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MAIN MISSIONS OF ASSISTANCE TO CONTRACTING AUTHORITIES (ACA) AND STRATEGY FOR EXISTING HISTORICAL AND NEW BUILDINGS TO IMPROVE QUALITY OF LIFE FOR ALL.

COGITO ERGO SUM, about architecture and wellbeing of philocale, biophilic, additionnal & pluriel

<https://www.nadiasahmi-us-ages.fr/s>

Nadia Sahmi – Project Management Assistance (PMA) in Multiversal Accessibility and Us-Ages© Quality

Architect DPLG - Speaker, Author, social link builder, influencer in life quality,

Winner of the 2025 National Pioneer Award

For a systemic and holistic approach

Strong by her 25 years of experiences in behavioural and sensorial analyses in an inhabited habitat. Cogito Ergo Sum, represented by Nadia Sahmi offers her unique expertise at your service and supports you from the start of your programs, the analysis and the development of any kind of your project : Urbanism, interior design, landscaping, and architecture. All around the purpose of improving the quality of Use-Age.

To Listening, empathy, and well being. All in the respect of the Beauty and the Nature.

empathy and provide wellbeing while advocating for beauty is our motto.



COGITO ERGO SUM... A FACILITATOR FOR LIVING WELL TOGETHER

« In 1997, I was asking the following questions: why, despite the 1975 regulation and the book of Louis Pierre Grosbois, our profession still doesn't reconcile the most vulnerable humans needs and the action of building? The only response that came to me after some studies is : disjointed

This is when I conceptualized "the practical visit flow » the missing link.

Passionate about anthropology, psychology and architecture, I could observe the way of that disable people have to think and act. Thanks to those studies i was able to identify the «missing link» to the diversity of their use. By this involvement to reconsider the link between individuals and constructions, some main principles appeared. The CSTB allowed me to develop those in a fist book, published in 1997.

After this behavioural, political, technical and legislative study, some of my colleagues from the MAF (Mutuelle des architectes francais «French architects sorority») brought me their support and respect. Helped by my friends from divers social foundations, I was able to offer this new method of interaction, this new «link of movement» to all the conceptual and construction fields of the profession.

Many years later, My ideas that was slowly coming out and slightly annoying others, were honored by far : Those principals became the spin of the new regulation of February 2025.

All this supported by the presidential cabinet of Jacques Chirac.

Therefore, due to rethink the social links which unite Humans and the act of building, a new window opened in front of me. The practical visit flow has to become: the visit AND involvement flow.»

As a project management assistance architect, I use attentive listening and observation of living and human beings in all their dimensions to provide operational expertise and deliver high, sensitive added value to any development and construction project.

If I began, in 1997, with the "travel and participation chain" enshrined in the 2005 Disability Act; Today, I initiated a Humanist philosophy that restores "singular living Us-Ages©" within a structuring framework, the (4V&4D©) forV&fourA©.

A holistic method that upholds the **4 Vital** fundamentals of a man, woman, or child: "biophile, philolocal, relational, and plural," to ensure their good mental and physical health, in four systemic areas of intervention, the **4 Activities** : "built (building and furniture), organizational (policy and internal regulation), technological, and human (services)."

A seasoned method, based on the singular manifestations of "extraordinary" Beings, with no intention of freezing, either in time or space, the living beauties to be reinvented in each world.



TODAY I WONDER WHERE WE'RE GOING

The 2005 regulation offer the autonomy of movement for all. However, isn't it true that we all depend on society and that we would be able to exist without the attention, the ear and the hand of others ? Because we are additional and this is the only way we have to fight against the primary impulsion of rejection.

Isn't true that we need to reconsiled **solidarity**: an empowered solidarity, a technological solidarity, an organizational solidarity and an environmental solidarity. All of this to preserve a «living» world where all **solidarities** brings us **physical and mental health**.

MAINS REFERENCES, MO, architecture and urbanism, strategy in improving the existing heritage and the newest construction in term of quality of use-age, biophilic, philocaly, plurals and additional

CULTURAL MISSIONS (from 2008 to 2026)

HERITAGE FIELDS- Counseling in the improvement of reception quality of the archaeological site of «Dirhiya» in Saudi Arabia. National heritage agency and UNESCO - from October 2019-to feb 2020

HERITAGE FIELDS - AL ULA in Saoudi Arabia, Creation of a resort, a diplomatic complex and Luxurious villas in the middle of the Saudi desert.

