



MEĐUNARODNA RADIONICA STUDENATA KRAJOBRAZNE ARHITEKTURE
INTERNATIONAL LANDSCAPE ARCHITECTURE STUDENT WORKSHOP



Design & Build - RAB 2013

HRVATSKA / CROATIA





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MEĐUNARODNA RADIONICA STUDENATA KRAJOBRAZNE ARHITEKTURE
INTERNATIONAL LANDSCAPE ARCHITECTURE STUDENT WORKSHOP



University of Washington
College of Built Environment
Department of Landscape Architecture



Sveučilište u Zagrebu
Agronomski fakultet
Studij krajobrazna arhitektura



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RIJEČ UREDNIKA

Ova knjižica sadrži rezime Međunarodne studentske radionice krajobrazne arhitekture Design & Build održane pod vodstvom profesora Daniela Winterbottoma od 24.8. do 22.9.2013. godine u Psihijatrijskoj bolnici Rab, na kojoj su uz studente iz Seattle-a sudjelovali i studenti i nastavnici Studija krajobrazna arhitektura Agronomskog fakulteta Sveučilišta u Zagrebu.

Vjerujemo da je ovo tek početak jedne dugoročnije suradnje dva Studija, Fakulteta i Sveučilišta koja ima potencijala da u budućnosti uključi i druge aktere – srodne domaće studije, ali i one iz Europe i svijeta.

Uz uvodnu riječ profesora Winterbottoma koji govori o specifičnosti ovog oblika edukacije, knjižica sadrži i povijesni pregled razvoja Psihijatrijske bolnice Rab, uključivo značaj radionice za Bolnicu iz pera Ravnateljice doc.dr.sc. Vesne Šendula-Jengiđ, kao i slikovni i tekstualni materijal s detaljnim podacima o uspješno okončanoj Radionici krajobrazne arhitekture Rab 2013., zajednički rad studenata i nastavnika Studija krajobrazna arhitektura iz Zagreba.

Koristimo priliku da se posebno zahvalimo profesoru Winterbottomu za nesebičnu brigu i vođenje naših studenata na radionici, kao i za sve poticajne ideje o budućoj suradnji.

Također želimo zahvaliti krajobraznom arhitektu Luki Jelušiću koji je imao ključnu ulogu u uspostavljanju suradnje našeg studija s profesorom Winterbottomom, kao i u organizaciji i provedbi cijelog projekta.

Nadamo se da će i ovaj prikaz doprinjeti jačanju svijesti o potrebi i korisnosti ovog tipa suradnje i ovog tipa edukacije s praktičnim „hands-on“ iskustvom za studente – buduće profesionalce, ali i za razvoj Studija i Fakulteta i njihovu međunarodnu prepoznatljivost te da će u konačnosti rezultirati integriranjem ove nastave u redoviti Studij krajobrazne arhitekture na Sveučilištu u Zagrebu.

U Zagrebu, kolovoz 2014.

prof.art. Stanko Stergaršek, ovl.arh.
dr.sc. Iva Rechner Dika, ovl.kraj.arh.

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A WORD FROM THE EDITOR

The booklet contains a summary of the International landscape architecture student workshop Design & Build held under the leadership of Professor Daniel Winterbottom from August 24th to September 22nd, 2013 in the Psychiatric Hospital Rab, where students from Seattle participated alongside students and teachers from School of Landscape Architecture Faculty of Agriculture University of Zagreb.

We believe this is just the beginning of long-term cooperation between the two Schools, Faculties, Universities which has the potential to in the future include other participants – of similar studies in Croatia, as well from Europe and the world.

Along with an introduction by professor Winterbottom which speaks to the specifics of this type of education the booklet also contains a historical summary of the development of the Rab Psychiatric Hospital, including the significance of this program for the Hospital, written by the hospital director, assistant professor Vesna Šendula-Jengiđ, PhD, as well as visual and textual material with detailed information on the success of the 2013 Rab Landscape Architecture Program, joint work of students and teachers of the School of Landscape Architecture in Zagreb.

We take this opportunity to especially thank professor Winterbottom for his selfless care in leading our students in this program, as well as for all the inspiring ideas for future collaboration.

We would also like to thank Luka Jelušić, a landscape architect, who had a pivotal role in establishing a collaboration between our school and professor Winterbottom, as well as in organization and carrying out of the whole project

We hope that this overview will contribute to strengthening the awareness of the need and usefulness of this type of collaboration and this type of education with practical „hands-on“ experience for students – future professionals, but also for the development of the School and Faculty and their international exposure. Furthermore, that it will ultimately result in integrating this learning into the regular courses at the School of Landscape Architecture at the University of Zagreb.

Zagreb, August 2014.

prof.art. Stanko Stergaršek, Architect
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PREDGOVOR VODITELJA RADIONICE

Moja vizija Međunarodnog programa krajobrazne arhitekture Design/Build na Sveučilištu u Washingtonu je kod studenata istovremeno razvijati izvrsnost u projektiranju kao i svijest o potrebi da budu angažirani i suosjećajni građani svijeta. U našoj suradnji s Psihijatrijskom bolnicom Rab i Sveučilištem u Zagrebu, pronašli smo rijetku i značajnu priliku za ostvarenje te vizije. Radeći zajedno preobrazili smo dio nedovoljno korištenog prostora bolnice u vrt koji podupire proces oporavka i nudi djelatnicima i pacijentima mogućnost bijega u prirodu i rasterećenja od stresa. Nadamo se da će ovaj projekt biti inspiracija i drugima koji će ga prepoznati kao ponovljivi model terapijskog vrta ostvariv u kontekstu vrijedne među-kulturalne razmjene.

Vjerujemo da svi, bez obzira na svoj socijalni položaj ili zdravstveno stanje, zaslužuju pristup zdravom, njegovanom okolišu koji će poboljšati i podržati njihov osjećaj poštovanja i blagostanja. U često zanemarivanoj zajednici duševnih oboljelih od PTSP-a, ovisnosti, depresije, šizofrenije i demencije, Psihijatrijska bolnica Rab stoji kao uzor brižnosti i suosjećanja. Ustanova se razvija pod vodstvom dr. Vesne Šendula-Jengiđ, potičući uključivanje vanjskog okoliša u postupak liječenja i istovremeno ohrabrujući pacijente na razmišljanje o budućnosti, kao i na sudjelovanje u terapijama i aktivnostima. Ovaj vrt, kao i prvi završen u jesen 2012. i slijedeći koji će se tek izgraditi u 2014., dijelovi su vrta obuhvaćenog master planom za cjeloviti terapijski kampus koji će zadovoljavati raznolikost fizičkih, psiholoških i duhovnih potreba pacijenata i djelatnika. Zahvalni smo što smo dio ovog zajedničkog nastojanja.

Iskustveni model design/build iznimno je vrijedan u podučavanju i učenju krajobrazne arhitekture. Na našem Sveučilištu učinili smo ga glavnim, najvažnijim dijelom programa, jer učvršćuje i proširuje sva znanja prezentirana na predavanjima i projektantskim vježbama. Integriranjem umjeća građenja u umjetnost oblikovanja, studenti postaju učinkovitiji, kreativniji i fleksibilniji projektanti. S većom jasnoćom vide što je ostvarivo poznavajući ograničenja i mogućnosti svojstvene korištenim materijalima. Studenti također iskuse svoj kapacitet za timski rad, za preuzimanje različitih uloga, uključujući one vodeće. U idealnom slučaju, oblikovanje je objedinjavanje različitih gledišta i mnogih stručnih znanja kroz suradnju, a naši studenti su to i sami iskusili na Rabu radeći zajedno s pacijentima volonterima i majstorima građenja kamenom.

Naglasak u našem programu je na participativnom pristupu oblikovanju. Od početka procesa oblikovanja i tijekom cijelog izvođenja nastojimo razumjeti i biti odgovorni prema našim klijentima, s time da je naš cilj ovdje na Rabu, pružiti pacijentima i djelatnicima adaptibilan prostor, oblikovan i prilagodljiv njihovim željama i potrebama. Studenti su se vježbali i umijeću slušanja drugih mišljenja bez predrasuda, te unaprijeđivali svoje komunikacijske vještine. Brojni kontakti s pacijentima i djelatnicima tijekom svih faza projekta dodatno su ih senzibilizirali da prepoznaju i podrže potrebe korisnika. Za vrijeme

PREFACE BY THE WORKSHOP LEADER

My vision for the University of Washington Landscape Architecture International Design/Build program is to see students both excel as designers and rise in the profession as aware, engaged and compassionate citizens of the world. In our partnerships with the Rab Psychiatric Hospital and the University of Zagreb, we found a rare and meaningful opportunity to realize this vision. Working together we transformed an underused space at the hospital into a garden that supports those in recovery and offers staff and patients escape into nature and relief from stress. We hope others will be inspired by this project and recognize it as a replicable model of a therapeutic garden achieved in the context of valuable cross-cultural exchange.

We believe that every one, regardless of their social standing or state of health, deserves access to a healthy, nurturing environment that will improve and sustain their sense of respect and well-being. In the often overlooked community of mental illness, PTSD, addiction, depression, schizophrenia, and dementia, the Rab Psychiatric Hospital stands as a beacon of care and compassion. The facility is evolving under the direction of Dr. Vesna Šendula-Jengiđ who is incorporating the outdoor environment into treatment protocol while engaging patients in forward thinking and effective therapies and activities. This garden, another completed in fall 2012, and one to be completed in 2014 are the garden components of a master plan for a comprehensive therapeutic campus that will support a multiplicity of physical, psychological and spiritual needs of patients and staff. We are grateful to take part in this collaborative effort.

The experiential model of design/build holds huge benefits for the teaching and learning of landscape architecture. At our University, we have made it the core of our program, as it solidifies and expands all the knowledge presented in lectures and studios. By integrating the art of building into the art of design, students become more effective, imaginative and flexible designers. They see with greater clarity what is feasible knowing the limits, and possibilities inherent in manipulating materials. They experience their capacity to work as a team, to take on different roles, including leadership ones. Ideally, design is a collaborative merging of different points of view and the expertise of many, and our students witnessed this first hand at Rab as they worked alongside both patient volunteers and master stone builders.

