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Poster

Noah's Benches

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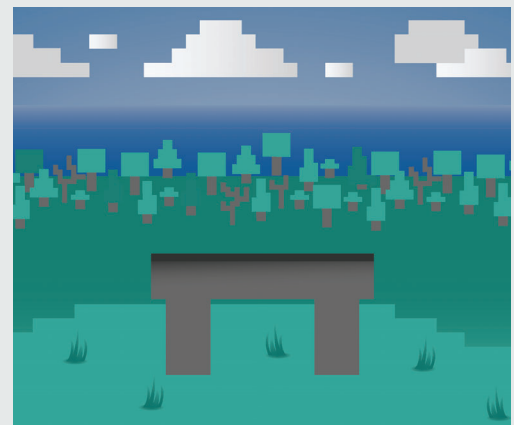
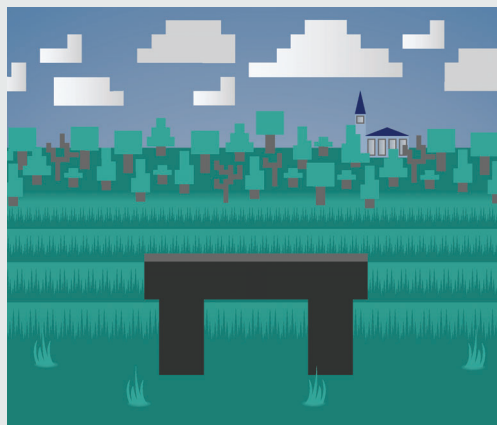
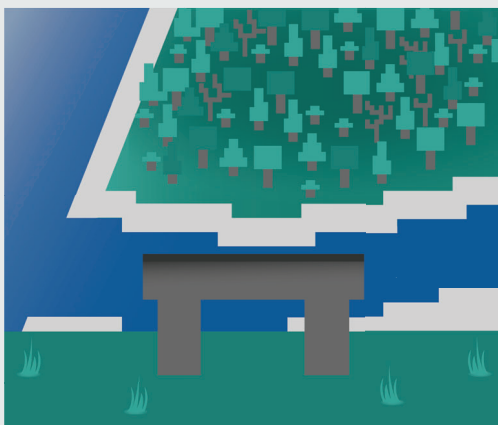
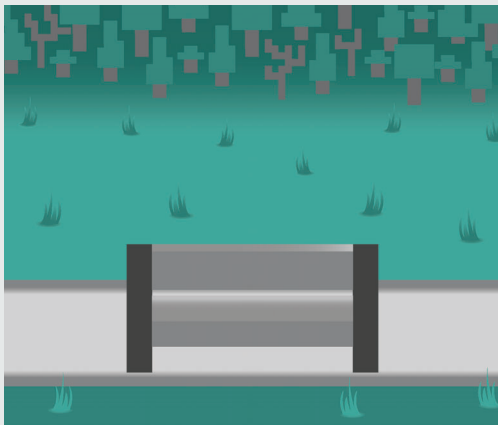
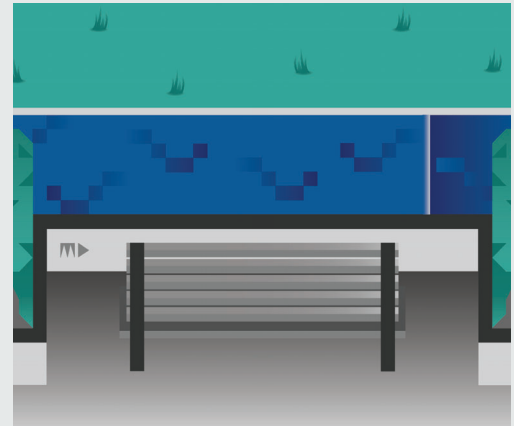
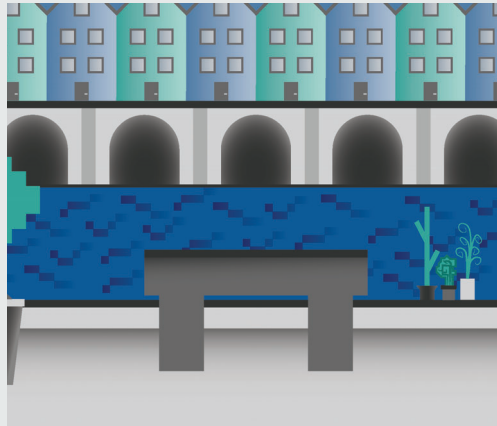
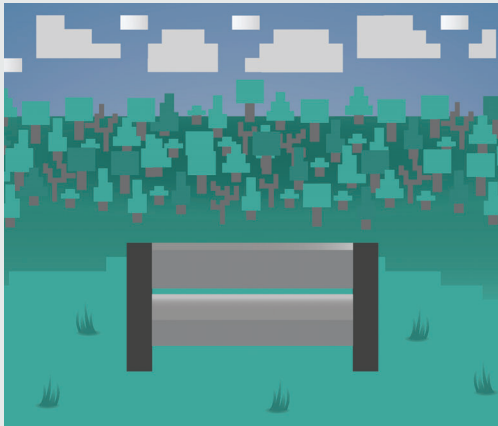
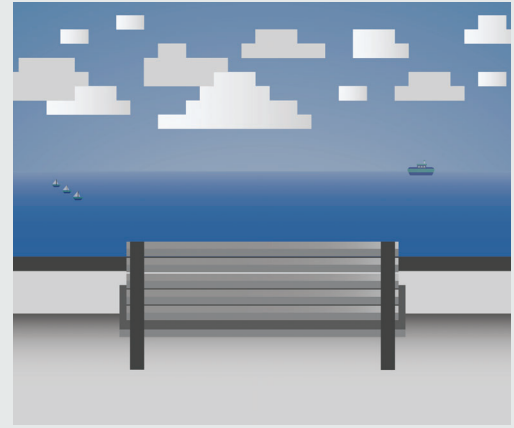
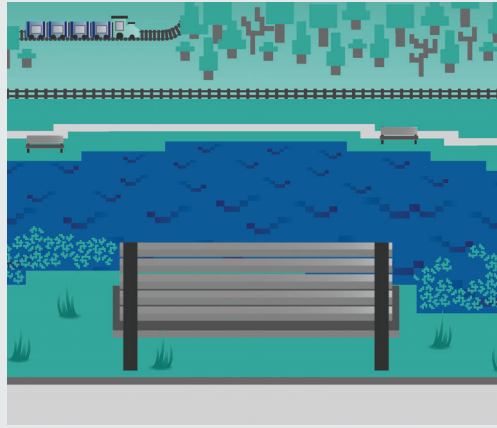
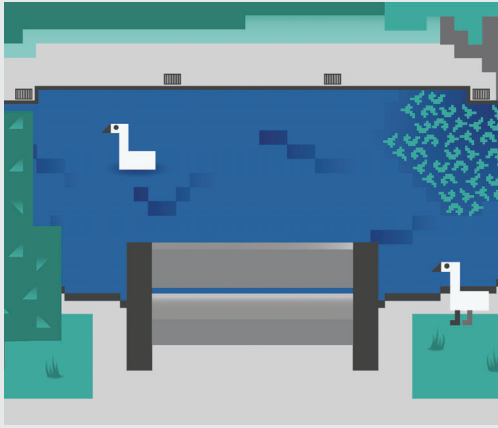
Abstract

