

disconnect to reconnect



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electronics & technology

In a world of electronics and social media applications, it is easy to lose oneself for hours at a time staring off into the hundred pixels of our smart phones, tablets and other electronic devices. We lose ourselves and our time viewing status updates from an endless list of friends or pinning images on a digital cork board or staying current with the latest celebrity gossip or binge watching an entire TV show series in one weekend.

Recent research has shown that Americans spend between 4-6 hrs on their phones and other mobile devices daily, that's approximately 120 hrs a month. As unbelievable as it may seem, hundreds of hours are lost to the digital world. One doesn't gain much with the time spent with this obsession, other than another like, follower or view on one's user profile. What could you do with that amount of time?



4 + hrs
social media/tv/
smartphones/
other electronics
& mobile devices



320 million users



1.23 billion users



100 million users



400 million users

problem

disconnect to reconnect

My answer to the issue at hand is to disconnect from this obsession with the digital world in order to connect with something more meaningful, Nature. Did you know that recent research has shown that spending as little as 20 minutes in Nature can boost energy levels and even prevents depression? I propose a trip to re-connect with our natural surroundings in order to not only benefit one's health but more importantly appreciate our diminishing resources. Being from California and having to deal with our recent water shortage crisis has made me realize how precious our natural resources are and how they can rapidly diminish.

Through sketches and photography of unique natural settings, I can express the importance of preserving our natural resources to my fellow colleagues and push the need for more sustainable architectural design.

