

aspiration

An e-magazine for aspiring
Architectural Technology professionals

Issue 14
Spring/Summer 2022

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perfect your
portfolio

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professions making
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towards student
mental health?

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A word from the Editor

The weather is finally beginning to warm up as the next issue of aspirATion magazine goes to print and as always, we're pleased to be bringing you another edition of insightful features, guidance and support to aid you in your studies, at work and as you develop your career.

Another academic year is drawing to a close for students and what better way to prepare those of you graduating than an excellent feature from Chartered Architectural Technologists at architecture and design practice Stride Treglown, on how you can perfect your portfolio for prospective job opportunities.

It's also time to start thinking about upgrading your student membership with CIAT. The Institute is here to support you further with your career and professional development as an Architectural Technology professional after you graduate. You can read more about what this entails and how to upgrade on page 10.

We take a trip overseas to Denmark as the aspirATion Europe Group gives us a peek into the CIAT Accredited programme Architectural Technology and Construction Management at VIA University College. Melissa Kirkpatrick from the Architects' Mental Wellbeing Forum discusses the progress of the work towards better student mental health in the architectural profession. There is also a look at tackling sustainable approaches to waste management in Indonesia, an insight into working in industry practice, and much more.

All of which leaves me to say, I wish you all the best in your final exams, coursework and projects! If you're left wondering how to fill your time this summer, why not think about entering the AT Awards 2022 to have your work recognised by the profession?

More information can be found at architecturaltechnology.com/atawards

April McKay
Editor

Get in touch if you have any
feedback, ideas or content for
the next issue.

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In this issue...

06
What is aspirATion

07
A change of direction: Why I decided to study AT
Gabriella Szecsi, student member

08
How to perfect your portfolio
Stride Treglown, architecture and design practice

10
Upgrading your student membership
James Banks, CIAT Membership Director

14
Social media and your online brand
Hays, Recruitment Group

16
Is the architectural profession making progress towards better student mental health?
Melissa Kirkpatrick, ABS ambassador & AMWF member

20
Codsall Community Hub
Stephen Jones ACIAT, Kier North West



22
Studying AT at VIA University College, Denmark
Paula Bleach MCIAT, Centre Councillor for Europe Centre

24
Reaching new heights
Julia Kelleris, student member

26
Students tackle sustainable approaches to waste management in Indonesia
Jennifer Hardi MCIAT, Course Director for BSc (Hons) Architectural Technology, London South Bank University

28
Biophilic buildings: Are they beneficial for human health and the environment?
Ana Julie Foseid Bjerke, student member

30
A rollercoaster of emotions: entering an architectural competition
Shantelle Goodchild, student member

32
An insight into the world of industry practice
Joe Chapman ACIAT, ALTU Architects



aspirATion

The network supporting
and developing aspiring professionals.

Find out more about aspirATion
and how to get involved...

What is aspirATion?

aspirATion is a forward-thinking and inclusive community of CIAT members and affiliates, made up of students, graduates and newly qualified professionals which provides the opportunity and support for aspiring professionals to develop and grow, all the while inspiring the next generation of Chartered Architectural Technologists. It is the gateway into furthering your career within the discipline.

What does aspirATion do?

One of aspirATion's main aims is to welcome and assist students, graduates and newly qualified members and affiliates into the profession. aspirATion Groups host events such as site visits, practice interviews, networking events and social gatherings on a regular basis. In the current climate, these events are taking place virtually.

aspirATion offers much more than just events however – aspirATion Groups engage regularly with schools and universities through presentations and careers fairs, helping to encourage the professionals of tomorrow into the sector. aspirATion collaborates with other groups within the built environment such as CIOB Tomorrow's Leaders (Chartered Institute of Building), Matrics (Royal Institution of Chartered Surveyors), YEN (Chartered Institution of Building Services Engineers) and FAN (Royal Institute of British Architects).

Why get involved?

With the aspirATion network growing and gaining more traction, the reasons for you to participate are better than ever. There is something for everyone in aspirATion. You may simply want to come along and meet some of your fellow Architectural Technology colleagues, maybe attend one or two CPD seminars, network at an event or seek some support. The continued success of aspirATion relies on new members and affiliates getting involved, attending events and sharing their views.

You can get involved by joining up with your local Group and encouraging your fellow students or colleagues to do so. There are opportunities to attend a variety of events, or even be more proactive and write articles, give presentations and arrange events on behalf of your local Group.

How can you get involved?

It is very easy to get involved and there are many ways of doing so. If you know a Region/Centre Committee member, Programme Leader or aspirATion member, find out about when the next event, CPD or meeting is taking place, and introduce yourself.

You can also contact our Education Department at Central Office by email education@ciat.global or +44 (0)20 7278 2206. The team will be more than happy to introduce you to your Region/Centre Committee as well as your aspirATion Group. Get in touch and become involved with aspirATion and CIAT! ■

Find out more about how aspirATion
is structured, who contributes, and
its current Group Chairs by visiting
architecturaltechnology.com/aspiration



aspirATion Group committee members at the Presidents' Ball 2019 in Glasgow

A change of direction: Why I decided to study AT

Words by Gabriella Szecsi, student member, University of Brighton

If someone had told me 10 years ago that I would return to university and study Architectural Technology, I would have had a workout's worth of laughing and walked away in tears!

But here I am, in my 30s, having pulled the handbrake up in my life and starting all over again by heading back to 'uni'.

Before all this, I was working at a pharmaceutical company where little in-house projects were popping up for employees to participate in, one of which I was selected for: a re-development of the distribution and operations floor. So, with absolute zero knowledge about Architectural Technology, I began sketching up some of my ideas.

In no time, I had a good sense of what layout options to put forward to increase smooth workflow and minimise motion wastage, while also keeping the environment safe without compromising the employee's sense of wellbeing within the working area. Alongside the other members of the group, we created plans and VR simulations of the new area. Our proposal received the attention of the "grown-ups" (as they referred to themselves) within the department and before we had time to realise it, we found ourselves in front of the very "grown-ups" of the company to present it. In short, the project was a success and I received the internal company awards of 'Aspire' and 'Inspire'.

After the project was done and dusted, I found it hard to go back to the monotone work routine. My thoughts drifted to the structures that made up my surrounding area. This fascination developed into a hunger to find out how

buildings work; how do they hold all those heavy materials on them? I looked at churches differently, wondering how such tall buildings with hollow insides are standing. Or what keeps long bridges from collapsing in the middle? Skyscrapers – how are these things even built to begin with?! I wanted to know the details. I wanted to know the science behind the building, its impact on its users.

With my spare time, I researched information about the different technologies in buildings, heat retention in houses and all the 'funky' materials that are used in different parts of the world. One day, a friend asked me: "Why don't you go and study Architectural Technology at university?". In that moment, my life changed direction and I discovered that Architectural Technology is a profession where art, science and technology marry together, trapping people like me in its world for good.

Over a year and a half later, as a proud Level 5/second-year AT student, I am still in love with this subject. The more I learn, the more I realise how much more there is to be discovered, and I can hardly wait to get out into the world of Architectural Technology professionals and be part of something remarkable. ■

