

## **INVESTIGATING THE BASICS OF SUSTAINABLE ARCHITECTURE AND TOURISM**

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### **Abstract**

The tourism industry is among the most beneficial activities of the current era. The main task is to attract the tourist and protect the tourism resources and the sufficient effort should be put in to protect the natural features of the area by determining the necessary rules and regulations to protect the right of way of roads and carriageways and rivers, as well as determining the type of land use and construction regulations, and prevent any action that harms it through forethought. Also, a touristic-recreational complex results from the composition and adjacent of different elements and components similar to the other service buildings. Undoubtedly, unrecognition about the optimal activity of each of these sectors, as well as the proper and appropriate use of their activities ultimately leads to an irregular and low-interest plan to the predetermined capacities and goals. The next point is the multifunctionality of this complex. In the design process, the purpose is the creation and design of a tourist accommodation complex to increase tourist revisits and investment and preparation of places to visit, construction of desirable and accessible roads, multi-star hotels, and other suitable vehicles and the like, considering the social sustainability approach. The current study discussed the significant principles and indicators of tourism and sustainable tourism.

**Keywords;** Tourism Accommodation Complex, Tourism Industry, Social Sustainability.

### **Introduction**

Nowadays, a human needs change in his surrounding and living place at a time to relax from the daily mental stresses because of meeting his mental needs in the interaction with visual and physical factors and doing the daily affairs, the continuous job issues, and the surrounding environment; it is possible by changing the place. Such a change in the spatial situation presents different answers regarding the situation, time, and place and these answers result in recreation, traveling and tourism, etc., in which different causes are mentioned such as relaxation, recreation, treatment, knowing about the culture of nations, etc. [1]

Urban tourism is an inseparable part of the urban services needed by citizens and their guests. Therefore, it is in the scope of urban planning and management tasks. Tourism has different economic, social, cultural, environmental, and physical dimensions which is why it has a set of negative and positive effects. In this sense, sustainable architecture, in particular, and urban tourism, in general, must be planned so that they have the minimum negative effects and maximum positive effects. Accordingly, nearly all the local, national, and international organizations responsible for tourism development and management use sustainable architecture to attract tourists. Currently, that environmental protection is one of the necessities around the world, environmental management in the hotel industry is vital to achieving the tourism sustainable development. Sustainable hospitality (developing the balance between the environmental, social, and economic aspects of hospitality) plays a significant role in reducing the negative effects in the environment; because the hotel industry uses the energy of water, ground, and raw materials and as a result, it has waste, sewage, etc. Sustainable development is creating a balance between the development and environment. Nowadays, sustainable development is a critical subject in tourism development plans with different environmental, social, and economic impacts. Tourism sustainable development has two aspects of environmental protection and the cultural heritage of nations.

What can play a significant role in the physical planning of a living complex in the contemporary period is the architectural theories of new architects based on the role of behavioral sciences. Undoubtedly, with the increasing complexity of contemporary human life, various theories with behavioral sciences

have been established [2].

John Lang [3] believes that many environmental design processes occur subconsciously and are based on powerful mechanisms of mental logic that are difficult to understand.

Influential factors in a settlement that can turn it into a desirable behavioral environment should always have the potential to change the space in all classes; it is a space in which the human and space are inseparable. There is a close relationship between physics and philosophy among space concepts. By entering a space, every human body is forced to obey and follow and owns the space [4].

Since the 1980s, sustainable development has been a significant concept in the United Nations Global Conservation Strategy and Brandtland's Report [5]. Ms. Brandtland's report described sustainable development as a development that defines the needs of the present generation to meet their own needs without compromising future capabilities. However, a definition of sustainable development that is agreed upon by the majority encompasses three main areas: economic, social, and environmental, and in each of these sectors, society has its characteristics [6].

Social sustainability is the non-physical part of sustainable architecture. Meeting human needs, increasing his life quality, and using all the capabilities to improve his situation are the objectives of social sustainability. Social sustainability argues space in the architecture scale and directs the design by studying the needs and behaviors of humans so that the relationship between humans and the manmade environment (space) be established for the long term. In other words, space is alive and sustainable (non-physical) for the long term. First, it must meet human fundamental needs to achieve non-physical sustainability. Also, the spatial qualities are defined based on human needs and can be developed by reflecting these needs in the space design. The tourism accommodation complex, as a new tourism symbol, has the new yet identified architecture and while establishing a proper relationship with the city, it must be capable of meeting the tourists' needs.

