

# Senior Project Selection

Student Name: Ala Al-Maktoum

ID: 233715

1.	<b>Project Type</b>  Select your <b>project type</b> (education, retail, hospitality, etc.)  Leisure complex.
2.	<b>Project Scope (Activities)</b>  Articulate the <b>activities</b> (not spaces) that will be entertained in this project.  One of the main purposes of the project is to house the free time activities "leisure time" of SABIC <u>employees</u> , SABIC <u>visitors</u> and <u>Public</u> respectively. The kind of activities where a man finds recovery from fatigue, deliverance from boredom and liberation from daily automatism, and to a much higher level; finding the ultimate personal satisfaction and freedom. This creates a challenge in the project scope since the very concept of leisure permits a widely varying responses expected from such a center, because "free time activity" is subjective, and leisure activities differs from a person to another.  According to Joffre Dumazedier (A French Sociologist, who is one of the pioneers of the sociology of the leisure and the formation), the three primary functions of leisure are: <b>Relaxation, entertainment, and personal development</b> . Many definitions perceive leisure in almost the same way. And that is exactly the scope of the project, is to give the user the opportunity to be relaxed, entertained and personally developed.  I'm going to mention the activities in the perception of these three components, it is expected to find repeated activities, that is because the three components are overlapping

in many ways.

## **Relaxation:**

### **Spiritual Relaxation:**

Some important benefits that can be sought from leisure experience are spiritual ones. One way to relax in Muslim community is to be closer to Allah, which leads to self-satisfaction eventually. That is through [for instance]:

- Devotion
- Contemplation
- Reading Quran
- having a private nook in sanctum

Another spiritual associated activity is **aesthetic appreciating**, focusing on beauty in art, nature, human creations.

- Visiting art galleries
- Exploring nature discoveries.
- Attending seminars about arts and beauties around the world.
- Providing opportunities for individuals to show creations and talents in a sort of aesthetic standpoint.

### **Mental Relaxation:**

[This is associated with *Personal Development* component]

Leisure programs and services are often used as therapeutic or healing strategies to help individuals improve mental health. This is particularly the case in the use of leisure to relax, that is after having a sense of mental balance, hearing a successful experiences from colleagues, sharing positive contributions. Such activities cannot be listed since they are often coming in a form of creative contribution through subjective individual's well-being.

### **Physical Relaxation:**

- Hydrotherapy
- Free swimming
- Massage

- Biofeedback
- Sauna
- Turkish Bath
- Jacuzzi

**Fishing:** The proposed site is taking part of a calm coast which happens to be a fishing place. This activity will not be interrupted. In fact, it is a positive advantage.

**Reading:**

[This is shared with *Personal Development & Entertainment* components]

- Novels
- Short stories
- Poetry
- Books
- Magazines
- Newspapers

And that is either individually or as a group activity such as "reading circles" where small group of people meet regularly to share areas of interest through reading of a common topic, not just to have a wider exploration and faster learning process, but also to enhance the confidence in the individual through the social contact, and to develop the sense of achievement.

***Entertainment:***

Being entertained is to be part of an amusing activity that is interesting and fun.

**Group Entertainment:**

Besides being fun activities, those-in this list- are considered most of the times as stimulation experiences, which provide individuals with opportunities to use curiosity and expand their life horizon.

- Attending poetry performances
- Attending plays
- Attending movies
- Attending music performance

### **Individual Entertainment:**

Watching multimedia [DVD movies, TV] on a private screen

Reading

Using the internet

Playing video games

That leads to playing, which is a major concept discussed in leisure field.

**Playing** is a mystery and an enigma in leisure study fields. It's a common leisure activity in human behavior and considered to be an instinctive form of entertainment. It will feature sub-activities such as:

Playing in a body activity: Like "football" "swimming," etc.

Playing in a mind activity: Like "chess" and card games like "*baloot*" etc.

Other: Online gaming.

### ***Personal Development:***

All personal development programs are focusing on the individual's self to eventually achieve: Self-confidence, self-discovery, self-expression, self-satisfaction. A few of them may need group participation. Those goals should be achieved through:

#### **Physical Conditioning:**

Enhanced fitness through sports and training can result a better health, greater energy level and strength, improved coordination and balance, and increased stamina, as well as an improved sense of self-worth and well-being. Eventually, fitness oriented activities can help individuals improve their self-image.

