

BIOPHILIC DESIGN: THE BENEFITS OF TIMBER

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1. What is Biophilic Design?
2. How many biophilic design principles are there?
3. What are the 3 categories of positive health responses linked to biophilic design?
4. Among all the available options, which material is one of the most popular to bring nature indoors?
5. Which other organisations have been involved in biophilic design research in Australia?
6. According to the research, when biophilic design is used in a workspace, what percentage of productivity and well-being increased?
7. What natural elements are used to make spaces more appealing in biophilic design?
8. What is Planet Ark's biophilic design campaign called?

By the end of this session you should understand:

- What is meant by 'biophilia' and 'biophilic design'
- The key principles of biophilic design
- The benefits of biophilic design for building occupants
- How timber can be used in a biophilic approach
- The benefits of timber for human health, wellbeing and productivity

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