

The professional practice in architecture is becoming increasingly heterogeneous, specialised and strongly dominated by digitalisation. However, architecture teaching programmes are progressively concentrated in time. It is necessary to consider rigorously on the teaching content and to determine which disciplinary bases need to be maintained or recovered.

The relationship between body and space, in which both interrelate and co-create, is fundamental. Space favours or restricts movements and actions, so it must be designed with full awareness of its consequences on living. To teach these concepts effectively, we turn our gaze to the Bauhaus, where apprentice architects and artists experimented with the human body: from the Vorkurs by Johannes Itten to the Theatre Workshop, firstly (and briefly) under Lothar Schreyer and later under Oskar Schlemmer (Droste, 2006).

The aim is that students reflect on their own body occupying a space and discover the concepts of affordance (Gibson, 1977) and inhabitability (Franco, 2009), i.e. how objects and spaces invite us to interact depending on their shape and perceptual characteristics. To this end, we introduce a first-year exercise developed at the University of Umeå, Sweden, by Professor Carla Collevocchio: The students, in small groups, have to design and build 1:1 a series of architectural artefacts that have the capacity to activate awareness of the interaction between body and space. Students discover and become aware of concepts such as geometry, structure, articulation, movement, material, surface, choreography and place, which go far beyond their surface meanings.

Space has an inescapable behavioural, psychological and emotional influence (Bonnes and Bonaiuto, 2002). It is therefore necessary to educate future architects on the importance of the design of space for its impact on people's well-being. These architectural artefacts allow students to understand how the body can affect space and how space can affect the body.

Bauhaus Revisited: The Human Body as a Tool in Architectural Education

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