Our program also emphasizes a participatory process of design. We invest effort from the beginning of the design and throughout the building to understand and be responsive to our clients, our goal here being to give the Rab patients and staff a transformative space, tailored and adaptable to their needs and purposes. Students practiced the art of listening with an open mind and improved their essential communication skills. The many points of contact for the students with the patients and staff throughout the layers of the project made them more supportive of users needs. In the field as the students were selecting colors for

odabira boja za građene elemente u otvorenom prostoru, okupacijski terapeut pomogao je studentima da bolje shvate kako ih pacijenti doživljavaju. Tako su otkrili uravnoteženu paletu sekundarnih boja, dovoljno živahnih da budu privlačne pacijentima, a istovremeno i dovoljno prigušenih da ublaže bilo kakvu uznemirenost. Kad dizajneri surađuju i komuniciraju otvoreni prema novim idejama i fleksibilni prema promjenama, obično se pronađu prikladnija oblikovna rješenja.

Ovim projektom, isto tako, otvara se novi put suradnje između američkih i hrvatskih sveučilišta, Sveučilišta u Washingtonu i Sveučilišta u Zagrebu. Na terenu, u drugarstvu zajedničkog građenja, studenti su razmijenili vlastita iskustva i priče. Bilo je zanimljivo naučiti o nekim sličnostima i razlikama naših studijskih programa i profesionalne prakse. Naši studenti su imali jedinstvenu priliku iskusiti tradicionalne hrvatske načine građenja i zanate. Među-kulturalna razmjena proširila se i na interakciju s pacijentima na samoj lokaciji. Za sveučilišne studente, javna psihijatrijska bolnica često je nevidljiva cjelina, zato iskusiti empatiju s naporima pacijenata koje smo upoznali, predstavljalo je potpuno novo iskustvo. Zauzvrat, činilo se kako su i pacijenti nalazili dodirne točke s nama. Tako se pacijentica koja tečno govori španjolski jezik oduševila upoznavši studenticu meksičko-američkog porijekla s kojom je mogla dijeliti svoju ljubav prema jeziku.

Naši napori odmah su vrednovani od pacijenata korištenjem vrta još tijekom izgradnje. Njihovo smireno prisustvo potvrđuje uspjeh projekta, ali i podsjeća studente da i kad se čini da je završetak vrta pri samom kraju, zapravo je on tek na početku. Projekt u Psihijatrijskoj bolnici Rab je ponovljivi model. U svijetu koji se sužuje i približava, podučavanje krajobrazne arhitekture će sve više postajati među-kulturalno i međunarodno. Nadamo se da će ova publikacija inspirirati i druge da stvaraju kulturno raznolike, „hands on“, socijalno osviještene projekte u edukaciji i zdravstvu kako bi služili što većem broju zajednica.

Daniel Winterbottom
Profesor, Krajobrazna arhitektura
Vanjski profesor, Arhitektura

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the built elements, an occupational therapist helped them to understand the patients experience of color. They discovered a balanced pallet of secondary colors, vibrant enough to appeal to the patients and muted enough to soothe any agitation. When designers collaborate and communicate with openness to new ideas and flexibility to changes, more appropriate design solutions are usually found.

This project also breaks new ground in the collaboration between American and Croatian Universities, the University of Washington and University of Zagreb. On the site, in the camaraderie of building together the students exchanged personal memories and stories. It was interesting to learn some of the similarities and differences of our programs and professional practices. Our students had the unique opportunity to work in the traditional building and craft of Croatia. The cross-cultural exchange extended to interactions with patients on the job site. For university students, a public psychiatric hospital is often an invisible entity, and it was a new experience to find empathy with the struggles of the patients we met. The patients in turn seemed to find common ground with us. A patient fluent in Spanish was delighted to find a Mexican-American student with whom to share her love of the language.

It immediately validates our efforts to see patients use the garden during the construction phase. Their peaceful presence proves the success of the project and also reminds the students that while the garden's completion may seem to be at the end, it is actually the beginning. The Rab Psychiatric Hospital project is a replicable model. The teaching of landscape architecture will become increasingly cross-cultural and international in a shrinking world. We hope this publication will inspire others to create culturally diverse, hands-on, socially conscious education and health care projects and to serve a wider number of communities.

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PREDGOVOR RAVNATELJICE PSIHIJATRIJSKE BOLNICE RAB

Drago mi je svjedočiti jednoj lijepoj priči koja je počela prije nekoliko godina kao slučajna informacija koju je prosljedila krajobrazna arhitektica gđa. Bia Gec. Spomenuta je mogućnost dolaska studijske grupe iz SAD-a na čelu s profesorom Winterbottomom i rad na, za ovo područje, sasvim novom projektu.

Vrijeme za odluku je bilo kratko, sredstva za realizaciju tek u naznakama. Prof. Daniel Winterbottom, ing. Carlos Camara i ing. Luka Jelušić su bili malo poznata imena našoj struci.

A kako ništa na svijetu nije slučajno, dužna sam čitateljima ovog teksta, ispričati povijest Psihijatrijske bolnice Rab, jer je nedjeljivo vezana uz socijalni, stručni znanstveni, ali i politički trenutak i važna je spona s ovim vrijednim projektom.

Na ovom mjestu prije 71 godinu na ledini, niknule su kamene zgrade - nastavak koncentracijskog logora koji je bio nešto dalje u drvenim barakama. Na sreću 1943.g. dogodila se kapitulacija Italije i završetak rata, a lijepe kamene zgrade ostale su nedovršene i nisu dobile svoje tužne stanovnike.

Ideja da se upravo u tom prostoru otvori duševna bolnica imala je niz značajnih poruka za to vrijeme, od slanja duševnih bolesnika u vrlo loše životne uvjete, daleko od obitelji i bližnjih, do zapošljavanja priučenog osoblja. Međutim, Bolnicu čine ljudi, kako zaposleni tako i bolesnici, i ona je sa svojim prvim stanovnicima ipak zaživjela. Polako se počela uređivati infrastruktura, posađeni su prvi borovi, od mještana se otkupljivala zemlja, okolne livade privodile su se kulturi. Možda je to bio začetak onoga što danas zovemo terapijskim vrtlaranjem: uzgajan je krumpir i povrće za potrebe bolesnika, a dio se, prema pričanju, i prodavao.

Dvije godine nakon osnutka bolnice u polju je sagrađena jedna kućica - električna centrala, a kad za centralu više nije bilo potrebe, u njoj je stanovao jedan bolesnik. Novac za prenamjenu je ustupila njegova obitelj. Stariji djelatnici koji su ga poznavali kazuju da je imao puno smisla za uzgoj cvijeća, posebno ruža koje je uzgajao, pričao s njima, ljutio se ako bi ih netko trgao...

80-tih godina bolnička ekonomija je dobila drugu namjenu, posađena stabla su već nadvisila zgrade stvarajući hlad, nježnije bilje teško je podnosilo kisele borove iglice, duga toplu ljeta s premalo kiše i sol zimi učinile su okoliš neurednim.

90-te godine su bile godine rata: velika fluktuacija kadra, otežan rad i rezignacija onih na liječenju, ali i zaposlenih, činile su ukupni dojam prostora otužnim.

U novom mileniju, 2002. g., pozvali smo ustanovu koja se bavi hortikulturnim uređenjem iz Krka i oni prvi put dizajniraju dio parka oko upravne zgrade i između zgrada. Nije bilo novaca niti za dio predviđenih kultura, ali smo nastojali slijediti upute, sadili smo kako i koliko smo mogli, svjesni da zbog tih aktivnosti u posvemašnjem manjku sredstava možemo biti prozivani, što se naravno i dogodilo!

PREFACE BY PSYCHIATRIC HOSPITAL RAB DIRECTOR

I am happy to be witness to a wonderful story that started several years ago as a piece of casual information that was passed on by the landscape architect Ms. Bia Gec. The possibility of hosting a student group from the USA lead by professor Winterbottom and working on a completely new project in this area.

There was little time for a decision and only a hint of the resources necessary for realization. Prof. Daniel Winterbottom, eng. Carlos Camara and eng. Luka Jelušić were not well known to us in our field at that time.

Since nothing in the world is a coincidence, I am obliged to inform the readers of the text, of the history of the Psychiatric Hospital Rab, as it is inseparably connected to the social, professionally scientific and also political moment as well as being an important tie to this valuable project.

71 years ago on a meadow in this spot stone buildings popped up – an expansion of the concentration camp that was a little farther away in wooden barracks. Fortunately in 1943 Italy capitulated and the war ended. The beautiful stone buildings remained unfinished and did not receive any sad tenants.

The idea to use the space to open a mental hospital had a series of significant messages for the time, from sending mental patients to poor living conditions, far from family and loved ones, to employing trained staff. However, the Hospital is the people, the employees as well as the patients, and already with its first tenants it came to life. Slowly the infrastructure was improved, the first pine trees were planted, land was bought from the locals, the surrounding meadows were cultivated. Maybe it was the beginning of what we now call therapeutic gardening: potatoes and vegetables were grown for the needs of the patients and some of it, according to the stories, was even sold.

Two years after the founding of the hospital a small house was built in the field – an electrical power station, and when the power station was no longer needed, a patient lived in it. The resources for the adaptation were donated by the family of the patient. The older employees who knew him say that he had a sense for gardening, especially roses which he grew, which he talked to and got upset if someone picked them...

In the 80's the hospital economics received a new purpose, the trees that had been planted had grown higher than the building creating shade, the gentler plants had a hard time with the acidic pine needles and the long summers with not enough rain and with salt in the winter made the surroundings looking sad.

The 90's were the war years: a large fluctuation in staff, difficult work and resignation of those being treated as well as the employees, gave the impression of a very sad space.

In the new millenium, 2002 we called upon an institution from Krk that dealt in horticultural work and for the first time ever they designed part of the park around the administrative building and in between buildings. There weren't enough resources available even for part

2003. g. dolazi ing. Peran Željko, savjetnik za poljoprivredu i savjetuje sječu borova koji svojom visinom i plitkim korijenom te širokim krošnjama prijete zgradama. Poslušali smo ga samo djelomično jer borovi su ipak sakrivali velike zgrade koje nisu bile u reprezentativnom stanju, a stvarali su i malo intime i hlada.