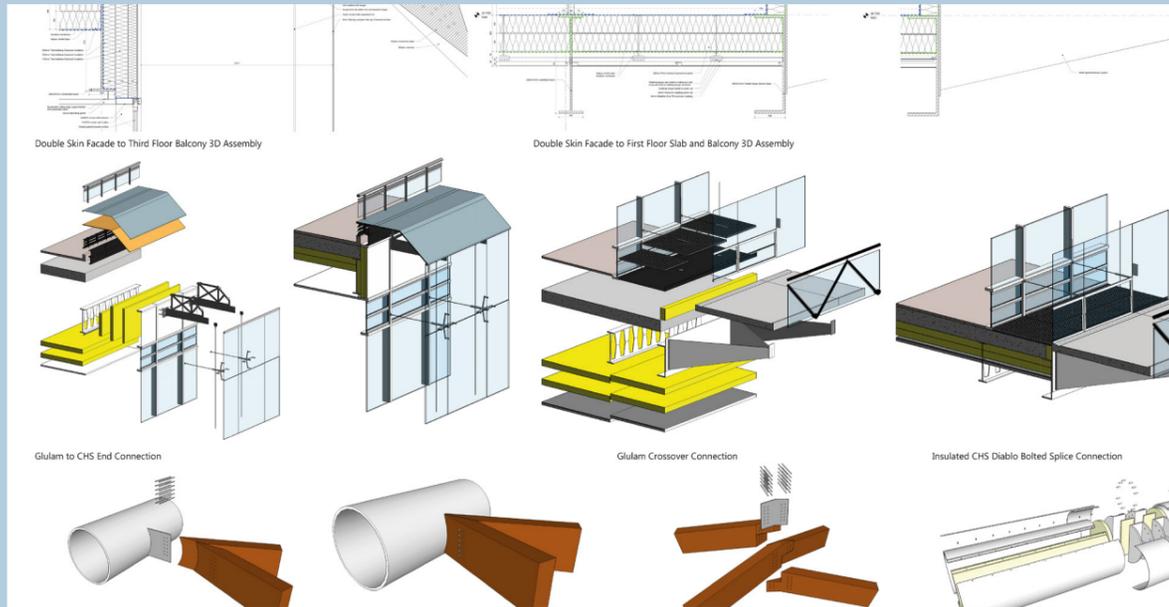


Gabriella (left) with Dr Poorang Piroozfar FCIAT, Architectural Technology BSc(Hons) Course Leader at University of Brighton

How to: Perfect your portfolio

Words by Stride Treglown

At Stride Treglown, we are interested to discover the person behind the CV and portfolio applications. We want to understand what drives the individual and what sets you apart from every other application. Aside from the obvious high quality visualisations and images, it's always useful to demonstrate a clear capability in technical detailing.



Person behind the portfolio

The portfolio should not be limited to technical drawings and specifications as we are also interested in those peripheral skills and capabilities which lie around the primary role of an Architectural Technology professional, such as confidence, honesty, openness, and professionalism.

Careers in Architectural Technology can be varied and it is important for you to include information which best demonstrates your capability or interest. We are excited to understand your career pathway; this can often include the type of course you have studied, whether you have a conceptual or technical design focus, or the practice experience you hold, details of your education, professional qualifications, sectors, specialisms, pre- or post-graduate experience, skills, and software experience with clarification of your competency and length of usage.

Detail is key

We often find that Architectural Technology courses have a strong focus on the visualisations but the generation of construction details and understanding of what you are drawing is equally important. Lines on drawings typically reflect elements of construction works and we are looking to see that level of understanding, comprehension and pride in the drawing.

Being an Architectural Technology professional involves a clear passion for delivering inspirational buildings, but with it is an equally passionate, yet binary understanding of how details are formed in which to honour those designs. We are interested to hear about design principles which demonstrate the candidates' range of experience and knowledge to understand how their project is constructed. We will typically ask you in interview about an aspect of the detail evolution to establish if you understand what has been drawn. It is important therefore to consider the examples you are placing within your portfolio and subsequently presenting, so as to be able to confidently discuss them.

Demonstrate your flexibility

We look for pride in the drawings you submit. A good detailed drawing can be equally pleasing to review as a fully coloured perspective visualisation. It is great to have a mixture of both, but don't limit your submission to one or the other. As Architectural Technology professionals, we are flexible and capable in both design and technical delivery and each should be included to demonstrate the breadth of your capabilities. Stride Treglown encourages ATs to run projects alongside architects, as well as independently in their own right, so we would also actively encourage evidence which demonstrates areas of specialism and capability for project running from conception to completion.

Do your research

This is probably the most important aspect for someone in creating their portfolio before approaching a practice. We would encourage you to always research the practice before submitting a CV and portfolio. It is a hard concept to pause and take a moment to do the necessary research to stand out and not simply scatter your CV to many practices by email in the hope of getting a reply. This is a major transition to make as you embark into the new workplace and it is important the practice is right for you too. An interview is always a two-way discussion and it is incredibly crucial to understand what you also want or need from an employer.

Therefore, we believe it is vital to do your research; your career is an essential part of your life so find out about the kind of practice you want to apply to, ensure it undertakes the kind of project work that motivates and inspires you, reflect on the office culture, establish what initiatives drive them and most importantly, what training and development opportunities may be available. Ultimately, before clicking 'send' on that email application, ask yourself, does the practice fit your aspirations?

It is always reassuring to hear feedback from the candidate within an interview that demonstrates a clear understanding of your ways of working, project types you deliver and essentially why it is they approached your practice and how they see themselves fitting within it.

Stride Treglown is one of the top employers of Chartered Architectural Technologists

STRIDE TREGLOWN

Employers look for pride in the drawings you submit. A detailed drawing can be equally pleasing to review as a fully coloured perspective visualisation

Be visual

Stride Treglown review submissions with equal interest and aim to understand what drives the individual's design and technology career path and their presented work. Working within a visual industry requires you to be capable of graphically communicating your skillsets and the examples you submit are essential to communicating your calibre. Submitting a written-based application without accompanying visual examples of your work is to be avoided. We delight in reviewing applications which are accompanied by a wide-ranging selection of evidence.

Extra tips

Setting up a LinkedIn profile is a great step towards creating your professional portrait as it enables you to form a network, review the industry practices and be inspired. It is also a key platform in which to share your views and experiences.

Become registered with professional bodies such as CIAT, CIOB, RICS and RIBA as early as possible. This not only promotes a Code of Conduct and professionalism we encourage, but also builds an essential support network around you whilst at university and when you leave and move into industry.

At Stride Treglown, we are always interested to hear how your career will evolve in the future and encourage progression from Associate, ACIAT towards Chartered Architectural Technologist, MCIAT and Fellow Membership, FCIAT, as you begin the early stages of your career. ■



Upgrade your student membership with CIAT

Words by James Banks, Membership Director

As you come to the end of your studies, we take this opportunity to wish you all the best in your final weeks, especially in these challenging times!

CIAT is here to support you in furthering your career and professional development after you graduate and begin the next part of your journey as an Architectural Technology professional.

We have collaborated with the recruiter Hays to create an **employability guide here** which provides helpful tips and information regarding creating your CV and developing your portfolio, how best to apply for jobs and prepare for interviews, as well as advice on being offered the job and building a successful career. In addition to this, CIAT has its own **ATjobs board** and there are other recruitment agencies which can advise and support you.

Once you have graduated, we invite you to take your involvement with CIAT to the next level and upgrade to either Associate, ACIAT or affiliate status. Upgrading with CIAT will demonstrate to potential/future employers your commitment to your career progression.

Should you upgrade in the same year as programme completion, we offer a supportive two-year staggered subscription.

The 2022/23 rates are:

Year 1
£150 (instead of standard rate £305)

Year 2
20% off standard full subscription rate

To take advantage of this, you can upgrade online at architecturaltechnology.com/joining.html

A suite of films about the qualifying process can be viewed on our YouTube Channel at youtube.com/CIATechnologist

For any queries related to upgrading, registration or qualifying please do not hesitate to contact membership@ciat.global

4 reasons to upgrade

Accountability



Demonstrate your commitment to the highest professional and ethical standards in Architectural Technology.

Support



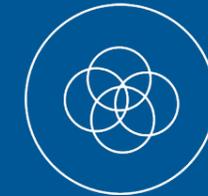
Dedicated support with professional progression and a range of information and resources.

Development



Attend CPD events through our AT CPD Register and receive specialist support via MentorMatchMe and Technology Network.

Networking



Engage with your peers and fellow professionals. Make new contacts, exchange ideas and expand your professional and social networks.

Upgrade online at architecturaltechnology.com/joining.html and use code SA22 to receive your staggered subscription rate



AT Awards 2022 now open

The AT Awards opened for submissions and nominations on 1 February 2022 for the following Awards:

- Excellence in Architectural Technology
- Student Awards for Excellence in Architectural Technology
- The Chartered Architectural Technologist of the Year
- Emerging Talent in the Technology of Architecture
- Gold Award

Full details and application forms can be found on the website. Winners will be announced and presented at the AT Awards event on 21 October 2022.

The AT Awards are recognised as the premier accolades that demonstrate outstanding achievement in Architectural Technology globally and celebrate the technology of architecture.



