

CITY PARK WELLNESS

Simpang Enam, once the beating heart of George Town, was a lively civic roundabout where elders rested, youth played, and daily life unfolded in an open, communal rhythm. Over time, however, the rise of vehicles and car-focused development transformed this junction into a traffic-dominated intersection, overshadowing the slower, human-paced life that once defined it.

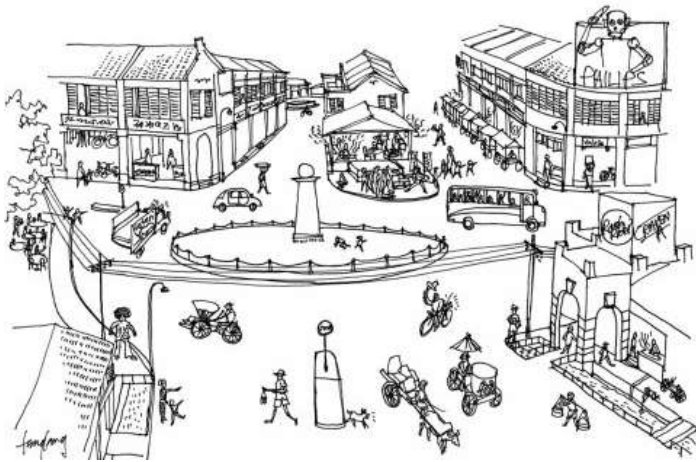
Today, many elderly residents sit outside their homes not by choice, but because the city no longer offers a safe, inviting space for them to move and belong. Meanwhile, youth in the city center lack free, welcoming places to play and build community. Penang, as one of Malaysia’s fastest-ageing states, needs spaces that encourage activity, social interaction, and inclusion for all generations.

This project reclaims Simpang Enam as a wellness-centred urban room that rebalances the city’s priorities from car traffic to human presence. It goes beyond simply adding greenery, weaving together physical health, mental calm, and social connection into a daily rhythm of shared care and activity.

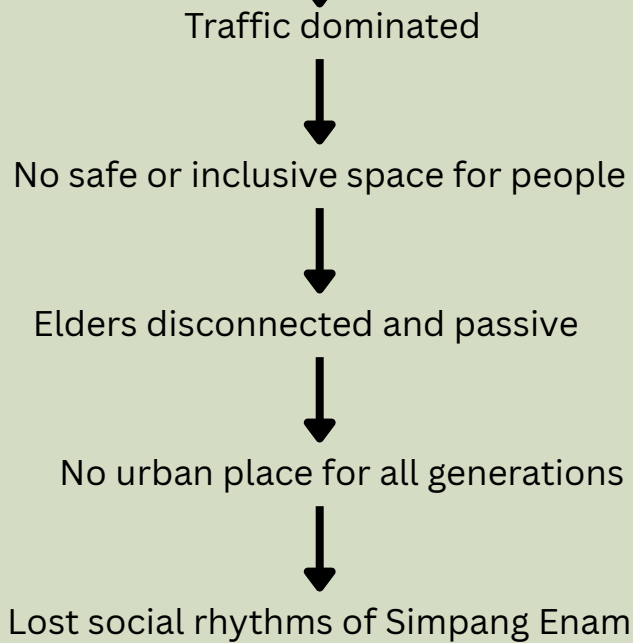
The design layers dynamic zones for jogging, skating, and tai chi with calm spaces for gardening, tea-sharing, and small animal interaction. A community kitchen and herbal clinic integrate health practices into daily life, while the rooftop garden and reflective pods offer quiet moments of rest and renewal.

This is to bring back the everyday human traffic that makes the city truly alive.

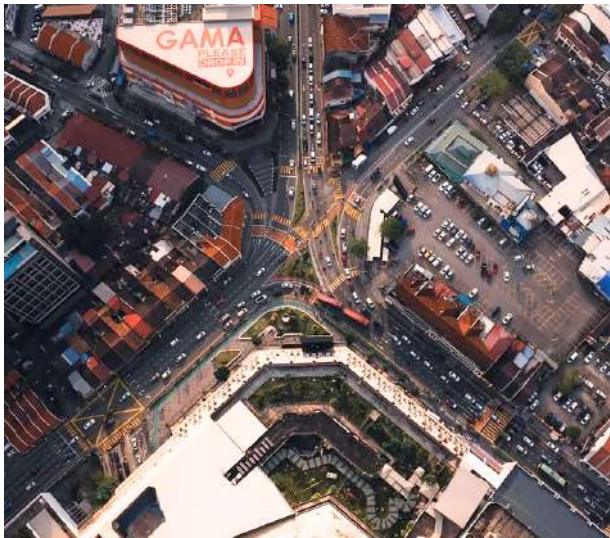
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Problem



