

The issue of livable housing with quality of life in the contemporary world and in areas such as Tehran and other metropolises that face the problem of land shortage is undergoing changes and architects who do not learn the alphabet of small-scale land design and do not increase their creativity in this field, their working life will end Soon.

Since home workshops are an accepted activity in these cities, it makes the architect's task difficult because he must try to have a new definition for **work and life** together, in such a way that determining the limits and boundaries of this combination in addition to solving the work problems in Home, improve the quality of **life and work**.

In the design of the **work and life** apartment, we tried to have a new definition for the social relationship and the neighborhood problem, so at the beginning of the design, we had a new definition for the place and the subject of introversion and extroversion, and we turned the horizontal neighborhood into a vertical neighborhood and We defined 3 layers for the vertical neighborhood. The first layer on the work floor, the second layer on the living floors and the third layer on the roof for social communication and neighborhood. With this definition, in an upward movement from extroversion on the ground floor, which allows everyone in the neighborhood to enter the work sector, we reach introversion in the living classes and then to the introversion of the neighborhood, which is a forgotten thing and each layer transmits its life stream with vertical communication to the next layer. And with the expansion of this plan, the neighborhood of the ground floor has become an urban environment that will have the possibility of displaying work to increase the quality of work for the user, and the roof floor will become an introverted neighborhood that has a very high internal security.

In the next step to design the form of the building, we first addressed the issue of sustainable architecture and then the vertical movement of the problem-solving life stream. We took advantage of the presence of the sun, wind and green space to use less fossil fuels for cooling and heating. From the sunlight and shading of the neighboring buildings, we created a cut on the building so that the sunlight penetrates deep into the building, from the retreat of the building on the south front to create a glass space to create an intermediate space that stores heat in the winter and We used it to transport to the building in the cold night. In order not to generate too much heat in the summer season, we placed a shell with moss plants in this intermediate space to cover the glass wall and reduce the amount of radiation. Also, we designed a green wall to make this space cooler in hot seasons. In addition to the defined usage, we designed a green roof on the roof so that plants and soil can be filters to transfer coolness and heat to the building in hot and cold seasons. According to the direction of the prevailing wind, we left a space as a wind transmission corridor, reminiscent of traditional windtower, from top to bottom, so that the wind passes through the Fakhr Madin wall and enters the corridor in hot seasons, then enters the floors through vertical openings and also from The green space on the ground floor is cooled down and enters the work space.