

Proposal to Establish Refugees Therapy Center

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Abstract Refugees are people who are forced to leave their countries due to various circumstances. However, these groups of people need help to overcome their hardship, which has taken a toll on their physical and mental state of life. As a result, a proper environment is needed for refugees to recover and lead a normal life. Hence, this work presents a proposal on developing a refugee therapy center. This work has examined two case studies in relation to rehabilitation center. Thus based on the analyzed case studies, the estimated area required for the refugee center is 15000 m². In addition, this center is comprised of four zones, which are clinical zone, cultural and educational zone, social zone and administration zone. In this work, the proposed site for development was attained through site evaluation analysis. Accordingly, the proposed site is located in Amman, Jordan. The development of this center is expected to enhance the living quality of refugees and to change the current global idea of refugees and to provide them with the basic necessities to lead a normal life.

Keywords Refugees, Therapy, Center, Rehabilitation, Facilities

1. Introduction

The word refugee is driven from the French word "réfugié" which means "one seeking asylum". This word has very recent roots and started to be used only in the 17th century. It was first used to describe a French group of migrants known as Huguenots who left their countries because they felt that they were unable to practice their

religious faith and follow it under the role of the France's Catholic. Thus, they escaped France and scattered in non-Catholic countries across Europe.

There are now estimated 65.6 million people around the globe who have been forced out of their homes. Among them, there are almost 22.5 million exiles, over portion of them younger than 18 years old [1]. When people are forced to leave their countries, they are treated as refugees. They are people who have been forced to leave their countries for a number of specific reasons. These may be political reasons, such as wars, nationalities and political opinions [2]. They could also be natural reasons, such as earthquakes, floods or hurricanes. At times, there could be private reasons related to the displaced people themselves, such as being subjected to a kind of violence in their previous countries or homes [3]. It is assumed that refugees affect different classes, genders, sectors and regions of the host country differently [4]. Refugees often burden local infrastructure, environments and resources, but they also provide cheap labor, expand consumer markets and justify increased foreign aid [4].

Today, the world is becoming more globalized and, in return, it is opening up more opportunities for political, natural or social conflict and problems around the world [5]. Thus, the increase in the number of crises and conflicts that are occurring in the present day has led to an increase in the total number of displaced persons. Furthermore, coming from different backgrounds means that there will most likely be different kinds of problems and barriers that each refugee suffers from [6]. Studies in many countries have shown that most young refugees suffer from high levels of depression, distress and other psychiatric disorders [7]. In addition, in some countries, refugees find it difficult to adapt in new societies because they feel that they are being

discriminated against by locals while trying to engage in basic life activities [8]. Also, mental health stigma is prevalent among different groups of refugees resettled in Western and non-Western countries [9]. It significantly affects refugee mental health-seeking behavior [9]. In most cases, treatment centers will be ignored at the proposal stage, as maintenance and amenities of landscaped areas are a major concern for landscape architects today due to cost analysis and facilities available to the project [10].

Hence, there is a need to enhance the living quality of refugees and to change the current global idea that they are just a burden that other countries have to deal with [11]. This can be achieved by solving the problems faced by refugees and helping them to overcome the barriers they face in order to benefit from their existence as active human resources in society [12]. Therefore, a healthy healing environment is needed for refugees, where they can express themselves and be supported without feeling alien to the rest of the community [13].

This can be facilitated through a therapy center where refugees of different ages and backgrounds can gather in a healthy atmosphere to go through a healing process. Thus, this work presents a proposal on developing a refugee therapy center.

2. Case Studies

This work has referred and analyzed three case studies. The details of the case studies are stated as follow.

- i). Rehabilitation Center Dartmouth
- ii). Rehabilitation Center Groot Klimmendaal
- iii). Mobile School for Burmese Refugees

2.1. Rehabilitation Center Dartmouth

Rehabilitation Center Dartmouth is located at Dartmouth, City in Nova Scotia, Canada. This is a center that is used to help the patient to overcome the mobility difficulties they are suffering from while preparing them at the same time to integrate with the community surrounding them. The rehabilitation center contains five main dynamic spaces that are used for treating the patients, each of which is dedicated for a certain part of the human body and for a specific level of difficulty. The concept of the project is based on the major general hospital (Dartmouth General Hospital) that provides services to patients with mobility difficulties. In terms of its design and plan structure, the ground floor level is the level that is used by the patients at the end of their rehabilitation. Some of the existing facilities are cafeteria, gymnasium, pool, pharmacy, and fitness equipment store. The main entrance of the building is located on the south façade, and it can be accessed directly from the parking lot. The first floor, middle level is the floor that the patients use in the middle of their rehabilitation process. It has one body-related services area that contains physical therapy, occupational therapy, chiropractic, massage therapy and acupuncture. It also has

one area for the psychological-related services, which covers psychology, social work, and nutrition. The second level is the highest in the facility. This floor is dedicated to patients with serious physical problems requiring major physical rehabilitation. This floor has all of the facility needed to assist the patients in recovering their physical condition.