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Design Intention



MATERIALS



Brick



Wood



Glass

PROGRAMMS

Physical Health

- Jogging loop
- Skating Area
- Outdoor Gym equipment
- Yoga
- Taichi

Mental Wellness

- Therapeutic gardening
- Aromatic gardens & sensory paths
- Animal care spaces (chicken coop, rabbit petting)

Social Connection

- Tea-sharing corners
- Board games (chess, mahjong)
- Kitchen for healthy cooking & herbal teas
- Small herbal pharmacy

TARGET USER



Elderly



Family



Youth

PLANTS CLASSIFICATION

Ground floor: Edible Garden



Chili



Tomato



Kangkong



Lettuce



Carrot

First Floor: Herbal Healing



Mint



Aloe Vera



Lemongrass



Ginger



Goji Berry

Second Floor: Sensory & Mental Wellness



Jasmine



Tea Olive



Pandan

Roof: Aromatic & Air Filter



Basil



Areca Palm



Peace Lily



Lemongrass

PRECEDENT STUDY

Urban Farming Office / VTN Architects @ Ho Chi Minh, Vietnam

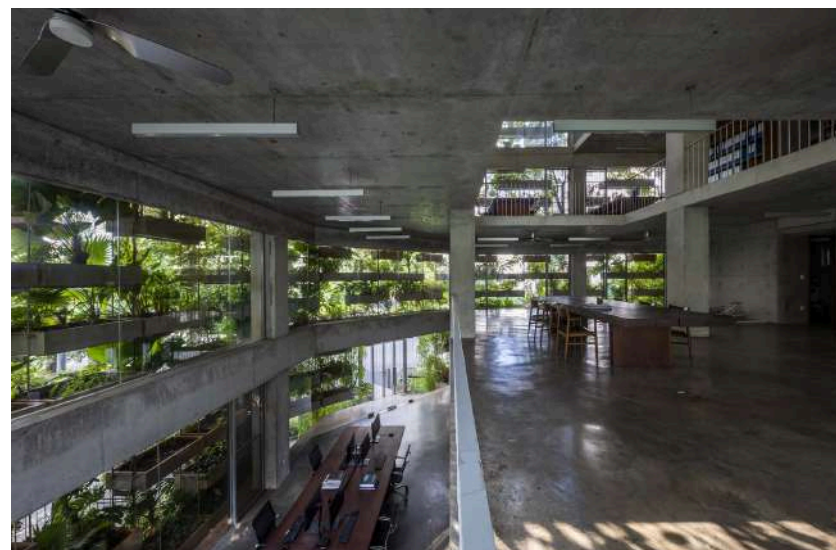


The aim of the project is to return green space to the city and promote safe food production

The office project demonstrates the possibility of vertical urban farming. Its facade consists of hung planter boxes with various local vegetation, allowing them to obtain sufficient sunlight. This green approach will provide safe food and a comfortable environment with minimum energy consumption, contributing to the sustainable future of the city.

They used vegetation as their strategies to filters direct sunlight and purify the air pollution

Planter boxes are replaceable; therefore, they can be flexibly arranged in accordance with the height and growing conditions of plants, providing sufficient sunlight.



Together with a roof garden and ground, the system provides up to 190% of the green ratio to the site area, which is equivalent to 1.1 tons of harvest.

Project Ohm Ω / studio whispace + architects @ Taiwan



To create an environment where teachers, children, and chickens coexist, sharing ideas beneath the canopy of trees

They consider the chicken coop's enclosure as an interactive interface. The enclosure incorporates various interactive facilities such as feeding and watering areas, chicken name tag hanging areas, and egg rack interactions, among others, transforming the enclosure into a barrier and a new interface for ecological learning



Bat Trang House / VTN Architects @ Hanoi, Vietnam



The bricks were individually made to size to create the alternating rhythm, opening up in some spaces while closing in others. The small gaps created by the bricks placement act as vents, circulating the air throughout the building. Whereas the big openings of the façade situated sizable greeneries, allowing filtered light the flow through.

The design team notably valued people's intimate connection with nature. VTN Architects ensures natural and sustainable living quality in every residential project. The designs ensure that the occupants can always feel theTN Architects ensure y. natural an freshness of greeneriand the ambient skylight in their daily activities.



Partner NGO / Community

Tropical Spice Garden



Partnering with Tropical Spice Garden brings rich expertise in local herbal cultivation and environmental wellness. They can lead gardening workshops and herbal cooking classes, connecting the edible garden to daily health and cultural practices. Their role transforms the green spaces from simple plantings into active learning zones, where elders and youth rediscover the healing power of Penang’s native herbs.

The Space Penang



Yoga Space Penang is a trusted local group known for inclusive, mindful practice. Its teachers specialise in guiding people of all ages and abilities toward balance and calm. They can lead regular yoga and breathwork sessions that nurture physical health and mental clarity, weaving slow rhythms of care and presence back into daily life.