Radne akcije, sadnice, rasadi cvijeća, radne grupe pacijenata i par radnih terapeuta polako su dovodile bolnički park u red, a 2007. godine zasadili smo i lavandu koja, uz ostalo, postaje naš brend.

2005. godine, prvi put u povijesti bolnice, dobili smo bolničku vanjsku rasvjetu s kojom je naš već uređeni park noću dobio dodatni šarm. Dvije godine kasnije prvi put se navodnjava i bolnički park i lavandino polje. S ljepotom parka rasla je i naša svijest o lijepome kao i zadovoljstvo naših bolesnika.

U našu bolničku priču želimo dovesti i čovjeka, umjetnika, Maestra Ljubu Stipišića, čovjeka koji nije ovom otoku i nama poklonio samo note. Njegova razmišljanja o uređenju bolničkog parka bila su vizionarska. Danas on više nije među nama, ali bi ga sigurno veselila ova priča. I zato mi je posebno drago da ovaj današnji projekt ima i povijest koju smo mi pisali intuitivno, s puno želje i premalim znanjima. Svaka novost u našem vrtu, sve postavljene kućice za ptice, žardinjere, asfaltirani puteljci, odmor su za oči i pružaju ugodu.

Bia Gec nas je preporučila profesoru Winterbottomu sa Sveučilišta u Seattleu i nakon Skype upoznavanja bilo je jasno da moramo naći sredstva, organizirati vrijeme i ljude, jer se projekt činio velik, jedinstven i koristan. Kampor je malo mjesto na otoku Rabu ruralnog obilježja. Seattle ima 1,5 mil. stanovnika. Tada nismo imali dormitorij, na Rabu nema hostela ni povoljnije mogućnosti prehrane izvan sezone. Prijevoz za nekoga tko nema osobni auto sveden je na rijetki autobusni prijevoz, bežični internet je bio prije privilegija nego praksa. Ali, sve to nije bila zapreka.

Susret je bio od početka dirljiv. Studenti, te prve 2012. godine, njih petnaestak iz svih krajeva svijeta, neki prvi put u okruženju zdravstvene ustanove i to psihijatrijske bolnice, u tišini su obilazili prostor i potom došli sa skicama mjesta gdje se najviše zadržavaju bolesnici i pitanjima da li bi na tim mjestima mogli napraviti nešto da bolesnicima bude ugodnije, da li tu može biti okruženje za osamu, druženja ili neke terapije?

Početno, zauzeti svakodnevicom na odjelima, začudili smo se takvom pristupu i kao da su pacijenti prije nas prepoznali goste i sami se upustili u razgovor, čak i davali svoje prijedloge... Trebali smo pričati i o nama, vještinama, zahtjevima i algoritmima struke, dopuštenom, poželjnom i zabranjenom iz sigurnosnih razloga.

Blagi mudri profesor Winterbottom na naša pitanja, neznanja, lutanja i promišljanja odgovarao bi žmirkajući očima i s osmijehom, uvijek ostavljajući nužan prostor za nešto bolje i kreativnije. Često bi tek usput, kao ohrabrenje za pojedine ideje, kazao „super“ ostavljajući studentima da sami razrade dalje. Projekt se nastavio razvijati i to u našoj Lavandinoj kući. Nakon par dana studenti i profesori predstavili su rješenja za bolje korištenje vanjskih površina. U početku s nevjericom da će ono što je skicirano biti i napravljeno,

of the predicted plants, but we tried to follow instructions, we planted what we could and how much we could, conscious that with the utter lack of funds we could be singled out, which is of course exactly what happened!

Engineer Peran Željko, counselor for agriculture came along in 2003 and recommended cutting down the pine trees which with their height, shallow roots and wide tree tops were a threat to the buildings. We listened to his advice partially because the pine trees also hid some of the large buildings that were in a poor state, creating some privacy and shade. Work drives, plants, flowers and patient work groups and a few occupational therapists slowly improved the hospital park and in 2007 we planted lavender which among other things has become our brand.

In 2005 for the first time in the history of the hospital we received outside lighting which gave our park additional charm during the night. Two years later the hospital park and lavender field were irrigated for the first time. With the beauty of the park our consciousness of beauty grew as did the pleasure of our patients.

We would like to bring into our hospital story, the artist Maestro Ljubo Stipišić, a man who did not gift this island and us only notes. His ideas on the organization of the hospital park were visionary. He is no longer with us today, but this story would surely make him happy. And that is why I am pleased that this project today has a history that was written intuitively, with a lot of wishes and not enough knowledge. Each novelty in our garden, all the birdhouses, the jardinières, the asphalted paths, are a sight for sore eyes.

Bia Gec recommended us to professor Winterbottom from the University in Seattle and after a Skype meeting it was clear that we had to find the resources, organize the time and the people, because the project seemed so large, so unique and so useful. Kampor is a small place on the island of Rab with rural features. Seattle has 1.5 million inhabitants. At the time we did not have dorms, there was no hostel on Rab nor any affordable possibility of meals during the off season. Transportation for someone without a car boiled down to infrequent public bus lines, wireless internet was more of a privilege than general practice. But all this was not an obstacle.

From the beginning the meeting was touching. The first students in 2012, some fifteen of them from all parts of the world, some for the first time in the a hospital surrounding, specifically a psychiatric hospital, toured the space quietly and came back with sketches of the place where the patients tend to spend time most, asking whether they could do something in those areas to make the patients more comfortable. Could this be a place for solitary time, for socializing, or for some type of therapy?

In the beginning, busy with our daily routines, we were surprised by such an approach and it was as if the patients recognized the guest before us and started having conversations, even giving suggestions. We also talked about skills, demands, the algorithms of the profession, what was allowed, desired and prohibited for security reasons.

The mild wise professor Winterbottom answered our questions, queries, distractions and

s oduševljenjem smo slušali izlaganja grupa studenata i ideje koje su u sebi sadržavale elemente suvremenosti, ali i drevnih istočnjačkih filozofija. Učili smo i rasli zajedno, na radost zaposlenih, bolesnika, njihovih bližnjih i naših gostiju-studenata koji su u naravi otkrivali lječidbenost okoliša kao čimbenika za duševni mir i ravnotežu.

Nakon odabira projekta, rad na izvedbi je započeo. Bilo je sve manje pitanja, materijal se nabavljao, vrijedne ruke su projekt oživotvorile. Ono što je danas manje vidljivo jeste zadovoljstvo i osmijeh na licima i u srcima onih koji su imali privilegiju biti partneri u ovom projektu, onima koji su se zatekli na liječenju, a bili su uključeni u možda jedan od najkreativnijih životnih projekata. Da je to moguće i kada se radi o bolesnicima, psihotraumaliziranim, postalo jasno kad su i neke od njihovih ideja partnerski uključene u projekt i izvedbu.

Rad naredne, 2013. godine, opisan u ovoj knjižici, činio se nakon tih početnih iskustava puno jednostavniji!

Zahvalna sam svim dosadašnjim sudionicima. Energija kreacije, znanja, mladosti, entuzijazma i ljubavi ostala je trajno u ovom prostoru. Naučili smo bolje slušati jedni druge, razmišljati o potrebama naših bližnjih, uvažavati se, koristiti vlastite osjećaje i misli da učinimo najbolje što možemo za one u potrebi, naučili smo da vrednote, humanost, umjetnost i dobrobit ne poznaju razlike u dobi, etničkoj pripadnosti, udaljenosti.

Socijalni dijalog između bolesnog i zdravog, boli i ljepote, i komunikacija divan su put ka ozdravljenju. Ravnoteža prirode utječe na duševnu ravnotežu, a onda ona vraća mir i ljepotu prirodi. Živimo u svijetu kada je, naravno, sve potrebno, uključujući brzinu i tehnologiju.. Ali iskonska, duboka energija prirode je ono što je odavno zapisano u našim genima.

Zato je ovaj projekt posebno vrijedan, kao proces usmjeren dobrobiti, kao mjesto susreta u kreaciji, kao oslobođenje od zatvorenog prostora „bolesnog“ i kao povratak prirodi i sebi. Terapijski vrt je snažna poruka bolesnima i zdravima i svima koji brinu o ljepoti i estetici našeg življenja i naše duše. U ovom susretu i na ovom projektu još jednom se potvrdila poznata teza:

“Trebamo stalno usuglašavati različita viđenja istine, sve do suglasja koje čini najbolje što znamo reći o prirodi i jedni o drugima.”

Horton, R. 2008

doc.dr.sc. Vesna Šendula Jengić
Ravnateljica Psihijatrijske bolnice Rab

thoughts by blinking his eyes and smiling, always leaving room for something better and more creative. He would often as encouragement to some ideas say „super“ letting the students proceed onward alone. The project continued to evolve in our Lavender house. After a few days the students and the professor offered suggestions for solutions to improve usage of the outside surfaces. In the beginning doubtful that what was sketched would be done, we listened to the presentations of the groups of students with enthusiasm. The ideas contained within them elements of modernity as well as ancient eastern philosophies. We learned and grew together, to the joy of the employees, the patients their loved ones and our student-guests who recognized the healing power of the environment as a factor in spiritual peace and balance.

After the selection of the project, the work on construction began. There were fewer and fewer questions, the material was procured, tireless hands brought the project to life. What is less visible today is the pleasure and smiles on the faces and in the hearts of those who had the privilege of being involved in the project, those that were in therapy, and were a part of one of the most creative life projects. That this is possible when we are dealing with patients, psychotraumatized, became clear when some of their ideas were included in the project and the implementation.

The work in 2013, which is described in this booklet, seemed much simpler in comparison to the beginning experiences!

I am grateful to all of the participants. The energy of creation, knowledge, youth, enthusiasm and love has forever remained in this space. We learned to listen to each other better, to think about the needs of those close to us, respect each other, use our emotions and thoughts to do what is best for those in need, we learned that values, humanity, art and well-being do not know differences in age, ethnicity or distance.

The social dialogue between the ill and the healthy, between pain and beauty and communication are a wonderful path to healing. The balance of nature affects spiritual balance and it brings peace and beauty back to nature. We live in a world where everything is necessary including speed and technology. But the iconic, deep energy of nature is that which is imprinted in our genes.