According to the above mentioned, it seems that tourism with the social sustainability approach is influential in increasing the satisfaction and revisiting the tourists of the region. Therefore, the current research studies the basics and principles of sustainable tourism and architecture.

### **Research Method**

The research method was applied in terms of objective and was conducted using a descriptive-correlational method. Information collection methods were the library, internet, and archives. The data analysis method was studying analytical-descriptive research considering the analysis of the reports' journals.

### **Tourism**

The phenomenon of tourism is rooted in mobility. Mobility is an inseparable part of human life, so tourism has a history dating back to human activities and only the forms and goals of mobility have been different. The theory of tourism is actually due to differences in social structures. Wherever there are two different types of anything, there will undoubtedly be an interest in understanding the other type. These attractions are the same motivations for mobility and travel. The travel of merchants, missionaries, aristocrats, and different classes of societies in ancient times with different purposes, was in fact a kind of tourism activity. Famous explorers, adventurers, and tourists such as Marco Polo, Magellan, Escudogama, and Christopher Columbus have somehow embarked on tourist journeys [7].

Tourism and related experiences in its modern sense is the product of today's human society; a society that, according to Hegel, is based on modernism, and the result of modernism is the Industrial Revolution. In other words, the new tourism industry was born of the Industrial Revolution. Coinciding with the Industrial Revolution during the seventeenth century, diplomatic and business travel flourished in European countries, in particular, the United Kingdom. These trips led to the emergence of a special form of travel called large tours in these countries, and all these developments led to the dynamics and evolution of travels and their forms [7]. A study by the United Nations on the impact of tourism on developing countries has shown that while the tourism industry boosts the economies of host countries and regions, and strengthens cultural exchanges, it, unfortunately, disrupts social and environmental, and also have direct negative effects on sustainable urban development [8].

### **Tourism Economic Effects**

The first cause of tourism industry development is its economic benefits in most countries although

there are other causes. According to Oveh [9], the tourism industry can have a significant effect on increasing employment and the incomes related to the accommodation places and the government incomes of the countries.

Tourism affects economic growth directly and indirectly [10]:

- A) Direct effect: Since tourism is a service industry, the revenue from this industry is part of the GDP of the host country and directly affects the economic growth of that country, and
- B) Indirect effect: Tourism also indirectly affects growth because it shows the effect of dynamism in the whole economy in the form of overflow effects or other external effects. Hence, if tourism flourishes due to high interaction with other economic activities, other economic activities that provide goods or services or consume its product will move along with it, i.e. tourism can be an engine for economic growth. On the other hand, economic growth also affects the development of tourism. Economic growth with the development of tourism facilities and infrastructure, including the development of transportation and roads, the development of information and communication technology, the expansion of electronic money, the expansion of accommodation, restaurants, and hotels, the development of public health, and the development of leisure and welfare facilities leads to the tourism industry development [10].

The development of the tourism industry faces problems and doubts to turn it into the main sector of the economy. Also, the issue of economic dependence on an industry or economic sector is one of the general problems of developing countries. The industrial tourism industry is considered seasonal, and seasonal employment plays a vital role in total employment. For tourism to have a greater impact on the economic growth of the host country, the seasonality of tourism in the host country must be reduced. The roots of the demand for visiting a country are formed abroad, i.e. the economy of the host country and the success of tourism activities depend on the trend of economic activities in origin countries, and the host country does not have much control over it [11].

According to statistics and forecasts of the World Tourism Organization, in 2005, the number of jobs created by the tourism industry will grow by 59%. The World Tourism and Travel Council also estimate that one in nine workers and employees worldwide is employed in the tourism industry [12].

Variables of the economic dependence are of great importance in showing the level of support and opposition to tourism development. Decreasing the income level of the local community leads to their greater tendency to support tourism and low-income residents are also more inclined to see their city as a tourist destination. In the field of employment in the tourism services sector in this particular destination, people employed in the tourism industry support tourism development more.

