

POLE EUROPE 2K'4

Peak of Relaxation Alpine Spring Baths

International Design Studio for Students from the Fields
of Architecture, Construction and Civil Engineering
Light Science, Tourism and Process Management

Assignment for Summer Term 2004
University of Applied Sciences Aargau, Switzerland

Organisation POLE Europe



Lead POLE
Prof. Daniel Kündig
University of Applied Sciences Aargau
Klosterzelgstrasse, CH-5210 Windisch
tel +41 (0)1 254 53 53
d.kuendig@fh-aargau.ch



Lead POLE
Prof. Dr. Christoph Holliger
University of Applied Sciences Aargau
Steinackerstrasse 5, CH-5210 Windisch
tel +41 (0)56 462 44 06 / +41 (0)62 777 27 75
ch.holliger@fh-aargau.ch



Head Information Technologies
Prof. Dr. Ing. Manfred Breit
University of Applied Sciences Aargau
Steinackerstrasse 5, CH-5210 Windisch
tel +41 (0)56 462 44 94 / +41 (0)79 204 63 46
m.breit@fh-aargau.ch



Technical Assistance Information and Web Technologies
Hans Rudolf Strebel
University of Applied Sciences Aargau
Steinackerstrasse 5e, CH-5210 Windisch
tel +41 (0)76 317 30 67
hr.strebel@fh-aargau.ch



Operational Guidance and Coordination
Manuel Alberati
University of Applied Sciences Aargau
Klosterzelgstrasse, CH-5210 Windisch
tel +41 (0)79 483 16 00
m.alberati@fh-aargau.ch

Table of Contents

1	POLE Main Features: Introduction	4
2	POLE Concept and the Building Industry: A Mutual Enrichment	6
3	Well-Being and Alpine Spring Baths: The Concept	7
4	Introduction to Project Task	7
5	Project Task	11
6	Programme	11
	.1 The Alpine Spa	
	.2 Ice	
7	Perimeter	14
	.1 Nevada	
	.2 Silleren Gondola Station	
	.3 Gruebi	
8	General Issues	16
	.1 Qualification Requirements	
	.2 Course Language	
	.3 Teams	
	.4 ICT	
	.5 Mentors and University Support	
	.6 Assessment and Grading	
	.7 Assessment Criteria	
	.8 Costs	
9	Registration	17
10	Schedule	18

1 Pole Main Features: Introduction

University students are nowadays increasingly challenged within their specific core disciplines. In addition however, they are also supposed to develop skills in order to apply this particular knowledge in practice. This ideally goes hand in hand with a sense of maturity of the individuals' characters vis-à-vis the social, cultural, and economical environment. The practical application of theoretical knowledge can thus only be implemented successfully if these three basic elements are taken into account.

In addition to university students' disciplinary knowledge, the ability to work efficiently within multicultural environments has become increasingly important. This realisation has led to a more proactive stance by universities with regards to networking and offering joint courses, which is where POLE Europe, i.e. Project Oriented Learning Environment, is actively involved in. In the course of this new collaboration, the complementary aspect has gained in importance. An example for this is the liaising between strongly research-oriented and more practically oriented universities with the common goal of being able to implement results effectively and time-specifically. In this process, the POLE course puts particular emphasis on improved cultural know-how, which is reflected in the international composition of the POLE teams.

POLE Europe sees itself as a learning system cooperating with foreign universities. It does so within a reflexive context that takes into account the various

cultures involved. This results in the creation of new solutions regarding teaching and learning methods. The students are at the core of this concept, and are given the opportunity to develop process-oriented expert knowledge through interdisciplinary teamwork. Simultaneously, they learn how to work independently and deal with current problem cases through the use of modern information and communication tools.

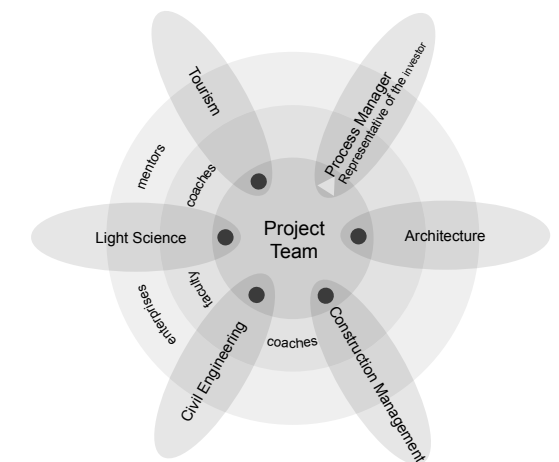
Processes within POLE Europe are mainly organised by the teams themselves. The courses also increasingly tend to amalgamate various lines of work in order to give way to new, holistic, and interdisciplinary perspectives. This concept makes for a comprehensive platform giving students the opportunity to develop their full potential.

The teamwork in the POLE Europe courses allows the students to further expand their specific professional skills, and gives them the opportunity to develop competencies that are necessary in order to adapt to a continuously changing work environment. The courses also provide students

with means to evaluate and substantiate their team and communication skills.