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aspirATion Group: Current opportunities

aspirATion Groups currently have opportunities for the role of Chair in:

- Northern Region
- Yorkshire Region
- East Anglia Region

The Chairs work with the established Regional/Centre Committee, educational establishments running CIAT Accredited programmes, colleges, peer groups such as neighbouring aspirATion Groups, members of BRE Academy, CIOB Novus, RICS Matrics, FAN, YEN, and industry professionals within CIAT's Regions/Centres to organise events, which include socials, CPD or site visits.

If you are interested, please submit a personal statement outlining what you could bring to the role of Chair relating to the aspirATion Group terms of reference:

- *Engage with and increase the potential for participation among current students, graduates, Associates and affiliates and recently qualified Chartered Architectural Technologists.*
- *Exchange ideas for the promotion of Architectural Technology and discuss ways to support current and future members and affiliates as they embark on their career in Architectural Technology.*
- *Work collaboratively to promote the Institute including its initiatives, activities, objectives and constitutional processes to potential AT professionals and other associated professions.*
- *Promote Architectural Technology as a career of choice.*
- *Provide a focal point for the Institute's activities and objectives relevant to aspiring Architectural Technology professionals, and recently qualified Chartered Members.*
- *Maintain a dialogue with the Institute's other Groups and Committees regarding issues that may affect aspiring Architectural Technology professionals and recently qualified Chartered Members.*
- *Be the link between the Region/Centre aspirATion Groups and Central Office.*
- *Report to Council on the activities of the Committee and the Region/Centre Groups.*

You need to be a student member, Associate member, affiliate or a Chartered Member for five years or less. Please send your expression of interest to education@ciat.global by **Monday 4 July 2022**.

For further information or if you would like to talk about the role, please contact Noora Kokkarinen, Assistant Education Director, n.kokkarinen@ciat.global or Dorota Fitzpatrick, Assistant Membership Director, d.fitzpatrick@ciat.global

Social media and your online brand

Words by Hays

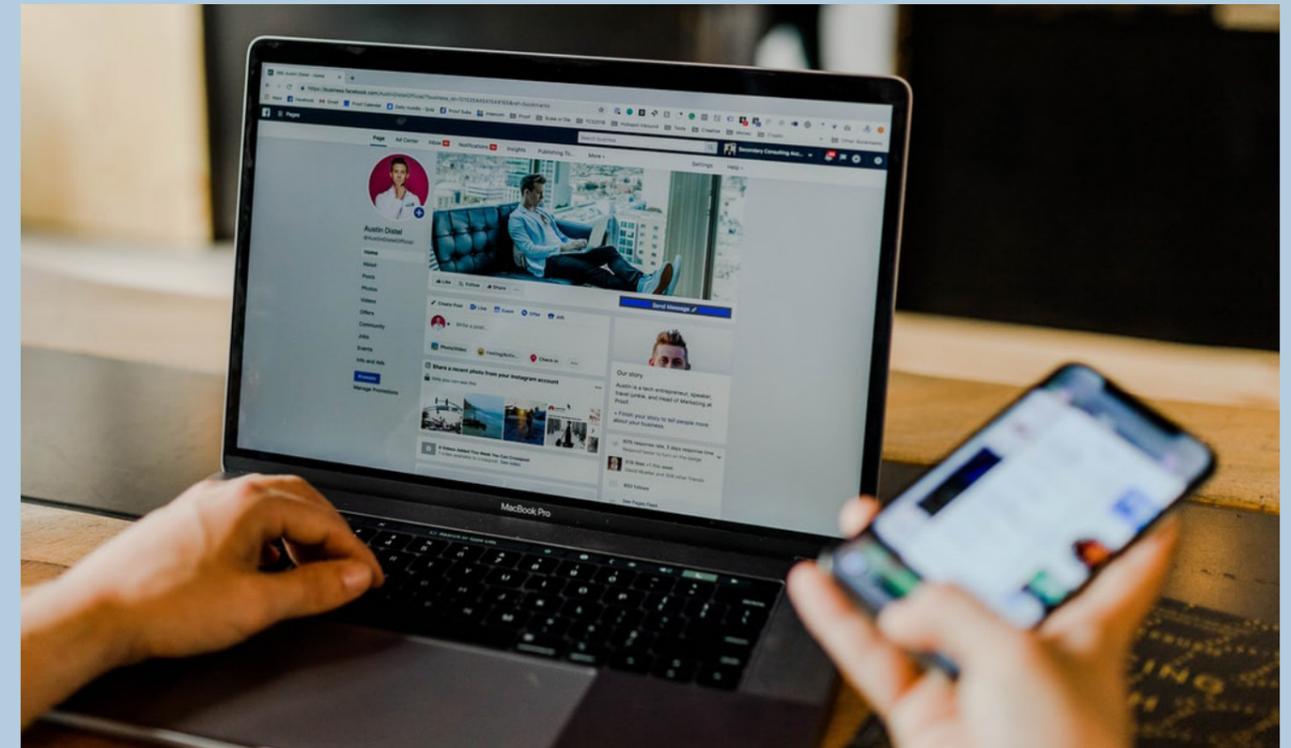
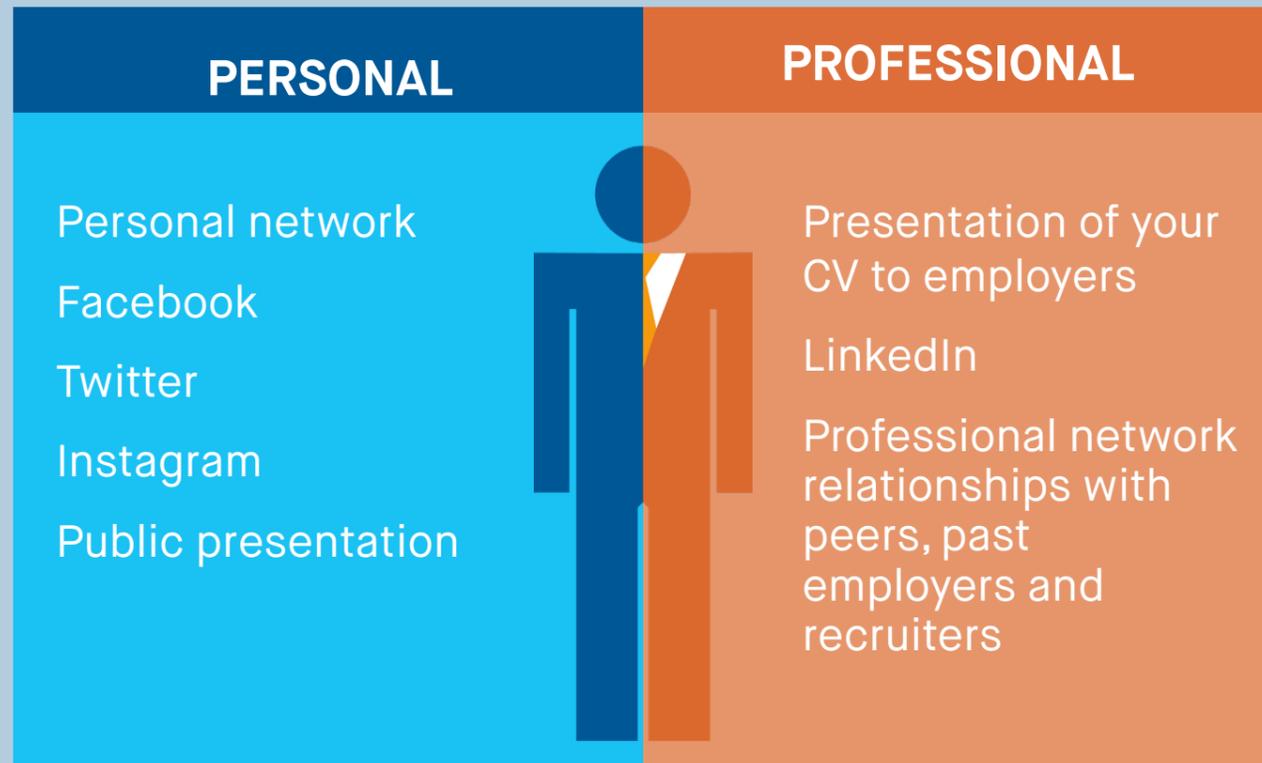
Social media is used by employers to get a better sense of who you are. LinkedIn should certainly be part of your professional brand, along with your CV, but you should consider the impression you make on all forms of social media.



