

## Nudging Permeability: Human Perception through Conscious Embodied Experiences

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The proposed theoretical framework is grounded in the concept of Nudging Permeability, a term denoting the intentional alteration of the perception of places through conscious embodied experiences. This framework draws heavily from the multidisciplinary approach to integrated design, specifically incorporating insights from neuroarchitecture, neuroscience, environmental psychology, architecture, psychology, and physiology.

Neuroarchitecture, which weaves together principles from neuroscience, environmental psychology, and architecture might serve as a foundational element in the perspective of a human-centered design. The theoretical framework is further supported by the Embodied Cognition Theory, emphasizing the role of sensory-motor experiences as the cradle of human perception and action, culminating in a system of potential actions within the space.

Humanistic-scientific notions in design provide a holistic perspective, considering the impact of culture-memory, expectations, and the intrinsic relationship between individuals and their environment. This framework positions neuroscience as a measure of the individual and architecture as a measure of space, both integrated with other humanistic-scientific notions.

The overarching goal is to explore the elements and nudges that architecture can contribute to neuroscience, fostering an exchange of knowledge that empowers users to be conscious of their impact within a given space.