That is why this project is especially valuable, as a process directed towards well-being, as a place of meeting creation, as a release of the closed space of „ill“ and a return to nature and self. The therapy garden is a strong message to those who are both ill and healthy and to all who care for beauty and aesthetics of living and our soul. In this meeting and this project the well known quote has once again been confirmed:

“We need to constantly harmonize different views of the truth to the harmony that makes the best we can say about nature and each other.”

Horton, R. 2008

Assist.Prof. Vesna Šendula Jengić, MD, PhD
Director of Psychiatric Hospital Rab

**MEĐUNARODNA
RADIONICA
STUDENATA
KRAJOBRAZNE
ARHITEKTURE**

**INTERNATIONAL
LANDSCAPE
ARCHITECTURE
STUDENT
WORKSHOP**

Design&Build – RAB 2013

TKO? ŠTO? KAD? GDJE? ZAŠTO? KAKO?

Tko?

Profesor Daniel Winterbottom, Luka Jelušić, studenti iz Zagreba i Seattle, asistentica Iva Rechner Dika i profesor Stanko Stergaršek.

Što?

Studentska radionica krajobrazne arhitekture Design&Build.

Kad?

Ljeto 2013. (23. kolovoza - 22. rujna)

Gdje?

Psihijatrijska bolnica Rab, Kampor - Otok Rab, Hrvatska.

Zašto?

A zašto ne? :-)

Kako?

Kako, ah kako?!?

WHO? WHAT? WHEN? WHERE? WHY? HOW?

Who?

Professor Daniel Winterbottom, Luka Jelušić, students from Zagreb & Seattle, assistant Iva Rechner Dika & professor Stanko Stergaršek.

What?

Design&Build Landscape Architecture Student Workshop.

When?

Summer 2013 (August 23rd - September 22nd)

Where?

Psychiatric Hospital Rab, Kampor - Island of Rab, Croatia.

Why?

Why not? :-)

How?

How...? Well... how?!?

RADIONICA IZ PERSPEKTIVE SUDIONIKA...

KAKO SE KAMEN ZAKOTRLJAO

Ideja o sudjelovanju studenata Krajobrazne arhitekture iz Zagreba na radionici Design&Build potiče iz 2012. godine kada je prof. Daniel Winterbottom započeo suradnju s ravnateljicom Psihijatrijske bolnice Rab, doc.dr.sc. Vesnom Šendula-Jengiđ i krajobraznim arhitektom Lukom Jelušićem. Nakon predavanja prof. Winterbottom na Agronomskom fakultetu u Zagrebu o radionicama koje je izvodio diljem svijeta, kao i o predstojećoj na Rabu, uslijedio je otvoreni poziv za sudjelovanje, no vremena je bilo malo.

Od ideje do ostvarenja ipak je trebao proći period priprema i zatvaranja organizacijske i financijske konstrukcije. Nakon toga, kada su se stekli (skoro) svi preduvjeti, pred ljeto 2013., dr.sc. Iva Rechner Dika je studentima predložila uključivanje u novu, drugu radionicu krajobrazne arhitekture na Rabu. Dvije grupe po 8 studenata, svaka po 14 dana, ukupno njih 16 za radionicu u trajanju od 4 tjedna - biralo se između dva termina: 24.8.- 6.9. i 6.9.- 22.9. Grupe su formirane i avantura je mogla početi.

DESIGN

PRVI TJEDAN ... upoznavanje, projektiranje

IZAZOV JE POČEO 24.8.

Iz kišnog Zagreba u subotu 24.8., prva grupa od 7 studenata i apsolutica Srna Krtak kreće fakultetskim kombijem i stiže na sunčani Rab. U Kamporu se grupi pridružuje asistentica Iva Rechner Dika s osmim, posljednjim studentom iz prve grupe. Nakon smještaja u Villu Lavanda i šetnje kroz bolnički kompleks stiže i 7 američkih studenata na čelu s profesorom Danielom Winterbottomom i krajobraznim arhitektom Lukom Jelušićem (autorom idejnog rješenja krajobraznog uređenja prostora Bolnice). Upoznavanje, sastanak i već se dani, bližio se novi i to radni dan.

SUSRET KULTURA, KARAKTERA I OČEKIVANJA ... 25.8....

Nedjelja, 25.8. drugi dan radionice, započeo je s predavanjem osoblja bolnice. Studenti i profesori čuli su nešto o povijesti mjesta, o današnjem stanju, aktivnostima i sadržajima koje bolnica nudi svojim korisnicima, iskustvima u radu s pacijentima i sl. Petnaest studenata je podijeljeno u tri mješovite grupe sastavljene od hrvatskih i američkih studenata. Predstavljen je plan rada i ono što se očekuje kao finalni produkt oblikovne faze (idejno rješenje terapijskog vrta u mjerilu 1:100). Grupe su kombinirane i s obzirom na različitost struka (američki studenti su različitog prethodnog obrazovanja, a pokazalo se, i vrlo raznolike nacionalne i kulturne pripadnosti).

PARTICIPANTS VIEW OF THE WORKSHOP...

HOW THE STONE ROLLED

The idea of Zagreb's landscape architecture students participating in Design&Build workshop evolved in 2012. when prof. Daniel Winterbottom began his collaboration with the director of the Rab Psychiatric Hospital, Assist.Prof. Vesna Šendula Jengiđ, PhD and landscape architect Luka Jelušić for the first time. Professor Winterbottom gave a lecture to the students of the Zagreb Faculty of Agriculture on the workshops he had held around the world; following this, he invited the students to take part in the workshop, although the schedule was tight.

From the idea's inception to its realization a period of time had to pass in order to prepare the organizational and financing model. Once all those needs were (almost) satisfied, Iva Rechner Dika, PhD proposed to her students that they should participate in the new, second annual landscape architecture workshop on Rab. Two groups of 8 students, 14 days each, in total 16 students for a four week long workshop – students could choose between two terms: August 24th – September 6th and September 6th – September 22nd. The groups were formed and the adventure was set to begin.

DESIGN

FIRST WEEK ... familiarizing, designing

THE CHALLENGE STARTED August 24th

On a rainy Saturday morning, August 24th, the first group of 7 students and one senior undergraduate Srna Krtak left from Zagreb to sunny Rab in the Faculty's van. Assistant Iva Rechner Dika and the last student of the first group joined them in Kampor (Rab) the same day. By the time they had settled down at the 'Lavender house' and had a walk through the hospital complex, 7 American students came along with the lead professor Daniel Winterbottom and landscape architect Luka Jelušić (the designer of the hospital landscape design masterplan). By the time we had gotten to know each other and finished the meeting, it was already nearing dawn and the first day of work was about to begin.

THE MIX OF CULTURES, CHARACTERS AND EXPECTATIONS ... August 25th ...

Sunday, August 25th, the second day of the workshop started with a lecture of the hospital staff. The professors and students heard something about the history of the place, its current condition, the activities and services the hospital offers to its clients, experiences of working with the patients and the like.

15 students were divided into 3 mixed groups each consisting of Croatian and American students, and the work plan was presented, as well as the expectations of the final project of the design phase (therapeutic garden masterplan in 1:100 scale). Groups were combined with consideration given to the differences across the variety of students' disciplines

Proces oblikovanja se odvijao pod vodstvom profesora Winterbottoma i asistentata Rechner Dika i Jelušić koji su studentima cijelo vrijeme oblikovanja komentirali sve elemente projekta, davali smjernice, propitivali varijante, bodrili i tješili ih...

Osim nastavnika, studenti su se konzultirali s osobljem bolnice oko tehničkih i sigurnosnih aspekata na koje treba pripaziti pri oblikovanju, a specifični su za prostore koje koriste pacijenti bolnice. Mnogo korisnih informacija dobili su i u neformalnim razgovorima s pacijentima.

TRENUTAK ODLUKE, TKO ĆE POBIJEDITI? ... 28. & 29.8....

Finalna prezentacija održana je u srijedu, 28.8. u upravnoj zgradi bolnice gdje su sve tri grupe predstavljale svoje oblikovne koncepte, naravno, na engleskom jeziku:

1. Grupa - „**The Flow**“ predstavila je rješenje čija je filozofija bila inspirirana gibanjem mora: strukture za sjedenje i prostori za grupnu terapiju - drveni mol i brod kao ograđeni prostor za boravak, formirane su oko „mora“ raznobojnih trava koje lelujuju na vjetru.
2. Grupa - „**The Discovery Garden**“ fokusirala se na strukture i sadržaje vrta koji su u funkciji opuštanja i terapije pacijenata kroz glazbeni i likovni izričaj - u tu su svrhu razvili strukture poput spirale sa zvučnim cijevima i drugim instrumentima, aromatični vrt i sl.
3. Grupa - „**The Harmony Garden**“ svoje rješenje je temeljila na usklađenosti s postojećom prirodom te su s manjim promjenama u prostoru težili ravnoteži i prirodnosti kroz suhozidne strukture i refleksološku stazu.

Nakon vijećanja mentora i osoblja bolnice odlučeno je kako će se za oblikovnu osnovu vrta uzeti rješenje 3. grupe, a inovativne strukture i „morska“ filozofija 1. grupe primjenit će se za rješavanje prostora za opuštanje i terapiju pacijenata. Zbog kompleksnosti struktura i sadržaja 2. grupe, kao i kratkog vremena u kojem je projekt trebao biti završen, elementi njihovog rješenja ostavljeni su za razvijanje u nekim kasnijim fazama projekta.

IZ KOMPETICIJE U KOLABORACIJU ... 29.8....

U daljnjoj fazi radionice, oformljene su nove, manje grupe, kojima je bio zadatak spojiti sva tri rješenja i definirati precizno konačne elemente. Rad pet novih grupa bio je suvisan i uslijedio je najveći preokret u radu, odnosno prelazak „iz kompeticije u kolaboraciju“.

Novi projekt, sinteza sva tri natjecateljska projekta, nastao tokom besane noći, uspješno je predstavljen i odobren već slijedeće jutro. Svi su naučili važnu lekciju o radu u ograničenom vremenu, s ograničenim sredstvima i s ograničenim proračunom, ali prije i iznad svega lekciju o neograničenoj vrijednosti i ljepoti timskog rada! I o ljepoti zasluženog sna i odmora na plaži nakon neprospavanih noći.

