

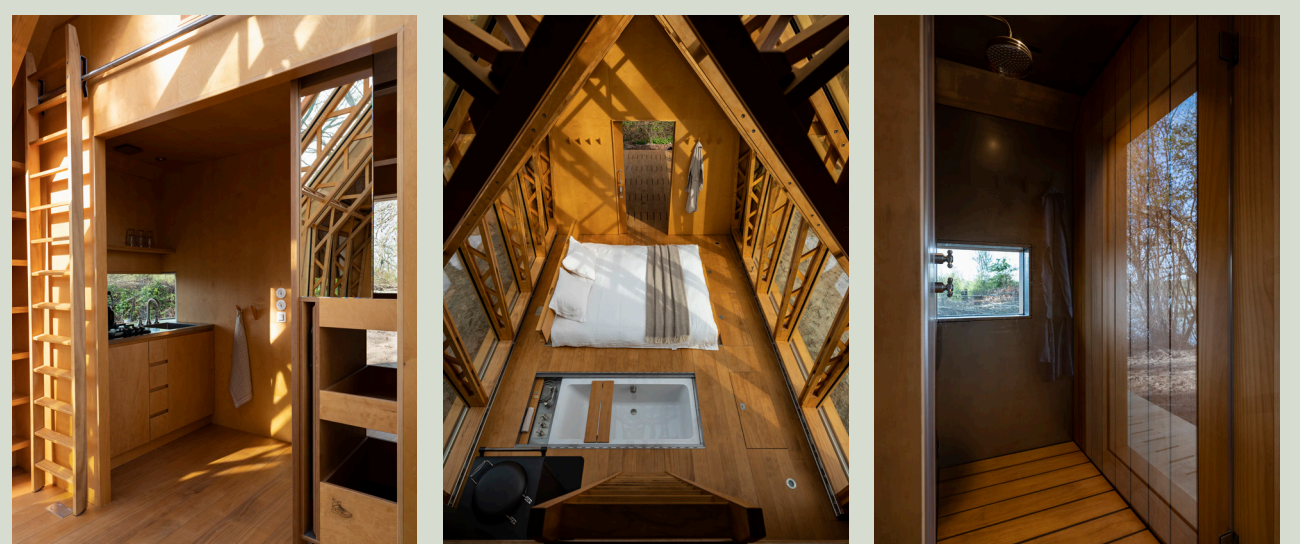


## ANNA Stay 2022

ANNA is not a cabin but a spaceship. A spaceship that brings you back to Planet Earth. It has two protective sliding shells that allow you to open up and become part of your surroundings. The inner shell is made of double glass, the outer shell is made of wood. By adjusting the two shells ANNA changes and adapts to the weather, your mood or the occasion. ANNA allows to connect to a reality in which we naturally belong.

### Organism

In wintertime, the insulated wooden shell of ANNA keeps the warmth inside like a thick winter coat. In spring or autumn, the glass keeps the rain outside or lets the sun in to warm up the space. If it warms up too much, you can either push and close the wooden layer to keep the coolness inside or slide the glass layer open to let a cool wind enter. In all seasons you can live and sleep under the double glass or in the outdoors with protective layers within reach.



Because ANNA, just like any other organism, responds to the environment and moves with the rhythm of nature you become part of it instead of being merely a spectator. This way you experience the beauty of a fierce rain shower from under the glass roof, you wake up among the birds in the early morning and you are mesmerized at night by the starry sky directly above your bed.