Professionals from relevant industries form an essential part of POLE Europe. Their participation contributes a high degree of practical knowledge, linking professional practice and academic education. This exchange allows for a rapid transfer of knowledge and technology and acts as a motivating factor for the participating students. In remoulding the landscape of university teaching and learning, POLE also intends to provide an impact concerning decision-making and creation of practical work processes. In association with university teaching staff, industry mentors are therefore instrumental in contributing expert knowledge and regular feedbacks to the teams.

Through collaboration in interdisciplinary teams guided by process management students (see plate), students from various fields of expertise are given the opportunity to understand the individual processes involved and acknowledge their relation to the social, economical, and political dimensions.



2 Pole Concept and the Building Industry: A Mutual Enrichment

Usual practice when working on projects nowadays is to go about things in a linear manner, which for the building domain means that aspects such as architectural design and static calculation remain sequential processes. This equally applies to the design of infrastructures in buildings, which ever too often results in costly and inefficient installations.

A crucial lesson to be drawn from the failures of current practices lies in the future development of much clearer concepts, which allow for buildings to be easy to maintain, yet also provide an approachable and practical concept to its future users. This in turn demands an integral and thorough study of the perimeter in question, bearing in mind important issues such as life-cycle reflections. In order to cope with the rising complexity in the building domain, especially trained interdisciplinary teams may provide a valid alternative, provided they are willing to collaborate and sensitive towards their team members and the issues at stake. By applying iterative procedures, expert knowledge can be scrutinised and included within the process as a whole. This also helps in detecting potential contradictions and problems at a much earlier stage.

In this context, the question arises as to why a collaboration between various disciplines is important already at an early conceptual level. The advantages are manifold: for example, multi-national teams learn to improve communication skills, which may result in increased comprehensibility and better didactic skills later on. Interdisciplinary work and internationality on the other hand may also help to reduce costs, as the flow of information and skill becomes much more efficient, thus optimizing the resulting overall value.

The project team should therefore become a natural part of the process, the design of which ought to form an interwoven sequence within the life-cycle

of a building. This does however not mean that the amount of time necessary for the design process could be cut, as this would result in an overall performance drop. What it really amounts to is a re-allocation of work intensity in favour of the overall conceptual approach. Be that as it may, the expert



knowledge within the team remains as important as ever, as only well-trained specialists within their own right can contribute to a substantial team effort. In a society governed by individualism and a waning emphasis on a socially oriented building culture, such statements appear more important than ever.¹

3 Well-Being and Alpine Spring Baths: The Concept

The concept of well-being is becoming of ever increasing importance to alpine regions internationally.² Bearing in mind the holistic aspect of well-being, architectural designs nowadays also strive to provide sustainable solutions, which must take into account the uniqueness and fragility of the alpine environment. In addition to elements such as health facilities and beauty, regional aspects such as local culture and population, rites, geographical features, etc. all need to be involved in the planning of a well-being destination.

Under the marketing heading 'Sport and Life' lead by tourism director Roland Huber, the alpine village of Adelboden/Switzerland is in the process of implementing steps to develop a comprehensive well-being concept with a shift from high performance sports towards a focus on well-being and nature. Adelboden's unique surroundings include a natural spring, which is to be included as an important part in the design of a new well-being area comprising a mountain spa. There are also further construction issues to be considered, which involve a parking garage with integrated ice rink and curling facilities, and a hotel.

During the Winter term of 2003/2004, eight students from the Escola Tècnica Superior d'Arquitectura de Barcelona have made an analysis involving the main perimeter called „Nevada Perimeter“, which is to be at the heart of the new design. They have come to the conclusion that this perimeter is suitable for a mountain spa, and have undertaken a preliminary study for this area. The findings of this study by the Barcelona group are to be included in the project that forms the second part of the *Peak of Relaxation* project. In addition, the location for the parking garage and ice facilities outside the Nevada perimeter have been evaluated, and are also to be included.

4 Introduction to Project Task

The importance of alpine regions as cultural and recreational space lies at the heart of the European Alpen Treaty. In addition, the protocol draws attention to the 'great significance' of the interrelation between alpine and urban space and the resulting consequences, which are not to be underestimated.³



As a result of this, the aspect of sustainability figures as an integral part throughout all documents relating to the Alpen Treaty.⁴

The awareness of the population of natural spatial boundaries on the one hand and the sensitivity of the ecosystem on the other hand draws attention to the issue of compatibility between these elements. Through careful observation of the intricate relationship between human activity and its consequences, it appears that these issues can be positively affected.⁵

The core task of the *Peak of Relaxation* POLE project will consist of research into a holistic well-being concept in conjunction with the design of a new well-being perimeter in Adelboden/canton Bern. Due to the fact that a physical, i.e. architectural, intervention will be designed for an alpine region,

Brief Historical Overview¹²

1232, 1290 First quotes referring to locals living in the Adelboden region, which made a living predominantly of cattle trade. During the following centuries, much of the once densely grown forrest was cleared to make way for houses and agriculture.

1433 Due to the long distance between Adelboden and the neighbouring church in Fruttigen village, it was decided to build a new church with local funds, which is still standing nowadays. The frescoes painted in 1443 are still preserved.

Ca. mid-19th ct. During these years, many locals hardly know how to make ends meet: bad harvests, cattle plague, and price rises all take their toll.

