








hygge teen center

AT OAKLAND PUBLIC
LIBRARY

Vesta Javaheri
INFO 287
Spring 2024



Objective



Proposal for a renovated teen center, designed by the teens themselves. The new space will of course prioritize functionality, but it will also incorporate strong aesthetics and concepts such as *hygge* in order to maximize comfort.



executive summary


With limited dedicated spaces for teenagers in the community, Oakland Library has an opportunity to become a central hub that fosters personal growth, creativity, and social connections among local youth.




By involving teens in the design and programming of the Center, the library can cultivate a sense of ownership, responsibility, and pride, while addressing the diverse needs and preferences of this important demographic. In addition to programming and resources, the new Center will incorporate the Danish concept of *hygge*, prioritizing warmth, comfort, and a sense of belonging.

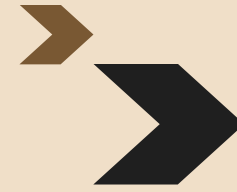


introduction

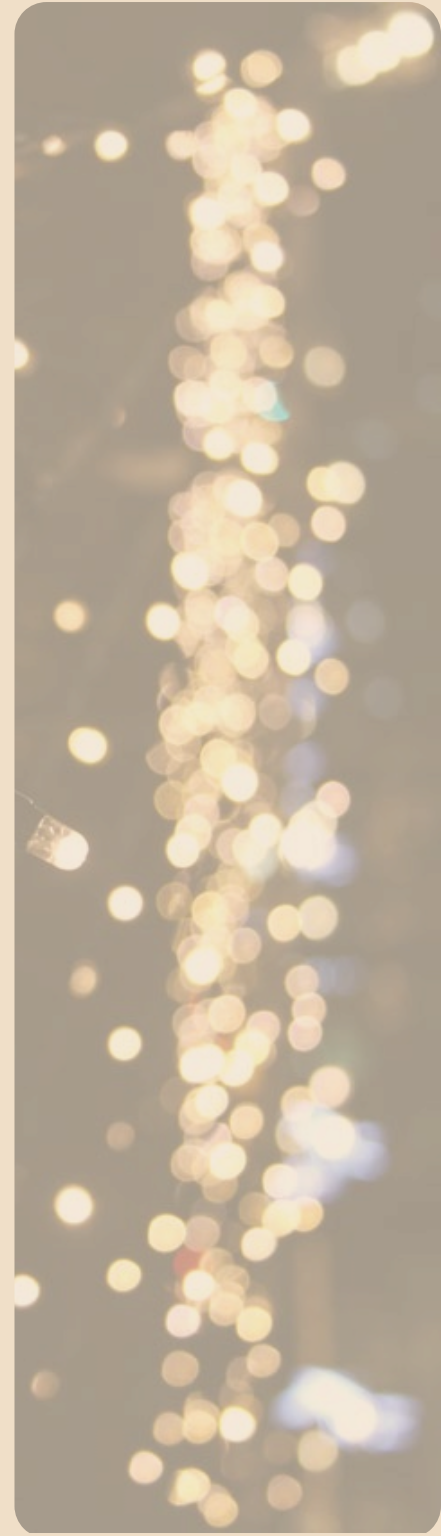
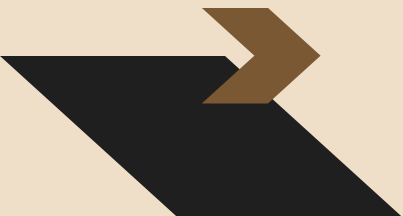


