

特蕾西娜长者之家 探访指数

探访指数：4.2 / 5.0 | 从一座照护建筑读懂日常尊严

空间故事

- **建筑观看：** 从街区外围开始观察三个错动体量。它们没有以一整块立面压向城市，而是借退让、廊道和花园拆解尺度。转向庭院一侧时，留意深挑檐、木质顶棚和轻型框架怎样把室内公共空间延伸成半室外生活场所。
- **设计细节观赏：** 重点比较三种边界：多孔砖屏负责过滤视线与日照，连续廊道承担缓冲和交往，居室深窗洞则把个人生活与花园联系起来。再从图纸理解“室内广场”如何取代漫长走廊，以及 $3.20 \times 1.80 \text{ m}$ 生活区域如何给标准房间留下个性化余地。
- **旅行价值：** 埃尔普拉特常被旅行者视作往返巴塞罗那机场的通道，这个项目提供了另一种认识城市边缘的角度。它把照护、公共投资、农业记忆和气候设计放在同一座建筑里，适合与略布雷加特三角洲、当地街区和公共建筑一并理解。

旅人行囊

- **审美练习：** 尝试不先判断建筑是否“像养老院”，而是记录它如何通过材料、光线、植物和空间距离建立家的尺度。比较外部的大体量与内部木质公共空间，你会更清楚地看见建筑如何把制度性需求转译为可亲近的日常环境。
- **拍照建议：** 整体照片适合从斜向位置纳入两个以上体量和庭院，用人物作为尺度参照；近景可拍深窗洞、砖屏、木梁与植物的叠合。独自旅行时，可把手机固定在庭院边缘的稳定位置，以廊道透视为背景，人物站在画面三分之一处并使用定时连拍，动作保持自然行走，比正对镜头更能表现空间层次。

探访建议

- **探访建议：** 把重点放在建筑与城市、花园和气候的关系上。沿周边步行时，从远处的三个体量逐渐看到廊道、窗洞与植物细节，再结合平面图回看生活单元的组织，会比只寻找一个标志性立面更有收获。

Josefa Puigpelat “Teresina” Residence Visit Index

Visit Index: 4.2 / 5.0 | Reading everyday dignity through care architecture

Spatial Story

- **Reading the Building:** Begin from the surrounding streets and observe how three offset blocks avoid presenting a single institutional frontage. Setbacks, galleries and gardens break down the scale. On the courtyard side, notice how deep overhangs, timber soffits and light frames extend communal rooms into sheltered outdoor spaces.
- **Design Details to Notice:** Compare three kinds of threshold: perforated brick screens filter sun and views, galleries provide climatic and social buffers, and deep window openings connect private rooms with the gardens. The drawings reveal how an indoor plaza replaces the long corridor and how a 3.20 by 1.80 metre living zone leaves room for personal identity within a standard bedroom.
- **Travel Value:** El Prat is often treated simply as the route to and from Barcelona airport. This project offers another reading of the metropolitan edge, bringing care, public investment, agricultural memory and climate-responsive design into one architectural story. It pairs well with a broader exploration of the Llobregat delta and the civic landscapes of El Prat.

Traveler's Toolkit

- **Aesthetic Exercise:** Resist deciding first whether the building looks like a care home. Instead, record how material, daylight, planting and interpersonal distance construct a domestic scale. Comparing the large

exterior volumes with the timber-lined common rooms makes the translation from institutional requirements to everyday comfort especially clear.

- **Photography Tip:** For an overall view, shoot obliquely to include more than one block and a garden, using a person for scale. Details are strongest where deep reveals, brick screens, timber beams and planting overlap. Solo travellers can secure a phone at the courtyard edge, use a gallery as a perspective backdrop and stand on one third of the frame; a timed burst while walking usually conveys depth more naturally than a frontal pose.

Visit Advice

- **Visit Advice:** Concentrate on the building's relationship with the city, garden and climate. Walk the perimeter so that the three volumes gradually resolve into galleries, window openings and planting, then return to the plans to understand the household units. The sequence is more rewarding than searching for a single iconic facade.