1872 A priest called Rohr spends his holidays in Adelboden and so becomes the first 'tourist' in this region.

1878-84 After centuries of difficult accessibility because of the Engstligen gorge and the wild waters of the Spissen river, the 'New Road' along the Engstligen river was built. This allowed the local population an increased degree of access to the outside world.

In 1878, the first hotel called 'Stöckli' was built, followed by others. While in the second half of the 19th century, the population only rises by fifty, another five hundred follow in the years from 1900 to 1910. Prompted by a surge in tourism, this trend would continue in the years to come (Adelboden nowadays has a population of some 3'500).

Statistical Data: Short Overview¹³

Adelboden is located at 1'350 meters above sea level, with altitude levels ranging from 1'045 meters at the Ottenbach debouchure to 3'242 meters above sea at the Grossstrubel mountain. It covers a relatively modest 88 km² and belongs to the administrative district of Fruttigen in the canton of Bern.

Despite the municipality's modest size, there is a large amount of holiday homes. In total, there are 3'800 holiday flats with 15'200 beds. These numbers are complemented by various accommodations for groups and camping totaling 2'290 beds, and hotels providing 1'300 beds.

Visiting countries include 60% Swiss, 24% Germans, 5% Benelux, 4% UK, and 5% from various places.

the project is not only of local importance, but has a potentially great impact for other European or international alpine regions.

The municipality of Adelboden in the Bernese Oberland, a popular alpine tourist resort in central Switzerland, was only sparsely populated by about the late nineteenth century; business was limited to agriculture and cattle trade. Towards the beginning



of the twentieth century however, the population increased as a result of a steady increase in tourism, which until today has remained the main source of income besides agriculture and the building trade.⁶

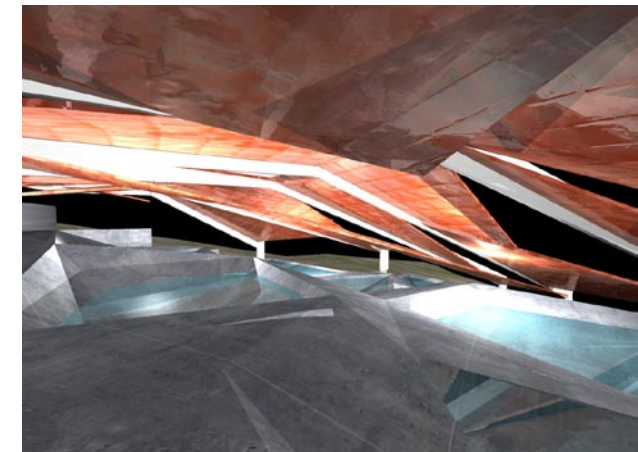
The situation of Adelboden can be regarded as a model case, because many other national and international alpine regions share a similar set of characteristics. Yet Adelboden is distinctive due to the presence of several natural characteristics which make the place special. Examples are the well-known Adelboden mineral springs, the Choleren gorge with its impressive waterfalls, the Pochtenkessel (a cavernous tunnel, where the Engstligen- and the Tschenten-river meet), as well as the Engstligen waterfalls. In addition, elements such as classical chalet-architecture and the village church from 1433 illustrate local and traditional ways of building and living.

During the Winter season, which is the main tourist season in Adelboden, hotels are usually booked

to a substantial degree, which is also the case for vacation homes. Adelboden intends to stabilise the number of bookings during the entire year, without however increasing the number of beds available. Reasons for the creation of a holiday destination which can be visited during any time of the year lie in the changing recreational habits of people, as well as the climate change which affects the duration of the Winter season. In order to develop Adelboden as a Summer destination, a concept that balances its Winter attractions needs to be developed. 'Sport and Life' is to be developed as an integral concept of the name 'Adelboden' as a brand, and shall stand at the core of the new concept. The range of offers during Winter season, such as skiing and associated sports, is summarised under the heading 'acceleration', while the Summer season advocates a 'deceleration', where the main product is based on Alpine well-being and health in conjunction with nature.⁷ In order to strengthen these aspects pertaining to Summer tourism, Adelboden intends to build an alpine spa. To realise this project, the municipality of Adelboden has bought the premises which were once the location of the now destroyed hotel Nevada. The target groups are families with school children or teenagers, DINKS (double income no kids), and people aged fifty and above.

Several parts of the existing sports infrastructure on the perimeter are no longer marketable, and can therefore not be maintained. This is for example the case for the panorama swimming pool Gruebi, which has been built in 1931, and is a listed building. It suffers from declining visitor numbers, and needs to be renovated in the near future. Another section includes the sports centre, which includes an exterior ice-hockey rink, a curling hall, and an indoor swimming pool. This centre also is in need of renovation, and currently operates at a substantial financial loss. The sports centre and the panorama-pool are both owned by a cooperative society called SB KEB (Schwimmbad und Kunsteisbahn). The poor financial state of the cooperative and the low level of attraction of the infrastructures lead to the closure of the

indoor swimming pool. In addition, it remains unclear how long the operation of the remaining parts can be guaranteed. A factor common to all the facilities on this perimeter is their low degree of touristical value and their economic inefficiency. On the other hand, the infrastructure in this area provides an important social component for the local population, and has become an integral part of the Adelboden village life. This is mirrored in associations such as



the local hockey club, the swimming club, and the curling club.

