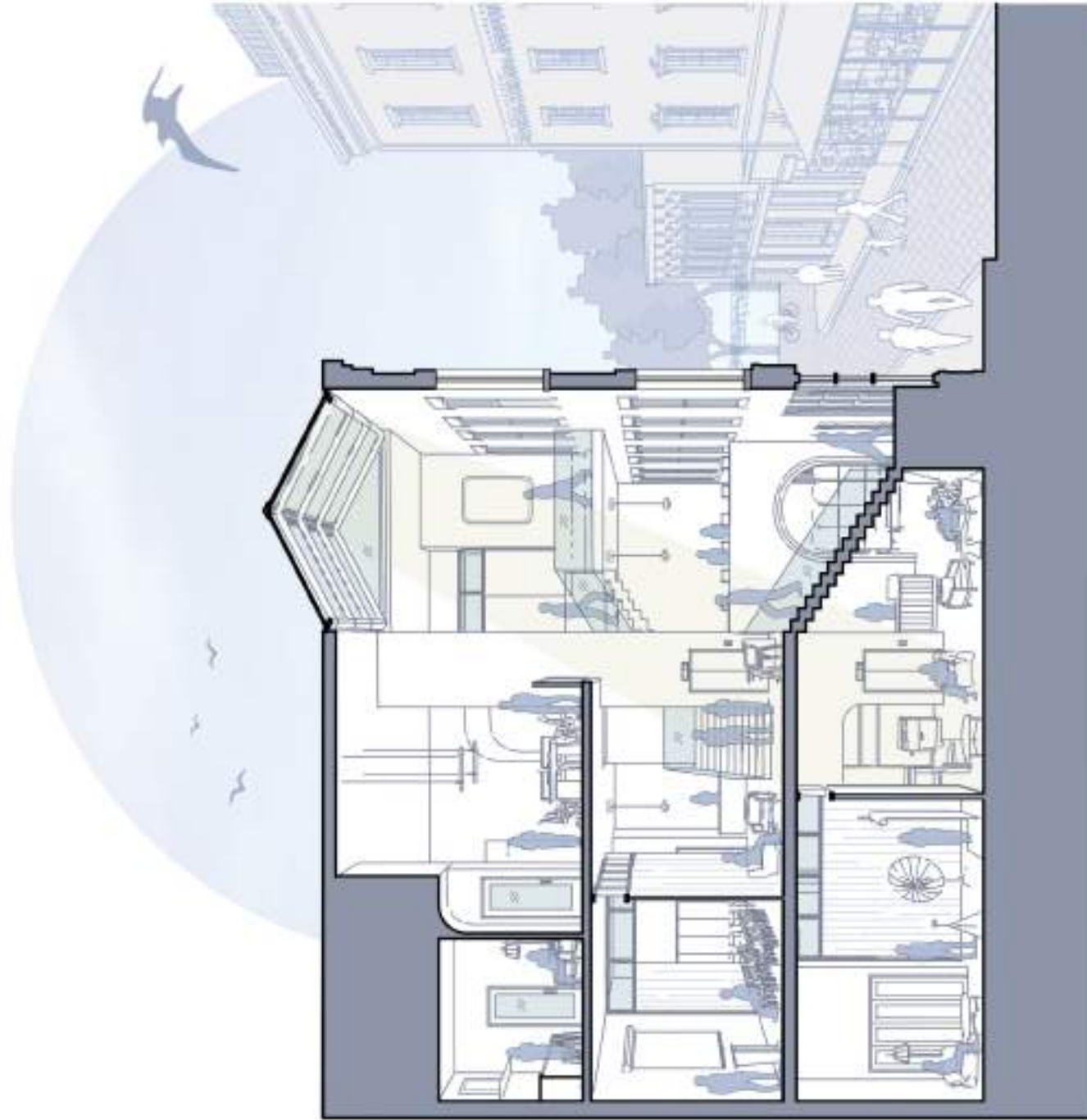


Level 3

1/8" = 1'-0"

