Chrysalis WELLNESS CENTER

Located inside the University of the Philippines - Diliman is a wellness center which aims to unleash the best potential among the students by nurturing their health and overall well-being through establishing a purposeful building orientation, amplifying the use of daylight, minimizing the use of enclosed spaces, and employing an active design.

MINOR PLATE: THE UP DILIMAN'S STUDENTS' WELLNESS CENTER









There has always been a stigma with regards to seeking for health services, taking away from the young people the opportunity to recognize and resolve an issue before it worsens. Thus, the need for the community to normalize the idea of a person as vulnerable and the act of taking a short break from our daily routines.

Similar to people, hibernation also takes place within the life stages of specific animals such as the caterpillars. As they enter their pupal phase, caterpillars create a chrysalis or cocoon that wrap them all through. Mirroring this, the building's façade is likened to a chrysalis through its envelope design, with the same purpose of serving as a "protective casing" for the students as they heal inside and prepare to start their cycles again as they come out. With this, the wellness center shall stimulate an "inviting" feeling towards the users and stimulate upon them the sense of comfort and encouragement.













