CHARLOTTE PITTELOUD & KELLY MENG

THE MORNING, THE EVENING AND THE NIGHT

HS21 INTERIM FOREVER

I am standing here with my eyes shut, and have quite a pleasant sleepy feeling. But what is it I smell?"

"Oxygen," said the Hofrat.





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The Dolderbahn was built in 1973.







2 Waldhaus Dolder

Bergstation Dolderbahn

Richtung Römerhof

Gültig ab 14.12.2008

6 4

Als Sonntage geten auch: 25. und 26. Dezember, 1. und 2. Januar, Karfreitag, Ostermontag, 1. Mai, Auffahrt, Pfingstmontag, 1. August

h	Montag - Freitag							Samstag							Sonn- und Feiertag					
5																				5
6	38	53					38	53						38	58					6
7	08	23	38	53			08	23	38	53				18	38	58				7
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10	00	10	20	30	40	50	00	10	20	30	40	50		00	10	20	30	40	50	10
11	00	10	20	30	40	50	00	10	20	30	40	50	1	00	10	20	30	40	50	11
12	00	10	24	39	54		00	10	24	39	54			00	10	24	39	54		12
13	09	24	30	40	50		09	24	30	40	50			09	24	30	40	50		13
14	00	10	20	30	40	50	00	10	20	30	40	50		00	10	20	30	40	50	14
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16	00	10	20	30	40	50	00	10	20	30	40	50		00	10	20	30	40	50	16
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Housing and Ateliers by Projekt Interim between 2017-2023 (Waldhaus Hotel between 1973-2016).



Octavia E. Butler, The Evening and the Morning and the Night, 1987

Decades after the introduction of a cancer cure, the children of its users develop «Duryea-Gode Disease» (DGD), a genetic disease whose symptoms include dissociative states, obsessive self-mutilation, and violent psychosis.

It is a science fiction novel happening in a retreat place that offers calmness and protection for people who need it.

In the first approach of the Dolder Waldhaus, qualities linked to the well-being can be found - a view on the lake, surrounded by forest and a quiet neighbourhood.

In a further step, the analysis of the site helps to underline the potential of the existing infrastructure.

Römerhof

"This way" she said.

I obeyed, not really wanting to obey but unable to think of anything else to do. Unable to think at all...



I was just marking time. Whatever I did was just marking time

in an attitude of attentive waiting. Totally focused waiting.

I don't think it was much more than that similarity that drew us together at first. In fact, it was where I was headed no matter what. It was only a matter of when: now or later.

Dolderbahn



"This way" she said.

People have all the time in the world for stupid generalisations and short attention spans.

They will all go off into a world of their own and stopped responding to their surroundings...



All we had in common was our routine, plus a weird combination of stubborn intensity about whatever we happened to be doing and hopeless distance with everything else.

Waldhaus



"This way" she said.

It's run by people who can expect to live here eventually.

I got into the habit of running around in the evening reminding people. It didn't bother me if it didn't bother them. For a while, maybe we could be each other's reasons for making sense of our routine.

As much as possible, we'll keep each other company.



Waldhaus Dolder Station

We all stay together. We're all controlled, of course, but

We are reminded of engagement we've already promised to do.

That's all.

It could be called a retreat, but what difference did names make?





Posters were used as a way to analyse the life and routine at the Waldhaus.

The collection of posters of the site and its surroundings is extended with artworks by visual associations. The same operation has been done with the unused common and exterior spaces of the site.

From this collection followed arrangements of images: clouds.





















































The Morning, The Evening and The Night

____ The existing infrastructure is used as a basis for a contemporary sanctuary.

It is not a permanent type of building, but rather a try for something new in this interim status.

It is about valuing what is existing: offering more space and time in our actual context.

The place aims to welcome people for a week, a month or a year, according to their wishes.

