



**NOX VILLAGE**

**PEACEFUL, SOUNDPROOF LIVING**

*A Proposal for a Restorative Living Environment*

Prepared for Tinnitus Quest

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# Executive Summary

## The Mission

At Nox Village, we're building a community for individuals living with severe sensitivity to sound, offering a place of peace, connection, and renewal. Our goal is to create soundproof living spaces nestled in a quiet, natural environment that supports an exceptional quality of life. With a strong focus on community and shared understanding, Nox Village empowers residents to thrive and find a true sense of belonging.

Residents work together on farming and permaculture projects to help sustain the community and keep costs low. We also offer spaces for wellness practices, like yoga and meditation, which further support the well-being of all. Through these efforts, Nox Village fosters a supportive, close-knit community dedicated to creating a balanced, fulfilling lifestyle for everyone involved.

## The Need

People with hearing conditions such as noxacusis, hyperacusis, and reactive tinnitus experience a rare and debilitating response to everyday noise, making daily life an overwhelming challenge. Even minimal sounds that most people might not notice can cause intense pain, turning common environments into sources of discomfort and distress. This heightened sensitivity often leads to isolation, as those affected struggle to participate in social activities or live in standard housing without risking physical setbacks.

Many individuals face unsuitable, sometimes harmful living environments where their needs are misunderstood, dismissed, or ignored—even by those closest to them. The rarity of these conditions further complicates the situation, with limited resources and scarce in-person support available. In response, many turn to online communities, seeking understanding and validation. For countless individuals, these digital connections offer critical companionship and support, though they may still lack the deep, in-person bonds that foster emotional well-being, leading to profound feelings of loneliness.

For those with severe sound sensitivities, life in conventional society can feel unmanageable. Typical environments aren't designed with their needs in mind, leaving few options for spaces that offer the comfort, peace, and understanding they need.

## The Solution

Nox Village addresses the unique challenges faced by individuals with sound sensitivity by creating a peaceful, soundproof environment that emphasizes self-sustainability and community. Residents engage in quiet, hands-on practices like permaculture and gardening to help provide food for the community, reducing reliance on external resources and fostering a sense of purpose. The design incorporates soundproof living quarters, wellness amenities, and sustainable infrastructure, allowing residents to reconnect with nature and live comfortably alongside others who understand their experiences.

# Vision Statement

Creating a sanctuary where individuals with sound sensitivity can find peace, connection, and renewal. Nox Village is dedicated to offering an exceptional quality of life through innovative, soundproof living solutions and restorative natural environments. Rooted in shared understanding and a supportive community, we empower residents to thrive, reconnect with nature, and experience a sense of belonging that the outside world often cannot provide.

## Core Values

- **Empathy and shared understanding**

We foster a compassionate environment where hearing disabled individuals feel understood, supported, and valued by their community.

- **Tranquility and Peace**

Prioritizing a serene and soundproof environment that allows residents to live comfortably and manage their condition with minimal stress.

- **Holistic Wellness**

Embracing a lifestyle that promotes physical, mental, and emotional well-being, including access to nature, yoga, and healthy food.

- **Innovation in Living Solutions**

Utilizing advanced soundproofing and design techniques to create a living space that meets the unique needs of hyperacusis and noxacusis sufferers.

- **Community Connection and Belonging**

Encouraging meaningful connections, mutual support, and a sense of belonging among residents, reducing the isolation often felt by those with hearing sensitivities.

- **Environmental Stewardship**

Committing to sustainable practices that respect the natural environment, ensuring a harmonious balance between our community and the surrounding landscape.

- **Accessibility and Inclusivity**

Ensuring Nox Village is welcoming and accessible to all individuals with hearing sensitivity, regardless of background to cultivate a truly inclusive environment.

# Primary Goals and Objectives

## Primary Goal

To establish a peaceful, supportive community where individuals with sound sensitivity can enjoy a high quality of life, free from the pain of the noise pollution.

## Objectives

- **Improve Residents' Well-being**

Nox Village will prioritize the holistic well-being of its residents by designing communal spaces, such as yoga rooms and nature areas, that promote relaxation and rejuvenation. Residents will have access to nutritious, locally-sourced food options and wellness resources. By fostering an environment that nurtures physical, mental, and emotional health, Nox Village will create a sanctuary of comfort and healing.

- **Provide Innovative Living Solutions**

To meet the specific needs of those with hearing conditions, Nox Village will incorporate advanced soundproofing techniques and partner with acoustic design experts to ensure optimal comfort in all residential spaces. By using materials and designs that minimize noise intrusion, we aim to provide an innovative living environment that offers true relief and tranquility for residents affected by sound sensitivity.

