

Mental Spaces /Real Spaces - A Digital Archive On researching and reimagining immaterial forms of architecture

Luísa Sol

Mental Spaces / Real Spaces - a Digital Archive, is a community research project supported by the government programme Bairros Saudáveis launched during the pandemic. It involved the local community of the Alto dos Barronhos, the largest social housing estate in the municipality of Oeiras, in a set of participatory actions between Architecture and Mental Health with the local community. Questioning what it is to inhabit social housing, the public space was transformed into a space of critical redefinitions.

What does it mean to inhabit social housing? How does architecture delineate the emotional appropriation that humanises space? And how does it potentiate difficulties, resistances, efforts and struggles? And how does it stigmatise?

Considering that creating devices of representativity contributes to the reflection on the quality of life and well-being, this Digital Archive – conceived and edited by Luísa Sol - seeks to enable a set of social, political and cultural arguments to be disseminated through a link.

The Compilation and Documentation of issues related to Architecture, Housing, Public Space, Health and Well-being, Childhood, Gender, Social, Environmental Justice, Inclusion, Public Policies and Identity of a specific territory, intends, in the field of social intervention, to promote the elimination of barriers of discrimination and attenuate the stigmatization of vulnerable habitats, contributing to questioning the construction of the future social housing(s).

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