Surfskate Community Penang



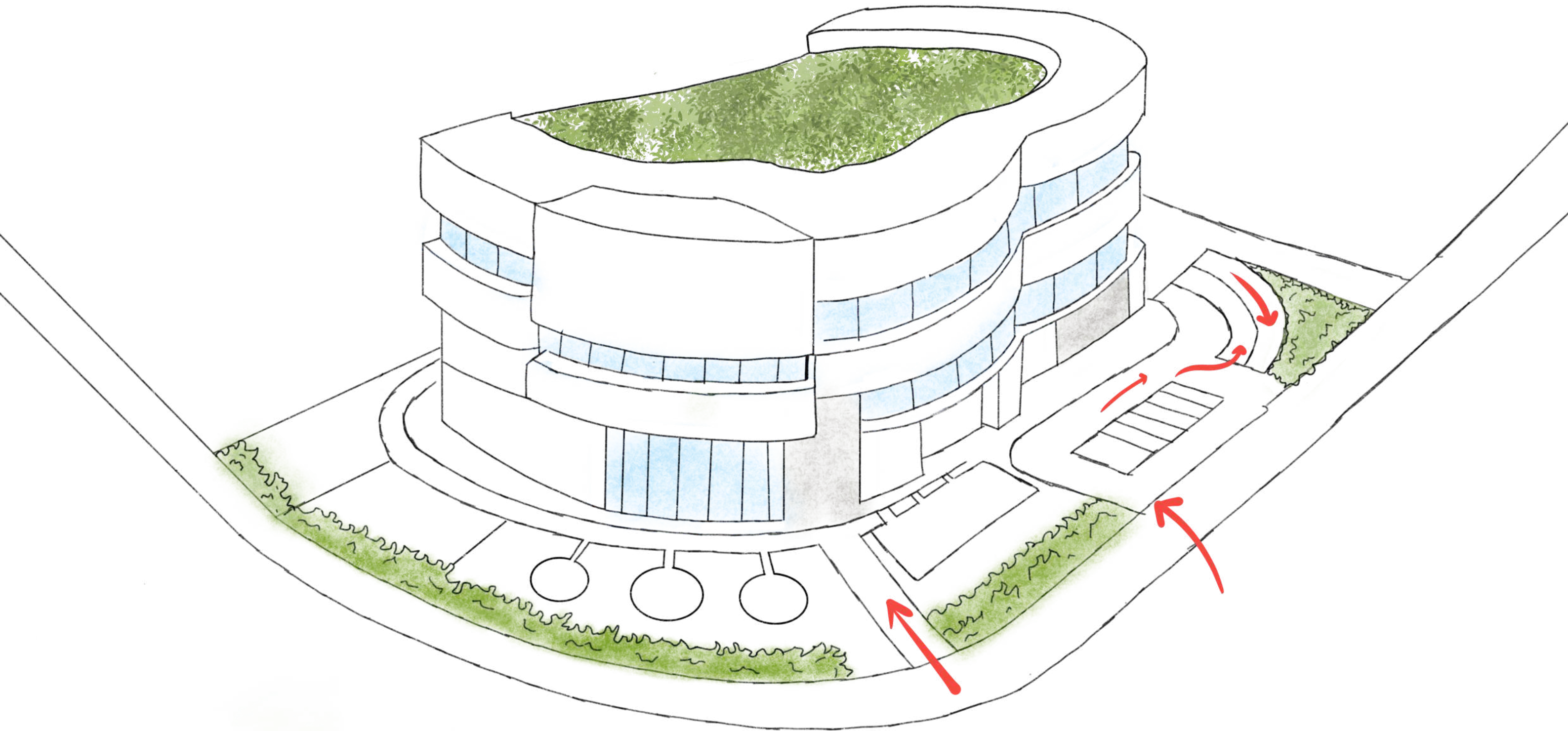
Surfskate Community Penang is a dynamic, inclusive skate group that brings energy and confidence to the city. With weekly sessions at Youth Park and Gurney Bay, they encourage people of all ages to join in and share the joy of movement. Their open, supportive approach makes them the perfect partner to lead skateboarding workshops in the skate plaza, creating a vibrant, active space that bridges youth, families, and beginners.