- **Promote Community and Connection**

Nox Village will foster a close-knit community by creating shared spaces and organizing regular activities that encourage social interaction and bonding. With a foundation of mutual respect and understanding, residents will be able to form meaningful connections through events like nature walks, group meals, and meditation sessions. By supporting both personal and communal growth, we aim to reduce isolation and strengthen the bonds among residents.

- **Provide Innovative Living Solutions**

Dedicated to environmental stewardship, Nox Village will use sustainable building materials and incorporate green practices, such as solar energy, rainwater collection, and native landscaping. The inclusion of community gardens and eco-friendly infrastructure will allow residents to experience a harmonious connection with nature, fostering a sustainable, restorative environment that supports both individual well-being and ecological balance.

# Project Scope

## Facilities and Amenities

Nox Village will feature soundproof living quarters tailored to the needs of individuals with hearing conditions, as well as a range of communal and wellness-oriented spaces. Planned facilities include:

- **Soundproof Residences:** Private, sound-insulated living quarters equipped with advanced acoustic materials offer each resident a peaceful retreat, effectively blocking out external noise for optimal comfort and tranquility.
- **Yoga and Wellness Rooms:** Nox Village will feature dedicated spaces for yoga, meditation, and wellness practices, fostering relaxation and healing. These rooms will be soundproofed and furnished with calming, natural materials, offering residents a sanctuary for physical and mental well-being. Wellness activities, such as guided meditation, therapeutic exercises, and pain management workshops, will be available, promoting a balanced, healthy lifestyle.
- **Nature Areas and Permaculture Gardens:** Residents will engage in quiet, hands-on permaculture and small-scale farming activities to cultivate food for the community, reducing reliance on external resources. These natural spaces are designed for therapeutic and community-driven gardening, providing residents with opportunities to reconnect with nature and contribute to the village's self-sufficiency.
- **Community Kitchen and Dining Spaces:** A communal kitchen area will provide a quiet, welcoming space for residents to enjoy nutritious, locally-sourced meals, either prepared as a group or individually. This setup promotes healthy eating habits, social engagement, and an opportunity to connect over shared meals in a peaceful, acoustically designed environment. Regular communal meals and nutrition workshops may also be organized to enhance community bonds and encourage wellness.

## Location Considerations

Finding the ideal location for Nox Village is essential to ensuring the tranquility and natural connection the community aims to offer. Key location requirements include:

- **Natural Seclusion:** The location will be selected to minimize exposure to urban noise and disturbances, ideally situated in a naturally quiet area such as a forested landscape, a quiet valley, or near gentle, uninhabited hills. This level of natural seclusion will allow residents to experience a profound sense of peace, helping them avoid the daily noise challenges common in more populated areas.
- **Temperate Climate:** Selecting a location with a mild, temperate climate will reduce the need for

excessive heating and cooling systems, minimizing potential noise disturbances. This consideration is particularly valuable for residents with noxacusis, as it helps create a comfortable living environment that's naturally quiet, reducing reliance on HVAC systems.

- **Accessibility:** Although secluded, the location will be chosen for accessibility, ensuring it is reachable by road and within a reasonable distance to healthcare facilities, emergency services, and essential resources. This balance between tranquility and accessibility will enhance residents' peace of mind and ensure that they feel safe and supported in their surroundings.
- **Support for Sustainable Practices:** To honor Nox Village's commitment to sustainability, the chosen site will ideally accommodate eco-friendly infrastructure, such as solar energy systems, water collection and conservation practices, and opportunities for organic gardening or farming. This alignment with nature will reinforce the community's focus on environmental harmony.

## Design and Living Solutions

Finding the ideal location for Nox Village is essential to ensuring the tranquility and natural connection the community aims to offer. Key location requirements include:

- **Advanced Soundproofing:** In partnership with acoustic engineers, the residences and community spaces will be constructed with materials specifically selected for sound insulation, ensuring residents have a serene, quiet space. Innovations such as double-layered walls, sound-dampening windows, and non-reflective surfaces will contribute to a highly controlled acoustic environment.
- **Sustainable Building Materials:** Nox Village is committed to reducing its environmental footprint by using non-toxic, eco-friendly materials, such as recycled wood, natural fiber insulation, and low-VOC finishes. These materials not only reduce environmental impact but also promote indoor air quality, supporting the health and comfort of residents.
- **Self-Sustaining Infrastructure:** Renewable energy sources like solar panels, along with rainwater harvesting and efficient irrigation for the permaculture areas, will support Nox Village's self-sufficiency. Native landscaping and low-maintenance plantings further contribute to a balanced ecosystem, minimizing resource use and operational costs.

