

BIOPHILIA

**SUGGESTS THAT HUMANS POSSESS AN
INNATE TENDENCY TO SEEK CONNECTIONS
WITH NATURE AND OTHER FORMS OF LIFE.**



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Presented to :
Leigh Barnett Shapiro

Course:
Building Systems,
Environmental Design

By:
Chris Adam
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Sustainable Dawson



Source: https://youtu.be/pZVdQLn_E5w

How do you normally travel to work/school?



Source: <http://www.stm.info/en>
<https://www.shutterstock.com>
<https://dailyhive.com>



Room with
a view

Natural
Light



“Natural light can be helpful for treating jet lag, insomnia and depression. Light may also improve outcomes for hospitalized patients. Data from the surgical literature suggest that exposure to natural light may have a significant effect on length of hospital stay and other outcomes. Exposure to natural light was associated with decreased mortality and length of stay.” (Wunsch, 2011).

Bringing the OUTDOORS INDOORS

As stated in an article written in the guardian by Richard Louv "In workplaces designed with nature in mind, employees are more productive and take less sick time." (Louv, 2014).

At Dawson college

- Counselling waiting room
- Wall decal in my office
- Chris Adam's office

<http://numerart.com/en/portfolio>

https://www.amazon.ca/gp/product/B00K67YEHW/ref=ppx_yo_dt_b_search_asin_image?ie=UTF8&psc=1





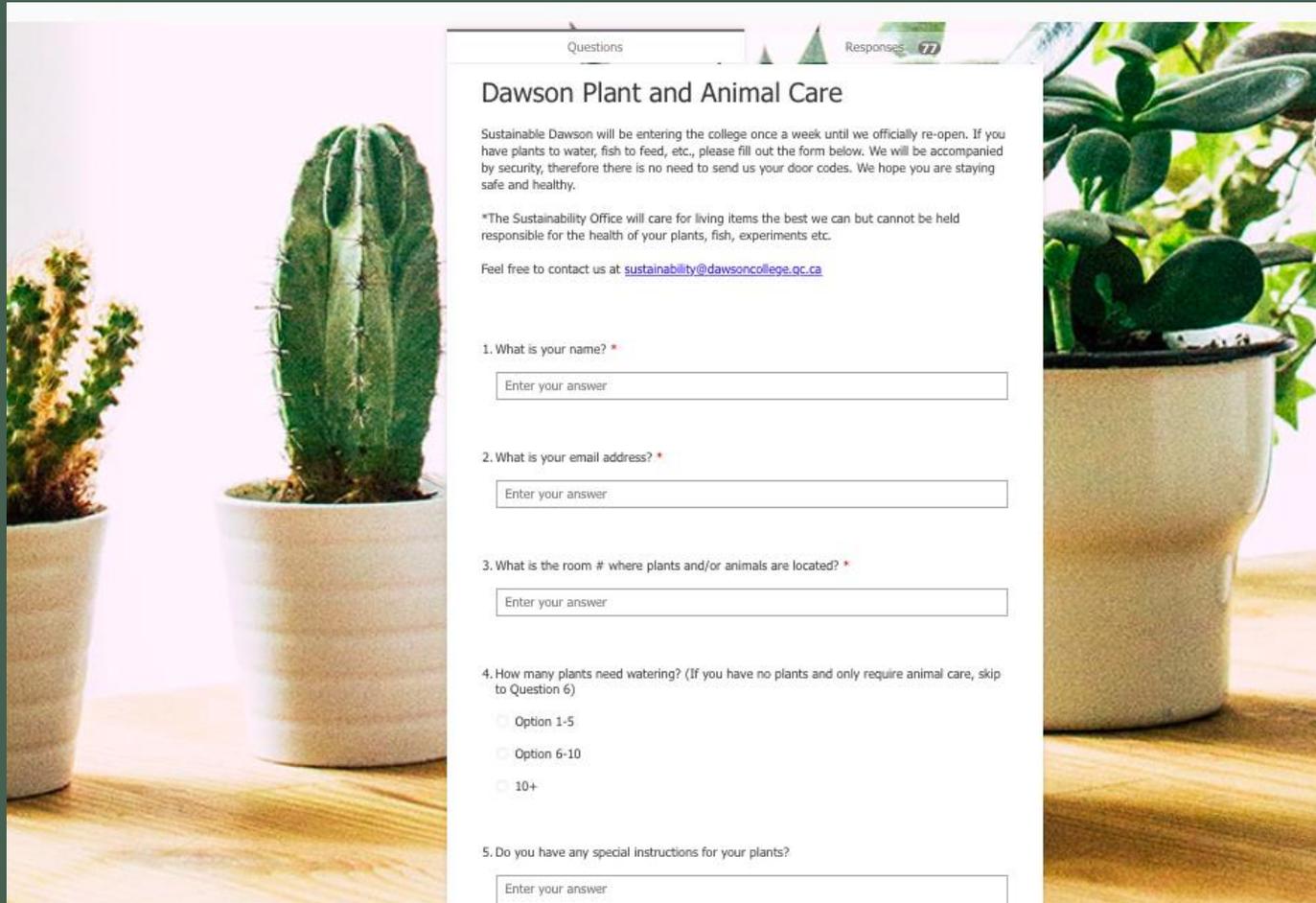
“Biophilia is changing the way we work, live, and operate within the built environment, and can be defined as “humanity’s innate need to connect with nature and the natural environment” according to [Kenneth Freeman](#), Head of Innovation at Ambius.