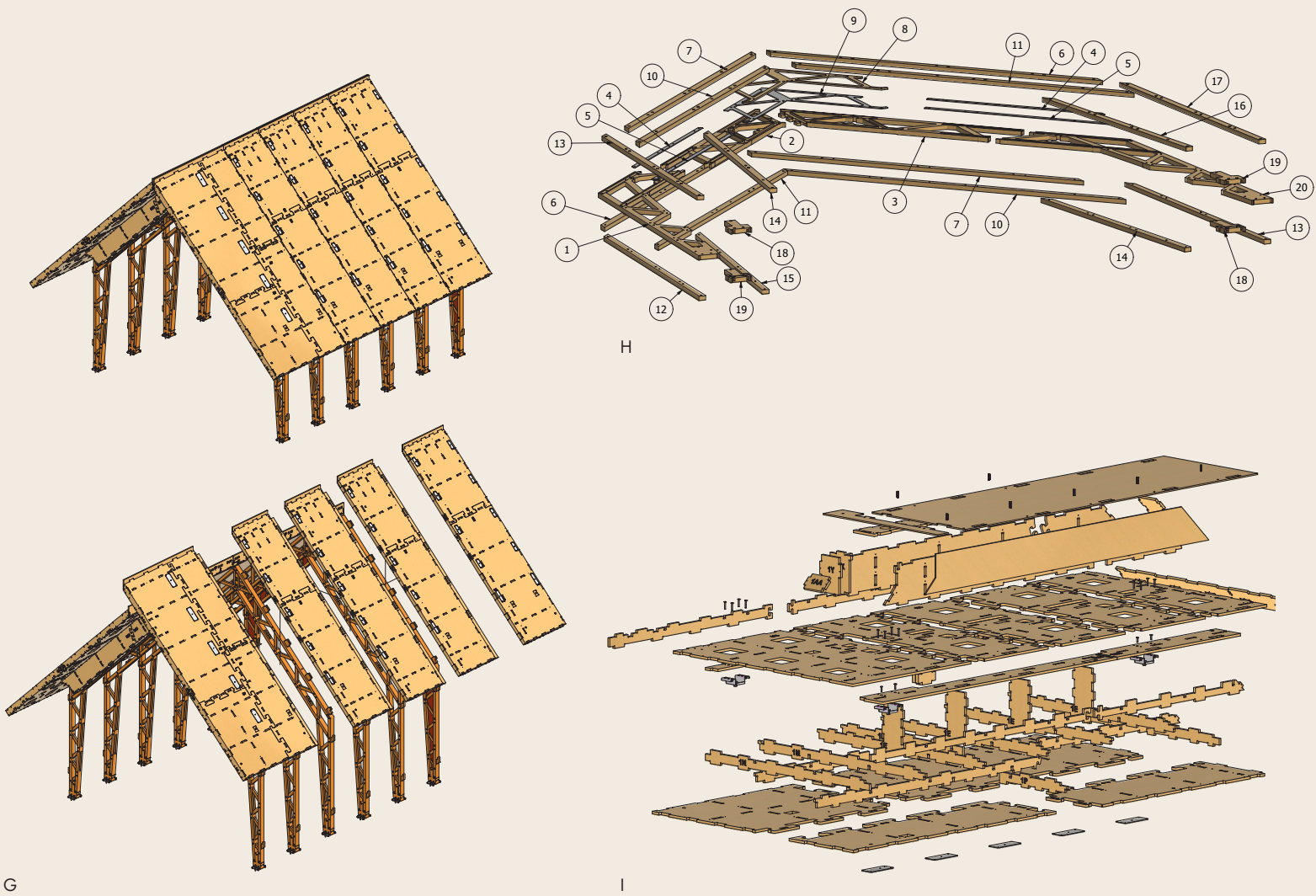
Design

ANNA facilitates (your) nature speaking to you and is therefor designed minimal to not distract. Examples are the sober use of material and the possibility of storing spacial elements such as the bed (J,K). Most of ANNA's features are a direct result of the natural forces that work on her. For example, because ANNA has only two structural façades, a braced timber construction is used for her integrity (G,H). Another example is the roof edge that protrudes far across the elongated windows (C), blocking direct sunlight and keeping the space cool in hot summer days.



