

# Biophilia

APRIL 2022

*Project:*

25 Eddy, Suite 226, Gatineau

Profile: N/A

Space solution: 775 m<sup>2</sup>

Target occupancy: 80 FTE

Year of completion: 2018

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# There is no better designer than nature

Alexander McQueen

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## Biophilia

The concept of biophilia, applied to design, consists of reconnecting human beings with nature in order to improve their general wellbeing in order to counter the negative effects of spending most of the time indoors. While incorporating plants is the most obvious strategy, biophilic design isn't just about plants. Whether visually integrated or not, the connection of human being with nature promotes better productivity, as well as a feeling of calm, reduces fatigue, increases attention and creativity. By adding elements to an environment that evoke nature through touch, smell, sight or sound, it is possible to influence both short- and long-term emotions by creating comfortable spaces that respond to the innate needs of the human being. Additionally, biophilic design creates an emotional attachment to the space, which is crucial in an era where offices are depersonalized. In short, the priority of biophilic design is the wellbeing of users and the love of place they experience. It's about creating multisensory interactions by physically integrating nature into a space, whatever its shape.

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### GCWORKPLACE

GCworkplace is an inherently biophilic environment in its design. Several workpoints such as the huddle, the focus pod, the wellness room, the study or the phonebooth offer an adequate refuge which allows users to withdraw into privacy and tranquility when they feel the need. These small spaces designed so that the user can set back from the busier, open and noisy main spaces, limit visual access to the space and offer protection on at least 3 sides.

The idea of perspective in biophilic design is to work on spatial configuration by using elements to conceal view and arouse curiosity

(working on partial views inviting discovery) or creating a sense of security (working on an open area with glass or standard partitions). Thus, it is possible to provide an environment that encourages exploration for example by creating a partial view with wooden slats, a view obscured by hanging plants, partitions or pendant lights. Setting up a consistent spatial hierarchy and natural direction (spatial orientation) is another principle for creating a visually enriching environment.