One does not come to live an incredible experience, but rather to appreciate the ordinary.



sleeping room

7:23











He had been so utterly weary, he had feared to oversleep; but he was on his legs rather earlier than usual, and had a superfluity of leisure in which to perform the accustomed ritual of his morning toilet, in which a rubber tub, a wooden bowl of green lavender soap, and the accompanying little brush played the principal parts. [...]

He washed his eyes and hands, brushed his hair, put his clothing to rights, and met Joachim outside in the corridor.





to wake up, to stretch, to yawn, to get up, to wash up, to undress, to shower, to dry off, to brush, to sit, to cremate, to cover up, to stand up, to contemplate _____











Everywhere, at all hours of the day, he played patience —and at night under the stars, and in the morning in his pyjamas.





With a good drink before him and the sound of music in his ears, while he watched the landscape.









All sorts of personal aims, ends, hopes, prospects, hover before the eyes of the individual, and out of these he derives the impulse to ambition and achievement.



A wooden bowl of green lavender soap, and the accompanying little brush.









The window was down, the afternoon grew cool, and he, a tender product of the sheltered life, had turned up the collar of his fashionably cut, silk-lined summer overcoat.



It was March by the calendar, therefore it was spring, which meant as good as summer; and they pulled out their summer clothes, to appear in them before autumn should overtake them. Which, in fact, it did. With April, cold, wet, cloudy weather set in.

















Amedeo Modigliani







David Hockney









sleeping room, 7:23

Bedsheet, soft, NCS S 8010-B90G Pillow and blanket, soft, NCS S 1002-Y50R Carpet, hairy, NCS S 1002-Y50R Night table, low, NCS S 8010-Y90R

Bathtub, shiny, NCS S 0502-R50B Stone, natural , NCS S 2010-Y Pebble, round, NCS S 7005-Y50R Tiles, smooth, NCS S 2010-G80Y

> Chair, Thonet, NCS S 9000-N Tablecloth, plain, NCS S 1500-N Carpet, original, NCS S 3050-R80B

writing room, 8:41

bathroom, 7:34

refinement room, 9:28

Tiles, smooth, NCS 5 1510-G20Y Brick, mat, NCS 5 2010-B70G, 5 2020-G40Y, 5 1510-B20G Sink, shiny, NCS 5 0502-R50B





Morning is the period from sunrise to noon. There are no exact times for when morning begins (also true of evening and night) because it can vary according to one's lifestyle and the hours of daylight at each time of year. However, morning strictly ends at noon, which is when afternoon starts. Morning can be defined as starting from midnight to noon.

Morning precedes afternoon, evening, and night in the sequence of a day. Originally, the term referred to sunrise. The Modern English words «morning» and «tomorrow» began in Middle English as morwening, developing into morwen, then morwe, and eventually morrow. English, unlike some other languages, has separate terms for «morning» and «tomorrow», despite their common root. Other languages, like German, may use a single word – Morgen – to signify both «morning» and "tomorrow».

Greeting - Some languages that use the time of day in greeting have a special greeting for morning, such as the English good morning. The appropriate time to use such greetings, such as whether it may be used between midnight and dawn, depends on the culture's or speaker's concept of morning. The use of 'good morning' is ambiguous, usually depending on when the person woke up. As a general rule, the greeting is normally used from 3:00 a.m. to around noon.

Many people greet someone with the shortened 'morning' rather than 'good morning'. It is used as


a greeting, never a farewell, unlike 'good night' which is used as the latter. To show respect, one can add the addressee's last name after the salutation: Good morning, Mr. Smith.

Religious observances - Morning prayer is a common practice in several religions. The morning period includes specific phases of the Liturgy of the Hours of Christianity. Cultural use - For some, the word morning may refer to the period immediately following waking up, irrespective of the current time of day. This modern sense of morning is due largely to the worldwide spread of electricity, and the independence from natural light sources.

Genetics - The morning period may be a period of enhanced or reduced energy and productivity. The ability of a person to wake up effectively in the morning may be influenced by a gene called «Period 3». This gene comes in two forms, a «long» and a «short» variant. It seems to affect the person's preference for mornings or evenings. People who carry the long variant were over-represented as morning people, while the ones carrying the short variant were evening preference people.