A new infrastructure is to be designed on this particular perimeter, which should be 'sustainable and fulfill the needs for present and future generations'.⁸ The main focus of this design will be a Well-Being Spa, which will be fed by the Adelboden mineral springs, and have a capacity of about 1000 - 1200 guests per day. The municipality of Adelboden intends to open the new mountain spa to the public in 2007. The existing ice rink has to be integrated and to be modernized and re-attracted.

The project will deal extensively with the subject matter 'alpine regions' and the resulting interconnections with relation to human, respectively creative, interventions into natural space. On the one hand, this includes dealing with the characteristics of the natural space in question, as well as taking into consideration factors such as the interrelation

Interdisciplinary Mode of Working

Whereas the tasks will have to be dealt with by the team as a whole, a focus on certain disciplinary aspects must also be implemented. These focal points on the other hand need to be networked and interwoven with the requirements as described above. The client wishes to see a comprehensive result in which the individual disciplines are networked and fulfil the following requirements:

Architecture

Urban planning concepts, spatial concepts for buildings, relation between usage and space, artistic expression, flexibility, sustainability.

Requirements: analysis, conceptual diagram, site sketch 1:1,000, ground plans/sectional drawings/facades 1:200, plates, 4D-representation (spatial changes with time factor taken into consideration), models (cardboard or wood) 1:200, volumetric model 1:1,000 according to basis provided, functional schemes.

Civil Engineering

Statical concept, constructive wording, relation between usage and engineering, safety, sustainability.

Requirements: analysis, conceptual schemes, ground plans/sectional drawings 1:200, 4D-representation (dynamic model), functional diagrams, dynamic calculations, proof regarding safety and usage, choice of details.

Lighting Design

Lighting, day-night, outside-inside, sub-aquatic lighting, mood-creative lighting and aspect of experience.

Requirements: lighting concept, Plan Lumière for Nevada perimeter and surroundings, displaying of day- and night milieu in specifically chosen areas of the building, plates, description, diagrams.

Process Management

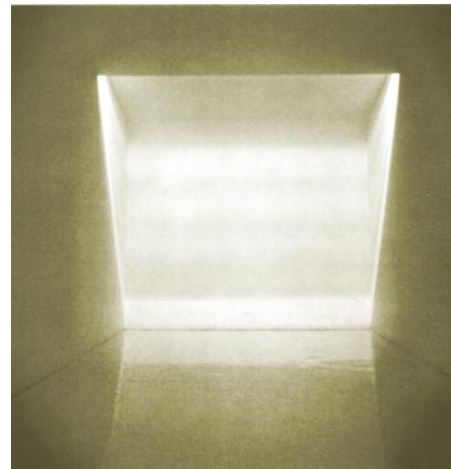
Process supervision, team management, quality management, achievement of objectives, public relations, networking, consideration in keeping the local population up to date.

Requirements: process manual, dynamic process planning, re-design, operations planning and according preparation, methodological project lead, conflict management, PQM including risk management, web presentation, presentations, concept to alert and keep the local population up to date.

Co-ordination of the following tasks: building of a model, creating and print of a brochure for documentation, collecting all project-related computer generated information on CD.

Assignments and requirements: Elaboration of the concrete process for the phase after the final presentations until the finalization of the project, models of investment or ownership (including the legal procedures and contracting), model of operation, cost estimation according to BKP 1-9 and cash-flow model during construction, 4D simulation based on the design of the architects and engineers.

of alpine well-being and its relation to the natural environment. In the case of Adelboden for example, the existence of natural mineral springs represents a local characteristic which may be regarded as an invitation to consciously experience this phenomenon. At the same time, it also provides an impetus to search for further similar characteristics which imbue the place with unique qualities.



It is only through the sustainable utilisation and embedding of crucial elements such as described above that the unique nature of a location, and therefore its attraction in terms of a well-being destination for potential guests, can be designed and maintained. Therefore, the holistic inclusion of other important alpine characteristics must be considered. Among these are sensory elements such as scent, sounds, light, colours, air, etc.

The project may be enriched by looking at other other national and international well-being destinations whose architectural designs may provide further inspiration in the design of the Adelboden perimeter. In English, such destinations are often described as spas.⁹ Looking into this subject in more detail and exploring ways of how to incorporate them may well provide additional impulses to refine the creative concept. Compare for example the *Red Mountain Spa Retreat Resort* in Utah in the American south-

west, where among many other treatments, a 'red rock therapy' is offered for the guests.

During said therapy, natural stones from the nearby canyon together with juniper oil are used in order to release body heat, improve circulation and ease tension.¹⁰

Another example is the *Joyful Journey Hot Springs Spa* in the Rocky Mountains (Moffat/Colorado), where attention is drawn to the historical link. In this case, native Indians had already regarded the springs as a holy place, and thus the notion of well-being is linked to the local history of the place. In addition, this location in Colorado has been designed such that guests can enjoy the unique panorama of the Rocky Mountains while taking a bath.¹¹