Your personal and professional brand

Any social media profiles you have should be considered a part of your personal brand, and as important as your appearance and personal network. Be aware that potential employers are likely to look at these to get a reflection of you. Always be careful about what you post or share, and make sure you're always presenting your best side.

Your professional brand is how employers and peers see you, and is no longer solely about your CV and portfolio. LinkedIn is by far the most useful tool you can use to build a profile, network with other professionals and demonstrate your skills.



How to use LinkedIn

Post ideas

LinkedIn provides the opportunity to showcase your skills and interests. Make sure to post articles that are of interest to you and relevant to your industry. You can also share other people's posts, share other members' posts and ask questions.

Make connections

One of the most important aspects of LinkedIn is the ability to connect with people. Be careful of overextending however as the quality of your connections on LinkedIn is more important than the quantity, so only connect with people you feel are relevant to you.

If you see someone you'd like to connect with, try personalising the message you send to them along with your connection request.

Get involved with Groups

Groups are where professionals from the same industry or sector come together to discuss relevant subjects. They provide the opportunity for you to learn more about your industry by asking questions and networking with others. Groups are tailored to interests and industries, so search for the ones most relevant to your industry and location.

Your professional brand is how employers and peers see you, and is no longer solely about your CV

Follow companies

LinkedIn is built to help people find jobs, develop contacts and build networks. You can therefore choose to follow any company you would be interested in working for. Company pages contain general information, business overviews, lists of employees and some choose to list jobs.

By looking for people working for the company with a similar job title to yours, you can review their profile along with their key responsibilities. This gives you an idea of what you should be aspiring to should you wish to work for this company in the future. ■

Follow CIAT on LinkedIn
Chartered Institute of Architectural Technologists



Are the architectural professions making progress towards better student mental health?

Words by Melissa Kirkpatrick, Architects Benevolent Society Ambassador and Member at the Architects' Mental Wellbeing Forum

It is no secret within the professions that students consistently face mental health challenges throughout their education, and there has been continued discourse around the subject in recent years.

In 2018 I wrote a dissertation titled *Mental Wellbeing and the Architecture student*, in which I discovered that one in three students were experiencing mental health problems at the time.¹ This was a disturbing realisation, because it showed an increase from the previous year, where a survey by *Architects' Journal* showed that one in four students had received medical help for mental health problems as a result of their course.² Now, in 2022, it seems prudent to reflect upon the position that architectural education finds itself in, and on whether any progress has been made.

Upon general observation, it is clear that students and practitioners are becoming much more aware of the importance of protecting their wellbeing in recent years. Mental health is less of a taboo subject, and although it still widely exists, unhealthy studio culture does not seem to pass unquestioned in the way it did even four years ago. However, the RIBA COVID-19 survey published in 2020 showed that 58% of students said their mental health deteriorated during 2020³ and an *Architects' Journal* survey published in 2021 showed that a shocking 45% of students had received

treatment for mental health issues.⁴ Since 2018, the 'one in three' student mental health statistic has therefore increased to almost one in two. Why has the mental health epidemic in architectural education become even more critical despite unmistakable positive change in the mindset of the profession?

The COVID-19 Challenge

A key reason is that the COVID-19 pandemic has exacerbated existing problems and created entirely new ones. Student respondents of the 2021 *Architects' Journal* survey cited isolation, lack of studio time and quality of teaching as some of the most challenging aspects of studying during the pandemic.⁴ A Masters student studying at the University of Sheffield notes that 'during the pandemic, it has been difficult to make friends and connections that support learning, development and wellbeing' due to classes being online and the lack of social interaction available.⁵

This is a testament to the value of the usually collaborative nature of architectural education, and indicates that schools should strive to restore this moving out of the pandemic.

Furlough and job security have undoubtedly also been a major concern for many students working in practice. A study led by Naomi Stead at Monash University, Australia, is due to be published in the coming months and includes a student survey, the preliminary findings of which show that architectural students' Quality of Life Index (QLI) tends to be lower than the student mean in general in Australia.

Furthermore, findings show that financial security has a clear relationship with QLI. As many students in the UK work part-time during their studies, uncertainty around job security, furlough and redundancy would have undoubtedly had a negative impact on their QLI and subsequently their mental health, particularly for students from lower socioeconomic backgrounds who are not able to receive financial support from their parents.

Other pre-existing inequalities have also affected students disproportionately. For instance, a study by Proto and Quintana-Domeque in 2020 showed that mental health deterioration in the UK during the pandemic was linked to ethnicity and gender.⁶ Living circumstances, care duties and numerous other factors may have also disproportionately affected many people with different lived experiences, and intersectionality between different disadvantages undoubtedly exacerbates this.

An Evolving Culture

There is – thankfully – evidence to suggest that students and practitioners are increasingly rejecting harmful practice. In a 2020 Guardian article, architectural professionals exposed furlough fraud allegedly committed by their employers, alongside mental health malpractice such as blackmailing and false promises.⁷ Subsequently in 2021, ex-students of the Bartlett blew the whistle and exposed alleged bullying, sexism and racism they had experienced by their teachers.⁸ The architectural community is evidently realising the impact that can be made by raising awareness of violations such as these, and is rejecting the toxic workplace and studio culture that was once just accepted as a 'necessary evil'.

In recent years, 'Gen Z' have begun to arrive in the workforce. This new generation of students and practitioners, who have grown up in a world where mental health is less of a taboo, are as a result more aware of the importance of these issues than their predecessors. The American Psychological Association reported in 2018 that Gen Z in the US are at least 12% more likely than other generations to report mental health problems,⁹ while 2019 American census data showed that Gen Z were overwhelmingly more likely to try and like meditation than

older age groups,¹⁰ suggesting that they are more aware of the importance of self-care and looking after our minds.

However, despite their awareness of the issues they are facing, the *Deloitte Global 2021 Millennial and Gen Z Study* showed that 46% of Gen Zs felt stressed all or most of the time, and almost 4 in 10 respondents did not believe their employers had taken actions to support their mental wellbeing during the pandemic.¹¹

Statistics like this suggest that older generations of architectural professionals are perhaps lagging behind on the issue of how attitudes towards practice and wellbeing are shifting. Employers and senior staff members have a responsibility to support future generations, by adapting and educating themselves on these issues. Simply waiting for new generations to populate the workforce and bring changes with them will take decades, in which time many more young professionals will suffer and struggle.

Perhaps students that began their studies during a lockdown could naturally help to initiate a cultural reset

Despite the challenges forced upon them, perhaps students that began their studies during a lockdown could naturally help to initiate a cultural reset, as they likely have not become quite as accustomed to harmful studio culture as their predecessors. They are less likely to have experienced the pressure to work through the night for show in order to claim a metaphorical 'badge of honour', for example.

Moreover, having not been made to pin up their work next to peers' or be publicly shamed in front of others, as is often reported, may mean they are also less likely to compare themselves to other students to their own detriment.

Further Signs of Hope

Other positive steps have been made towards healthier student experiences: for example, the RIBA began to trial workshops that would teach students about topics such as sleep, imposter syndrome and perfectionism. Student feedback was positive, and in the near future this could be extended to schools across the UK and taught from the very beginning of students' architectural experience. Ensuring that students are taught to reject toxic practice from the outset of their architectural career is important, in order to ensure a healthy mindset which can be maintained throughout their professional life.

The Architects' Mental Wellbeing Forum (AMWF), founded by mental health advocate Ben Channon, has also been addressing mental health within the industry. They published the *Architects' Mental Wellbeing Toolkit* in 2019 which included a section about caring for students in practice.¹² The forum continues to work on new initiatives and to keep the dialogue going within the profession, such as hosting panel events and collaborating with researchers. Sister forums have now been set up in Australia and the Netherlands, and expansion into further countries are in the pipeline, to be announced later this year.

Various research and initiatives are being conducted in the UK and globally on mental health which has been an under-researched area within the architectural disciplines and professions. For example, the research being carried out by Naomi Stead and colleagues in Australia into mental health in the profession received generous funding from the Australian Research Council, demonstrating the high level of importance placed on this topic by a non-architectural public body.