11:14

"Heavens, how hot the



he said, as he and the cousins strolled down to the village after luncheon.

"I see I shall have to put on thinner clothes."

> Yet after this explicit expression of his intentions, he continued to appear in his check trousers and pilot coat with the wide lapels.



He took the left-hand path in

the direction of the village. It ran level for some way, then led downhill, among tall-trunked pines, where, as he went, he once more began to sing, tentatively, and despite the fact that he felt his knees to tremble more than they had during the ascent. On issuing from the wood he paused, struck by the charm of the small enclosed landscape before him, a scene composed of elements both peaceful and sublime. He had set out soon after luncheon [...] in order to be back before dark. [...]

On their way back to the village, the valley was gay in its new spring dress, all bright and delicate colour. The air was superb. A symphony of scents from meadows full of flowers filled the pure, dry, lucent, sun-drenched air.

"I can't hold out any longer. I haven't had a proper smoke since yesterday after luncheon. Excuse me a minute."

At four o'clock he partook of afternoon tea, with cake and jam. Followed a little movement in the open air, then rest again, then supper—which, like all the other meal-times, afforded a certain stimulus for eye and brain, and a certain sense of strain.

At tea all the various beverages were served which it is possible to serve at that meal. Miss Robinson drank again her brew made of rose-hips, the grand-niece spooned up her yogurt. There were milk, tea, coffee, chocolate, even bouillon; and on every hand the guests, newly arisen from some two hours' repose after their heavy luncheon,



were busily spreading huge slices of raisin cake with butter.

sunbathing

16:36







evening







"I'll go now and lie down; it won't hurt me, thank goodness." With which he passed round the glass partition into his loggia, where stood his own recliningchair and side-table. He fetched Ocean Steamships and his beautiful, soft, darkred and green plaid from within the room, which had already been put into perfect order, and sat himself down.















October 21 17:26.56 254.66°

January 21 17:11.00 241.11° November 21 16:43.55 240.62°

December 21 16:37.39 235.14°





Soon he too had to put up the little sunshade; the heat became unbearable as he lay. But he was uncommonly comfortable, he decided, with distinct satisfaction. He did not recall in all his experience so acceptable an easy-chair. The frame—a little oldfashioned, perhaps, a mere matter of taste, for the chair was obviously new—was of polished red-brown wood, and the mattress was covered in a soft cotton material; or rather, it was not a mattress, but three thick cushions, extending from the foot to the very top of the chair-back. There was a head-roll besides, neither too hard nor too yielding, with an embroidered linen cover, fastened on by a cord to the chair, and wondrously agreeable to the neck.







With short cold water applications (one second to one minute), temperature stimuli are conveyed via the skin, which trigger positive reactions in the body: The temporary constriction of the blood vessels with subsequent vasodilatation promotes blood circulation throughout the body. This strengthens the body's defences, stimulates the circulation, nervous system and metabolism and revitalises the body.

Note: It is recommended to tread water only when the feet feel warm at the beginning of treading water.

This involves stepping on the spot in cold - piping cold water

One leg should always be pulled completely out of the water and the top of the foot should be bent down slightly the so-called stork walk. After about 30 seconds you will

feel a strong cold sensation in your feet and lower legs. Then you should briefly leave

the cold water to warm up your feet again. Repeat this procedure several times.

After treading water, just wipe off the water - do not dry - and do a little movement to warm up.

Then she went bathing [...] —it was the beginning of May; we were having frost at night; the water was not precisely ice-cold, say a few degrees above. She remained some time in the water.

beach towel 90x180

hammam towel



She wore a white sweater and blue skirt, and had a book from the lending-library in her lap. She tapped softly with the sole of the foot that rested on the floor.

After a minute and a half she changed her position; looked round, stood up, with an air of not knowing what she was to do or where to go—and began to speak. She was asking something, she addressed a question to Joachim, though he sat there apparently deep in his magazine, while Hans Castorp was doing nothing at all.