### **Environmental Effects of Tourism**

Environmental effects are the social, biological, chemical, and physical changes caused by one of the multi activities, and identifying these environmental effects includes the main and vital part in the process of environmental studies. Tourism plans and projects include various activities in the initial stages of preparation, implementation, and utilization that affect the environment. Therefore, in environmental assessment studies of these projects, the identification of such effects is considered. Accordingly, first, all the plans, human source, machinery, place, and time of each activity are determined [13].

In identifying the environmental effects and consequences, it is necessary to consider the ecological, economic, and social areas and the effect of other activities and intensification of these effects and consequences and also, the effect of these consequences on the other present activities in the region. Protection, improvement, and enhancement of different elements and components of the human environment is the main condition in the harmonic and coordinated tourism development. Accordingly, the logical and wise tourism management leads to the protection and physical development of the environment and cultural-historical monuments, and consequently, improvement in life quality [14].

In the comprehensive analysis of environmental effects, economic, cultural, and social factors related to the environment are considered. Separating the economic, social, and physical aspects is difficult although these factors are assessed separately due to the easiness in the organization and management [15].

There is a close relationship between tourism and the environment, classified in the following three forms:

- A) Tourists consider some of the forms of the physical environment as attractions.
- B) Facilitation and tourism infrastructures consist of a part of the built environment.
- C) Tourism development and using tourists create environmental impacts.

### **Natural Tourism in the Sustainable Development Process**

Natural tourism is a form of tourism dealing with natural phenomena and is beyond the ecotourism and its subsets in terms of function. In this article, natural tourism is not considered as ecotourism but includes all nature-related tourism processes, of which ecotourism is a part. In other words, hiking is usually based on walking in nature with training and seeing the landscapes. In this type of tourism, efforts are made to prevent any destruction of geographical environments and even construction, but natural tourism means extensive exploitation of natural landscapes to develop the tourism industry. Environmental considerations are also necessary for this type of tourism. This type of development is usually done to strengthen the economic structures of the country and local communities and has a great role in the flourishing of the traditional and local economy. Sustainability which has become common since the 1970s has a particular place in this type of tourism. According to the obtained experiences in the world, the development of the different parts of the economy in each region requires the engagement and participation of the local people, or at least, a part of the obtained profits is used for the development of that region. Hence, ecotourism and tourism development in nature will fail without the local people, disregarding its importance and value [16].

The features of the hiking centers are another point that must be considered in the development of ecotourism activities. Lack of construction of unnecessary facilities and disproportionate to natural and environmental conditions is an issue that must be addressed. It is better to use tools that exist in the environment to design geographical environments [17].

### **Sustainable Development**

Sustainable development aims to meet today's needs without destroying the next generation's right to meet their needs. There are different definitions of social sustainability mentioned by various experts. Sash believes that a comprehensive definition of social sustainability must be based on democracy and equality values, meaning the allocation of all the cultural, social, economic, civil, political, and human rights to the people.

Providing a ground for the emergence and manifestation of the creativities, uniting the people to supply the sustainable development objectives, and ensuring a better future for everyone with an emphasis on the welfare of local people and their vital role in the environmental management is the basis for the definition of social sustainability.

The concepts of sustainable development have deep themes in three classes as the following [18]:

- a) Environmental sustainability
- b) Economic sustainability
- c) Social sustainability

Table 1 represents the types of sustainable tourism and its dimensions, definitions, and then their objectives in sustainable development.

**Table 1.** the aspects of sustainable development of tourism

Aspects of sustainable tourism	Objectives
Ecological sustainability	Improvement and protection of the environment and natural ecosystems of the region (protection of biodiversity, wildlife habitats, etc.) Tourism development in

	accordance with the natural and ecological constraints, and right of the way of the region Protection of ecosystems and natural systems from environmental pollutants
Social sustainability	Respecting and paying attention to the interests of space users, including domestic tourists and the local community, to motivate the presence of more native and non-native tourists. Improving the ability of local communities to accept tourists Ensuring the satisfaction and security of tourists
Cultural sustainability	Alignment of the development process with the local culture and values of the region (respect for the cultural rituals and local customs of the region) Development of cultural and educational programs to attract public participation in the tourism development
Economic sustainability	Implementing management programs to attract the participation of local communities in the development of tourism Improving the event capability of the region to attract more tourists and economic profitability

### **Sustainable Development Criteria in Architecture**

The sustainable design intends to meet today's needs without harming the resources of the next generation. The sustainable design pays attention to the social sustainability and environmental effect of the buildings and cities. Despite of the various studies, environmental sustainability and reduction of energy consumption in buildings and cities are considered in the buildings and cities [19].