In 2020, CIAT and David Comiskey FCIAT of Ulster University in Northern Ireland published *Changing Attitudes towards the Mental Wellbeing of early career Architectural Technology Professionals*, which serves as a guide to this subject for Architectural Technology professionals, employers, teachers and students. Publications such as this and the AMWF's Toolkit are helping to raise awareness on the importance of mental wellbeing and provide practical and useful guidance.

Furthermore, the Architects Benevolent Society (ABS) – a charity who support members of the architectural community, including those struggling with mental health problems – have recently widened their financial support to all architectural students in the UK, which is another significantly positive step towards improving the quality of students' mental health.

New routes to qualification have also become more commonplace, with apprenticeships and other mixed work and study alternatives such as Collaborative Practice at the University of Sheffield, having become a popular alternative. Different educational pathways such as these will enable students to experience varied types of learning suited to their individual needs, dismantling the notion that there is only one rigid route to qualification. Catering to different learning styles will undoubtedly have a positive impact on the mental health of the student community.

So, Are We Making Progress?

In conclusion, it is evident that there is still a lot of work to be done to rectify the mental wellbeing crisis amongst students and to tackle the new problems that have emerged, but it is evident that progress is being made and the profession is keen to see change.

Changes to a culture do not happen overnight and this will require schools, practices and students to make a conscious and collected effort to identify and stamp out malpractice, and to actively follow healthy practice guidance themselves. If this can be achieved, it will undoubtedly lead to a healthier, more compassionate profession. Fundamentally we are on the right path – we just need to keep progressing, keep challenging each other, and keep pushing for a better industry. ■

CIAT is a supporter of the Architects' Mental Wellbeing Forum which is open to Architectural Technology professionals.

Visit amwf.co.uk for more information



Background and guidance for employers, industry professionals, academics and students

Written by David Comiskey MCIAT

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Get the support you need

Whether you're feeling the pressure of work or study or facing problems with your health or home life, Architects Benevolent Society (ABS) can help you get the right support at the right time.

Here when you need us

We're proud to work in partnership with Anxiety UK (AUK) to provide practical and effective support to those experiencing stress, anxiety and anxiety based depression.

Anxiety UK



All students can receive:

- Annual membership of Anxiety UK (including access to reduced cost therapies and many more.)
- Dedicated email support
- Dedicated phone helpline

Students with one year's experience in UK industry can also receive:

- Wellbeing assessments
- One-to-one therapy including CBT, hypnotherapy & acupuncture

Please contact us today

ABS helpline **020 3918 8588**
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@ArchBensSoc

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Codsall Community Hub



Words by Stephen Jones ACIAT, Kier North West

A new community hub designed and project-managed by the Kier Construction Design and Business Services (DaBS) has won the Asset and Regeneration Award at the iESE Public Sector Transformation Awards, which celebrate and share the most innovative practice in transforming local public services.

The redevelopment of the Codsall Civic Centre/Community Hub consisted of an £11 million phased refurbishment of circa. 6,100 sq.m of the existing three-storey building and construction of a new circa. 650 sq.m single-storey extension.

The Codsall Community Hub, which has been designed for South Staffordshire District Council, was praised for its transformation from a costly and dated Council HQ building into a modern, energy-efficient working environment that now hosts more than 25 organisations.

The Hub is now a building that the community is proud of, creating a hive of activity – from a café to a new library, nursery, council chamber and GP surgery, plus a plethora of

voluntary sector organisations and businesses.

I performed several roles throughout this project, mainly consisting of Architectural Technology Lead and Principal Designer. I was lucky enough to maintain these roles from RIBA Stage 2, right through to RIBA Stage 6 handover. It provided me with my first opportunity to design a building for my client acting as designer which I thoroughly enjoyed. I believe my set of skills expand beyond my technical background as I also have a great desire to design. My peers offered me the opportunity to use this building to form the case study for my application to become a Chartered Architectural Technologist, which I am now looking to complete this summer.



The atrium



The library

The design and shape for the new build was led by the existing buildings' form, which offers multiple brick buildings with pitched roofs showing either a stepped dual pitched roof or with a wingspan formation. I wanted to provide a similar form to that of the other buildings on site, so to be able to provide continuity of the previous design. This was achieved by using some of the same form of one of the smaller buildings on site; however, we introduced a fresh modern take by using new materials.

The new build extension location and orientation was pre-determined as there was limited space available to build on site and we wanted to feature the new main entrance off the main road, providing the most prominence and ease of access to the general public. As an Architectural Technology professional, my aim is not only to design sustainable and practical building functionality, but to test the boundaries of aesthetics in terms of what is achievable from a construction standpoint – by thinking outside the box and designing something bespoke. I wanted to challenge my architectural skill set and I believe I succeeded by not conforming to the norm. This is indicated in the design by using irregular wall and roof angles and through different wall type construction merging together. The main feature to the extension is the sloped façade, which is featured in the library and hosts a large section of curtain walling and louvres to help assist with solar shading in the summer months so as to protect the building from overheating.

We opted for a varied set of building materials compared to existing brick to ensure the new build stood out. It is made of steel frame construction and the external wall fabric consists of brick, to match the existing building, rainscreen cladding and curtain walling. The roof is a mix of flat and pitched, comprising of a metal composite panel roofing system and single layer warm roof covering system, with a large mechanically operated rooflight for additional natural ventilation.

The refurbishment works to the existing building comprised: internal strip out and localised demolition to open up



Council Chamber



An office area

accommodation space in some areas; replacement and renewal of building infrastructure services, including a new 'Versatemp' heating and ventilation system; new partitioning and ceilings installation; floor and wall finishes and redecoration. The works have upgraded the accommodation to the general office areas, Council Chamber, Wedding Suite area, Reception and the existing main Kitchen area and Community Meeting Rooms. More office space is now available for local businesses and it is also now home to South Staffordshire police headquarters.

The result is the transformation of South Staffordshire District Council's tired HQ into a thriving, energy-efficient hub that brings several local public services together in one place. ■



Studying AT at VIA University College, Denmark

Words by Paula Bleanch MCIAT, Centre Councillor for Europe Centre

The Architectural Technology and Construction Management (ATCM) programme at VIA was the first bachelor's degree programme to be Accredited by CIAT outside of the British Isles.

The programme is offered in both English and Danish and is fully semesterised so students can begin their studies in August or February, and graduate after seven semesters (3.5 years) including the completion of a 20-week internship (work placement) in the sixth semester.

All coursework is project based with a strong focus on teamwork and collaboration. Graduates are therefore capable of working in a real team from day one of their future employment, The role of the Architectural Technology professional is well developed in the construction industry in Denmark and they undertake similar roles to those we are familiar with in the UK, either working in architectural practice, with contractors on site or with specialist subcontractors.

CIAT aspirATion Europe event – Aarhus Ø (or Aarhus Island) tour

60 students were invited to lunch and a tour of Aarhus Ø on 23 March 2022. It was our first in-person event for over two

years and we used it to promote our aspirATion Group. We spoke about the benefits of being a part of aspirATion and why students should join our Group. Over the past year we have been working closely with KF (Konstruktørforeningen, the Union for Danish ATs) and their student ambassadors kindly joined us for lunch to highlight our collaboration.



Students from VIA listening to Paula Bleanch MCIAT

After sandwiches and socialising, we embarked on the tour which involved walking from the VIA campus in Aarhus City Centre, down to the harbour area where the Aarhus Ø (or Aarhus Island) urban development area is progressing, right next to Aarhus Marina and Main Port. Our tour guide from Aarhus Kommune took us around the main points of interest and explained how the development has been managed by the city council.

Aarhus Ø has been developed as a series of individual plots within an overall plan and there are many buildings designed by leading Danish and international designers. Upon completion in the next decade, the area will eventually be home for up to 12,000 people and include approximately 10,000 workplaces. There are apartments, student and retirement housing, offices, shops, and waterside cafés.