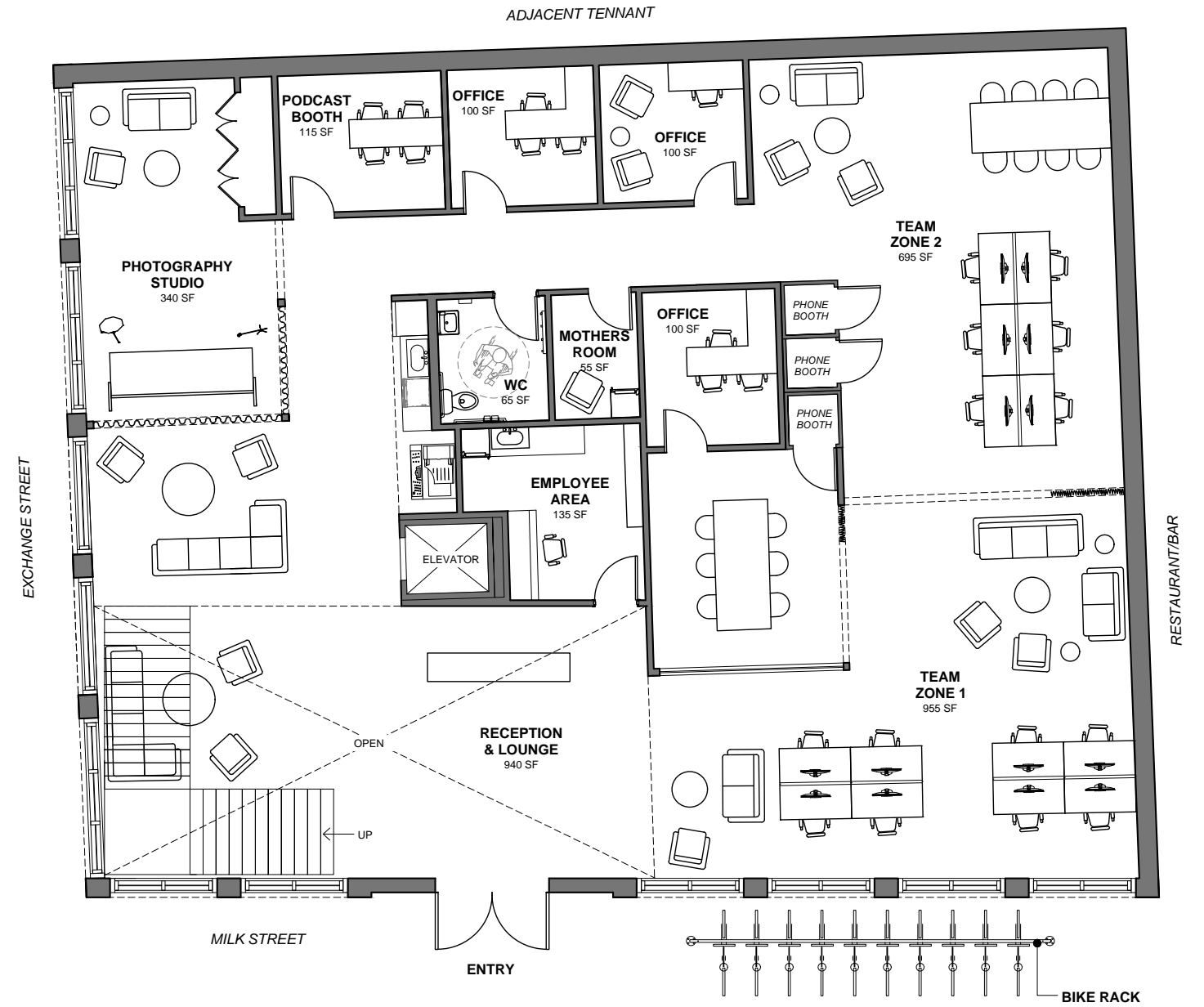
Building D

SECTION PERSPECTIVE



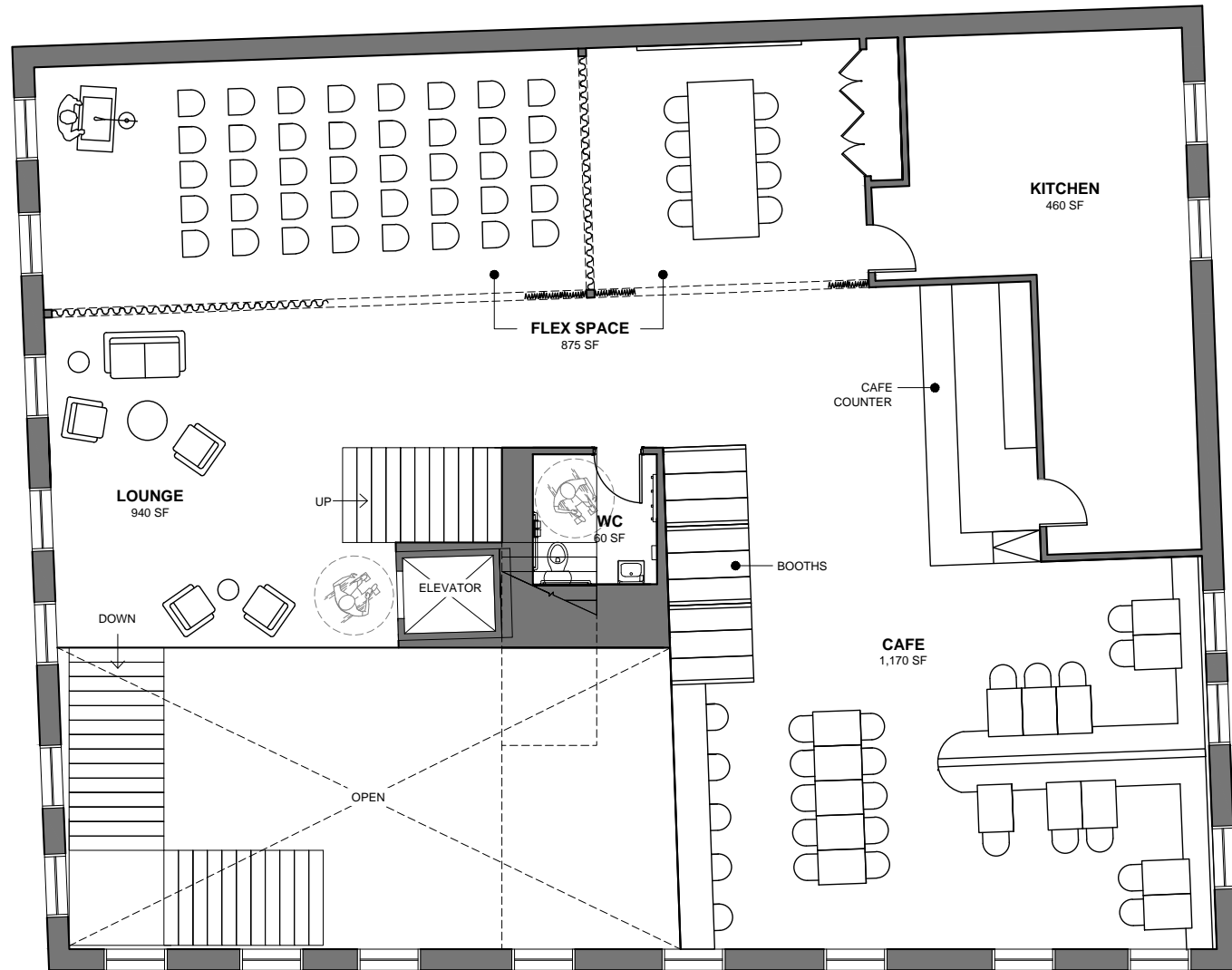
Building D

FLOOR PLAN



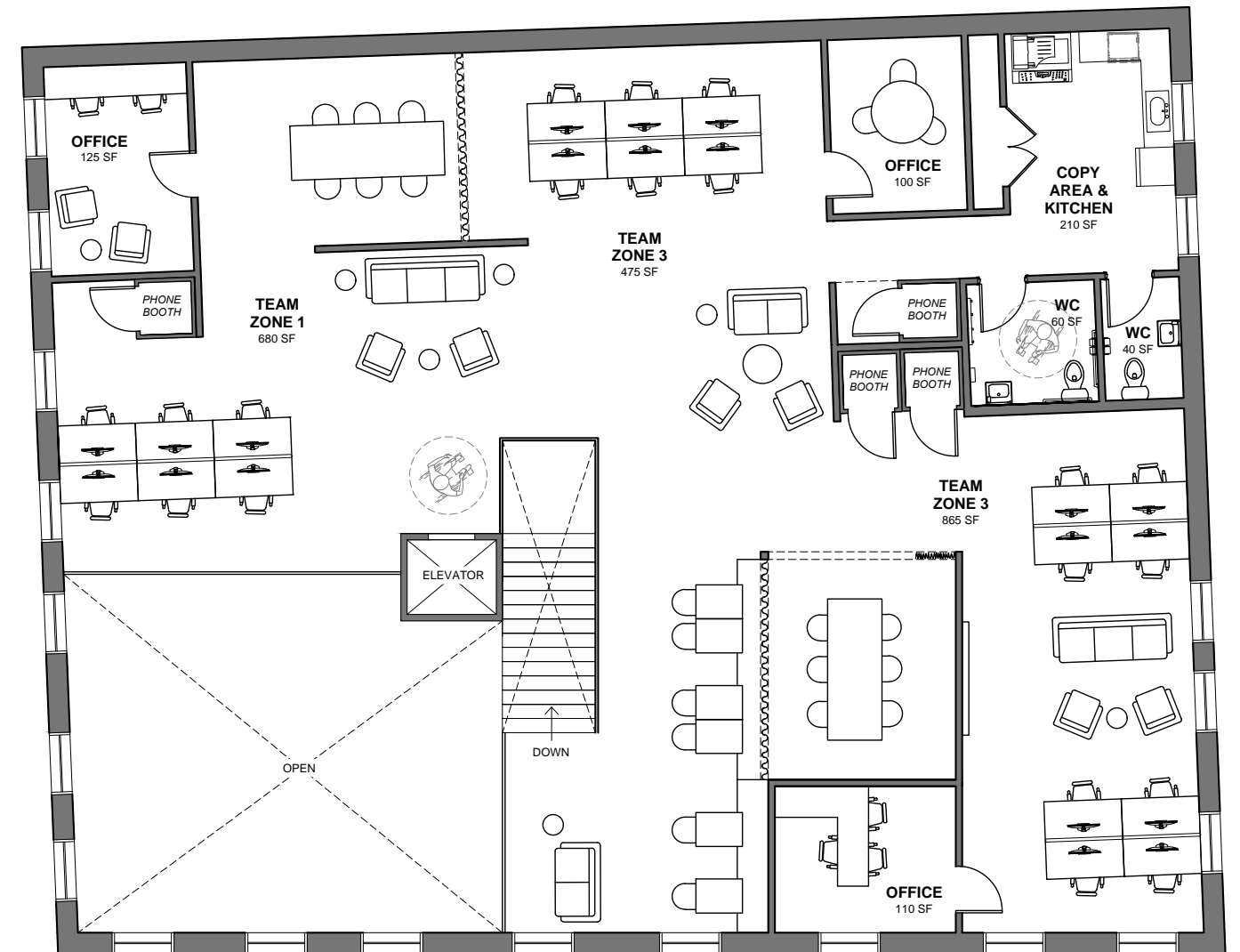
Building D

FLOOR PLAN



Building D

FLOOR PLAN



Story Board

FINAL THESIS PRESENTATION

36X76

Location & Program

Site Diagram

Site Plans

96X24

Building A

Building B

Building C

Building D

36X76

Living Unit

Coffee Shop

Sleeping Space

Restaurant & Bar



Verbal Presentation

FINAL THESIS PRESENTATION

HOW IT STARTED

The idea for this project came as a reaction to the pandemic. When the pandemic started, many companies that had always worked in-person had to quickly adapt to a fully remote work model. This gave many people a level of flexibility they had never experienced before in the workplace before, and many companies are trying to retain much of that flexibility moving forward as we return to a 'new normal' to keep their employees happy.

In the last few years, there has been a dramatic increase in the amount of remote workers, hybrid workers and digital nomads, who can work from anywhere as a response to the pandemic. People are valuing flexibility more than ever.

The ability to work from anywhere opens a lot of new doors, and my thesis concept was inspired by the possibilities that come from this idea that we can work from anywhere.

Something that was lost for many during the pandemic was the concept of work-life balance. When you're working from home, you're also living in your office. Work and life are centralized to the same place. One of my goals in my program was to decentralize work and life to help establish work life balance in a remote work model. This project started as a look into the future of the workplace but it has evolved into a project about the future of how we live and work

THE PROGRAM