(American students came from different colleges), but later on the differences also emerged due to the variety of people's origins and cultures.

The process of design was rolled out under the leadership of professor Winterbottom and assistants Jelušić and Rechner Dika, who, throughout the duration of the project, provided the students with guidance and comments on their work, encouraged and supported them... Besides the professors, students also consulted with the hospital staff about some technical and safety issues and other things pertaining to the places hospital patients use that they ought to bear in mind while designing. A lot of useful suggestions also came up in informal discussions with the patients.

THE MOMENT OF DECISION, WHO WILL WIN? ... August 28th & 29th...

The final presentation was held on Wednesday, August 28th, in the administration building of the hospital, where all three groups presented their design concepts:

Group 1 - „**The Flow**“ presented the concept with the driving philosophy being that of the moving sea, which was followed by structures for sitting and a space for group therapy – a wooden pier, a boat as an enclosed sitting and resting place within the more active area and a ‘sea’ of colorful grasses which swayed in the wind.

Group 2 - „**The Discovery Garden**“ focused on the structures and contents of the garden, which mainly have a relaxing and therapeutic function for the patients through musical and art expression, so toward that end, they developed different structures like a spiral with sound pipes and other instruments, an aromatic garden and the like.

Group 3 - „**The Harmony Garden**“ based their concept on the connection to the existing nature in the area and, with very small spatial changes, tended to create a natural look and balance in the space using dry – stone structures, a reflexology path and other such structures.

After the mentors and the hospital staff consulted, Group 3's concept was chosen as the design upon which to base the garden for the final masterplan, but innovative structures and the ‘sea philosophy’ of Group 1 were going to be used in creating the relaxing and therapeutic patients' area. Because of the complex structures and contents in Group 2's concept, as well as the short amount of time which was allotted to finish the project, some features of their concept were left for subsequent phases of the project.

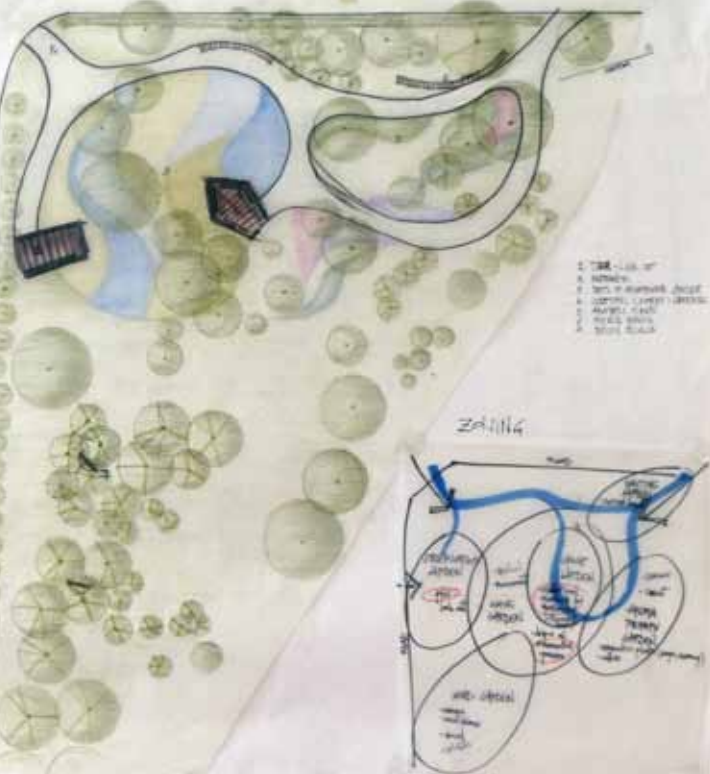
FROM COMPETITION TO COLLABORATION ... August 29th...

In the later workshop phase, new, smaller groups were created which were supposed to connect all three concepts and precisely define the final elements of the garden. The mutual work of the 5 new groups was codependent and was followed by the biggest upheaval in the course of the work, namely, the transformation „from competition to collaboration“.

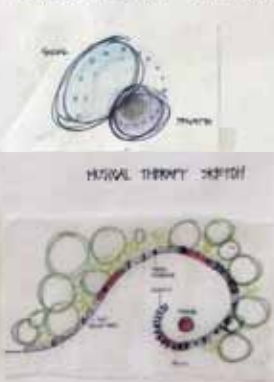
The new project, a synthesis of all three concepts, was designed in one sleepless night and was successfully presented and approved the next morning. All of the students learned important lessons about working within a limited timeframe and under other constraints, but above all the limitless value and beauty of teamwork! And the beauty of a well-deserved rest on the beach after a few sleepless nights.

PSYCHIATRIC HOSPITAL RAB
-DESIGN BUILD 2013-

MASTERPLAN THE FLOW UNIVERSITY OF SAIGON



MUSICAL THERAPY SKETCHES



PSYCHIATRIC HOSPITAL RAB
DESIGN-BUILD 2019
DISCOVERY TARDEN

MASTERPLAN UNIVERSITY OF SAIGON UNIVERSITY OF WASHINGTON



Natjecanje: TRENUTAK ODLUKE, TKO CE POBIJEDITI?

PSYCHIATRIC HOSPITAL RAB
DESIGN-BUILD 2013
~ Farming Garden ~

MASTERPLAN UNIVERSITY OF SAIGON UNIVERSITY OF WASHINGTON



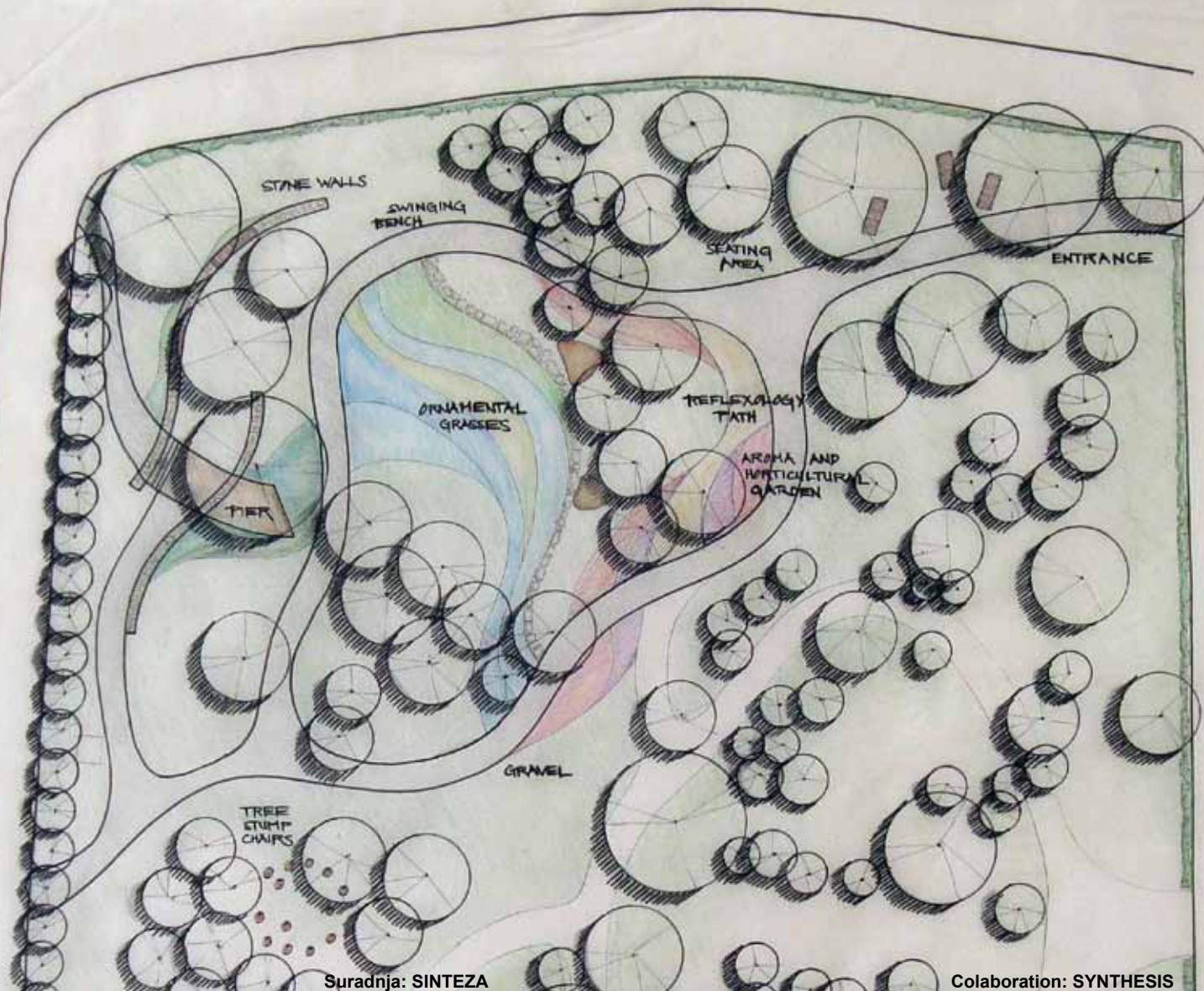
Competition: THE MOMENT OF DECISION, WHO WILL WIN?

PSYCHIATRIC HOSPITAL RAB -DESIGN BUILD 2013-



MASTERPLAN

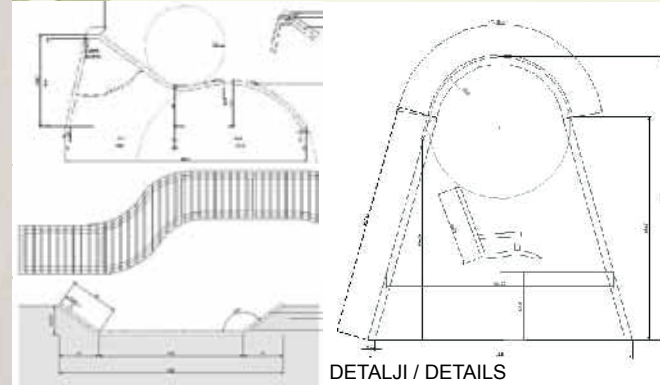
UNIVERSITY OF ZAGREB
UNIVERSITY OF WASHINGTON



Suradnja: SINTEZA

Colaboration: SYNTHESIS

ODABIR BILJAKA / PLANT SELECTION



BUILD

DRUGI TJEDAN ... izlazak na teren i prvi radovi

SUPARNICI U SURADNIKE, PRVI ŽULJEVI, PRVI POTHVATI ... 30.8....