MUSEUMS - Louvre Paris, Louvre in Abu Dhabi (2015), Atelier Jean Nouvel, Musée de la Monnaie Paris (coins museum), Fernand Léger Museum in Nice, MAW architect : P. Maffre for the Epernay's Museum (2011), Pompidou (accessibility and signage), Louvre of Lens: Sanaa (2010); Louis Vuitton Foundation: Ghery studios (2014), LUMA Museum of Alres: Ghery studios (2018-2024) Maison LVMH in Bois de Boulogne: Ghery studios (2024), Restructuration of the Marmottan's museum (2023-2030), restructuration of Grand palais and Palais de la Découverte's Museum, Universcience : ACMH-Chatillon (2016-2024)

The honors and respect of our President M. Macron and of his minister of culture for the quality of work done on the Grand Palais in July 2024

The honors and respect of the Paris's prefecture and the city's foundations for the quality of work done on teh Louis Vuitton Foundation (delivered in 2014).

The honors and respect of the paris's prefecture and the city's foundations for the quality of work done on the Philharmonie of Paris (delivered in 2015)



OTHER CULTURAL FLIED - Regional theatre of the city of Tours «The olympia», requalification of the Grenoble's Cargo, Paris's Philharmonie, Bagnolet's library, Grand bibliothèque on a regional aspect «BMVR» of the city of Marseille (With the Congratulations of the City hall and the different foundations), «Folie et jardins» of Parc de la Villette in Paris,

HISTORICAL AREA - Caisse National des monuments historiques «MONUM» (National historical building assembly), Glanum, Arc de Triomphe, Pantheon, Azay-le-Rideau, Carcassonne, Chambord, Basilique St Denis, Archeological Estate of Dyriah in Riad and Al-Ula in Saudi Arabia (2019)

HOSPITALITY FIELD : Improvement on the quality of reception for the Hotel Cheval Blanc in Paris and Courchevel, Cheval blanc in La Samaritaine in Paris (2020), les Tours de la Défense «L'Héritage» with Foster & Partners, Sharaan mission for Saudi Arabia with Jean Nouvel

HEALTH MISSIONS (from 2008 to 2020)

2014/2018 : Case of Study **MALAKOFF MEDERIC**. To develop an organizational technology, built and human strategy to improve the quality of use and care in the different future health center.

2000: Hospital and Health fields - PHP of Paris in the expansion project of Necker's Hospital, Montargis Hospital etc.. Improvement of the quality of reception and caring about disabled and elderly patients. Under the **Malakoff Médéric foundation**

2019-2020 : Hospital and Health field - Mission of improving the quality of reception and care for fragile patients at FOCH's Hospital

2018-2020 : The outpatient service of tomorrow and the results on the everyday life afterward. About the habitant in his home - Publication Leroy-Merlin

COMMERCIAL SPACES MISSIONS (from 2008 to 2021)

GRAND MAGASINS : Louis Vuitton's store on Champs Elysées, Louis Vuitton store on Avenue Montaigne, La Samaritaine, etc...

HOSPITALITY AND EVENT SPACES: GL events « Espace Voyage» on the 5th floor of La Samaritaine

INDUSTRIALS

Bezault «invention of the door handle with a braille inscription on it» studies by AFNOR, study UNAPEI, study DGUHC, study Portes Decayeux etc...



EDUCATIONS SPACES MISSIONS (from 2008 to 2021)

EDUCATION CENTER : Improvement of quality of reception and accessibility of CREPS in Bourges -
 Congratulation of City of Bourges and his Foundations. Work done on the first high school of French which will welcome all type of children in needs : physical needs, psychological needs, sensorial needs etc... creation of the an organizational, built, technological and human strategy for all 180 college of NPDC region.

HABITATION MISSIONS (from 2008 to 2025)

2019-2021 - Case of study on the scale of Saragosse District in the city of Pau. Order for the Communauté D'AGGLO PPP on the behalf of PIA 2 of ANRU : development of a suitable neighbourhood for elderly population helping them to stay live in their own homes and keep the social links to avoid becoming dependants and isolated.

2010-2015 - Case of study ordered by DOMOFrance Bordeaux, on the subject of improving the quality of living of 20 000 social habitats in their neighbourhood + installation of a global protocol about accessibility and how to keep elderly people in their own home. Experiment made on a display apartment which has been prized by the minister of elderly people: Mme Delaunay in 2013.

2008-2010 - Case of study ordered by CMH in Nord-Pas-De-Calais about the improvement of improving the living quality of 50 000 social habitats, with the installation of a global protocol about accessibility and how to keep elderly people in their own home.

2012-2013 - Case of study ordered by MACIF to develop a pitch to present in front of the marketing and development head director in the purpose of developing an offer of care for «silver» generation. The mission had a follow up for all regional agencies to be up to date by 2015.

2011-2012 - head of the study CSTB: Guideline for individual bathrooms in habitation building to allowed elderly to stay at home and be independent even if they have a physical and perception disability. Use of the 2005 regulation.