The program for my project is essentially a community within a community meant for remote workers, digital nomads, and locals. It is made up of 4 adjacent buildings – the first level of all of the buildings is open to the public. There's a coffee shop, a bar / restaurant, a coworking space, and a board game café that's connected to a laundromat. The upper levels of two of the buildings are coliving units that are made for groups of friends or colleagues. For the most part, each floor is it's own 'unit', and there's a shared rooftop deck on each one with a view of the Portland coast.

WHY PORTLAND?

Maine has an aging population and as a state they are trying to incentivize young people to move and work there. In 2018, they initiated a Tax Incentive for millennials and Gen-Zers to move there. If you live in Maine and you graduated college after 2008, the money you spend toward paying your student loan debt each year is subtracted from your state income taxes, up to \$400 a month which is honestly pretty tempting after this grad program. Portland has a great mix of city and nature with things to do in all seasons with it being on the coast and near the mountains. There's a growing art, cultural and culinary scenes and the whole city is walkable and bike friendly

PICKING A SITE

I knew I wanted to be in the Old Port neighborhood where all of the historic buildings are, and I wanted a site that had outdoor access since that's a rare commodity in that area, which helped me narrow it down. My fiancé and I went up a few months ago to survey the buildings - it was great to meet all of the shop owners and hear about the history of the buildings. One of the buildings I'm using used to be a toy factory in the 1920's, another was a copper smith shop. All of the buildings were built between 1874 and 1920 – and I found some historic photos of them in the 1924 tax records which was interesting to see