Technical

ANNA is modularly developed (G), which results into short construction time on site and therefor a minimal ecological disruption. Besides, to ensure a low transportation footprint, ANNA is designed in such a way that 80% of her unique parts can in the future, via a digital file, be produced locally all over the world on CNC machines (I) and 3D printers (mounting material is printed in recycled plastic). Furthermore, rubber and aluminium extrusion techniques were used, resulting into 26 for ANNA uniquely designed extrusion profiles to ensure that ANNA always slides perfectly and is water- and windtight. The most innovative part being the patented aluminium rails with integrated wind labyrinth (A). As materials expand differently in a range of climates and conditions, one massive challenge we met is realizing a tolerance of less than 1 millimetre in the moving parts. We found the solution in a combination of Accoya wood, birch ply and aluminium for the trusses (H). Another challenge we met is making the sliding elements safe for all kinds of users even when for example strong winds occur. For that we invented a special pull-and-release handle similar to what you find in Dutch bikes (E, F). Finally, following the principle of Thomas Rau's materials passport, all materials of ANNA can be completely separated and reused (G,H,I).



Health

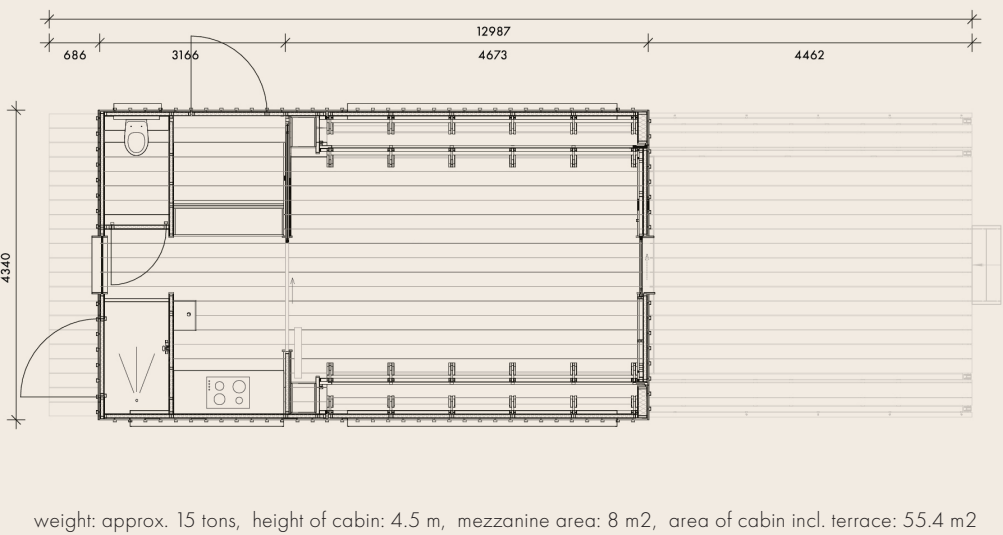
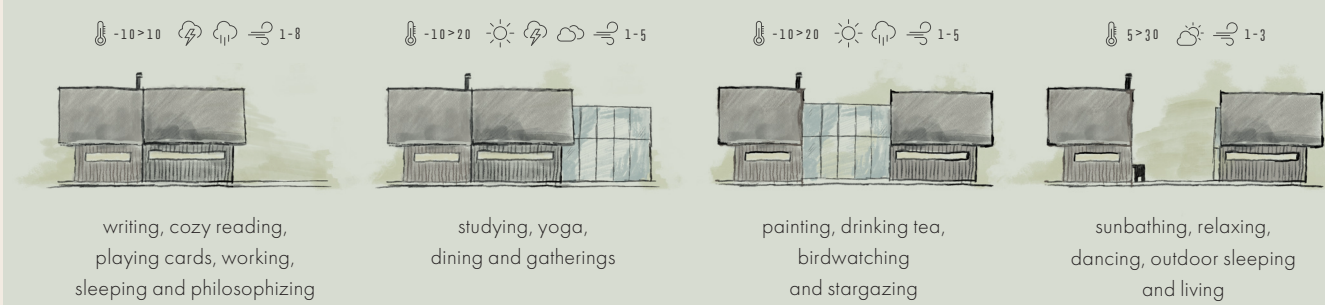
In a world that is becoming increasingly volatile and more digital, and certainly after two exhausting years of Covid pandemic, we crave connection. A connection with others, with our environment, but also with ourselves. Just like muscles, the brain needs to be trained with care. If we overstimulate certain parts and understimulate others, exhaustion, burnout and depression lurk. Especially when we are in real connection with our environment (and the