Aarhus Ø includes many notable buildings, such as:

- **Isbjerg (The Iceberg)** designed by JDS Architects and CEBRA was one of the first buildings to be constructed in the development. Its staggered form and white cladding mimics an iceberg. The project won the 2013 property development MIPM Award. [See more here.](#)
- **The Lighthouse** at 142m will be the tallest residential building in Denmark upon completion later this year. Its designers 3XN have included 400 apartments and a sky bar into the 45-storey design. [See more here.](#)
- **AARhus** designed by BIG (Bjarke Ingels Group) takes the form of two large A shapes, resembling two pyramids. The timber clad building features glazed balconies overlooking Aarhus Port and includes 20 freestanding bådhus (bathing huts) where public events are regularly held. [See more here.](#)
- **The House of Generations** is an innovative project incorporating homes for the elderly with family and youth housing to create a dynamic and diverse community. [See more here.](#)

You can see a map of the Aarhus Ø development, including details of all the projects [here.](#)



Students on the tour walk past AARhus

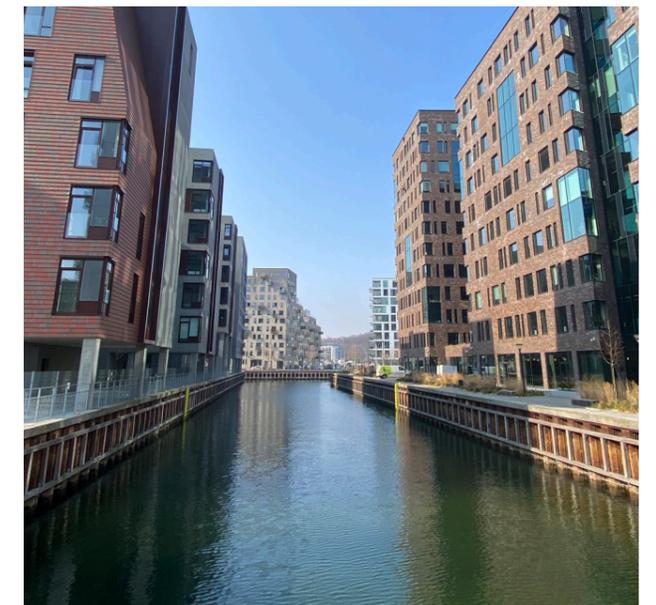
While on the tour we met with Julia, a seventh semester ATCM student who became part of the team on The Lighthouse project during her internship. Julia enjoyed the work so much that she decided to stay on and work part-time while completing her final semester. You can read more about her story on the next page.

For more information on the ATCM course at VIA visit the [link here.](#)

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The Lighthouse currently under construction with The Iceberg development to the left



The House of Generations project

Reaching new heights



View from the top of The Lighthouse

Words by Julia Liv Kelleris, student member, VIA University College

On the tip of the Aarhus docklands stands Lighthouse. At 142m, the tower will be Denmark's tallest residential building.

The tower and its two accompanying side buildings are all part of the second phase of the Lighthouse project referred to as Lighthouse 2.0. Construction is expected to be completed by the end of this year. The project was designed by the Danish architectural firm 3XN, and the turnkey contract is being executed by Denmark's largest contracting company, Per Aarsleff A/S.

Surrounded by the sea and overlooking both the forest and the city, this iconic project has already been designated a landmark for the city of Aarhus. For me, it represents the beginning of what I hope to be a long and rewarding career within the construction industry.



The Lighthouse currently under construction

I originally joined the Lighthouse team as a Per Aarsleff intern in August 2021. I chose Aarsleff mainly due to their reputation of providing enriching and educational internships with the opportunity for lots of hands-on experience and responsibilities. My 20-week internship was one of the most challenging but rewarding experiences of my life. As the tower grew week by week so did my confidence, skills, and knowledge. I was thrilled to be offered the opportunity to continue my development as an onsite student worker after my internship had completed.

My role as a student worker is to assist in the management of the various subcontractors involved in the building of Lighthouse. I am involved in everything, from planning and coordinating activities to carrying out quality control on construction, to simpler tasks like printing and hanging up signs. I love that my job has so much variety, and no two days are ever the same. Performing tasks like quality control allows me to combine the technical knowledge I developed during my education with practical hands-on experience. This has really illustrated to me the importance of understanding drawings and specifications. After all, you cannot do proper quality control without understanding the construction you are controlling.

Working at a well-respected organisation like Aarsleff also means that I work alongside some of the brightest

Even if you want to spend the rest of your career working in design, I believe onsite experience will make you a more well-rounded Architectural Technology professional

Architectural Technology professionals and engineers. My colleagues come from various professional backgrounds and educations but the one thing they have in common is their passion for the built environment and their commitment to excellence. Prior to starting on Lighthouse, I was naturally worried about fitting in, especially as a woman coming into a male-dominated field with no previous experience. But my colleagues have embraced me and my ideas from the get-go. They are always eager to share their knowledge or entertain with a funny story from some of their previous projects.

From my experience, being on a construction site has been a wonderful and exciting adventure that has added another dimension to my education. I'd recommend any student who has the opportunity to get some onsite experience to jump at it. Even if you want to spend the rest of your career working in design, I believe onsite experience will make you a more well-rounded Architectural Technology professional. ■



The Lighthouse construction with The Iceberg development in the foreground

Students tackle sustainable approaches to waste management in Indonesia

Words by Jennifer Hardi MCIAT, Course Director for BSc (Hons) Architectural Technology, London South Bank University

London South Bank University were awarded IAPP (Industry Academia Partnership Programme) funding by the Royal Academy of Engineering and Newton Fund to address the urgent need to tackle plastic waste management infrastructure provision in coastal and rural areas of Java, Indonesia.

A vast share of the world's ocean plastics pollution originates in Asia, with Indonesia accounting for the second highest share of mismanaged plastic waste.

Part of the aims of this programme are to:

1. Bring together industrial and academic experts with multi-disciplinary backgrounds, from the UK and Indonesia, to enable a best-practice collaborative design process in a practical sustainable development context.
2. Launch a BIM design competition that enables academics, researchers, students, and community partners in Indonesia to collaborate and practice engineering design techniques, in the applied context of solving the real and pressing civil engineering challenges with waste management infrastructure in Indonesia.

Drone survey

Multiple aerial surveys using unmanned drones were carried out and 3D visualisation of the sites were produced to help inform the design competition process.



Aerial images showing the Bojong Salaweh site as a suitable site for the design competition

International BIM multi-disciplinary design competition

We ran an international BIM multi-disciplinary design competition for London South Bank University (LSBU) and Institute Technology of Bandung, Indonesia (ITB) students where they were asked to design a suitable waste recycling facility (material hub) for the chosen sites.

Around 50 students who took part in the competition had a background in architectural technology, architecture, architectural engineering, landscape architecture, environmental engineering, building surveying, tourism and planning.

The use of local and renewable materials such as bamboo were encouraged as part of the design brief. Four multi-disciplinary groups consisting of a mix of LSBU and ITB students were formed, with supporting tutors and mentors assembled.

A series of workshops and BIM training were carried out on the ITB campus in Bandung and at LSBU in London to brief participating students. Weekly virtual meetings were scheduled for students from both countries to meet and for the associated mentors to discuss the project further.

These workshops brought together academics from different faculties and various undergraduate and postgraduate students.

By creating a partnership that values creativity, innovation and knowledge sharing, we have ensured that the educational benefits of the project were widespread. Participating students have also gained direct experience off industrial-scale problem solving within an international, multi-disciplinary context.



Examples of Material Hub Design proposed by students during competition



Impacts and outcome

This project enabled us to carry out ongoing dissemination work in Indonesia, utilising the scheme designs and technical brief to inspire and inform local communities in creating better waste management infrastructure. It has helped in raising awareness among the local government and influencing future policy-making.

We were also able to utilise the mentoring framework developed in our team's previous IAPP programme to continue supporting the local community and empower them to manage their waste better. The project brought together different communities, stakeholders and experts from different disciplines to create unique solutions to waste management challenges in Indonesia.

The output of the design competition has resulted in a genuinely realistic and realisable design solution, which was fed back into the local and regional government to aid them in future policy-making. By offering realistic visualisations of what a 'Material Hub' might look like, the competition also gave an exciting vision on how a sustainable approach to waste and material management can be both beautiful and functional, and help invert people's perspectives from 'waste' as the end point, into it being a 'material resource' in the middle of a continuous cycle.