WHO IS THE TARGET DEMOGRAPHIC?

I'm picturing this being for groups of 4-10 friends who can work remotely for a month or so and want to explore a new city together. Or for remote companies or small businesses to use for their work retreats. It'd be a great way for prospective residents to really get to experience a city like a local before committing to moving there

SITE PLAN

Building A, B, C and D. This roads on either sides are big pedestrian roads but also have cars, the cobble stone street in the middle is shut down for just pedestrian use. I was picturing local artist markets and farmers markets happening here on the weekends. The footprint of the site is just under 22,000 SF. As you can see on the site map, there are a lot of artisan shops and restaurants in the area.

Verbal Presentation

FINAL THESIS PRESENTATION

BUILDING A

This is what I'm referring to as building A. It's 4 floors, about 9000 SF total, and I am turning the first level into a coffee shop and the upper levels as coliving units. There's actually a super cute coffee shop in the basement currently but they have no room for seating so I moved them upstairs to give them more space and allow it to be a place that people could work if they want to. I added on this little "greenhouse" addition by penetrating through two existing window openings to allow for more private seating, and there's built-in's with a free library. There's a range of seating types, booths in the front for 4 people, larger tables for 6 people and then private seating for working.

The coffee shop has a connection to the lobby of the coliving space that only the tenants would have access to. As you can see, the coliving units have their own private entry. There's a check in desk, PO boxes, and bike storage since every rental would include bike access. Guests can take the stairs or elevator to their unit.