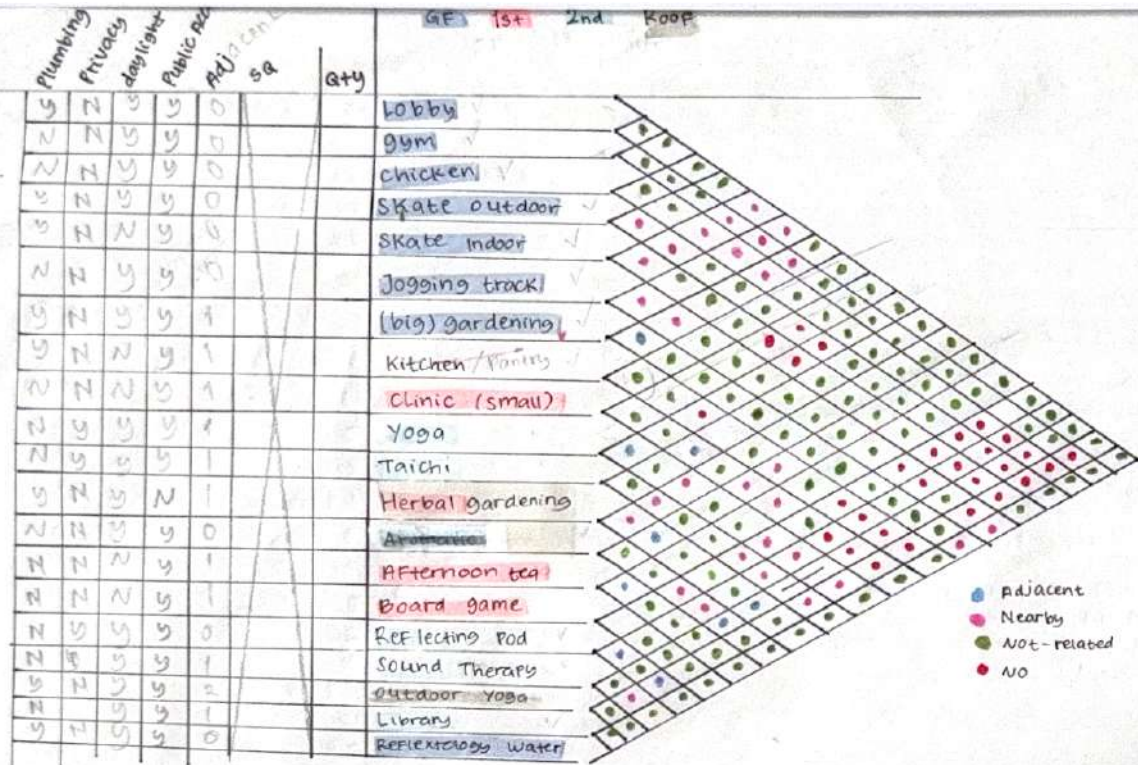
Armenian Park Tai Chi



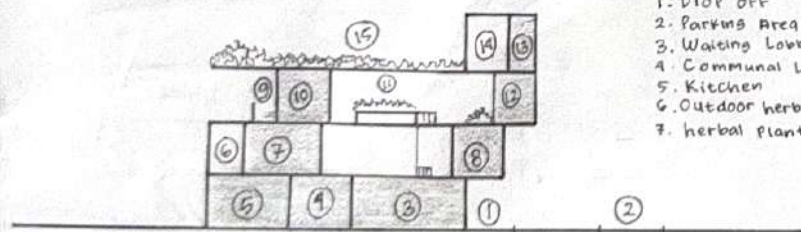
Armenian Park Tai Chi Group is a community offering free gentle tai chi in public spaces across Penang. Their slow, rhythmic practice supports balance, mental focus, and community connection—bridging elders and youth through shared movement. They can lead morning tai chi and qigong sessions in the calm second-floor spaces or garden zones, anchoring daily rhythms of active mindfulness and social bonding.

Perspective (NTS)





- Active & mindful Living



1. Drop off
2. Parking Area
3. Waiting Lobby
4. Communal Lounge
5. Kitchen
6. Outdoor herbal plant
7. herbal plant room
8. Pantry
9. Outdoor taichi
10. Taichi Room
11. Aromatic
12. Reflecting Pod
13. Pantry
14. Corridor
15. Roof top garden

SECTION 1 400

Why want to built this

- Provide like a trailer in the urban there's no green space, what happens if it doesn't have a place for youth ex. gurney park

↳ there is places where the youngsters going & they do skate boarding / playground, jogging by the beach but in the city there's no space for it