The tourism planning and innovative socio-economic enterprise strategies that have been part of the student design competition can help local stakeholders to understand there can also be an economic advantage to managing waste better and investing into waste management infrastructure. There has been many positive impacts on faculty and student engagement enabled by the IAPP programme. A large number of different faculties were brought together by the programme in order to derive holistic and real-world creative responses.

Students and staff have both had opportunities to work closely with teams they might not otherwise have interacted with, and therefore many exciting learning prospects have



A workshop at ITB, Indonesia

unfolded. BIM training and seminars provided by the team at LSBU were enthusiastically received by students at ITB and this has contributed to a mindset of collaborative working. The industry partners on the review panel were impressed by the quality of the student submissions and the level of engagement considering the competition was taking place as an extra-curricular self-motivated activity. By encouraging innovative international multi-disciplinary working amongst professionals, students and academics, we have laid strong foundations for better infrastructure that could be repackaged as an educational tour programme for visitors.

As part of the international strategy at LSBU, we have used the sites in Indonesia as part of the undergraduate curriculum where students are required to design a sustainable building within the Construction Practice module. This module consists of over 300 students studying courses ranging from architectural technology, architecture, building surveying, project management, construction management, civil and building services engineering, boosting students' employability skills as they tackle real-world challenges. ■



Biophilic buildings: are they beneficial for human health and the environment?

Words by Ana Julie Foseid Bjerke, student member, Cardiff Metropolitan University

Over the past five decades and in our present day, it is clear that climate change is a reality. Climate change is not only due to societal causes but also natural causes. The world is affected by climate change differently, whether it's in the Middle East or in the Amazon jungle.

In the northern hemisphere there are big differences in the consequences related to climate change. In the United Kingdom there are already visible signs of global heating, and what is still to come. Societal health is often impacted by economic, social, and cultural variables (Wejnert, 2011). With the World Health Organisation (WHO) having a commission to undertake the world's societal health, it is notable that the surrounding conditions in every aspect of people's lives are affected by them – significantly when it relates to people's personal health. Therefore it is important that society change the way the built environment influences human lives at every stage.

The current situation revolving around the climate crisis is something we desperately seek new solutions on to prevent further damage (IPCC, 2021). Fink (2011) reports

that the built environment accounts for greater than 30% of the total greenhouse emissions, and contributes to climate change (Wijesooriya and Brambilla, 2021). When the built environment is causing issues regarding the current climate crisis, actions must be taken to reduce its impact. This is where the potential of buildings can help reduce carbon emissions. Hegender (2020) claimed that how we construct our buildings can be very cost effective in the world's combat against climate change. This is where the role of biophilic design enters as a possible solution for both the environment and human health.

A Potential Global Solution: Biophilia and Biophilic Design

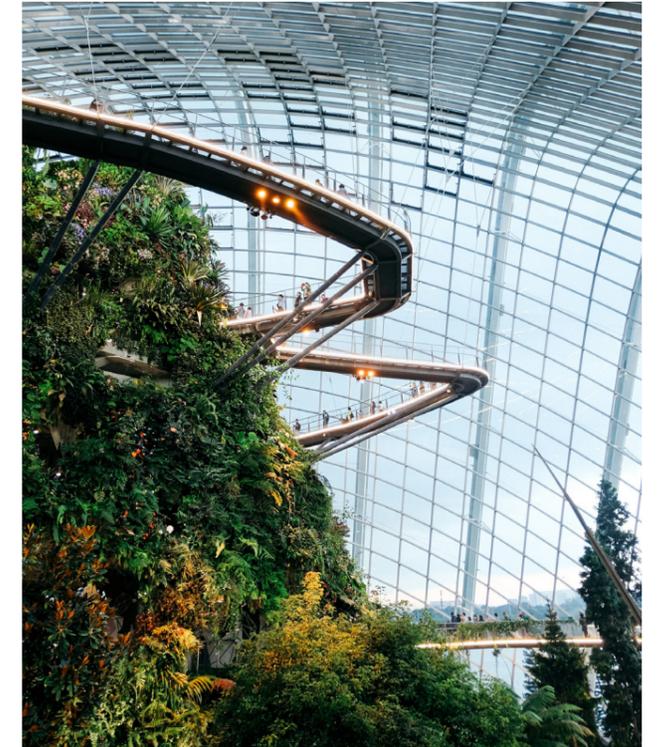
The term biophilia was first coined by Edward O. Wilson in his 1984 publication *Biophilia*. Wilson (1984) refers to Biophilia as "the psychological tendency in humans to be

attracted to all that is alive and vital". The hypothesis in Kellert (2005) suggests that biophilia is something we humans genetically inherited. Biophilic design is defined as using biophilia within the built environment, in the building's design and functionality. The fundamental outcome is to create a pleasing habitat for humans and other living species. Although it's a new approach within architecture compared to other techniques used today, it is the future. The principles of biophilic design can advance people's productivity and health by bringing humanity's inherited connection with nature to our built environment. Although for biophilic design to work in practice, it cannot lack the relationship and connection between the natural world and the designed space (Kellert, 2018).

One great example of how a biophilic city operates is the Gardens by The Bay. The Garden City in Singapore represents how biophilic design can be used as a tool to reduce the effects of climate change and bring more biodiversity into urbanism and the built environment (Newman and Matan, 2013) (Beatley, 2011).

Fink (2011) encourages us to find approachable, futuristic solutions to make changes with regard to architecture's responsibility to the built environment. Climate change and societal health function as purposes of why biophilic design was chosen as the topic for my research as part of my final year dissertation. I conducted a case study analysis; five case studies illustrating biophilic design were discussed, which led to a comparative analysis using case study variables. The variables used for comparison in my research were: biophilic implementation, intention and conclusion. The five case studies analysed revealed encouraging attributes of biophilic design. However, while responses mentioned that using reclaimed and local materials promote sustainability, these materials can affect societal health. The findings suggested a symbiotic relationship if the goal is to benefit both societal health and climate change effects, when the built environment and biophilic design are affiliated.

There is, however, a common characteristic among the critical literature reviews used in this research, which is the need for extending study and exploration on biophilic design as a holistic subject. Nevertheless, the ethics and sustainability of the design principles and philosophy within biophilic design pave a promising approach to how society can create green, living environments for the benefit of future generations.



Segments from this piece were selected from submitted primary research, using a case study analysis research method. The research was part of a final year dissertation submission for Level 6 BSc Architectural Design & Technology. Data was collected from secondary research, mainly from resources available at Cardiff Metropolitan University. ■

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A rollercoaster of emotions: entering an architectural competition



3D view of Shantelle's building from the main entrance

Words by Shantelle Goodchild, student member, University of West London

There are many reasons for entering a competition to showcase your architectural designs. It will require you to meet a brief, which is what will be expected of you at some point in your career when you start working with clients (with demands). It will force you to challenge yourself with ideas that you maybe would not have thought of. And you win even if you lose – if you enter contests that give feedback.

Feedback/criticism is such a great thing to receive because it gives the opportunity for improvement and enhancement. As stated by Brookhart, S.M, in her book *How to Give Effective Feedback to Your Students* (2017), feedback answers the questions like "what knowledge or skills do I aim to develop? How close am I now? What do I need to do next?"

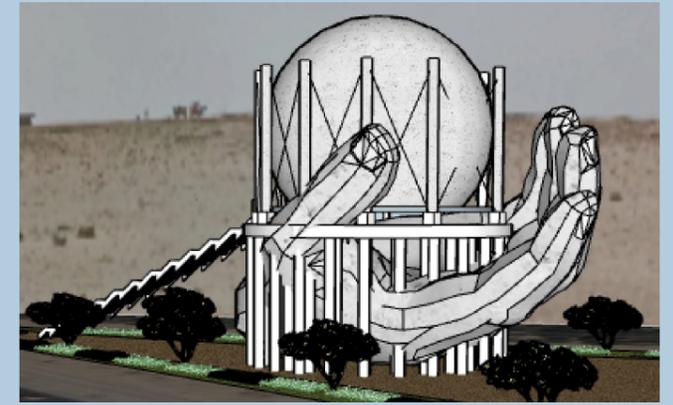
These are just a few reasons out of many, but the last reason given was why I chose to enter.

I felt I had gone to university, gained all the necessary knowledge and been graded well, but now I wanted to take it outside of the classroom and into the rest of the world, and see if my work was worthy against other designers from different countries that have probably learnt similar things but have a different learning pathway to me. I found the thought quite exciting.