For floors 3 and 4, the entire floor is one unit that you could have to yourselves. There are 5 bedrooms with European queen beds that can be separated into twins. There are two full bathrooms and a shared kitchen and living room. The second floor has two 2-bedroom units if you have a smaller group. All guests have access to the rooftop deck that has grills and fire pits. The building overall has 14 rooms and can accommodate up to 28 people.

BUILDING B

Building B is a two level building that I've split into multiple spaces. One is a board game café that's connected to a laundromat which would be a community amenity. Rather than having in-unit laundry, I chose to add a laundromat as a way to encourage guests to socialize and get out of their apartments. I included an automat too since it will be open 24/7. There's also a mezzanine.

The Market Street side of this building has the entry to the gym. The gym has standard workout equipment on the first floor and private saunas in the back. There is also a yoga studio upstairs. I was picturing both local yoga instructors but also visiting yoga instructors teaching here for a month or so while they're staying on site. There's also a little bodega tucked in between the two buildings which was originally built as storage for the shops there.

BUILDING C

Building C is 3 floors, about 7,000 SF and has a large outdoor lot. I turned the first level into a restaurant called Rosie's, which is actually a local restaurant that's currently down the street from here but with no outdoor space. When you walk in, the left hand side is all restaurant seating and the right hand side takes you to the bar and lounge. There are two roll up garage doors that connect the bar to the exterior courtyard, where there are fire pits and picnic tables with outdoor games. There's also a permanent food truck where I pictured there being rotating small businesses and guest chefs.

There are two upper levels of the building that are living units. Each floor is its own unit with 4 bedrooms and a capacity for up to 8 guests. This building also has a rooftop deck for the guests with grills and a view of the water.

BUILDING D

Building D is the largest building, it's 3 floors and 11,500 SF. The current entry is on Exchange Street, but I relocated it to the pedestrian street here to create more of a community feel on the street. I also added skylights to pour daylight into the space. The coworking space is for locals and guests, and was designed with small businesses in mind. There are 41 desks and offices, and the floor plan is laid out so that small businesses could rent a 'zone' if they wanted to, with an office that opens to open work stations and their own conference area. There's also a podcast booth and a photography studio for product shoots.

The second floor has a large flex space that is expandable for large lecture meetings. There's a track system with folding fabric walls that allow you to open and close off the space as needed. There is also a café on this level with a kitchen that connects to the flex space, so if there's an event that needs catering, there is easy access to the kitchen. The third level has 3 more team zones and that same folding fabric door system that you can see in the renderings.

CONCLUSION

So overall, my goal is to really integrate these spaces with the existing community. The program gives local businesses the ability to provide opportunities for start ups and to allow people to experience Portland like a local. It also boosts Portland's economy and tourism revenue, while attracting potential young residents to the area. This model could be a way for digital nomads to actually grow roots somewhere. Thank you!

05 Appendix

Podium Presentation

Thesis Podium Event was hosted on November 29, 2022 at Drexel University. Attendees included graduate and undergraduate students, professors, industry professionals and thesis advisors.



Presentation Transcript

Hi I'm Lisa, and the title of my thesis is "Unprecedented Times: How the Covid-19 pandemic changed the future of work".

The inspiration for my thesis came from my group of my friends - last year during the pandemic, all of their jobs went remote so they rented a house together in Colorado and all worked there. I wasn't invited so I don't have a picture of the actual house but this is how I imagine it.