# Milestones and Timelines

## Milestones and Timeline

### Phase 1: Concept Development and Feasibility Study

- **Duration:** 3–6 months
- **Milestones:**
  - Conduct feasibility studies specific to permaculture, energy self-sufficiency, and organic farming to ensure compatibility with a quiet, sustainable environment.
  - Consult with architectural, acoustic, and permaculture experts to finalize the project design and layout, emphasizing soundproofing, renewable energy, and food production.
  - Develop initial outreach materials, including a website that introduces Nox Village’s mission, self-sustaining model, and resident participation opportunities

### Phase 2: Design and Partnership Development

- **Duration:** 6–9 months
- **Milestones:**
  - Complete architectural plans, including soundproof residential units and communal spaces for wellness, dining, and permaculture activities.
  - Finalize partnerships with local suppliers for sustainable materials, permaculture tools, and renewable energy solutions.
  - Launch a full website with sections on the community’s self-sustaining principles, milestones, and updates to engage potential residents and funders.
  - Begin digital outreach to attract residents interested in a sustainable, communal lifestyle and to build awareness of Nox Village.

### Phase 3: Construction and Community Preparation

- **Duration:** 12–18 months
- **Milestones:**
  - Construct residential units, wellness areas, communal kitchens, and permaculture spaces, prioritizing sustainable building practices and soundproofing.
  - Install renewable energy infrastructure, including solar panels and battery storage, along with rainwater collection and efficient irrigation systems to support permaculture zones.
  - Establish initial farming plots and greenhouses, preparing them for resident-led food cultivation upon launch.
  - Use the website to document construction progress and keep funders and prospective residents engaged with updates on milestones and development.

#### **Phase 4: Community Launch and Initial Operations**

- **Duration:** 3 months
- **Milestones:**
  - Open Nox Village to its first residents, providing a structured onboarding process that includes training in permaculture, gardening, and sustainable upkeep.
  - Launch resident-led permaculture and food production programs, fostering a collaborative approach to community upkeep and self-sufficiency.
  - Introduce wellness programs and nature-focused activities to promote community connections and support individual well-being.
  - Set up ongoing feedback and improvement systems to adapt the self-sustaining model based on resident input and community needs.



# Budget Outline

Total Estimated Cost: \$750,000

## Key Budget Categories

### 1. Land Acquisition

- Estimated Cost: \$50,000
- Purpose: Purchase a quiet, secluded area suitable for Nox Village.

### 2. Construction and Soundproofing

- Estimated Cost: \$400,000
- Purpose: Build essential residential units and community spaces with soundproofing, with guidance from acoustic consultants for effective noise reduction.

### 3. Sustainable Infrastructure

- Estimated Cost: \$100,000
- Purpose: Install eco-friendly systems like solar panels and water conservation measures. Landscape with native plants for natural surroundings.

### 4. Interior Furnishing and Wellness Spaces

- Estimated Cost: \$100,000
- Purpose: Furnish residential and wellness spaces to create calm, comfortable environments, including initial equipment for wellness activities and communal areas.

### 5. Operational Start-Up Costs

- Estimated Cost: \$50,000
- Purpose: Cover initial setup for community activities, including wellness programs and resident engagement initiatives.

### 6. Contingency

- Estimated Cost: \$50,000
- Purpose: Buffer for unforeseen expenses during land acquisition, construction, or setup.

## Call To Action

We invite you to partner with us in making Nox Village a reality—a sanctuary where individuals with sound sensitivities can not only find peace and connection but, quite literally, a lifeline. For many, the extreme isolation and constant struggle for comfort and safety in a world too loud for their condition can feel unbearable. Nox Village represents a refuge—a place that could mean the difference between despair and a renewed will to live.

With your support, we can create a self-sustaining community that not only meets their unique needs but provides a life-saving solution, offering residents a quality of life that has otherwise been out of reach. While scientific research to find a cure for conditions like hyperacusis and noxacusis remains crucial, those affected today cannot wait; they need a place that understands and supports them, now. Until a cure is found, they deserve spaces that allow them to live with dignity, surrounded by others who empathize deeply with their challenges.

At Nox Village, we're dedicated to saving lives by providing a sanctuary that caters to the unique needs of people with sound sensitivities. Your support will directly impact this underserved population, offering them relief, connection, and, most importantly, hope for a future where they can not only survive but thrive.

Join us in this transformative mission. Together, we can create a sanctuary that offers life-saving support, healing, and a true sense of belonging to those who have been left without a place to call home.