natural environment in particular), recovery processes get going in what neuroscientist Prof. dr. Margriet Sitkoorn (Tilburg University) calls the "default mode". For that reason, a stay so close to nature, without barriers such as walls and roofs, is essential in times like these. ANNA offers a comforting place to get in touch with both your inner and the outer nature, aiming to connect to a world that is overshadowed in our daily lives.



Connected

Most people in developed countries have never slept outdoors in their lives, let alone woken up under a massive motherly tree or fell asleep with the sound of the wind blowing through the trees. People naturally tend to project their fears onto nature. And of course, nature certainly is not always a peaceful place. Nature can be overwhelming, suffocating, and merciless. But her breathtaking beauty and cosmic force makes that we are in deep awe. The complete lack of noise (in the broadest sense) in nature calms us down. Questions disappear, because rivers, mountains, trees don't have to be questioned. When we feel her life energy and surrender to her natural rhythm and follow her pace, with every breath we take and every heart beat we make, we slowly come home. Nature has always been our first home.







## Mission

It's our dream to create a network of ANNA's to contribute to a world in which people have the freedom to live passionately and consciously as part of nature. We work on this on three levels. Firstly, by letting people literally live and spend the night in the heart of nature, free and without barriers. This way we want to make people feel what a stay of several days in nature can do on an individual level for mental health. Secondly, by raising social and political awareness about how spending time in nature can benefit your wellbeing. Thirdly, by directly contributing to the development, protection, and preservation of existing and new nature. We do so by investing part of the income from the stays in ANNA into the local nature reserve.



### Short conceptual film

Were you ever awed by nature? When I realized that my father's death was real, I started to deeply doubt reality. I went solitary into wilderness in search of solid ground. Initially, I felt alien and afraid. Bathing myself every morning in a river or a lake, an almost religious act, brought me back to reality. However, not the one I had known. One night I awoke, standing at the edge of a cliff looking into an infinite universe. It was incredibly beautiful but also so completely overwhelming that I was afraid of losing my mind.



## Spaceship

ANNA is not a cabin. ANNA is a spaceship. A spaceship that brings you back to Planet Earth. Back to a reality that is so magical and so incomprehensibly beautiful that you can hardly believe it is real. But yet it is.



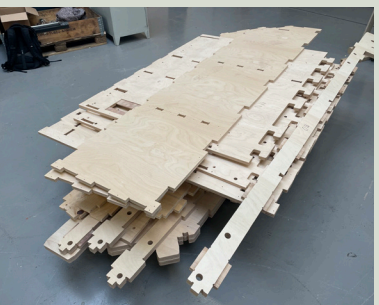
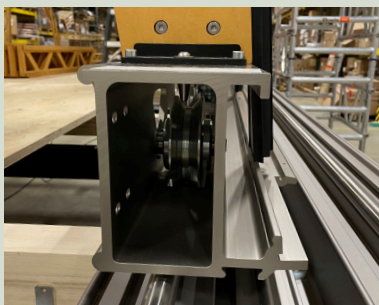
## Behind the scenes

### Left: Glass shell

The heavy double glazing is installed with the help of uniquely designed rubber and aluminum extrusion profiles which are screwed on the wooden trusses.

### Right: Wooden shell

The wooden trusses contain studs on which the roof boxes are fixed like pieces of a puzzle. There are ten insulated roof boxes and two insulated wall boxes.



### Left: Foundation and rails

The foundation consists of lasered and coated steel plates and beams that are put together and leveled onsite with simple bolts and nuts. On top of the leveled base, spaced with insulated plates, the aluminum rails is installed.

### Right: Toilet and shower unit

The toilet and shower unit consists of steel and plywood parts that are CNC'ed and screwed together into super rigid modular pieces. All parts can be unscrewed and taken apart at any time.