In Harmony with Nature: Biophilic Design Approaches

The positive impact of nature, through biomimicry and biophilic design concepts, on well-being, health and happiness is essential in buildings and cities. Through her professional work and studies Dr. Silke Krawietz is advocating, designing, and advising how to live, work and relax in Harmony with Nature.

Biophilia is the ‘innate tendency to seek connections with nature and other forms of life’, as defined by Edward O. Wilson. In this webinar Silke will outline the importance and the benefits of biophilic design in the built environment for improving health and well-being. Biophilic Design supports physical, emotional, mental well-being and experiences in nature create a relaxation response. With the increase of urbanization, we widely lost the connection with nature and natural surroundings. In this webinar biophilic design elements and patterns will be presented and their application in architectural projects. Particular focus will be given on wood construction examples, underlining the benefits of wood material as construction material.

Wood constructions with biophilic design principles present a wholistic approach in architecture in order to improve our daily well-being, ensuring a sustainable habitat for future generations and life in harmony with nature.