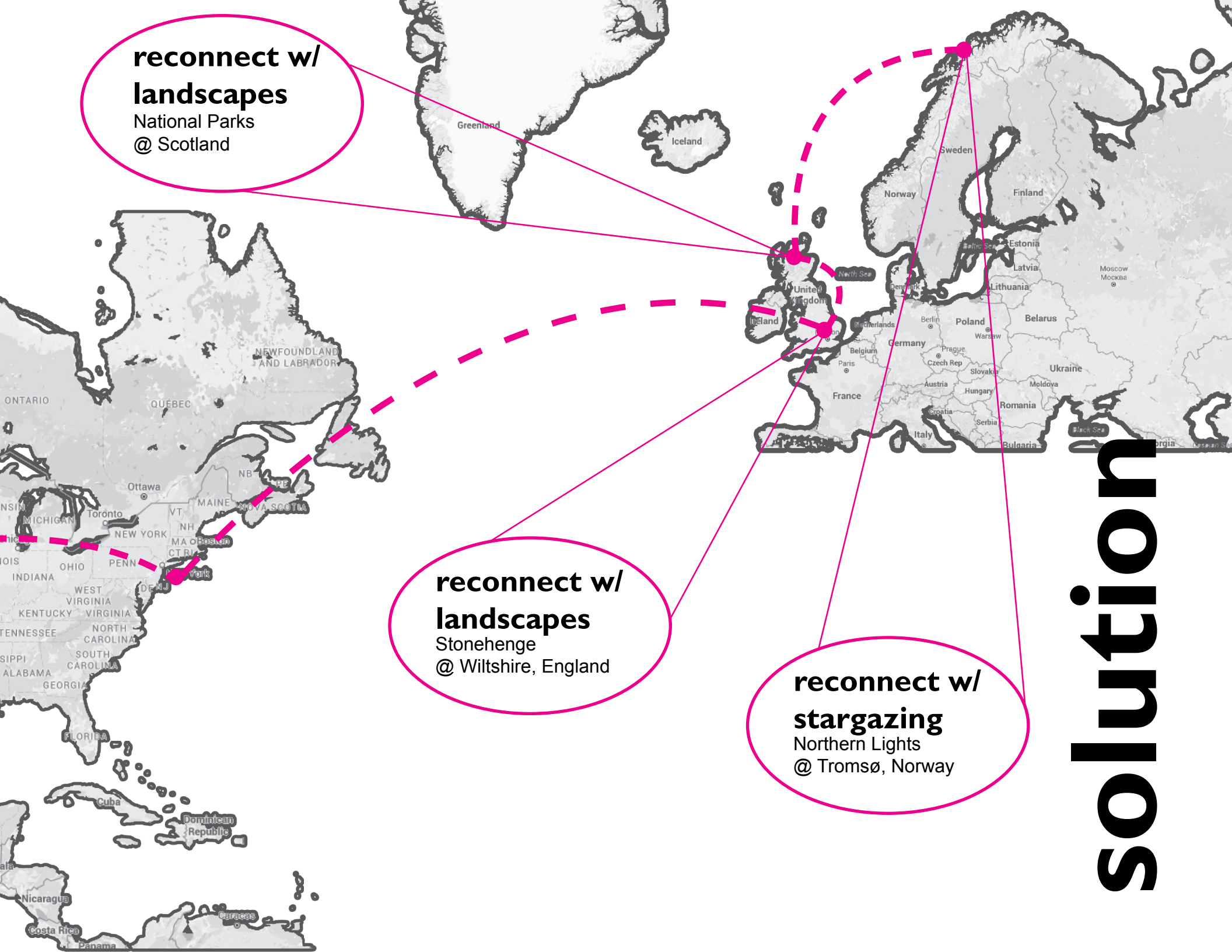


**reconnect w/
landscapes**
National Parks
@ Scotland

**reconnect w/
landscapes**
Stonehenge
@ Wiltshire, England

**reconnect w/
stargazing**
Northern Lights
@ Tromsø, Norway

solution



stonehenge

wiltshire, england

Located in Southern England, standing upright are about 100 massive stones known as Stonehenge. This is a unique landscape in that historians and archaeologists are still puzzled in how, when and why this massive monument was erected. It is believed by archaeologists that England's most iconic prehistoric ruin was built over 5,000 years ago in various stages spanning an estimate of 1,500 years to construct. Historians and archaeologists are still questioning how a civilization without modern technology could produce such a massive monument. There are various theories as to what purpose Stonehenge served from serving as a burial site, an early astronomical calendar, a religious pilgrimage destination or a final resting place for royalty. Whether Stonehenge was erected through pure man power or through the magic of the wizard Merlin, it's quite the marvel and creates a unique landscape worth the visit.





landscapes

scotland

Loch Lomond & The Trossachs National Park

Scotland's dramatic and breath taking scenery and landscapes has been the setting to various movies. Loch Lomond & The Trossachs National Park, Scotland's first and youngest national park, is no exception of such stunning scenery. Loch Lomond is mainland United Kingdom's largest body of water which along with the park's rolling lowland landscapes in the south, high mountains in the north, and various lochs, rivers, forests and woodlands offer a perfect background for reconnecting with nature.





landscapes

norway

tromsø, norway

Aurora Borealis also known as Northern Lights is a natural display of lights in the sky that occurs when particles of plasma or solar wind escape from the Sun and reach the Earth's atmosphere, causing a beautiful reaction of colors and patterns. Did you know that the Northern Lights operate on an 11-year cycle and that 2015-2016 will be the beginning of the end of this cycle? During their 11-year cycle there are ample showings of this natural light show but on its off season there are scarce showings; meaning one could possibly not enjoy this display of lights until 2024 or possibly until 2026. So where can one see this light show? Tromsø, Norway is said to be an Aurora Borealis hot spot because one can see northern lights more than 250 nights a year.





stargazing

summary

The purpose of my trip is to explore the locations previously mentioned in hopes of discovering unique landscapes and natural wonders that only occur in unique parts of the world, such as the Northern Lights. In doing so I'm attempting to reconnect with nature and disconnecting from time consuming distractions such as social media, electronics and technology.

I hope to capture my exploration through sketches and photography and hope to inspire my fellow colleagues to practice sustainable design in order to preserve our world's natural wonders.