Despite numerous studies and researches on environmental sustainability and reduction of energy consumption in buildings, it can be said that social sustainability in design has been largely neglected so far. Some studies have been done according to the principles and foundations of social sustainability and its indicators and criteria in society [19].

Indicators of social sustainability development in architecture are as follows [19]:

- A) Social interaction: In order to develop social sustainability, it is one of the issues that should be considered more than before by architects. The sociability of the architectural space can reduce or increase the amount of our social interaction between people in the space, and consequently increase social capital, and thus social sustainability development.

- B) Social Identity: Despite the differences of the land that influenced its form, architecture has natural, dynamic, and gradual characteristics known as identity. Designing the spaces with an identity rooted in the culture and history of a community is a unique feature of every land. Creating architectural spaces with identity can increase the sense of social identity.
- C) Social security: another indicator for developing social sustainability in architecture is to create a sense of security in the spaces. Designing an architectural space in a way to increase the sense of controllability in the users, designing safe urban walls, and designing defensible spaces must be considered in the design of architects. Therefore, paying attention to security in architecture is necessary to develop social sustainability.

### **Sustainable Architecture**

According to the principles of sustainability and ecology, the purpose of designing buildings is to reduce energy waste and environmental pollutants. Sustainable architecture is the subset of sustainable design and is one of the significant evolutions of contemporary architecture and a humanitarian reaction to the crisis of the industrial era. In this type of architecture, not only the building adopts itself to the climate conditions of the region, but also establishes a mutual relationship with it. Nowadays, what is referred to as sustainable development is a reformist revision of modernism and tradition. Sustainable development is a development that addresses current needs in a way that does not diminish the ability of future generations to meet those needs. For this purpose, it is necessary to reduce the use of nature and natural resources as much as possible and to manage environmental pollutants and construction waste in such a way that the life cycle is not disrupted [20].

Meanwhile, development as one of the biggest factors of environmental change and as a result of which, construction, as a large industry that according to statistics consumes 50% of fuel resources, causes destruction of agricultural lands, soil erosion, environmental pollution, and endangers the health of the people, and causes the energy crisis. Sustainable was first mentioned in 1986 by the World Environment Committee entitled meeting the needs of the present age without compromising the resources of future generations to meet their needs, and its aspects and range expand every day to present the proper strategies for the world. Recently, various papers have been presented on the green architecture of sustainable architecture and its principles, and its purposes and advantages have been studied. The main purpose of these plans is to protect the energy resources considering the conditions and features of the place, building users, communities, etc. Green of the sustainable process in architecture has a long history and its example is the cavemen using the proper direction of caves in terms of ambient temperature. The main purpose of green or sustainable architecture is to reduce the damages on the environment, energy resources, and nature, i.e. a building with the minimum incompatibility and contradiction with the natural environment and, on a larger scale, with the region and the world [20].

Therefore, sustainable architecture has a multi-value composition as follows:

- A) Aesthetics
- B) Environment
- C) Community
- D) Policy, and designing and constructing in accordance with the environment

The concept of all the principles of sustainable or "green" architecture must be embodied in a complete process that leads to the creation of a healthy environment [20].

### **Principles of Sustainable Architecture**

An architecture that meets the needs of its era can be called sustainable architecture. Through studying the traditional buildings, we understand that in many of these buildings, the cultural and climate conditions, originality, and materials have been respected. However, it is not in harmony with the needs of the present time, and the lifestyle of the urbanism and the present constraints. Also, the conditions and indicators that defined sustainable architecture might not be useful with the current concept in the future. In the modern topics of sustainable architecture, it has been tried to reduce the negative impacts of modern architecture on the environment, and in return, by using the materials compatible with the environment and the particular climate design, saving in energy consumption can be done. Therefore, considering today's life and needs of architecture and the limit in the energy resources, general

indicators can be introduced as the principles of sustainable architecture [18].