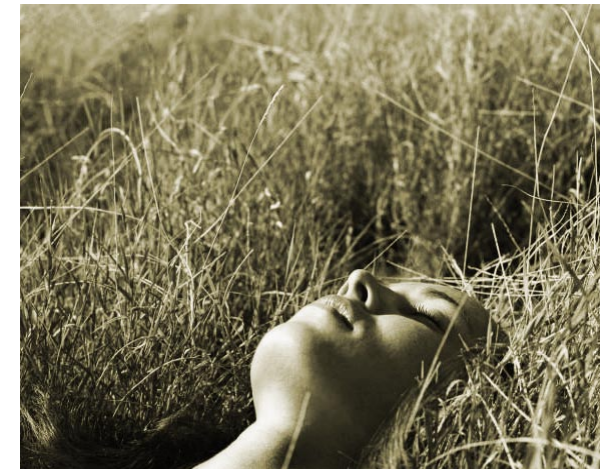
5 Project Task

In setting the task of developing the Water/Ice project, Adelboden Tourismus, the municipality of Adelboden, the SB KEB cooperative society and POLE Europe are pursuing the following goals:¹²

- Design of a unique idea and concept for a new and sustainable well-being centre, which fulfils the requirements of the present and future generations.
- Design of a spatial programme that takes into account the location as a whole, including its quality of having at its disposal a source of natural mineral water. In addition, it is equally important that the needs of the local population and guests are taken into account.
- Design of spatial concepts in which structures, time, and space act as performative settings which abolish the difference between buildings and programmes.
- The creation of an urban architectural project, including the devising of a new identity for the presently unused Nevada perimeter
- Formulation of projects which fulfil the high level of qualitative requirements for alpine baths, including functionality, sustainability, cost effectiveness, and urban requirements.

6 Programme

As the ongoing test planning by POLE Europe reveals, designing a new ice palace where the present one is located is not sensible due to problems related to the fields of spatial planning. The perimeter is however well-suited for the development of an alpine spa, which also leaves the possibility of designing so-called „ice-worlds“ as part of the new spa.



The project development group PEGNA, which is constituted by members representing the interests of Adelboden, has therefore agreed to spatially divide the concept of „water“ and „ice“. In this process, the Nevada perimeter has been attributed the concept of „water“. The car park of the Silleren gondola station on the other hand is being considered as the location for a new ice palace, as it is much more easily accessible. The Silleren gondola station area would allow the realisation of a car park including an ice palace. Visitors of the alpine spa could leave their cars there, and use the gondola to reach their destination. Presently, a new traffic concept is being worked to reduce the traffic load of the Dorfstrasse (main village road).

Range of Products, Key Data

The PEGNA expert group has produced a preliminary study with regards to the necessary surfaces and range of offers related to the alpine spa.¹⁴ The list below is intended to provide an idea of these offers; more details will follow during the kick-off week.

- Swimming pool (34°C), indoor
- Outdoor pool (34 °C)
- Children's area, indoor and outdoor
- Hot-water pool (37°C), indoor
- Cold-water pool (18 °C), indoor
- Flower petal bath
- Salt-water bath
- Adelboden springwater bath
- Cascade (37 °C, 35 °C, and 28°C)
- White water canal
- Grotto, mountain bath
- Sound bath, music bath
- Steam bath
- Sauna-scape
- Rest areas, indoor and outdoor
- Fitness area
- Sport- or stream-pool
- Massage
- Beauty, skin care
- Baths for specific treatments
- Nutrition/Food
- Special medical supply

Operating Figures: Floor Space Requirements

One person approximately needs a water surface of 5m² in a swimming pool, whereas in a non-swimming area, approximately 3m² are needed per person. The areas surrounding the water surface are to be as big as the overall water surface itself. The visitor numbers are usually dispersed as follows: about one third in the water, another third around it, and the rest either arriving or leaving. The average duration of stay of each person amounts to approximately 2.5 hours.

6.1 The Alpine Spa

Adelboden is well-known for its mineral water, which is a characteristic that forms a strong link between the location and water as a concept. According to recent research however, there are no sources of actual thermal waters which would be economically viable to use. Yet the presence of the mineral water alone is an important fact to be taken into consideration, as it puts Adelboden village and its surrounding



landscape into a unique position with regards to the development of an alpine well-being concept involving a spa and further attractions.

This uniqueness has to be reflected through an amalgamation with existing qualities such as the surroundings of the alps, the alpine light, and the village itself. On the other hand, the characteristics of the place should also be reflected in a new yet innovative range of products, aspects of which are manifested in the design of the alpine spa. The new concept should be clearly different from already existing spas and so-called 'wellness'-destinations, which is why there has to be a clear Unique Selling Proposition (USP) in order for the project to be successful. The ultimate goal is the design of a holistic programme with a range of products, and a proposition for the alpine spa that is unique in the terms just described, and positions itself with a clear focus on well-being. The concept which had been suggested by the Hot

Water group therefore had to be re-designed from scratch.¹³ The design for the alpine spa may consider the entire area of the Nevada perimeter, while already existing buildings, but not the ice rink, may be demolished for this purpose. If existing buildings are planned to be destroyed, an appropriate compensation shall be projected (e.g. restaurant, curling facilities, wardrobes). Various alternative modes of utilization and perimeter sizes will be discussed (see plate page 14), which will be the subject of a detailed survey during the kick-off week. The alpine spa and well-being centre is to be designed for a daily turnover of 1,000-1,200 visitors per day and needs to be economically viable for potential investors.