It will bring back community, parents, children, the vibrancy

1:1000

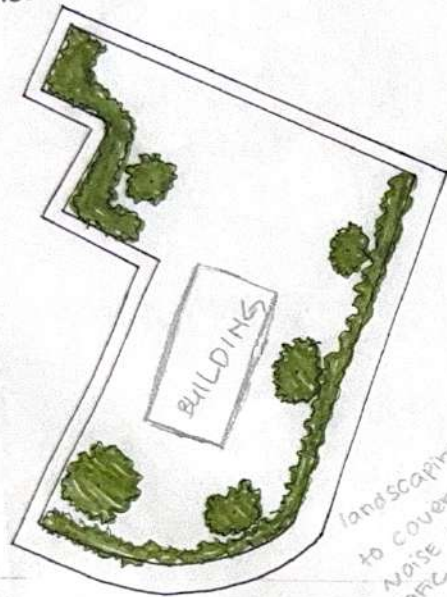
Site
Analysis

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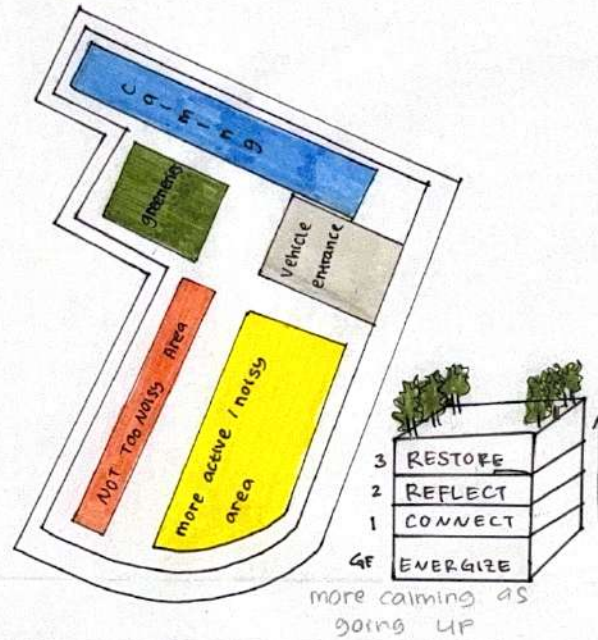