2.2. Rehabilitation Center Groot Klimmendaal

Rehabilitation Center Groot Klimmendaal is located at Arnhem, the Netherlands (Figure 1). It was designed by architect Koen van Velsen B. This center has an area of 14000 m² [14]. This center is a building that is beneficial for both of patients and community members. This was achieved by creating spaces that address the patients' needs and at the same time providing the community with many facilities to be used for physical activities. The place comprises spaces that promote movement, physical and psychological health. These spaces are fitness facility, restaurant, theater and swimming pool. The basement level is mostly dedicated to management. It holds the administration offices that manage the whole building. The ground level accommodates many important and essential areas. It contains the main entrance. A swimming pool is located in the middle of the plan and surrounded with other important areas, on the right of the swimming pool there is gymnasium while on the left of the swimming pool there is a theater. The main area in the first-floor is the fitness center. The second-floor contains two gymnasiums located near to each other. It also contains four patios that are scattered around the floor plan. In the third floor, there are living rooms located at the south and north elevations. In addition, the patients rooms are all over the east and west elevations of the building. The building has vertical connection between the floors. This connection is done via lightwells, mirrors and windows and other design elements, which helps in connecting all the levels visually. These design elements also allow natural light into the spaces, which encourage people to walk and explore the building. In terms of its exterior, the rehabilitation building exterior façade has a brown aluminum clad, which makes the building compatible and in harmony with the forest surrounding it.



Figure 1. Rehabilitation Center Groot Klimmendaal [14]

2.3. Mobile School for Burmese Refugees

The Mobile School for Burmese Refugees is a mobile structure designed by In situ studio, Matt Weiss and David Hill-AIA, with an area of 522 square meters (Figure 2) [15, 16]. The concept of the project is to have a flexible structure that can be easily disassembled and reassembled in any community. In this project, the structure is used to form a mobile refuge school, because their conditions are unstable and can be transported from one place to another. The mobile structure of the school will be able to be easily adjusted and rearranged in any environment and in different regions [15].

The mobile school is a school made up of 144 wooden planks [15]. The structure of this school can only be built in one day with the help of twelve people. The structure is embedded in its infrastructure as it collects energy by using photovoltaic panels that hang over the porch. The water is collected by a drain pipe and stored in a reservoir under the porch. The school is naturally ventilated, and natural light can penetrate it during the day.



Figure 2. Mobile School for Burmese Refugees [16]

3. Program Assumption and Space Details

Table 1. Space details

Zone Name	Percentage (%)	Gross Floor Area (m ²)	Floors	Foot Print (m ²)
Clinical zone	40	6000	3	2000
Cultural and educational zone	25	3750	3	1250
Social Zone	25	3750	2	1875
Administration zone	10	1500	1	1500
Total	100	15000	-	6625

The proposed refugee therapy center has an estimated net area of 15000 m². The therapy center is comprised of four zones, which are clinical zone, cultural and educational zone, social zone and administration zone. The

area details for each zone are shown in Table 1.

The clinical area consists of psychotherapy and physical therapy area. In this part, one-on-one consultation services will also be provided to refugees to monitor their progress and situation. The cultural and educational zone is composed of libraries and museums as well as some work areas, so that they can learn wood carving, photography, sculpting and language improvement. Through these activities, each refugee's ability can be determined and used to provide him or her with work. The social area will have a swimming pool and gym. In this area, refugees and community members will gather together for different activities, allowing refugees to interact and socialize with community members and work with them. The administration zone will facilitate the process of all departments. They provide support to the refugees and get to introduce themselves and be introduced to the space..

4. Proposed Site

This project proposes 3 site assessment locations. Figure 3 shows that Site 1 Al-qurayyat, which is a city, located in Al Jawf in the northern of Saudi Arabia. It is 30 kilometers far from the border of Jordan. Next, Figure 4 shows that Site 2 is Tabuk, which is a city, located in the Tabuk region. It is located at the north west of Saudi Arabia. It is about 700Km far from Al-Madinah and 1350 Km away from Riyadh city. Figure 5 shows that Site 3 is Amman, Jordan, which is the capital of Jordan and it is main point for economic, political and cultural activity of Jordan.