Henri Matisse







Mark Rothko















sunbathing, 16:36 shower, 17:21





Evening is the period of a day from the end of the afternoon to the beginning of night. The exact times when evening begins and ends depend on location, time of year, and culture, but it is generally regarded as beginning when the Sun is low in the sky and lasting until the end of twilight. Depending on the speaker, it may start as early as 5 or 6 pm, and to last until night or bedtime. It may be used colloquially to include the last waning afternoon shortly before sunset.

The word is derived from Eve, which originated from æfnian meaning «become evening, grow toward evening». The Old English æfnian originated from æfen (eve), which meant «the time between sunset and darkness», and was synonymous with even (Old English æfen) which meant the end of the day. The use of «evening» dates from the mid 15th century.

Initially, evening was the last sunny quarter of the day. In Roman times, night and day were both divided into twelve units of time. The length of the day was adapted as the year progressed. The twelve



hours of the day were divided into four groups: morning (mane), morning (ad meridiem), afternoon (de meridiem) and evening (suprema). The evening covered the part that began at the beginning of the tenth hour and ended at the end of the twelfth hour with sunset. The four time slots were publicly proclaimed by the consuls. Evening as a reference to a whole day - The notion of evening or, among the Jews, Erev sometimes represents a whole day. For example, the Saturday night before the most revered day in Christianity, Sunday. Or Christmas Eve, the night before Christmas Day. The term then refers to a holiday eve that begins with Vespers or a Vigil (hence the term «vigil» or «Eve»). In the Middle Ages, the term vigil («the eve of ...» or its synonyms vigila or pridie) in combination with the name of the saint(s) of the coming day was in common use and referred not to the evening itself but to the entire day of the vigil. In most dioceses, Marguerite's Eve referred to the 12th of July and not to the 13th in the evening.

19:03



The food was excellent: asparagus soup, stuffed tomatoes, a roast with vegetables, an exceedingly well-prepared sweet, cheese, and fruit. Hans Castorp ate heartily, though his appetite did not turn out quite so stout as he had thought. But he always ate a good deal, out of pure self-respect, even when he was not hungry.

The Sunday was not further remarkable, except perhaps for the meals, which, since they could not well be more abundant than they already were, displayed greater refinement in the menu. At luncheon there was a chaudfroid of chicken, garnished with crayfish and stoned cherries; with the ices came pastry served in baskets of spun sugar, fresh pineapple besides. and

Games were begun at two green extensiontables: at the one, dominoes; at the other, bridge, and here only the young folk played,

among them Hermine Kleefeld and Herr Albin.



corridor

22:26







night







But he went up in the lift with Joachim and several other people as well, for the conviviality of the evening; the guests were going to the halls and rooms



A meander is one of a series of regular sinuous curves in the channel of a river or other watercourse. It is produced as a watercourse erodes the sediments of an outer, concave bank (cut bank) and deposits sediments on an inner, convex bank which is typically a point bar. The result of this coupled erosion and sedimentation is the formation of a sinuous course as the channel migrates back and forth across the axis of a floodplain.



The zone within which a meandering stream periodically shifts its channel is known as a meander belt. It typically ranges from 15 to 18 times the width of the channel. Over time, meanders migrate downstream, sometimes in such a short time as to create civil engineering challenges for local municipalities attempting to maintain stable roads and bridges.

The degree of meandering of the channel of a river, stream, or other watercourse is measured by its sinuosity. The sinuosity of a watercourse is the ratio of the length of the channel to the straight line

down-valley distance. Streams or rivers with a single channel and sinuosities of 1.5 or more are defined as meandering streams or rivers.

The term derives from the Meander River located in present-day Turkey and known to the Ancient Greeks as Maiandros (Latin: Maeander), characterised by a very convoluted path along the lower reach. As a result, even in Classical Greece (and in later Greek thought) the name of the river had become a common noun meaning anything convoluted and winding, such as decorative patterns or speech and ideas, as well as the geomorphological feature. Strabo said: '... its course is so exceedingly winding that everything winding is called meandering.'

