

LIVING WITH NATURE

PATHWAYS TO HEALTH & WELLBEING

Research Intentions

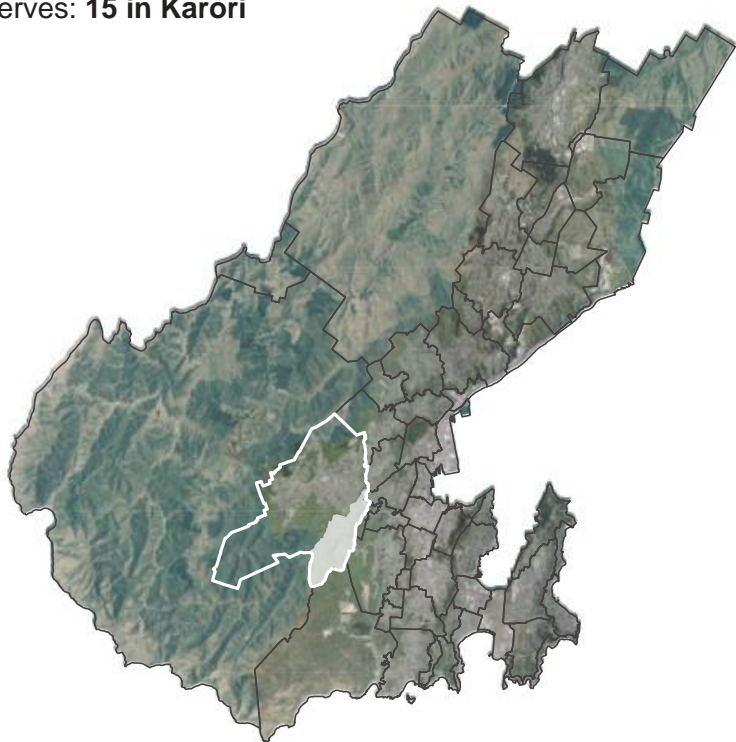
This research centres on promoting health and social wellbeing for the elderly in our community through exploring the potential for developing a 'well-being' track at Zealandia. It will focus on delivering information to underpin how we keep elderly populations healthy and independent as they age. As such it will strengthen our understanding of the traditional knowledge bases of indigenous cultures with respect to health, rehabilitation and wellbeing.

Outcomes

The generation of strategies and design principles to inform the development of a potential constructed landscape at Zealandia. Exploration of the potential of the Zealandia lands outside of the fenced area for improved use for well-being of the elderly and disadvantaged. Evaluation of leadership opportunities for Zealandia within the framework of rehabilitation landscapes.

Total area of Wellington City: **29,000 hectares**
Total population of Wellington City (2017) **209,100 estimate**
Population density of Wellington City: **7.2 pop/hectare**

Total area of Karori: **1,726 hectares** (approximate)
Total population of Karori (2017): **15,600 people** (approximate)
Population density Karori: **9.0 pop/hectare**
Reserves: **15 in Karori**



AIMS & INTERVENTIONS

- > Landscape Principles & Zealandia Principles
- > Investigate the wider connection of Zealandia, Karori and Wellington City
- > Reviewing the Karori Sanctuary land parcels
- > Data Collection (demographics of health and wellbeing & amenities: Karori)
- > Revision of pathways and tracks
- > Conceptual Design Development of principle site
- > Integrating Mātauranga Māori (traditional knowledge) principles



Wellington Dwellings
80,520
Forecasted Dwellings
90,700
Current Ethnic Groups
Māori **14,500**
Asian **28,500**
Pacific Island **8,900**
New Zealander **142,300**
Other **4,600**
Wellington Pop 2017
209,100
Forecasted Pop 2048
250,000
Elderly 2013
18,885
Forecasted Elderly 2048
46,400