Figure 3. Site 1



Figure 4. Site 2



Figure 5. Site 3

5. Site Evaluation and Analysis

For the refugee therapy center, three development sites were proposed. Thus, site evaluation analysis was carried out to determine the most suitable site. The sites were evaluated based on several criteria, which are site capacity, shape and proportion, topography, accessibility and traffics, noise level, utilities, security and safety, visual quality, visibility, future development plans, demographic patterns, surroundings and views. In addition, these criteria were evaluated using weighting factors (WF), where 1 = not

very important, 2 = slightly more important, and 3 = important. The site evaluation scores are shown in Table 2. Based on Table 2, site 3 attained the highest evaluation score of 293, compared to site 1 with evaluation score of 251 and site 2 with score of 282.

In terms of site characteristics, the majority of the lands on the edges of Amman are pastoral lands or fields. However, in the middle of the city there are many built urban areas. The Greater Amman Municipality is developing an expansion plan in order to increase the urban areas and attract the population toward the city. It is shown that there are a lot of green spaces which indicate that Amman has fertile soil. The chosen site is within the built urban area and is also included in the areas to be expanded and enhanced in future. This site has a total area of 24992 m². The site is located in Jordan, specifically in Amman.

Table 2. Site evaluation

Site Criteria	Weighting Factors (WF)	Site 1	Site 2	Site 3
Site capacity	3	30	30	30
Shape and proportion	3	27	24	30
Topography	2	12	16	16
Accessibility and Traffics	3	21	27	27
Noise Levels	3	27	24	24
Utilities	2	16	20	20
Security and Safety	3	30	24	27
Visual Quality	1	6	9	9
Visibility	2	18	20	20
Future Development Plans	2	16	18	18
Demographic Patterns	3	21	30	27
Surroundings	2	12	16	18
Views	3	15	24	27
Total	-	251	282	293

The location of the site is ideal for a refugee's community center as it is located near to Amman Markka Airport, which will be beneficial to facilitate the transportation of the refugees from different places to Amman. There is also a refugee camp near to the site, which is Prince Hassan Refugee Camp or also called Al Nasr Camp. The existence of this camp near the site is important because it will provide the refugees with the residence they need during their rehabilitation process in the center. The site is considered to be located between two different areas, an urbanized area and a less urbanized area. The urbanized area will help the refugees to interact with the surrounding community, while the less urbanized area will provide them with opportunities to establish spaces that have their own identities and invite other people from the hosting community to be introduced to it. In terms of

accessibility, the site is located on a round road called Al-Hezam Round Road, which is the main road. This road is a highway road within the urban areas. It is considered the main road that provides access to the site. The site is also surrounded by collector streets that can form other secondary accesses to the site. The secondary streets accesses are Mufleh Al-Barayseh, Falah Al-Barayseh and Ayyad Al-Barayseh. In addition, the site location is not so far away from the existed current train railway. This might be beneficial in facilitating the access to the selected site. In addition, in terms of weather, this site is exposed to good

and moderate weather throughout the year.

6. Zoning and Description

Figure 6 and Figure 7 show the stacking diagram and zoning for the proposed refugee therapy center respectively. Based on Figure 6, the refugee therapy center is comprised of few zones, which are social zone (green color), administrative zone (yellow color), educational zone (pink color), clinical zone (blue color) and parking (red color).