The Meander River is south of Izmir, east of the ancient Greek town of Miletus, now Milet, Turkey. It flows through series of three graben in the Menderes Massif, but has a flood plain much wider than the meander zone in its lower reach. Its modern Turkish name is the Büyük Menderes River.



The technical description of a meandering watercourse is termed meander geometry or meander planform geometry. It is characterized as an irregular waveform. Ideal waveforms, such as a sine wave, are one line thick, but in the case of a stream the width must be taken into consideration. The bankfull width is the distance across the bed at an average cross-section at the full-stream level, typically estimated by the line of lowest vegetation.

As a waveform the meandering stream follows the

down-valley axis, a straight line fitted to the curve such that the sum of all the amplitudes measured from it is zero. This axis represents the overall direction of the stream.

At any cross-section the flow is following the sinuous axis, the centerline of the bed. Two consecutive crossing points of sinuous and down-valley axes define a meander loop. The meander is two consecutive loops pointing in opposite transverse directions. The distance of one meander along the down-valley axis is the meander length or wavelength. The maximum distance from the down-valley axis to the sinuous axis of a loop is the meander width or amplitude. The course at that point is the apex.

In contrast to sine waves, the loops of a meandering stream are more nearly circular. The curvature varies from a maximum at the apex to zero at a crossing point (straight line), also called an inflection, because the curvature changes direction in that

vicinity. The radius of the loop is the straight line perpendicular to the down-valley axis intersecting the sinuous axis at the apex. As the loop is not ideal, additional information is needed to characterize it. The orientation angle is the angle between sinuous axis and downvalley axis at any point on the sinuous axis. Concave bank and convex bank, Great Ouse Relief Channel, England.

> A loop at the apex has an outer or concave bank and an inner or convex bank. The meander belt is defined by an average meander width measured from outer bank to outer bank instead of from centerline to centerline. If there is a flood plain, it extends beyond the meander belt. The meander is then said to be free—it can be found anywhere in the flood plain. If there is no flood plain, the meanders are fixed.

> Various mathematical formulae relate the variables of the meander geometry. As it turns out some numerical parameters can be established, which appear in the formulae.

The waveform depends ultimately on the characteristics of the flow but the parameters are independent of it and apparently are caused by geologic factors. In general the meander length is 10–14 times, with an average 11 times, the fullbank channel width and 3 to 5 times, with an average of 4.7 times, the radius of curvature at the apex. This radius is 2–3 times the channel width.

Meander of the River Cuckmere in East Sussex, Southern England A meander has a depth pattern as well. The cross-overs are marked by riffles, or shallow beds, while at the apices are pools. In a pool direction of flow is downward, scouring the bed material. The major volume, however, flows more slowly on the inside of the bend where, due to decreased velocity, it deposits sediment.

The line of maximum depth, or channel, is the thalweg or thalweg line. It is typically designated the borderline when rivers are used as political borders. The thalweg hugs the outer banks and returns to center over the riffles. The meander arc length is the distance along the thalweg over one meander. The river length is the length along the centerline.





Every moment of the way, every step of the stair, offered a chance; any instant the door might open— and in practice it often did. You could not miss the door, it had a porcelain shield.



The path had been full of people; Hans Castorp had often to lift his hat. Followed a last period of rest on the balcony, a fugitive and empty interlude of an hour and a half. Nearly all the guests went out the same way, it appeared that after dinner a certain amount of social intercourse took place in the hall and the adjoining salons.



corridor



Hans Castorp sat near the open door to the music-room, with his back to the portières, ...

fountain

07. Nina Simone Stars

Jimmy

- 08. Elmore James Shake Your Money Maker

- 14. Peter Gabriel & Kate Bush
- Don't Give Up 15. Buena Vista Social Club
- Chan Chan

salon plein air

- 16. Etta James At Last

22:33 23:04 22:28 • "I suppose you aren't cold?" James asked him.

music salon

T: 1800 K radiant light lightbulb with mirror top

t:21.5 °C

T: 2200 K soft casted light lightbulb

t:22.8 °C

They continued along the corridor with clothes-racks, where Behrens hung his bowler on a hook, and thence entered in the salons.