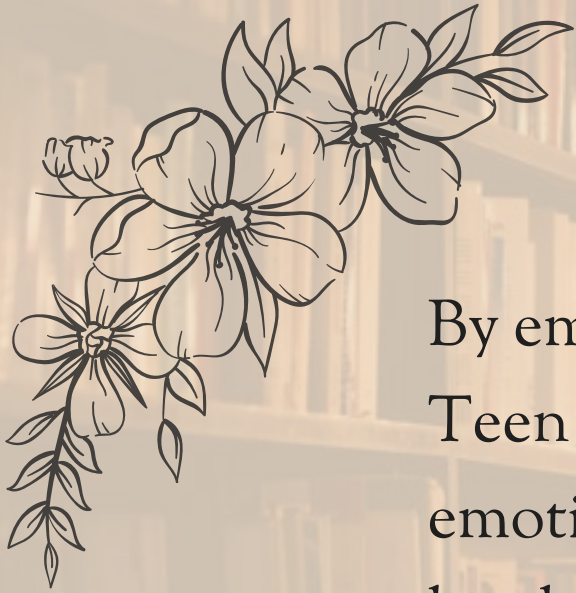
Pronounced “hoo-ga,” *hygge* is a Scandinavian concept without a perfect English translation. Roughly, it comes from the Danish word for “coziness,” but it encompasses so much more than that. At its most basic, *hygge* boils down to feelings of comfort, connection, and inclusion. It’s about creating an atmosphere of warmth, contentment, and well-being – an environment that nurtures the soul and fosters a sense of togetherness.





Using input from youth in the community, the new Teen Center will embody *hygge* in order to foster a stronger community at the library. By incorporating elements like soft lighting, plush furnishings, natural materials, and cozy nooks, the space will radiate an inviting, welcoming ambiance that encourages teenagers to linger, connect, and feel at home.





By embracing *hygge* as a core design principle, the Teen Center will foster a strong sense of community, emotional well-being, and work-life balance among local youth. It will be a space that not only nurtures academic and creative endeavors but also promotes self-care, mindfulness, and the simple joys of togetherness. Through this cozy, inclusive environment, teens will find a place to recharge, connect, and thrive.








WHAT ARE THE benefits



MENTAL HEALTH

Studies have shown that *hygge* actually reduces stress hormones and increases dopamine production.




COMMUNITY

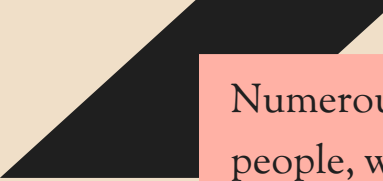
Humans are social creatures. It is especially important for young people to have spaces of their own where they can connect with one another.



LEARNING

The new Center will encourage teenagers to use the library more, which supports them in their journeys to lifelong learning.






Numerous studies have shown Danish people, where *hygge* originated, are among the happiest in the world. The *World Happiness Report* puts Denmark consistently in the top 10 happiest countries, with young Danish people (under 30) coming in at number five (2024). Of course there are many factors that contribute to this, but it is attributed in large part to the principles of *hygge*.

In addition to its mental health benefits, *hygge* has been shown to have numerous physical benefits.

Hygge supports feelings of safety and security, which allows our nervous systems to relax. This leads to fewer spikes in the stress hormone cortisol, which has many benefits including better sleep, a stronger immune system, and more.



health benefits



a strong community

A robust sense of community is invaluable for teenagers as they navigate adolescence. Being part of a supportive, inclusive community gives teens a sense of belonging and acceptance during a time when they are exploring their identities and finding their place in the world.



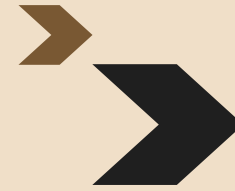
Teens gain confidence, resilience, and social skills by bonding with their peers. The new Teen Center will allow patrons the opportunity to create a place of their own, separate from both school and home, where they can be themselves and connect with one another. Overall, feeling embedded in a caring community environment nurtures the social-emotional development so crucial during the teenage years.



lifelong learning

Libraries play a vital role in cultivating a lifelong love of learning in teens by providing an enriching environment that nourishes curiosity and intellectual growth. Unlike structured school settings, teens are free to follow their own interests at the library. Since teen patrons will play such a large role in designing the new Center, it will have all the resources they need to follow their passions and ignite a commitment to lifelong learning. The emphasis on hygge, in turn, will create an environment that is both inviting enough to bring more youth into the library and comfortable enough to entice them to stay and explore.

conclusion



With this new Teen Center, designed by teens for teens, Oakland Public Library can cement its role as a vital community resource that empowers and uplifts local youth. With the active involvement of teenagers, combined with the principles of *hygge*, the Center will cultivate a dynamic, responsive environment that promotes wellness, nurtures personal growth, encourages creativity, and ignites a commitment lifelong learning in our teen patrons.





references

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