So, I decided to enter my first ever architectural competition: Hourglass – a beacon of climate change was hosted by UNI XYZ and the brief was to create a memorial that stood for a worldwide acknowledgment of the planet's deterioration, that would be built in Egypt.

After reading the brief, a few lines stood out to me such as "hourglass", "time running out", "earth" and "in our hands" and I chose to illustrate these exact words and phrases in my design. I did this by creating a hand (representing our human hands) holding a ball (representing the earth) with an hourglass inside (representing the time running out). The hand was made of graphene-reinforced concrete. Inside the hourglass were two floors. The ground floor consisted of exhibition areas showcasing the different ways the earth is being affected by global warming. In the middle room was a bio-plastic material, liquid wood molded into the formation of sand falling from the ceiling as if we were really inside the bottom of an hourglass. The first floor also contained another exhibition area displaying what could be done to save the Earth; the floor was made of low e-glass panels held in a carbon steel framework to show the sand falling from underneath. This was meant to be a 'scare' tactic that would hopefully play on visitors' minds on their way home, and the 'scare' would stay with them, hopefully influencing a change in the way they treat the earth.

The staircase to get to the second floor was called 'the problem-solving staircase'. It consisted of six flights of stairs, and each had a theme/subject on climate change and its effects – intended to be thought-provoking to the reader.



3D view of the eastern view of the building

The dome was made of pre-cast concrete panels with limestone which is fixed to the geodesic structure made of steel. There was a gap between the inner and outer wall, which was to act as a thermal jacket, trapping a layer of air around the building. At each horizontal junction of the panels were louvres, and the building would rely on buoyancy; having cool air come in from the bottom of the flues, taking the heat to interstitial elements and passing out through the louvres on top of the building. When the building needed to get rid of heat it would open and when it needed to trap heat, it would close.

The photos I submitted were not rendered, which made me quite anxious because I was worried my vision was not illustrated as best as possible.

The results?... I did not win but I was shortlisted. I suppose maybe you have to be a bit of an optimist in situations like this, and that's what I am. Therefore, to me, getting this far in a competition was a small personal win, and to add to it, I was issued a certificate for being shortlisted. The number of people allowed to work on the project was a maximum of four and could consist of designers with little experience to decades – I worked on it solo and had little to no experience so this was a great achievement for me.

I would deeply recommend entering architectural competitions, especially ones that give detailed feedback so that you can improve on your skills. It also gives a sense of recognition no matter how far you come, and who knows, you may even win! ■

Thinking of entering an awards competition? The AT Awards are open for entries for 2022! Find out more on page 12!



The ground floor inside the hourglass

An insight into the world of industry practice

Words by Joe Chapman ACIAT, ALTU Architects



ALTU Architects, established in 2022, is an evolution following on from Lafferty Architects which was founded in 1997. The practice has over 20 years' experience creating outstanding projects through collaborative design. Always looking forward, the company has used BIM since 2010 to develop its mixed-use, retail and healthcare projects.

ALTU Architects were tasked with the challenge to create a contemporary, high quality Strategic Housing Development (SHD) suitable for a prime residential site on 0.8525 ha located at Roselawn and Aberdour on the Stillorgan Road, in Dublin City.

They were asked to take the project from works stages 4-7 Detailed Designs/Building Regulations to onsite project completion. The project is, at the time of writing, on site and due to finish this year.

The proposed development comprises a single phase construction program consisting of the development of two blocks comprising five & seven-storey apartment buildings. 142 apartments will be provided within the scheme, with the breakdown as follows:

- 73 one bed apartments
- 68 two bed apartments
- 1 three bed apartment

As part of the developed design response, the project maintains a focus on an active community environment with nearly 4,000 sq ft of amenity spaces included within the scheme. These amenity facilities include a social integration zone within a garden pavilion at podium level, a gymnasium, a multi-functional space, and work lounge. 91 car parking spaces are provided across basement and surface levels within the scheme.

It is great to see a project come to life and emerge off the paper and out of the ground and very rewarding seeing all the teams' hard work producing all drawings and documentation required for a project like this, come to fruition.

As the Senior Architectural Technology professional working on the project, it is my responsibility to ensure compliance with all relevant building regulations. My role also includes approval of technical submittals and the production of both details, statutory drawings, and documentation in order to assist the design team in moving the project forward. Working closely with my colleague, Associate Director Michael Harty, we ensure all materials and products procured for the project meet the highest standards required for all ALTU projects. ALTU have developed an in-house approval system to manage, track and recode these items.

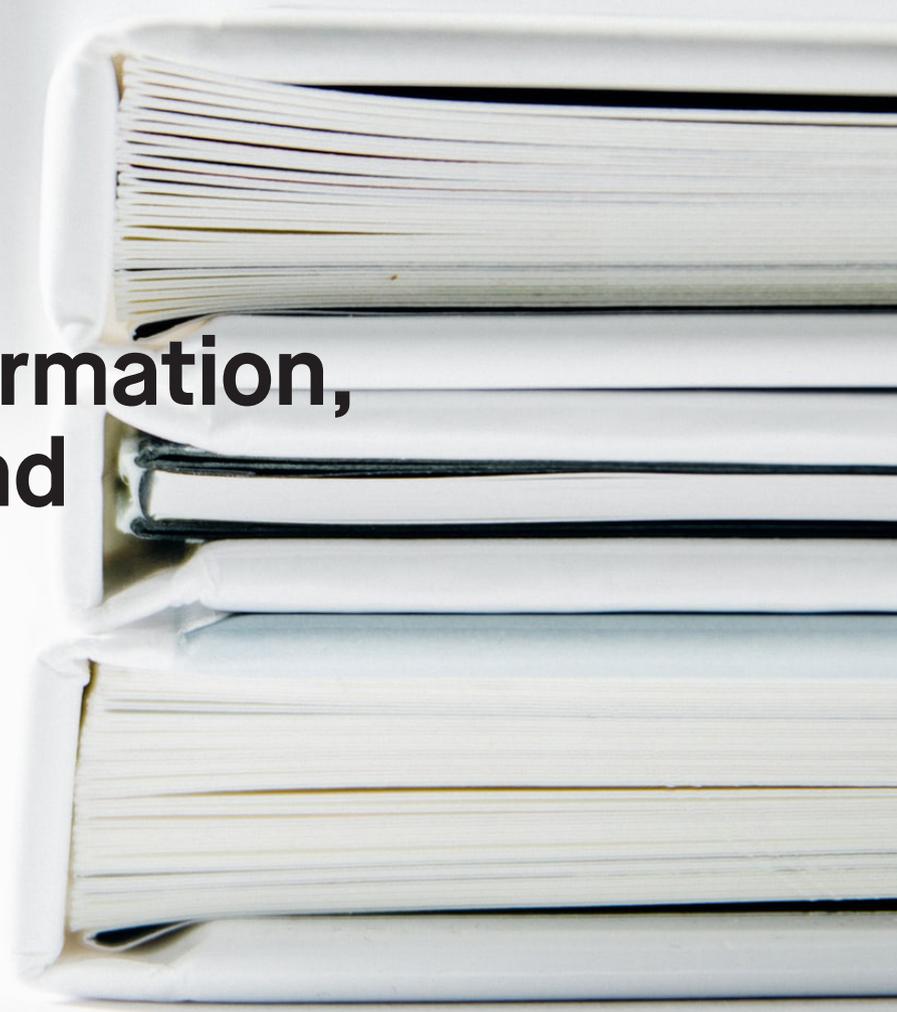
My role also includes visiting site throughout the different stages of the construction project to inspect, record and ensure all regulatory items are adhered to. It is great to see a project come to life and emerge off the paper and out of the ground. It is always very rewarding seeing all the team's hard work producing all drawings and documentation required for a project such as this, come to fruition.

As the Senior Architectural Technologist, I enjoy passing on the knowledge I have gained over the years to junior staff members, bringing them to site and explaining why items are constructed in a certain way. I feel this helps them to know the 'why' and this then supports them on future projects. I think this is an important part of anyone's career development. As a practice, team members and individuals, we are always evolving, learning and growing to be the best we can be. ■



The Roselawn site

Practice information, education and guidance



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