The indicators of sustainable architecture are as follows [18]:

- A) The effectiveness of cultural, environmental, and climate conditions
- B) Harmony and compatibility with the environment (the minimum damage to nature)
- C) Energy-saving (saving and maintenance)
- D) Meeting the functional needs properly
- E) Unambiguous legibility (people's perception)
- F) Effectiveness of vernacular architecture in a modern way
- G) Proper use of materials visually and environmentally

### **Sustainable Design**

One of the solutions to achieve sustainable development, which is related to construction and design patterns in various areas of human life, is industrial, construction, and urban design. The purpose of designing sustainable buildings is reducing its damage to the environment, nature, and energy sources, including the following regulations [18]:

- A) Reducing the consumption of non-renewable resources
- B) Development of the natural environment
- C) Elimination or the reduction of toxic or harmful materials to nature in the construction industry so, a building that has the least incompatibility and contradiction with the natural environment around it and in a wider area with the region and the world.

Green design, design based on environmental sensitivities, ecological design, design with nature are the titles that have emerged today as a result of the revision of common construction patterns. For example, green design can be found inside a triangle with energy, climate, and ecology at its vertices, where the energy is the dominant factor. This is how an urban house differs from a rural house. Therefore, the final regional design is inside this triangle, and considering the dominance of one of the factors, it is oriented to that direction [18].

### **Sustainable Architecture Approaches**

As one of the bases of the current world, urbanism has caused different interdisciplinary disciplines to be considered in urbanism to achieve sustainable development, the most significant of which is the economy, environment, and society. Environment, the climate and its changes, reduction in energy consumption, green building and ecological issues are among the most influential factors in forming the approaches of sustainable architecture in various layers of the design process, construction process, material production. Investigating the various paradigms of architectural sustainable design and sustainable architecture to achieve the sustainable economic, social, and environmental strategic regulations requires the understanding of the sustainable concepts and studying the operational experiences of the last four years. What can be investigated about the principles and methods of sustainable architecture can be studied mainly in scientific journals and construction laws of leading countries (Germany, USA, Canada, Denmark) in this field and their practical experiences [18].

Sustainability in architecture can be interpreted as the design of future constructions based not only on the physical sustainability of the building but also on the sustainability and preservation of the planet and its resources. Accordingly, sustainability can be imagined based on a model in which available materials and resources are applied more efficiently than being wasted or ignored; in other words, the focus is on the ability of the building to combine environmental and atmospheric factors and converting them to spatial qualities, comfort, and form. Sustainable architecture, the advanced technology of presentation, and the tools of scientific and technical achievements have been always the tasks of modern architecture development. The first modernists paid attention to technology as a force causing change, and over time, it had critical aspects and in some cases, has led to the creation of flexible neutral, and useless spaces [18].

### **Social Sustainability**

Social sustainability is an attitude towards the quality improvement and sustainability of the events happening inside the architectural body.

Social experts act based on a significant theory. By rejecting the effect of climate, economic, and technological causes as the first factor in forming the buildings, they consider the architecture affected

by society and culture.

According to them, the architecture is obtained by the interaction of nature, society, worldview, lifestyles, material, spiritual, individual, and group needs, economy, and technology. In general, Rapaport [21] does not deny the connection of form with natural and economic factors, but in his view, rather than these factors algebraically affecting architecture, specific factors and meanings created by the human mind, like traditions, lifestyles, symbols, and taboos affect it [21].

Table 2 presents the main criteria for social sustainability in society between 1999 and 2011.

**Table 2.** presented criteria for social sustainability in society [22]

Researchers	Year	The presented criteria
Diew	2011	Access to facilities and adaptation, living space, residents' health, community spirit and social interaction, sense of safety, Satisfaction from the neighbor (23)
Brimley et al	2009	Access to services and opportunities, shops, schools, health centers: leisure opportunities, public transportation, job opportunities, affordable housing, pride and sense of belonging to the neighborhood, social interaction between neighbors, safety and security, perceptual quality of the local environment, satisfaction with housing, stability, participation in community groups / civic activities (24)
Spagenberg	2004	Social indicators: HD12 human indicators, the unemployment rate Socio-economic indicators: human source productivity, income distribution, Social-Environmental indicators: Environmental health problems, access to public goods Institutional-social indicators (official):
Wingartner	2011	Human capital, social and welfare capital