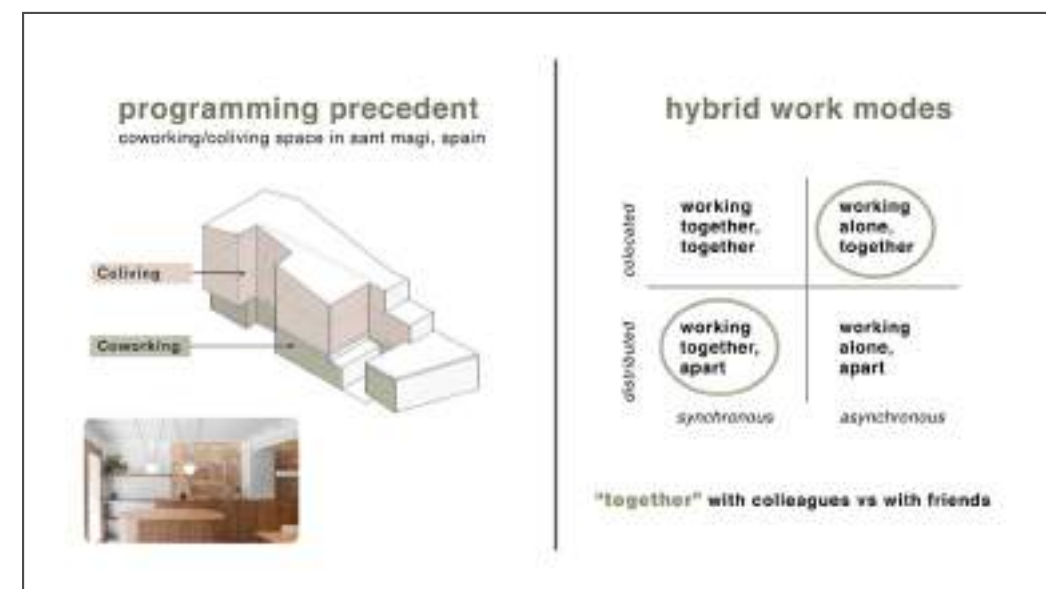
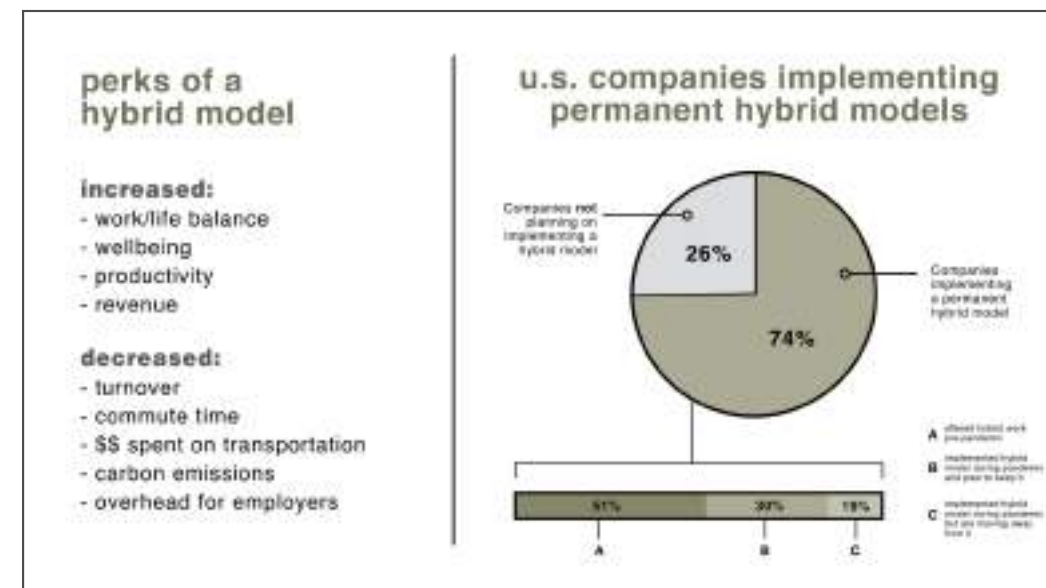
Gartner has been studying the relationship between employee engagement and wellbeing since the recession in 2008. Since then, the relationship of engagement & wellbeing has been reciprocal - meaning when one increases, so does the other. This reciprocal relationship is what prevents burnout. However, during the pandemic, for the first time since they've been studying it, this relationship split. This split caused record breaking burnout rates, which is what caused over 4.5 million Americans to willingly quit their jobs in one month alone last year.



The CEO of Kayak recently said "Companies used to compete for talent on the basis of how awesome our offices were to work in. Now we compete on a totally different dimension, which is flexibility". In a recent survey, 54% of employees said they'd leave their current job for a position that paid less but had more flexibility, which is an interesting indication of where workplace values are heading.

A hybrid workplace model mixes in-office and remote work. It increases flexibility, work-life balance, wellbeing, and productivity. The hybrid model also decreases turnover rates, commute time and gas money, carbon emissions, and overhead for employers. On average, remote workers save 5k per year and employers save 11k per year per employee. Currently, 74% of US companies are offering hybrid model. Only about half of those companies offered one pre-pandemic.

Before the pandemic, there were only two primary work modes: colocated, meaning in-office, and distributed, meaning remote. Now, four work modes are recognized. Beyond just considering where we work, companies are now considering how we work. Working alone together and working together apart are two work models I want to focus on in my thesis programming. I was inspired by a precedent study of space in Spain shown on the left. I'm looking forward to using what we've learned about how we work to inform the design of a coworking and coliving space that reacts to the changing role of work in our lives.



Design Probe: Atmosphere & Materiality

Completed November 21, 2022

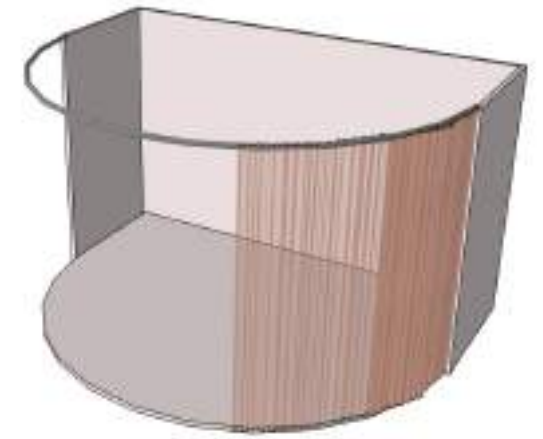


Design Probe: Scale

Completed November 14, 2022

Object Study

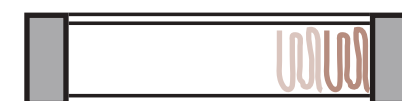
Two of the most prominent needs in working spaces are flexibility and privacy. Work spaces need to be adaptable to our ever-changing needs. In this partition study, I am using fabric and opacity as a solution to these two problems. This glazing system is composed of two curtain tracks: one opaque and one translucent. This allows occupants to choose between full transparency, medium privacy, and maximum privacy. Maximum privacy would be helpful for private meetings, or to maximize focus and minimize distraction.