The spatial programme will not be suggested by the client, and is therefore part of each team's responsibility. The preliminary studies of the ETSAB architectural students provides the conceptual basis which is to be further developed. A further design suggestion to be developed is the access to the new alpine spa. The access to the alpine spa is located outside the actual planning perimeter (i.e. village access road and the gondola station), and needs to be involved in the overall planning.

6.2 Ice

On the perimeter of the car park / Silleren gondola station, a new ice palace, including an ice rink, is to be designed according to international norms. The design needs to consider the link between car park and ice palace, possibly also involving four curling rinks. In addition, the ice palace must also provide the option of operating as a multi-purpose hall for the Adelboden municipality.

This new structure does not only provide the parking spaces for visitors of the alpine spa, but the gondola station also acts as a link to Adelboden village. This is to be taken into consideration in the overall design.

The requirements are as follows:

- Ice palace with a capacity of 1,000 visitors, usable as multi-purpose hall
- 4 curling rinks, covered
- Restaurant
- Car park, capacity 1,000 parking spaces
- Design of the gondola station



This part of the project will be elaborated to a later time, after the results of the analysis of the „Eisguppe“ (KEB, i.e. „ice group“) are present.

7 Perimeter

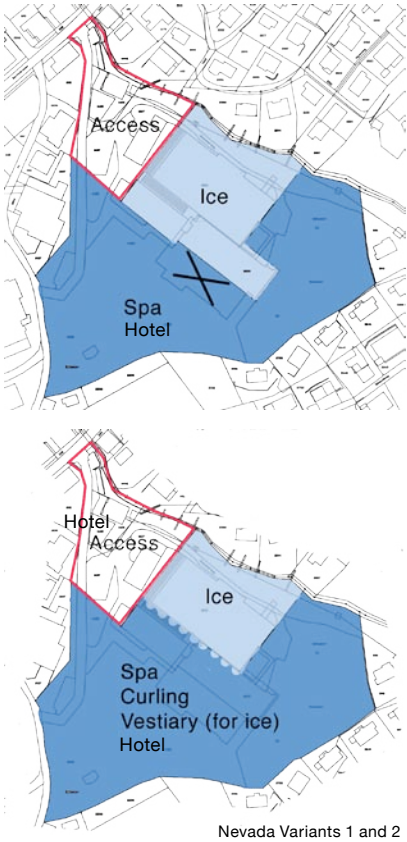
7.1 Nevada

Surface Area:	17,650 m2
Owner:	SB KEB (5,026 m2) and municipality of Adelboden (12,624 m2)
Important Legal Restrictions:	Height restriction to max. 1,341 meters above sea level (as indicated on marked area)
Current Use:	Outdoor ice rink, curling hall, indoor swimming pool (out of order)
Intended Use:	Programme Well-Being and Alpine Spa
Building Regulations:	Currently classified as zone with planning obligation

The planning results will become part of the planning regulations. Therefore, few regulations need to be considered, which means that the teams enjoy a relatively large amount of freedom when designing. However, regulations concerning distances to forests and waters, as well as those relating to the protection of objects and dangerous areas must be strictly followed.

Adjacent Infrastructure:

- House for cultural events and dancing „Taverne“ (under protection)
- Mountain station of the Silleren gondola, linking the perimeter with the car park
- Four-star hotel Steinmattli (116 beds)



Nevada Variants 1 and 2

7.2 Silleren Gondola Station

Surface Area:	16,630 m2
Owner:	Silleren-Bahn-Talstation AG (16,345 m2) and Feldschützenverein Adelboden (285 m2)
Current Use:	Valley station of the Adelboden Silleren gondola, use as access lift, car park (capacity 1,000)
Intended Use:	Programme Ice, Silleren valley station, access lift
Building Regulations:	Currently classified as zone with planning obligation

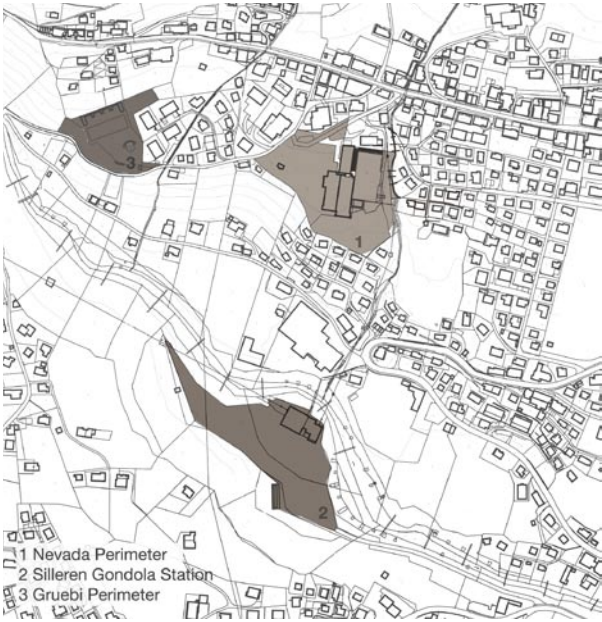
The planning results will become part of the planning regulations. Therefore, few regulations need to be considered, which means that the teams enjoy a relatively large amount of freedom when designing. However, regulations concerning distances to forests and waters, as well as those relating to the protection of objects and dangerous areas must be strictly followed.