Studenti su u drugom tjednu radili u grupama i izmjenjivali se, dio je dovršavao nacрте, jedni su u radionici izrađivali makete i prototipove urbane opreme, drugi iskolčavali i obilježavali staze te prostore za suhozide. Ono što je jednom nacrтano na papiru valjalo je prenijeti u prostor i pri tome rješenje prilagoditi stvarnom terenu, a onda opet promjene unijeti u nacрте i ponovno međusobno uskladiti elemente. Uz crtanje kao uobičajeni dio posla, fizički rad postajao je sve veći izazov.

TREĆI TJEDAN ... građevinski radovi

BRŽE, VIŠE, JAČE ... 6.9....

U petak 6.9., započinje treći tjedan radionice. U ranim poslijepodnevnim satima u bolnicu stiže druga grupa od 7 hrvatskih studenata, dio studenata iz prve grupe sa suzama u očima odlazi, a dio će ostati do kraja vikenda na Rabu kako bi pomogli novoj grupi u radovima i upoznali ih sa rješenjem. U večernjim satima stiže i 7 članova udruge Dragodid, koji su studente poučili tradicionalnoj vještini izgradnje suhozida i s njima zajedničkim snagama izveli sve predviđene suhozidne strukture .

Tog vikenda na gradilištu je bilo uvjerljivo najviše ljudi - ukupno 23 studenta i 7 članova Dragodida. U subotu je organizirano druženje mentora, studenata i članova Udruge na obližnjoj plaži u mjestu Kampor i svi su studenti iskoristili priliku za kratkotrajan odmor od posla i zabavu izvan bolnice. Do kraja vikenda izvedeni su suhozidi i mol te je nastavljen rad na stazama i rubnjacima, rezanju, lameliranju, brušenju i blanjanju drva za brod.

Već u trećem tjednu postavljena je odvodna cijev što je, prema viđenju studenata, bio najveći produkt timskog rada kada je velika grupa studenata-radnika sinkronizirano postavljala slivnik, planirala nagib za cijev, spajala dijelove cijevi i brtvila ih te naposljetku uz uzvike oduševljenja svih prisutnih spustila odvodnu cijev u jarak i napunila ga šljunkom i zemljom.

U ovom periodu veliki značaj imao je doprinos pacijenata volontera iz bolnice, njih ukupno 7, koji su radili na zemljanim radovima i kopanju novog jarka za odvodnju i tako značajno ubrzali finaliziranje zemljanih radova koji su se pokazali kao fizički najzahtjevniji dio projekta.

Ekipi se pridružio i varioc Siniša-Sile iz riječkog brodogradilišta sa željeznim materijalom za klupe, a nekoliko studentica radilo je s profesorom Winterbottomom na odabiru boja za urbanu opremu.

BUILD

SECOND WEEK ... getting on-site and the construction beginning

COMPETITORS TO COWORKERS, FIRST BLISTERS, FIRST ACHIEVEMENTS...

August 30th...

During the second week, students worked in groups and were exchanging roles, while some finished drawing plans, others made models and prototypes of urban equipment or excavated and marked the paths and spaces for placing the dry-stone walls. Designs were slightly modified while working on-site and were adjusted so that every technical detail would function as it should. Besides the drawing, which was usual for such work, the sheer physical effort was becoming more and more challenging.

THIRD WEEK ... construction work

FASTER, HARDER, STRONGER ... September 6th ...

On Friday, September 6th, the third week of the workshop began. In the early afternoon hours, the second group of 7 Croatian students was coming to the hospital, some students from the first group were leaving with tears in their eyes and the rest of them decided to stay on Rab until the end of that weekend in order to help the new group begin their work and get them acquainted with the masterplan. In the evening hours, 7 members of the association Dragodid also arrived. They taught students the traditional skills of working on the construction of dry-stone walls. Uniting forces, Dragodid and the students, managed to construct all of the planned dry-stone structures.

That weekend the site was most crowded, counting 23 students and 7 members of Dragodid. On Saturday a beach party in Kampor was organized, including all mentors, students and Dragodid members, where all of them took a chance for a short break, relaxation and fun outside the hospital. By the end of the weekend, the dry-stone structures and wooden pier were finished and work was continued on the paths and edging, cutting and laminating and shaping the planks for the construction of the boat .

Already in the third week, the drainage pipe was laid in the ground, which was, according to the students, their team's biggest success. The big group of student - workers was so synchronized while placing the sinkhole, planning the slope of the pipe, connecting the parts of the pipe and fixing them together, so that when they finally put the drainage pipe in the ditch and filled it with gravel material and soil everyone was enthusiastically cheering. In this period, the contribution of the patients who volunteered was of great importance. 7 of them worked on the ground works and were digging a new drainage ditch, significantly speeding up the finalization of that part of the work, which proved to be the most physically demanding part of the project.

The team grew by 1 member when welder Siniša Sile came from the shipyard in Rijeka with the iron for the benches, while a few students worked with professor Winterbottom on choosing the colours for the urban equipment.

ČETVRTI TJEDAN ... finalizacija radova

KRAJ SE NAZIRE – NIKAD KRAJA 14.9....

Prostor svakim danom sve više zadobiva projektirane značajke, na oduševljenje studenata, mentora, pacijenata i bolničkog osoblja, ali posla ima još dosta, a vremena je malo.... Tih dana studenti se uglavnom rotiraju između izrade rubnjaka, nasipanja i učvršćivanja staza i dovršavanja urbane opreme. U međuvremenu dolazi grupa studenata Medicinskog fakulteta u Rijeci, razgovaraju sa studentima, čude se, dive....

Posljednje dane ubrzano se odvija završna faza projekta - namještaj se montira u prostor vrta, izrađuje se zaštitni rub („kickrail“) na molu, dovršavaju staze, sadi se bilje. Na samom kraju za montažu preostaje još samo ljuljačka, sve ostalo je već u punoj funkciji i pacijenti nadziru montažu sa zauzetih klupa nestrpljivo očekujući da je isprobaju. Još preostaje čišćenje viška materijala, spremanje alata, završni pregled i ušminkavanje i projekt je napokon - GOTOV.

POSLEDNJI DANI ... PROSLAVA, OTVORENJE VRTA, OPRAŠTANJE ... 21. i 22.9.

21.9. organizirana je svečana večera za sve studente i mentore, održani su govori zahvale od strane profesora i studenata, slijedi završno druženje svih sudionika radionice.

22.9. je svečani „Dedication day“, svečano otvorenje vrta. Na otvorenje je došao i dio studenata iz prve grupe, pacijenti, a osoblje bolnice organizira priredbu - čitanje poezije uz pratnju na gitari, govori ravnateljice, mentora i studenata i u vrlo emotivnom raspoloženju sve se još jednom recapitulira i najavljuje novi projekt. Već slijedeće godine!

IZA KULISA

U četiri tjedna na Rabu svi smo imali priliku, osim u projektiranju (do posljednjeg detalja!), okušati se i u praktičnom radu s raznovrsnim alatima i naučiti uživo različite vrste radova o kojima smo čuli samo na predavanjima. Brušenje, varenje, piljenje, rezanje, farbanje i šarfljenje, lameliranje i rad s drvom, kopanje, nasipavanje, nabijanje, izvedba odvodnje i sađenje, tko bi se svega sjetio i sve nabrojio!

Kako dolazimo iz svih dijelova Hrvatske, naziv za jedan običan čavao postao bi ponekad kamen spoticanja i razlog šuma u komunikacijskom kanalu. Engleski kao glavni jezik sporazumijevanja često bi spašavao situacije, a kada je bilo teško prevesti nešto na engleski, uskakala je američka studentica podrijetlom Ruskinja (u njenoj blizini bilo je nemoguće nezapaženo prokomentirati bilo što na hrvatskom).

U takvoj poliglotskoj sredini učili smo i španjolski od američke studentice podrijetlom Meksikanke, pomagali se i talijanskim, francuskim, a američke studente uveseljavali kompliciranošću čakavskog i kajkavskog... Iz raznolikosti nacija, različitosti karaktera, bogatstva različitih kultura, proizašao je u zajedničkom životu neki novi i poseban zajednički jezik i dijalekt. Pored stručnog i praktičnog rada stekli smo i visoko vrijedno životno iskustvo i prijateljstva.

FOURTH WEEK ... finalizing the work

THE END IS NEAR – NO END IN SIGHT ... September 14th ...

Every day the space began to take on more and more of the design's features to the delight of the students, the mentors and the hospital's staff and patients, but there was still much work to be done and little time in which to do it. During these days the students mostly rotated between making the edging, finishing the urban equipment and putting the finishing touches on the paths. In the meantime, the group of medical students from Rijeka arrived, who talked with students, marveled at their work and admired what they saw.

On the last days of the workshop, the final phase of the project was rolled out, the furniture was being placed in the garden, the final edging of the wooden pier was being made, the paths were almost done and the plants were being planted. At the very end, the swinging bench was assembled and, along with all the other urban equipment, instantly began to be used by the patients. The space was soon all cleaned up, all surplus materials were discarded, the tools were restored to their proper places and the project was finally – DONE.

LAST DAYS... PARTY, GRAND OPENING AND SAYING GOODBYE ... September 21st and 22nd

On September 21st a gala dinner was organised for all of the students and mentors, where both students and professors held a toast and socialized for the last night.

September 22nd followed, with a formal Dedication day, the grand opening of the garden with the presence of some students from the first group. The hospital staff organised a play with poetry reading followed by guitar music. Speeches were given by the director of the hospital, the mentors and the students, all in a very emotional tone, while reviewing all that had been done and announcing a new project... next year already!