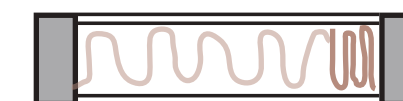
Potential Application



Full Transparency



Medium Privacy



Maximum Privacy

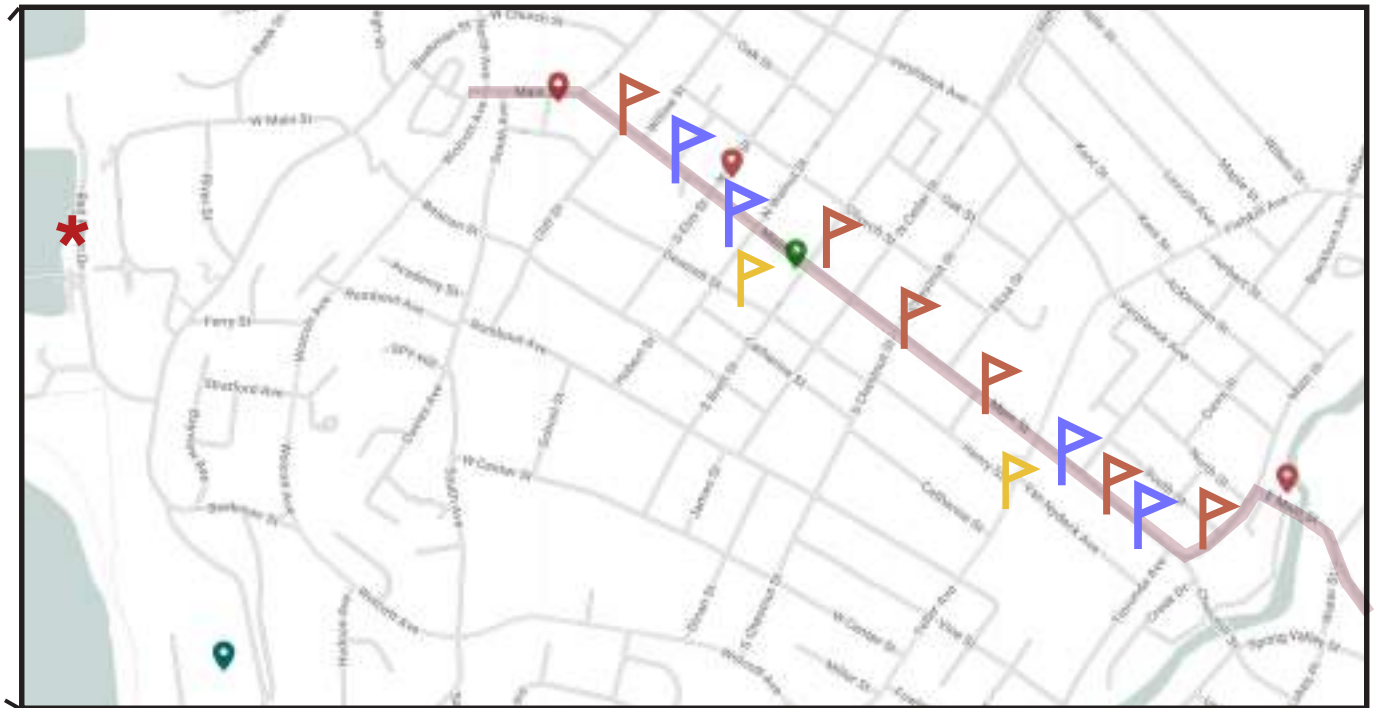
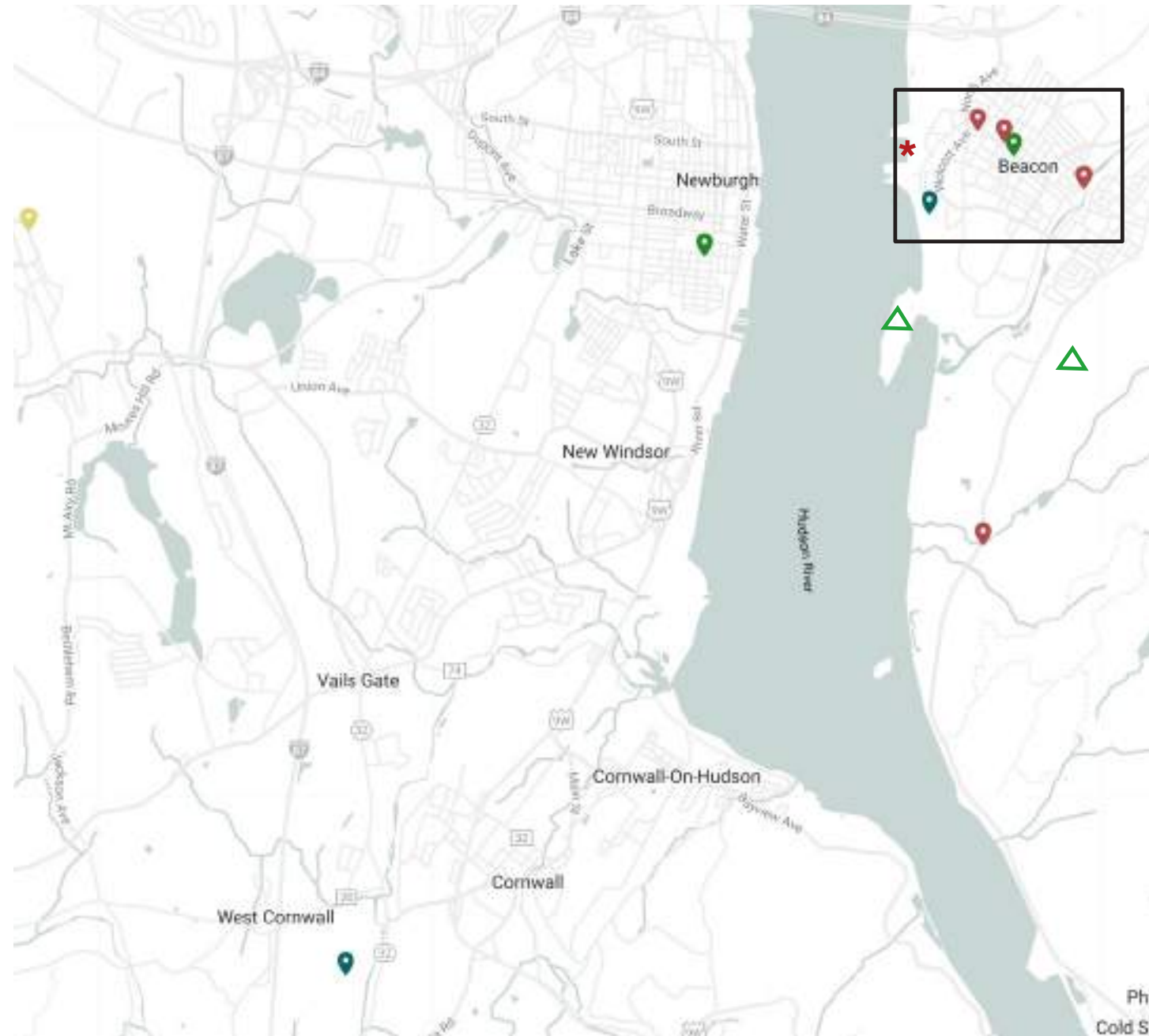