Adjacent Infrastructure: Adelboden Mineral Water bottling plant, 300 meter shooting ground (very likely to be shut down).

7.3 Gruebi

Surface Area:	7,257 m2
Owner:	SB KEB (6,239 m2) and Adelboden Tourismus (1,018 m2)
Important Legal Restrictions:	The bath from the 1930s is a protected monument; in addition, it is located in the ground water conservation area.
Current Use:	Swimming pool.
Intended Use:	Not determined yet, but needs to be open for possible future projects such as a hotel, or institutional use.
Building Regulations:	There is no current legally valid attribution to any zone

The planning results will become part of the planning regulations. Therefore, few regulations need to be considered, which means that the teams enjoy a relatively large amount of freedom when designing. However, regulations concerning distances to forests and waters, as well as those relating to the protection of objects and dangerous areas must be strictly followed.



1 Nevada Perimeter
2 Silleren Gondola Station
3 Gruebi Perimeter

8 General Information

.1 Qualification Requirements

The requirements for participation in POLE Europe projects are of a high standard. Only students with good or excellent qualifications in their fields of expertise are considered. In addition, students must have finished four terms. In order to participate in POLE Europe projects, members should be able to integrate their personalities into the teams, deepen their expertise, communicate and deal with students from other fields.

.2 Course Language

Course language is English. Any documentation or presentation is to be prepared in English.

.3 Teams

The POLE *Peak of Relaxation* course is organised in cooperation with the Fachhochschule Aarau, ETSAB Barcelona, ETH Zürich, Lichtakademie Innsbruck, Stanford University, Aalborg University, Trondheim University, FH Trier and HTA Luzern. There will be eight teams, comprised of architects, civil engineers, lighting designers, and process managers; certain positions may overlap.

.4 ICT (Information and Collaboration Technologies)

Participating universities are responsible for providing their students with the necessary technical infrastructure. Organisational matters have to be discussed and fixed before the start of the course. The following is a list of ICT tools that need to be provided:

- 24 hours per day access to work stations, so students can work on their tasks and are able to communicate at all times (Windows 2000 Pro, Windows XP)
- 24 hours per day access to telephones with international access for conference calls

- Suitable IT support (firewalls, basic support)
- Internet access with at least 256 kBits/s
- MS-Office inclusive Powerpoint and Frontpage, Acrobat Reader, ZIP and FTP programmes

FH Aargau, the local school in Windisch, provides the following applications and services for the duration of the project:

- Interactive platform for data exchange and communication
- Platform support
- Conference calls
- Smart boards for presentations and communication in Windisch
- Software: Allplan, Allplot, Cinema 4D
- IT terminals for the duration of the kick-off week and the preparation of the final presentation

Students are asked to bring their own notebook computers.

.5 Mentors and Faculty Support

Assistance and guidance during the project will also be provided by industry mentors, who will provide expertise from first-hand experience. Questions can be forwarded either by email, or via telephone. The overall responsibility for each individual student's educational guidance however remains with the respective university's faculty members.

.6 Assessment and Grading

An international jury composed of one representative per discipline, plus two representatives in charge of POLE Europe, will assess the performance and team work, providing a written statement. The home universities are exclusively responsible for the grading of their students' performances and the awarding of ECTS credit points. A final certificate will be awarded to every student.

.7 Assessment Criteria

The projects will be assessed by a jury composed of one member of each discipline, and two members of the POLE Europe management. Each team will be given an assessment in writing. The criteria will be distributed during the kick-off week.

POLE Europe strives to continuously improve its learning and teaching platform. One way of doing this is by integrating external experts into the process, and having them participate in as many POLE Europe stages of the overall process as possible. In the field of evaluation and assessment, POLE has cooperated with Stanford University/California since the very beginning of the concept in the year 2000. The participatory assessment will focus on the efficiency of the design processes and the adequate use of collaborative communication technologies.

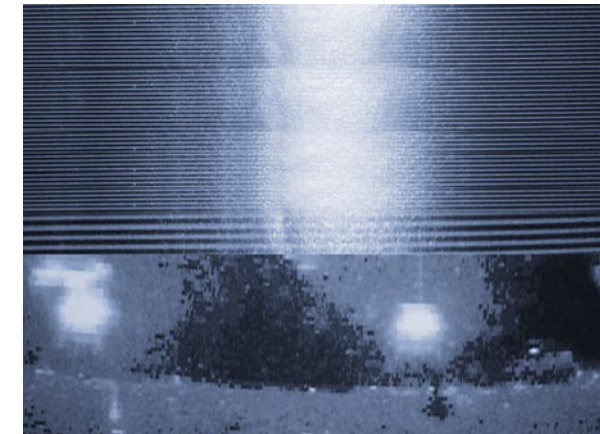
.8 Costs

Course participants pay a one-time fee of 300 Euros during the kick-off week. This amount comprises accommodation during the kick-off week and the final presentation, the trip to Adelboden, and documentation costs. Travel costs and meals are to be paid by the participants, or the participating universities. Participants are also responsible for insurance matters.