This project features 12 out of 19 unique benches, each inspired by secret, real-life locations across Europe. These installations highlight the crucial need to preserve our natural beauty within the ever-evolving landscape of urban environments. In a fast-paced world, these peaceful spots invite us to pause and reflect, providing necessary moments of quiet amidst the hustle and bustle of city life.

Research suggests that spending time sitting in nature improves both mental and physical health (Hart, 2016). With the constant pressure our environment faces from urban pollution, spaces like these become essential for human well-being. I worry about the future of these locations and fear that they may one day fall victim to development, much like many others before them.

Although I can't disclose the exact locations, I chose each site because they have served as places of peace at different points in my life. For this reason, I have deliberately released only four of the coordinates, as these specific sites are currently protected by local groups and landowners. By highlighting these select installations, I hope to raise awareness about the value of our natural spaces and advocate for their preservation for future generations. Embracing nature within our cities is vital, and we must strive to protect these little oases in our urban landscape. The illustration style I chose reflects how I perceive nature—structured and organized by straight lines with an underlying grid system.

Hart, J., 2016. Prescribing nature therapy for improved mental health. *Alternative and Complementary Therapies*, 22(4), pp.161-163.



Featuring 12 out of 19 unique benches inspired by secret real locations across Europe, these installations represent the importance of preserving natural beauty as part of our ever-changing urban environments. These spots invite you to pause and reflect, creating moments of tranquillity amidst the bustle of city life.

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