2013-2021 - elaboration of an individual living space which is flexible with the everyday life and our modern and future world. As, AMO Accessibility, quality of living and quality of use-age, for the account of Haranam-Sobrim in Bayonne.



2012-2021 - AMO Accessibility, quality of living and quality of use-age for the social landlord of Paris Habitat on 99 habitations in the center of Paris where 5% of houses were specific and over adapted (ULS)

2024 - Counseling on the creation of the «evolution of habitations in the center of Havre city»'s protocol, in the purpose of « well aging together in the Havre» in Normandie

2024-2025 - Installation of the «aging population promoting the fact to stay live at home and the relation to other without any confinement»'s protocol in the LEFT ARMOR - Bretagnes region

II / PUBLICATIONS

- Mutual Insurance Company for French Architects (**MAF**), National Occupational Health Federation, and articles in specialized magazines.
- Scientific and Technical Center for Buildings (**CSTB**): Guide on how to apply accessibility regulations, in collaboration with Mr. Cyril Goutte – published in 1997 and 2013.
- Project Management Training Institute (**IFMO**): Guide on accessibility and quality of use in the existing housing stocks – published in 2007.
- Housing Social Union (**USH**): Taking into account ageing and disabilities in works and activities on historical heritage sites.
- **EYROLLES Publishing**: Book on methodology and regulations, co-written with Mr. Pierre Fabre – published in 2012.
- Miscellaneous press articles.

PUBLICATIONS

MAF and national Federation of Medicine at work, divers press articles in specialized paper

- CSTB: Guide « application of accessibility regulation» with Cyril Goutte - ed 1997/ed 2013

-IFMO: Guide « Accessibility and Quality of use-age» about existing structure - ed 2007

- Social union for habitations : « Taking aging and disability in the heritage structure into account»

- EYROLLES: Co-author with Pierre Fabre on a methodological and regulation guideline -ed 2012

- MALAKOFF MEDERIC FOUNDATION « The Good Uses Guide» to all health centers- Published in feb 2018



- A lots press articles

- Podcasts :

- <https://usbeketrica.com/fr/article/comment-recentrer-nos-batiments-sur-le-bien-vivre>

- <https://www.leroymerlinsource.fr/sante-bien-etre/logement-maladie/la-sante-habitee-au-domicile-dhabitants-malades/>

- <https://www.facebook.com/profile.php?id=61576023317355>

- <https://www.youtube.com/channel/UCAwwkp4bmOQnHDexqE5JHQ>

- <https://www.instagram.com/sah.nadia?igsh=ajlyMTdlZmF3MjUz>

Other activities : Scientific productions, researchs publication and activities

- MAF - CSTB : «Mother» of the visit and involvement flow

- DGUHC/DHUP : Active participation to the national group to elaborate the relative regulation to the 8 feb 2005's law.

ACTIVE MEMBER of Leroy Merlin Source focusing on the "Remaining at Home" topic. This group includes researchers, teachers and professionals who accept to share their knowledge on **Housing and Autonomy; Housing, Environment and Health; Uses and Living Practices.**

We need to group all ideas, themes and talents.

To integrate the new demographic and environmental restrictions, we must **built better by respecting the livings, all the living : mineral, vegetal, animal and human.** We do have to break the boundaries between theses subjects and **to create a sufficient and caring cohesion between them.**

III / LECTURES

Audiences: project managers, prime contractors, project developers, elected representatives and officials, departmental equipment directorates (DDE), retailers, Leroy Merlin Source, The Architects' Association, National Union of French Architects (UNSFA), MAF...



IV / TRAINING

Audiences: CSTB, French order of architects, training center for architects and quality of life stakeholders (GEPA), association of social housing organizations for continuing professional development (AFPOLS), occupational therapists, Association of French Mayors, French national heritage supervisors (ABF) and head architects from the Department of Historic Monuments, ADAPEI-UNAPEI, sensitive cities seminar, Polskie Stowarzyszenie Budownictwa Ekologicznego, etc.

V / COMPLEMENTARY SKILLS

- FOUNDER & PRESIDENT OF *LES P'TITES BOUCH'* ASSOCIATION: **to rebuild intergenerational connections, reinstate the living memories of our seniors to their rightful place in society and transmit these memories** to the younger generations during festive gatherings, give-and-take areas, and meetings hosted by our seniors telling stories about life in the past in the district and staged by the newcomers. **To live the experience of ageing together, in a different way, breaking down the isolation of seniors.**
- Skills in the field of architecture and intellectual disabilities. To address architecture by including people affected by intellectual disabilities is to start responding to the requirements of people in mental distress, illiterate people, foreigners who don't master the language spoken in the country, people getting old and having orientation issues, etc.