SITE / DESIGN RESPONSE

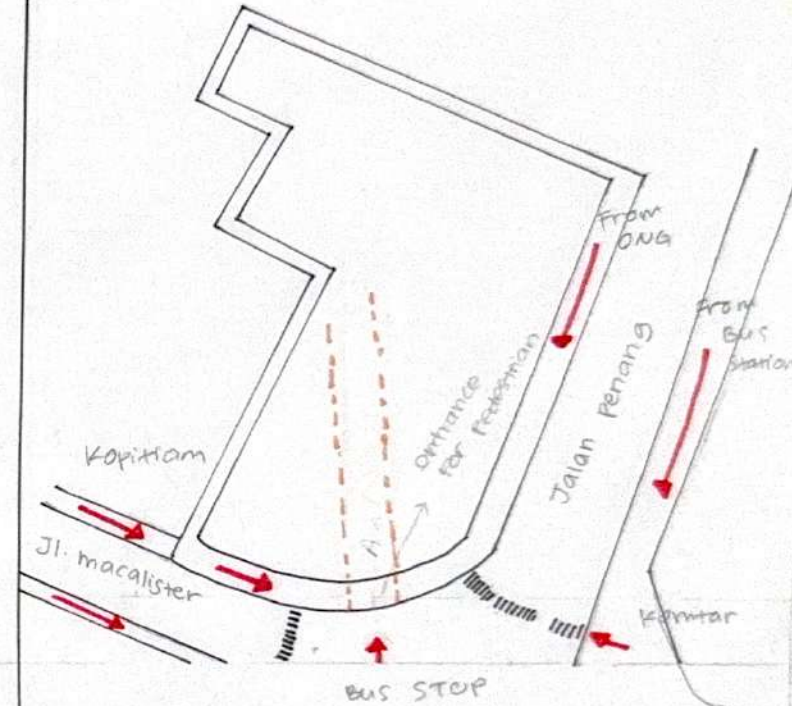
SUN / NOISE



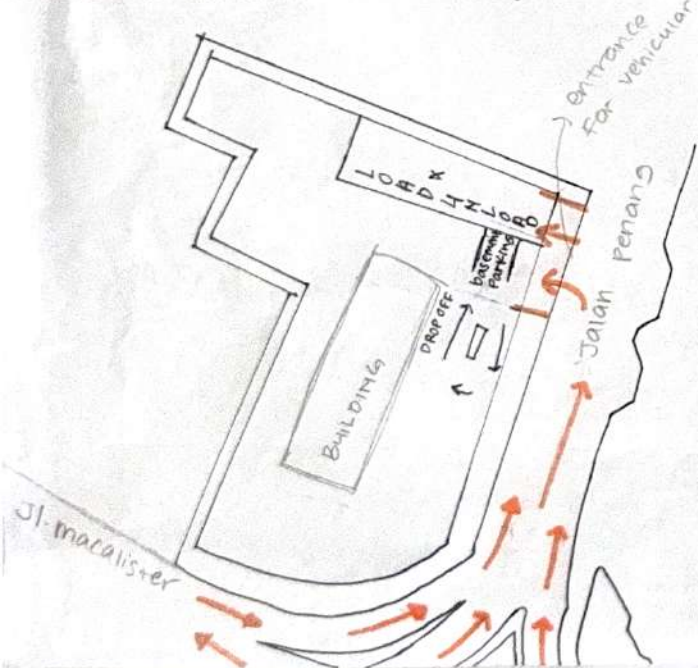
ZONING



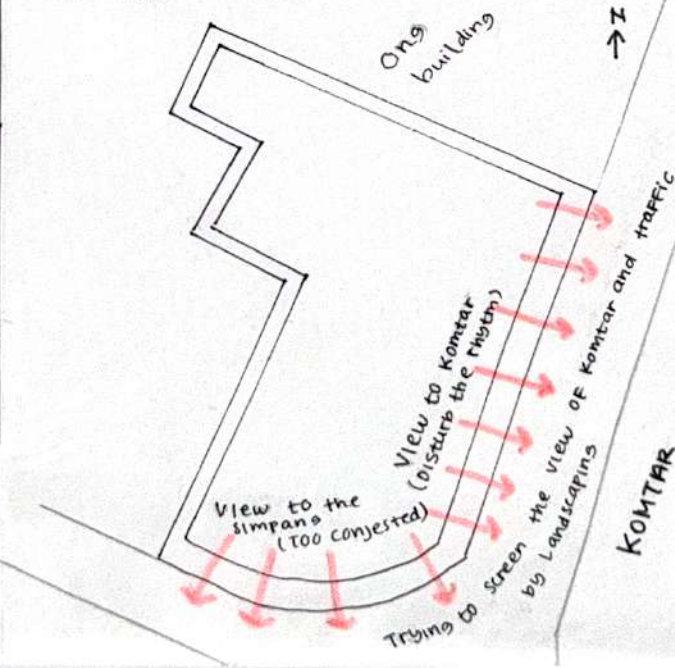
PEDESTRIAN CIRCULATION



VEHICLE CIRCULATION



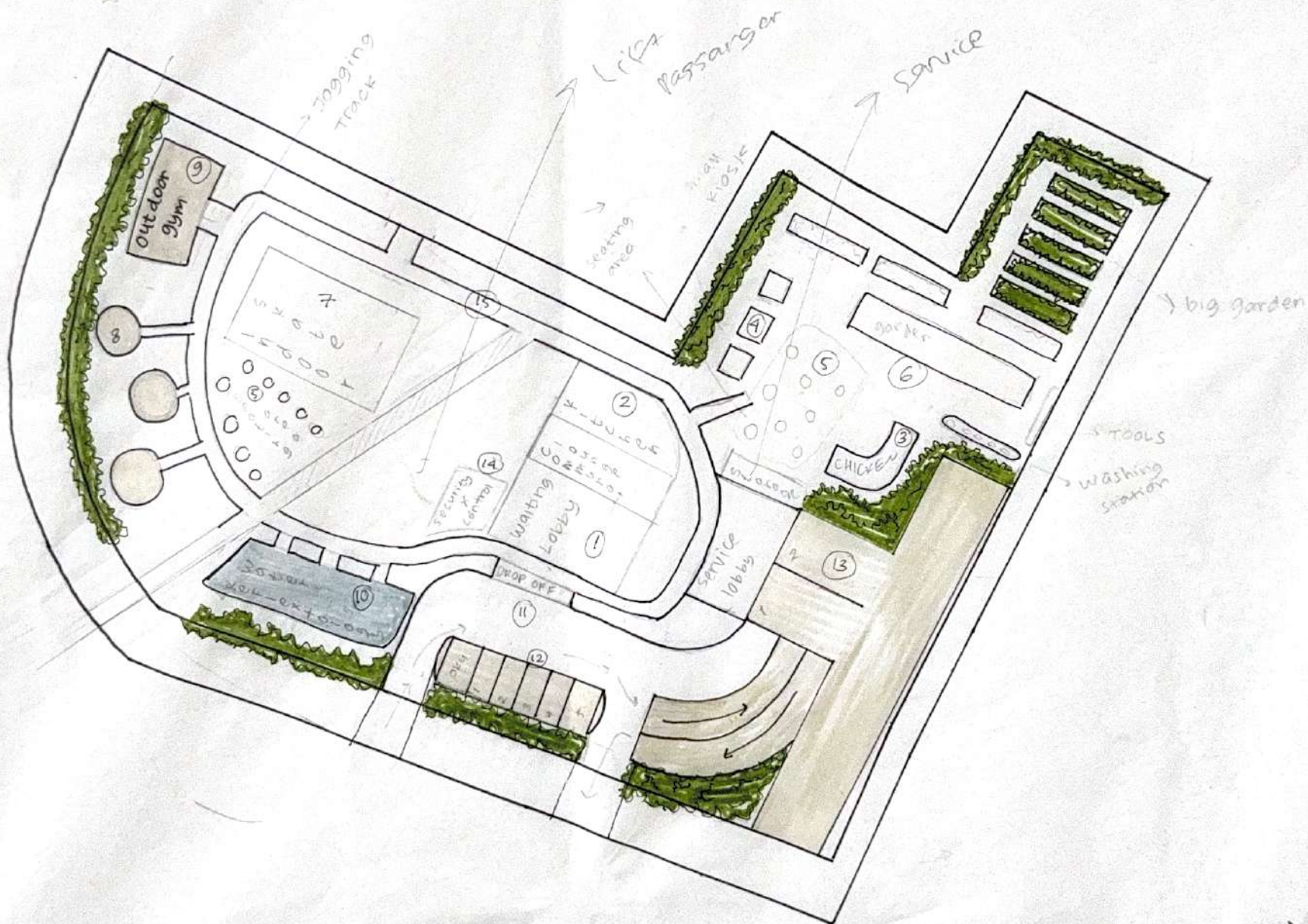
VIEW FROM SITE



GROUND FLOOR

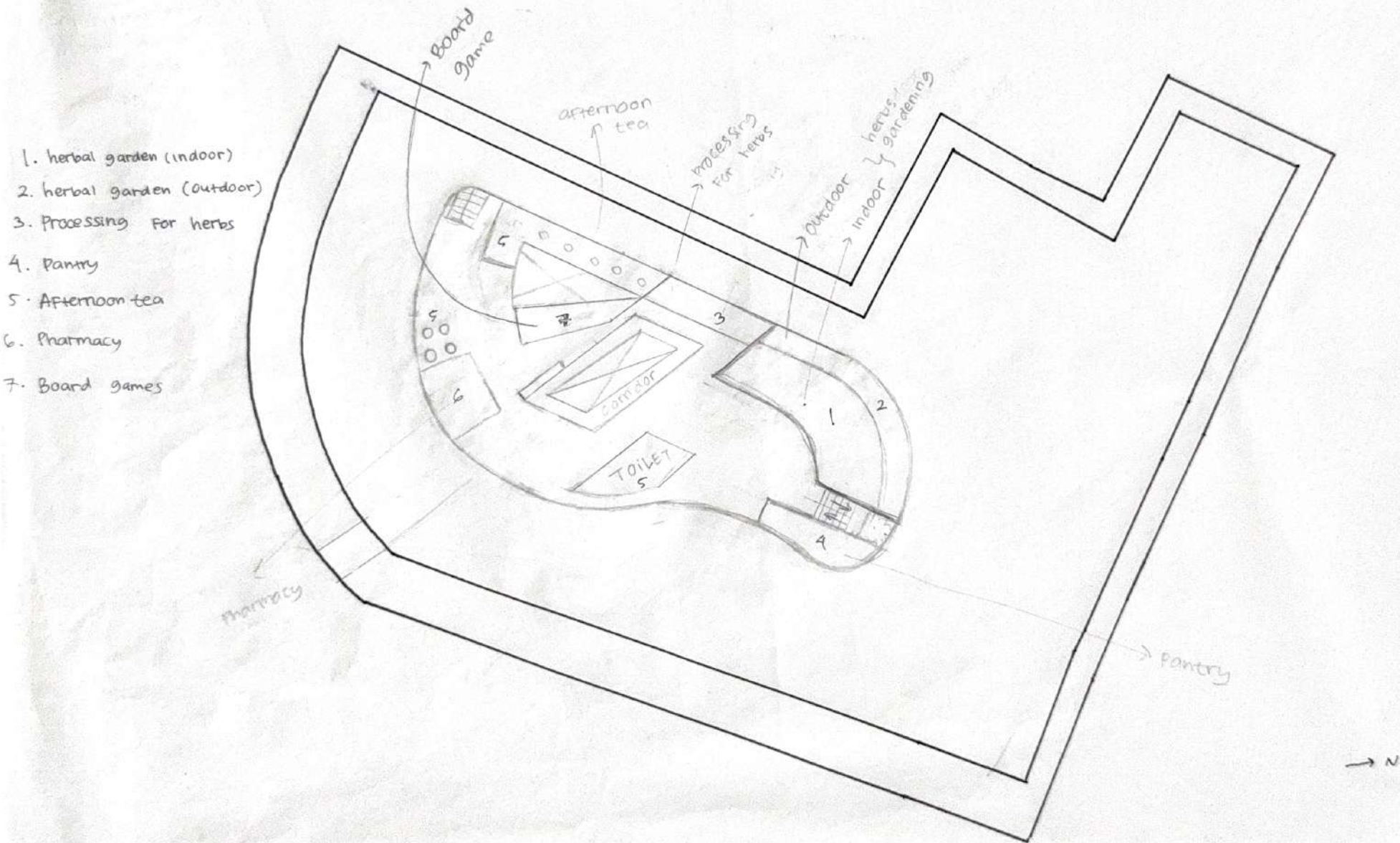
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- 1 - Lobby
- 2 - Kitchen
- 3 - chicken
- 4 - small stall
- 5 - seating
- 6 - garden
- 7 - indoor skate
- 8 - outdoor skate
- 9 - gym equipment
- 10 - ~~water~~ REFLECTOLGY WATER
- 11 - DROP OFF
- 12 - PARKING
- 13 - LOADING - UNLOADING
- 14 - CONTROL ROOM
- 15 - JOGGING TRACK