... on a chair that happened to be standing there, a plush-covered chair in Renaissance style, with a high straight back, and no arms. He held a newspaper as though to read it, but instead was listening with his head on one side to the snatches of music and talk from the next room.



We had a little celebration, making merry, and then, in an elevated mood, of spirit free and unrestrained, arm in arm we sought our beds.



T: 4000 K moonlight illuminated through window

T: 2800 K yellow light LED

t:21.6 °C

t:18.9 °C

When I wake in the morning, I feel glad at the thought of being able to smoke all day, and when I eat, I look forward to smoking afterwards; I might almost say I only eat for the sake of being able to smoke—though of course that is more or less of an exaggeration.

Paul Cézanne







Otto Dix



Olafur Eliasson

















Night (also described as night time, night-time, or nighttime, unconventionally spelled as nite) is the period of ambient darkness from sunset to sunrise during each 24hour day, when the Sun is below the horizon. The exact time when night begins and ends depends on the location and varies throughout the year, based on factors such as season and latitude.

nice to see you. Good night!», unlike «good morning», «good afternoon», and «good evening», «good night» (or «goodnight») is not used as a greeting. Cancer on December Solstice and Tropic of Capricorn on June Solstice and at equator on equinoxes.

The word can be used in a different sense as the time between bedtime and morning. In common communication, the word night is used as a farewell («good night») and sometimes shortened to «night», mainly when someone is going to sleep or leaving. For example: «It was Astronomical night is the period between astronomical dusk and astronomical dawn when the Sun is between 18 and 90 degrees below the horizon and does not illuminate the sky. As seen from latitudes between about 48.56° and 65.73° north or south of the Equator, complete darkness does not occur around the summer solstice because, although the Sun sets, it is never more than 18° below the horizon at lower culmination, -90° sun a angles occur at Tropic of The opposite of night is day (or «daytime», to distinguish it from «day» referring to a 24-hour period). Twilight is the period of night after sunset or before sunrise when the Sun still illuminates the sky when it is below the horizon. At any given time, one side of Earth is bathed in sunlight (the daytime) while the other side is in the shadow caused by Earth blocking the sunlight. The central part of the shadow is called the umbra.

Natural illumination at night is still provided by a combination of



moonlight, planetary light, starlight, zodiacal light, gegenschein, and airglow. In some circumstances, aurorae, lightning, and bioluminescence can provide some illumination. The glow provided by artificial lighting is sometimes referred to as light pollution because it can interfere with observational astronomy and ecosystems.

ring this time. The effects of day and night are not seen in the animal kingdom alone; plants have also evolved adaptations to cope best with the lack of sunlight during this time. For example, crassulacean acid metabolism is a unique type of carbon fixation which allows photosynthetic plants to store carbon dioxide in their tissues as organic acids during the night, which can then be used during the day to synthesize carbohydrates. This allows them to keep their stomata closed during the daytime, preventing transpiration of precious water.

was invented during 1835.[4] As artificial lighting has improved, especially after the Industrial Revolution, night time activity has increased and become a significant part of the economy in most places. Many establishments, such as nightclubs, bars, convenience stores, fast-food restaurants, gas stations, distribution facilities, and police stations now operate 24 hours a day or stay open as late as 1 or 2 a.m. Even without artificial light, moonlight sometimes makes it possible to travel or work outdoors at night.

Biological effect on life - The disappearance of sunlight, the primary energy source for life on Earth, has dramatic effects on the morphology, physiology and behavior of almost every organism. Some animals sleep during the night, while other nocturnal animals including moths and crickets are active du-

Social effect on life - Electric light