BEHIND THE SCENES

In the four weeks we spent on the island, we all had a chance, besides designing (to the very last detail!), to try out and learn how to use different types of tools and do different kinds of construction work, which we had only heard about in lectures. Sanding, welding, sawing, digging, cutting, painting, screwing, woodworking, digging, pouring, nailing, draining and planting are just a few things we've learned – it is hard to even remember them all!

Since we are from different parts of Croatia, we had a bumpy road while trying to figure out a common word for a simple 'nail', so English serving as the official language would often save us in those situations. When it was hard for us to translate something into English, we had the assistance of a Russian-born American student (but when she was around we could forget about gossiping).

In such polyglottic surroundings we also learnt Spanish from a Mexican-American student. There was some Italian, French, and not to mention the complexity of the čakavski and kajkavski dialects of Croatian. National diversity, character and cultural diversity, and living together created a special common language and a dialect. In addition to the practical work in the field, we have acquired, invaluable life experiences and friendships.

Ta prijateljstva, pa i poneke „ljubavi“ jačale su uz rad, ali večer je bila ta koju su svi čekali! Tada bi se svi okupili u Lavandinoj kući i započelo bi razdoblje druženja, okrijepe i smijeha do sitnih noćnih sati. Svaki dan obilježavalo je mnoštvo smiješnih trenutaka i anegdota koje nije moguće jednostavno prepričati, već ih je potrebno doživjeti!

Naučili smo dijeliti, pomagati, raditi, a ponajprije živjeti u skladu i zajedništvu. Nadamo se, iščekujemo i veselimo se novim ovakvim i sličnim projektima u kojima bi studenti mogli naučiti nove stvari, upoznati nove ljude, ostvariti nove ciljeve i proširiti nove horizonte.

REZULTATI I DOBROBITI RADIONICE

Rezultati Design&Build projekta Rab 2013. su dvojaki: projektirani i izvedeni terapijski vrt bolnice kao produkt četverotjednog intenzivnog rada mentora, studenata, osoblja i volontera bolnice značajan je rezultat za Bolnicu - korisnike i osoblje, a stjecanje praktičnog znanja i iskustva u radu na terenu i s osobama sa specifičnim potrebama kao i osposobljavanje za suradnju s drugima i drugačijima važno je za studente.

U smislu iskustva i stjecanja novih znanja za američke i hrvatske studente ovaj projekt je poslužio kao prava stručna praksa gdje kroz četiri tjedna studenti prođu kroz sve faze projekta, od formuliranja projektnog programa, izrade idejnog projekta do izvedbe. Osim iskustva u izvedbi, studenti su u relativno kratkom periodu stekli i samopouzdanje u radu s različitim alatima i što je još važnije, različitim skupinama drugih stručnjaka i studenata i od prvog dana je bilo jasno kako je, da bi projekt uspio, od primarne važnosti suradnja i međusobna usklađenost.

Od natjecanja u oblikovanju preko oblikovne sinteze učeći se ostaviti vlastiti ego po strani i raditi zajednički, pa sve do konkretne izvedbe pri kojoj se studenti u radu rotiraju, uskaču i pomažu jedni drugima oko svih radova - tako stečeno iskustvo neizmjerljivo je vrijedno i svima će poslužiti u daljnjem radu na fakultetu, ali isto tako, nakon završenog fakulteta i u radu u struci.

Osim jedinstva i kolaboracije na terenu, važan aspekt ovog projekta je i osvješćivanje značaja i vrijednosti koju volonterski rad ima za zajednicu, a na osobnoj razini takav rad predstavlja najplemenitiji aspekt svake profesije.

A KAKO JE TO ZAPRAVO IZGLEDALO?

VREMENSKA CRTA!

Design&Build - RAB 2013

Friendships (and even some “romances”) developed and were strengthened through work and leisure time. Everyone was always eager for the evening to arrive. All the students would gather together in the Lavender House for socializing, refreshments and laughter until late into the night.

Each day was marked by a multitude of funny moments and anecdotes that can not simply be retold, but must be experienced!

We learned how to share, help, work, and, above all, to live with each other in harmony and community. We hope for more such projects in the future, in which students will be able to learn new things, meet new people, achieve new goals and broaden their horizons.

WORKSHOP RESULTS & BENEFITS

The benefits of the Design&Build project Rab 2013 can be divided into two segments: The hospital gained a skillfully designed and well-built open space for daily use as a result of the intensive four-week work of the mentors, students, hospital staff and volunteers; the other is the knowledge and experience students gained through interdisciplinary team and field work, collaboration with patients, which generally fostered the spirit of cooperation, and also working with others who are different from us.

Both the Croatian and the American students gained practical real-life knowledge and experience by being involved in every stage of the project, from the formulation of a project programme to bringing a concept design to its realization all within four weeks. Besides the experience in construction, students also learned and gained self-confidence, especially in handling and operating various tools and machines needed to complete the project. And more importantly, it became clear to the diverse groups of various experts and students from the first day that in order for the project to succeed, cooperation and interpersonal harmony are of the utmost importance.

From the design competition, through the design synthesis, everyone learned to leave their egos behind for the greater good of the team by rotating and efficiently distributing their labor.

All project participants agree that the experience they gained is priceless and will hold great value for each of them, especially with an eye to their future work, from the university to their professional careers.

Besides unity and collaboration in the field, the significance of this project was to raise awareness of the meaning and value that volunteer work has for the community. No matter what the age group or profession an individual belongs to, community service represents the noblest and most virtuous aspect of all professions.

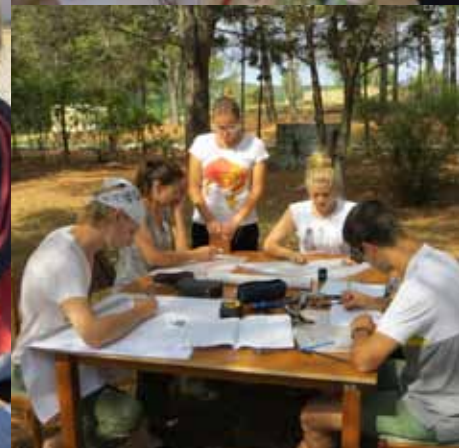
WHAT IT ACTUALLY LOOKED LIKE?

TIME LINE!

25.08.2013.

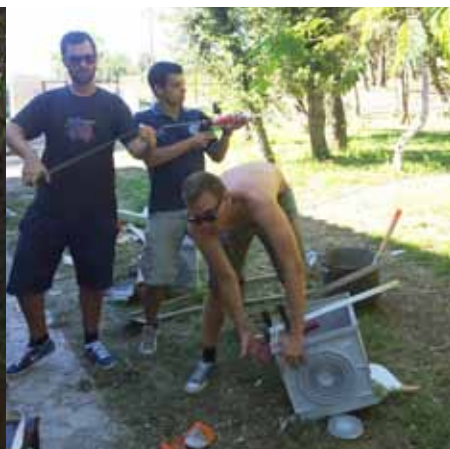
dan 01 lokacija / upoznavanje
day site / briefing

















12.09.2013.

dan 19 bojanje / drenaža
day painting / drainage

dan 23 bojanje
day painting









KAKO JE NA VAS UTJECALA RADIONICA?

(izjave dijela sudionika)

ZRINKA MARANIĆ: *Prepoznah ljepotu timskog rada. Park na Rabu priveli smo kraju, nadam se da će pacijenti uživati u tom malom rajcu.*

IVANA BUNJAK-PAJDEK: *They tried to make me go to work, but i said: "No, no, no."*(Amy Winehouse)

DORA RAIČ: *Red, rad, disciplina, zabava, smijeh, milina, a sve to cjelina.*

ELENA UMANSKAYA: Najviše sam naučila kroz iskustvo participativnog oblikovanja, timskog rada i kulturno orjentiranom pristupu oblikovanju krajobraza. Istovremeno rad na projektu bio je poučan u savladavanju design&build tehnika s jakim djelovanjem na promjenu i obogaćenje osobnosti uz zajedničko osvještavanje važnosti komponente socijalne odgovornosti u našem radu.

STEPHANIE AITKEN: Sposobnost skladnog rada s ljudima iz različitih kultura i obrazovnih podloga se ne postiže lagano, a primjena te vještine u budućnosti, kako profesionalnoj tako i osobnoj imati će neprocijenjivu vrijednost.

SYDNEY PETERSON: Rab je jednostavno – iskustvo koje otvara oči. Promijenilo me je na načine koje još niti ne razumijem i gurnulo me izvan moje zone ugodnosti. Odlazak na Rab je jedna od mojih dosadašnjih najboljih odluka i ne bih ju nizašto promijenila. Plus, jako mi nedostaje otok kao i svi koje sam upoznala.

LANA ŠABAN: *Paket doživljaja i emocija, dva tjedna susreta, isto toliko prijatelja.*

ANDREA BAUS: *Došli smo na Rab i kreativno se sukobili, primili se lopate i žuljeve dobili. A koliko smo naučili, nismo ni svjesni bili.*

ANITA TROJANOVIĆ: *Biti 12 dana dio male obitelji, koja je nesebično uložila trud stvarajući nešto što će malog čovjeka činiti sretnim i ispunjenim je iznimna čast i zadovoljstvo. Stečena iskustva i prijateljstva nam zauvijek ostaju u nadi da će opet doći tren kada ću istim žarom i snagom biti dio slične priče s Raba.*

MATE RUPIC: *Nevjerojatno je koliko se može naučiti i kad to najmanje očekuješ.*

ANDREJA BENČIĆ: *Nezaboravno iskustvo koje mnogi dobiju na teži način, tek kad završe fakultet.*

HOW HAS THE WORKSHOP AFFECTED YOU?

(participants statements)

ZRINKA MARANIĆ: I recognized the beauty of teamwork. We completed the park on Rab and I hope the patients will appreciate and enjoy this little piece of paradise.

IVANA BUNJAK-PAJDEK: They tried to make me go to work, but i said: "No, no, no."(Amy Winehouse)

DORA RAIČ: Order, work, discipline, fun, smiles, and paradise all put together.