- Strength training

- Weight loss
- Nutritional Counselling
- Football
- Free swimming
- Tennis

**Exploration activities:**

Exploration is another potential benefit of leisure experience, many leisure experiences enable individual to learn a new things in life. The leisure experience is the ideal way to examine and discover through:

- Reading
- Learning a new ideas and concepts through seminars
- Attending documentary movies

**Health activities & Education:**

Leisure experiences may provide an individual with an opportunity to be aware of the health issues related to the self. Such an activity is achieved through education and practice in:

- Stress management
- Pain management
- Traditional medical care
- Smoking cessation

3. **Project Capacity** (no. of users)

Identify the **maximum number of users** in this project. Allocating a possible number of users to each of the project activities will help you to identify the total number of users for your project.

[This is a rough estimation]

### ***Relaxation:***

Spiritual Relaxation: [50 users]

Mental Relaxation: [10 users]

Physical Relaxation: [80 users]

Reading: [40 users]

Fishing: [20 users]

**Total: 200**

### ***Entertainment:***

Group Entertainment: [500 users]

Individual Entertainment (excluding reading): [100 users]

Playing: [100 users]

**Total: 700**

### ***Personal Development:***

Physical Conditioning (excluding football and tennis): [60 users]

Exploration activities (excluding reading): [20 users]

Health activities & Education: [20 users]

**Total: 100**

**Total Result: 1000 users.**

#### 4. Project Location and its Features

Include a site plan of the proposed project location, explain site features supported by site photos, and justify the selection in terms of approach, access, location, views, traffic, etc.

The site is located in the south west region of Jubail Industrial City. It used to have a big old

housing project there, but it was demolished several years ago with no intention to use that land at the recent future. The location is very strategic, it's very close to the city yet have the advantage of relief from crowd.

The site uses a maximum view advantage of the sea course. The shore shape is fantastic and amusing for such a project.

The location can be easily accessed by traffic means, you need to go through maximum of 3 traffic lights from any house in Jubail to reach it. From the point you leave Al-Dammam even, you need to pass only one traffic light.





#### 5. Justification of Project Selection

Explain **why this project should be considered “appropriate” as a senior project** (e.g. addressing community needs, market demand, project size, project nature, challenges, etc.)

Jubail is an industrial city which was originally built to house industries workers. it houses an urban, contractual, heterogeneous society. Most of its inhabitants are workers in SABIC industries and other industries around. Because of the nature of the job that is a slavery like, every single individual falls into a harsh life routine. In such conditions, the need of leisure center desperately rises.

Leisure is related to work in many ways. It's easy to think of leisure as the opposite of work. This kind of separation is sometimes complex, blended and not easy to distinguish in some societies, but not in such a modern industrial world, where the majority of its employees are doing similar jobs. At this case, the relationship between those two spheres [work vs. leisure] becomes very clear and sharp.

Much of the content of leisure in modern industrial societies is consisted with the idea that it should be regarded as the priority sphere, that no one should feel guilty about having

relaxation or encouraging others to have fun. The scheduling of the work in Jubail industries is very clear and would make it easy to determine how much time is needed for leisure. Also, the content of work can be clearly classified which is affecting the amount and type of leisure activities expected.

For Jubail, being in a static nature of society (industrial, heterogeneous) is an advantage quality, because we can easily examine the kind of routine, employees behavior, working hours, etc. Furthermore, we can predict whether this need of leisure is going to last in the future or not. whenever this routine is very clear, the expectations of leisure would be more clearer.

As work affects leisure, leisure also affects work. The theorist Chris Argyris has reviewed a number of studies of work and leisure from the standpoint of personality and productivity. He is critical of the idea that leisure is used as compensation for work. Unfortunately, Jubail city lacks such a concern, which is leading to a lot of negative effects on the employees personal and social life.

Another expected users are SABIC visitors, including all the international clients who visit the industries for establishing deals or business cooperation, who come at a daily based at considerable numbers. The usual treatment at most times is just housing them on Intercontinental Hotel until they leave. Leisure activities would be suitable for such type of users.

There are a lot of challenges in this project, the most important one is how to be architecturally and sensually appealing, yet not to break the systematic fabric of Jubail city.