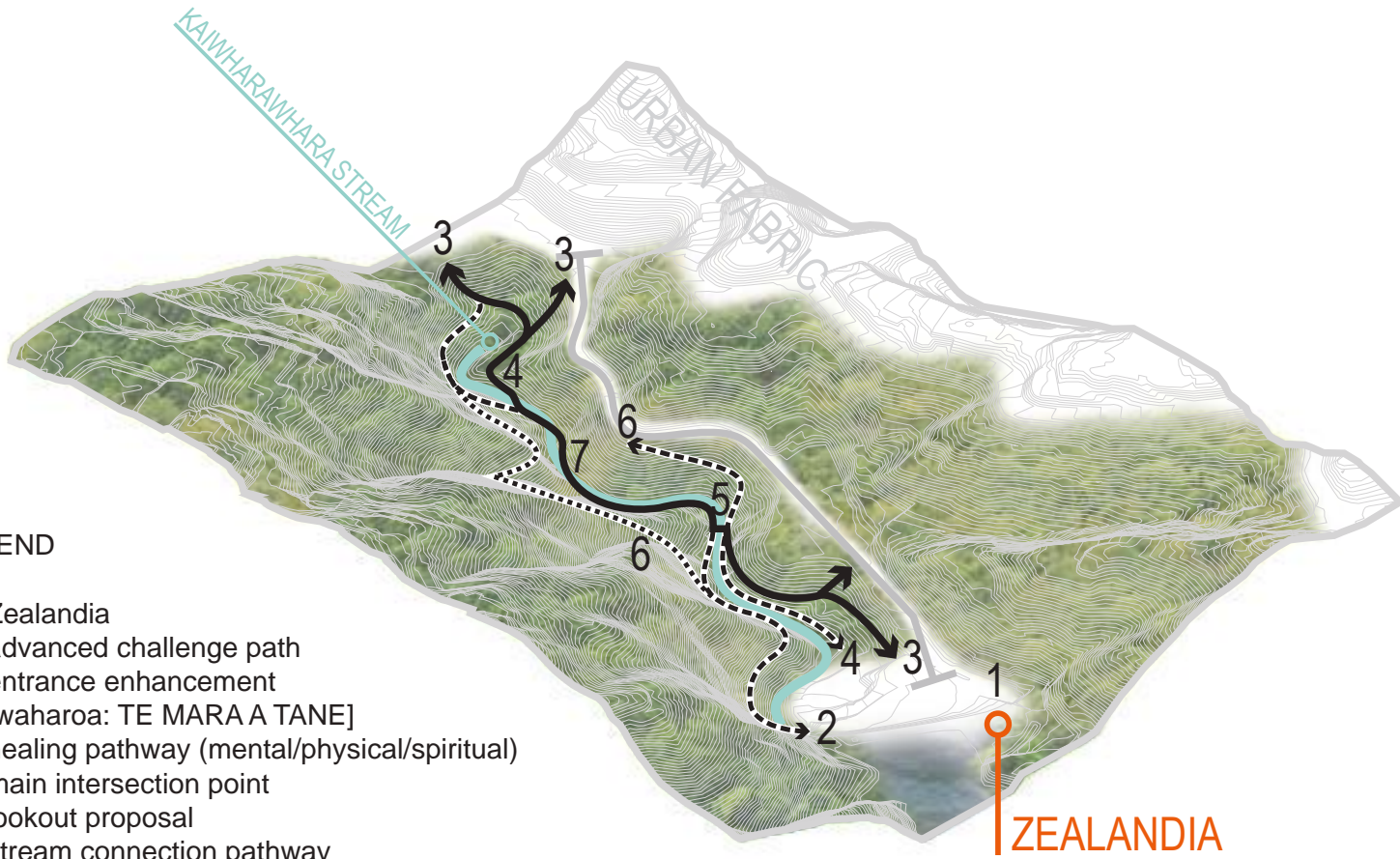
Karori Dwellings 2017
5,690
Forecasted Dwellings
6,200
Current Ethnic Groups
Māori **750**
Asian **2,350**
Pacific Island **535**
European **11,500**
Other **250**
Karori Pop 2017
15,600
Forecasted Pop 2048
209,100
Elderly 2013
2,400
Forecasted Elderly 2048
4,300



CONCEPTUAL DESIGN IDEAS

LEGEND

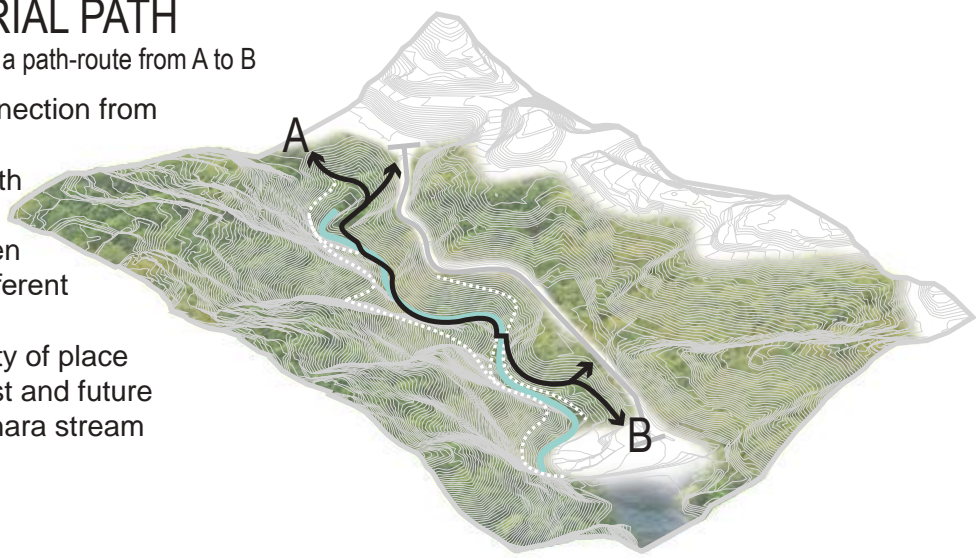
- 1 Zealandia
- 2 advanced challenge path
- 3 entrance enhancement [waharoa: TE MARA A TANE]
- 4 healing pathway (mental/physical/spiritual)
- 5 main intersection point
- 6 lookout proposal
- 7 stream connection pathway



