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BIOPHILIC DESIGN: THE BENEFITS OF TIMBER

1. What is Biophilic Design?

Biophilic design is the practice of connecting people and the natural world within built environments and communities.

2. How many biophilic design principles are there?

There are 3:

- Nature in the Space
- Natural Analogues
- Nature of the Space

3. What are the 3 categories of positive health responses linked to biophilic design?

- Cognitive
- Psychological
- Physiological

4. Among all the available options, which material is one of the most popular to bring nature indoors?

Timber is one of the most popular materials for functionality, architectural flexibility and physiological and psychological benefits.

5. Which other organisations have been involved in biophilic design research in Australia?

Planet Ark and WoodSolutions Australia

6. According to the research, when biophilic design is used in a workspace, what percentage of productivity and well-being increased?

8% productivity and 13% well-being increase

7. What natural elements are used to make spaces more appealing in biophilic design?

Natural light, airflow, water features, plants, and organic materials in the built environment.

8. What is Planet Ark's biophilic design campaign called?

'Make It Wood'.