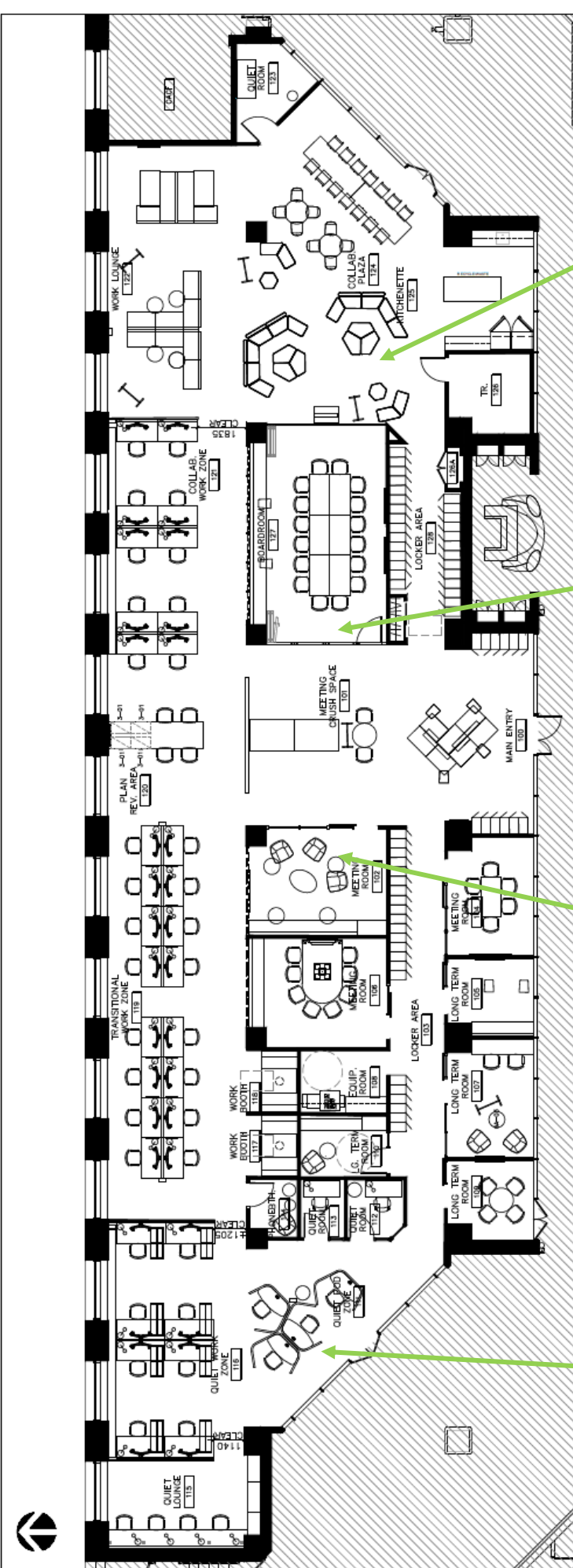
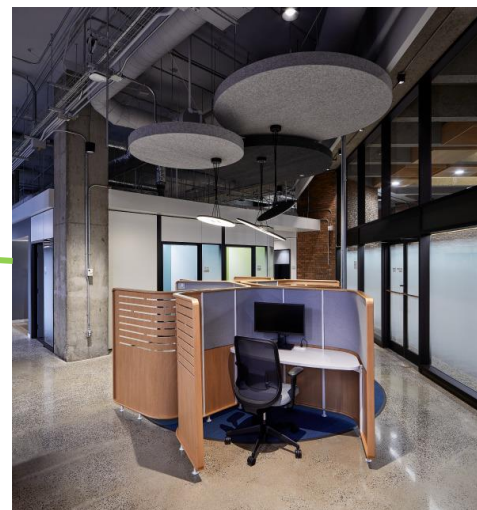
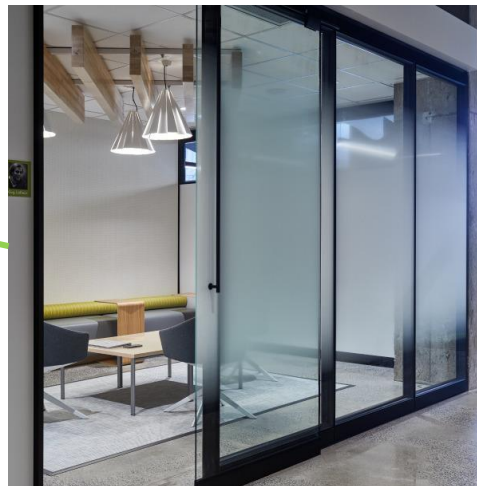
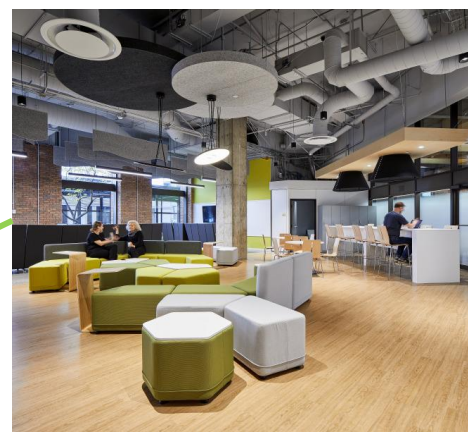
# Biophilia