Design Probe: Scale







Completed November 14, 2022

Beacon, New York: Potential Thesis Site

Selected Attractions

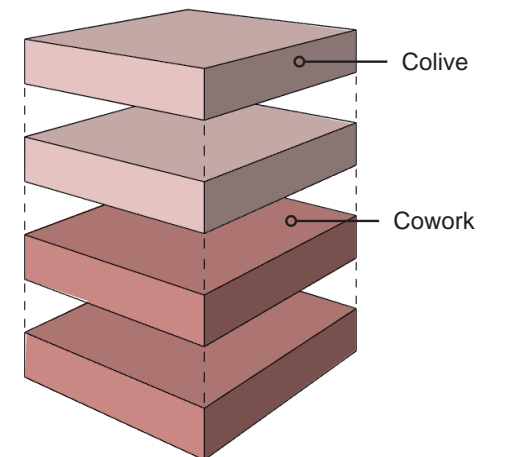


-  Main Street
Represents 1 mile
-  Beacon Train Station
-  Represents 5 restaurants
-  Represents 5 local shops
-  Represents 5 grocery stores
-  Beahive Coworking Space
1,500 SF
-  Lodging
The Roundhouse Hotel,
The Dutchess Inn & Spa,
Beacon Bed & Breakfast
-  Dia:Beacon

-  Airport
Newburgh Airport
-  Art Museums
Dia:Beacon, Storm King
-  Hiking
Hudson Highlands State Park
and Mount Beacon Park
-  Lodging
Hotels and B&B's
-  Coworking Spaces
Beahive
-  Train Station
55 miles from NYC
30 miles from Danbury, CT

Necessary Criteria for Site Selection

- Accessible from public transit from NYC
- Walkable to local restaurants and shops
- Natural Light
- Heritage building with character
- Multi-story (for separation of coworking and coliving)
- Large size (current coworking spaces are only 1,500 SF)
- Proximity to grocery stores
- Proximity to art museums
- Proximity to hiking & nature



The End

If you've read this far, thank you for taking the time to follow along the journey of my thesis project! It has been a challenging and rewarding project and I am really proud of how it turned out. I never would have been able to do it without my fiancé Andrew, my dog Rusty, my parents, my friends, my professors William Mangold & Sarah Lippmann, my advisor Sequoyah Hunter-Cuyjet, and of course, my local wine store.