Information

Prof Daniel Kündig, Architect ETH SIA BSA,
FH Nordwestschweiz Aargau, POLE Europe,
Klosterzelgstrasse, CH-5210 Windisch
d.kuendig@fh-aargau.ch

For further information, visit:
www.pole-europe.ch



Registration Procedure

- Contact your tutor or academic advisor
- Register via internet: www.pole-europe.ch; click on "announcement" in the main menu, and fill out the registration form
- Send a confirmation, co-signed by your tutor, to

FH Nordwestschweiz Aargau, POLE Europe
Prof. Daniel Kündig
Klosterzelgstrasse
CH-5210 Windisch, Schweiz

Upon receipt of your application, the school will send you a confirmation letter and more detailed information about the course about three weeks before the kick-off.

For further enquiries, please visit
www.pole-europe.ch or send an email to
m.alberati@fh-aargau.ch

10 Schedule

Course Date	Windisch	Home University
15.03.04 Monday until 20.03.04 Saturday	Kick-Off Start 14.00	
Teamwork / Team meeting		
31.03.04 Wednesday	Cyber_Lecture I 17.30 - 19.30 Participation via	Internet all Teams
20.04.04 Tuesday	Review I 09.00 - 15.00 Participation via	Internet Team 1 - 4
21.04.04 Wednesday	Review I 09.00 - 15.00 Participation via	Internet Team 5 - 8
Teamwork / Team meeting		
28.04.04 Wednesday	Cyber_Lecture II 17.30 - 19.30 Participation via	Internet all Teams
12.05.04 Wednesday	Cyber_Lecture III 17.30 - 19.30 BPM, CM and	other interested disciplines
25.05.04 Tuesday	Review II 09.00 - 15.00 Participation via	Internet Team 1 - 4
26.05.04 Wednesday	Review II 09.00 - 15.00 Participation via	Internet Team 5 - 8
Teamwork / Team meeting		
01.07.04 Thursday	Final Presentation Team 1 - 4	
02.07.04 Friday	Final Presentation Team 5 - 8	
10.07.04 Saturday	Opening of the exhibition in Adelboden	

In order to prepare the final presentation, the teams are invited to use the infrastructure provided by the FH Aargau. Accomodation will be provided from June 25 to July 3, 2004. The journey from the students' home universities to Windisch/Switzerland has to be organised by the students themselves.



Footnotes

- 1 Compare POLE Europe: Volume 1, p. 12ff
- 2 This paper deliberately avoids the term „wellness“; instead, the term well-being is here used throughout. Well-being appears to reflect the notion of a sustainable and holistic concept to a greater degree, which is an important aspect of the *Peak of Relaxation* project. Its etymological origins lie in the 17th century, and the term well-being is defined as follows: „The state of being comfortable, healthy, or happy“ (Oxford Dictionary of English, 2nd ed., 2003, p. 1999).
- 3 Alpen Treaty (henceforth AT)/Übereinkommen zum Schutz der Alpen, preamble.
- 4 AT/Übereinkommen zum Schutz der Alpen, Allgem. Verpflichtungen, p. 73.
- 5 See also AT/Protokoll zur Durchführung der AK im Bereich der Raumplanung und nachhaltigen Entwicklung, preamble, pp. 85-86.
- 6 Webseite of Adelboden municipality,http://www.3715.ch
- 7 Alpenforum@adelboden: Adelboden. Ein interessanter Partner für das alpenforum@adelboden.ch, p. 4 ff.
- 8 Adelboden 2010, Masterplan Wegweiser, PEGNA, die Prozesse (S. 6).
- 9 Spa: Spring or holiday resort with thermal or mineral water, which is used for bathing and drinking. The name was taken from a town near Liège in Belgium, where people traveled since about 1610 for the reputed curative properties of its mineral springs (as cited in the online Encyclopedia Britannica, http://www.m-w.com/cgi-bin/dictionary?book=Dictionary&va=spa). The term ‚spa‘ nowadays covers a rather wide range, ranging from baths, springs, to so-called wellness centres.
- 10 See http://www.redmountainspa.com/spa/body_treatments.html
- 11 http://www.joyfuljourneyhotsprings.com/
- 12 SB KEB stands for „Schwimmbad und Kunsteisbahn Adelboden“, i.e. „Baths and Ice Rink Adelboden“.
- 13 See programme Peak of Relaxation, Wintersemester 2003/2004, p. 10.
- 14 Compare Adelboden PEGNA, Preliminary Studies Regarding Surfaces and Volumes, R. Oberli, Sept. 12, 2003.

Illustration List

- p. 7 www.adelboden.ch
p. 8 www.adelboden.ch
p. 9 Relja Ferusic, ETSAB
p. 10 James Turrel, Meeting 1980
P.S.1-Museum, New York
p. 11 www.getty-images.com
p. 12 www.getty-images.com
p. 18 Carmen Artero, ETSAB

Imprint

Publisher
Prof Daniel Kündig, Architect ETH SIA BSA
University of Applied Sciences, Aargau
Steinackerstrasse 5, CH-5210 Windisch, Switzerland
d.kuendig@fh-aargau.ch

Authors
Daniel Kündig, Architekt ETH SIA BSA, UC'NA Zürich
Christoph Graf, UC'NA Zürich
Patrick de Vries, UC'NA Zürich

Layout
Gabriella a Marca, Zürich
Christoph Graf, UC'NA Zürich

Copyright
© POLE Europe
March 2004
Print 60