



HELENA SOARES

BIOGRAPHY

Born in Porto, she is a professional Designer (graduating in Interior Design from ESAD, Matosinhos) and PhD student on the Doctoral Degree course in Design at the Lisbon School of Architecture – ULisboa. She completed the Master's degree in Colour in Architecture at the Faculty of Architecture of the Technical University of Lisbon with a dissertation entitled The Colours of Porto. The relation between the human being and the built space, seen on the sustainability dimension (human, social and environmental), has always been the subject of her reflections as a designer, teacher and researcher in the area of colour and light.

High School Teacher at the General Arts and Professional Courses, since 1993. She is responsible for the following disciplines: Visual Education, Art History, Design Theory, Drawing, Computer Assisted Drawing, Materials and Technologies, Multimedia Technologies, Multimedia Workshops, and Design. In addition, she is a trainer and supervisor of internships and professional aptitude exams, a teacher in bachelor and master courses, as well as a designer in the areas of communication, multimedia, and interiors. Founding Member of APCOR – Portuguese Colour Association and Director of the Audit Committee (2004-2013), and author of several scientific publications. She has collaborated, organized and developed scientific projects for national and international events. She is currently a contributor researcher at CIAUD – Research Centre for Architecture, Urbanism and Design of the Lisbon School of Architecture – ULisboa, and a member of the Colour and Light Research Group, collaborating with the Laboratory of Colour (Module Exper*Croma).

FIELD OF RESEARCH

Her research interests are Colour and Light; Materiality; Urban and Architectural Space; Transhumanism; Perception; Transition Design; Transdisciplinarity and Interdisciplinarity.

CONTACTS

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2012-(...) **Reverential Ecology: Light and Colour in the Design of Social Participation.**

Research Line

Design, Sustainability.

Team

Helena Soares (coord.); Maria João Durão (FA.Ulisboa); Filipa Santos (GI.CorLuz).

Abstract

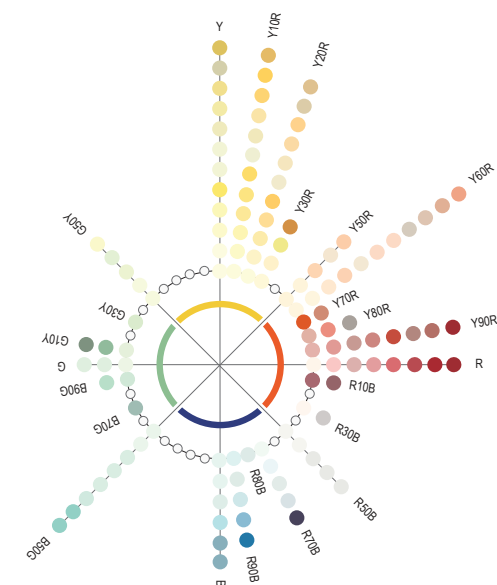
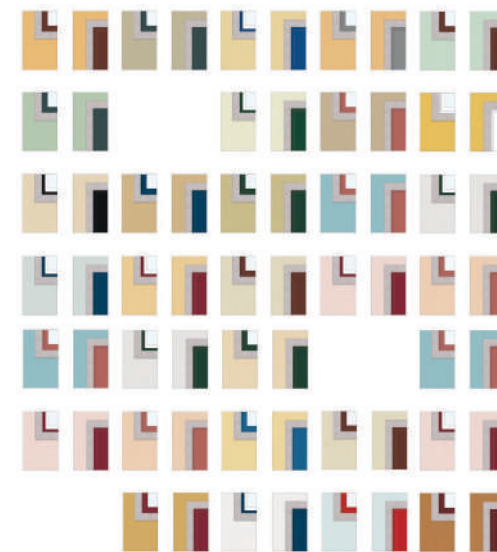
This research, with the design of social participation as a subject of study, finds the values present in the concept of Deep Ecology (Arne Naess, 1973), bringing some of the Ghandi values to the westward through what Satish Kumar refer as Reverential Ecology (Kumar 2012). It is an attempt to reflect on the holistic model of continuum matter / life / mind (Smuts, 1926), questioning the importance of humanizing design by its spiritual dimension, where multisensory atmospheres of light and colour have a important role. In recent years, the global human discontent has open space to question a material well-being that leads to the impoverishment of life in the midst of wealth, instead of a well-living that has psychological and spiritual dimensions. Assuming that our balance as human beings on planet earth comes from the realization of the world as non-dual, the research problem is based on the paradox that is dealing with the duality of the world that we can be aware of their non-duality.