Microsoft

Microsoft in Seattle has natural elevators, paths and a treehouse in which employees can book the room to be creative and problem-solve. Another example of Biophilic design to inspire and induce creativity in the workplace.

INSPIRATION FOR MY "Genius Hour" PROJECT



Questions Responses 77

Dawson Plant and Animal Care

Sustainable Dawson will be entering the college once a week until we officially re-open. If you have plants to water, fish to feed, etc., please fill out the form below. We will be accompanied by security, therefore there is no need to send us your door codes. We hope you are staying safe and healthy.

*The Sustainability Office will care for living items the best we can but cannot be held responsible for the health of your plants, fish, experiments etc.

Feel free to contact us at sustainability@dawsoncollege.qc.ca

1. What is your name? *
2. What is your email address? *
3. What is the room # where plants and/or animals are located? *
4. How many plants need watering? (If you have no plants and only require animal care, skip to Question 6)
 Option 1-5
 Option 6-10
 10+
5. Do you have any special instructions for your plants?



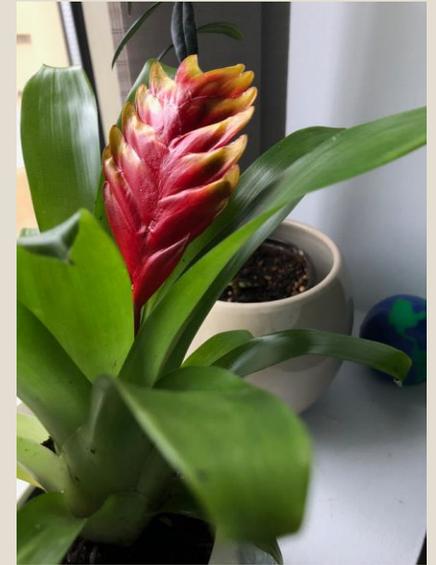
84 responses

Approximately 400
plants in total

"Why do you think plants/flowers are important in your workspace? And how do they make you feel?"

- Plants make me feel happy.
They make the space feel more inviting
They make me feel refreshed, even though I'm indoors all day
They help compensate for the lack of sunlight
They're aesthetically pleasing
They have a positive impact on the people visiting the space
Valentina Solkin
Social work Technician, First Year students' office
- For me, plants are beautiful, and I like their fresh smell. Having plants inside my office (and home) reminds me of the outside... and I love that. When I take care of my plants (water, prune), I feel calm and happy. I never get tired of looking at them.
Julia Lijeron
Pedagogical Counsellor, Academic Development Office

Photo gallery available on msjenndisconnects.weebly.com Genius hour project



Spas

Meditation

Yoga studios



FREE PLANT GIVEAWAY!



PLANTS
make people
HAPPY

#247350123

*To plant a seed, is to
believe in tomorrow.*

Thank you!



Chris Adam & Jennifer de Vera

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