## 25 Eddy, Gatineau by PSPC NCR team

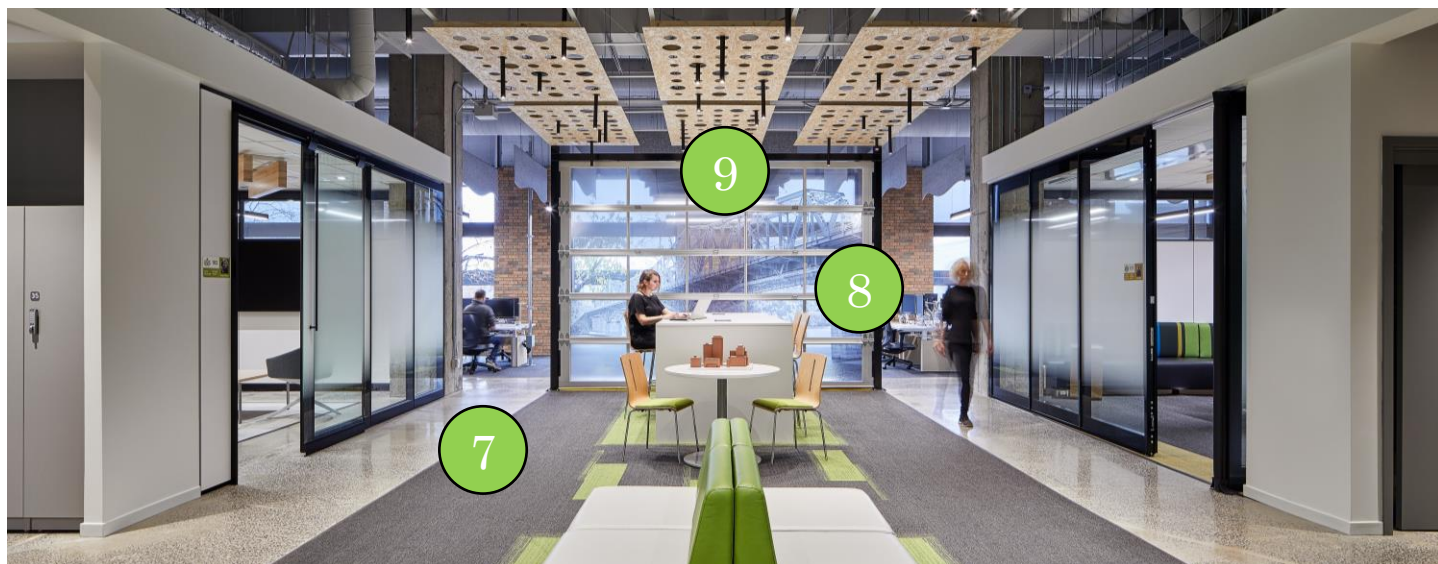
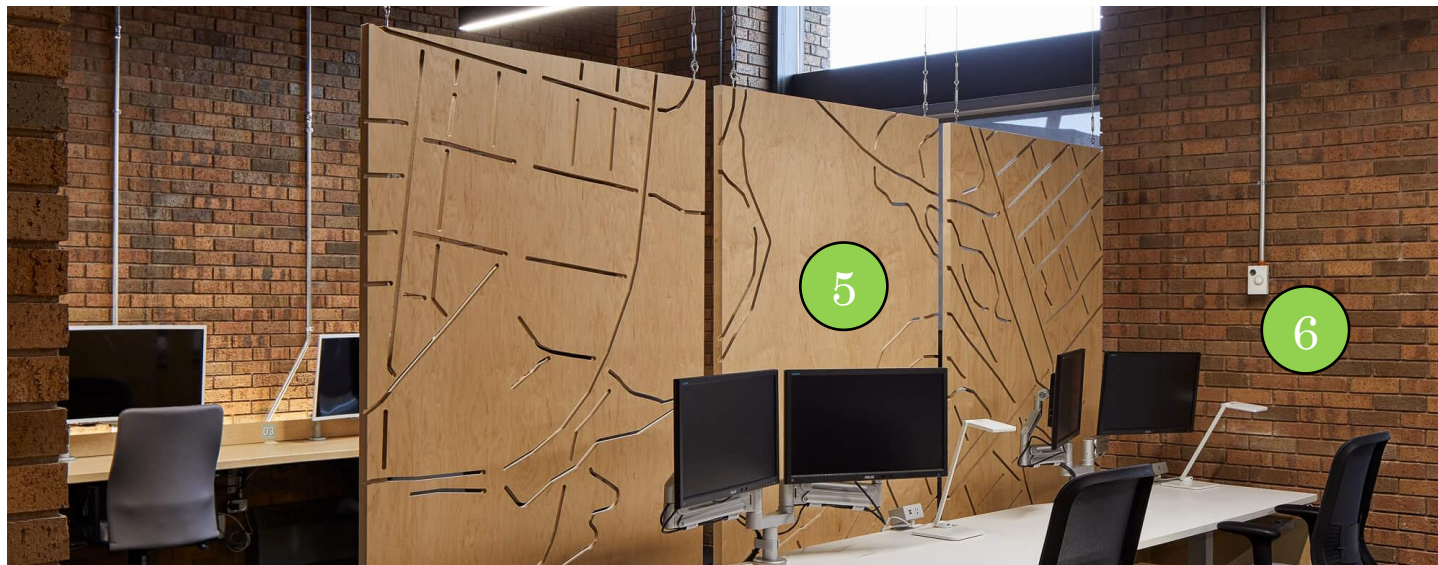
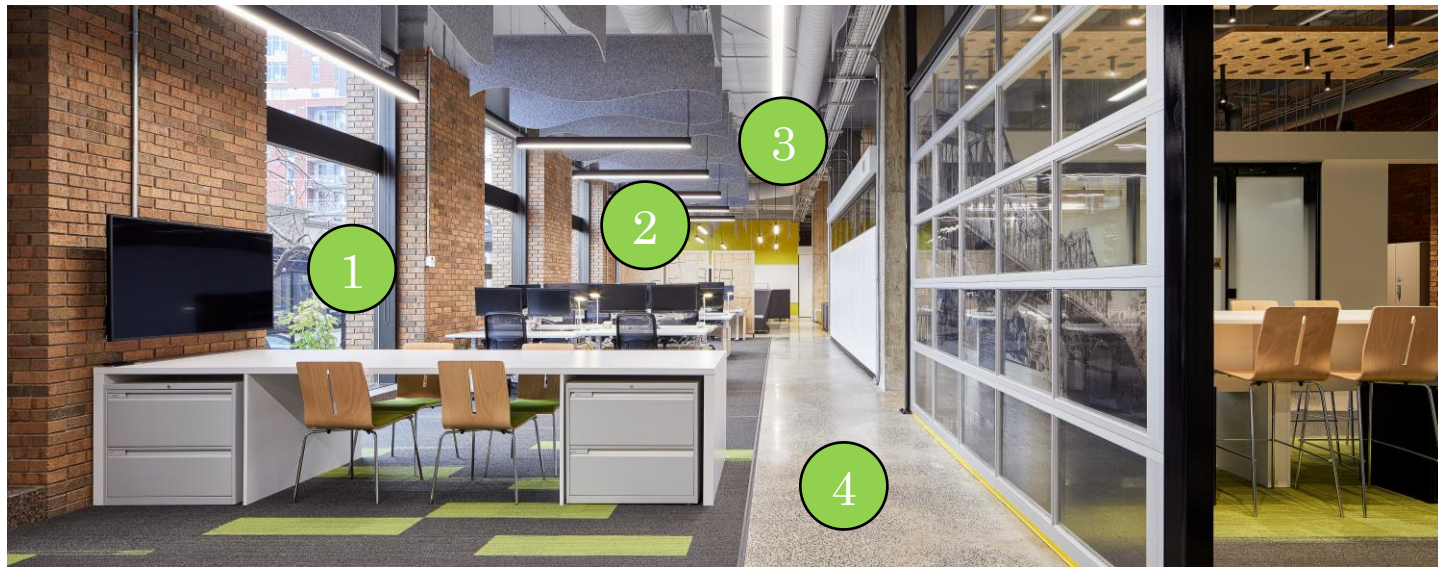
The material connection to nature is one of the simplest biophilia principles. It is manifested by the integration of natural materials and by the minimal treatment of space. In this project, natural light wood accents are used, and this choice is not a coincidence, because the light wood with its visible grain evokes the peaceful aspect of nature. It's an ideal feeling for any workspace. Also, the colour palette chosen is based on the hues found in natural environments, thus offering a continuous connection with nature. Second, the idea of perspective and mystery, which are two biophilia principles, is naturally present in the GCworkplace due to the characteristics and configurations of the workpoints. In addition, the GCworkplace automatically creates a visual connection with nature since it aims to provide the maximum natural light and view of the outdoors to many users as possible. In this project, the workstations, which are generally the most used individual workpoints in terms of frequency and duration, are located near the windows.

In this project, several principles of biophilia are present through the integration of materials such as wood, brick and terrazzo, colours, shapes and natural light that creates natural analogies. In addition to the inherently biophilic aspect of the GCworkplace, through the creation of refuges, varied perspectives and various unique spatial configurations, the exterior view provides a visual connection to nature while the built environment, the decor and the choice of furniture create an

indirect link with it. The decorative elements on the garage door and the wooden dividers create a geographical anchor by using elements that reflect the local ecology. The minimal treatment of space by exposed structure and mechanical systems demonstrates the exoskeleton of the built environment. These elements create a coherent, unique and inspiring ecosystem promoting the wellbeing of the occupants.







1. Exterior view and natural light
2. Unobstructed views of the workspace
3. Minimal treatment of space with exposed mechanical systems
4. Choice of materials, finishes, colours and shapes inspired by nature
5. Wood panels with topographic details
6. Quieter and darker environment for the Quiet Zone
7. Wide and intuitive circulation facilitating mobility and orientation
8. Garage door with an illustration of a local bridge
9. Reuse of materials