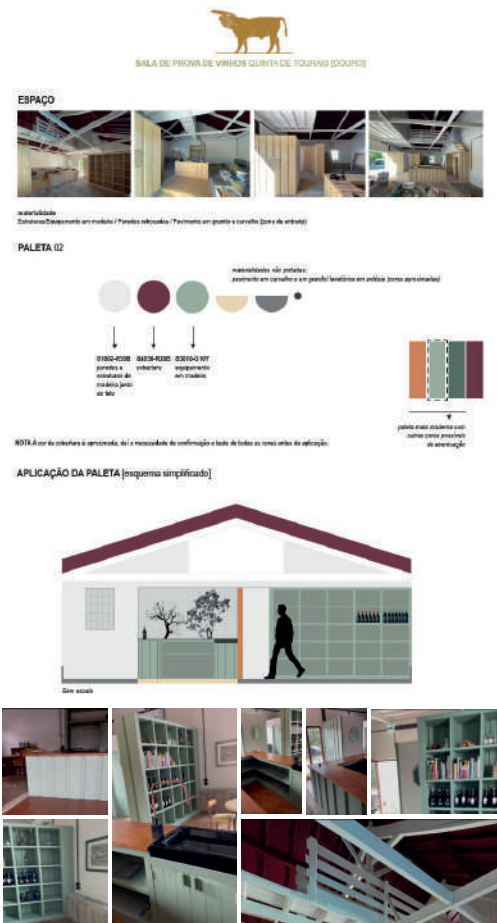
Methodology

To do this, it will make bibliographical research and field, identifying and analyzing objects / spaces (social participation) respecting the concept of reverential ecology, touches all our senses, making us experience in a beautiful and natural different degrees of intimacy, making us able to transcend, overcome and raise.

Project Relevance

Through the appropriation of the concept of “Reverential Ecology” by design, the main objective of this research is to demonstrate how the spiritual dimension is more a necessity than a utopia, contributing to a truly sustainable project practice. More than in the mind, dream and fantasy is so in touch, smell, the sounds, the light and color that is the door to these spiritual worlds that connect from heaven to earth.





Results

It is expected that the results of research help us to formulate a methodology that puts the design as a practice of respect in relation to man and the natural environment, that is, that really meets the principles of sustainable development.

Dissemination

PUBLICATIONS

2021 Soares, H.

Porto: Harmonies and Chromatic Memories in the City. In Durão, M.J. e Moreira da Silva, F. (eds). Colour: Urban Space, Architecture, and Design. Vila Nova de Famalicão: Edições Húmus / APCor / LabCor and GI.CorLuz – CIAUD. pp. 17, 67-83. ISBN: 978-989-755-653-1. Legal Deposit: 486762/21. eISBN: 978-989-755-652-4.

Soares, H.

Porto: Harmonias e Memórias Cromáticas na Cidade. In Durão, M.J. e Moreira da Silva, F. (eds). Cor, Espaço Urbano, Arquitectura e Design. Vila Nova de Famalicão: Edições Húmus / APCor / LabCor and GI.CorLuz – CIAUD. pp. 17, 67-83. ISBN: 978-989-755-651-7. Legal Deposit: 486763/21. eISBN: 978-989-755-650-0.

COMMUNICATIONS

2023 Soares, H.

(Oral) **Pensar a Cor / Projectar a Cor.** IV LabCor | GI.CorLuz Seminar Retrospective: education, research and practice, 25 May, Lisbon School of Architecture – University of Lisbon.

2019 Soares, H.

(Paper) **Patterns and textures: the tactil dimension of colours in Porto.** International FCT's Evaluation of CIAUD, 3 April, Lisbon School of Architecture – University of Lisbon.