UNSDS	2001	<ul style="list-style-type: none"> <li>1- Equality including poverty, gender equality</li> <li>2- Health including nutrition, morals, hygiene, Drinking water, health delivery</li> <li>3- Education including the level of education and literacy</li> <li>4- The housing including living conditions</li> <li>5- Security including crime</li> <li>6- Population including population transformations</li> </ul>
Takawa & Tesuda	2006	Environment, economy, security, health, comfort, and happiness
DFID	1999	Capacity, payment equality, poverty, and livelihood
Sash	1999	Equality, democracy, human rights, social homogeneity, equal distribution of wage, recruitment, proper access to the vital sources and services
Hans, Buckler and Steftung	2002	Education, skill, experience, consumption, income, recruitment, participation
Bynes and Morgan	2004	Fundamental needs, personal disability, future generation needs, social capital, payment equality, social and cultural diversity, participation
Brimley	2006	Social interaction in the society and social networks, community participation, satisfaction and sense of a place, community stability and security

### Investigating Case Studies

Evaluating the known implemented and ongoing welfare-tourism plans in line with the context and climate needs of the assumed region (temperate and humid climate), using abilities, spaces, functions, accesses, and the arrangement of the masses in the ecosystem of the region help the researcher in the

new approach of describing the function of spaces, and redefining the spaces along with the secondary feasibility addressed to tourists. Therefore, considering the various samples of accommodation spaces in different parts of the world the basis of which, was the quality aspects and the welfare and resort provide the main aspects than the domestic samples, the visual description and introduction are mentioned in the following.

**Table 3.** Investigating the characteristics and patterns of the case study

Project	Designer	Required characteristics
Varadero Golf and Spa Resort	Rocco Forte	Hydrotherapy pools are overlooking the golf courses and mountains of Caltablotta
Botanica Nature Resort	Thanarat Road, Moo See	Proper location considers the various and varied land uses of the project in an ideal neighborhood. Transparency and dynamism are the main ideas of the design. This concept is done by showing the movement of clients and visitors in the body of the building.
Narenjestan Hotel	Ali Hesari	The location of this complex next to the beach is a very important feature of the project.
Alpine Resort	Reza Daneshmir, Catherine Spiridonoff	Using a creative idea to organize the space as well as the proper use of new technology and facilities, a new image of the cinema building as a completely transparent and dynamic volume

## Conclusion

Tourism is a geographical phenomenon in which, humans and nature play a significant role. Considering the natural environment condition, the place provides the ground for the human movement and replacement. The natural and climatic diversity of different regions, the roughness, and the forms resulting from geomorphological processes along with man-made phenomena and human cultural achievements are among the elements and factors that attract tourists from outside the area to attractions. Mixing natural and cultural factors and creating basic infrastructure and improving the transportation system r to facilitate tourism facilities pave the way for the prosperity and cultural and economic development of tourist areas, which means that doing and creating welfare, service, and economic facilities after entering tourist rapidly increase in tourist arrivals, and strengthen the traditional jobs in the regions, especially in the agricultural and industrial sectors [25].

Environmental problems caused by population growth have led humans to conclude that if the current trend continues, it will have adverse effects on human health and all the natural organisms and ecosystems. Energy conservation and the sustainable use of those massive advances in oil extraction technology and other underground reserves have made the most of these non-renewable resources available, so buildings should be designed to minimize fossil fuel consumption. [19].

A welfare-tourism complex, like other service buildings, is a combination of different elements and

components. Undoubtedly, ignorance of the optimal activity of each of these sectors, as well as the proper use of the activities of each of them, will ultimately lead to a disproportionate and low-interest plan in relation to the predetermined capacities and goals. Design leads. These goals provide a comprehensive model for achieving the welfare-tourism complex plan by considering the criteria derived from the principles of sustainable design in architecture.

Also, the environment is considered as the main basis of tourism that plays a significant role in the spatial manifestation to attract tourists and provides a variety of tools, so tourism and the environment are interdependent [24].

In building design, according to the approach, the criteria should be derived from the principles of sustainable design. This has saved energy consumption and improved the quality and spatial desirability of the building for users. All the goals and strategies discussed in this section are in line with nature and accordance with the type of climate in the region.

One of the boundaries of human connection with the environment is community. Adequate and conscious attention to human social needs increases his sense of satisfaction and peace of mind. Therefore, due to the nature of the designed place, which is dedicated to human well-being and recreation, all matters related to increasing his satisfaction with the environment should be considered as much as possible.

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