ELENA UMANSKAYA: *I learned the most through experiencing participatory design, teamwork, and a culturally-sensitive approach to constructing landscapes. While the project gave me knowledge of design&building techniques, the overall environment was personally transformative and enriching, as we all recognized the social responsibility element in our work.*

STEPHANIE AITKEN: *The ability to work harmoniously with people from different cultures and educational backgrounds is not easily won but its application in the future, both professionally and personally, will have immeasurable value.*

SYDNEY PETERSON: *Rab was simply this – an eye-opening experience. It changed me in ways that I can't even begin to understand yet, and it pushed me way outside of my comfort zone. Going to Rab is one of the best decisions I've made so far, and I wouldn't change it for anything. Plus, I miss that island and everyone I met like crazy.*

LANA ŠABAN: A package of experience and emotions, a two-week meeting, life long friends.

ANDREA BAUS: We came to Rab and clashed creatively, grabbed a spade and blisters came rapidly. And how much we have learned we were not even aware.

ANITA TROJANOVIĆ: It's a great pleasure and honor to be a part of a small family for 12 days, which generously invested effort in creating something that made us greatly fulfilled. The lessons learned and the friendships formed will remain in my memory forever with hope that there will come a day when I can be a part of something even closely resembling my experience from Rab.

MATE RUPIC: It's amazing how much one can learn when least expected.

ANDREJA BENČIĆ: An unforgettable experience that many acquire by harder means just after they finish college.

IVAN HEITMANN: Vidjeti kako pacijenti zauzimaju novi vrt još dok je nastajao je velika nagrada za ogroman umjetnički i fizički trud cijelog tima na Rabu. Predivno je biti dio stvaranja takve ogledne institucije još ugodnijom za život kroz gradnju terapijskog vrta.

NIKOLINA MALBAŠA: *Puno rada, malo vina, miris lavande i odsjaj stina, lopata u ruke i uz malo muke, sad u zadanom roku sjedimo na doku...*

SRNA KRTAK: *To je jedno neprocjenjivo iskustvo! Jedinstvena prilika tokom koje možeš sudjelovati u izvedbi nečega što si i sam jednim dijelom osmislio. Naše ideje s papira postaju dio stvarnog prostora i to je predivno. Istovremeno tokom izvedbe susrećeš se i koristiš alate i materijale za koje možda nisi ni znao da postoje, rješavaš neke prostorne probleme koje nisi očekivao niti planirao (a u stvarnosti se oni gotovo uvijek jave), učiš surađivati i zajedno s ostalima ostati što više dosljedan prvotnom idejnom rješenju. I sve to pod vodstvom vrhunskih krajobraznih arhitekata, prof. Daniela Winterbottoma i Luke Jelušića koji su prije svega i divni pedagozi (treba doći na kraj sa svim našim željama, idejama, vizijama). U svom tom radnom okruženju imaš vremena i za odmor i druženje. Ukratko, toplo preporučam!!*

MARTINA BUBALO: *Bilo je super na Rabu, preporučam svim studentima da se iduće godine pridruže.*

IVAN HEITMANN: *Seeing the patients take ownership of the new garden as it came together was a great reward for the huge artistic and physical investment that the team brought to the hospital on Rab. It's great to be a part of making such an exemplary institution even more livable through the installation of a therapeutic green space.*

NIKOLINA MALBAŠA: A lot of work, a bit of wine, lavender scent and the shimmering of the rocks, a shovel in hands and with a bit of pain, by the deadline we were sitting on the pier.....

SRNA KRTAK: It was a priceless experience! A unique opportunity during which you can participate in something you have partially created. Our ideas on paper became a part of real life space and that was simply beautiful. During the construction work, you get to utilise tools and materials, some of which you have never even thought existed, solving spatial challenges, some of which you didn't anticipate appearing but in reality they regularly arise. You also learn to cooperate with team members staying true to the primary master plan. All this was done under the leadership of two highly skilled landscape architects, prof. Daniel Winterbottom and Luka Jelušić who were primarily great educators since it was not simple coming to terms with all our wishes, ideas and visions. In all that work environment you still have time for relaxing and socialising. In short, a highly recommended experience!!

MARTINA BUBALO: It was great on Rab, I recommend to all students to join next year.



Izložba / Exhibition - Zagreb

ODJEK I PREDSTAVLJANJE RADIONICE

Po povratku u Zagreb, intenzivno se pripremala izložba i prezentacija procesa i rezultata radionice. Pod mentorstvom prof. Stanka Stergaršeka i dr.sc. Ive Rechner Dika, dio studenata sudionika i članova USKA postavio je izložbu u hallu VI. paviljona Agronomskog fakulteta u Zagrebu, u trajanju od 30.9.2013. do 11.10.2013.

Simbolično, na konstrukciji od građevinske skele izložene su fotografije procesa i rezultata radionice, kopije idejnih rješenja, opisi radionice s glavnim podacima, te prototip glavnog elementa terapijskog vrta u stvarnoj veličini (apstrakcija broda).

Na sam dan otvorenja izložbe, održane su prezentacije i govori od strane sudionika radionice. Okupljene je pozdravila Prodekanica za međunarodnu suradnju Agronomskog fakulteta prof.dr.sc. Renata Bažok, a potom je ravnateljica Psihijatrijske bolnice Rab, doc.dr.sc. Vesna Šendula – Jengiđ, predstavila povijest bolnice i suradnju s profesorom Danielom Winterbottomom.

Nakon zahvala i uručivanja poklona, profesor Daniel Winterbottom upoznao je publiku s programom Design&Builda, dosadašnjim radionicama diljem cijelog svijeta, te detaljnije s programom i rezultatima ovogodišnje radionice na Rabu.

Također se osvrnuo na dobrobiti ovakvog rada i novog načina obrazovanja za studente na prvom mjestu, kao i njihove važnosti za društvo. Na kraju su studenti, sudionici radionice, iznijeli svoje viđenje radionice i cijelog procesa. U ime studija Krajobrazna arhitektura, svima se zahvalila asistentica dr.sc. Iva Rechner Dika.

Prezentacija i izložba bile su impuls za okupljene studente i potakle ih na angažman i uključivanje u daljnje fakultetske, studentske projekte. Nedugo nakon toga američki studenti održali su prezentaciju radionice u Seattlu na svom fakultetu, College of Built Environments, Department of Landscape Architecture, University of Washington. U planu je i postava prilagođene zagrebačke izložbe na fakultetu u Seattle-u i u Psihijatrijskoj bolnici Rab.

ZAHVALE

Za financijsku i svaku drugu podršku projektu zahvaljujemo se našem Agronomskom fakultetu, a posebno dekanici prof.dr.sc. Tajani Krička, koja je podržala ideju i omogućila sudjelovanje na radionici; prof.dr.sc. Branki Aničić, našoj voditeljici Studija krajobrazna arhitektura, koja je prepoznala važnost i dobrobiti ove radionice; profesoru Danielu Winterbottomu što nas je uključio u svoj program, vodio i naučio mnogočemu; asistentu Luki Jelušiću na inovativnosti i vječnoj inspiraciji; dr.sc. Ivi Rechner Dika i prof. Stanku Stergaršeku, bez kojih se ne bi ostvarila ova suradnja, izložba, prezentacija; Srni Krtak, dragim kolegama, studentima, suradnicima na zajedničkom radu, te posebno ravnateljici bolnice doc.dr.sc. Vesni Šendula – Jengiđ na pozivu i pruženom gostoprimstvu, a osoblju i pacijentima Psihijatrijske bolnice Rab na zajedničkom radu, pomoći i strpljenju.

REPRESENTATION AND REPERCUSSIONS OF THE WORKSHOP

Following the return to Zagreb, the group started intensively preparing an exhibition and the presentation of the work process and the results of the workshop. Under the mentorship of prof. Stanko Stergaršek and Iva Rechner Dika, PhD, a part of students and LASA (Landscape Architecture Student Association) members have set up an exhibition that was held at the hall of pavilion 6, Faculty of Agriculture, held between Sept. 30th and Oct. 11th2013. The exhibition symbolically consisted of a metal construction with photographs displaying work processes, the master plan and workshop description. A prototype of the therapeutic garden's main element was also exhibited in actual size (the ship abstraction).

On the day of the exhibition opening, speeches and presentations were held by the participants of the workshop. The Faculty of Agriculture's Vice-dean for international relations Prof. Renata Bažok, PhD, greeted the audience and after that Assist.Prof. Vesna Šendula Jengiđ, PhD, the director of Rab Psychiatry Hospital, presented the history of the institution and cooperation with Prof. Daniel Winterbottom.

After the acknowledgements and the gift exchange, Prof. Daniel Winterbottom, explained to the audience the Design&Build program in general and all its international endeavours, including this one on Rab.

He also emphasised all the benefits of this type of voluntary work as a modern means of student education and the impact on society as a whole. Some students also presented their views and experiences of the whole process. On behalf of the School of Landscape Architecture, assistant Iva Rechner Dika, PhD, thanked all the participants.

Both the presentations and the exhibition left a strong impact on the gathered participants who agreed to future cooperation and projects. Shortly thereafter, the American students held presentations in Seattle, College of Built Environments, Department of Landscape Architecture, University of Washington expressing their views of the workshop. Currently an exhibition similar to the one in Zagreb is being prepared on the university grounds in Seattle, as well as at the Psychiatric hospital Rab

GRADITUDE

For the overall success of the project and life experience, we would like to thank our Faculty of Agriculture, particularly Dean Professor Tajana Krička, PhD, who supported the idea and made it possible for us to participate in the workshop; to professor Branka Aničić, PhD, head of our School, who recognized the importance and benefits of this workshop; to Professor Daniel Winterbottom who invited us to participate in this program, who led and taught us many things; to assistant Luka Jelušić for innovation and eternal inspiration; to Iva Rechner Dika, PhD and prof. Stanko Stergaršek, who made the whole project possible, including presentation and exhibition; to Srna Krtak, to our dear colleagues, students, associates, and especially to the director of the hospital Vesna Šendula - Jengiđ, PhD for her invitation and hospitality, to the staff and the patients of the Psychiatric hospital Rab for their team work, help and patience.

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PSIHIJATRIJSKA BOLNICA RAB

Psihijatrijska bolnica Rab
- specijalna bolnica za psihijatriju
Nastavna baza medicinskih fakulteta
Sveučilišta u Rijeci i Osijeku



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