PHASE 1: ARTERIAL PATH

Birdwood Reserve - creating a path-route from A to B

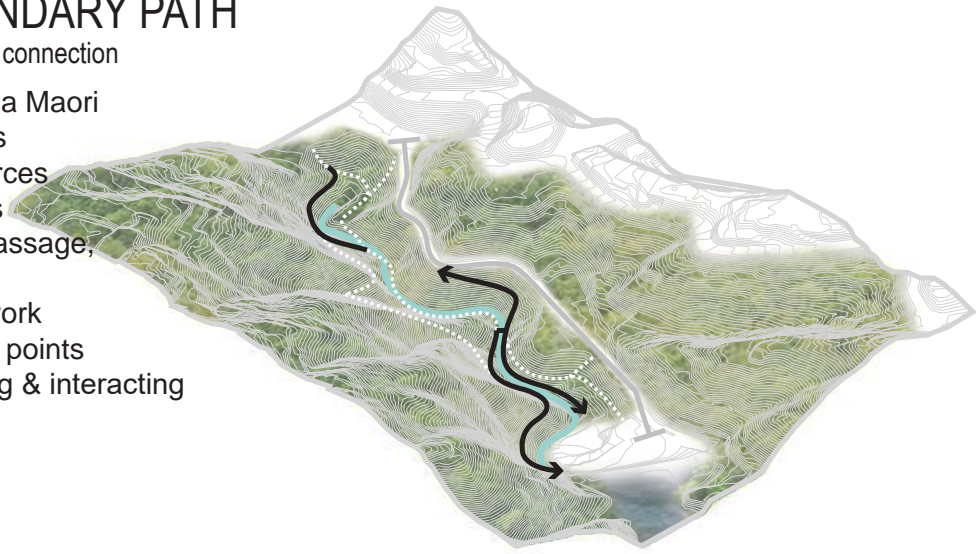
- > establish a better connection from A to B
- > reconnect (engage with nature)
- > establish a safe & even pathway network for different peoples needs
- > better establishes identity of place
- > connect people to past and future
- > relink the Kaiwharawhara stream



PHASE 2: SECONDARY PATH

Birdwood Reserve - creating connection

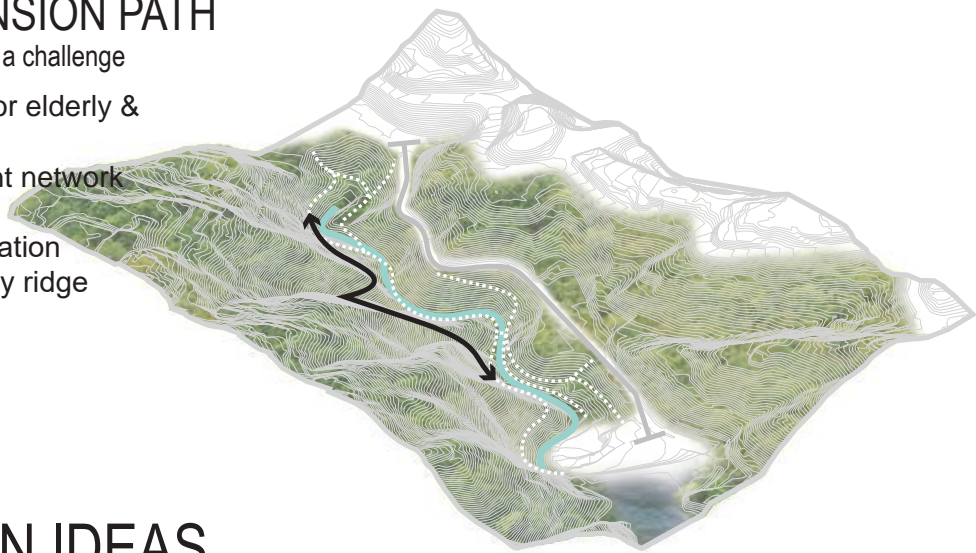
- > implement Mātauranga Māori along pathway networks
- > use the natural resources for design and concepts (waterpools, rongoa, massage, physio)
- > expand pathway network
- > opening up new entry points
- > offer places of learning & interacting



PHASE 3: EXPANSION PATH

Birdwood Reserve - creating a challenge

- > allow for challenges for elderly & disadvantaged
- > incorporate the current network with potential networks
- > offer a change in elevation from valley floor to valley ridge