First Floor

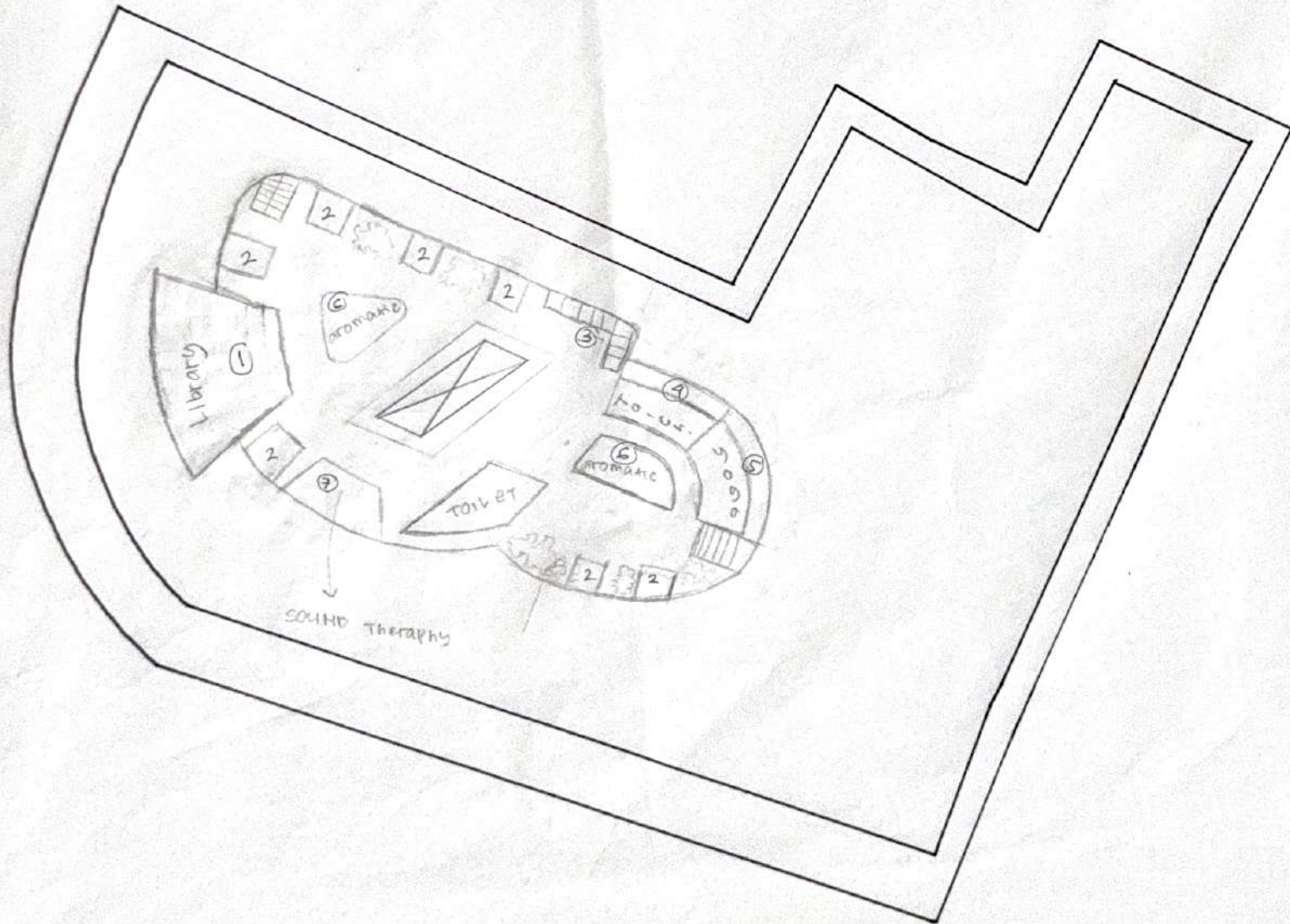
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SECOND FLOOR

1: 400

1. Library
2. Reflecting pod
3. Locker
4. Tai chi
5. Yoga
6. Aromatic garden
7. Sound Therapy



Third Floor / ROOF

1:400

1. Check in / out counter

2. Accomodation

3. Toilet

4. Laundry

5. Pantry

6. Small event area

7. ROOF garden

8. outdoor yoga / meditation

check in / out counter
↑

Laundry
↓

Pantry
↓

→ N