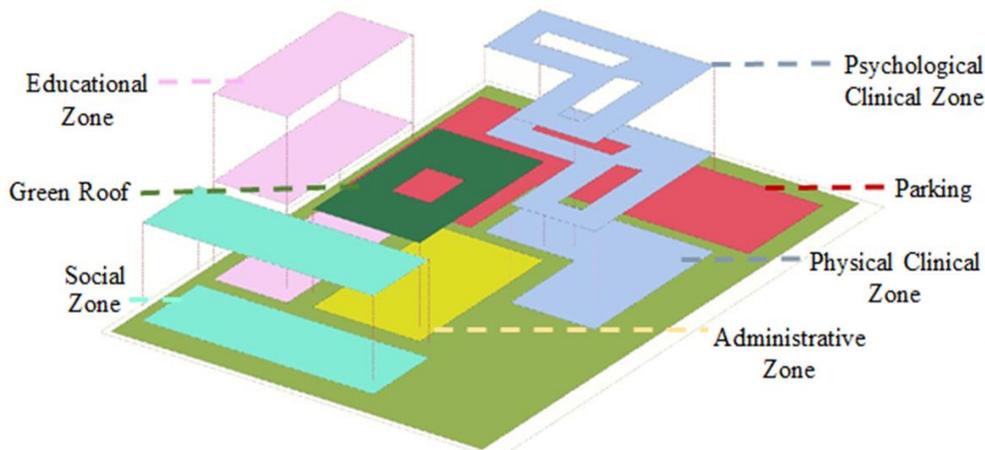


Figure 6. Stacking Diagram

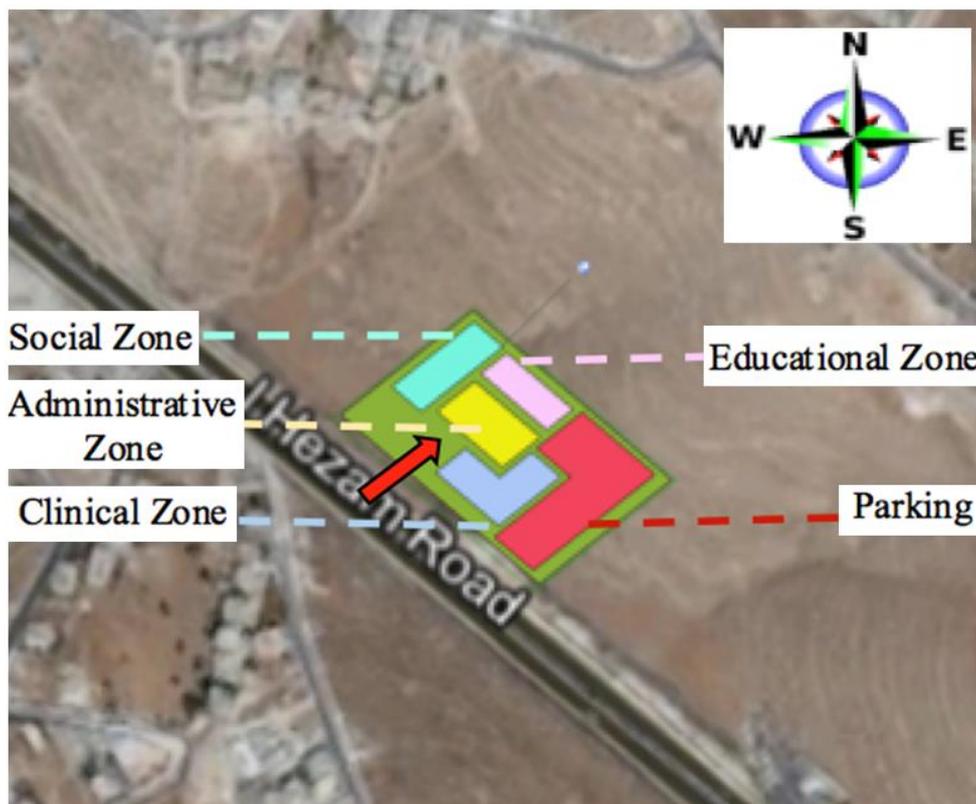


Figure 7. Zoning of refugee therapy center

For the administration zone, the refugees will feel supported and secured through the administration program, where they can work together in groups. They will be encouraged to talk and express themselves using different means. This center will be used at the beginning of the healing process so the refugees get to introduce themselves and be introduced to the space. In addition, for the clinical zone, this zone will be used through the whole process. This zone will use different methods of therapy, such as: art therapy, music therapy, sculpturing and virtual realities. By these activities, the ability of each refugee can be determined and can be used to provide him or her with a job. In this part also, one to one counselling sessions will be given to refugees to monitor their progress and situations. The center can be divided into two parts, one for adults and the other for children. Under the educational zone, the refugees are going to learn the language of the society they are in, the culture of this society, the environment of it and the overall lifestyle of the people in this society and their traditions. They will learn how to interact and sustain in the new context. The refugees can also present and teach others brief information about their own culture as a kind of cultural exchange. Under the social zone, refugees and community members will gather together to perform different activities to allow the refugees to interact and socialize with the community members and work with them. It can be achieved by having direct interaction between them, or by sharing some spaces together like gym or swimming pools. This social zone will be mainly used towards the end of the healing process, as refugees are prepared to be released to the community.

7. Conclusion

The main goal of the project is to improve the quality of life of refugees and change the current global perception of them, believing that they are just a burden that other countries deal with. This can be achieved by solving the problems faced by refugees and helping them overcome the obstacles they encounter in order to benefit from their existence as an active "human resource" in society. By doing so, refugees will be seen as a good supplement to the country, rather than an additional burden. In this work, a proposal on developing a refugee therapy center was presented. The estimated net area of the refugee therapy center is 15000 m². The zoning of this center comprised of clinical zone, cultural and educational zone, social zone and administration zone. The development of this refugee therapy center is expected to help the refugees overcome the barriers they are suffering from whether physical, psychological, cultural or social barriers. Thus, this center will therefore create a motivating atmosphere that will encourage refugees and make them aspire to live, work and do new things. At the same time, they can provide help, like the movie "The Good Lie," which depicts the feelings of refugees and helps them integrate into a new culture.

Also, encourage university to offer refugee scholarships, such as UNHCR's DAFI program for refugees worldwide. In addition, run advocacy and fundraising events to support them, such as a campaign called "Nobody Left Outside" to provide shelter to 2 million refugees.

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