ZEALANDIA → IMPLEMENT



A PLACE FOR LEARNING
HE WAHI MATAURANGA



PHYSICAL BEING
TAHA TINANA



A PLACE THAT EMPOWERS
HE WAHI WHAKAMANA



MENTAL BEING
TAHA HINENGARO



A PLACE THAT TREASURES
HE WAHI TAONGA



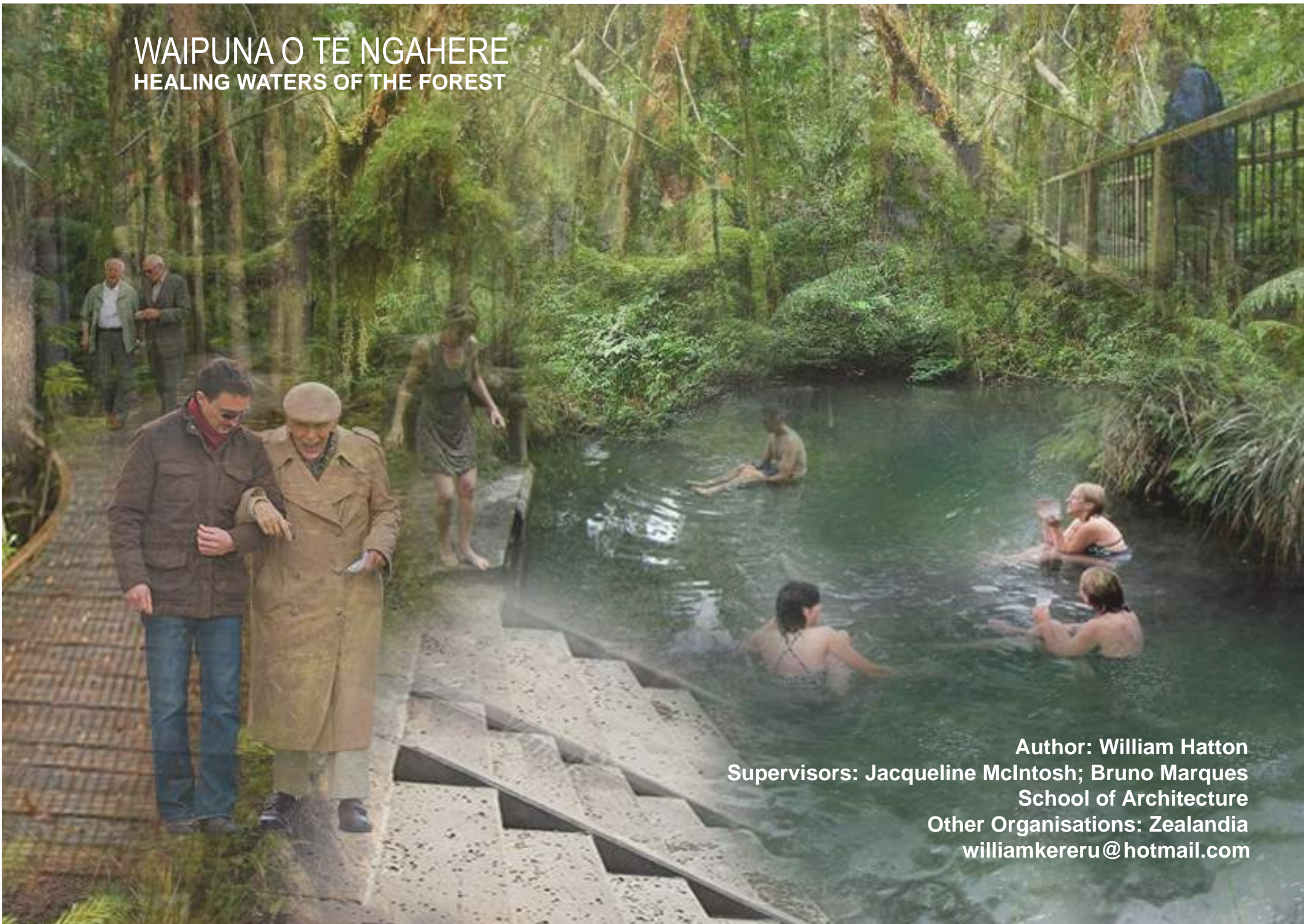
SPIRITUAL BEING
TAHA WAIRUA



A PLACE THAT ENGAGES
HE WAHI HUIHUIINGA



SOCIAL WELLBEING
TAHA WHANAU



WAIPUNA O TE NGAHERE
HEALING WATERS OF THE FOREST

Author: William Hatton
Supervisors: Jacqueline McIntosh; Bruno Marques
School of Architecture
Other Organisations: Zealandia
williamkereru@hotmail.com